



WELCOME

Major League Baseball® and Aquafina® would like to thank you for participating in the exciting Aquafina® Major League Baseball® PITCH, HIT & RUN™ competition. This national skills program provides boys and girls, ages 7-14, the opportunity to showcase their pitching, hitting & running abilities.

PITCH, HIT & RUN™ is administered nationally by LEJ Sports Group. The competition is easy to execute and the program includes four levels of competition, including the National Finals at the 2009 MLB® All-Star Game®.

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MISSION STATEMENT

PITCH, HIT & RUN™

To provide youngsters across the country with an opportunity to participate, free of charge, in an exciting baseball skills competition; to provide youth organizations with an easily administered program that communicates effectively, supplies consistent and timely information, and delivers all materials on schedule in an effort to provide the highest quality program of its kind.

PITCH, HIT & RUN™ is intended to encourage youth participation and emphasize the "FUN" element of baseball competition. Since there is no registration fee for this program, every boy and girl, ages 7-14, will have a chance to compete. Participants will compete in three important aspects of baseball: pitching, hitting & running.

PROGRAM OVERVIEW

PARTICIPANTS

All participants must fill out a registration/waiver form obtained from selected civic and youth organizations. Boys and girls, ages 7-14, must provide a copy of a valid birth certificate or baptismal record for age verification. Any participant who competes in more than one local competition will be disqualified from the PITCH, HIT & RUN™ competition.

AGE GROUPS

The four age groups are: 7-8, 9-10, 11-12, and 13-14 with boys and girls competing together (age is determined as of July 17, 2009). See age verification chart on page 17.

STRUCTURE

PITCH, HIT & RUN™ is established in geographic regions surrounding each Major League Baseball team market. The regions encompass neighboring states, when necessary, to ensure the availability of the program to all young baseball fans. Youngsters may advance through four levels of competition – Locals, Sectionals, Team Championships and National Finals.

LEVELS OF COMPETITION

There are four levels of competition that a youngster has the opportunity to advance through to participate in the National Finals. These levels are: Locals, Sectionals, Team Championships and the National Finals.

Local Level

March 1 – mid May*

Each host organization may conduct as many Local competitions as needed. It is recommended that a Local competition consist of a minimum of thirty (30) youngsters. It is also recommended that Locals be held from March 1st to mid-May. If you have questions as to the last date to host a Local competition, please contact PHR Headquarters.

IMPORTANT NOTE: In order to have a youngster advance to subsequent levels, your Local competition and all registration forms must be on file at PITCH, HIT & RUN™ Headquarters in order to deem your Local competition "official."

Sectional Level

mid May – early June*

The second level of competition consists of the Champions from the Local competition. These competitions should be held as soon as the Locals are completed in that geographic area (i.e. several Locals feed into one Sectional competition that represents a specific geographic area).

Team Championship

June 1 – 30

This level of competition will be hosted at the thirty (30) Major League Baseball® ballparks. Team Championships will be conducted throughout weekends in June.

National Finals

July 12 – 14

The final level of competition concludes at the 2009 MLB® All-Star Game® in St. Louis, MO. The top youngsters will compete for the National Championship during 2009 MLB® All-Star Week™.

*The dates listed above are "suggested dates". Weather permitting, the competition begins nationwide in March. The date of the Team Championship in each Major League Baseball® market will determine how late a corresponding Sectional competition may be scheduled.

COMPETITION RULES

Tiebreakers

In the event of a tie for the All-Around Champion, the youngster winning more individual events (Pitching, Hitting or Running), **among those involved with the tie**, will be named the All-Around Champion. If a tie still exists, the youngster with the higher Hitting score, among those involved with the tie, will be named the All-Around Champion. If a tie still exists, the Running scores of those involved with the tie will be used to determine the All-Around Champion.

In the event of a tie for an individual skill champion (Pitching Champion, Hitting Champion or Running Champion), there is no tiebreaker. At the Local level, all competitors tying for 1st in each skill event should advance to the Sectional competition and administrators should contact PHR Headquarters for additional ribbon(s). However, if a competitor ties for first in an individual skill with the minimum score (50 points), he/she should not be awarded or earn advancement based on that skill.

Eligibility

- The competition is free for all participants.
- All boys and girls, ages 7-14, are welcome to participate.
- see age verification chart on page 17.
- All participants must provide a copy of a valid birth certificate or baptismal record for age verification. Failure to provide proof of age may result in disqualification.
- All participants must submit a signed registration/waiver form to the local administrator.
- Any participant who competes in more than one local competition shall be disqualified.

