



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.

Girls and boys compete separately and advance through all four levels of the competition in separate divisions. Local competition hosts have the option to host the boys baseball and girls softball divisions on the same date and time. The intent of creating a Softball Division of PHR is to provide a fair competition with an equal opportunity of advancement for girls. Although your community may have coed teams/leagues, for this one-day special event, boys participating in PHR will use a baseball and follow the baseball guidelines and girls will use a softball and follow the softball guidelines.

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 2012 MLB® All-Star Game®.

GAME DAY LINE-UP

Welcome	Page 1
Mission Statement/Program Overview	Page 3
Levels of Competition	Page 4
Competition Rules	Page 5
Who Is Awarded and Who Advances	Page 6-7
PITCH	Page 8-9
HIT	Page 10-11
RUN	Page 12-13
Point Scoring System	Page 14
Suggested Equipment	Page 15
Local/Sectional Coordinator's Responsibilities	Page 16
Birth Date/Age Chart/Sponsorships	Page 17
Conversion Tables/Scoresheets/Results	Page 18-26
Organizations	Page 27-28

MISSION STATEMENT

PITCH, HIT & RUN™

To provide youngsters across the country with an opportunity to participate, free of charge, in an exciting baseball/softball skills competition in the safest atmosphere possible; 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/softball: pitching, hitting & running.

PROGRAM OVERVIEW

PARTICIPANTS

All participants must fill out a registration/waiver form obtained from the local hosting organization. Boys and girls, ages 7-14, must provide a copy of a valid birth certificate 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 **SEPARATELY** (age is determined as of July 17, 2012). 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.

SAFETY PRECAUTIONS

Please consider baseball/softball safety regulations throughout the warm-up period and during the administration of the PHR competition to avoid injuries to the participants. All parents and spectators should remain off the field at all times. As you read through the administration of each skill in the handbook, please be aware of the safety note indicated at the bottom of the page (Pitch - p.8, Hit - p.10 and Run - p.12). If you have any questions or need suggestions with regard to safety precautions, please contact PHR Headquarters.

LEVELS OF COMPETITION

There are four (4) levels of competition that a youngster has the opportunity to advance through, including: 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 8 – 10

The final level of competition concludes at the 2012 MLB® All-Star Game®. The top youngsters will compete for the National Championship during 2012 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 certificates if necessary. **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 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

The following participants in each age/gender group are awarded and advance to the Sectional Competition:

*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 and gender:

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 three (3) scorers in each age and gender 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™ Cap
- PITCH, HIT & RUN™ T-shirt
- Team Championship Award
- Two (2) tickets to the game

The 1st Place All-Around Team Champion in each age group and gender 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 2012 MLB® All-Star Game®. The National Champions in each age group and gender will be honored.



PITCH

Objective: The PITCH portion of the program will test how accurately a competitor can throw strikes to a designated “Strike Zone” target from a designated distance (35 feet for the girls softball division and 45 feet for the boys baseball division). **Any method of underhand/overhand pitching or throwing is accepted.** An attempt hitting ANY portion of the target will be deemed a strike.

Suggested Equipment:

- Six (6) baseballs (All boys division participants)
- Six (6) 11-inch softballs (7/8 and 9/10 girls division participants)
- Six (6) 12-inch softballs (11/12 and 13/14 girls division participants)
- “Strike Zone” target (provided by LEJ Sports Group)
- Pitching rubber or chalk line
- Cable Ties (provided by LEJ Sports Group)

Procedure:

- Each competitor receives six attempts to hit the designated “Strike Zone”.
- Competitors in the boys division pitch/throw from 45 feet away and the girls division competitors from 35 feet away.
- Participants in the 7/8 and 9/10 girls division should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 girls division should compete with a 12-inch softball.
- All participants in the boys division compete with a standard baseball.
- 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 for all competitors.
- 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.**
- Each attempt hitting ANY portion of the “Strike Zone” target is worth 75 points.

Safety:

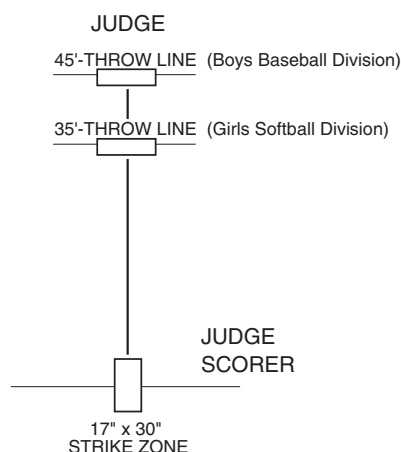
- Due to the involvement of a pitched ball, please ensure that participants are standing neither behind the target, nor within 50 feet of the side of the target.

