



Pitch Hit & Run™

Official Youth Skills Competition of Major League Baseball
Hosted by North West Little League

Where: Friendship Park @ 45th & Van Ness Streets, NW

When: Sunday, April 11 2010, 11:30-1:30 pm

Who: Boys & Girls, Ages 7-14

Info: Go to www.mlb.com/phr or
email jlovebaker@hotmail.com or jillkalinski@mac.com.

Aquafina Major League Baseball **PitchHit&Run** is an exciting baseball/softball skills competition that provides boys and girls, ages 7 to 14, the opportunity to showcase their pitching, hitting and running abilities.

NEW! Beginning this year there is a new nationwide girls softball division! Winners will be awarded separately for baseball and softball within each age group.

AGE GROUPS

Age 7/8 July 18, 2001 - July 17, 2003

Age 9/10 July 18, 1999 - July 17, 2001

Age 11/12 July 18, 1997 - July 17, 1999

Age 13/14 July 18, 1995- July 17, 1997

Participants can advance through four levels of competition, including Local and Sectional competitions, Team Championship events at all 30 Major League ballparks, and the National Finals at the MLB All-Star Game. Each participant will compete in each of the three components of **PitchHit&Run** and accumulate a total score based on his or her performance.

- **Pitch** Player is tested throwing strikes to a designated "Strike Zone" target.
- **Hit** Player hits the ball off a stationary tee for distance and accuracy.
- **Run** Player is timed, starting from second base, touching third and then home.

Note: On the day of the competition, parents /guardians will need to fill out a short registration form and sign a waiver. You will also need to bring a copy of your child's birth certificate. See you there!