



Presents

OKLAHOMA SENIOR GAMES



PITCH, HIT, RUN (Ages 40+)

Dates: September 24

Entry Deadline: September 10

Stars and Stripes

3701 S Lake Hefner Drive

Oklahoma City, OK 73116

EVENTS

Men 40+, 45+, 50+, 55+, 60i+, 65+, 70+, 75+, 80+

Women 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+

Event Check In:

Opening Ceremony 6:30 pm

Event Begins: 7:00 pm

PITCH

1. Each competitor receives six attempts to hit the designated "Strike Zone".
2. Participants pitch/throw from 35 feet away – Participants compete with a 12-inch softball.

HIT

1. Each competitor will be allowed three swings in an attempt to hit the 12" softball ball as far and straight as possible.
2. The best of the three attempts will count toward a competitor's score.

RUN

1. The competitor will start at second base.
2. He/she will begin from a standing start, and begin running when the administrator yells GO!
3. The runner will be timed from the moment he/she leaves second base, touches an anchored third base, to when he/she touches home plate. No sliding is allowed.

STATE DIRECTOR

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