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.
- Competitors in the boys division pitch/throw from 45 feet away and the girls division competitors from 35 feet away.
- Each attempt hitting ANY portion of the "Strike Zone" target is worth 75 points.
- There is no tiebreaker in the pitch competition.
- 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, all competitors tying for 1st should 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).



HIT

Objective: The HIT portion of the program will test 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 distance and accuracy.

Suggested Equipment:

- One (1) adjustable batting tee
- Six (6) baseballs
- Six (6) 11-inch softballs (7/8 and 9/10 girls division)
- Six (6) 12-inch softballs (11/12 and 13/14 girls division)
- Two (2) different sized aluminum baseball/softball bats

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.

Procedure:

- Each competitor will be allowed three swings in an attempt to hit the ball.
- Only the best of the three attempts, as determined by the administrator, will count toward a competitor's score.
- 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.
- Participants in the 7/8 and 9/10 girls division should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 girls division should compete with a 12-inch softball.
- All participants in the boys division compete with a standard baseball.

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.

Safety:

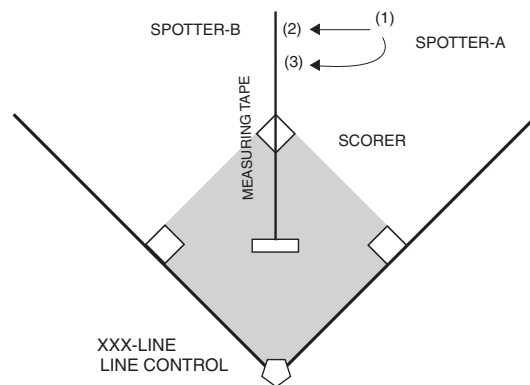
- Please ensure that all participants are out of the way of any swinging bats or hit balls. It is recommended that all participants not stationed at the batting tee remain in the dugout area, behind a fence and/or at a safe distance away from the hitting area in order to avoid injury.

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 from the start line, touching third base, and touching home plate. Participants in the boys baseball division run a total of 160 feet, whereas those in the girls softball division run a total of 120 feet.

IMPORTANT:

The most important thing to remember is that for competition consistency, all competitors complete one turn at third base, and must run the correct total distance (160 FEET for the boys division and 120 FEET for the girls division). The program standard for the distance between bases in the Boys Division will be 80 FEET and for the Girls Division will be 60 FEET.

Boys Division: Youth fields with base paths that are longer or shorter than 80 feet can easily be adjusted to be in compliance by moving the start line. For example, if the bases are 60 feet in distance, then the runner must start 40 feet behind second base toward right-center field, and then can run a straight line to third base and continue to home plate ($100+60=160$ 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 plate ($70+90=160$ feet). Participants in the boys division must run a total of 160 feet.

Girls Division: Youth fields with base paths that are longer than 60 feet can easily be adjusted to be in compliance by moving the start line. For example, if the bases are 70 feet apart, then the runner starts 20 feet in front of second base, towards third base, and runs the regular route to home plate ($50+70=120$ feet). Participants in the girls division must run a total of 120 feet.

Suggested Equipment:

- Two (2) bases (bases should be anchored or strapped in place securely)
- Chalk line, cone or base to serve as the start line
- One (1) digital stopwatch

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 touches home plate. No sliding is allowed.

Safety:

- Please make sure that bases are anchored or strapped in place securely and that the judge positioned near third base is well out of the way of any participant making a wide turn. Also be sure to conduct a pre-inspection of the surface to ensure the field is free of ruts and holes.

