**2015-2016 Marlins Training Group Equipment List:**

**Minnows/ White Group**

1. Mesh bag
2. Water bottle
3. Cap(s)
4. Goggles
5. Practice suit (not Team Meet suit)
6. Kickboard (small)
7. Fins (Speedo Short Blade Training fins)

**Platinum/ Senior/ Blue Group**

1. Mesh bag
2. Water bottle
3. Cap(s)
4. Goggles
5. Practice suit (not Team Meet suit)
6. Kickboard
7. Fins (Speedo Short Blade Training fins)
8. Paddles (Finis strapless/ or Speedo Power Paddles)
9. Snorkel
10. Tempo trainer

All Speedo products may be purchased from The Starting Block. Call **(316) 558-3700**

**Speedo Power Paddles**

**SIZING:**  
Small | Blue | Height: 6.25'' | Width: 5.75''   
Medium | Red | Height: 7.5'' | Width: 7.0''  
Large | Yellow | Height: 8.0'' | Width: 7.5''  
Extra Large | Charcoal | Height: 8.75'' | Width: 8.0''  
Note: Height - Measure from the base of the palm to the tip of the middle finger | Width - Measure horizontally across the palm.

**Speedo Short Blade Training fins**

**SHOE SIZE EQUIVALENTS:**XXXS | Red | Size: 13 - 2 (Youth)  
XXS | Orange | Size: 3-4 (Youth)  
XS | Yellow | Size 4-5 (Youth)  
S | Green | Men's 5-6 | Women's 5.5-6.5  
M | Blue | Men's 6-7 | Women's 7.5-8.5  
L | Grey | Men's 8-9 | Women's 8.5-9.5  
XL | Black | Men's 10-11 | Women's 11.5-12.5  
XXL | Navy | Men's 12-13 | Women's 12.5-14.5