Miscellaneous

- **NO METAL SPIKES ARE ALLOWED.**
- In the event of threatening weather conditions, cancellations and rescheduling will be determined by PITCH, HIT & RUN™ officials at the competition site.
- Major League Baseball®, LEJ Sports Group, and state coordinators and organizers of PITCH, HIT & RUN™ reserve the right to make rulings and recommendations regarding PITCH, HIT & RUN™ determined to be in the best interest of the program. All rulings and recommendations are final.
- Participation in PITCH, HIT & RUN™ authorizes Major League Baseball®, Aquafina® and LEJ Sports Group to use participant's name, likeness and other personality rights for promotional use without compensation.

Note: Research has shown that it will take each participant approximately two (2) minutes to complete the competition. Considering this time allotment, if you are expecting 200 kids or more, be prepared to have two (2) fields available or consider having two (2) separate competitions. If only one (1) field is accessible, two (2) days of competition may be needed.

WHO IS AWARDED & WHO ADVANCES

PITCH, HIT & RUN™ consists of four (4) levels of competition: Locals, Sectionals, Team Championships and National Finals. Below is a list of who receives awards and who has the opportunity to advance to the next level.

Local Competition

Each Local host will award the following participants in each age group:

All-Around Champion	Pitching Champion
All-Around Runner-Up	Hitting Champion
All-Around Third Place	Running Champion

The youngsters that advance to the Sectional competition in each age group are:

*All-Around Champion	**Hitting Champion
**Pitching Champion	**Running Champion

**Please keep in mind that the All-Around Champion can also be the Pitching, Hitting and/or Running Champion.*

***Any competitors who tie for 1st in the Pitching, Hitting or Running at the Local level advance to the Sectional competition (unless competitors tie for 1st with the minimum score of 50 points, in which case those competitors would not advance based on that skill).*

IMPORTANT NOTE: All registration forms must be on file at PITCH, HIT & RUN™ Headquarters to advance the qualifying youngsters to the subsequent levels of competition.

Sectional Competition

All scores are reset to zero and each youngster participates in ALL three (3) components of the PITCH, HIT & RUN™ competition. If the youngster was an individual skill Champion at a Local Competition, he/she still participates in **all three events**.

Each Sectional host will award the following participants in each age group:

1st, 2nd and 3rd Place All-Around - Medals
All Participants - Certificate

The youngsters that have the opportunity to advance to the Team Championship are the 1st place All-Around Champions in each of the age groups. **The All-Around Champions DO NOT automatically advance to the Team Championship.** His/her score must be compared to the other Sectional All-Around Champions in that Major League Baseball team market in order to determine the top four (4) scorers in each age group competing at the Team Championship. All Sectional All-Around Champions will be notified by PITCH, HIT & RUN™ Headquarters as to their advancement.

A youngster **MUST** be the 1st Place All-Around Champion in his/her age group in order to have the opportunity to advance to the Team Championship.

Team Championship

All scores are reset to zero and each participant competes in all three (3) events. All participants will receive the following:

- PITCH, HIT & RUN™ Hat
- PITCH, HIT & RUN™ T-shirt
- Team Championship Award
- Three (3) tickets to the game

The 1st Place All-Around Team Champion in each age group has the opportunity to advance to the National Finals. **All thirty (30) Major League Baseball® All-Around Team Champions DO NOT automatically advance to the National Finals.** His/her score is compared nationally to the other thirty (30) Major League Baseball® All-Around Team Champions to determine the top scorers in each age group advancing to the National Finals.

National Finals

All scores are again reset to zero and each participant competes in all three (3) events. The Finals will be held at the 2009 MLB® All-Star Game®. The National Champions in each age group will be honored.



PITCH

Objective: The PITCH portion of the program will test how accurately a competitor can throw strikes from 45 feet to a designated “Strike Zone” target. A pitch hitting ANY portion of the target will be deemed a strike.

Suggested Equipment:

- Six (6) baseballs
- “Strike Zone” target (provided by LEJ Sports Group)
- Pitching rubber (flat) or chalk (pitching mound is optional, but not required)
- Cable Ties (provided by LEJ Sports Group)

Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.

