

2025 Sizing Guide

JERSEYS - POLO'S - TEES - VESTS - SHORTS - TRACKPANTS

Adult Jersey and Polo Sizing

	CHEST SIZE (Actual Garment Size)		SHORTS WAIST SIZE (To Fit)	
XS	38"	Length 26"	30"	75 cm
S	40"	Length 27"	32"	80 cm
M	42"	Length 28"	34"	85 cm
L	45"	Length 28.5"	36"	90 cm
XL	47"	Length 29.5"	38"	95 cm
XXL	51"	Length 30.5"	40"	100 cm
3XL	53"	Length 31.5"	42"	105 cm
4XL	56"	Length 32.5"	44"	110 cm
5XL	60"	Length 33.5"	46"	115 cm
6XL	64"	Length 34.5"	48"	120 cm
7XL	67"	Length 35.5"	50"	125 cm

Adult Technical Apparel Sizing

	CHEST SIZE (Actual Garment Size)	
XS	41"	Length 25"
S	42.5"	Length 26"
M	44"	Length 27"
L	45.5"	Length 28.5"
XL	47"	Length 29.5"
XXL	50.5"	Length 32"
3XL	53"	Length 34"
4XL	55"	Length 35"
5XL	56.5"	Length 36.5"
6XL	58"	Length 37.5"
7XL	59.5"	Length 38.5"

CHOOSING THE SIZE FOR YOU

To measure your clothing size, please follow these simple instructions:

CHEST MEASUREMENT

Run a flexible tape measure all the way around your chest just below the armpit.

Be sure to keep the tape measure horizontal for an exact measurement.

WAIST MEASUREMENT

Wrap the tape measure around the narrowest part of your waist. Be sure to keep the tape measure horizontal for an exact measurement.

SIZING TIPS - ADULTS

- If you want a TIGHT FIT garment then you should select the actual garment size that would be 2" bigger than your actual chest measurement.
- If you want a LOOSE FIT garment then you should select the actual garment size that would be 4" bigger than your actual chest measurement.

*For example If your chest measures 42" you would select a size Medium for a tight fit or a size Large for a looser fit from our sizing chart.