

8TH ANNUAL 400 KICK FOR TIME



A USMS
POSTAL EVENT

DECEMBER 1-31, 2019

Why the 400 Kick for Time?

It's a repeating set we do at MEMO, and we wanted everyone to enjoy it! Kicking is an important component of fast swimming, and really, can you kick enough?

RULES

1. You may use any style of kicking, and you may change styles, but you must use a kickboard
2. No "stroking" into wall
3. No flip turns
4. You may do the 400 KFT in any length pool, however times must be converted to SCY
5. Must be completed between December 1-31, 2019 and received by January 12, 2020
6. One watch per swimmer, timed to the hundredth of a second
7. No fins
8. Two per lane, maximum, with no circle swimming
9. Your age group is determined by your birthday as of 12/31/19

AWARDS

Unique 400 Kick Awards for the first three finishers in each age group, M/W

ONLINE ENTRIES ONLY

Team Entry Sheet By Request

Questions?

Contact Marcia Benjamin
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