

9TH ANNUAL 400 KICK FOR TIME



A USMS E-POSTAL EVENT
CO-SPONSORED BY

MARCIA'S
ENTHUSIASTIC
MASTERS OF
OAKLAND
AND
ALBANY ARMADA
AQUATICS

DECEMBER
1-31, 2020

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. Must use a kickboard; no fins or snorkel
2. No "stroking" into wall
3. No flip turns
4. You may do the 400 Kick for Time in any length pool (times must be converted to SCY for submission)
5. Must be completed between December 1-31, 2020 and submitted online by January 10, 2021
6. Online entries only*
7. Swimmers age is determined by their age on December 31
8. One watch per swimmer, no paceclock times allowed
9. Age groups will be as follows: (USAS) 8-U, 9-10, 11-12, 13-14, 15-16, 17-18 (USMS) 18-24, 25-29, etc.
10. USA Swimmers must participate under the supervision of a certified USA Swimming Coach Member, during a designated practice.
11. Participants must follow their facility guidelines for physical distancing and COVID-19 precautions during the event. For your reference, the CDC guidelines for aquatic venues can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>.

AWARDS

Unique 400 Kick Awards for the first three finishers in each age group, men and women (choice of large magnet or plaque)

EVENT RECORDS

An age group [Top Ten list](#) is published annually

ENTRIES

Individual entries through ClubAssistant
<https://www.clubassistant.com/club/meet/information.cfm?c=1983&smid=13455>

* Team Entries allowed, contact Meet Director
Marcia Benjamin
swimmingismylife.marcia@gmail.com

Entry fee:

\$10.00

Merchandise (including shipping):

Hoodie \$32.00

T-Shirt \$16.00