

Note: Please contact your coach if any clarifications are necessary.

Athens (8x) (13&O)	Rio (7x) (12-13 goal)
Fins	Fins
Snorkel	Snorkel
Kickboard	Kickboard
Pull Buoy	Pull Buoy
Pulling Band for Ankles	Pulling Band for Ankles
Parachute - Small	Paddles - Finis
Paddles - Finis	Dragsuits for Boys
Watershoes	ROW Swim Cap
Dragsuits for Boys	Waterbottle
ROW Swim Cap	Skipping Rope
Waterbottle	*No Jammer boys suits
Skipping Rope	Practice Suit: Black
*No Jammer boys suits	Max Level Racing Suit: Power Plus or LZR Racer, check with coach BL/ BLK
Practice Suit: Black	ROW T-Shirt for Meets
Racing Suit: Max level below	ROW Pants/ Jacket/ Sweater to keep warm
Regional Level: LZR Racer Pro	
Provincial Level: Valor	
SNC Meets: Choice	
Racing Suit Colour: BLK/ BL/ GR	
ROW T-Shirt for Meets	
ROW Pants/ Jacket/ Sweater to keep warm	
Seoul (7x) (13&O)	L.A. (5x) (13&O)
Fins	Short Blade Fins
Snorkel	Snorkel
Kickboard	Kickboard
Pull Buoy	Pull Buoy
Pulling Band for Ankles	Pulling Band for Ankles
Paddles - Finis	ROW Swim Cap
Dragsuits for Boys	Waterbottle
ROW Swim Cap	Practice Suit: Black
Waterbottle	Racing Suit *Regional level swimmers: Power Plus BL/ BLK
*No Jammer boys suits	ROW T-Shirt for Meets
Practice Suit: Black	ROW Pants/ Jacket/ Sweater to keep warm
Max Level Racing Suit: Power Plus or LZR Racer, check with coach BL/ BLK	
ROW T-Shirt for Meets	
ROW Pants/ Jacket/ Sweater to keep warm	

Paris (4x)	Montreal (6/5x) (11/12/13 goal)
Short Blade Fins	Fins
Snorkel - finish brand junior	Snorkel
Junior Kickboard	Kickboard
Small Junior Pull Buoy	Pull Buoy
ROW Swim Cap	Paddles - Finis
Waterbottle	Dragsuits for Boys
*No Jammer boys suits	ROW Swim Cap
BLK	Waterbottle
ROW T-Shirt for Meets	Skipping Rope
ROW Pants/ Jacket/ Sweater to keep warm	*No Jammer boys suits
	Practice Suit: Black
	Max Level Racing Suit: Power Plus, BL/ BLK
	ROW T-Shirt for Meets
	ROW Pants/ Jacket/ Sweater to keep warm
Barcelona (3x)	Beijing (4x)
Fins	Short Blade Fins
Snorkel	Snorkel - finish brand junior
Small Junior Pull Buoy	Junior Kickboard
ROW Swim Cap	Small Junior Pull Buoy
Waterbottle	ROW Swim Cap
*No Boy Board Shorts	Waterbottle
BLK	*No Jammer boys suits
ROW T-Shirt for Meets	Racing/ Practice Suit: Speedo Endurance Level, BLK
	ROW T-Shirt for Meets
	ROW Pants/ Jacket/ Sweater to keep warm
London (2x)	Sydney (3x)
Short Blade Fins	Fins
Junior Size Kickboard	ROW Swim Cap
ROW Swim Cap	*No Boy Board Shorts
Waterbottle	Racing/ Practice Suit: Speedo Endurance Level, BLK
*No Boy Board Shorts	ROW T-Shirt for Meets
BLK	
ROW T-Shirt for Meets	