



Technical Suit Policy

Swimmers Competing as 13 & Overs / Updated February 2020

Speedo Fastskin LZR Pure Intent

For YMCA National Qualifiers Only

- Allowed at National level competitions.
- Allowed at CT Senior & Age Group Championships.
- May also wear suit at other meets and finals sessions at coach discretion.
- Triple-fabric construction enhances compression and flexibility.
- Shark skin-mimicking texture creates micro vortices along suit's surface.
- Team color for this suit is black.



Speedo Fastskin LZR Pure Valor

For 13 & Over CT Senior & Age Group Qualifiers

- Allowed at CT Senior & Age Group Championships.
- May also wear at other prelims/finals meets at coach discretion.
- Swimmers with CT Seniors or 13 & Over Age Group Championships qualifying times, may also wear suit at Regionals.
- Provides maximum flexibility, greater range of motion and core stability through layered fabric.
- Feel lighter and ride higher in the water for optimal body positioning.
- Team color for this suit is black.



Speedo LZR Pro Recordbreaker

For 13 & Over Regional Qualifiers

- Allowed at CT Regionals
- May also wear suit at other prelims/finals meets at coach discretion.
- Water repellent, chlorine resistant, and fast drying.
- Provides muscle efficiency.
- Suit has visibly stitched seams.
- May choose version of suit with different colored leg.
- Team color for this suit is "Primarily Black."



***Wahoo swimmers must wear Speedo brand suits at all meets.**

***Swimmers must adhere to team policies regarding technical suits. Swimmers who appear on the pool deck of a competition wearing an incorrect suit will not be allowed to compete until they change into the correct suit for that meet.**



Technical Suit Policy

Swimmers Competing as 11-12s and 10 & Unders / Updated February 2020

Speedo Lzr Pro

For 11-12 Age Groups Swimmers

- Allowed at CT Age Group Championships.
- May wear at finals sessions of other meets at coach discretion.
- Suit has visibly stitched seams.
- May choose version of suit with different colored leg.
- Team color for this suit is "Primarily Black."
- No kneeskins for 12 & Under Girls



Speedo Aquablade

For 10 & Under Swimmers

- Allowed at CT Age Groups.
- Allowed at CT Regionals.
- May wear at other bigger meets at coach discretion.

For 11-12 Swimmers

- Allowed at CT Regionals.
- May wear at other bigger meets at coach discretion.
- Suit appears to have vertical stripes.
- Team color for this suit is black.



Speedo Fastskin 2 (FSII)

For 11 and Over Swimmers

- This is a less expensive alternative to the Speedo Lzr Pro.
- This suit has been nicknamed "sharkskin" because of its appearance.
- Team color for this suit is black and gray.
- This suit has been discontinued but may still be available on some websites.



*Wahoo swimmers must wear Speedo brand suits at all meets.

*Per Connecticut Swimming policy, swimmers 12 years old and younger are NOT permitted to wear "Tech Suits" at any CT sanctioned or approved meets.

Click the link below to view the updated 12 & Under CT Swimming Tech Suit Policy:

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_meets/Tech_Suit_Ban_as_of_May_14_2019.pdf