| Size | Bust | Waist | Hips | Girth | nseam | Size | Chest | Waist | Girth | Inseam |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Children | Girls |  |  |  |  | Children | Boys |  |  |  |
| $\begin{aligned} & \text { extra small } \end{aligned}$ | 21-23 | 19-21 | 22-24 | 37-39 | $211 / 2$ | $\underset{\text { extra small }}{\text { XSC }}$ | 21-23 | 19-21 | 38-40 | 22 |
| SC <br> small | 24-25 | 22-23 | 25-26 | 40-43 | $231 / 2$ | $\underset{\text { small }}{\text { SC }}$ | 24-25 | 22-23 | 41-44 | $22^{1 / 2}$ |
| $\underset{\text { medium }}{\mathrm{MC}}$ | 26-27 | 231⁄2-24 | 27-29 | 46-48 | $261 / 2$ | $\underset{\text { medium }}{\mathrm{MC}}$ | 26-27 | $231 / 2-24$ | 46-49 | $251 / 2$ |
| $\begin{aligned} & \text { Large } \end{aligned}$ | 28-30 | 25-26 | 30-32 | 51-54 | 30 | $\underset{\text { large }}{\mathrm{LC}}$ | 28-30 | 25-26 | 50-54 | 283/4 |


| Teen/Adult | Women |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| T <br> teen | $301 / 2-32$ | $25-26$ | $321 / 2-34$ | $55-58$ | $303 / 4$ |
| SA <br> small adult | $3211 / 2-34$ | $24-26$ | $34-36$ | $55-58$ | $313 / 4$ |
| MA <br> medium adult | $35-37$ | $261 / 2-28$ | $37-39$ | $581 / 2-611 / 2$ | $323 / 4$ |
| LA <br> arge adult | $38-40$ | $29-30$ | $40-42$ | $62-64$ | $341 / 4$ |
| XLA <br> extra large adult | $41-42$ | $31-33$ | $43-44$ | $641 / 4-66$ | $353 / 4$ |


| Teen/Adult | Men |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| T <br> teen | $31-33$ | $27-28$ | $55-58$ | 31 |
| SA <br> small adult | $34-36$ | $29-31$ | $59-61$ | 32 |
| MA <br> medium adult | $37-39$ | $32-34$ | $62-65$ | $321 / 2$ |
| LA <br> large adult | $40-43$ | $36-38$ | $66-68$ | $331 / 2$ |
| XLA <br> extra large adult | $44-46$ | $39-41$ | $69-71$ | $341 / 2$ |

## Measuring Your Students

1. BUST: With arms relaxed at your sides, measure the fullest part of the bust, keep tape parallel to ground. This will determine your top size.
2. WAIST: Measure around the narrowest part of your natural waistline.
3. HIPS: Stand with heels together and measure the fullest part of your hips, keep tape parallel to ground. This will determine your skirt, pant and short size.
4. GIRTH: Place tape measure at center of shoulder, down the front torso, between the legs, up the back and to the same shoulder, hold tape loosely. This will determine your unitard, biketard and leotard size.
5. INSEAM: Measure inside of leg from upper leg to floor, hold tape loosely.
