

**ATHLETIC SINGLETS**  
**½ FINISHED SINGLET MEASUREMENTS.**



These are measured from 2cm below the armhole across the garment when lying flat.

**ADULT - UNISEX**

**XS – 47CM**  
**SMALL – 50 CM**  
**MEDIUM – 53CM**

**LARGE – 56CM**  
**XL – 59CM**  
**XXL – 62CM**

**XXXL – 65CM**

**JUNIOR – UNISEX**

**J6 – 35.5CM**  
**J8 – 38CM**  
**J10 – 40.5CM**

**J12 – 43 CM**  
**J14 – 45.5CM**

(All styles available in Adult unisex and Junior unisex sizes, except Styles - 16, 25, 27, 28 - Ladies ONLY).

**LADIES –**

**SZ. 8 – 45CM**  
**SZ.10 – 48 CM**  
**SZ.12 – 51 CM**

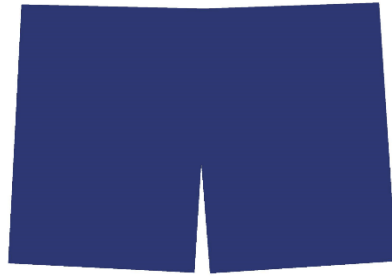
**SZ.14 – 54 CM**  
**SZ.16 – 57 CM**  
**SZ.18 – 60 CM**

(Available in select styles – 1A, 7, 15, 18, 24).

**See Uniform officer for Crop top sizes**



# LYCRA SHORTS ONLY



## FINISHED LYCRA SHORTS MEASUREMENTS.

SIZE	NORMAL WAIST = CM (Finished Measuremet of Garment)	HIP = CM (Finished measurements of Garment)	HIPSTER = CM (Finished Measurement of Garment)
J4	44		46
J6	47	56	49
J8	50	62	52
J10	54	66	56
J12	58	71	60
J14	62	76	64
8	54	75	56
10	59	79	61
12	64	83	66
14	69	87	71
16	74	92	76
18	79	97	81
20	84		86
22	89		91

### FORMULA –

Pattern x 2 – 3cm = Elastic Finished Measurement.

## Sizing Chart for Elastic Waist Navy Shorts

Waiste Measurements in Centimetres

**JUNIORS** J6 - 58.5cm  
J8 - 61cm  
J10 - 63.5cm  
J12 - 68.5cm  
J14 - 72.5cm

**Men's**

XS - 76cm  
Small - 81cm  
Medium - 86.5  
Large - 91.5  
XL - 96.5  
XXL - 102CM  
XXXL - 106.5

**CLUB POLO SHIRTS – RAGLAN and SET IN STYLES**  
**½ FINISHED SHIRT MEASUREMENTS.**



**ADULT – MEN'S**

XS – 52 CM

SMALL – 55 CM

MEDIUM – 58 CM

LARGE – 61 CM

XL – 64 CM

XXL – 67 CM

XXXL – 70 CM

**JUNIOR – UNISEX**

J6 – 37 CM

J8 – 40 CM

J10 – 43 CM

J12 – 46 CM

J14 – 49 CM

**LADIES –**

SZ. 8 – 46 CM

SZ.10 – 49 CM

SZ.12 – 52 CM

SZ.14 – 55 CM

SZ.16 – 58 CM

SZ.18 – 61 CM

# Lightweight Spray Jacket – Sublimated = \$50.00



Boys (Kids) cms					
Size	6	8	10	12	14
Length (A)	58	60	62	64	66
Width (B)	44	45.5	47	48.5	50

Girls in cms							
Size	4	6	8	10	12	14	16
Length (A)	47	49	51	53	55	57	60
Width (B)	41.5	43	44.5	46	47.5	49	52

Mens in cms									
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Length (A)	68	70	72	74	76	78	79	80	81
Width (B)	54	56.5	59	61.5	64	66.5	69	71.5	74

Womens in cms											
Size	8	10	12	14	16	18	20	22	24	26	28
Length (A)	65	67	69	71	73	75	77	79	81	82	82
Width (B)	55	56	57	58.5	59.5	61	62	63.5	64.5	66	67

## TOP SIZING CHART

The following instructions and chart are to be used as a guide for estimating your Track Jacket size.

