Rim Rock Classic
September 27th, 2025

Prerace Dinner: September 24th after practice at 5:30pm at the Aschentrops. 14044 Aberdeen St, Overland Park, KS 66224. **Be Respectful.**

Uniforms:

Varsity: Bumblebee singlets, black shorts
JV/C: Boys white singlets, Girls black singles, All black shorts.
All: Wear your 2025 black team t-shirt, warm up jacket/pants, and uniform onto the bus. See your meet prep checklist for all the required gear. **Be Accountable.**

Departure: See the timeline for details. There is an early bus for JV/C and a late bus for Varsity.

Teams: Gold varsity division. JV combined division. C team combined division. 50+ teams from five states.

Races: Girls C-Team 8:00. Boys C-Team. 8:35. Girls JV 9:10. Boys JV 9:45. Girls Gold Varsity 11:30. Boys Gold Varsity 12:05.

Scoring and medals: Traditional scoring: Top 5 score, 6-7 displace. Trophies: Top 3 varsity teams, Top JV team, Top C team. Medals top 25 in each race. Awards are on a rolling schedule at the East medals stand.

Return: See the timeline for details. **Be Committed.**

Directions/Parking/Course Map/Entries/Splits/Results: See www.bvhsxc.com for full meet details and results. **Give yourself 30 minutes of extra time to park or you might miss the race you want to watch.**

Additional Details: Read up on parking and other unique aspects of Rim Rock here.

-Note $10 per person of school age and above charged at the gate.

Equipment and Duties: See equipment and duties checklist on the next page.

Team Principle of the Day: **Compete**—Race to win or improve. Every race is a 100% effort. Every place from first to last matters. Execute the race plan and never give up. This race will have a lot of runners. Five seconds could be ten places.

Mental Training of the Day: Advanced visualization. What could go wrong analysis.

Guideline Reminders:

-Only racers will attend and ride the bus. All other runners may self drive to the event.
-All racers ride the bus to the race. Racers may go home with parents.
-Requests to leave early are an exception and must be approved before the event. Runner must sign out.
-Wear uniform, jacket, and pants onto the bus. Know your uniform numbers.
- Be Excellent

Time	Rim Rock Farm Classic	Notes
Preliminaries		
5:00 AM	**C and JV arrive BVHS**	Equipment. Coach Moen/Dav
5:15 AM	**C and JV depart BVHS in Bus 1**	
6:30 AM	**C and JV arrive Rim Rock**	Team camp set up
6:45 AM	**C and JV meeting/course/chips**	Coach Moenster
7:15 AM	**Varsity arrives at BVHS**	Coach Randall / Johnson
7:20 AM	**Varsity departs BVHS in Bus 2**	
8:45 AM	**Varsity arrives Rim Rock**	Expect parking traffic
9:00 AM	**Varsity meeting/course walk/chips**	Coach Moenster
Girls C Team		
7:00 AM	Race meeting	Coach Moenster
7:05 AM	Speed warm up	MDWU, Fence, SM
7:20 AM	Running warm up	6-10 min easy + 2 min medium
7:40 AM	Final instructions / Spikes on	Coach Johnson
7:45 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
8:00 AM	**Girls C Team Race Start**	
8:30 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys C Team		
7:35 AM	Race meeting	Coach Moenster
7:40 AM	Speed warm up	MDWU, Fence, SM
7:55 AM	Running warm up	6-10 min easy + 2 min medium
8:15 AM	Final instructions / Spikes on	Coach Moenster
8:20 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
8:35 AM	**Boys C Team Race Start**	
9:05 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Girls JV		
8:10 AM	Race meeting	Coach johnson
8:15 AM	Speed warm up	MDWU, Fence, SM
8:30 AM	Running warm up	6-10 min easy + 2 min medium
8:50 AM	Final instructions / Spikes on	Coach Johnson
8:55 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:10 AM	**Girls JV Race Start**	
9:40 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys JV		
8:45 AM	Race meeting w/Girls Varsity	Coach Johnson
8:50 AM	Speed warm up	MDWU, Fence, SM
9:05 AM	Running warm up	6-10 min easy + 2 min medium
9:25 AM	Final instructions / Spikes on	Coach Moenster
9:30 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:45 AM	**Boys JV Race Start**	
10:15 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Girls Varsity		
10:30 AM	Race meeting w/Girls Varsity	Coach Moenster
10:35 AM	Speed warm up	MDWU, Fence, SM
10:50 AM	Running warm up	6-10 min easy + 2 min medium
11:10 AM	Final instructions / Spikes on	Coach Moenster
11:15 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
11:30 AM	**Girls Varsity Gold Start**	
12:00 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys Varsity		
11:05 AM	Race meeting w/Girls Varsity	Coach Moenster
11:10 AM	Speed warm up	MDWU, Fence, SM
11:25 AM	Running warm up	6-10 min easy + 2 min medium
11:45 AM	Final instructions / Spikes on	Coach Moenster
11:50 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
12:05 PM	**Boys Varsity Gold Start**	
12:35 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Post-Race		
TBD	**Awards ceremony after each race**	Top 25 runners, Top 3 V teams
1:00 PM	**Bus and vans depart from event in Bus 2**	Estimated time, sign in at bus
2:30 PM	**Bus and vans arrive at BVHS in Bus 2**	Estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Coach Randall	
	1 Tent + Stakes + Sides	JV	XC Tent Only
	Tarps	JV	
	Tables (3)	JV	
	Team Benches (2)	JV	
	Box	JV	
	First Aid	JV	
	Flags	JV	
	Laundry Bags (V/JV/C)	JV	
	Water jugs (2)	Managers	
	Water bottle (3 sets)	Managers	
	Ice	Managers	
	Split sheets/pens	Managers	
	Stop watches (7)	Coach Moenster	
	Clipboards (7)	Coach Moenster	
	Measuring Wheel	Coach Moenster	
	Whiteboard	Coach Moenster	
	Attendance Sheets	Coach Johnson	Sign in at bus

Duty	Tigers
1 mile split	Tyler / Ryan
2 mile split	Lexie / Luke
3 mile split	Tyler / Ryan
Start/Finish help	Mattie / Leen
Tent/Warm Ups	Coach Johnson
Photo/Video	Boosters
Social Media	Shannon
Tent Set Up	JV
Tent Take Down	JV