400 Kick for Time

 

A USMS

Postal Event

December 1-31, 2013

USMS Sanction
383-S019

**Why the 400 Kick for Time?**It’s a repeating set we do at MEMO, and we wanted the world to have just as much fun. Kicking is an important component of fast swimming, and really, does anyone kick enough?

**RULES**

1. Must use a kickboard
2. No “stroking” into wall
3. No flip turns
4. You may do the 400 Kick for Time in any 25 yard length pool
5. Must be completed between December 1-31, 2013
6. Must be postmarked by January 10, 2014 and received by January 17, 2014
7. Swimmers who change age groups during the event may enter and pay twice, but must kick the event twice, once in each age group.
8. One watch per swimmer
9. No fins

 10. Two per lane, maximum, with no circle swimming

**AWARDS**

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

**ENTRIES**

US Mail to:

 Marcia Benjamin

 769 Rodney Dr.

 San Leandro, CA 94577-3826

Check Payable to:

 MEMO Swim Team

Entry fee:

 $10.00

T-shirt:

 $20 (including shipping)

400 Kick

for Time

Hosted by Team MEMO

*(please print your entry)*

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Abbreviation \_\_\_\_\_\_\_\_\_\_\_

Street \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State/ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2013 or 2014 USMS Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age (date of swim)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE SPONSORS, MEET COMMITTEES, OR FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Signature Date

In addition, I hereby certify that I followed all the rules of the 400 Kick for Time, and that this is my correct time. I completed this 400 yard kick during the month of December, 2013.

**Time (MM:SS.HH) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Signature of swimmer Date of swim

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Signature of timer Date of swim

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Timer’s name (please print) AND contact phone or email

Attach a copy of your 2013 or 2014 USMS Registration card here:

If ordering a t-shirt, please indicate quantity ordered on the line below, and include $20 per shirt in addition to the $10 entry fee:

X-Small \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

**ENTRY FORM:**

Please fill out legibly in ink

Must be postmarked by 1/10/14

and received by 1/17/14

 **MAIL TO:**

 Marcia Benjamin

 769 Rodney Dr

 San Leandro, CA 94577-3826

**QUESTIONS**

Contact Marcia Benjamin

swimmingismylife.marcia@gmail.com www.memoswimteam.com