

TEAM NAME: \_\_\_\_\_ DATE: \_\_\_\_\_



# MEN'S SIZING SHEET

INSTRUCTIONS--FILL IN ALL THE SPACES. If you have worn a JL Unisuit, fill in the sizes you will find on BOTH THE TOP AND THE BOTTOM portions of the suit.

Note: JL sizing does not correspond to ANY OTHER manufacturer's sizing.

CHANGES TO YOUR ORDER: We understand that rowers come and go during the selection process, and that you may need to make changes to your order while it is in production. We will try and accomodate this reality, but any change may incur extra charges and lengthen the turnaround time. Changes to delivery addresses once the order has been processed are made at the risk of the customer.

		Write garment names in spaces provided (write in vertically please) then check the boxes next to each athlete's name for garment ordered.				<b>KNOWN JL SIZES ONLY!</b>		office use only	body configuration, body comments	<b>USE TAPE MEASURE FOR ACTUAL MEASUREMENT!!!</b>	
		name	Ht in inches	Wt in lbs	top	bott	chest			waist	
		Big Sculler Guy	6'4"	200lbs	XL	L		long torso, broad shoulders, hips narrow	46"	34"	
		John Lighter	5'11"	155	M	S		lightweight, long legs, broad torso	40"	32"	
		1									
		2									
		3									
		4									
		5									
		6									
		7									
		8									
		9									
		10									
		11									
		12									
		13									
		14									
		15									
		16									
		17									
		18									
		19									
		20									

**BASIC SIZING (NOT FOR UNISUITS)**

You can use these simple matrices as guidelines when ordering top and bottom garments separately. They are based on evenly proportioned body shapes, anyone outside of the matrix should fill out the sizing sheet above for a more accurate fit.

Rep's Name \_\_\_\_\_

fax all completed forms  
(sizing sheet, cover sheet,  
order form) to  
JL Design  
fax 714.479.0152  
phone 800.831.3305  
jlnfo@jlracing.com  
www.jlracing.com

**Trou and Tights**  
Trou and tights are unisex. Men use your actual waist measurement in inches, not jeans size. The ranges below can be affected by height and weight.

men's waist in inches	Trou & Tights
26-28	XXS
29-30	XS
31-32	S
33-34	M
35-36	L
37-38	XL
40+	XXL

**Technical Workout Shirts**  
These snug-fit shirts are unisex. What size you wear will depend on a combination of upper body breadth and overall weight. Arms are cut quite long, so do not upsize to get full coverage.

Men  
weight vs chest measurements (in inches and pounds)

	29-34	36-37	38-39	40-41	42-43	44-46
95-120	XS	XS	S			
125-135	XS	S	S			
140-150		S	M	M		
155-165		M	M	M-L	L	
175-185			L	L	L	XL
185-195			L	L	L-XL	XL
195-205			L	XL	XL	XXL
205-215				XL	XL	XXL

## The illustration below shows how and where to measure for accurate sizing.

**USE A MEASURING TAPE, AND  
DONT FORGET TO GIVE US HEIGHT AND WEIGHT!!!!**

**1. BRA SIZE**  
GIVE US YOUR BRA SIZE  
WITH CUP, ie 36B

**2. WAIST**  
MEASURE AROUND  
NATURAL WAISTLINE,  
THE NARROWEST  
PART

**3. HIP**  
MEASURE AT WIDEST  
PART



**1. CHEST**  
MEASURE AROUND FULLEST  
PART, PLACE TAPE CLOSE  
UNDER ARMS, MAKE SURE  
TAPE IS FLAT ACROSS BACK

**2. WAIST**  
MEASURE AROUND  
NATURAL WAIST



***GUYS...  
DO NOT GIVE US  
YOUR JEAN SIZE!!!  
WE NEED ACTUAL  
WASIT MEASUREMENT!***

### Notes

- Key measurements for women are: height, weight, hip, and bra size (including cup).
- Key measurements for men are: height, weight, waist and chest.
- Body Comments that make a difference in sizing are: Long- (or short-) waisted; Very long legs; Huge thighs; Barrell-chested; Swimmer's back.

#### **Known existing JL Size or Stock Size**

- If you/your athletes know your JL size and are happy with it, please fill these columns in on our sizing sheet. In this case, do not fill in any measurements, this will only confuse us, and we'll have to call you to ask which to use!
- Important to notice that top and bottom sizes of unisuits can be different. Be sure and check the size tag for each.
- If it suits your team to hold stock sizes (Small, Medium, Large, for example), our staff can recommend typical size breakdowns based on your team type.

**Call with any questions! We are happy to help  
explain or walk you through the instructions  
1-800-831-335**