

Rug City Modified Invitational ...Hosted By Amsterdam T&F

Date: Monday May 18, 2026

Time: 4:00pm

Where: Amsterdam High School

Entries: All entries are due on MileSplit by 8:00pm Sunday, May 17th. All events have 3 entries per gender except the 100m and 55mH (6 entries) and relays (2 entries). Please enter seed times/distances.

Team Entries: A limited number of teams will be allowed to enter. To secure your spot email Stu Palczak (spalczak@gasd.org) or Olivia Rehm (orehm@gasd.org) ASAP.

Entry Fees: \$300.00 per school. Makes checks payable to Amsterdam Running Booster Club.
C/O Stu Palczak
140 Saratoga Ave
Amsterdam, NY 12010

Scoring: Teams will get points for places 1-6. Scoring will be 10-8-6-4-2-1. Only your top 3 in each event/top relay can score.

Awards: The top 6 individuals and relay teams will receive awards. The winning team from each gender will receive a plaque.

Timing: Fully Automatic Timing courtesy of Underdog Timing

Concessions and T-Shirts: T-shirts and concessions will be available for purchase

Track Events: Girls followed by boys

- 55 Hurdles
- 200
- 1500
- 100
- 400
- 200 Hurdles
- 800
- 4x200
- 3000 (run co-ed)
- 4x100

Field Events:

- **High Jump: Co-ed continuous bar**
 - Starting height 3'6"
 - Up by 2"
- **Pole Vault: Co-ed continuous bar**
 - Starting height 5'0"
 - Up by 6"
- **Shot Put: Girls followed by boys**
 - 4k (8.8lbs)
 - 3 throws
- **Discus: Boys followed by girls**
 - 1k (2.2lbs)
 - 3 throws
- **Long Jump:**
 - Open pit from 4:00-6:00pm
 - 3 jumps
- **Triple Jump**
 - Open pit from 6:00pm-end
 - 3 jumps

