

# SIZE CHARTS



Sizing between manufacturers varies widely as each have different cuts, use different fabrics and cater for different body shapes. To help you find the best sized garment we recommend you use our measurement charts and also read the fitting tips below.

If you are still unsure what size to order, feel free to contact us and our team can assist you.

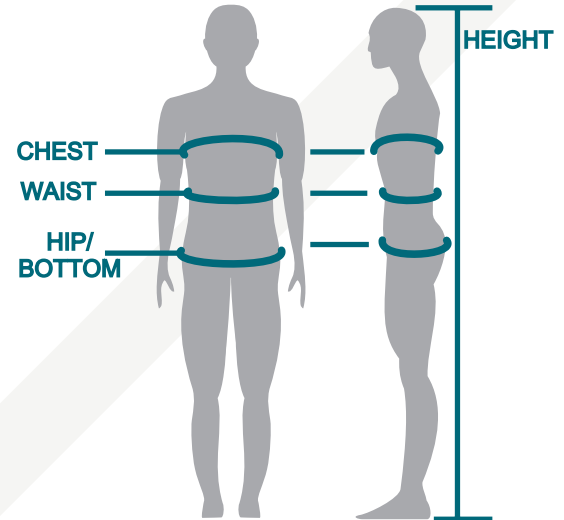
## How to Measure Guide

We recommend getting someone else to help take your measurements to ensure accuracy.

**Chest:** Lift up arms, place tape around fullest part of the chest, ensure the tape goes horizontally across the back and shoulder blades. Relax arms down by side of body to take measurement.

**Waist:** Measure around the narrowest part of the waist (bend side to side = this is your waist).

**Hip:** Measure around the fullest part of the hip / buttocks, ensure to keep the tape measure horizontal.



## Men's Size Chart - Body Measurements (in cms)

Size	3XS	2XS	XS	S	M	L	XL	2XL	3XL
Chest	80-84	84-88	88-92	92-97	97-102	102-107	107-114	114-121	121-128
Waist	65-69	69-73	73-77	77-82	82-87	87-92	92-99	99-106	106-113
Hip	80-84	84-88	88-92	92-97	97-102	97-102	107-114	114-121	121-128

\*Size M based on average height 180cm

## Women's Size Chart - Body Measurements (in cms)

Size	6	8	10	12	14	16	18
Chest	78-82	82-86	86-91	91-96	96-101	101-108	108-115
Waist	62-66	66-70	70-75	75-80	80-85	85-92	92-99
Hip	83-87	87-91	91-96	96-101	101-106	106-113	113-120

\*Size 10 based on average height 167cm

## Junior Size Chart - Body Measurements (in cms)

Size	6	8	10	12	14
Chest	64	68	72	76	80
Waist	56	60	64	70	73
Hip	66	70	74	78	82
Height	120	132	144	150	160

## General Fitting Tips

The size charts are guidelines only as they don't capture the wearer's body shape/size outside these measurement points.

For a full body garment (trisuit, rowing zootie, one piece swimsuit etc) you need to consider your measurements and also your height. For example you might be a small in body measurement but you are very tall - in which case you'd need to go to the next size to ensure the body of the garment fits you comfortably.

Where applicable we try to detail any relevant garment specific measurements (eg. inleg length) within a product's description - this may help you to select the best size.

If you are a size M in your regular sports clothing then there's a high chance you'll be a size M in SCODY apparel.

## How should my Scody TRIATHLON gear fit?

All triathlon garments are designed to fit very close to the body. This is to avoid any loose fabric when wearing which may cause discomfort or reduce performance while swimming / cycling / running.

If you are between sizes (or one of your measurements falls in a bigger size), we recommend you select the bigger size to ensure optimal comfort.

If you are much taller than average you may want to go up a size to ensure there is enough length in your triathlon suit to keep you moving at your best.

## How should my Scody CYCLING gear fit?

Some cycling upper body garments are offered in a "Performance" relaxed fit (looser on the body) or "Optimise" skin tight fit (tighter on the body). Choose the style that you prefer. The skin tight fit is very body hugging - don't choose this if you want a loose fit!

Cycling lower body garments are designed to fit very close to the body. This is avoid the garment and chamois moving during wear which may cause discomfort and chaffing. Nobody likes chafing.

If you are between sizes, we recommend you select the bigger size to ensure optimal comfort.

## Junior / Children Fitting Tips

Children's sizing can be confusing as kids grow at such different rates and ages. Once they are teens they are often better moving in to a smaller adults size as this may suit them better as they mature.

If two of your child's measurements fall in to a bigger size we recommend selecting that size. If only one measurement falls in a bigger size you may select the larger size if you want the garment to last a bit longer (but it may be on the bigger side initially).

If your child is much taller than the height guide for their size, you may want to select the next size up - particularly if you're purchasing a full body garment (trisuit, rowing zootie, one piece swimsuit etc).

## Placing a Custom Order?

We are happy to send sample garments to customers ordering custom garments so that all team members can try on garments before finalising sizes. For all custom garments including Private Shops and Event Merchandise Shops, the garments are made for you and cannot be exchanged if you get your size wrong. Use the size charts here and see any specific garment measurements which may be listed within a product's description to help you select the best size.