

Junior/Senior Shorts, Leggings & Track Pants Measuring guide

How to measure your waist

Measure around the waist at the natural waistline (smallest part).
In younger children this is usually midway between the bottom rib and the hip bone.

Junior & Senior - P.E Shorts

	Junior Sizes			Senior Sizes		
Child / Adult	22/24"	26/28"	28/30"	30/32"	34/36"	38/40"
Size to order	22-24	26-28	28-30	30-32	34-36	38-40



Junior & Senior - Baselayer Leggings

	Junior Sizes				Senior Sizes			
Size on website	20-22	22-24	24-26	26-28	28-30	30-32	32-34	36-38
Waist Inches (to fit)	20/22"	22/24"	24/26"	26/28"	28/30"	30/32"	32/34"	36/38"
Inside Leg - Inches	23"	24"	25"	25"	25.5"	26"	26"	26.5"



Junior & Senior - Slimleg Track Pants

	Junior Sizes				Senior Sizes			
Size on website	22-24	26-27	28-30	30-32	34-36	38-40	42-44	
Waist Inches (to fit)	22/24"	26/27"	28/30"	30/32"	34/36"	38/40"	42/44"	

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