



RUN

Objective: The RUN portion of the program will measure a competitor's speed in a sprint covering 160 feet from second base, touching third, and across home plate.

IMPORTANT:

Taking into consideration the variation in distances between bases for different organized youth baseball programs and age groups, the national standard will be 80 feet. Youth fields with 60-foot or 90-foot base paths can easily be adjusted to accommodate 80-foot distances. For competition consistency, the competitor must run 160 total feet.

If the bases are 60 feet in distance, then the runner must start from 40 feet behind second base towards right-center field, and must run along a straight line toward third base and continue to home plate before the timer stops the clock ($100+60=160$ 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 ($70+90=160$ feet).

Suggested Equipment

- Three (3) bases (bases should be anchored or strapped in place securely)
- One (1) digital stopwatch

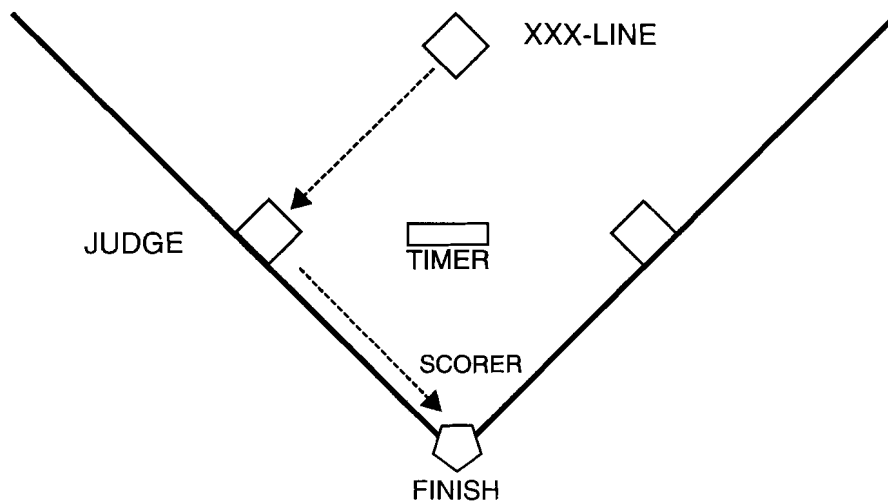
Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.

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 crosses home plate. No sliding is allowed.

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 Table 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.
- A Conversion Table is provided to easily translate the time into a point total.
- A competitor will receive the minimum score of 50 points for a time of more than 11 seconds.