

SportzSwimWear.com

Sizing Charts and Support Information

Size										
Sportz	XXS	XS	S	M	L	XL	XXL	XXL		
Speedo	20-22	22-24	24-26	26-28	28-30	30-32	32-34	34-36	38	40
Chest	22	24	26	28	30	32	34	36	38	40
Waist	22	23	24	25	23	24	26	28	30	32
Hips	23	25	27	30	32	34	36	38	40	42
Jr/Misses					3/4	5/6	7/8	9/10	11/12	13/14
Girls Dresses	4	6	8	10	12	14				
TO SIZE FOR MALES ~ SUIT SIZE SHOULD EQUAL WAIST SIZE*										
*Measure about 1 inch Above Natural Waist or Just Above Hip Bone										

To select the right costume, first determine the activity for which you'll be wearing the costume most often:

- Racing/High Performance swimming - which includes racing at either School, Club, or higher level.
- Training/ Fitness - which includes activities such as training and lap swimming.

Racing/High Performance Swimming

Competitive swimmers need high performance costumes that maximise speed in the water and improve glide times by reducing drag and increasing water flow. Many swimmers buy separate costumes for training and racing. For both training and racing, compression, resulting in a tight fit, is the key.

Sizing

- For training, buy your normal size, but realise that the fit will be snugger than that of a regular fashion costume.
- For racing, consider buying a racing/high performance costume at least one size smaller than your training costume.

Support

- Costumes for both training and racing provide support through compression.
- Women's racing costumes do not include any kind of bra or bust support. A tight fit across the chest creates a more streamlined silhouette for the swimmer, reducing drag and increasing glide times.

Lining

- Costumes for top-level competition are not lined, since reducing drag is a priority. However, many women's costumes for training are front-lined.
- A costume with lining will generally last longer, and hold its shape and color better than an unlined costume.

Styling

- Costumes for racing and training are one-piece, usually with moderately cut leg openings, fairly high necks and either high backs or racer style X,Y or V backs for a secure fit and freedom of movement.

Fabrication

- Although there are many hybrid fabrics for racing/high performance swimming available, most costumes from Sportz are done in blends of polyester/lycra. (Lycra is a specific brand of spandex made by DuPont and is found in many costumes).
- Fastskin costumes are a blend of 82% polyester & 18% Lycra.
- Sharkskin costumes are 81% polyester and 19% Lycra.
- Improvements in fiber engineering have resulted in costume materials that are more resistant to chlorine than ever. Costumes for racing/high performance swimming typically use these more durable versions of nylon and spandex.

Fit

- For lap swimming and training you will need a costume that provides comfort and freedom of movement, plus coverage and support.
- Fit should be snug but not tight. A good fitting costume will stay in place during vigorous movement, but not pinch, bind or ride up in the seat.

When To Replace Your Costume

Despite the advances in fiber technology, chlorine will eventually deteriorate costume fabrics. When your costume begins to bag or feels looser than when it was new, it is time to replace your costume.

SWIMWEAR CARE SUGGESTIONS

- When trying on Sportz racing costumes, you should place each of your feet in a plastic shopping bag and then pull the costumes over each foot. The use of the plastic bag will ensure no damage is done to the costume via toe nails etc., reduces stretching in the pressure membranes and will generally aid in the longevity of the swimwear.