Note: sizes are approximate and minor variations may occur.

**Step 1:** Lay a comfortable fit Track Jacket Or Loose Fit Jacket on a flat surface and smooth it out.

**Step 2:** Measure the flat Length (measurement A) of the Track Jacket by measuring from the side neck straight down to the bottom of the hem.

**Step 3:** Measure the flat width (measurement B) of the Track Jacket by measure across the chest from about 1cm below the armhole one side seam to the other

**Step 4:** Reference the A & B measurements to the chart below to find the most likely size match

**IF IN DOUBT - GO ONE SIZE LARGER!**

# Lightweight Track Pants - \$40each



Boys (Kids) cms						
Size	4	6	8	10	12	14
Length (A)	74	79	84	89	93	97
Width (B)	27	28.5	30	31.5	33	34

Girls in cms (Slim fit)							
Size	4	6	8	10	12	14	16
Length (A)	74	79	84	89	93	97	99
Width (B)	27	28.5	30	31.5	33	34	34

Mens in cms									
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Length (A)	101	103	105	107	109	110	113	115	116
Width (B)	34.5	35	37.5	40	42.5	45	47.5	50	52.5

Womens in cms									
Size	8	10	12	14	16	18	20	22	24
Length (A)	101	103	105	107	109	110	113	115	116
Width (B)	34.5	35	37.5	40	42.5	45	47.5	50	52.5

The above charts are to be used as a guide for estimating you pant size.

**Note:** sizes are approximate and minor variations may occur

**Step 1:** Lay a comfortable fit pair of track pants on a flat surface and smooth them out

**Step 2:** Measure the flat length (measurement A) of the pants by measuring from the top of the waistband to the hem

**Step 3:** Measure the flat width (measurement B) of the Pants by measuring across the waist relaxed

**Step 4:** Reference the A,B measurements to the chart below to find the most likely size

## Breathable Long Sleeve Tee (Training) \$37 each



### TOP SIZING BOYS & MENS

Boys in cms							
Size	2	4	6	8	10	12	14
Length (A)	47	50	53	56	59	62	65
Width (B)	32	34	36	38	40	43	46

Mens in cms												
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
Length (A)	68	70	72	74	76	78	80	82	84	86	88	90
Width (B)	48	50	53	56	58	60	64	67	70	73	76	79

**Step 1:** Lay a comfortable fit t-shirt or polo top on a flat surface and smooth it out.

**Step 2:** Measure the flat Length (measurement A) of the t-shirt/polo by measuring the centre back neck (under the rib or collar) to the bottom of the hem.

**Step 3:** Measure the flat width (measurement B) of the t-shirt/polo by measure across the chest from about cm below the armhole from onde side seam to the other

**Step 4:** Reference the A & B measurements to the chart below to find the most likely size match

**IF IN DOUBT - GO ONE SIZE LARGER!**

### GIRLS & WOMENS TOP SIZING CHART

Girls in cms						
Size	4	6	8	10	12	14
Chest (A)	34	36	38	40	43	46
Waist (B)	32	34	36	38	41	44
Length (C)	47	49	51	53	55	57

Womens in cms									
Size	8	10	12	14	16	18	20	22	24
Chest (A)	48	50	53	56	58	60	64	67	70
Waist (B)	46	48	51	54	56	58	62	65	68
Length (C)	59	61	63	65	67	69	71	73	75

**Step 1:** Lay a comfortable fit t-shirt or polo top on a flat surface and smooth it out.

**Step 2:** Measure the flat width (measurement A) of the t-shirt/polo measuring across the chest from about 1cm below the armhole from one side to ther other

**Step 3:** Measure the flat width (measurement B) of the t-shirt/polo by measure across the centre/waist.

**Step 4:** Measure the flat length (measurement C) of the t-shirt or plol tip by measuring the centre back neck (under the rib or collar) to the bottom of the hem.

**Step 5:** Reference the A, B & C measurements to the chart below to find the most likely size match

**IF IN DOUBT - GO ONE SIZE LARGER!**