



First Colony Swim Team creates opportunities, within a safe and supportive environment, for swimmers to merge passion and commitment with expertise, resulting in the highest level of personal performance.

COMPETITION SUIT POLICY

The following policy must be followed by all FCST swimmers when competing at a sanctioned USA Swimming competition.

GROUPS

White, Red, Blue

- All Competitions: Royal Blue Arena Team Suit

Age Group 1, Age Group 2, Age Group 3, Age Group 4, Pre-Senior 1*

- In-Season Competitions: Royal Blue Arena Team Suit
- Championship Meets*: [POWERSKIN ST — Jammer](#) or [Regular Cut Girl's Suit \(No Kneeskins\)](#)

Pre-Senior 2, Pre-Senior 3, Senior 1, Senior 2*

- In-Season Competitions: Royal Blue Arena Team Suit
- Championship Meets*: [Any POWERSKIN](#) or [CARBON Series Suit](#)

Senior 3, Senior Elite

- In-Season Competitions: Royal Blue Arena Team Suit
- Championship Meets*: [Any POWERSKIN](#) or [CARBON Series Suit](#)

*Championship Meet suits must be Blue or Black based colors.

*12 & Under Championship Meet suits must adhere to the FINA 12 & Under tech suit rules and regulations.

Please check with your swimmer's primary coach if you have any questions **BEFORE** you purchase a new competition suit. This policy is subject to change, and coaches may make adjustments for swimmers at their discretion.

Examples of In-Season Competitions: Red vs. Blue Meet, Dual Meets, Tri Meets, etc.

Examples of Championship Meets: Gulf Champs Meets, TAGS, Zones, Futures, Jr. Nationals, Nationals, Olympic Trials, etc.