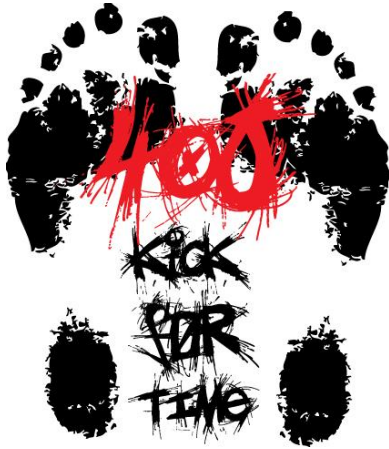


12TH ANNUAL 400 KICK FOR TIME



**DECEMBER
1-31, 2023**

**MARCIA'S
ENTHUSIASTIC
MASTERS OF
OAKLAND**

**A USMS E-POSTAL
RECOGNIZED EVENT**

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! USA Swimmers are invited to participate with USMS. Special awards for Parent-Child combined time.

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 allowed; snorkels allowed if medically necessary
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, 2023 and submitted online by January 10, 2024
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.

AWARDS

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

Special certificate to lowest combined Parent (USMS)-Child (USAS) time (M/M, F/F, M/F)!

EVENT RECORDS

An age group Top Ten (for USMS) is updated annually:
https://docs.google.com/spreadsheets/d/1nfgCeqNmmHj_m?c=1983&smid=16494
[GnqpnkfgSFybu4Eox510EWSq0lcQWs/edit#gid=0](https://docs.google.com/spreadsheets/d/1nfgCeqNmmHj_m?c=1983&smid=16494)

ENTRIES

Individual entries through ClubAssistant
https://www.clubassistant.com/club/meet_information.cfm?c=1983&smid=16494

* Team Entries allowed, contact Meet Director Marcia Benjamin at swimmingismylife.marcia@gmail.com for entry procedures or questions. Team entries \$10 per swimmer.

Entry fee: \$12
Merchandise: see below

2023 T-Shirt: \$28
women's V-neck
XS-XXL
4.2 oz
100% combed cotton
Soft, White

TBA

2023 Hoodie: \$50
Unisex sizing (S-XXL)
XXXL, add \$3
8.3 oz
80/20
Soft and comfortable, Burnt Orange

TBA

2023 T-Shirt: \$28
men's crew
XS-XXL, XXXL, add \$3
4.2 oz
100% combed cotton
Soft, White

TBA

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

