

CAT Technical, Competition and Practice Suit Policy

Effective September 1st, 2019

CAT Team Suit Policy: If a CAT Swimmer is competing in any meet they must wear a CAT Team suit which can be found at the following link:

<http://www.theswimteamstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=3282&idAffiliate=880>

In the event that a suit, be it lost/damaged/grown out of/etc, cannot be obtained prior to a competition, please bring a suit that is kin to the team suit detailed above. A new team suit is expected as quickly as possible.

CAT Practice Suit Policy: It is up to the swimmer as to what suit(s) they would like to wear to practice with the following two exceptions:

- 1) NO Two Piece Suits of any kind.*
- 2) No Tie Back Suits of any kind.

Athletes may wear two piece suits, if cleared with coach prior, ONLY at open water practices

CAT Technical Suit Policy: As of September 1, 2020 USA Swimming will ban ALL Technical suits for ALL athletes of the age 12 years and under. This means NO athlete under the age of 13 may wear a technical suit of any kind in any competition. The definition for technical suits may be found here:

1. bonded or taped seams regardless of its fabric or silhouette, or
2. any male or female suit with "woven fabric extending to the knee or mid-thigh" regardless of the type of seams.

If you have questions about this please let me know. CAT athletes will begin to follow this upcoming rule as of **September 1, 2019.**

IF you are 13 years of age or older, you may compete in a technical suit with prior approval from Big Show or Coach Andy; these suits are a matter of fact in the competitive sport of swimming, but they are VERY expensive, please reach out to a coach BEFORE purchasing one for your athlete.