



PCSC RACING SUIT POLICY

Below is a list of suits to be worn for each of the following situations:

- (1) Training and regular competitions
- (2) Championship competitions

Compression suits can only be worn by swimmers 13 yrs and over at certain competitions and/or at the coach's discretion. *Any questions or uncertainties about racing suits should be directed to the coach.*

* Because PCSC is sponsored by Speedo, we ask that swimmers to wear Speedo swimwear.

Athletes 12 yrs and under

PRACTICES: Training suit

COMPETITIONS: (This bathing suit for girls CANNOT cover the thighs). Tight fitting training suit worn only at competitions. For certain meets (at the coach's discretion), these athletes can wear the Speedo Aquablade Record Breaker.

Athletes 13-14 yrs and over

PRACTICES: Training suit

NON-CHAMPIONSHIP COMPETITIONS: Tight fitting training suit worn only at competitions.

CHAMPIONSHIP COMPETITIONS: Compression racing suits may be worn at championship meets and certain other competitions specified by the coach. We suggest the following criteria when choosing what level of suit is correct for your athlete.

- **AAA and Eastern Qualifiers** = Speedo Fastskin PRO
- **Junior National/Canada Games Qualifiers** = Speedo Fastskin Elite 2 or PRO
- **National and Above Qualifiers** = Speedo Fastskin X or Elite 2

Athletes in Senior Groups (SNE, SND)

PRACTICES: Training suit

NON-CHAMPIONSHIP COMPETITIONS: Tight fitting training suit worn only at competitions

CHAMPIONSHIP COMPETITIONS: Compression racing suits may be worn at Championship meets and a certain other competitions specified by their coach. *See list of choices below*. We suggest the following criteria when choosing what level of suit is correct for your athlete.

- **Quebec JR/SR - Eastern - Junior National Qualifiers** = Speedo Fastskin Elite 2 or PRO
- **National and Above Qualifiers** = Speedo Fastskin X or Elite 2

List of Approved SPEEDO Championship for 13 yrs and over (*compression*) Racing Suits

Women: - LZR PRO Kneeskin
 - LZR Elite 2 Kneeskin
 - LZR Racer X Kneeskin

Men: - LZR PRO Jammer
 - LZR Elite 2 Jammer
 - LZR Racer X Jammer