

## The Ridge Open 2025

### COACHES:

The Ridge Open will take place on March 8th, 2025. Head Coaches may EMAIL Coach David Andrews ([david.andrews@polk-fl.net](mailto:david.andrews@polk-fl.net)) with any questions.

The first 20 schools to enter (via Direct Athletics) / pay will guarantee their entry for 2025 Ridge Open. Once the 20 teams are met, additional entries to the meet will be at the discretion of the meet director. All teams will be limited to 4 individuals per event, and one relay team per event.

**Direct Athletics Registration Link:** <https://www.directathletics.com/>

**Entry Cost:** The entry fee will be \$150 per team or \$200 per school (Boys & Girls Team). Polk County Transfer to Frostproof Middle Senior High School or all checks made out to Frostproof Track & Field.

**Admission:** \$5.00. Children 5 and under are free.

**\*\*Concessions: Concessions will be open**

All entries will be entered through DirectAthletics by March 6th, 2025, by 11:59 pm. (A late fee of \$50 will be assessed for re-opening registration on [www.directathletics.com](http://www.directathletics.com))

***\*Meet is sanctioned by the FHSAA and all FHSAA rules will be Enforced\****

**Opening Heights:** Girls HJ 1.27 (4' 2"); Boys HJ 1.57 (5' 2"); Girls PV 1.82 (6'); Boys PV 2.43 (8')

***\*\* We will have volunteer workers from Webber International University and Warner University. We may need coaches to help run the field events to help make the process go by smoothly.***

## 2025 Ridge Open Adjusted Meet Schedule

### Wheelchair/Adaptive Schedule

8:30 AM Shot-put

Javelin (to Follow Shot Put)

\*100m (After the 110mh)

\*200m (After the Boys 800m)

\*400m (After Boys 4x100m relay)

### Regular Schedule

**9:00 AM** Field Events and 4 x 800m Relay

Girls and Boys Long Jump (Triple Jump to follow)

Girls Javelin (Boys to follow)\*\*\*

Girls Adaptive Discus

**(Discus and Shot will be at the completion of Javelin)**

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, Javelin 4 attempts each athlete, no finals

\*Opening Heights (hj/pv): Athletes will give their opening height to event judge

10:00 AM Finals Running Events (all events will be girls followed by boys followed by Adaptive. Rolling Schedule)

100m Hurdles

110m Hurdles

100m Dash

\*Adaptive 100M (Coaches will walk the track lane for debris before the start)

1600m Run

4 x 100m Relay

400m Dash

\*Adaptive 400M (Coaches will walk the track lane for debris before the start)

400m Hurdles

800m Run

200m Dash

\*Adaptive 200M (Coaches will walk the track lane for debris before the start)

3200m Run

4 x 400m relay

**Team Drop off:** Buses will turn on to Bulldog way and enter the middle school pick up and drop off and unload the teams between the 2nd and 3rd buildings on the right. This leads to track. Buses will then exit the middle school area taking a left at the end of the road take another left on to Hwy 17 and park across the street from the track complex.

**Team Area:** Teams will camp in the fenced in field in between the track and the discus area.

**Warm-up area:** Athletes in upcoming events can warmup in the marked off area in the infield. When the discus event is over that field can be used as an additional warm-up area.

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

If you plan to send a check, please mail it to:

**Frostproof Middle Senior High School**

1000 North Palm Avenue

Frostproof, FL 33843

Attention: Coach Andrews Track & Field

Fax: 863-635-7812

Email: [Ginger.Spence@polk-fl.net](mailto:Ginger.Spence@polk-fl.net)

Contact Coach David Andrews ([david.andrews@polk-fl.net](mailto:david.andrews@polk-fl.net)) or Coach Tessa Taylor ([tessa.taylor@gmail.com](mailto:tessa.taylor@gmail.com)) for details.