

# FIND THE RIGHT FIT & SIZE

To get the most out of your uniform, warm-up, or practice wear, you need the right fit. Let us help you get the fit you deserve.

## HOW TO MEASURE



**BUST** Place the tape measure under your arms at the fullest part of your chest, wrap around your finger until your finger tips meet and make the measurement.

**WAIST** Measure around your natural waistline where your hips start. Be careful not to squeeze too tight to allow a little give.

**HIPS** With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably.

Get more sizing information for all products.

[championteamwear.com](http://championteamwear.com)



LADIES'	XS (0-2)	S (4-6)	M (8-10)	L (12-14)	XL (16-18)	2XL (20-22)	3XL (24-26)
CHEST	32-33 1/2	34-35 1/2	36-38	38 1/2-41	41 1/2-45	45 1/2-48 1/2	49-52
WAIST	25-26 1/2	27-28 1/2	29-31	31 1/2-34 1/2	35-39	39 1/2-42 1/2	44-47
HIP	35 1/4-37	37 1/4-39	39 1/4-41 1/2	42-44 1/2	45-48	48 1/2-51	52-55
THIGH	19 1/2-20 1/2	21-22	22 1/4-23 1/2	24-25	25 1/2-28	28 1/2-30 1/2	31-33

GIRLS'	YXXS (3T/4T)	YXS (4/5)	YS (6-6X)	YM (7/8)	YL (10/12)
CHEST	20-22	22 1/2 - 24	24 1/2 - 25 1/2	26 - 28	29 - 31
WAIST	19 1/2 - 21 1/2	22 - 23	23 - 24	24 - 25	25 - 27
HIP	21-23	23-25	25 - 26 1/2	27 - 30	31 - 34
THIGH	12 - 13	13 - 14 1/2	14 1/2 - 15 1/2	16 - 17	17 1/2 - 19

**NEED HELP?  
CALL A REP**  
1.877.256.0901

## What garments do I apply the Bust and Waist Measurements to?

- Any garment intended to be worn on the top half of the body such as jackets, cheer shells, T-shirts, bras, etc.
- This would also apply when choosing sizing for dresses and/or body suits that cover the top half of the body.

## What garments do I apply the Hip Measurement to?

- Any garment intended to be worn on the bottom half of your body such as shorts, pants, skirts, and leggings.
- This would also apply when choosing sizing for dresses and/or body suits that cover the bottom half of the body.

## The model shown is a Woman, do the same tips apply to Men?

- Yes, the same measuring tips apply to Ladies, Girls, Men, and Youth.

## What happens if I measure in between sizes?

- If you prefer a tighter fit, size down.
- If you prefer a looser fit, size up.

UNISEX/MEN	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST (in.)	33-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
WAIST (in.)	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52
HIP (in.)	33-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
INSEAM (in.)**	31	32	32	32	32	33	33	34	34

WOMEN	XS	SM	MD	LG	XL	2XL	3XL
NUMERIC SIZE*	0-2	4-6	8-10	12-14	16-18	20-22	24-26
CHEST (in.)	32-33	34-35	36-37	38-40	41-43	44-46	47-49
WAIST (in.)	24-25	26-27	28-29	30-32	33-35	36-38	39-41
HIP (in.)	33-35	36-37	38-39	40-42	43-45	46-48	49-51
INSEAM (in.)**	31.5	31.5	31.5	32	32	32	32

YOUTH/BOYS	YXXS	YXS	YS	YM	YL	YXL
NUMERIC SIZE*	3T-4T	4T-5T	6-8	10-12	14-16	18-20
CHEST (in.)	20-21	22-23	24-26	27-29	30-32	33-35
WAIST (in.)	19.5-20.5	21-21.5	22-23.5	24-25.5	26-27.5	28-29.5
HIP (in.)	21-22	23-24	25-27	28-30	31-33	34-36
INSEAM (in.)**	16	19.5	22.5	26	29	30

GIRLS	YXXS	YXS	YS	YM	YL
NUMERIC SIZE*	3T-4T	4T-5T	6-8	10-12	14-16
CHEST (in.)	20-21	22-23	24-26	27-29	30-32
WAIST (in.)	19.5-20.5	21-21.5	22-23	23.5-24.5	25-26
HIP (in.)	21-22	23-24	25-27	28-30.5	31-34
INSEAM (in.)**	16	19.5	22.5	26	29

\*These are sizing guidelines. Please take your body measurements to determine your most accurate size.

\*If you are in between measurements/sizes, we would recommend sizing up to the larger size

\*\*These are the average inseam pant lengths. Please see product specs or talk to your sales representative for specific inseam lengths of each bottom.