What is the difference between the Speedo FASTSKIN³ Super Elite, Elite and Pro suits?

Speedo FASTSKIN³ Super Elite has been developed in conjunction with some of the world’s leading athletes, Fastskin³ Super Elite sets a new benchmark for racing. Pioneering technologies such as 3D Zoned Compression, IQ Fit, Body Stability Web and Fit Point Markers deliver a new level of hydrodynamic performance – reinforced by a design that tells other athletes they’re racing for second place.

Speedo FASTSKIN³ Elite suits are designed for the swimmer with serious competitive objectives. Compression Fit, Body Stability Web and low drag Fabric technology gives the athlete greater stability and a more hydrodynamic profile, helping to win precious fractions of a second every length.

Speedo FASTSKIN³ Pro/Pro junior makes Speedo’s medal-winning technology at an accessible level. Compression fit creates hydrodynamic form, maximising the efficiency of every stroke, while key Speedo technology features and a dramatic design marks the user out as a serious contender.

Are the Closedback Kneeskin and Recordbreaker Kneeskin silhouettes specific to certain swimming strokes?
No. Different silhouettes are provided to cater for individual preferences in silhouette.

Does Speedo still sell the LZR Racer Elite, Pro and Comp range?
Yes, the Speedo LZR Racer range will continue to be available until further notice.

What is IQ Fit?
IQ Fit Technology has been developed through in-depth research of the human form and it features in various elements of the Speedo Fastskin³ Racing System to create the optimum racing fit.

IQ Fit technology maximises swimming comfort whilst minimising resistance and drag when moving through the water. Each individual component contributes incremental gains in efficiency which taken together can make the vital racing difference.

Do the junior Speedo FASTSKIN³ suits feature compression?
The Speedo FASTSKIN³ junior garments are fitted close to the body but do not have the compression found in the adult suits.

The FASTSKIN³ Junior Elite Racing Suits use Pulse fabric to deliver stretch and power along both the length and width of the fabric, allowing freedom of movement whilst contouring the swimmer’s body for maximum efficiency.

The inside front panel of my Men’s FASTSKIN³ Super Elite Jammer is not securely sewn – is it faulty?
No. Due to the complex design of the IQ fit waistband the inside modesty liner on the mens FASTSKIN³ Super Elite jammer is not designed to be sewn in.
**What materials are the Speedo FASTSKIN³ suits made from?**

The **Super Elite** suit incorporates revolutionary Hydro K-Zone 3D fabric which provides high power, graduated compression throughout, helping to achieve the optimum hydrodynamic profile. This is complemented by Pulse-Flex Fabric used on the shoulders and panels, offering high stretch in one direction to couple freedom of movement with powerful compression.

This is complemented by Pulse-Flex fabric which boasts high stretch in one direction to allow freedom of movement in key areas, with powerful compression in the other to contour the body’s shape to the most efficient form. The fabric construction of Pulse-Flex delivers a 2.00% decrease in skin friction drag. The durable C6 water repellent finish minimises water absorption.

Pulse-Power fabric is used for **Elite** suits and delivers high stretch and power along both the length and the width of the fabric, allowing freedom of movement whilst contouring the swimmer’s body for maximum efficiency.

**Pro** suits are made using Hydro-K fabric, with multi-directional stretch characteristics to give the swimmer ease and freedom of movement, combined with compressive power. The Flat surface structure helps deliver a 2.59% reduction in skin friction drag.

**What new benefits does the Speedo FASTSKIN³ Racing System provide?**

The Speedo FASTSKIN³ Racing System reduces full body passive drag by up to 16.6%, together with an 11% improvement in a swimmer’s oxygen economy, a 5.2% reduction in a swimmer’s full body active drag, and up to 3% improvement in starts and turns.

**What is the Speedo FASTSKIN³ Racing System?**

The Speedo FASTSKIN³ Racing System is the combination of the cap, goggles and suit working together as one – another Speedo world first for the sport of swimming.

**What is a hydroscopic lens?**

The low profile Hydroscopic Lens is a unique lens shape that affords 180 degrees of horizontal peripheral vision, enabling swimmers to remain aware of competitors with minimum energy-wasting head movement. Frontal lens size is optimised for foveal vision (sharp central vision of the eye) enabling focus. Extended goggle side arms move strap connection points further round the head for improved hydrodynamics, while interchangeable nose bridges offer choice for optimum fit.

