

QAS Gym Strip Sizing Charts

Grey T-Shirt – Youth (Mandatory)

	XS	S	M	L	XL
Body Length	19	20	22	24	26
Chest Width	15	16	17	18	19

Grey T-Shirt – Adult (Mandatory)

	S	M	L	XL	2XL	3XL
Body Length	28	29	30	31	32	33
Body Width	18	20	22	24	26	28

Shorts – Youth (Mandatory)

	XXS	XS	S	M	L	XL
Inseam	5	5.5	6	6	6	6
Waist Relaxed	18	20	22	24	26	28

Shorts – Adults (Mandatory)

Specs:

	XS	S	M	L	XL	2XL	3XL	4XL
Inseam	7	7	7	7	7	7	7	7
Waist Relaxed	23	25	27	30	33	36	39	42

Green Dri Fit – Youth (Optional)

SPECIFICATIONS					
Color	XS	S	M	L	XL
Piece Weight measured in pounds	0.25	0.25	0.25	0.25	0.25
Spec Body Length measured in inches	21	23	25	26	27
Spec Chest Width measured in inches	15	16	17	18	19

Green Dri Fit – Adult (Optional)

SPECIFICATIONS							
Color	S	M	L	XL	2XL	3XL	4XL
Piece Weight measured in pounds	0.36	0.36	0.36	0.36	0.36	0.36	0.36
Spec Body Length measured in inches	29	30	31	32	33	34	35
Spec Chest Width measured in inches	19	21	23	25	27	29	31

Hooded Sweatshirt – Youth (Optional)

185B - GILDAN® Heavy Blend™ Hooded Youth Sweatshirt					
GARMENT MEASUREMENTS					
Size	XS	S	M	L	XL
Chest - Half Measure	16"	17"	18"	19"	20"
Chest - Full Measure	32"	34"	36"	38"	40"
Body Length from HPS	19 3/4"	21 1/4"	22 1/2"	24"	25 1/2"
Sleeve Length-CB	23 1/2"	26 1/2"	27 3/4"	30 1/4"	33"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

YOUTH General Sizing Guide					
Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Chest	24"-26"	26"-28"	28"-30"	30"-32"	32"-35"
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"
Sleeve Length-CB	24"-25"	25"-26"	26"-27 1/2"	27 1/2"-29"	29 1/2"-31"

Hooded Sweatshirt – Adult (Optional)

1850 - GILDAN® Heavy Blend™ Hooded Sweatshirt								
GARMENT MEASUREMENTS								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest - Half Measure	20"	22"	24"	26"	28"	30"	32"	34"
Chest - Full Measure	40"	44"	48"	52"	56"	60"	64"	68"
Body Length from HPS	26"	27"	28"	29"	30"	31"	32"	33"
Sleeve Length-CB	33"	34"	35"	36"	37"	38"	39"	40"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

ADULT General Sizing Guide								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	54"-55"	56"-57"	58"-61"
Waist	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"	44"-47"	47"-50"	50"-53"
Sleeve Length-CB	32"-33 1/2"	34"-35"	35"-36"	36"-37"	37"-38"	38"-39"	38 1/2"-39"	39"-39 1/2"

Full Zip Hooded Sweatshirt – Youth (Optional)

186B - GILDAN® Heavy Blend™ Full Zip Hooded Youth Sweatshirt

GARMENT MEASUREMENTS

Size	XS	S	M	L	XL
Chest - <i>Half Measure</i>	14 1/4"	16 1/4"	17 1/4"	18 1/4"	19 1/4"
Chest - <i>Full Measure</i>	28 1/2"	32 1/2"	34 1/2"	36 1/2"	38 1/2"
Body Length from HPS	19 1/2"	21 3/4"	23"	24 1/2"	26"
Sleeve Length-CB	23 1/2"	26 1/2"	27 3/4"	30 1/4"	33"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

YOUTH General Sizing Guide

Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Chest	24"-26"	26"-28"	28"-30"	30"-32"	32"-35"
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"
Sleeve Length-CB	24"-25"	25"-26"	26"-27 1/2"	27 1/2"-29"	29 1/2"-31"

Full Zip Hooded Sweatshirt – Adult (Optional)

1860 - GILDAN® Heavy Blend™ Full Zip Hooded Sweatshirt

GARMENT MEASUREMENTS

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest - <i>Half Measure</i>	19 1/4"	21 1/4"	23 1/4"	25 1/4"	27 1/4"	29 1/4"	31 3/4"	33 1/4"
Chest - <i>Full Measure</i>	38 1/2"	42 1/2"	46 1/2"	50 1/2"	54 1/2"	58 1/2"	63 1/2"	66 1/2"
Body Length from HPS	26"	27"	28"	29"	30"	31"	32"	33"
Sleeve Length-CB	33"	34"	35"	36"	37"	38"	39"	40"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

ADULT General Sizing Guide

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	54"-55"	56"-57"	58"-61"
Waist	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"	44"-47"	47"-50"	50"-53"
Sleeve Length-CB	32"-33 1/2"	34"-35"	35"-36"	36"-37"	37"-38"	38"-39"	38 1/2"-39"	39"-39 1/2"

Youth Sweatpants (Optional)

182B - GILDAN® Heavy Blend™ Youth Sweatpants

GARMENT MEASUREMENTS

Size	S	M	L	XL
Waist	10 1/2"	11"	12"	13"
Inseam	19"	22"	25"	29"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

YOUTH General Sizing Guide

Size	S	M	L	XL
Numeric Size	6-8	10-12	14-16	18-20
Waist	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"

Adult Sweatpants (Optional)

1820 - GILDAN® Heavy Blend™ Sweatpants

GARMENT MEASUREMENTS					
Size	S	M	L	XL	2XL
Waist	13"	14"	15"	16"	18"
Inseam	29"	29 1/2"	30"	30 1/2"	31"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

ADULT General Sizing Guide					
Size	S	M	L	XL	2XL
Waist	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"