

Fitting a TECH SUIT

KEY FIT TIPS:

- LZR Racer X suits are designed to have very little horizontal stretch for maximum compression - this must be considered when selecting your size. So the more compression the harder to put on and how hip measurement is important. Every suit style has it's special features- research it.

Every Suit style has it's own size chart- you must look at all suits and size chart to find the correct size.

- **The 'Hip' is the most important measurement - due to the high compression fit with very little stretch around the body.**

- Please be patient! The first time you put on your suit it could take a while (20-40 minutes on average). This is normal and if you try to rush, you risk damaging your suit. If hot, sweating, wet it will take longer.

Can you put this suit on after warm ups at a swim meet while in a rush? How much help will you need? Mom probably wont be there to help you with straps, ask a swimmer to help.

- When putting your suit on, **do not pull on the thin areas**; especially around the seams. Please focus on pulling up the suit by gripping on the double layered areas.

- Use extreme caution with finger nails and jewelry. They can easily poke through the fabric.

- Try flipping the edge of the leg opening outward to more easily move the suit up your leg - the inside silicone gripper can stick to the skin.

- If there is a disproportionate difference between your hip and chest measurements, (hips being larger measurement), the LZR Racer Elite 2 may be a better fitting suit for your body type. Another Brand might be your suit as well. **Not every suit is for every body type.**

The more compression the suit has the more it costs, harder to put on and hip size is crucial. The less compression the easier it is to fit the suit to a person. It will have more stretch to it. All repel water and make you more hydrodynamic.

Things to ask a customer before trying on a Tech suit

What is your budget?

Cost range from \$150-\$560 per suit

What stroke? Some suits are made for breaststroke, many are not. When suit is on have swimmer move arms or legs in the stroke they will swim most. Is it cutting into them anywhere? Painful? Are there gaps anywhere? There should be no gaping, this should fit like a 2nd set of skin. Suit does not fit swimmer if there is a lot of gaps and wrinkles in suit.

How much compression is needed/desired?

What age? As of September 2020, 12 year old will not be able to wear tech suits. There will be a knee-skin approved version released. Check with team before purchase.

What is the teams tech suit policy?

Things to bring to a fitting!

Towel to keep dry

Where a sports bra or similar top for females

no jewelry

patients! And lots of them, leave the emotions at the door.

file finger nails

allow several hours if trying more than 2 suits on.

10 Tips for looking after your tech suit

1.) Save it for your big day.

Only wear your tech suit, when gold or a really important record is on the line. Don't wear your tech suit unnecessarily. Unfortunately, these suits slowly wear out with every race, so save them for the big ones.

2.) Take your time when fitting into your tech suit.

Yes, yes, I know these suits are tight and a bit uncomfortable but don't try to get them on or off as fast as possible.

When changing into your suit at a fast pace you will make yourself vulnerable to a tear. I've been in the changing rooms where the guy next to me simply pulls down his suit and has it off within 2 seconds, only to complain about his newly created tear for hours... Not worth it right?

3.) Don't hang it up

When drying your tech suit, it's better to roll it up in a towel and wait it out or to simply lay it down on a flat surface. If you hang your suit up it can result in stretching. This will make your suit looser and

you will lose some of those nice compression benefits.

4.) Rinse it out with cold water

Chlorine in the pool can damage your tech suit if you don't rinse it out within a few hours.

When you are done racing for the day it's always a good idea to rinse out your suit with some cold water to remove any potentially harmful chlorine molecules.

5.) Wear pants and shorts over them in between races.

Unless you are planning on taking your suit off and putting it back on every 20 minutes it is probably a good idea to wear pants or shorts over them. This will prevent your suit from damage or getting caught on something and tearing.

6.) Go underneath the lane ropes after your race

I would think this is a pretty obvious one, but clearly not. Lane ropes can sometimes be sharp and pointy and you don't want your tech suit getting stuck on them after your race.

It's best to simply go underneath the lane rope instead of tearing your suit on a broken piece of plastic.

7.) Don't leave your tech suit in direct sunlight

When you leave your tech suit to dry in direct sunlight it can damage the fabrics and dramatically reduce the suits' durability. Rather place your suit indoors to air dry on a table or a flat surface. You will thank yourself later.

8.) When tying your drawstrings, cross them to prevent tearing.

This is a slightly more complicated one to explain on paper, but I'll do my best.

When tying the drawstring of your tech suit before you go and smash another PB cross the drawstring so that it forms an X.

Do not pull them in different directions from each other when tying them. When you pull them away from each other (in a Y-shape) you put a strain on the fabric and it can result in an unnecessary tear.

9.) Go to the bathroom before putting on your tech suit.

It's your big day, you have your new suit and you have been training for months.

You don't want to have to put your tech suit on a thousand times, because of all those nerves causing you to head to the bathroom since this can result in unnecessary stretching and decreased durability of your suit.

Try to get it all out before changing into your tech suit.

10.) Do not put on your tech suit if you are not 100% dry.

Putting on a wet tech suit is going to require a lot of pulling and stretching. The suit is going to stick to your body while you try to get it on. This can result in you stretching your tech suit and it losing some of its cool features.

Make sure to dry yourself completely before attempting to put on your tech suit. Use baby powder to get unnecessary moisture off your body if needed.