

# Swim Meet Team Uniform & Tech Suit Policy 2024/25

## JCCNS Sea Serpents

In an effort to elevate our team to the next level, we are enacting a swim meet team uniform and tech suit policy for the 2024/25 season.

### T Shirts:

**At all swim meets home and away excluding championship or travel meets swimmers are required to arrive in and wear either our team t-shirt / hoodie or warm up jacket.** For Championship meets Age Groups and above, t-shirts will be provided to all qualifiers.

### Regular Competition Suits:

Regular meet competition suits must be Speedo, all black or black with a small amount of green down the side or on the straps is acceptable. Suits with other colors will not be allowed in competition. Tie back suits are not allowed in competition and can cause a swimmer to be Disqualified.

### Tech Suits:

As tech suits are only good for about 15 swims and should only be used when they will be most effective, we have enacted this tech suit policy below:

10&Under Swimmers: All 10&Under swimmers are not permitted to wear Tech Suits at any swim meet throughout the season including Age Group Championships. As technique and having fun is most important for our 10&Under swimmers', tech suits are not appropriate. (An exception can only be made for swimmers qualified for Eastern Zone Championships or a comparable higher level meet)

11&12 Year Old Swimmers: Tech suits are only appropriate for 11&12 year old swimmers who are training in our Age Group Black group of the team or have qualified for 11&12 Age Groups Championships individually or as part of a relay. **11&12 year old swimmers are only allowed to wear Low Level Tech suits, such as an Aqua Blades or LZR Race Pro.** No Female Knee skin suits should be worn. **This is a new USA swimming rule effective September 1<sup>st</sup> 2019.**

13&Over Swimmers: Tech suits are appropriate for all 13&Over swimmers qualifying individually for Regionals Championships.

**Tech Suits will only be allowed at Championship Meets, Finals Sessions of Trials/Finals Meets, Meets with Qualifying Standards, all Travel Meets or any meet in which swimmers are rested and coaches feel it is appropriate such as a last chance meet.**

All newly purchased tech suits are required to be Speedo and can be of any color and design. If you are looking to purchase a tech suit for your swimmer, please consult your swimmers coach as there are different levels of tech suits and what is appropriate for an 11&12 year old swimmer is different from that of a Senior level swimmer.