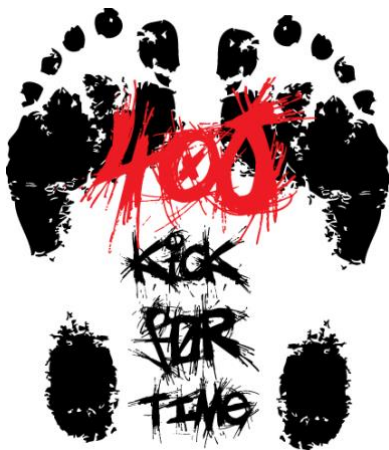


# 10<sup>TH</sup> ANNUAL 400 KICK FOR TIME



DECEMBER  
1-31, 2021

A USMS E-POSTAL  
RECOGNIZED EVENT  
CO-SPONSORED BY

MARCIA'S  
ENTHUSIASTIC  
MASTERS OF  
OAKLAND  
AND  
ALBANY ARMADA  
AQUATICS

## 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/1nfgCeqNmmHjGnqpnkfngSFybu4Eox510EWsq0lcQWs/edit#gid=0>

## ENTRIES

Individual entries through ClubAssistant  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1983&smid=14156](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](mailto:swimmingismylife.marcia@gmail.com) for entry procedures or questions.

Entry fee: \$10  
Merchandise: see below

2021 T-Shirt: \$24  
women's V-neck  
XS-XXL  
Cotton Heritage, 3.7 oz  
100% cotton, fine knit jersey  
Soft, Navy Blue



2021 Hoodie: \$60  
Unisex sizing (XS-XXL)  
XXXL, add \$3  
Alstyle Apparel, 8.5 oz  
75/25  
Soft and comfortable, Heather



2021 T-Shirt: \$20  
men's crew  
XS-XXL, XXXL, add \$3  
Alstyle Apparel, 5.5 oz  
100% cotton  
Soft, Navy Blue



Full Zip Logo Hoodie: \$55  
Unisex sizing (XS-XXL)  
XXXL, add \$3  
Port & Company, 8.5 oz  
80/20  
Dark Grey with Embroidery

