



Tech Suits for Dummies

The 2024 primer for newbies and the somewhat confused

The national ban on bonded seam and woven suits for swimmers 12 years and under (12U) took effect September 1, 2020. Please see the full rules at the USA Swimming website.

THE NEW RULE

Swimmers aged 12 years and younger cannot wear “Tech Suits”. A “Tech Suit” is defined as:

1. Any suit made of woven fabric which extends past the hips such as kneeskins and jammers.
2. Any suit with bonded seams, as opposed to sewn seams.

Fabrics: *Knitted fabric* is a two-sided fabric used for introductory tech suits. These fabrics have more stretch than woven fabrics. Woven fabrics are either a very thin “papery” fabric or a heavier compressive fabric.

Seams: *Sewn seams* are used on introductory suits and thus legal for 12U swimmers.
Bonded seams – or glued seams are illegal for 12U swimmers.

THE FINA LOGO

FINA is the *Fédération Internationale de Natation*, the world-wide governing body of competitive swimming. It is recognized by our own USA Olympic Committee. Over the past years, the FINA logo (below left) was imprinted on racing suits to show they were FINA approved.

With the introduction of the 12U Compliancy rule, things have changed. Only “Tech Suits”, those suits which are approved for 13 and older swimmers, will bear the FINA logo. All 12U compliant suits will NOT have the FINA logo, thus making it easier for officials to determine the legality of a suit at a glance.



To complicate the matter, some 12U suits are still printed with the FINA logo. USA Swimming has determined that an additional logo, a green check in a circle, should be imprinted near the original FINA logo to clearly indicate that the suit is legal for 12U swimmers.

SIZING of 12U and TECH SUITS

An important fact for those new to the tech suit world is to understand that the sizing runs usually differ from those of practice or team suits. Thus a 28 in a practice suit will not be the same size as a 28 in a tech suit. Your swimmer will usually take a smaller size, and most likely go down two, three or even more sizes.

Some suits have sizing runs that begin at size 16, and others at size 22. Some have odd number sizes - 23, 25, 27, 29, in addition to even number sizes, and some have female suits for long torsos. High waist jammers are also available.



All of us at Toad Hollow firmly believe that tech suits should be approached beginning with the introductory suits and graduating to the more advanced (and more expensive) technology as the swimmer grows and matures. Below is a guide to tech suits that we sell at Toad Hollow, and the order in which we suggest they should be approached.



Level One

Suits in Level One are made of knitted fabrics as opposed to the woven fabrics of Level Two. Knitted fabrics have four-way stretch capabilities and are less expensive. Swimmers must size down to ensure both a good fit and as many wearings as possible. Suits in Level One must not have a FINA logo, or the FINA logo with the additional logo of the green check to indicate legality for 12U swimmers.

SPEEDO

Aquablade

The original and still a winner- the Aquablade was the first offering by Speedo in the tech suit market. The fabric is a color-on-color stripe with a very silky feel. Available in classic Recordbreaker, Jammer.

Vanquisher

The new knit fabric suit with sewn seams offers more compression than the Aquablade. It is only available in Kneeskins and Jammers. New colors are available with each season.

TYR

Fusion2

Equivalent to Speedo's Aquablade, TYR's Fusion differs in that it also is available in a 12U Compliant Kneeskin. Its silhouettes include the classic Aerofit, Kneeskin and Jammer..

Thresher 2

Equivalent to Speedo's Vanquisher, the more compressive Thresher is offered in various colors and prints. Available in classic Aerofit (Discontinued), Kneeskin, Jammer, and Brief (Discontinued).

ARENA

Powerskin ST and ST NEXT

The Powerskin ST (Powerskin is used by Arena to describe all their tech suits) is available in a variety of colors and many limited releases of nice prints. Available in Classic suit, Kneeskin, Jammer, Brief. A Toad Hollow Best Seller.

BLUESEVENTY

Nero Stitch

Blueseventy just released their new 12U compliant suit, the Stitch. Available in a kneeskin and jammer, it is yet another well-made and well-priced tech suit from B70. Note: Its larger logo makes it legal in all swim meets except meets swum under High School Swimming sanctions..



Level Two

Level Two suits are made of woven fabrics with bonded seams. Woven fabrics are incredibly lightweight and do not hold water. Because they lack the stretch of the knitted fabrics of Level One, they are more difficult to put on. However, this lack of stretch does have a distinct advantage in that it limits water absorption and provides compression. Research has shown that compressed muscles perform more efficiently. Even with reduced stretch, it is best to size down to a very tight fit to allow the swimmer to wear the suit as many times as possible.

Level Two suits, with their woven fabrics and bonded seams, are labeled as "Tech Suits" by USA Swimming and thus are NOT legal for 12U swimmers. All will bear the FINA logo.