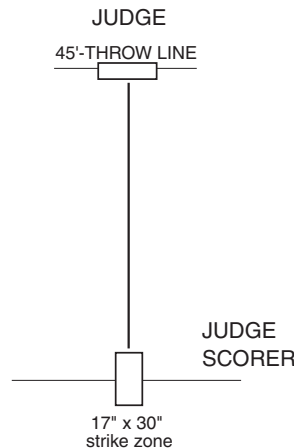
Procedure:

- Each competitor receives six pitches to hit the designated “Strike Zone” target 45 feet away.
- The “Strike Zone” target (17" x 30" banner) reflects a standard MLB™ strike zone.
- It is recommended that the “Strike Zone” target be adhered to a backstop/fence or net with the provided Cable Ties. The bottom of the “Strike Zone” target should measure 20 inches from the ground.
- The competitor must start from the pitching rubber or chalk line and deliver each ball to the “Strike Zone” target. **Treat the rubber/chalk line just as you would a pitching rubber** in a real game. One foot remains in contact with the rubber/chalk line until the ball is released, at which point both feet may follow through and finish in front of the rubber/chalk line.
- Each attempt hitting ANY portion of the “Strike Zone” target is worth 75 points.

Reminder: THERE IS NO TIEBREAKER IN THE PITCH COMPETITION

Suggested Staff and Field Set-Up:

- Judge: Stands at the pitching rubber/chalk line to ensure the competitor has at least one foot touching during the delivery.
- Judge: Determines the number of pitches hitting the "Strike Zone" target.
- Scorer: Records the number of pitches hitting the "Strike Zone" target and points earned on the scoresheet.



Scoring:

- Score is based on the number of pitches that hit ANY portion of the "Strike Zone" target.
- Each participant will receive six pitches.
- Each pitch hitting the "Strike Zone" target is worth 75 points.
- If the participant does not hit any portion of the target, he/she will receive zero points for that pitch.
- If the competitor fails to hit the "Strike Zone" target in his/her six attempts, he/she will receive the minimum score of 50 points.

Reminder: In the event of a tie for the Pitching Champion, there is no tiebreaker. At the Local level, administrators should contact PHR Headquarters for an additional ribbon(s) and all competitors tying for 1st should advance to the Sectional competition.



HIT

Objective: The HIT portion of the program will test a competitor's ability to hit a baseball from a stationary tee, along a tape measure from home plate, toward straight-away centerfield. Hits will be measured for distance and accuracy.

Suggested Equipment

- One (1) adjustable batting tee
- Five (5) baseballs
- Two (2) different sized aluminum bats (recommended sizes: 28 & 32 inch).

Note: Participants may use their own equipment. If a participant brings his/her own bat, it must be made available to all others competing.

- Measuring tape (at least 250 feet, positioned 50 feet away from the front of home plate, through second base toward straight-away centerfield).
- String (used to determine accuracy).
- Six (6) small bean bags/flags used to mark each hit.

Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.

Procedure

- Each competitor will be allowed three swings in an attempt to hit the ball.
- A swing and a miss counts as one attempt (one swing = one attempt).
- A running or walking start is not permitted. Participant may take a single stride step, but cannot take multiple steps in attempt to hit the ball from a walking or running start.
- Only the best attempt, as determined by the administrator, will count toward a competitor's score.

Measuring

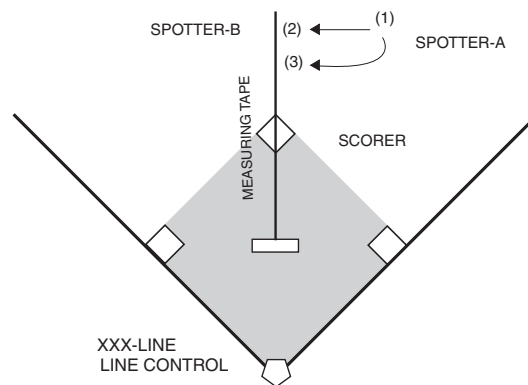
- Two spotters are essential for accurately measuring the distance.
- Positioned 50 feet in front of home plate, the measuring tape should run through the pitchers rubber and second base to centerfield.
- For each ball hit, Spotters A or B mark the spot where each ball first lands on the fly, not where the ball stops rolling.
- After the competitor's third and final attempt, the administrator will determine the best hit and measure that attempt. If two or more hits are too close to differentiate, then both or all of the attempts should be measured, with only the best attempt scored.

Measure the hitter's best attempt by using the following method:

1. Spotters A & B stand on opposite sides of the tape measure, holding several bean bags/flags to mark the initial landing of the batted balls. A string (50 foot minimum) lies perpendicular to the tape measure. After final attempt is marked, the spotters determine the best attempt to measure (see diagram point 1).
2. Once the best attempt is located, Spotter A goes to marked spot (point 1). Then, Spotter B stands on the tape measure holding the other end of the string (point 2). Spotter A walks towards the tape measure keeping the string tight (point 3).
3. Upon reaching the tape measure, Spotter A calculates the inaccuracy of the hit and the distance traveled. **Distance traveled – inaccuracy + initial 50 feet = total distance (see example on p. 14).**
4. Record total distance and see provided HIT Conversion Table to determine the total points earned.

