

RIM ROCK FARM COURSE RULES

Welcome to Rim Rock Farm the home cross country course of the Kansas Jayhawks. Rim Rock Farm was designed and graciously donated by Bob and Pat Timmons. Rim Rock is only one of a few pieces of land specifically dedicated to the sport of cross country. We would appreciate your cooperation to uphold our course rules for the safety of athletes and spectators.

- 1. Swimming is not allowed in the ponds.**
- 2. Please have your athletes remind fans to leave bicycles, footballs, frisbees, and dogs at home. They can cause difficulties for runners and spectators.**
- 3. Practice on the course is:**
 - a. Not allowed without permission except at designated times to preview course.
 - b. Possible if the University of Kansas has been contacted and has approved the request.
 - c. Not permitted if school coach is not present with the athletes.
 - d. Not permitted if weather conditions could cause injury to an athlete or damage to the course.
- 4. Please put trash in barrels.**
- 5. Please be most considerate of the parking areas.**
- 6. Please use the gates provided to pass from one area to the others. DO NOT CLIMB FENCES OR ROCKS.**

We thank you for making competition at Rim Rock exciting and wish each of your athletes the very best during the cross-country season.