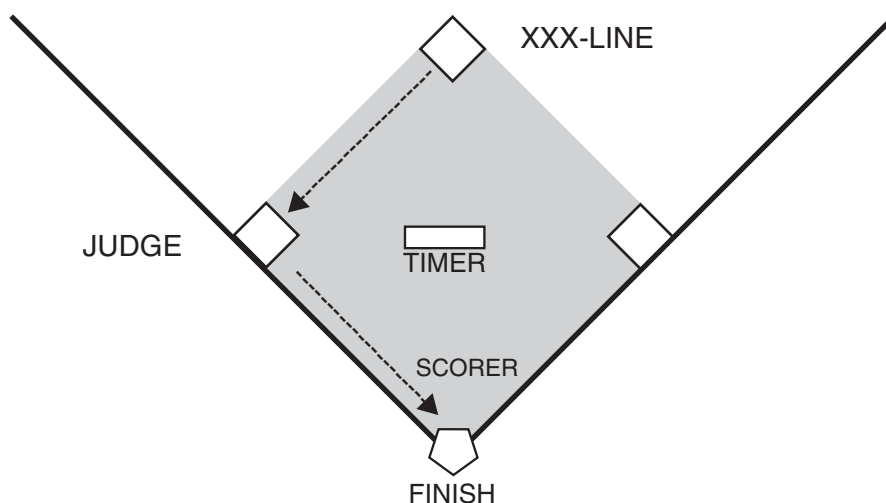
Suggested Staff and Field Set Up:

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 Tables 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.
- Conversion Tables are provided to easily translate the time into a point total. The **boys division conversion table, page 21**. The **girls division conversion table, page 22**.
- A competitor will receive the minimum score of 50 points for a time of more than 11 seconds in the boys division or for a time of more than 10 seconds in the girls division.

POINT SCORING SYSTEM

A competitor's distance or time event will be converted into a composite point total. Conversion Tables are provided (pages 19-22), 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.
- 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 the start line to home plate.

- A time of more than eleven seconds in the boys division will result in the minimum score of 50 points.
- A time of more than ten seconds in the girls division 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.

Boys Division Example: A time of 8.22 seconds equals 328 points. A time of 11.25 seconds equals 50 points. Use the conversion table on page 21.

Girls Division Example: A time of 8.22 seconds equals 228 points. A time of 10.25 seconds equals 50 points. Use the conversion table on page 22.

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) 11-inch Softballs (7/8 & 9/10 age groups)
- Six (6) 12-inch Softballs (11/12 & 13/14 age groups)
- 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) different sized aluminum baseball/softball bats
- One (1) adjustable batting tee
- Writing utensils
- Clipboard
- Handbook
- Scoresheets (back of the handbook)
- Registration form/liability waiver*
- Participation cards for all participants*
- Basic First Aid equipment and emergency contact list
- 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 3 scorers in each age and gender 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, 2012)

Age 7/8	July 18, 2003 to July 17, 2005
Age 9/10	July 18, 2001 to July 17, 2003
Age 11/12	July 18, 1999 to July 17, 2001
Age 13/14	July 18, 1997 to July 17, 1999

Youngsters must provide a copy of a birth certificate 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.

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® Properties.

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

**ADD
2 points for
each foot over
275 feet.**

BOYS DIVISION "RUN" CONVERSION TABLE

(Girls Division "Run" Conversion Table on Page 22)

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**

GIRLS DIVISION "RUN" CONVERSION TABLE

(Boys Division "Run" Conversion Table on Page 21)

