



2009 FACT SHEET

Aquafina Major League Baseball **Pitch, Hit & Run (PHR)** is a FREE skills competition for boys and girls ages 7-14* that is easy to host. This 1-day event emphasizes the fun element in baseball and allows youngsters to showcase their pitching, hitting and running abilities. PHR is the official skills competition of Major League Baseball and can be hosted by any organization, league, civic group or set of volunteers in the community. An administrative kit is provided and the competition is free of charge for participants and hosts.

Competitors have the opportunity to advance through four levels of competition: Locals, Sectionals, Team Championships held in all 30 Major League Ballparks, and the National Finals at the 2009 Major League Baseball All-Star Game in St. Louis, MO. Providing this opportunity for your community is as easy as:

- **Sign up to host a local competition** - www.mlb.com/phr. Upon submitting your online registration with a date, time and location for your competition, you will receive a FREE administrative kit with materials necessary to host your competition. The kit includes a handbook, "Strike Zone" banner, registration forms, award ribbons, participation cards and more.
- **After completing your competition** - Award participants, provide Sectional competition information to your winners, submit results and all completed registration forms.

LEVELS OF COMPETITION

- **Local Competition** - March 1 – Mid May
 - All-Around, Pitching, Hitting and Running Champions advance from EACH age group.
- **Sectional Competition** - Mid May-Early June**
 - Each Sectional is part of an MLB team's geographic market.
 - All-Around Champions in each age group are ELIGIBLE to advance.
 - The top scores among the Sectional All Around Champions within each MLB geographic market will advance to the Team Championships.***
- **MLB Team Championship** - June (weekends)
 - Held in all 30 Major League Ballparks.
 - Participants must place first in their age group to be ELIGIBLE to advance. The top scores in each age group out of all 30 MLB Team Championships will advance to the National Finals.***
- **National Finals** - 2009 MLB All-Star Week
 - National Finalists receive an all-expense paid trip to St. Louis for the 2009 All-Star Game. Finalists will participate in an array of festivities upon arrival in St. Louis including a PHR Welcome Reception, MLB Brunch and All-Star FanFest. Finalists will compete on-field at Busch Stadium prior to shagging fly balls during the Home Run Derby and attending the All-Star Game!

PRIZES/AWARDS: At each level of competition competitors will receive an item for their participation. Prizes at different levels of competition include ribbons, medals, trophies and other awards. National Finalists receive a trip to St.Louis for the 2009 All-Star Game.

* Competitors compete in four age groups: 7/8, 9/10, 11/12, 13/14. Age is determined as of July 17, 2009.

** Weather permitting, specific dates within your market will be available upon determination of each Team Championship date.

*** Advancement notified by PHR Headquarters. All-Around Champions at the Sectional and Team Championship do NOT automatically advance.