



Pitch Hit & Run



PITCH
Throw strikes to
a designated target

HIT
Hit from a batting tee for
distance and accuracy

RUN
Sprint from
2nd base to home
plate for time

• ADVANCE TO COMPETE DURING
MLB® ALL-STAR WEEK

- BOYS AND GIRLS AGES 7 – 14
- PARTICIPATION IS FREE

www.PitchHitRun.com



THE YORKTOWN ELKS ARE HOSTING MLB PITCH HIT N RUN 2017

SUNDAY APRIL 2ND FROM 9AM-1PM ON ROUTE 202 FIELD, RAIN DATE APRIL 8TH

9-10AM AGES 7/8, 10-11AM AGES 9/10, 11-12 AGES 11/12 12-1PM AGES 13/14

IF YOU CAN NOT MAKE YOUR ASSIGNED TIME YOU MAY COMPETE IN ANY TIME SLOT

CONTACT SEAN CAPSHAW SWCAPSHAW@GMAIL.COM FOR QUESTIONS

IT AVERAGES ABOUT 2 MINUTES FOR A PLAYER TO COMPLETE ALL (3) SKILLS