Max pitches per day (by level)	
19U	105
17U	95
15U	90

ZONE 7 SEASON PITCH COUNT RECORD (19U)

# Pitches Thrown	Days Rest
0-30	0
31-45	1
46-60	2
61-75	3
76-Max	4

PROGRAM: _____

Game Date	Pitcher Name, No.	Opponent	Level	#Pitches Thrown	Threshold reached	Days of rest required	Eligible to pitch again	Coach/ scorekeeper initial