Suggested Staff and Field Set Up:

Spotters A & B:	Mark the spots where each ball first lands and determine each competitor's best hit. Measure the distance of the best attempt and subtract the inaccuracy.
Line Control:	Keeps the line orderly and assists in ball retrieval.
Scorer:	Records measurements on scoresheet and uses provided HIT Conversion Table to calculate total point score.
Administrator:	Places ball on tee.



Scoring

- Scores will be based on distance and accuracy.
- If the competitor fails to hit the ball in his/her three attempts, he/she will receive the minimum score of 50 points.
- If a ball carries over a fence, continue to measure if at all possible. If not, use your best judgement. If the ball hits the fence on a fly, the measurement should be the distance from home plate to the fence.
- A competitor will receive the minimum score of 50 points for a hit of less than 50 feet.



RUN

Objective: The RUN portion of the program will measure a competitor's speed in a sprint covering 160 feet from second base, touching third, and across home plate.

IMPORTANT:

Taking into consideration the variation in distances between bases for different organized youth baseball programs and age groups, the national standard will be 80 feet. Youth fields with 60-foot or 90-foot base paths can easily be adjusted to accommodate 80-foot distances. For competition consistency, the competitor must run 160 total feet.

If the bases are 60 feet in distance, then the runner must start from 40 feet behind second base towards right-center field, and must run along a straight line toward third base and continue to home plate before the timer stops the clock ($100+60=160$ feet).

If the bases are 90 feet apart, then the runner starts 20 feet in front of second base, towards third base, and runs the regular route to home ($70+90=160$ feet).

Suggested Equipment

- Three (3) bases (bases should be anchored or strapped in place securely)
- One (1) digital stopwatch

Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.

Procedure

- The competitor will start at second base or the indicated start line.
- He/she will begin from a standing start, and begin running when the administrator yells GO!
- The runner will be timed from the moment he/she leaves second base, touches an anchored third base, and crosses home plate. No sliding is allowed.

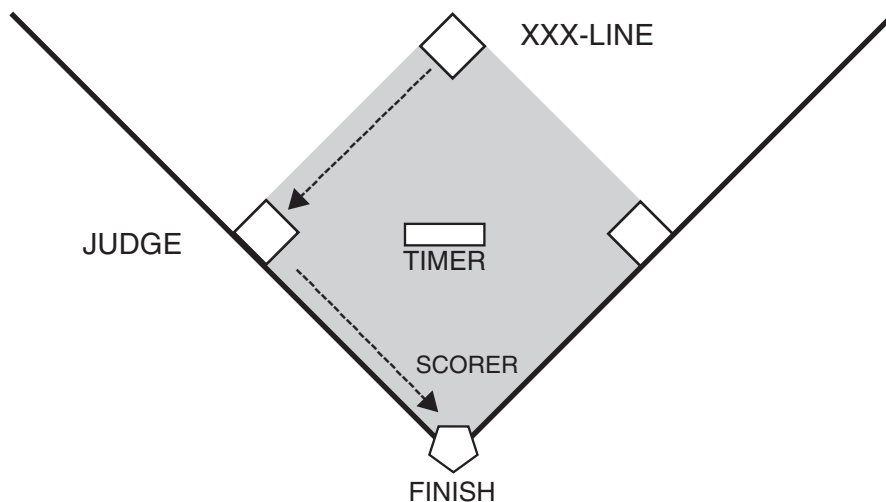
Suggested Staff and Field Set Up:

Starter: Stands at second base and yells "GO!" to designate when the competitor is to begin running.

Judge: Positioned at third base to insure that all runners successfully tag.

Timer: Located at home plate, begins timing when the starter yells, "GO!" and stops when the runner tags home plate.

Scorer: Records all times and uses RUN Conversion Table to determine total point value.



Scoring:

- The runner must touch third base and home plate for the time to be official. If a runner misses a base, he/she will receive the minimum score of 50 points and not be given the opportunity to run again.
- The runner will be given only one warning for a false start. If a competitor false starts a second time, he/she will receive the minimum score of 50 points.
- A competitor will receive the minimum score of 50 points for intentionally sliding into home plate.
- A Conversion Table is provided to easily translate the time into a point total.
- A competitor will receive the minimum score of 50 points for a time of more than 11 seconds.

POINT SCORING SYSTEM

A competitor's distance or time event will be converted into a composite point total. Conversion Tables are provided (pages 19-21), which will allow administrators to easily tabulate point totals.

PITCH

Total points based on six (6) pitches to a designated "Strike Zone" target.