**The vision in the FASTSKIN³ goggles feels strange. Is this normal?**

The Hydroscopic lens in the Super Elite and Elite Goggles will take some time to get used to. Due to the innovative new shape for enhanced peripheral vision and hydrodynamic form, the vision can feel different when you first put them on. The transition between the flat front lens and the curved side lens can be confusing to the eyes when you cross between them. After wearing the goggles for a few swims you will get used to this new sensation.
Why are there 3 Fastskin³ nosebridges, and how do I connect / disconnect them?

A choice of Small, Medium and Large nosebridges are provided with all Speedo Fastskin³ goggles, allowing you to select the nosebridge which provides you with the most comfortable, and secure fit.

To remove the nosebridge, hold the goggles in your hands and grip one of the goggle lenses in the palm of your hand. Without twisting or bending the goggle, hook the nosebridge with the index finger of your other hand and disconnect the nosebridge by pulling it directly outwards.

Once removed, connect a new nosebridge by pushing it directly onto the goggle, one side at a time.

What is the Body Stability Web?

The Body Stability Web, is a framework of bonded or sewn seams and panels, providing targeted support to promote a hydrodynamic, neutral swimming position and return the energy used on starts and turns.

What are the Power Seams for?

The suit's bonded Power Seams are ultrasonically welded to offer less resistance to the flow of water and increased comfort and strength.

What is the difference between the Speedo FASTSKIN³ Racing System and the LZR Racer range?

The Speedo FASTSKIN³ Racing System is engineered to work in harmony: a trilogy of advanced swimwear products (cap, goggle and suit) offering swimmers a cohesive, hydrodynamic solution to help cut through the water with maximum efficiency.

Up until now, caps, goggles and swimsuits have been designed separately. But all three elements of Speedo’s FASTSKIN³ Racing System have been designed together to work as one to optimise the athlete's comfort and performance in the water.

Do I need to “size down” for the Speedo FASTSKIN³ suits to achieve good compression?

No. Simply consult the sizing guide and order the correct size according to your measurements.

My women’s Speedo FASTSKIN³ Super Elite suit has less compression around the waist, do I need a smaller size?

No – this is intentional. 3D Zoned Compression is designed to compress certain areas and expand others, contouring the athlete's body into the most efficient form for movement through the water. A looser fit around the waist encourages this.

I measured myself correctly and my Speedo FASTSKIN³ suit feels tight, is this correct?
The suits should feel tight, but not restrict movement. A correctly fitting suit will lie flat and smooth on the body and feel supportive and tight. You should also have a full comfortable range of motion in your arms. If the suit does not feel comfortable, you should refer to the fitting guide to check you are wearing the suit correctly.

**How high should the waistband of the Speedo FASTSKIN³ sit?**

The FASTSKIN³ waistband is higher than that found on classic jammers, and will sit around two fingers below the belly button on most people. If the suit is not pulled up high enough you will feel some leg restriction. The Fit Point Marker must be positioned correctly to assist with this positioning.

**The top of my suit looks very stretched and doesn’t fit very well. Should I get another size?**

It is very important to work the fabric of the suit slowly up the body so the crotch fits very closely to the body with the sides of the suit should be pulled up high. Once this material is worked up the suit the neck should sit flat and comfortably against the chest.

**How do I know I am wearing the Speedo FASTSKIN³ Racing System in the correct position?**

A new anatomical marking system, ‘Fit Point Markers’, in the form of tactile and visual graphics at key physical points, indicate how to fit and align the Speedo FASTSKIN³ Racing System accurately on the body to achieve the best performance.

**When should I remove the Fit Point Marker stickers?**

Fit Point Marker stickers are applied to the FASTSKIN³ suit to help ascertain the correct fit. They should only be removed when the wearer is confident that the suit fits correctly, as removing the stickers will prevent the product from being returned. However, the stickers MUST be removed prior to use in line with FINA guidelines.

**What happens to my Speedo warranty when I remove the Fit Point Marker stickers?**

If Fit Point Marker stickers are removed, the suit will be regarded as used and no returns will be accepted unless the product is faulty.

