# Sizing Guide 

## Women's

- If a sleek competition fit is not desired, choose one size up.

| Size | Chest | Waist | Hips | Torso | Inseam |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Child XS | $20-22$ | $19-21$ | $21-23$ | $38-42$ | $13-16$ |
| Child S | $23-24$ | $21-22$ | $24-25$ | $42-46$ | $16-20$ |
| Child M | $25-27$ | $22-23$ | $26-28$ | $45-49$ | $20-23$ |
| Child L | $28-30$ | $23-25$ | $29-30$ | $49-53$ | $23-26$ |
| Adult XS | $31-33$ | $25-26$ | $31-33$ | $52-56$ | $26-28$ |
| Adult S | $34-36$ | $26-28$ | $34-36$ | $56-60$ | $28-30$ |
| Adult M | $37-39$ | $28-30$ | $37-39$ | $59-63$ | $30-31$ |
| Adult L | $40-42$ | $30-33$ | $40-42$ | $63-67$ | $31-32$ |
| Adult XL | $43-45$ | $34-37$ | $43-45$ | $65-69$ | $32-33$ |

Men's

| Size | Chest | Waist | Hips | Torso | Inseam |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Child XS | $22-24$ | $19-21$ | $23-25$ | $36-40$ | $14-18$ |
| Child S | $24-25$ | $21-22$ | $25-26$ | $40-44$ | $18-21$ |
| Child M | $25-27$ | $22-24$ | $26-28$ | $44-48$ | $21-24$ |
| Child L | $27-29$ | $24-25$ | $28-30$ | $48-53$ | $24-26$ |
| Adult XS | $29-31$ | $25-26$ | $30-32$ | $53-57$ | $26-29$ |
| Adult S | $31-33$ | $26-28$ | $32-34$ | $57-61$ | $29-30$ |
| Adult M | $33-35$ | $28-29$ | $34-36$ | $61-64$ | $30-32$ |
| Adult L | $35-37$ | $29-31$ | $36-38$ | $64-66$ | $32-33$ |
| Adult XL | $37-39$ | $31-33$ | $38-40$ | $66-68$ | $32-33$ |


( Chest
(. Measure around the fullest part of the chest, arms relaxed at sides.
1 Waist

- Measure at the natural waist line.

Hip
Measure around the fullest part of the buttocks.

Torso
Measure from the shoulder, down the
torso, through the legs, and back to the shoulder.
5
Inseam

- Measure the length of the leg from the crotch to the floor.

