

SIZES AND FITS

This Fit Guide allows you to see how you can expect a product to fit, before you order it. If you need more specific measurement information, you can refer to the charts below for sizes and their coordinating measurements.

ADULT										
SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST (Inches)	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
WAIST (Inches)	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
HIP (Inches)	29-31	33-35	37-39	41-43	45-47	49-51	53-55	57-59	61-63	
CHEST (Centimeters)	76-81	86-91	97-102	107-112	117-122	127-132	137-142	147-152	157-163	168-173
WAIST (Centimeters)	61-66	71-76	81-86	91-97	102-107	112-117	122-127	132-137	142-147	152-158
HIP (Centimeters)	74-79	84-89	94-99	104-109	114-119	124-130	135-140	145-150	155-160	

LADIES							
SIZE	XS	S	M	L	XL	2XL	3XL
	0-2	4-6	8-10	12-14	16-18	20-22	24-26
CHEST (Inches)	32-33	34-35	36-38	39-41	42-44	46-48	50-52
WAIST (Inches)	24½-25½	26½-27½	28½-29½	30½-32	33-35	37-39	41-45
HIP (Inches)	34-36	37-38	38-40	42-44	45-47	49-51	53-55
CHEST (Centimeters)	81-84	86-89	91-97	99-104	107-112	117-122	127-132
WAIST (Centimeters)	62-65	67-70	72-75	77-81	84-89	94-99	104-114
HIP (Centimeters)	86-91	94-97	97-102	107-112	114-119	125-129	135-140

YOUTH						
SIZE	XXS	XS	S	M	L	XL
	3T-4T	4-5	6-8	10-12	14-16	18-20
CHEST (Inches)	21-22	22-23	24-26	28-30	31-33	34-36
WAIST (Inches)	21-22	22-23	22-24	25-27	28-30	31-33

YOUTH						
HIP (Inches)	22-23	23-24	25-27	28-30	31-33	34-36
Chest (Centimeters)	53-56	56-58	61-66	71-76	79-84	86-91
WAIST (Centimeters)	53-56	56-58	56-61	64-69	71-76	79-84
HIP (Centimeters)	56-58	58-61	64-69	71-76	79-84	86-91

GIRLS					
SIZE	XS	S	M	L	XL
	4-5	6-7	8-10	12-14	16
CHEST (Inches)	22-24	25-27	28-30	31-33	34-36
WAIST (Inches)	20-22	22-24	25-27	28-30	31-32
HIP (Inches)	23-24	26-28½	30-32	34-36	38-40
CHEST (Centimeters)	56-61	64-69	71-76	79-84	86-91
WAIST (Centimeters)	51-56	56-61	64-69	71-76	79-81
HIP (Centimeters)	58-61	66-72	76-81	86-91	97-102

JUNIORS						
SIZE	XS	S	M	L	XL	2XL
	0-1	3-5	7-9	11-13	15-17	19
CHEST (Inches)	30-31	31-33	33-35	36-38	39-41	42-44
WAIST (Inches)	22-24	24-26	26-28	28-30	31-33	34-36
HIP (Inches)	31½-33½	34½-35½	36½-37½	39-40½	42-43½	45-46½
CHEST (Centimeters)	76-79	79-84	84-89	91-97	99-104	107-112
WAIST (Centimeters)	56-61	61-66	66-71	71-76	79-84	86-91
HIP (Centimeters)	80-85	88-90	93-95	99-103	107-110	114-118

RUSSELL ATHLETIC BASICS SIZES

ADULT							
SIZE	S	M	L	XL	2XL	3XL	4XL
HEIGHT (Inches)	5'9"	5'11"	6'1"	6'2"	6'3"	6'4"	6'5"

ADULT							
SIZE	S	M	L	XL	2XL	3XL	4XL
WAIST (Inches)	28-30	32-34	36-38	40-42	44-46	48-50	52-54
HIP (Inches)	33.5-35.5	37.5-39.5	41.5-43	44.5-46	47.5-49	50.5-52	53.5-55

LADIES						
SIZE	XS	S	M	L	XL	2XL
	0-2	4-6	8-10	12-14	16-18	20
HEIGHT (Inches)	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"
BUST (Inches)	31.5-33	33.5-35	35.5-37	37.5-40	40.5-43	43.5-46
WAIST (Inches)	23.5-25	25.5-27	27.5-29	29.5-32	32.5-35	35.5-38

YOUTH					
SIZE	XS	S	M	L	XL
	6-7	8-9	10-12	14-16	18-20
HEIGHT (Inches)	3'7"-3'10.5"	3'11"-4'4.5"	4'3"-4'10.5"	4'11"-5'4.5"	5'5"-5'8.5"
CHEST (Inches)	24.5-26	26.5-28	28.5-30	30.5-33	33.5-36
WAIST (Inches)	20.5-22	22.5-24	24.5-26	26.5-29	29.5-32

CHEER UNIFORM SIZE CHART

LADIES					
SIZE	S	M	L	XL	2XL
	0-1	4-5	6-8	10-12	14-16
CHEST (Inches)	30-32	33-35	36-38	39-41	42-44
WAIST (Inches)	22-24	25-27	28-30	31-33	34-36
SKIRT LENGTH (Inches)	14½	15	15½	16	16½
CHEST (Centimeters)	76-81	84-89	91-97	99-104	107-112
WAIST (Centimeters)	56-61	64-69	71-76	79-84	86-91
SKIRT LENGTH (Centimeters)	37	38	39	41	42

GIRLS					
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GIRLS					
SIZE	XXS	XS	S	M	L
	3T	4-5	6-8	10-12	14-16
CHEST (Inches)	20½-22½	23½-25	26-27½	28½-30	31-33
WAIST (Inches)	15½-17½	18½-19½	20½-21½	22½-23½	24½-26½
SKIRT LENGTH (Inches)	10½	11½	12	12½	13
CHEST (Centimeters)	52-57	60-64	66-70	72-76	79-84
WAIST (Centimeters)	39-44	47-50	52-55	57-60	62-67
SKIRT LENGTH (Centimeters)	27	29	30	32	33

SOCKS

SHOE SIZE	SOCK SIZE
Men 13-15	Adult XL 13-15
Men 8-13	Adult 10-13
Men 4½-7½ Ladies 5½-10½	Intermediate 9-11
Ladies 4-5 Youth 1-4	Youth 7-9
Children 3-9	XS Youth 5-7

BRA SIZE CHART

		BAND SIZE						
		30	32	34	36	38	40	42
CUP SIZE	A							
	B	XS	S					
	C			M	L			
	D					XL	2XL	