

WHO, WHAT, WHEN, WHY of Racing Suits

Owen Sound Aquatic Club Suit Guidelines

Who	What Type	When to Wear	Why	What makes this so special
12 & Under Athletes	Any Speedo Training suit, an OSAC suit, or a tighter than normal Lycra suit \$45-\$85	Wear at all times. At all meets, swimmers should be in a basic Speedo brand or alternative brand swimsuit	Swimming Canada supports keeping children from wearing tech suits until they have reached Provincial or National levels. This coincides with the message that a swimmer's preparation—not the suit—makes the result! No magic tricks.	Every Owen Sound Aquatic Club swimmer wears one! They come in OSAC colours and include an OSAC logo.
13-18 year old Regional Athletes	Aquablade Recordbreaker, Kneeskin or Jammer PowerPlus Recordbreaker, Kneeskin or Jammer Or similar Arena suits \$50-\$150	Wear at “peak” championship meets. These are Regionals, Provincials, or whenever directed by the coach	These suits are only appropriate for Provincial level and above athletes who are competing at their “peak” championship meet(s). These suits are not crucial. However, we introduce a different racing suit here as a middle step between training and tech suits.	Suits are made of knitted fabrics as opposed to the woven fabrics of true tech suits. Knitted fabrics have generous four-way stretch capabilities and are less expensive. Since the suits stretch easily, the swimmer must size down to ensure both good fit and as many wearings as possible. Generally, they also last much longer than tech suits at a fraction of the cost. Just a reminder that blue, white and black are OSAC's team colours!
14 & Over Provincial and National Athletes	LZR Racer Pro Recordbreaker, Jammer or Kneeskin LZR Elite 2 Kneeskin or Jammer LZR X Kneeskin or Jammer Or similar Arena suits \$280-\$550	Provincials, Easterns, Trials, Nationals, Far Westerns or whenever directed by coach	Only the fastest swimmers benefit from the small margin of difference these suits provide. They are not for reaching qualifying standards, but rather are to be used at the major meets for maximum readiness.	Suits are made of woven fabrics with sewn seams. Woven fabrics are incredibly lightweight and do not hold water. They do not have the four-way stretch of the knitted fabrics and thus are more difficult to put on. Research has shown that compressed muscles perform more efficiently. Since most of these suits relax with wear, it is best to size down to a very tight fit to allow the swimmer to wear the suit as many times as possible. More expensive tech suits provide a great deal more compression than other suits. Instead of sewn seams, the seams are bonded for a streamlined surface, which is critical when hundredths of a second count!

10 & Under Athletes

All 10 & Under athletes should have one competition level suit in black (ideally, an **OSAC** suit). This will be their “go to” suit to be worn at all meets.

- **Female:** Endurance +, Endurance Lite, Core Fly back, Solid Super Pro, Solid Cross Back, Core Super Pro Back, Solid Super Pro or any plain black suit (without a “FINA Approved Label”)
- **Male:** Endurance +, Endurance Lite, ProLT, Pool Deck Series Solid, Core Solid, or any plain black suit (Without “FINA Approved Label”)

Coach’s comment: These suits are basic, often Lycra (or similar fabric) suits. Boys may wear the “Jammer” or “Brief” styles. These suits should be smaller and more fitted than a training suit. Keep in mind that most new swimmers order suits (for both practice and racing) that are 1-2-3 or 4 sizes too large, so please select a tighter fitting suit.

11-12 Year Old Athletes

All 11-12 year old athletes should have one competition level suit in black (ideally, an **OSAC** suit). This will be their “go to” suit at most meets.

- **Female:** Endurance +, Endurance Lite, Core Fly back, Solid Super Pro, Solid Cross Back, Core Super Pro Back, Solid Super Pro, or any plain black suit (without a “FINA Approved Label”)
- **Male:** Endurance +, Endurance Lite, ProLT, Pool Deck Series Solid, Core Solid, or any plain black suit (Without “FINA Approved Label”)

Coach’s comment: These suits are basic, often Lycra (or similar fabric) suits. Boys may wear the “Jammer” or “Brief” styles. These suits should be smaller and more fitted than a training suit. Keep in mind that most new swimmers order suits (for both practice and racing) that are 1-2-3 or 4 sizes too large, so please select a tighter fitting suit.

Suit Notes:

- Athletes should wear their standard competition (OSAC or black suit) in most racing situations.
- It is important that all swimmers wear the team suit if they have one!
- Please contact the Equipment Manager to order your OSAC suit

13 & Older Athletes

All 13 & Older athletes should have one competition level suit (ideally, an **OSAC** suit). This will be their “go to” suit at most meets.

Examples of appropriate Speedo suits (Arena or alternative brands that are similar are acceptable):

- **Female:** Endurance +, Endurance Lite, Core Fly back, Solid Super Pro, Solid Cross Back, Core Super Pro Back, Solid Super Pro, or any plain black suit (without a “FINA Approved Label”)
- **Male:** Endurance +, Endurance Lite, ProLT, Pool Deck Series Solid, Core Solid, or any plain black suit (Without “FINA Approved Label”)

Coach’s comment: These suits are basic, often Lycra (or similar fabric) suits. Boys may wear the “Jammer” or “Brief” styles. These suits should be smaller and more fitted than a training suit. Keep in mind that most new swimmers order suits (for both practice and racing) that are 1-2-3 or 4 sizes too large, so please select a tighter fitting suit.

Some 13 & Older athletes may also wear a Performance level suit at select meets. Depending on age and ability, some appropriate options include:

- Speedo Aquablade Recordbreaker, Kneeskin, Jammer or Brief or alternative brand that is similar is acceptable
- Speed LZR Racer Pro Recordbreaker or alternative brand that’s similar is acceptable
- Speedo LZR Race Elite/Elite 2 or alternative brand that’s similar is acceptable
- Speedo LZR Racer X or alternative brand that’s similar is acceptable

Coach’s comment: These suits are high-level performance suits. These types of suits should be worn at Trials, Nationals, Far Westerns, Easterns, and other Swimming Canada/Swim Ontario Championship type meets, which may include, at your coach’s discretion: Youth Champs, Team Showdown, Regional Championships, and the Prairie Winter Invitational.

Summary: 13 & Older athletes should have one Competition level suit. Some 13 & Older athletes will also be permitted to wear a Performance level suit at Championship type meets. If you have a question as to an appropriate suit, please ask your coach.

Suit Notes:

- Athletes should wear their standard competition suit in most racing situations
- Jolyn tie-up suits are not an acceptable form of racing suit. Suits must have a closed back.
- Performance suits have a very short lifespan. Their use can be measured not in meets, but in races. Please follow all proper care tips to extend your performance suit’s life as much as possible.

It’s important to note that all kids develop at different rates, and this holds true for athletes too. Coaches will advise when your child can begin to wear anything outside of a traditional practice suit. Racing suit readiness is at the sole discretion of the OSAC Coaching Staff.