

How to Measure?

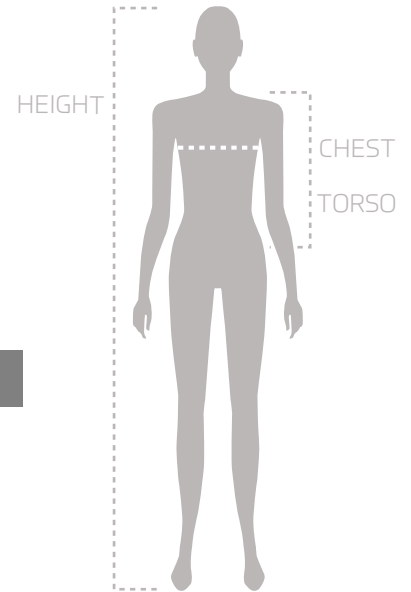
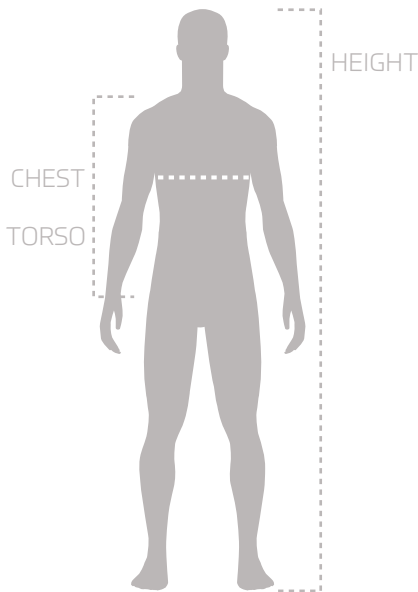
To choose the correct size for you, measure your body as follows:

1. **CHEST**
Measure under your arms around the fullest part of your chest.
2. **TORSO**
Measure from top of shoulder to top of hip.
3. **SLEEVE LENGTH (long)**
Measure from top of shoulder to wrist.
4. **BODY HEIGHT**

Between two sizes?

Within a size range, if you are in the upper measurements, it will be a tighter fit. If you are in the lower measurements, it will be a looser fit.

Note: Racerback tops fit slightly tighter than short sleeve tops.


MEN'S SIZING

	Height (cm)	Chest (cm)	Torso (cm)	Long Sleeve (cm)
X Small	165 and under	94 - 100	66-70	68 - 72
Small	163 - 173	100 - 105	71-75	71 - 74
Medium	170 - 180	106 - 110	76-80	73 - 76
Large	178 - 186	110 - 114	81-85	75 - 78
X Large	185 - 193	114 - 122	86-90	77 - 79
2X Large	191 and up	122 - 128	91-95	77 - 79
3X Large	191 and up	128 - 140	96-100	78 - 80

WOMEN'S SIZING

	Height (cm)	Chest (cm)	Torso (cm)	Long Sleeve (cm)
X Small	157 and under	83 - 88	54 - 57	66 - 69
Small	155 - 165	88 - 93	56 - 60	68 - 71
Medium	163 - 173	93 - 98	59 - 63	70 - 73
Large	170 - 180	98 - 103	62 - 65	72 - 75
X Large	178 and up	103 - 109	65 - 68	74 - 77
2X Large	178 and up	110 - 116	68 - 71	75 - 78
3X Large	178 and up	117 - 123	70 - 73	77 - 79

This size guide is intended for reference only and sizing may vary according to the style, fabric and fit of the actual garment. Kindly contact your local CS Office for fitting samples if needed.

How to Measure?

To choose the correct size for you, measure your body as follows:

1. CHEST

Measure under your arms around the fullest part of your chest.

2. WAIST

Measure around natural waistline, keeping the tape a bit loose.

3. INSEAM

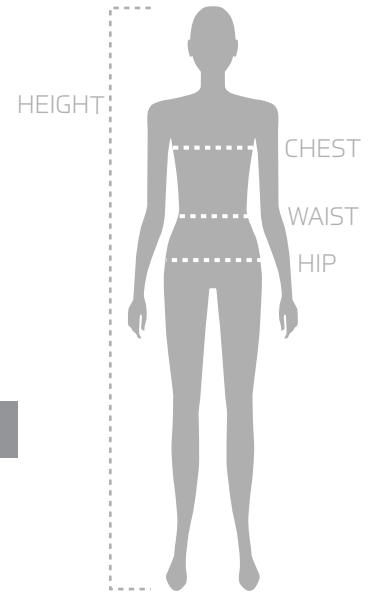
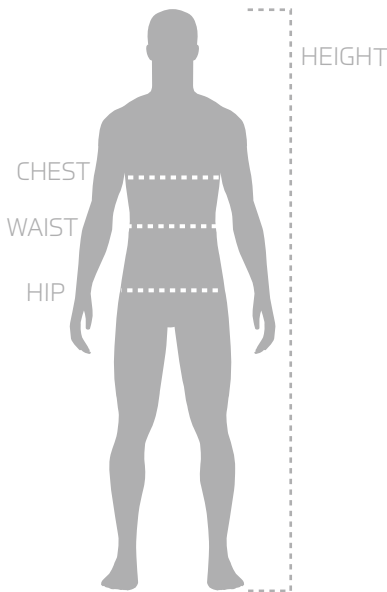
Measure from bottom of groin to bottom of ankle.

4. BODY HEIGHT

Between two sizes?

Do you like a tight fit? Go for the smaller size.
Prefer the looser fit? Go for the larger size.

Note: Rowing items fit tighter like triathlon items



MEN'S SIZING

	Height (cm)	Chest (cm)	Waist (cm)	Inseam (cm)
X Small	165 and under	79 - 84	53 - 57	68 - 71
Small	163 - 173	84 - 89	58 - 62	70 - 73
Medium	170 - 180	89 - 94	63 - 67	73 - 76
Large	178 - 186	95 - 102	68 - 72	75 - 78
X Large	185 - 193	103 - 109	73 - 77	78 - 81
2X Large	191 and up	110 - 117	78 - 82	80 - 83
3X Large	191 and up	118 - 125	83 - 87	83 - 86

WOMEN'S SIZING

	Height (cm)	Chest (cm)	Waist (cm)	Inseam (cm)
X Small	157 and under	75 - 79	48 - 52	65 - 68
Small	155 - 165	79 - 84	53 - 57	68 - 71
Medium	163 - 173	84 - 89	58 - 62	70 - 73
Large	170 - 180	89 - 94	63 - 67	73 - 76
X Large	178 and up	95 - 102	68 - 72	75 - 78
2X Large	178 and up	103 - 109	73 - 77	78 - 81
3X Large	178 and up	110 - 117	78 - 82	80 - 83

This size guide is intended for reference only and sizing may vary according to the style, fabric and fit of the actual garment. For more information or to see some sizing samples, please contact us at info@champ-sys.ca