



- **CHEST**  
Measure over the fullest part of your bust and around your back.
- **WAIST**  
Stand straight, measure around your natural waist (navel).
- **HIPS**  
Measure the widest part of the hips.
- **TORSO**  
The distance from the crotch to the base of the sternal notch

\*Long suits are 2.5cm or 1" larger on the body loop circumference

### WOMEN'S SIZING GUIDELINES

TYR SIZE*	22	24	26	28	30	32	34	36	38	40					
Bikini/Retail Size					XXS	XS	S	M	L	XL	XXL				
Women's Size				1/2	3/4	5/6	7/8	9/10	11/12	13/14	16	18	20	22	
Girl's Size	6	7	8	10	12										
Chest	22	24	26	28	30	32	34	36	38	40	42	44	46		
Waist	20	22	24	25	23	24	26	28	30	32	33	35	37		
Hips	24	25	27.5	30	32	34	36	38	40	41	44	46	46		

\*Note: Competitive Swimmers may wish to downsize one to two sizes for optimum fit.



- **CHEST**  
Measure over the fullest part of your bust and around your back.
- **WAIST**  
Stand straight, measure around your natural waist (navel).
- **HIPS**  
Measure the widest part of the hips.
- **TORSO**  
The distance from the crotch to the base of the sternal notch

\*Long suits are 2.5cm or 1" larger on the body loop circumference

### MEN'S SIZING GUIDELINES

TYR SIZE	22	24	26	28	30	32	34	36	38		
Waist	22	24	26	28	30	32	34	36	38	40	42
Adult Short					S	M	L	XL			
Youth Deckshort	S=8/10 M=10/12 L=14/16										