

WHAT YOU NEED

Swimsuit

Competitive swimsuits are made from water-resistant, compressive fabrics like polyurethane or spandex blends. They must fit tightly to reduce drag, and while full-body suits were once popular, most competitions now require knee-length or jammer-style suits.

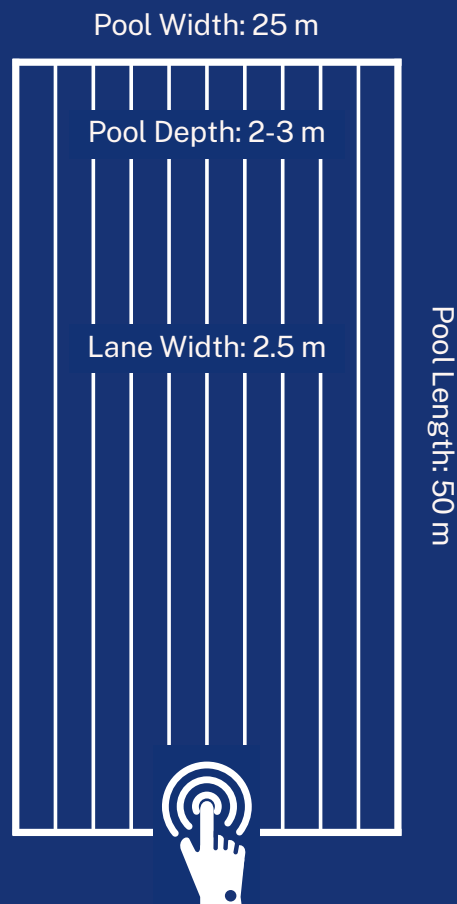
Swim Cap

Swim caps are typically made from latex, silicone, or lycra, with silicone offering the smoothest surface. They help reduce drag, protect the hair from chlorine, and keep it out of the swimmer's face during races.

Goggles

Swimming goggles come with clear, tinted, or mirrored lenses to suit different lighting conditions. They must create a secure seal around the eyes to prevent water leakage while ensuring comfort and clear vision throughout the race.

THE POOL



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