



**Hosted by: Whittemore Athletic Association**

**Saturday April 26, 2008**

**Sign-up- 9:30 p.m.**

**Competition Starts- 10:00 p.m. sharp**

**Location- Whittemore, Noah's Park**

**Questions- Call Brian Thul 515-884-0022**

**Your chance to compete in a Major League Ballpark or the 2008 Major League All-Star Game**

### **Purpose**

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 will have a chance to compete. Participants will compete in three important aspects of baseball: **pitching, hitting & running.**

### **Participants**

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, 2008).

### **Structure**

**PITCH, HIT & RUN** Youngsters may advance through four levels of competition - Local, Sectional, Team Championship (Major League Ballpark) and National Finals (2008 MLB All-Star Game).

### **Eligibility**

- The competition is free for all participants.
- All boys and girls, ages 7-14, are welcome to participate.
- All participants must provide a copy of a valid birth certificate or baptismal record for age for verification when asked. Failure to provide proof of age may result in disqualification.
- All participants must sign a registration/waiver form.

### **Objectives**

**Pitch** - The PITCH portion of the program will test how accurately a competitor can throw strikes from 45 feet to a designated "*Strike Zone*" target.

**Hit** - 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.

**Run** - The RUN portion of the program will measure a competitor's speed in a sprint from second base, around third, and across home plate.

**See you at the Competition April 26, 2007**

**Concession Stand will be open**