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TIPS FOR TAKING RACE SUIT MEASUREMENTS.

These tips are designed to be read in conjunction with the self measurement chart on our web site.

GENERAL.

1. Wear what you intend to wear under the suit and take exact measurements as we add the allowance to your chest and thigh measurements to give clearance for your suit but, obviously, if you are measured in your underwear but normally wear a pullover under your suit then the result will be a suit with a tight top.
2. **Don't try to measure yourself, get someone to do it for you.**
3. Empty your pockets of mobile phones, wallets, heavy change etc.
4. When measuring do not pull the tape measure tight, it only needs to be in light contact with the area being measured.
5. Where you are measuring around something, such as the chest or thigh, the tape should be free enough to be moved around the body or limb easily.

Chest A



Have the person being measured lift their arms to the horizontal. Pass the measuring tape under the arms and around the widest part of the upper torso/ bust. Let them lower their arms before taking the measurement. Make sure the person being measured is not holding his/her breath.

Waist B



For most people, choose the point level with the navel to measure around.

Hips C



Measure around the widest part of the buttocks

Inside Leg D



If you are wearing trousers lift them up if necessary so that the crotch is in the correct position. Measure from crotch to the middle of the ankle bone.

Around thigh. F



Measure around thickest part of the thigh, usually about 3 inches (75mm) below the crotch.

Please take extra care when taking when measuring points G & H as they are crucial to the fit of your suit.

Neck to waist G



This measurement gives the length of the upper half of the body and the position of the belt. Measure down the middle of the back from the point where the neck meets the top of the shoulders (bottom of shirt collar) to the point in the middle of the back directly opposite the navel. **This measurement gives us the position of the belt / waistband and is often made wrongly, please take care!** We do not make any allowance to this measurement.

Waist to Waist H



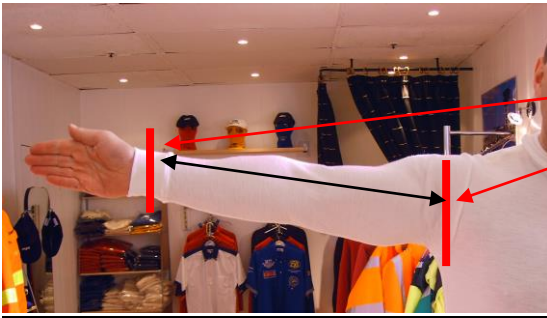
Measure from the bottom point of the neck to waist measurement (G) down the back, through the crotch and up the front to the navel (waist point). Do not pull the tape tight and make sure that if you are wearing trousers that the trouser crotch is in the correct position. **This measurement, coupled with G, gives the overall body length of the suit so, again, please take care.** Again, no allowance is made to this measurement

Across Back I



Measure across back over the middle of the shoulders between the two points on a line from the armpits to the top edge of the shoulder.

Inside arm. L



Measure from where your under arm muscle joins the arm to wrist bone along the front of the arm with the arm held out horizontally. When the arm is lowered as shown the sleeve end point will drop below the wrist bone to cover the lower part of the hand.

Height. - Please give us your height without shoes

Please see below as a guide to assist you when taking measurements.

RACING SUIT SIZE CHART

Self
Measure
Chart

CHEST	A	40	42	44	46	48	50	52	54	56
WAIST	B	36	38	40	42	44	46	48	50	52
HIP	C	42	44	46	48	50	52	54	56	58
INSIDE LEG	D	31	32	32	32	32	32	32	32	32
OUTSIDE LEG		43	44.25	44.5	44.75	45	45.25	45.5	45.75	48
ACROSS BACK	I	17.5	18	18.5	19	19.5	20	20.5	21	21.5
NECK TO WAIST	G	20.5	20.75	21	21.25	21.5	21.75	22	22.25	22.5
WAIST TO WAIST	H	31	32	33	34	34.75	35.75	36.5	37	37.75
THIGH	F	23.5	25	26.25	27.25	28.25	29	29.5	30.25	31
OUTSIDE ARM		23	23.5	24	24.25	24.5	24.75	25	25.25	25.5
INSIDE ARM	L	19.5	19.75	20	20	20.25	20.25	20.5	20.75	21
COLLAR		16	16.5	17	17.5	18	18.5	19	19.5	20
HEIGHT		5'11.5	6'01	6'01.5	6'02	6'02.5	6'03	6'03.5	6'04	6'04.5

To be used in conjunction with the self measuring chart.

