

MAY 2019

**OBJECTIVE** – A number of swimming regions, both internationally (states in Australia and the US) and throughout New Zealand (Swimming Otago, Canterbury West Coast, Swimming Auckland and Swimming Waikato) have banned the use of Technical / Performance Race Suits for their junior swimmers (swimmers age 12 years and under). As a result of those decisions, the Board of Swimming Taranaki has looked into whether banning these suits was also the right decision for the Taranaki region. These suits can be very expensive and provides a potential barrier to entry for families looking to start out in swimming. In the opinion of Swimming Taranaki, there are no proven performance benefits for young swimmers using technical/performance suits. Feedback indicates that the benefit of using these suits is not relevant to young swimmers who have yet to physically develop. The Board of Swimming Taranaki will introduce a ban on these suits, for swimmers aged 12/U, at all swim meets hosted in Taranaki. Please note that this ban does not include knee length swim suits/togs (“Jammers”). This ban will come into effect from 19 July 2019 (our Winter Championship Meet).

**WHAT IS A TECHNICAL / PERFORMANCE RACE SUIT ?** A technical / performance race suit is a specialized swimsuit manufactured using scientifically advanced materials designed with bonded/meshed seams or kinetic tape. In simpler terms, tech suits don’t even appear to have seams. These suits have water repellent properties that add little textile weight and help mature swimmers cut through the water. The conforming carbon fibre cage (and other approved textiles) give the biggest performance benefit: compression. Extreme muscle compression streamlines the body in order to reduce drag, thus leading to greater improvements in performance. Traditional one piece race suits as well as briefs and trunks are not technical/performance suits and will be permitted. Knee length suits and “jammers” will also be permitted provided they do not feature the key components of a technical/performance swim suit will also be permitted.

