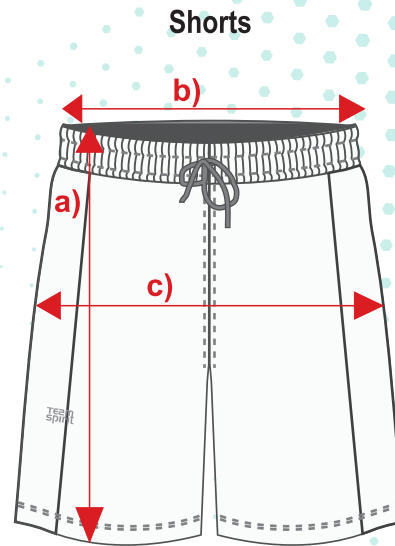
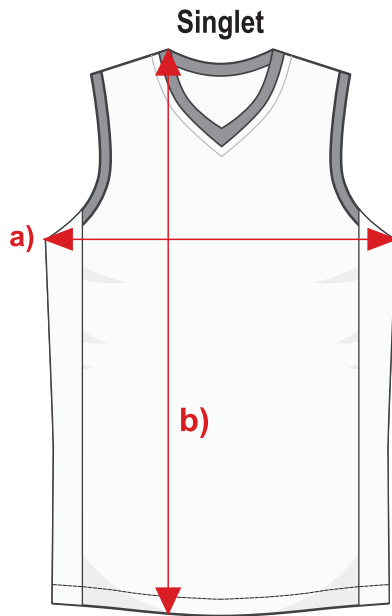


## Body Shape Options



TIP - Grab a garment of your own that is a comfortable fit. Measure the dimensions when laid flat.  
 1/2 Chest Measurement - Taken from armpit to armpit.  
 Length Measurement - Taken from highest point on the back to the hem at the bottom of the garment.

## Size Chart

### Singlets - Juniors

Garment Size	2K	4K	6K	8K	10K	12K	14K
a) Half Chest (cm)	30	32	34	37	40	43	46
b) Garment Length (cm)	47	53	57	61	65	69	72

### Shorts - Juniors

Garment Size	2K	4K	6K	8K	10K	12K	14K
a) Shorts Length (cm)	31	32.5	34	35.5	37.5	39.5	41.5
b) Relaxed Waist (cm)	20	22	24	26	28	30	32
c) Half Hip (cm)	41	43	45	47	49	51	53

### Singlets - Mens

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
a) Half Chest (cm)	48.5	51	53.5	56	58.5	61	63.5	66	68.5
b) Garment Length (cm)	74	76	78	80	82	84	86	88	90

### Shorts - Mens

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
a) Shorts Length (cm)	45.5	46.5	48	49	50.5	51.5	53	54	55	56.5	57.5
b) Relaxed Waist (cm)	34	36	38	40	42	44	46	48	50	52	54
c) Half Hip (cm)	55.5	58	60.5	63	65.5	68	70.5	73	75.5	78	80.5

### Singlets - Ladies

Garment Size	6W	8W	10W	12W	14W	16W	18W	20W	22W
a) Half Chest (cm)	42	44.5	47	49.5	52	54.5	57	58.5	60
b) Garment Length (cm)	64	65	66	68	70	72	73	74	75

### Shorts - Ladies

Garment Size	4W	6W	8W	10W	12W	14W	16W	18W	20W	22W	24W
a) Shorts Length (cm)	32.5	33.5	35	36	37.5	38.5	40	41	42.5	43.5	45
b) Relaxed Waist (cm)	28.5	31	33.5	36	38.5	41	43.5	46	48.5	51	53.5
c) Half Hip (cm)	42.5	45	47.5	50	52.5	55	57.5	60	62.5	65	67.5

### Notes

The size chart is a reference to Team Spirit Sports garments and are to be used as a guideline only.