

## COUNTY CHAMPIONSHIPS

### Held under Swim England Regulations

Licence Numbers: 2ER200118, 2ER20019, 2ER200120, 2ER200121, 2ER200122

11<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 25<sup>th</sup> and 26<sup>th</sup> January 2020

The Venue, Elstree Way, Borehamwood, Hertfordshire WD6 1JY

### Technical Swimming Suits

Swim England Hertfordshire are banning Technical Swimming Suits from the 2020 County Championships for the following age groups – 10/11 year old and 12 year old male and female.

Swimmers in those age groups will not be allowed to compete in technical suits.

Swim England Hertfordshire define Technical Swimming suits as:

- Suits that have bonded seams, kinetic tape or meshed seams.

Therefore any suit that does not have ALL stitched seams will be deemed a technical suit.

This decision has been taken in consultation with the coaches and as such the coaches will be the first point of checking for compliance and should be consulted in advance of the competition.

Competitor stewards and officials will be checking swimmers in those age groups to help ensure compliance on the day of competition.

If a swimmer in these age groups wearing a technical swim suit appears at marshalling or in the start area at an event, the competitor steward or any technical official shall advise the referee. The swimmer may elect to change into a different swimsuit but the race may be started without regard for whether the swimmer is ready.

The referee shall inspect the swim suit and, if it is confirmed to be a technical suit, shall disqualify the swimmer and not allow them to start the race.

A junior swimmer wearing a technical suit may be disqualified retrospectively, i.e. after swimming an event, only if the referee examines the swimwear before the swimmer has an opportunity to change to a different swim suit. Such disqualification shall apply to that event only.

This ban is being introduced around the world for the following principle reasons:

- A technical suit will not make a difference to the results of a younger swimmer. In these swimmers, good technique is and should be a much more important factor in swimming faster.
- The focus for younger age groups should be less on results and more on enjoying the sport and competition. Technical suits put more emphasis on the result.
- The swimmers at these ages should feel and understand that it is their own time and work that makes a difference when they compete, not what they wear.
- Technical suits are expensive. We want to run an inclusive event where every young swimmer feels able to compete on a level playing field.
- In many cases with young swimmers, a tight training costume (perhaps one size smaller than usual) gives a better advantage than a specifically designed race suit that doesn't fit correctly.
- For swimmers in these age groups, this introduces the concept of 100% me... a very important lesson