Time = Point	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points
>10.00 = 50	9.42 = 108	8.83 = 167	8.24 = 226	7.65 = 285	7.06 = 344	6.47 = 403
10.00 = 50	9.41 = 109	8.82 = 168	8.23 = 227	7.64 = 286	7.05 = 345	6.46 = 404
9.99 = 51	9.40 = 110	8.81 = 169	8.22 = 228	7.63 = 287	7.04 = 346	6.45 = 405
9.98 = 52	9.39 = 111	8.80 = 170	8.21 = 229	7.62 = 288	7.03 = 347	6.44 = 406
9.97 = 53	9.38 = 112	8.79 = 171	8.20 = 230	7.61 = 289	7.02 = 348	6.43 = 407
9.96 = 54	9.37 = 113	8.78 = 172	8.19 = 231	7.60 = 290	7.01 = 349	6.42 = 408
9.95 = 55	9.36 = 114	8.77 = 173	8.18 = 232	7.59 = 291	7.00 = 350	6.41 = 409
9.94 = 56	9.35 = 115	8.76 = 174	8.17 = 233	7.58 = 292	6.99 = 351	6.40 = 410
9.93 = 57	9.34 = 116	8.75 = 175	8.16 = 234	7.57 = 293	6.98 = 352	6.39 = 411
9.92 = 58	9.33 = 117	8.74 = 176	8.15 = 235	7.56 = 294	6.97 = 353	6.38 = 412
9.91 = 59	9.32 = 118	8.73 = 177	8.14 = 236	7.55 = 295	6.96 = 354	6.37 = 413
9.90 = 60	9.31 = 119	8.72 = 178	8.13 = 237	7.54 = 296	6.95 = 355	6.36 = 414
9.89 = 61	9.30 = 120	8.71 = 179	8.12 = 238	7.53 = 297	6.94 = 356	6.35 = 415
9.88 = 62	9.29 = 121	8.70 = 180	8.11 = 239	7.52 = 298	6.93 = 357	6.34 = 416
9.87 = 63	9.28 = 122	8.69 = 181	8.10 = 240	7.51 = 299	6.92 = 358	6.33 = 417
9.86 = 64	9.27 = 123	8.68 = 182	8.09 = 241	7.50 = 300	6.91 = 359	6.32 = 418
9.85 = 65	9.26 = 124	8.67 = 183	8.08 = 242	7.49 = 301	6.90 = 360	6.31 = 419
9.84 = 66	9.25 = 125	8.66 = 184	8.07 = 243	7.48 = 302	6.89 = 361	6.30 = 420
9.83 = 67	9.24 = 126	8.65 = 185	8.06 = 244	7.47 = 303	6.88 = 362	6.29 = 421
9.82 = 68	9.23 = 127	8.64 = 186	8.05 = 245	7.46 = 304	6.87 = 363	6.28 = 422
9.81 = 69	9.22 = 128	8.63 = 187	8.04 = 246	7.45 = 305	6.86 = 364	6.27 = 423
9.80 = 70	9.21 = 129	8.62 = 188	8.03 = 247	7.44 = 306	6.85 = 365	6.26 = 424
9.79 = 71	9.20 = 130	8.61 = 189	8.02 = 248	7.43 = 307	6.84 = 366	6.25 = 425
9.78 = 72	9.19 = 131	8.60 = 190	8.01 = 249	7.42 = 308	6.83 = 367	6.24 = 426
9.77 = 73	9.18 = 132	8.59 = 191	8.00 = 250	7.41 = 309	6.82 = 368	6.23 = 427
9.76 = 74	9.17 = 133	8.58 = 192	7.99 = 251	7.40 = 310	6.81 = 369	6.22 = 428
9.75 = 75	9.16 = 134	8.57 = 193	7.98 = 252	7.39 = 311	6.80 = 370	6.21 = 429
9.74 = 76	9.15 = 135	8.56 = 194	7.97 = 253	7.38 = 312	6.79 = 371	6.20 = 430
9.73 = 77	9.14 = 136	8.55 = 195	7.96 = 254	7.37 = 313	6.78 = 372	6.19 = 431
9.72 = 78	9.13 = 137	8.54 = 196	7.95 = 255	7.36 = 314	6.77 = 373	6.18 = 432
9.71 = 79	9.12 = 138	8.53 = 197	7.94 = 256	7.35 = 315	6.76 = 374	6.17 = 433
9.70 = 80	9.11 = 139	8.52 = 198	7.93 = 257	7.34 = 316	6.75 = 375	6.16 = 434
9.69 = 81	9.10 = 140	8.51 = 199	7.92 = 258	7.33 = 317	6.74 = 376	6.15 = 435
9.68 = 82	9.09 = 141	8.50 = 200	7.91 = 259	7.32 = 318	6.73 = 377	6.14 = 436
9.67 = 83	9.08 = 142	8.49 = 201	7.90 = 260	7.31 = 319	6.72 = 378	6.13 = 437
9.66 = 84	9.07 = 143	8.48 = 202	7.89 = 261	7.30 = 320	6.71 = 379	6.12 = 438
9.65 = 85	9.06 = 144	8.47 = 203	7.88 = 262	7.29 = 321	6.70 = 380	6.11 = 439
9.64 = 86	9.05 = 145	8.46 = 204	7.87 = 263	7.28 = 322	6.69 = 381	6.10 = 440
9.63 = 87	9.04 = 146	8.45 = 205	7.86 = 264	7.27 = 323	6.68 = 382	6.09 = 441
9.62 = 88	9.03 = 147	8.44 = 206	7.85 = 265	7.26 = 324	6.67 = 383	6.08 = 442
9.61 = 89	9.02 = 148	8.43 = 207	7.84 = 266	7.25 = 325	6.66 = 384	6.07 = 443
9.60 = 90	9.01 = 149	8.42 = 208	7.83 = 267	7.24 = 326	6.65 = 385	6.06 = 444
9.59 = 91	9.00 = 150	8.41 = 209	7.82 = 268	7.23 = 327	6.64 = 386	6.05 = 445
9.58 = 92	8.99 = 151	8.40 = 210	7.81 = 269	7.22 = 328	6.63 = 387	6.04 = 446
9.57 = 93	8.98 = 152	8.39 = 211	7.80 = 270	7.21 = 329	6.62 = 388	6.03 = 447
9.56 = 94	8.97 = 153	8.38 = 212	7.79 = 271	7.20 = 330	6.61 = 389	6.02 = 448
9.55 = 95	8.96 = 154	8.37 = 213	7.78 = 272	7.19 = 331	6.60 = 390	6.01 = 449
9.54 = 96	8.95 = 155	8.36 = 214	7.77 = 273	7.18 = 332	6.59 = 391	6.00 = 450
9.53 = 97	8.94 = 156	8.35 = 215	7.76 = 274	7.17 = 333	6.58 = 392	
9.52 = 98	8.93 = 157	8.34 = 216	7.75 = 275	7.16 = 334	6.57 = 393	
9.51 = 99	8.92 = 158	8.33 = 217	7.74 = 276	7.15 = 335	6.56 = 394	
9.50 = 100	8.91 = 159	8.32 = 218	7.73 = 277	7.14 = 336	6.55 = 395	
9.49 = 101	8.90 = 160	8.31 = 219	7.72 = 278	7.13 = 337	6.54 = 396	
9.48 = 102	8.89 = 161	8.30 = 220	7.71 = 279	7.12 = 338	6.53 = 397	
9.47 = 103	8.88 = 162	8.29 = 221	7.70 = 280	7.11 = 339	6.52 = 398	
9.46 = 104	8.87 = 163	8.28 = 222	7.69 = 281	7.10 = 340	6.51 = 399	
9.45 = 105	8.86 = 164	8.27 = 223	7.68 = 282	7.09 = 341	6.50 = 400	
9.44 = 106	8.85 = 165	8.26 = 224	7.67 = 283	7.08 = 342	6.49 = 401	
9.43 = 107	8.84 = 166	8.25 = 225	7.66 = 284	7.07 = 343	6.48 = 402	