- Each throw hitting the "Strike Zone" target = 75 points.
- Competitor must have one foot touching the rubber/chalkline when the pitch is released.
- Failure to hit the "Strike Zone" target will result in the minimum score of 50 points.

Example: Hitting two (2) of six (6) pitching targets = 150 points. Hitting five (5) of six (6) pitching targets = 375 points

HIT

Total Points based on the best distance of a competitor's three (3) attempts.

- Round up or down to the nearest foot.
- A hit of less than 50 feet will result in the minimum score of 50 points.

Example: A competitor hits the ball 129'6" (rounded up to 130'), but the ball lands ten (10) feet to the left of the measuring tape. The score would be $130 - 10 = 120$ feet. Add the initial 50 feet for a total of 170 feet. Use the Conversion Table and convert 170 feet to 340 points.

RUN

Total points based on the competitor's time from second base to home plate.

- A time of more than eleven seconds will result in the minimum score of 50 points.
- One false start is allowed.
- Competitor must touch third base and home plate. If not, the minimum score of 50 points is received.

Example: A time of 8.22 seconds equals 328 points. A time of 11.25 seconds equals 50 points.

SUGGESTED EQUIPMENT FOR COMPETITIONS



SUGGESTED EQUIPMENT FOR COMPETITIONS

- Five (5) administrators
- Tape Measure (at least 250 feet)
- Weights or object to hold tape measure in place
- Six (6) baseballs (any type of standard hardball)
- Six (6) flags or bean bags
- One (1) digital stopwatch
- String (non-elastic; minimum of 50 feet)
- One (1) Strike Zone Target*
- One (1) Pitching Rubber/Chalk Line
- Four (4) Cable Ties*
- Conversion Tables*
- Two (2) baseball bats
- One (1) adjustable batting tee
- Writing utensils
- Clipboard
- Handbook
- Scoresheets (back of the handbook)
- Registration form/liability waiver*
- Participation cards for all participants*
- Table for registration
- Calculator

To be provided*

(Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.)

LOCAL COMPETITION COORDINATOR'S RESPONSIBILITIES

1. Register online at www.mlb.com/phr
2. Receive information/materials necessary to host a competition.
3. Promote your competition through your promotional posters, newspaper advertisements/announcements and press releases (provided in your promotional packet). The responsibility to promote your competition is optional, but is highly encouraged.
4. Make copies of scoresheets as needed for your competition.
5. Staff and administrate competition.
6. Award participants and distribute Sectional Advancement Letter (to be provided by PHR Headquarters). If you have not received Sectional information by May 1st, please contact National Headquarters.
7. Submit Local competition results via www.mlb.com/phradmin. If you encounter problems submitting results, please contact PHR Headquarters.
8. Mail all registration forms to PHR Headquarters (prepaid envelope provided in kit):

PITCH, HIT & RUN™ Headquarters
c/o LEJ Sports Group
4015 Wetherburn Way
Norcross, GA 30092
pitchhitrun@mlb.com

All registration forms must be submitted AFTER YOUR EVENT to qualify your Local Competition as an "official" PITCH, HIT & RUN™ Competition, and to have your youngsters advance to subsequent levels.

SECTIONAL COMPETITION COORDINATOR'S RESPONSIBILITIES

1. Receive information/materials necessary to host a competition.
2. Receive a list of competitors from PHR Headquarters or your State Coordinator.
3. Make copies of scoresheets as needed for your competition.
4. Staff and administrate competition **with all qualifiers competing in all three events.**
5. Award participants and announce the following statement: "Congratulations! All 1st Place All-Around Champions are now eligible to advance to the Team Championship, but first your scores are compared to the other Sectional All-Around Champions in our Major League Baseball market and the top 4 scorers will advance to the Team Championship. Please make sure we have accurate contact information for you, as PHR Headquarters will contact each All-Around Champion to notify you of your advancement status."
6. Submit Sectional competition results form (to be provided by email) to PHR Headquarters immediately following your competition.

BIRTH DATE/ AGE VERIFICATION CHART

(Age as of July 17, 2009)

Age 7/8	July 18, 2000 to July 17, 2002
Age 9/10	July 18, 1998 to July 17, 2000
Age 11/12	July 18, 1996 to July 17, 1998
Age 13/14	July 18, 1994 to July 17, 1996

Youngsters must provide a copy of a birth certificate or baptismal record before participating at every level of competition.

MAJOR LEAGUE BASEBALL® SPONSORSHIP REGULATIONS

Aquafina® is the title sponsor of this Major League Baseball® program. Therefore, no additional sponsorship may be solicited by state associations or local organizations. If not for the funding of Major League Baseball® and its sponsors, this program would not be free for the participants.

