

## Women's Sizing Chart

Please ensure all athletes are wearing fitted clothing, ideally a leotard, while taking measurements. All measurements are taken in inches and should be rounded up to the next full inch if they are halves or quarters.

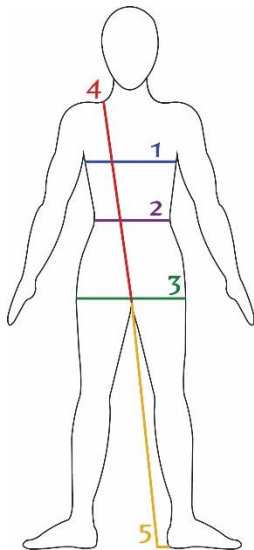
**#1 Chest** – Measure around the fullest part of the chest, arms relaxed at sides.

**#2 Waist** – Measure at the natural waist line.

**#3 Hip** – Measure around the fullest part of the buttocks

**#4 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.



Size	Chest	Waist	Hips	Torso	Long Torso*	Inseam
Child XS (4)	20-22	19-21	21-23	38-41	42-44	13-16
Child S (5)	23-24	21-22	24-25	42-44	45-47	16-20
Child M (6)	25-27	22-23	26-28	45-47	48-51	20-23
Child L (8)	28-30	23-25	29-30	48-51	52-54	23-26
Adult XS (10)	31-33	25-26	31-33	52-54	55-58	26-28
Adult S (12)	34-36	26-28	34-36	55-58	59-61	28-30
Adult M (14)	37-39	28-30	37-39	59-61	62-65	30-31
Adult L (16)	40-42	30-35	40-42	62-65	66-69	31-32
Adult XL (18)	43+	35+	43+	66+	70+	32

### Important

- If one of the athlete's measurements falls into a different size category, choose the size where the majority of measurements fall.
- If two of the athlete's measurements fall into different size categories, choose the larger size.
- If ONLY the torso measurement falls into a larger size, we offer a "long torso" option. This option is a \$10.00 custom fit fee, not available on in stock items.
- If a sleek competition fit is not desired, choose one size up.

### Note

- Leotard- Measure chest, waist, hips and torso.
- Shorts- Measure waist and hips.
- Leggings- Measure waist, hips and inseam.