



Northern Sierra Swimming Suit Policy

*Northern Sierra is a Speedo sponsored team, therefore ALL Northern Sierra team members are to compete in the appropriate Speedo suit as outlined below. Swimmers not in the appropriate attire may not represent Northern Sierra.*

**If you need to purchase a new team suit contact Coach Daryn:  
CoachGlasgow@gmail.com**

<b>Age Group</b>	<b>In Season Meets</b>	<b>Designated Championship Meets</b>
<b>12 &amp; Under Girls</b>	Northern Sierra TEAM SUIT	12 & under swimmers may wear a silhouette version of the following: <ul style="list-style-type: none"> <li>• Speedo Aquablade</li> <li>• Speedo Fastskin</li> <li>• Speedo LZR Pro</li> </ul> <b>NO KNEE SUITS</b>
<b>12 &amp; Under Boys</b>	Northern Sierra TEAM SUIT	12 & under swimmers <ul style="list-style-type: none"> <li>• Speedo Aquablade</li> <li>• Speedo Fastskin</li> <li>• Speedo LZR Pro</li> </ul>
<b>13 &amp; Over Girls</b>	Northern Sierra TEAM SUIT	13 & over may wear the following suits: <ul style="list-style-type: none"> <li>• Speedo LZR X</li> <li>• Speedo LZR Elite 2</li> <li>• Speedo Racer Pro</li> </ul>
<b>13 &amp; Over Boys</b>	Northern Sierra TEAM SUIT	13 & over may wear the following suits: <ul style="list-style-type: none"> <li>• Speedo LZR X</li> <li>• Speedo LZR Elite 2</li> <li>• Speedo Racer Pro</li> </ul>