To help publicize and promote the Aquafina® Major League Baseball® PITCH, HIT & RUN™ competition, LEJ Sports Group will be aligning media partners in your market. We may contact your organization for further assistance in developing these media contacts.

Due to strict Major League Baseball® regulations and applicable law use of the PITCH, HIT & RUN™ logo or any wordmark, logo or other trademark of Major League Baseball®, any of the 30 Major League™ Clubs or any of their affiliated entities must be approved through LEJ Sports Group and Major League Baseball®.

***CONVERSION TABLES
SCORESHEETS
&
RESULTS***

"PITCH" CONVERSION TABLE

Number of Targets Hit = Points

$$0 = 50$$

$$1 = 75$$

$$2 = 150$$

$$3 = 225$$

$$4 = 300$$

$$5 = 375$$

$$6 = 450$$

"HIT" CONVERSION TABLE

Distance = Points	Distance = Points	Distance = Points	Distance = Points	Distance = Points	Distance = Points
<50 = 50	93 = 186	137 = 274	181 = 362	225 = 450	269 = 538
50 = 100	94 = 188	138 = 276	182 = 364	226 = 452	270 = 540
51 = 102	95 = 190	139 = 278	183 = 366	227 = 454	271 = 542
52 = 104	96 = 192	140 = 280	184 = 368	228 = 456	272 = 544
53 = 106	97 = 194	141 = 282	185 = 370	229 = 458	273 = 546
54 = 108	98 = 196	142 = 284	186 = 372	230 = 460	274 = 548
55 = 110	99 = 198	143 = 286	187 = 374	231 = 462	275 = 550
56 = 112	100 = 200	144 = 288	188 = 376	232 = 464	
57 = 114	101 = 202	145 = 290	189 = 378	233 = 466	ADD 2 points for each foot over 275 feet.
58 = 116	102 = 204	146 = 292	190 = 380	234 = 468	
59 = 118	103 = 206	147 = 294	191 = 382	235 = 470	
60 = 120	104 = 208	148 = 296	192 = 384	236 = 472	
61 = 122	105 = 210	149 = 298	193 = 386	237 = 474	
62 = 124	106 = 212	150 = 300	194 = 388	238 = 476	
63 = 126	107 = 214	151 = 302	195 = 390	239 = 478	
64 = 128	108 = 216	152 = 304	196 = 392	240 = 480	
65 = 130	109 = 218	153 = 306	197 = 394	241 = 482	
66 = 132	110 = 220	154 = 308	198 = 396	242 = 484	
67 = 134	111 = 222	155 = 310	199 = 398	243 = 486	
68 = 136	112 = 224	156 = 312	200 = 400	244 = 488	
69 = 138	113 = 226	157 = 314	201 = 402	245 = 490	
70 = 140	114 = 228	158 = 316	202 = 404	246 = 492	
71 = 142	115 = 230	159 = 318	203 = 406	247 = 494	
72 = 144	116 = 232	160 = 320	204 = 408	248 = 496	
73 = 146	117 = 234	161 = 322	205 = 410	249 = 498	
74 = 148	118 = 236	162 = 324	206 = 412	250 = 500	
75 = 150	119 = 238	163 = 326	207 = 414	251 = 502	
76 = 152	120 = 240	164 = 328	208 = 416	252 = 504	
77 = 154	121 = 242	165 = 330	209 = 418	253 = 506	
78 = 156	122 = 244	166 = 332	210 = 420	254 = 508	
79 = 158	123 = 246	167 = 334	211 = 422	255 = 510	
80 = 160	124 = 248	168 = 336	212 = 424	256 = 512	
81 = 162	125 = 250	169 = 338	213 = 426	257 = 514	
82 = 164	126 = 252	170 = 340	214 = 428	258 = 516	
83 = 166	127 = 254	171 = 342	215 = 430	259 = 518	
84 = 168	128 = 256	172 = 344	216 = 432	260 = 520	
85 = 170	129 = 258	173 = 346	217 = 434	261 = 522	
86 = 172	130 = 260	174 = 348	218 = 436	262 = 524	
87 = 174	131 = 262	175 = 350	219 = 438	263 = 526	
88 = 176	132 = 264	176 = 352	220 = 440	264 = 528	
89 = 178	133 = 266	177 = 354	221 = 442	265 = 530	
90 = 180	134 = 268	178 = 356	222 = 444	266 = 532	
91 = 182	135 = 270	179 = 358	223 = 446	267 = 534	
92 = 184	136 = 272	180 = 360	224 = 448	268 = 536	

