

# 400 Kick for Time



A USMS  
Postal Event

December 1-31, 2015

Sanctioned by Pacific Masters for USMS  
Inc. Sanction number: 385-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 length pool, however times must be converted to SCY
5. Must be completed between December 1-31, 2015
6. Must be postmarked by January 10, 2016 and received by January 15, 2016
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

Team Entry Sheet Available  
(Please do not include split sheets)

## US Mail to:

Marcia Benjamin  
769 Rodney Dr.  
San Leandro, CA  
94577-3826

## Check Payable to:

MEMO Swim Team

## Entry fee:

\$10.00

## Tank top:

\$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 \_\_\_\_\_ 2015 OR 2016 USMS Number \_\_\_\_\_

Email \_\_\_\_\_

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

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, 2015.

Time in SCY (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 2015 or 2016 USMS Registration card below:

Even the shirt is great! Cotton tank top, in black, complete with the 400 KFT logo on the front and our list of imaginary sponsors on the back. 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 1/10/16  
and received by 1/15/16



**MAIL TO:**  
Marcia Benjamin  
769 Rodney Dr  
San Leandro, CA 94577-3826

Questions?

Contact Marcia Benjamin  
swimmingismylife.marcia@gmail.com  
www.memoswimteam.com



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed





# 400 K f T Team Entry



NUMBER OF SWIMMERS

\_\_\_\_\_ X \$10 ENTRY FEE = \_\_\_\_\_

NUMBER OF TANK TOPS

\_\_\_\_\_ X \$20 = \_\_\_\_\_

TANK TOP SIZES

XS \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

TOTAL ENCLOSED PAYABLE TO "MEMO SWIM TEAM"

\$ \_\_\_\_\_

ADDRESS FOR MAILING AWARDS AND SHIRTS:

NAME:

\_\_\_\_\_

STREET:

\_\_\_\_\_

CITY/STATE/ZIP:

\_\_\_\_\_