**What happens if I don’t remove the Fit Guide Marker stickers before a race?**

FINA regulations regarding approved swimwear require that Fit Point Marker stickers are removed before competitive use. Failure to adhere to this could render results null and void.

**Where is the ‘Greater Trochanter’?**

This is a lump of bone at the top of the femur which is level with the joint in your hip. It can be felt as the first bone protrusion on the outside of the leg as you work up towards the hip joint. It is roughly in line with the height of the crotch and can be felt as a golf ball sized hard lump on the outside of the leg. The circle in the middle of the hip fit point marker sits directly over the greater trochanter.
My Speedo FASTSKIN³ suit changes colour to a silver-grey in water, is it faulty?
No. This is merely an optical illusion caused by the suit’s water repellency.

The Hydro-K Zone fabric on my Speedo FASTSKIN³ Super Elite suit does not look like it is repelling water – is this normal?
The Hydro-K Zone fabric has the same water repellency as the rest of the FASTSKIN³ suits, however the effect is slightly different. The water ‘wets’ the surface of the fabric much like a wetsuit, and provides a thin film of water over the fabric. The water does not absorb into the fibres, it just sits within the structure. This effect helps provide the suit’s 2.7% reduction in skin friction drag compared to our old LZR Pulse fabric.

How do the new Speedo FASTSKIN³ Racing System sizes compare with the LZR Racer?
The sizing for the Speedo FASTSKIN³ Racing System is NOT the same as that for the Speedo LZR Racer. Please consult the fitting guide carefully before purchase and order the correct size according to your measurements.

Can I wear the open water suit in pool competitions?
No. Legskin suits are no longer permitted for use in the pool following the change of FINA legislation in 2010. Only suits which are listed on the FINA List of Approved Swimwear can be worn in pool meetings.

Can I wear the Hair Management System if I am male or have short hair?
The Hair Management System has been developed for swimmers with long hair to create a smoother profile under the Speedo FASTSKIN³ cap. It can be used by both male and female swimmers with long hair.

When I’m swimming in the Super Elite goggle it feels like there is water inside. Is it leaking?
The Super Elite goggle’s Dive Stream profile does not act as a seal, so you may feel water in between this and the internal IQ fit seal. This may give a sensation of leaking, however there should be no water inside the IQ Fit seal. If there is water inside the IQ Fit seal, refit with the other nose bridges and adjust the strap tensions until you create a good seal.

Does the goggle strap always go underneath the cap?
Yes, the Speedo FASTSKIN³ cap and goggle have been designed to fit together and if the strap does not sit under the cap the rest of the goggle will not fit optimally and will create drag.

I sometimes get leaking when I have my cap over my goggles, am I wearing it correctly?
The Speedo FASTSKIN³ cap is designed to fit over the small tab at the top of the Super Elite goggle. The cap should not cover the main body of the goggle, only this flat tab. If it does
cover the main body of the goggle it can cause pressure on the inner seal and occasionally cause the seal to leak. If this happens, we recommend trying a higher placement of the cap in relation to the goggle tabs.

**Are junior goggle sizes available?**
No, we don’t offer specific Junior fit models, however the Speedo FASTSKIN\(^3\) goggles fit most face shapes.

**Are women’s goggle sizes and styles available?**
There are no Female specific models, the seal shape is universal for male and female faces.

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1. **Passive drag** affects the swimmer during the submerged, glide phase of any stroke. This is particularly important after the start and each turn. Passive drag is measured with the swimmer in the streamline position. It provides an understanding of changes in drag due to the shape of a swimmer in this position and the force of the water passing over the body's surface.

2. **Oxygen economy** relates to the swimmer’s efficiency and their consumption of oxygen during swimming. This is measured with a swimmer working at different intensities relative to their maximum speed. It provides an understanding of any changes in how their body uses oxygen. The better the economy, the faster the swimmer can swim for a given effort or the longer they can maintain that effort.

3. **Active Drag or surface drag** affects the swimmer at the surface during the active swimming phase of any stroke. This is a largest part of any swimming race. Active drag is measured with a swimmer working at race pace. It provides an understanding of any changes in drag due to the waves that they create, their constantly changing shape and the force of the water passing over the body's surface.

4. **Full body drag force** is the total resistive forces experienced by the swimmer as they move through the water.