

## **Elite Practice and Meet Apparel Rules**

The training suit design now becomes critical with new meet suit rules. Swimmers need to be in compliance with practice suit rules by August 31.

1. All females need to wear double suits at practice, preferably Speedo. No high thigh cuts like Nike.
2. All men need to wear baggy, mesh drag suits, preferably Speedo.
3. We will race all non-championship meets in single suits that are solid navy or black.
4. We will race in championship suits for December meets. We will have to wear the new approved design and fabric. New suit rules will go into effect for USA swimming October 1st.
5. We will have navy shirt day on Saturdays during all meets.