

DAILY NEWS



WORLD SERIES OFFICE NUMBER (480) 858-7515

WEDNESDAY NOVEMBER 4th, 2020

2020 MSBL World Series Covid-19 Protocols requires all players and spectators wear a mask while attending tournament games.

Playoff Race Tightens Up At The Half Way Point!

World Series Hydration Tips for MSBL / MABL Participants

By Steve LaMontia,

Director of Communications

A scientific study published in *The Sports Medicine Journal* in 2017 showed that dehydration among baseball players led to performance impairments. If you want to play your best, and feel great while you're doing it, following these hydration tips for MSBL/MABL players will be a smart strategy. Once you learn the warning signs of dehydration, find out how much hydration is needed and discover the most convenient ways to access hydration during games and practices, you'll be ready to hydrate like pro baseball players do. Discover the warning signs of dehydration...Mild dehydration symptoms include dry mouth, thirst, dark yellow urine, skin that's cool to the touch, infrequent urination, muscle cramps and headaches. When dehydration is severe, urine may be very dark yellow, and skin may be very dry; other severe dehydration symptoms include sunken eyes, racing heartbeat, dizziness, mental confusion, sleepiness, irritability or fainting spells.

If you notice any of these symptoms, while you're playing baseball or at any other time, you need hydration. Severe dehydration may require medical care. Don't take chances with dehydration. Drink fluids regularly and get help from a doctor if you think that you need it. Dehydration is preventable, so make a point of drinking more fluids daily (and during sports). How much hydration do you need?...If you're a healthy male adult, you should try to drink 15.5 cups of fluids every single day. Men who drink fluids only when they are thirsty may be chronically dehydrated without being aware of it. Now that you know the symptoms of dehydration, you'll understand how important regular and frequent fluid intake really is...especially during ballgames and baseball practices. While 15.5 cups of water per day may seem like a lot, a cup of water isn't really a huge amount. A cup of (continued on page 2)



45+ National Team Victory catcher, **Mike Portend** reaches for the ball as Sacramento Royals runner, **Bill Adams** heads for the plate. See the photo on page 2 for the outcome.

Tie Breaker for Playoff Seeding Includes Head to Head Match Ups Fewest Runs Allowed Still the Key Category For Wildcard Playoff Teams

By Tom Prendergast

As we hit the midway point of the pool play round, several divisions have teams with either the same record or ahead by a game. Every team will end up playing six games and the teams that qualify will advance to the playoffs on Friday. The first category in the tie breaking scenario is head to head play. However if three or more teams end up tied and they all beat each other (for example - A beats B / B beats C / C beats A), then the least runs allowed category would be used to determine the playoff pairings. For wild card playoff teams, best record is the first category, followed by fewest runs allowed. This gets a bit tricky when two teams from the same division finish in 4th and 5th place (they finished with the same record, but the 4th place team beat the 5th place team) in their division but end up vying for a wildcard berth. Wildcard teams are determined strictly by best record, so the head to head scenario that we used to determine divisional standings would not be used to determine the wildcard teams. And to complicate matters even more, the standings on the website don't always accurately reflect the way the teams finished. The official standings are posted in the newsletter and include the proper sort variations and any extra points a team received.



Goodyear Sports Complex Field Information

Teams will be allowed into the complex 35 minutes prior to the start of the game
Parking will be allowed on the street next to the fields - not in the parking lot
If your team plays a DH - every player must leave and re-enter after the game

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MSBL WORLD SERIES DAILY NEWS

The MSBL WS office is located inside
Tempe Diablo Stadium (Gene Autry Suite)
Located on the second floor