SPEEDO

Pure Intent 1.0, 2.0

The Intent from Speedo is designed to offer maximum compression. Available in Open and Closed Back Kneeskin, High Waist and Regular Jammer. Colors will be offered with limited availability.

Pure Valor 1.0, 2.0

The Valor offers maximum flexibility for swimmers who prefer a lightweight suit that allows more movement. Available in Open and Closed Back Kneeskin, High Waist and Regular Jammer. Colors will be offered with limited availability.

LZR Racer PRO - the Exception to the Rule

All suits with woven fabrics are made with bonded seams- except the LZR PRO. However even with its sewn seams, the PRO Kneeskin and Jammer are illegal for 12U swimmers as woven fabric cannot extend past the hips. 12U female swimmers can take advantage of the woven fabric by choosing the 12U compliant Recordbreaker silhouette. Overall the lower cost of the PRO makes it a good first choice for a woven suit.

TYR

Venzo Genesis, Inferno, Phantom, Oblivion

Like Speedo's Pure Intent, this group offers maximum compression. Colors and prints will be offered with limited availability. Most are available in Open and Closed Back Kneeskin, High Waist and Regular Jammer. Many swimmers need to go up a size in TYR tech suits.

Avictor

The Avictor is a suit with less compression and greater flexibility much like Speedo's Pure Valor. Prints will be offered on a seasonal basis. Available in Open and Closed Back Kneeskin, High Waist and regular Jammer.

Invictus

The newest TYR suit, the Invictus offers mid-level compression. Available in Open Back Kneeskin, Jammer.

ARENA

NEW – the Primo

Arena's new suit is a very welcome addition to the current market in that takes less time to put on. The fabric is compressive yet still flexible enough for swimmers who want more movement in their tech suits. It is a suit that will satisfy many needs for a tech suit. Open and Closed Back Kneeskin, Jammer.

Powerskin Carbon Core

Like Speedo's Pure Intent and TYR's Genesis, Arena's Carbon Core offers maximum compression over flexibility. It differs in that it is a lighter weight fabric than the other compressive suits on the market. Available in Open and Closed Back Kneeskin and Jammer.

Powerskin Carbon Glide

The Carbon Glide stresses flexibility over compression much like Speedo's Pure Valor and TYR's Avictor. Available in Open and Closed Back Kneeskin and Jammer.

Powerskin Carbon AIR2

The Carbon Air is perhaps the lightest suit in the tech suit market and a big seller at Toad Hollow. Available in Open and Closed Back Kneeskin and Jammer. New smaller sizes are now available.

BLUESEVENTY

Nero Stitch

Just as it sounds, the Stitch is Blueseventy's answer to the 12U compliancy rule with sewn seams and a knitted fabric. The logo is too large for High School rules, but it is a great suit for a first kneeskin.

Nero Fit

The Fit offers bonded seams and a fabric with more stretch than other Level 2 suits and thus is easier to get on. The Fit is also one of the lowest priced woven/bonded suits on the tech suit market, making it a good choice for a swimmer's first woven kneeskin. Available in Open Back Kneeskin and Jammer. A Toad Hollow Best Seller.

Nero TX2

The TX is yet another beautifully made tech suit from Blueseventy. The TX offers a mid-level compression. Available in Kneeskin and Jammer. Colors and prints are available in limited editions.

HOW TO CARE FOR YOUR SUIT

All tech suits need to dry out quickly. They must never be rolled up in a towel or left in a closed swim bag. Tech suits MUST be hung up immediately after use to air dry.

Swimmers wearing tech suits should only sit on a towel or soft surface. Avoid the edge of the pool and especially the rough surfaces of starting blocks.

Tech suits are not made to be worn all day. Their fabrics are sensitive to sweat and may break down with prolonged wearing without rinsing.

Only pull on the seams when putting on a tech suit. Leave plenty of time at the meet to put on your suit.
Girls- no long nails!

Guys - Cross the ties first before tightening and tying your suit. Suits cannot be returned due to ripping of the stitch "tunnels".

We can help you with the fitting of tech suits, but we can only see the suit from the "outside". Tech suits are not returnable if they take on water. It is up to the swimmer to tell if they feel the suit ultimately fits.

Tech suits are not returnable but may be exchanged within 30 days of purchase for another suit or store credit. They must be unworn and in the original package with all hang tags.

Any suits returned because of defects are subject to the inspection of the manufacturer and must be returned within 30 days of purchase. Rough handling and resulting damage from the situations listed above will most likely not be approved for exchange.



Suits cannot be returned due to tears in the fabric area.

Tears in the fabric are almost always the result of not pulling on the seams when putting on the suit.

Please understand the guidelines for returns and exchanges are not set by Toad Hollow, but rather by the manufacturers. They recognize the need to care for these suits and do not accept defectives readily.

After all that.....it is the time to have fun and swim fast!

