

## SPEEDO SIZING

**Speedo Female Youth Racing Size Chart**

Girls Clothing Size	4	6	8	10	12
Endurance+ Suit Size		22	24	Y26	Y28
Lycra Suit Size	20	22	24	Y26	Y28

**Speedo Male Racing Size Chart**

Male Waist Size	22	24	26	28	30	32	34	36	38
Boys Youth Size	6	8	10/12	14/16					
Endurance+ Suit Size	22	24	26	28	30	32	34	36	38
Lycra Suit Size	22	24	26	28	30	32	34	36	38
FSII & Pro Jam/Leg	22	24	26	28	30	32	34	36	
Pro Bodyskin <i>*Longs available</i>	XS	S	M	M/L	L	L/XL	XL	XL/XXL	XXL

**Speedo Female Adult Racing Size Chart**

Ladies Dress Size	0	2	4	6	8	10	12	14	16	18
Endurance+ Suit Size	26	28	30	32	34	36	38	40		
Lycra Suit Size	26	28	30	32	34	36	38	40	42	44
FSII Suit Size	24	26	26	28	30	30/32	32/34	36/38		
FS Pro Suit Size <i>*Longs available</i>	24	24/25	25/26	26/27	27/28	28/29				

## TYR SIZING

**TYR Female Youth Racing Size Chart**

Girls Clothing Size	4	6	7	8	10	12
Durafast Suit Size	-	22	24	26	28	30
Lycra Suit Size	20	22	24	26	28	30

**TYR Male Racing Size Chart**

Male Waist Size	22	24	26	28	30	32	34	36	38
Boys Youth Size	6	8	10/12	14/16					
Durafast Suit Size	22	24	26	28	30	32	34	36	38
Lycra Suit Size	22	24	26	28	30	32	34	36	38

**TYR Female Adult Racing Size Chart**

Ladies Dress Size	0	2	4	6	8	10	12	14	16	18
Durafast Suit Size	26	28	30	32	34	36	38	40		
Lycra Suit Size	26	28	30	32	34	36	38	40	42	44

## NIKE/DOLFIN SIZING

**Female Youth Racing Size Chart**

Girls Clothing Size	4	6	7	8	10	12
Lycra Suit Size	20	22	24	26	28	30

**Male Racing Size Chart**

Male Waist Size	22	24	26	28	30	32	34	36	38
Boys Youth Size	6	8	10/12	14/16					
Lycra Suit Size	22	24	26	28	30	32	34	36	38

**Female Adult Racing Size Chart**

Ladies Dress Size	0	2	4	6	8	10	12	14	16	18
Lycra Suit Size	26	28	30	32	34	36	38	40	42	44

## Taking Care of your Competitive Swimwear

### The Fit:

Competitive Swimwear should fit snug to the body. Loose fitting suits will not wear as well as the suit that conforms to the body.

### Care:

Never machine-wash your swimwear. Always just rinse your suit in fresh cold water after each use. This will help remove chemicals and perspiration that cause deterioration. Hang your suit up to dry. Never use the spin-dry machines or leave your wet suit wrapped up or in a towel or swim bag. To help preserve the color of your suit, remember that soap and shampoo used when showering contain detergents that fade a suit as well as pool chemicals.