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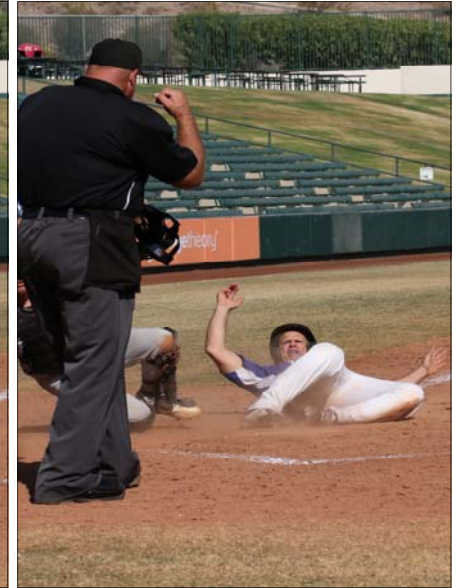
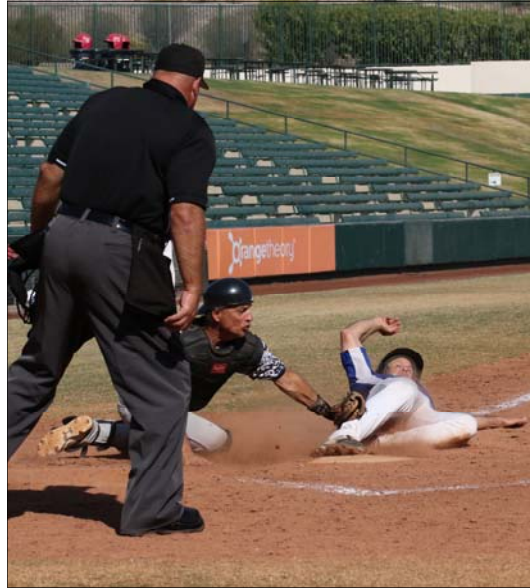


Photo left - 45+ National Team Victory catcher, **Mike Portenado** makes a diving tag on Sacramento Royals base runner, **Bill Adams** just before his foot reaches the plate.
Photo right—Home plate umpire, **Matt Ossenfort** correctly calls the base runner - out!

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World Series Hydration Tips for MSBL/ MABL Participants (from page 1)

water is composed of just eight ounces of water. To boost health and baseball performance, get in the habit of drinking more fluids. Convenient ways to access hydration during games... Plain water is always a good choice and sports drinks are fine, too. Some athletes like drinking diluted fruit juice. Whichever drink you choose, you should drink from a reusable bottle. Single-use plastics are terrible for the environment. While they are technically able to be reused, most people don't reuse them, and they trigger so much unnecessary pollution. Sports drinks are available in powder form, so you can mix them up at home, and then fill up a few reusable sports bottles. An eco-friendly option is a water bottle that is virtually indestructible and leak-proof. Sports hydration is essential... Pro ball players know that sports hydration is essential. They'd never go through a game or practice without drinking fluid regularly. Now that you know the symptoms of dehydration, how much hydration is needed per day and the most convenient ways to access hydration during games, you'll be ready to treat your body right. You may even set the stage for a home run or another winning play. Without sufficient hydration during games and practices, your baseball performance may suffer.



45+ National Team Victory third baseman, **Mike Portenado** catches the baseball a Nano second before Sacramento Royals runner, **Ross McGee** gets to the bag for the out

The Victory Custom
Athletic Booth
set up just inside the
Tempe Diablo Stadium
main gate, behind home
plate on the

Construction Updates for this week - the Arizona Department of Transportation issued some travel warnings for the greater Phoenix metropolitan area for freeway closures. Avoid the 101 eastbound loop near I-17 as well as I-10 near Casa Grande. I-10 downtown west lane closures from 8am - 2pm.



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Dr Christopher Wood – docwooddc@msb.com



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45+ Central Division		W	L	T	Pts	RA	Win %
1	Chicago North TSP's	3	0	0	6	16	1000
2	Winberg Construction	2	1	0	4	20	667
3	Tri Valley Brewers	1	1	1	3	31	500
4	Sacramento Capitals	1	1	1	3	37	500
5	Utah Rockies	1	2	0	2	23	333
6	Santa Rosa - REBL Cardinals	0	3	0	0	29	0

45+ Cactus Division		W	L	T	Pts	RA	Win %
1	Austin A's	3	0	0	6	14	1000
2	Puget Sound Twins	3	0	0	6	14	1000
3	Ventura Dodgers	3	0	0	6	20	1000
4	NY Westchester Sharks	2	1	0	4	28	667
5	Nassau Yankees	2	1	0	4	10	667
6	San Diego Diamond Dogs	1	2	0	2	19	333
7	So Cal Indians	1	2	0	2	21	333
8	OC Dodgers	1	2	0	2	27	333
9	Spokane Cubs	1	2	0	2	32	333
10	Silverton Red Sox	1	2	0	2	32	333
11	Can Am A's	0	3	0	0	34	0
12	Can Am Expos	0	3	0	0	40	0

