



Technical Suit Policy

Swimmers Competing as 13 & Overs / Updated September 2022

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 September 2022

Speedo LZR Pro Recordbreaker

For 11-12 FEMALE Swimmers AT Age Group Championships

- May wear at finals sessions of other meets at coach discretion.
- Suit has visibly stitched seams.
- Team color for this suit is "Primarily Black."
- NO KNEESKINS for 12 & Under Girls



Speedo Vanquisher Jammer

For 11-12 Male Swimmers AT Age Group Championships

- May wear at finals sessions of other meets at coach discretion.
- Suit has visibly stitched seams.
- Team color for this suit is Black.

Speedo Aquablade

For ALL 11/12 and 10 & Under Swimmers

- Allowed at CT Age Groups.
- 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.



*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 any Tech suits not approved for 12/under competition at ANY CT Swimming Sanctioned or Approved Meets

Click the link below to view an updated 12 & Under USA Swimming Tech Approved Suit List:

<https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>