

**AQUAFINA**  
**PitchHit&Run™**

Official Youth Skills Competition of Major League Baseball



**Host: ASA of PA – District 2**

**Competition Date/Time/Location: 10:00 AM, May 1, 2010, Southside Elementary**

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- **OPEN TO COMPETITORS AGES 7 – 14**
- **PARTICIPATION IS FREE**
- **4 LEVELS OF COMPETITION:** Local, Sectional, Team Championship (MLB Ballparks) & National Finals (2010 All-Star Game – Anaheim, CA)

**PITCH....Throw strikes to a designated target**

**HIT.....Hit from a stationary batting tee for distance and accuracy**

**RUN.....Sprint from 2<sup>nd</sup> base to home plate for time**

[Visit [www.mlb.com/phr](http://www.mlb.com/phr) ]