60+ National Division		W	L	T	Pts	RA	Win %
1	San Antonio Lonestars	3	0	0	6	3	1000
2	Sacramento Royals	2	1	0	4	24	667
3	Team Victory	2	2	0	4	31	500
4	FD21 Bombers	1	1	1	3	15	500
5	3n2 Rangers	0	3	0	0	37	0

60+ Central Division		W	L	T	Pts	RA	Win %
1	DFW Phillies	2	1	0	5	20	667
2	Chicago MXX Cubs	2	1	0	4	13	667
3	Colorado Stars	2	1	0	4	20	667
4	Houston Tigers	1	2	0	2	14	333
5	St Louis Gameface	0	3	1	2	38	125

60+ Cactus Division 1		W	L	T	Pts	RA	Win %
1	AZ/CT United	3	0	0	6	12	1000
2	Bandits	2	1	0	4	15	667
3	Paladin	2	1	0	4	22	667
4	Inland Angels	2	1	0	4	27	667
5	Motor City Firebirds	1	2	0	2	17	333
6	Cal Vets	1	2	0	2	42	333

60+ Cactus Division 2		W	L	T	Pts	RA	Win %
1	Diamond Dream Mustangs	2	1	0	4	8	667
2	Cal Bears	2	1	0	4	19	667
3	Arizona Sox	2	2	0	4	29	500
4	Giltner Logistics 60's	1	2	0	2	25	333
5	Colorado Fossils	1	2	0	2	33	333
6	Bonedogs	0	4	0	0	77	0

No alcohol or tobacco products are allowed before - during or after the game at any MSBL WS locations or stadiums!

WS Souvenir Clothing Open Daily 9a - 7p Tempe Diablo Stadium

Please remember to keep your mask on when entering and leaving the fields or stadiums

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1	Chicago North TSP's	3	0	0	6	16	1000
2	Winberg Construction	2	1	0	4	20	667
3	Tri Valley Brewers	1	1	1	3	31	500
4	Utah Rockies	1	2	0	2	23	333
5	Sacramento Capitals	1	1	1	3	37	500
6	Santa Rosa - REBL Cards	0	3	0	0	29	0

45+ Cactus		W	L	T	Pts	RA	Win %
1	Austin A's	3	0	0	6	14	1000
2	Spokane Cubs	3	0	0	6	14	1000
3	Ventura Dodgers	3	0	0	6	20	1000
4	Can Am A's	2	1	0	4	28	667
5	San Diego Diamond Dogs	2	1	0	4	10	667
6	Silverton Red Sox	1	2	0	2	19	333
7	Can Am Expos	1	2	0	2	21	333
8	NY Westchester Sharks	1	2	0	2	27	333
9	So Cal Indians	1	2	0	2	32	333
10	Puget Sound Twins	1	2	0	2	32	333
11	Nassau Yankees	0	3	0	0	34	0
12	OC Dodgers	0	3	0	0	40	0

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45+ National Sacramento Royals batter, **Scott Stevens** heads for first base after dropping down a bunt against Team Victory.
Photo below - St Louis 2nd baseman, **Dan Murray** makes the catch



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45+ Central St Louis Gameface pitcher, **John Massa** was on the mound during his teams game against the FD21 Bombers.



45+ National Sacramento Royals batter, **Gary Stonebrook** keeps his eye on the pitch and sends it to right center for a base hit yesterday.



45+ National San Antonio Lonestars pitcher, **Mike Denevi** brings a sidearm delivery to the plate against the 3n2 Rangers on Tempe 1.



45+ Central Chicago MXX Cubs pitcher, **Alden Stiefel** picked up the win yesterday against the St Louis Gameface team at Tempe Diablo.



60+ Central St Louis Gameface pitcher, **Doug Bates** was on the mound yesterday against the Chicago MXX Cubs at Tempe Diablo.



45+ Central Chicago MXX Cubs batter, **Reid Stiefel** bloop this pitch just behind the outstretched reach of the Gameface shortstop.

Get all of the 2020 MSBL World Series game scores and current standings at: www.msblnational.com