"RUN" CONVERSION TABLE

Time = Points	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points
>11.00 = 50	10.42 = 108	9.83 = 167	9.24 = 226	8.65 = 285	8.06 = 344	7.47 = 403
11.00 = 50	10.41 = 109	9.82 = 168	9.23 = 227	8.64 = 286	8.05 = 345	7.46 = 404
10.99 = 51	10.40 = 110	9.81 = 169	9.22 = 228	8.63 = 287	8.04 = 346	7.45 = 405
10.98 = 52	10.39 = 111	9.80 = 170	9.21 = 229	8.62 = 288	8.03 = 347	7.44 = 406
10.97 = 53	10.38 = 112	9.79 = 171	9.20 = 230	8.61 = 289	8.02 = 348	7.43 = 407
10.96 = 54	10.37 = 113	9.78 = 172	9.19 = 231	8.60 = 290	8.01 = 349	7.42 = 408
10.95 = 55	10.36 = 114	9.77 = 173	9.18 = 232	8.59 = 291	8.00 = 350	7.41 = 409
10.94 = 56	10.35 = 115	9.76 = 174	9.17 = 233	8.58 = 292	7.99 = 351	7.40 = 410
10.93 = 57	10.34 = 116	9.75 = 175	9.16 = 234	8.57 = 293	7.98 = 352	7.39 = 411
10.92 = 58	10.33 = 117	9.74 = 176	9.15 = 235	8.56 = 294	7.97 = 353	7.38 = 412
10.91 = 59	10.32 = 118	9.73 = 177	9.14 = 236	8.55 = 295	7.96 = 354	7.37 = 413
10.90 = 60	10.31 = 119	9.72 = 178	9.13 = 237	8.54 = 296	7.95 = 355	7.36 = 414
10.89 = 61	10.30 = 120	9.71 = 179	9.12 = 238	8.53 = 297	7.94 = 356	7.35 = 415
10.88 = 62	10.29 = 121	9.70 = 180	9.11 = 239	8.52 = 298	7.93 = 357	7.34 = 416
10.87 = 63	10.28 = 122	9.69 = 181	9.10 = 240	8.51 = 299	7.92 = 358	7.33 = 417
10.86 = 64	10.27 = 123	9.68 = 182	9.09 = 241	8.50 = 300	7.91 = 359	7.32 = 418
10.85 = 65	10.26 = 124	9.67 = 183	9.08 = 242	8.49 = 301	7.90 = 360	7.31 = 419
10.84 = 66	10.25 = 125	9.66 = 184	9.07 = 243	8.48 = 302	7.89 = 361	7.30 = 420
10.83 = 67	10.24 = 126	9.65 = 185	9.06 = 244	8.47 = 303	7.88 = 362	7.29 = 421
10.82 = 68	10.23 = 127	9.64 = 186	9.05 = 245	8.46 = 304	7.87 = 363	7.28 = 422
10.81 = 69	10.22 = 128	9.63 = 187	9.04 = 246	8.45 = 305	7.86 = 364	7.27 = 423
10.80 = 70	10.21 = 129	9.62 = 188	9.03 = 247	8.44 = 306	7.85 = 365	7.26 = 424
10.79 = 71	10.20 = 130	9.61 = 189	9.02 = 248	8.43 = 307	7.84 = 366	7.25 = 425
10.78 = 72	10.19 = 131	9.60 = 190	9.01 = 249	8.42 = 308	7.83 = 367	7.24 = 426
10.77 = 73	10.18 = 132	9.59 = 191	9.00 = 250	8.41 = 309	7.82 = 368	7.23 = 427
10.76 = 74	10.17 = 133	9.58 = 192	8.99 = 251	8.40 = 310	7.81 = 369	7.22 = 428
10.75 = 75	10.16 = 134	9.57 = 193	8.98 = 252	8.39 = 311	7.80 = 370	7.21 = 429
10.74 = 76	10.15 = 135	9.56 = 194	8.97 = 253	8.38 = 312	7.79 = 371	7.20 = 430
10.73 = 77	10.14 = 136	9.55 = 195	8.96 = 254	8.37 = 313	7.78 = 372	7.19 = 431
10.72 = 78	10.13 = 137	9.54 = 196	8.95 = 255	8.36 = 314	7.77 = 373	7.18 = 432
10.71 = 79	10.12 = 138	9.53 = 197	8.94 = 256	8.35 = 315	7.76 = 374	7.17 = 433
10.70 = 80	10.11 = 139	9.52 = 198	8.93 = 257	8.34 = 316	7.75 = 375	7.16 = 434
10.69 = 81	10.10 = 140	9.51 = 199	8.92 = 258	8.33 = 317	7.74 = 376	7.15 = 435
