

Practice suits and Competition Uniform Rules

We have been trying for several years to get everyone on the same page when it comes to suits for both practice and meets as well as shirts and caps at meets. We do appreciate the vast majority of our team following these standards but it has come to a point where we will need to institute a penalty for swimmers not following the team standards.

Meet Outfit - This is for All Junior and Senior team members

Everyone

T SHIRTS - Team GREY T shirts are required for all meets. No other colors, no other meet or team shirts.

TEAM CAPS - are required for warm ups at meets. Either the Red/Blue or Blue caps. Team Dome caps are only for championship competition. Caps are not required when competing but if you wear a cap the outer cap must be a team cap.

SUITS

For general non championship meets, The TEAM suit is a solid sapphire [light] blue SPEEDO swim suit. No other color or brand is acceptable.

Males - can wear either Speedo briefs or jammers.

Females - can wear any one piece Speedo with the style and back that they feel most comfortable with. [by FINA and USA Rules, tie suits are not allowed in competition].

For both females and males a Blue Speedo Aquablade Suit can be worn at non championship meets.

Championship meets - swimmers may wear 'tech' suits with the preference continuing to be Speedo branding. Females may use tie back tops between events. If an athlete is not wearing a tech suit at a championship meet then the normal rules apply.

For almost two years we have maintained a store of our team suits with logo's printed on them. However, the team suit is based on color [sapphire blue] and brand [Speedo], having the team logo is optional. We carry both briefs and jammers for boys and only one type of back for girls. If a female swimmer wants a different back or style they can go directly to Toad Hollow and order the suit with or without the logo.

PENALTIES - at competitions we will assess a \$5 penalty each, for not having a Grey Team Shirt, not wearing your Team Cap during warm up and no proper team suit. This will be once per meet, so the largest penalty one swimmer could incur would be \$15 per meet. Hopefully no penalties will need to be assessed.

PRACTICE SUITS

Males - can wear either briefs or jammers, the preference of course is for Speedo suits. Suits must completely cover the swimmers backside.

Females - Jolyn suits, either one piece or two piece are not permitted at practice. They have become too small and are not appropriate for training. No tie back suits, either one piece or two piece, are allowed at all at practice.