

## The Ridge Invite 2019

Location: Frostproof Middle Senior High School- 1000 North Palm Avenue Frostproof, FL 33843

Entry Fee: \$120 per school. Polk County Transfer to Frostproof Middle Senior High School or Checks made out to Frostproof Boosters.

Spectator admission: \$5.00; 5 and under-Free

Entry Rules: All athletes may only participate in 4 events. Coaches may only enter up to 3 athletes in all events.

Schedule of Events:

8:15 AM Coaches Meeting (we will need Coaches to help with running field events)

Adaptive

8:30 AM Shot-put

10:00 AM 800M

200m After 110 Hurdles

9:00 AM Field Events and 4 x 800m Relay (combined boys and girls if possible)

Girls and Boys Long Jump. Triple Jump to follow

Girls Discus, Boys to follow

Boys Shot, Girls to follow

Girls Pole Vault, Boys to follow\*\*

Boys High Jump, Girls to follow\*\*\*

\*LJ, TJ, SP, DT 4 attempts each athlete, no finals

\*\*Coaches will certify the appropriate weight of athlete for the corrected weighted pole.

\*\*\*Opening Heights will be determined at each venue.

12:00 PM Running Events (all events will be girls followed by boys. Rolling Schedule)

100m Hurdles

110m Hurdles

Adaptive 200M

100m Dash

1600m Run

4 x 100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4 x 400m Relay

Contact Information:

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