**Add 1 point for
each hundredth
of a second
under 6.00**

ORGANIZATION

CONTACT

PHONE

Age Group: _____

**BOYS DIVISION
SCORESHEET**

DATE

STATE



NAME

PITCH

OF TARGETS HIT

POINTS

HIT

BEST ATTEMPT

FEET

POINTS

RUN

ONLY ATTEMPT

TIME

POINTS

**TOTAL
POINT
SCORE**

NAME	PITCH		HIT		RUN		TOTAL POINT SCORE
	# OF TARGETS HIT	POINTS	BEST ATTEMPT FEET	POINTS	ONLY ATTEMPT TIME	POINTS	

Make extra copies of the scoresheets as needed

ORGANIZATION

CONTACT

PHONE

Age Group: _____

GIRLS DIVISION SCORESHEET

DATE

STATE



NAME	PITCH		HIT		RUN		TOTAL POINT SCORE
	# OF TARGETS HIT	POINTS	BEST ATTEMPT FEET	POINTS	ONLY ATTEMPT TIME	POINTS	

Make extra copies of the scoresheets as needed

2012 BOYS DIVISION LOCAL RESULTS

HOST ORGANIZATION

CITY/STATE

PHONE

CONTACT PERSON

LOCATION OF COMPETITION

DATE/TIME OF COMPETITION

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 these results online at www.mlb.com/phradmin. If you encounter problems submitting results, please contact PHR Headquarters.

Total Participants

2012 GIRLS DIVISION LOCAL RESULTS

HOST ORGANIZATION

CITY/STATE

PHONE

CONTACT PERSON

LOCATION OF COMPETITION

DATE/TIME OF COMPETITION

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 these results online at www.mlb.com/phradmin. If you encounter problems submitting results, please contact PHR Headquarters.

Total Participants

A SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS



A SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS



Washington Township Baseball



THE NATIONAL GOVERNING BODY OF SOFTBALL

