

CAPITAL TO COAST 2024 - SHIRT SIZING



Please check all size shirts before ordering. Grab your favourite running tee and compare the sizes below to get a good fit.

Sizing is an athletic fit. If you like a loose shirt please go a size up!

MALE	HALF CHEST WIDTH		HALF WAIST WIDTH		SHIRT LENGTH	
	Inches	Centimetres	Inches	Centimetres	Inches	Centimetres
XS	18	45.7	18	45.7	27	68.6
S	19	48.3	19	48.3	28	71.1
M	20	50.8	20	50.8	29	73.7
L	21	53.3	21	53.3	30	76.2
XL	22	55.9	22	55.9	31	78.7
2XL	23	58.4	23	58.4	32	81.3
3XL	24	61.0	24	61.0	33	83.8

FEMALE	HALF CHEST WIDTH		HALF WAIST WIDTH		SHIRT LENGTH	
	Inches	Centimetres	Inches	Centimetres	Inches	Centimetres
XS - Size 6	16	40.6	15	38.1	24	61.0
S - Size 8	17	43.2	16	40.6	25	63.5
M - Size 10	18	45.7	17	43.2	26	66.0
L - Size 12	19	48.3	18	45.7	27	68.6
XL - Size 14	20	50.8	19	48.3	28	71
XXL - Size 16	21	53.5	20	50.8	29	73.7

KIDS	HALF CHEST WIDTH		HALF WAIST WIDTH		SHIRT LENGTH	
	Inches	Centimetres	Inches	Centimetres	Inches	Centimetres
S - (4-6yrs)	13	33.0	13	33.0	20	50.8
M - (7-9yrs)	14	35.6	14	35.6	21	53.3
L - (9-10yrs)	15	38.1	15	38.1	22	55.9
XL - (10-11yrs)	16	40.6	16	40.6	23	58.4

All size measurements are subject to a +/-1cm tolerance as that is our standard tolerance for hand-cut and sew shirts.