

# QUARTER ZIP TRAINING TOP SIZE GUIDE

S.19.007.V3 - Created 16th April 2019

**Warning: The measurements shown refer to a garment not to a person**



## **Logo Centre from Back of Collar:**

The logo positioning should be measured from the back centre of the shirt to the centre of the logo.

Some designs require the logo positioning to be adjusted to fit within the design, e.g. for hooped shirt (Style 7) the logo must sit in the middle of the hoop.

On all shirts with collars and plackets, the standard requirement is that the middle of the logo should be in line with the bottom of the placket.

In case of confusion, query this with head office.

YOUTH	ADULT	LADIES	SLIM-FIT	CM	IN	
SIZE	CHEST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE
Small Adult	39 inches	74.0cm	55.0cm	53.0cm	53.0cm	75.0cm
Medium Adult	41 inches	76.0cm	57.0cm	55.0cm	55.0cm	77.0cm
Large Adult	43 inches	78.0cm	60.0cm	58.0cm	58.0cm	79.0cm
Extra Large Adult	46 inches	80.0cm	63.0cm	61.0cm	61.0cm	81.0cm
2X Large Adult	48 inches	82.0cm	66.0cm	64.0cm	64.0cm	83.0cm
3X Large Adult	50 inches	84.0cm	69.0cm	67.0cm	67.0cm	85.0cm
4X Large Adult	53 inches	86.0cm	72.0cm	70.0cm	70.0cm	87.0cm
5X Large Adult	55 inches	88.0cm	75.0cm	73.0cm	73.0cm	89.0cm

  

YOUTH	ADULT	LADIES	SLIM-FIT	CM	IN	
SIZE	CHEST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE
Small Adult	39 inches	29.1 inches	21.7 inches	20.9 inches	20.9 inches	29.5 inches
Medium Adult	41 inches	29.9 inches	22.4 inches	21.7 inches	21.7 inches	30.3 inches
Large Adult	43 inches	30.7 inches	23.6 inches	22.8 inches	22.8 inches	31.1 inches
Extra Large Adult	46 inches	31.5 inches	24.8 inches	24 inches	24 inches	31.9 inches
2X Large Adult	48 inches	32.3 inches	26 inches	25.2 inches	25.2 inches	32.7 inches
3X Large Adult	50 inches	33.1 inches	27.2 inches	26.4 inches	26.4 inches	33.5 inches
4X Large Adult	53 inches	33.9 inches	28.3 inches	27.6 inches	27.6 inches	34.3 inches
5X Large Adult	55 inches	34.6 inches	29.5 inches	28.7 inches	28.7 inches	35 inches

YOUTH		ADULT		LADIES		SLIM-FIT		CM		IN	
SIZE	BUST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE					
Ladies' 6	32 inches	61.0cm	46.0cm	42.0cm	46.0cm	62.0cm					
Ladies' 8	34 inches	62.0cm	48.0cm	44.0cm	48.0cm	65.0cm					
Ladies' 10	36 inches	63.0cm	51.0cm	47.0cm	51.0cm	68.0cm					
Ladies' 12	38 inches	64.0cm	53.0cm	49.0cm	53.0cm	69.0cm					
Ladies' 14	39 inches	65.0cm	55.0cm	51.0cm	55.0cm	70.0cm					
Ladies' 16	41 inches	66.0cm	57.0cm	53.0cm	57.0cm	71.0cm					
Ladies' 18	43 inches	67.0cm	60.0cm	56.0cm	60.0cm	72.0cm					
Ladies' 20	46 inches	68.0cm	63.0cm	59.0cm	63.0cm	73.0cm					

  

YOUTH		ADULT		LADIES		SLIM-FIT		CM		IN	
SIZE	BUST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE					
Ladies' 6	32 inches	24 inches	18.1 inches	16.5 inches	18.1 inches	24.4 inches					
Ladies' 8	34 inches	24.4 inches	18.9 inches	17.3 inches	18.9 inches	25.6 inches					
Ladies' 10	36 inches	24.8 inches	20.1 inches	18.5 inches	20.1 inches	26.8 inches					
Ladies' 12	38 inches	25.2 inches	20.9 inches	19.3 inches	20.9 inches	27.2 inches					
Ladies' 14	39 inches	25.6 inches	21.7 inches	20.1 inches	21.7 inches	27.6 inches					
Ladies' 16	41 inches	26 inches	22.4 inches	20.9 inches	22.4 inches	28 inches					
Ladies' 18	43 inches	26.4 inches	23.6 inches	22 inches	23.6 inches	28.3 inches					
Ladies' 20	46 inches	26.8 inches	24.8 inches	23.2 inches	24.8 inches	28.7 inches					

YOUTH	ADULT	LADIES	SLIM-FIT	CM	IN	
SIZE	CHEST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE
Slim Fit Small Youth	31 inches	60.0cm	44.0cm	38.0cm	38.0cm	64.0cm
Slim Fit Medium Youth	32 inches	62.0cm	46.0cm	40.0cm	40.0cm	66.0cm
Slim Fit Large Youth	34 inches	64.0cm	48.0cm	42.0cm	42.0cm	68.0cm
Slim Fit Extra Large Youth	35 inches	66.0cm	50.0cm	44.0cm	44.0cm	70.0cm
Slim Fit Small Adult	37 inches	68.0cm	52.0cm	46.0cm	46.0cm	72.0cm
Slim Fit Medium Adult	38.5 inches	70.0cm	54.0cm	48.0cm	48.0cm	74.0cm
Slim Fit Large Adult	40 inches	72.0cm	56.0cm	50.0cm	50.0cm	76.0cm
Slim Fit Extra Large Adult	42 inches	74.0cm	58.0cm	52.0cm	52.0cm	78.0cm

  

YOUTH	ADULT	LADIES	SLIM-FIT	CM	IN	
SIZE	CHEST 'TO FIT'	LENGTH	CHEST ACROSS	WAIST ACROSS	HIP ACROSS	SLEEVE
Slim Fit Small Youth	31 inches	23.6 inches	17.3 inches	15 inches	15 inches	25.2 inches
Slim Fit Medium Youth	32 inches	24.4 inches	18.1 inches	15.7 inches	15.7 inches	26 inches
Slim Fit Large Youth	34 inches	25.2 inches	18.9 inches	16.5 inches	16.5 inches	26.8 inches
Slim Fit Extra Large Youth	35 inches	26 inches	19.7 inches	17.3 inches	17.3 inches	27.6 inches
Slim Fit Small Adult	37 inches	26.8 inches	20.5 inches	18.1 inches	18.1 inches	28.3 inches
Slim Fit Medium Adult	38.5 inches	27.6 inches	21.3 inches	18.9 inches	18.9 inches	29.1 inches
Slim Fit Large Adult	40 inches	28.3 inches	22 inches	19.7 inches	19.7 inches	29.9 inches
Slim Fit Extra Large Adult	42 inches	29.1 inches	22.8 inches	20.5 inches	20.5 inches	30.7 inches