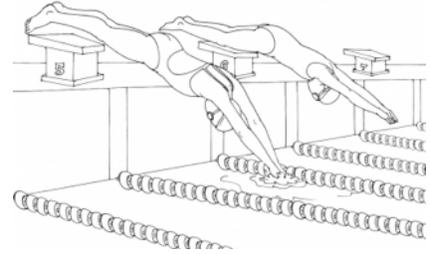


# Competition Suit Fit Guide

There are many things to consider when searching for a properly fitting competition swimsuit. Here are some helpful hints to ease your shopping experience:

- *A properly fitting swimsuit should fit closely against your body*
- *Bunching at the seams or tightness and pulling at the straps and openings usually indicates an incorrect size*
- *You should be able to move freely without causing the neck or leg openings of the suit to stretch*
- *If the swimsuit is cutting uncomfortably into any portion of your body, try a different style, and/or size*



For girls suits a common fit test is to lift the straps upwards off the shoulders. You should be able to lift the about one inch for a competition suit. When in doubt, move around in your suit to test out the fit. Lift your arms, legs, and shoulders until you are certain everything stays in place.

## Lap suits vs. Race suits

Lap suits are used for training, while race suits are worn at swim meets. Not much distinguishes lap suits from race suits - racing suits have a tighter fit. Because you want to be as streamlined as possible when racing, race suits should be as snug as possible without sacrificing mobility. Usually, lap suits have bold, colorful prints while race suits are solid or spliced colors, but both suit types can be worn for training or racing.

## Polyester competition swimsuits

- More resilient than Nylon/Lycra, but causes more drag
- Quick-drying
- Holds up well in chlorine
- 4-way stretch fits many body types well

## Nylon, Lycra or Lycra Spandex competition swimsuits

- Lycra (or Spandex) is a man-made elastic material
- When blended with other fabrics (like Nylon), it provides shape retention and flexibility
- Creates a smooth, aerodynamic surface

## Technical Fabric competition swimsuits

- High-technology swimwear with scientifically advanced fabrics
- Polyester and Lycra composite
- Advanced compression fit
- Hydrodynamic water flow with less drag than conventional swimwear
- Fabric absorbs less water
- Must be worn VERY tight. Not comfortable for some swimmers.