

The Run

Objective: The RUN portion of the program will measure a competitor's speed in a sprint from the start line, touching third base, and across home plate. Participants in the boys baseball division run a total of 160 feet, whereas those in the girls softball division run a total of 120 feet.

IMPORTANT:

The most important thing to remember is that for competition consistency, all competitors complete one turn at third base, and must run the correct total distance (160 FEET for the boys division and 120 FEET for the girls division). The program standard for the distance between bases in the Boys Division will be 80 FEET and for the Girls Division will be 60 FEET.

Boys Division: Youth fields with base paths that are longer or shorter than 80 feet can easily be adjusted to be in compliance by moving the start line. For example, if the bases are 60 feet in distance, then the runner must start 40 feet behind second base toward right-center field, and then can run a straight line to third base and continue to home plate ($100+60=160$ 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 plate ($70+90=160$ feet). Participants in the boys division must run a total of 160 feet.



Girls Division: Youth fields with base paths that are longer than 60 feet can easily be adjusted to be in compliance by moving the start line. For example, if the bases are 70 feet apart, then the runner starts 20 feet in front of second base, towards third base, and runs the regular route to home plate ($50+70=120$ feet). Participants in the girls division must run a total of 120 feet.

Suggested Equipment:

- Two (2) bases (bases should be anchored or strapped in place securely)
- Chalk line, cone or base to serve as the start line
- 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.