

Hurricanes Swim Team

Swim Meet Racing Suit Policy

Once a swimmer is in Junior, Senior or Pursuit they should have 3 levels of racing suits that they bring to swim meets. These do not have to be top of the line racing suits, they just need to be different suits than they normally train in. They can even be tight suits that they eventually will train in but it is important for swimmers to have a different feel when they hit the water for a race than they do for everyday training.

1. High Performance Racing Suit
2. Performance Racing Suit
3. Basic Racing Suit
4. Training Meet Racing Suit

4. Training Meet Racing Suit

This is a suit that swimmers can put on at a full training meet. These suits can be training suits but should be newer training suits. These suits can not have tie backs as swimmers can get disqualified for having tie backs when they race. Training meets are basically meets when the swimmers are working on swim meet skills and just starting off the season. This would include meets in October and sometimes January/April depending on the level of your swimmer and if they are going for a time standard or not at the meet. There are not a lot of meets when a training meet racing suit is acceptable.

3. Basic Racing Suit

This suit should be used for competitions when swimmers are focused on racing but maybe not going for a time standard in an event. This suit can be a suit that will eventually become a training suit or an everyday training suit but one that is only worn at competitions. This can also be a well used Performance Racing Suit. This is the basic requirement at any competition that is not fully communicated to be a training meet.

2. Performance Racing Suit

When swimmers start going for time standards, they need a Performance Racing Suit. Again this suit can range from a very tight suit that will eventually be used for training, a low end racing suit to a previously used high end High Performance Racing Suit. This is a racing suit that swimmers will put on when they are really trying to perform at a swim meet. Swimmers should be wearing this suit when they are going for time standards (SwimBC Age Group Championships, SwimBC Provincial Championships, Canadian Western Championships, Canadian Junior Championships, etc). Swimmers should also be wearing this suit at any of our performance meets (heats and finals in December, Championship swim meets, travel meets, etc). Swimmers should be in at least a Performance Racing Suit every time they race in finals and every time they are on a relay. When you are on a relay you are not only racing for yourself but your teammates and it is a very important to race to your best time whenever you have the chance for your teammates.

1. High Performance Racing Suit

Every swimmer who starts qualifying for Provincial Championship Meets or a higher level should have at least one High Performance Racing Suit. This is a suit that they will wear at 3-4 of their most important competitions of the year. This suit can be a low level racing suit to the fanciest racing suit available. Swimmers should save this suit for their main swims at top meets, whether those swims are in finals or

in heats so that they can make finals. The suits should also be used for major efforts to qualify for the next level at times in the season when they are prepared to go fast. They should not sit around in the suit through an entire session of a swim meet but try to preserve the high performance feel by putting it on before their race and taking it off afterwards. So these suits might only be used for 6-12 races in a season! High Performance Racing Suits will eventually become Performance Racing Suits as they get worn through enough races.

So we are not asking swimmers to go out and spend hundreds of dollars on racing suits. We are asking swimmers to have racing suits that make them feel different than the suits they show up for training in. We want swimmers to put on racing suits to focus their mindset on racing and feel that little bit of difference between getting on the blocks to perform and getting on the blocks in practice. High Performance Racing Suits can become Performance Racing Suits, Performance Racing Suits can become Basic Racing Suits and Basic Racing Suits can become Training Meet Suits which can eventually be training suits. There are lots of racing suits available, often at meets there will be a discount bin of old racing suits. Get your swimmer in suits that help them perform at swim meets.