

# Swimwear Sizing Guidelines

Selecting the correct swimsuit size can be challenging, especially for athletes new to competitive swimming, but this FAQ will help you make a good sizing choice. One big challenge is swimmers new to competitive swimming may be unfamiliar with what a good fit feels like.

Nor Cal swim shop will bring suits for our swimmers to try on to help target suit sizes. This set of suits has been used throughout the year for team sizing. Although they are new suits that have never been in the pool they will be a little different and more stretched than the brand new suit you'll receive after ordering.

## What Not To Do:

- *Don't reference a size from an old swimsuit!*
  - Old suits can be stretched out and will not index your current sizing needs.
- Department store swimsuits and fashion swimwear brands are not designed or cut to fit like competitive swimwear.
- Sizes can vary across brands & swimsuit styles and cuts can change over time. It's always recommended to try on a suit when possible.
- **Warning For BOYS – Don't Use Your Pants Waist Size when selecting a swimsuit!** Because pants size is often chosen to achieve a certain fit style, translating it your swimwear waist size isn't recommended.

## What Does A Great Swimsuit Fit Feel Like?

For best results and to maximize the life of your swimwear, we recommend swimsuits provide a tight & supportive fit.

For swimmers that are skeptical about the benefits of tight-fitting swimwear, we offer the following encouragement:

- The suit you are trying on is as tight as it's ever going to be and will loosen over time.
- The feel of the suit will change once you are in the water.
- Bag = Drag! Any bag or wrinkles will cause unwanted drag during your race or workout.
- Swimsuits are more than a means to cover your skin. Like running shoes, competitive swimwear is a piece of sports equipment. And like shoes that are too large, wearing an oversized swimsuit will cause discomfort and hinder athletic performance.

## Jammers

Jammers are boy's suits that extend to the knee. Here are some extra jammer fitting tips to help you determine what a great fit feels and looks like:

- Jammers should be sufficiently snug at both waist and knee, to make getting 2 fingers under the fabric somewhat challenging.
- Waist fit rules! If it fits at the waist that is the priority. Don't worry about the leg cuff height, as this will vary for different body types.

## How To Tell If Your Swimsuit Is Too Big Or Small?

### Big – a swimsuit is too big if:

- Suit material is wrinkled or bagging.
- For girls, swimwear is too big if:
  - Scooping at neck occurs when holding a “streamline” position.
  - Suit straps can be raised to ear height.
  - The open part of the suit back (below the intersection of the straps) lifts off the skin.

### Small – a swimsuit is too small if:

- It restricts or limits athletic range of motion.
- Ouch – it hurts!
- It limits your circulatory system – blood flow and/or breathing!
- Putting it on is a struggle.
- It causes excessive muffin topping anywhere on the body.
- Your chest is spilling out of suit.

## Chest & Hips: Special Swimsuit Sizing Situations

All bodies are different, and women with greater variations between chest and hip size may want to consider downsizing or upsizing as follows:

- Small Chest / Large Hips: Consider **upsizing** above chest measurement guidelines.
- Big Chest / Small Hips: Consider **downsizing** below chest measurement guidelines.