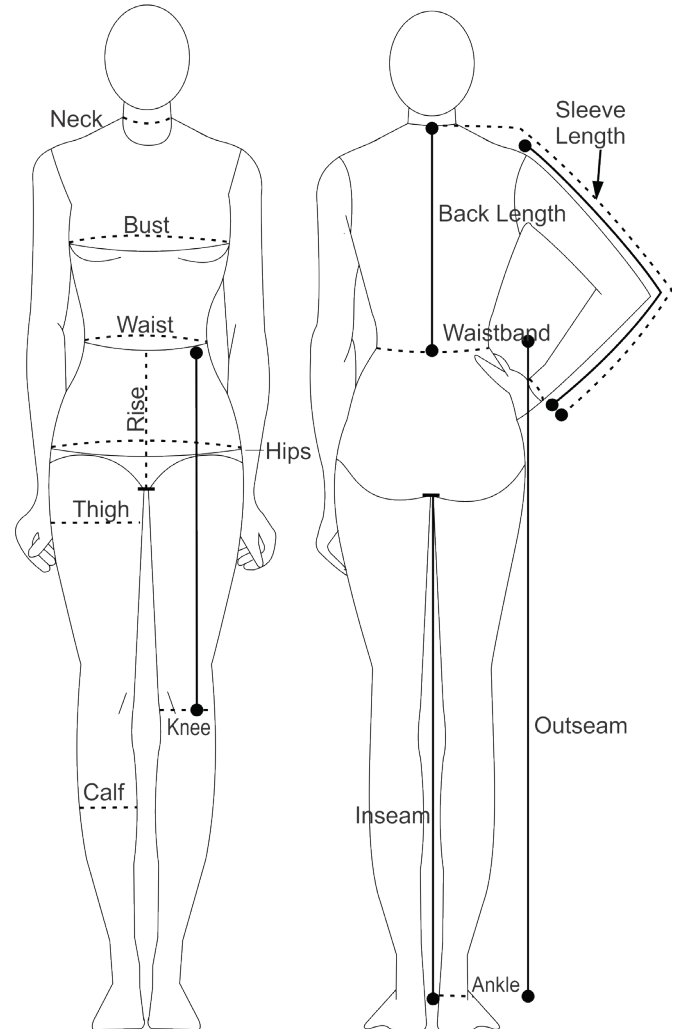


# SIZE CHART

## HOW TO MEASURE

- **Chest/Bust:** Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.
- **Sleeve Length:** Measure from the center back of your neck, over the top of your shoulder and down to the point where your hand starts to widen at your wrist. The actual measurement of your arm only is measured from the top of the shoulder to the bottom of your wrist and is often used for casual shirt sizing.
- **Back Length:** Measure from the most prominent bone at base of neck to the natural waistline.
- **Cross Back:** Measure from shoulder to shoulder.
- **Upper Arm:** Measure around the widest section of the upper arm located above the elbow.
- **Waist:** Measure the circumference of your waist. Use the tape to circle your waist (sort of like a belt would) at your natural waistline, which is located above your belly button and below your rib cage. (If you bend to the side, the crease that forms is your natural waistline.) Don't suck in your stomach, or you'll get a false measurement. If you generally wear your clothes below your waist, take that measurement as well.
- **Hip:** Measure the circumference of your hips. Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks.
- **Inseam:** This is the distance from the uppermost inner part of your thigh to the bottom of your ankle. You can measure your inseam in two ways.
  - > **With help:** While you're wearing a pair of pants, have a friend stretch the tape from your crotch to the bottom of your ankle.
  - > **Without help:** If you have a pair of pants that fit you perfectly (and they shouldn't be too loose around the waist), measure the inseam of the pants, again from the crotch to the hem.
- **Rise:** Rise is the distance from the middle of the crotch seam (right between your legs) to the top of the waistband. It usually ranges from 7" - 12".
- **Head Circumference:** For an accurate head measure, place a tape measure across the forehead and measure around the full circumference of the head. Keep the tape snug for accurate results.
- **NOTE:** ALL SIZES ARE DISPLAYED IN INCHES



## SPORT SHIRTS

### ADULT

SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	19	21	23	25	27	29	30	31
Length	29	30	31	32	33	34	35	36

### LADIES

SIZE	S	M	L	XL	2XL	3XL
Chest	18¼	19½	21	23	25	27
Length	26	27	28	29	30	31

**YOUTH**

SIZE	XS	S	M	L	XL
Chest	14	16	17	19	21
Length	18	19½	22	23½	26

**FLEECE/SWEATSHIRTS**

**ADULT**

SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	20	22	24	26	28	30	32	34
Length	27	28	29	30	31	32	33	34

**YOUTH**

SIZE	S	M	L	XL
Chest	15	17	19	20
Length	18-19	21-22	24-25	27-28

**T-SHIRTS**

**ADULT**

SIZE	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	18	20	22	24	26	28	30	32
Length	28	29	30	31	32	33	34	35

**LADIES**

SIZE	S	M	L	XL	2XL	3XL
Chest	17-18¼	18-19¼	19½-20½	21-22¼	22½-23¾	25-25¼
Length	25-26¾	26-27¾	27-28¾	28-29¾	29-30¾	31-31¾

**YOUTH**

SIZE	XS	S	M	L	XL
Chest	15	16	17	18	19
Length	19	20	22	24	26