



Tech Suits 101 for New Families

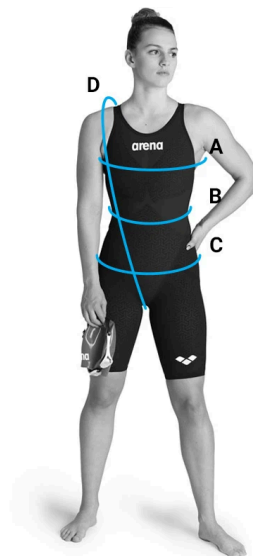
Fox Chapel Killer Whales Swimming

What is a Tech Suit?

A tech suit, short for "technical suit," is a high-performance swimsuit designed specifically for competitive swimming. Unlike regular swimsuits, tech suits are made from advanced materials and constructed using specialized techniques to enhance a swimmer's performance.

What Makes Tech Suits Different from Regular Swimsuits?

- **Material:** Tech suits are made from lightweight, water-repellent materials such as nylon and spandex or a blend of fabrics like polyester and elastane. These materials reduce drag, allowing swimmers to move more efficiently through the water.
- **Compression:** Tech suits are designed to compress the swimmer's muscles. This compression helps reduce muscle vibration and fatigue, enhancing muscle efficiency and endurance during races.
- **Seam Construction:** Many tech suits use bonded seams instead of stitched seams. Bonded seams lie flat against the body, reducing drag and improving hydrodynamics. Some suits even use welded seams to minimize water resistance further.
- **Fit and Design:** Tech suits are engineered to fit snugly and streamline the swimmer's body. They often cover more skin than regular swimsuits, such as extending to the knees for both boys and girls. The tight fit helps create a sleek profile, reducing water resistance.



Why Are Tech Suits Important for Competitive Swimming?

Tech suits are crucial for competitive swimming because they provide several advantages:

- **Reduced Drag:** The materials and construction techniques minimize water resistance, allowing swimmers to move more quickly and efficiently.
- **Enhanced Performance:** Compression helps with muscle support and recovery, enabling swimmers to perform at their best.
- **Psychological Edge:** Wearing a tech suit can give swimmers a psychological boost, making them feel more prepared and competitive.



When Should My Child Start Using a Tech Suit?

Tech suits are typically recommended for more advanced swimmers, often those participating in higher-level competitions. For younger or less experienced swimmers, the benefits of a tech suit may not outweigh the cost.

If you're considering purchasing a tech suit for a swimmer who is 12 or under, please review the USA Swimming regulations for 12 and under swimmers below.

How Do I Choose the Right Tech Suit for My Child?

1. **Fit:** The suit should fit snugly but not restrict movement. It should be tight enough to provide compression without causing discomfort.
2. **Style:** Different brands offer various cuts and styles. It's important to find one that your child feels comfortable in and that meets the competition's regulations.
3. **Budget:** Tech suits can be expensive, ranging from \$100 to \$500 or more. Consider how often your child competes and whether the investment makes sense for their level of participation.

Where Should I Buy a Tech Suit?

We recommend getting your swimmer properly sized for a tech suit with B&R Pools and Swim Shop in Pittsburgh. Because Arena sponsors KW, you can receive 25% or more off your tech suit purchase through B&R Pools, and you will ensure that your swimmer is properly sized for their suit.

Please visit our [Gear, Equipment & Apparel](#) page to learn detailed information. [Contact B&R Pools](#) to schedule a fitting.

Care and Maintenance of Tech Suits

Tech suits require special care to maintain their performance:

- **Rinse with Cold Water:** After each use, rinse the suit with cold water to remove chlorine and other chemicals.
- **Avoid Heat:** Do not machine wash, tumble dry, or expose the suit to direct sunlight, as heat can damage the fabric.
- **Store Properly:** Store the suit flat or rolled up in a cool, dry place. Avoid wringing or twisting the suit.

FAQ on Tech Suit Regulations for 12 and Under Swimmers



Are tech suits allowed for 12 and under swimmers?

In general, USA Swimming regulations prohibit using tech suits for swimmers aged 12 and under in most competitions. This rule is designed to maintain fairness and ensure that younger swimmers focus on developing their technique rather than relying on advanced swimwear for performance enhancement.

What constitutes a tech suit for 12 and under swimmers?

A tech suit is defined by USA Swimming as any suit that has bonded or taped seams and/or is made of woven fabric. These suits typically offer performance enhancements like compression and reduced drag.

Are there any exceptions to the tech suit ban for 12 and under swimmers?

Yes, there are a few exceptions:

- Tech suits may be worn in Junior National, National, and higher-level competitions.
- Some regional and invitational meets may allow tech suits, but this is rare and usually specified in the meet information packet.

What suits are allowed for 12 and under swimmers?

Swimmers aged 12 and under should wear swimsuits that:

- Are made from textile fabrics.
- Have sewn seams (not bonded or taped).
- Do not extend past the knees for boys or girls.

Brands like Speedo, TYR, and Arena offer competition swimsuits that meet these guidelines and provide a good fit and performance for younger swimmers.

How can I check if a suit is approved for 12 and under swimmers?

Most major swimwear brands label their products clearly. Look for suits marked as “competition” or “training” rather than “tech” or “elite.” You can also check the USA Swimming website or the specific meet’s information packet for guidelines on approved swimwear.



Why is there a tech suit ban for 12 and under swimmers?

The main reasons for the ban are:

- Fairness: To ensure a level playing field among all competitors, regardless of financial resources.
- Development Focus: To encourage young swimmers to focus on improving their technique, endurance, and overall swimming skills rather than relying on technology to enhance performance.
- Cost: Tech suits are expensive, and the ban helps alleviate financial pressure on families.

What are the consequences of wearing a tech suit in violation of the rules?

If a swimmer is found to violate the tech suit regulations:

- They may be disqualified from their race or event.
- Their results may be invalidated.
- Repeated violations could result in further disciplinary actions as determined by meet officials or USA Swimming.

Where can I find more information on tech suit regulations?

For the most accurate and up-to-date information, you can:

- Visit the [USA Swimming website](#).
- Check the meet information packets for specific competitions.
- Speak with your child's coach, who can provide guidance based on the latest rules and regulations.