

# Pitch Hit Run

Jefferson Park and Recreation



Missing baseball and softball this year? Here is your chance to show off your pitching, hitting and running skills (Pitch Hit Run) in a competitive and safe environment. This is modeled somewhat after MLB *Pitch Hit Run*. The major difference is there is no regional or national advancement beyond the local competition.

**Saturday August 1 – Field #2 (behind football/track Grandstand)**

<b>Ages*</b>	<b>Registration</b>	<b>Competition</b>
<b>7-8</b>	<b>900AM</b>	<b>930AM</b>
<b>9-10</b>	<b>1000AM</b>	<b>1030AM</b>
<b>11-12</b>	<b>11AM</b>	<b>1130AM</b>
<b>13-14</b>	<b>12N</b>	<b>1230PM</b>

**\*age on Aug. 1, 2020**

**Baseball and softball division for each age group – they will be scored separately.**

## Basics

### Pitch:

- Each competitor given six balls to pitch (overhand or underhand) at a distance of 45' for baseball division and 35' for softball division. Target is 17" x 30" for both divisions. Note: 7- 8 / 9-10 softball use an 11 inch softball; 11-12 / 13-14 use a 12 inch softball

### Hit:

- Each competitor given three swings at a ball from a batting tee. Ball is same size as listed in the Pitch Competition. Hitting for distance and accuracy

### Run:

- Each competitor timed at running a distance of 120' and rounding and touching third base in the process

Each competition has a conversion chart to award points for each person's effort. Awards for the top four in each Division/Age.

We will sanitize park and recreation bats and balls between competitions. You are welcome to bring your own bat and balls – if desired. We will also be practicing social distancing and other suggested protocols – such as taking temperature during registration.

*Revive your baseball and softball skills – come out for local competition and fun.*

**We look forward to seeing you Saturday August 1st**

**Free**

**Open to Jefferson Park and Recreation District Residents/or out of district students enrolled in JSD**

