

10TH ANNUAL 400 KICK FOR TIME



**DECEMBER
1-31, 2022**

**MARCIA'S
ENTHUSIASTIC
MASTERS OF
OAKLAND**

**A USMS E-POSTAL
RECOGNIZED EVENT
SANCTION #382-R002**

Why the 400 Kick for Time?

Kicking is good for you and more kicking is even better! Compare yourself to others without leaving your pool! This year USA Swimmers are invited to participate with USMS.

RULES

1. Kick the event first, then enter
2. You may use any style of kicking, and you may change styles, but you must use a kickboard only
3. No "stroking" into wall
4. No flip turns
5. No fins or snorkels allowed
6. You may do the 400 KFT in any length pool (times must be converted to SCY for submission)
7. Must be completed between December 1-31, 2021 and submitted online by January 10, 2022
8. Swimmers age is determined by their age on December 31
9. Two kickers per lane, with no circle swimming
10. One watch per swimmer, no pace clock times
11. Online entries only
12. Age groups are as follows: (USAS) 8-U, 9-10, 11-12, 13-14, 15-16, 17-18 (USMS) 18-24, 25-29, etc.
13. USA Swimmers must participate under the supervision of a certified USA Swimming Coach Member, during a designated practice.
14. Participants must follow their facility guidelines for physical distancing and COVID-19 precautions during the event.

AWARDS

Unique 400 Kick Awards for the first three finishers in each age group, men and women

EVENT RECORDS

An age group Top Ten (for USMS) is updated annually:

https://docs.google.com/spreadsheets/d/1nfgCeqNmmHj_GnqpnkfnfSFybu4Eox510EWSq0lcQWs/edit#gid=0

ENTRIES

Individual entries through ClubAssistant
https://www.clubassistant.com/club/meet_information.cfm?c=1983&smid=14156

* Team Entries allowed, contact Meet Director

Marcia Benjamin at

swimmingismylife.marcia@gmail.com for entry procedures or questions.

Entry fee: \$15

Merchandise: see below

2022 T-Shirt: \$28
women's V-neck
XS-XXL
4.2 oz
100% combed cotton
Soft, White



2022 Hoodie: \$50
Unisex sizing (S-XXL)
XXXL, add \$3
8.3 oz
80/20
Soft and comfortable, Burnt Orange



2022 T-Shirt: \$28
men's crew
XS-XXL, XXXL, add \$3
4.2 oz
100% combed cotton
Soft, White



Full Zip Logo Hoodie: \$55
Men's sizing (M, L, XL)
Women's sizing (M, XL)
Port & Company, 8.5 oz
80/20
Dark Grey with Embroidery

