

# Pitch Hit & Run

Pitch Hit & Run is the official skills competition of Major League Baseball!

## THE "PITCH"

The pitch portion tests how accurately a competitor can throw strikes to a designated "Strike Zone" from a designated distance (35' for girls and 45' for boys). Any method of underhand/overhand pitching or throwing is allowed. An attempt hitting any portion of the target will be deemed a strike.

## THE "HIT"

The hit portion tests a competitor's ability to hit from a stationary batting tee, along a tape measure from home plate, toward straight-away centerfield. Hits will be measured for accuracy (i.e. the farthest and straightest).

## THE "RUN"

The run portion measures a competitor's speed in a sprint from the start line, touching third base, and across home plate. Boys in the baseball division will run a total of 160 feet whereas girls in the softball division will run a total of 120 feet.

## Saturday, May 7

### 9:00 am

### Skowhegan Community Center

### Boys & Girls Ages 7-14

### 4 age groups: 7/8, 9/10, 11/12 & 13/14

\*Age is determined as of July 17, 2016

### This is a Free Event!

Boys and girls compete separately and participants have the opportunity to compete in four levels of competition including Locals, Sectionals, Team Championships and the National Finals at the MLB All-Star Game.



## Bloomfield After School Adventure Program

Grades 1-3

Tuesday & Thursday 2:30-4:00pm  
March 29 - May 26

Register today and experience lots of fun challenges, adventures, physical activities, Hiking, Rock wall climbing, games, and arts & crafts are some of the activities you can look forward to.

Registration is now until full.  
Space is limited.

Program held at the Community Center  
Supervision from the school to the center is provided.

All Participants must register at the  
Community Center.

Skowhegan Residents: No Fee  
Non-Residents: \$20.00

## MCSS After School Adventure Program

Grades 4-5

Monday & Wednesday 2:30-4:00pm  
March 28 - May 25

Go wild with us! Register today and experience lots of fun challenges, adventures, physical activities, and learn about the outdoors. Hiking, rock wall climbing and games, are some of the activities you can look forward to.

You can join anytime!

Program held at the  
Margaret Chase Smith School.  
All Participants must register at the  
Community Center.

Skowhegan Residents: No Fee  
Non-Residents: \$20.00

Sponsored by the New Balance Foundation Move More Kids Initiative.

