

## Sizing Chart for SAM Recreational Uniforms

The following sizing charts have been taken from [www.shopadidas.com](http://www.shopadidas.com):

### Men's Apparel

SIZE	Small	Medium	Large	X-Large
Chest	34-36"	38-40"	42-44"	46-48"
Inseam	31"	32"	33"	34"
Waist	30"	32-34"	36-38"	40"
Waist Measurements	28-31"	31-32" 33-34"	35-36" 37-38"	39-41"

Find your apparel size using this chart. Please note, all measurements should be taken under, not over, clothes. Your inseam is the measurement from crotch to floor. If you take measurements in centimeters, be sure to convert them to inches. (2.54 centimeters = 1 inch)

### Youth Apparel

SIZE	Small	Medium	Large
Number	8-10	10-12	14-16
Height	50-57"	58-63"	64-67"
Weight	59-86 lbs	87-114 lbs	115-137 lbs

Find your apparel size using this chart. Please note, all measurements should be taken under, not over, clothes. Your inseam is the measurement from crotch to floor. If you take measurements in centimeters, be sure to convert them to inches. (2.54 centimeters = 1 inch)

### Sizing Tips

Use these tips as a general guide when finding your measurements:

1. Chest/Bust: With your arms at your sides, measure around the fullest part of your chest, across shoulder blades and under arms.
2. Waist: To measure your natural waistline, wrap the tape so it intersects your navel. Keep tape flat, but comfortably loose.
3. Hips: Stand with your heels together and measure the fullest part of your hips, keeping the measuring tape level and parallel to the floor, front, and back.
4. Inseam: Stand up straight, and start tape measure high in your crotch. Straighten the tape down the inside of your leg to the top of your shoe/foot.