



# Pitch Hit & Run™

## Boys and Girls Ages 7-14 as of 7/17/2018

4 separate gender age brackets (7/8, 9/10, 11/12, 13/14)

- **PITCH** Throw 6 pitches at “Strike Zone” target (B-45’, G-35’)
- **HIT** Hit 3 balls from Tee for distance and accuracy  
(Contestants may bring their own bat)
- **RUN** Timed run from second to home plate (B-160’, G-120’)

**PRIZES** Ribbons for top 3 in each event & age group by gender

*\* (Copy of Birth Certificate needed for registration....No Metal Spikes)\* \**

### 5 Lincoln Contests....April 23-27

*Hosted by the*

### ***Star City Optimist Youth Foundation***

<b>Monday April 23</b>	<b>6 - 7:30 pm</b>	<b>Optimist Youth Sports Complex</b> 5300 South Folsom
<b>Tuesday April 24</b>	<b>5:30 - 7:30 pm</b>	<b>Kahoa Elementary</b> 7700 Leighton Ave
<b>Wednesday April 25</b>	<b>6 - 7:30 pm</b>	<b>Humann Elementary</b> 6401 Beaver Creek Lane
<b>Thursday April 26</b>	<b>6 - 7:30 pm</b>	<b>Fredstrom Elementary</b> 5700 NW 10th St
<b>Friday April 27</b>	<b>6 - 7:30 pm</b>	<b>Maxey Elementary</b> 5200 S. 75th

*(Contestants may compete in only 1 Lincoln Scotts MLB contest)*

**Questions?? – Bob Grundman (402-489-9171)**