



## WHO, WHAT, WHEN, WHY of Racing Tech Suits

Who	What	When	Why	What makes this so special	Photos
12 & Under Athletes	<p>Any Speedo Training suit – ideally an <b>ISLAND</b> suit or a tighter than normal Lycra suit</p> <p><b>\$45-90</b></p> <p><i>Exceptions can be made for 12-year-old female athletes qualified for Junior Nationals</i></p>	All the time, at all meets swimmers should be in a basic Speedo swimsuit	Swimming Canada supports keeping children out of tech suits until they are at a Senior National Level. Or something – this is your bit!	It's the swimmer, not the suit!	
13& Over Provincial+ Athletes	<p><b>Aquablade</b> Recordbreaker, Kneeskin or Jammer</p> <p><b>Power Plus</b> Recordbreaker, Kneeskin or Jammer</p> <p><b>LZR Racer Pro</b> Recordbreaker, Jammer or Kneeskin</p> <p><b>\$50- \$280</b></p>	Age Groups, Provincials, Junior Nationals (CJC's), Westerns - Whenever directed by coach – generally <b>championship</b> meets only		<p>Made of knitted fabric- as opposed to the woven fabrics of true tech suits. Knitted fabrics have generous four-way stretch capabilities and are less expensive. Because the suits stretch easily, the swimmer must size down to ensure both good fit and as many wearings as possible.</p> <p>OR</p> <p>Once more developed and with coach recommendation, a suit with some compression. Made of woven fabrics with sewn seams. Woven fabrics are incredibly lightweight and do not hold water. They do not have the four-way stretch of the knitted fabrics and thus are more difficult to put on. This lack of stretch does have a distinct advantage in that it limits water absorption and provides compression. Research has shown that compressed muscles perform more efficiently. Since most of these suits relax with wear, it is best to size down to a very tight fit to allow the swimmer to wear the suit as many times as possible.</p>	
Senior National Athletes	<p><b>Fastskin LZR Pure Intent</b> Kneeskin or Jammer</p> <p><b>Fastskin LZR Pure Valor</b> Kneeskin or Jammer</p> <p>OR (discontinued)</p> <p><b>LZR Elite 2</b> Kneeskin or Jammer</p> <p><b>LZR X</b> Kneeskin or Jammer</p> <p><b>\$400 - \$650</b></p>	<p>Trials, Nationals, whenever directed by Coach</p> <p><i>*These suits are provided free of charge to eligible athletes, if it's free, you're ready for it!</i></p>	These suits are only appropriate for Senior National athletes	Suits of this level are more difficult to put because they provide a great deal more compression than other suits. Instead of sewn seams, the seams of this level are bonded, providing a more streamlined surface, critical when hundredths of a second count!	