

T-SHIRT SIZING GUIDE

Use this guide to determine which shirt sizes to order for your Marathon Kids participants:

STEP ONE: MEASURE

Use a measuring tape and keep it horizontal while you measure.

1. Chest: Measure around the fullest part, across chest points.
2. Waist: Measure around the narrowest part (typically the small of your back).
3. Hips: Measure around the fullest part of your hips.

STEP TWO: FIND YOUR SIZE

Use the charts below to determine size. Keep in mind that the shirts are an athletic cut which means they have a more narrow fit.

****When choosing between two sizes, remember that kids will grow during the course of the season, and it's better to have a size larger than a size too small.***

YOUTH SIZES					
SIZE	AVERAGE AGE	HEIGHT (in.)	CHEST (in.)	WAIST (in.)	HIPS (in.)
S	4-6	50-54	26-27	24-25.5	28-29.5
M	6-8	54-58	27-29.5	25.5-27	29.5-31.5
L	8-10	58-62	29.5-32	27-28.5	31.5-33.5

ADULT SIZES			
SIZE	CHEST (in.)	WAIST (in.)	HIPS (in.)
S	35-37.5	29-32	35-37.5
M	37.5-41	32-35	37.5-41
L	41-44	35-38	41-44
XL	44-48.5	38-43	44-47

If you're having a hard time collecting t-shirt sizes or you have a very large running club, we've broken down our average t-shirt sizes order for clubs with Pre-K - 6th graders in the chart below. Feel free to use this as a guide but note that **you will not be able to return or exchange any t-shirts once you've placed your order.**

T-SHIRT SIZE	YS	YM	YL	AS	AM	AL	AXL
*% OF RUNNERS	10%	25%	29%	18%	11%	6%	1%

*that typically order this size (Pre-K - 6th grade)