10.68 = 82	10.09 = 141	9.50 = 200	8.91 = 259	8.32 = 318	7.73 = 377	7.14 = 436
10.67 = 83	10.08 = 142	9.49 = 201	8.90 = 260	8.31 = 319	7.72 = 378	7.13 = 437
10.66 = 84	10.07 = 143	9.48 = 202	8.89 = 261	8.30 = 320	7.71 = 379	7.12 = 438
10.65 = 85	10.06 = 144	9.47 = 203	8.88 = 262	8.29 = 321	7.70 = 380	7.11 = 439
10.64 = 86	10.05 = 145	9.46 = 204	8.87 = 263	8.28 = 322	7.69 = 381	7.10 = 440
10.63 = 87	10.04 = 146	9.45 = 205	8.86 = 264	8.27 = 323	7.68 = 382	7.09 = 441
10.62 = 88	10.03 = 147	9.44 = 206	8.85 = 265	8.26 = 324	7.67 = 383	7.08 = 442
10.61 = 89	10.02 = 148	9.43 = 207	8.84 = 266	8.25 = 325	7.66 = 384	7.07 = 443
10.60 = 90	10.01 = 149	9.42 = 208	8.83 = 267	8.24 = 326	7.65 = 385	7.06 = 444
10.59 = 91	10.00 = 150	9.41 = 209	8.82 = 268	8.23 = 327	7.64 = 386	7.05 = 445
10.58 = 92	9.99 = 151	9.40 = 210	8.81 = 269	8.22 = 328	7.63 = 387	7.04 = 446
10.57 = 93	9.98 = 152	9.39 = 211	8.80 = 270	8.21 = 329	7.62 = 388	7.03 = 447
10.56 = 94	9.97 = 153	9.38 = 212	8.79 = 271	8.20 = 330	7.61 = 389	7.02 = 448
10.55 = 95	9.96 = 154	9.37 = 213	8.78 = 272	8.19 = 331	7.60 = 390	7.01 = 449
10.54 = 96	9.95 = 155	9.36 = 214	8.77 = 273	8.18 = 332	7.59 = 391	7.00 = 450
10.53 = 97	9.94 = 156	9.35 = 215	8.76 = 274	8.17 = 333	7.58 = 392	
10.52 = 98	9.93 = 157	9.34 = 216	8.75 = 275	8.16 = 334	7.57 = 393	
10.51 = 99	9.92 = 158	9.33 = 217	8.74 = 276	8.15 = 335	7.56 = 394	
10.50 = 100	9.91 = 159	9.32 = 218	8.73 = 277	8.14 = 336	7.55 = 395	
10.49 = 101	9.90 = 160	9.31 = 219	8.72 = 278	8.13 = 337	7.54 = 396	
10.48 = 102	9.89 = 161	9.30 = 220	8.71 = 279	8.12 = 338	7.53 = 397	
10.47 = 103	9.88 = 162	9.29 = 221	8.70 = 280	8.11 = 339	7.52 = 398	
10.46 = 104	9.87 = 163	9.28 = 222	8.69 = 281	8.10 = 340	7.51 = 399	
10.45 = 105	9.86 = 164	9.27 = 223	8.68 = 282	8.09 = 341	7.50 = 400	
10.44 = 106	9.85 = 165	9.26 = 224	8.67 = 283	8.08 = 342	7.49 = 401	
10.43 = 107	9.84 = 166	9.25 = 225	8.66 = 284	8.07 = 343	7.48 = 402	

**Add 1 point for
each hundredth
of a second
under 7.00**

2009 LOCAL RESULTS

AGE 7/8	NAME	PHONE	SCORE
All-AROUND CHAMPION			
PITCH CHAMPION			
HIT CHAMPION			
RUN CHAMPION			

AGE 9/10	NAME	PHONE	SCORE
All-AROUND CHAMPION			
PITCH CHAMPION			
HIT CHAMPION			
RUN CHAMPION			

AGE 11/12	NAME	PHONE	SCORE
All-AROUND CHAMPION			
PITCH CHAMPION			
HIT CHAMPION			
RUN CHAMPION			

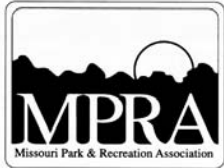
AGE 13/14	NAME	PHONE	SCORE
All-AROUND CHAMPION			
PITCH CHAMPION			
HIT CHAMPION			
RUN CHAMPION			

Immediately following the competition, please submit results online at www.mlb.com/phradmin. If you encounter problems submitting results, please contact PHR Headquarters.

A SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS



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Washington Township Baseball

