

## Nike Suit Size Guide

Suits should fit snug with no wrinkles or gaps.

Jammers should end above the knee.

The first time you try on your suit it will feel tight.

Your suit will loosen when it is wet and with continued wear.

Try your suit on BEFORE you get into the water.

**Suits that have been worn in the water cannot be returned or exchanged.**

## FEMALE YOUTH & ADULT

Women's Numeric Size	20	22	24	26	28	30	32	34	36	38
Alpha Size				XS	S	S	M	L	L	XL
US	GRL 5	GRL 6	0	0	2	4	6	8	10	12
Bust (in)	22.5 - 23.5	23.5 - 25	28.5 - 30.5	30.5 - 32.5	32.5 - 34.5	34.5 - 36.5	36.5 - 38.5	38.5 - 40.5	40.5 - 42.5	42.5 - 44.5
Waist (in)	21.75 - 22.25	22.25 - 22.75	22.75 - 24	24 - 25.5	25.5 - 27	27 - 28.5	28.5 - 30	30 - 31.5	31.5 - 33	33 - 34.5
Hip (in)	23.5 - 24.5	24.5 - 26	31.5 - 33.25	33.25 - 35	35 - 36.75	36.75 - 38.5	38.5 - 40	40 - 41.5	41.5 - 43	43 - 44.5
Torso (in)	39.5 - 41.5	41.5 - 43.5	55.25 - 57	57 - 58.75	58.75 - 60.5	60.5 - 62.25	62.25 - 64	64 - 65.75	65.75 - 67.5	67.5 - 69.25

### How To Measure

- **BUST:** Measure around the fullest part of your bust, keeping the measuring tape horizontal.
- **WAIST:** Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- **HIPS:** Measure around the fullest part of your hips, keeping the tape horizontal.
- **TORSO:** Measure from the high point of your shoulder (between your neck base and shoulder joint) over the fullest part of your bust, through your legs and up your back to the starting point.

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## MEN'S YOUTH & ADULT

Men's Numeric Size	20	22	24	26	28	30	32	34	36	38
Alpha Size			XS	S	S	M	M	L	XL	XL
Waist (in)	21 - 23	23 - 25	25 - 27	27 - 29	29 - 31	31 - 33	33 - 35	35 - 37	37 - 39	39 - 41
Hip (in)	25 - 27	27 - 29	31 - 33	33 - 35	35 - 37	37 - 39	39 - 41	41 - 43	43 - 45	45 - 47

### How To Measure

- **WAIST:** Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- **HIPS:** Measure around the fullest part of your hips, keeping the tape horizontal.