Can you please locate your height on the bottom row.

Your measurements for the following should be close to what the chart reads:- **D. G. H. L.**

If they are a long way off then could you please recheck.

EG.

If your height is 5'11.5 then we would expect your measurement to be as follows:-

D = 31" G = 20.5" H = 31" L = 19.5" Approx.

JAYS RACEWEAR SELF-ORDER MEASUREMENT FORM - PRINT THIS OUT AND USE IN CONJUNCTION WITH OUR SELF-MEASURING GUIDE

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	INCHES	CMS		INCHES	CMS
A - AROUND CHEST			I - ACROSS BACK		
B - AROUND WAIST			L - INSIDE ARM		
C - HIP					
D - INSIDE LEG (MEASURE TO ANKLE)					
F - THIGH					
G - NECK TO WAIST AT BACK					
H - NAVEL TO OPPOSITE POINT ON BACK THROUGH CRUTCH			HEIGHT		

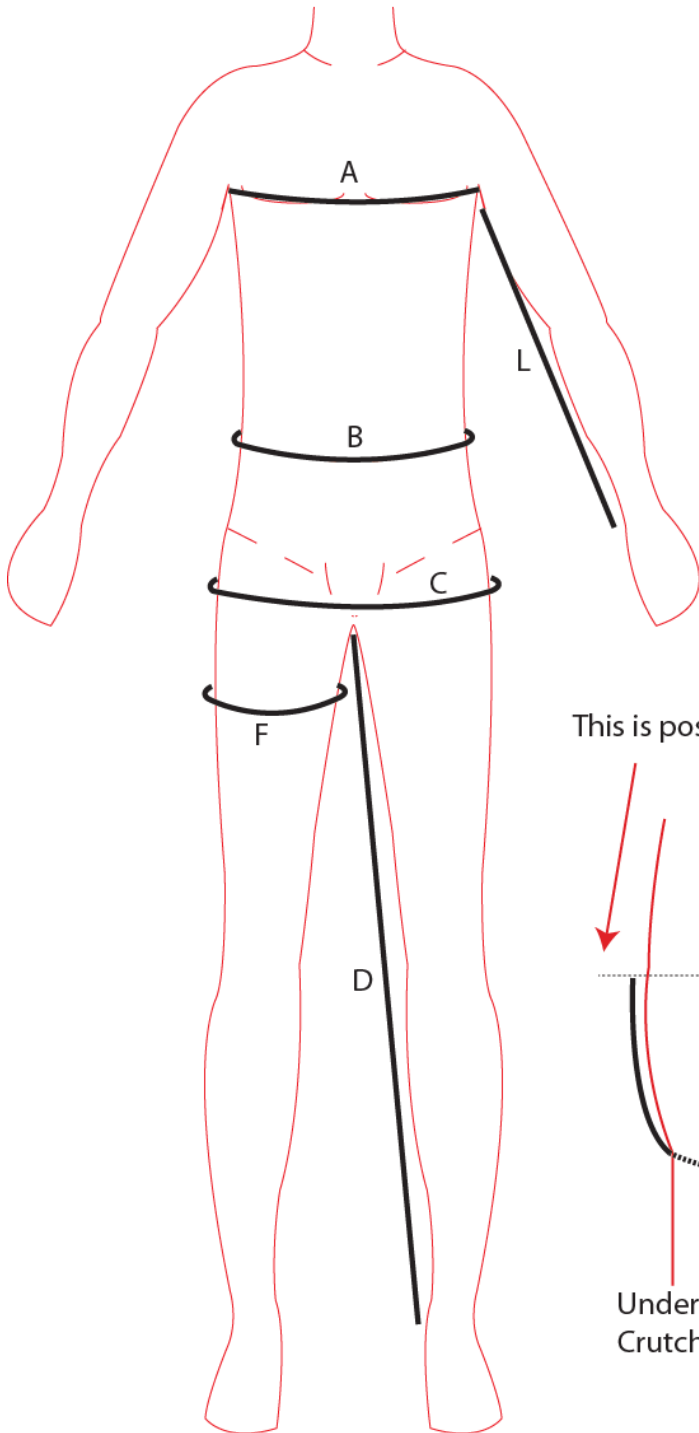
NAME EMBROIDERY (IF REQUIRED) :

BLOODGROUP (IF REQUIRED) :

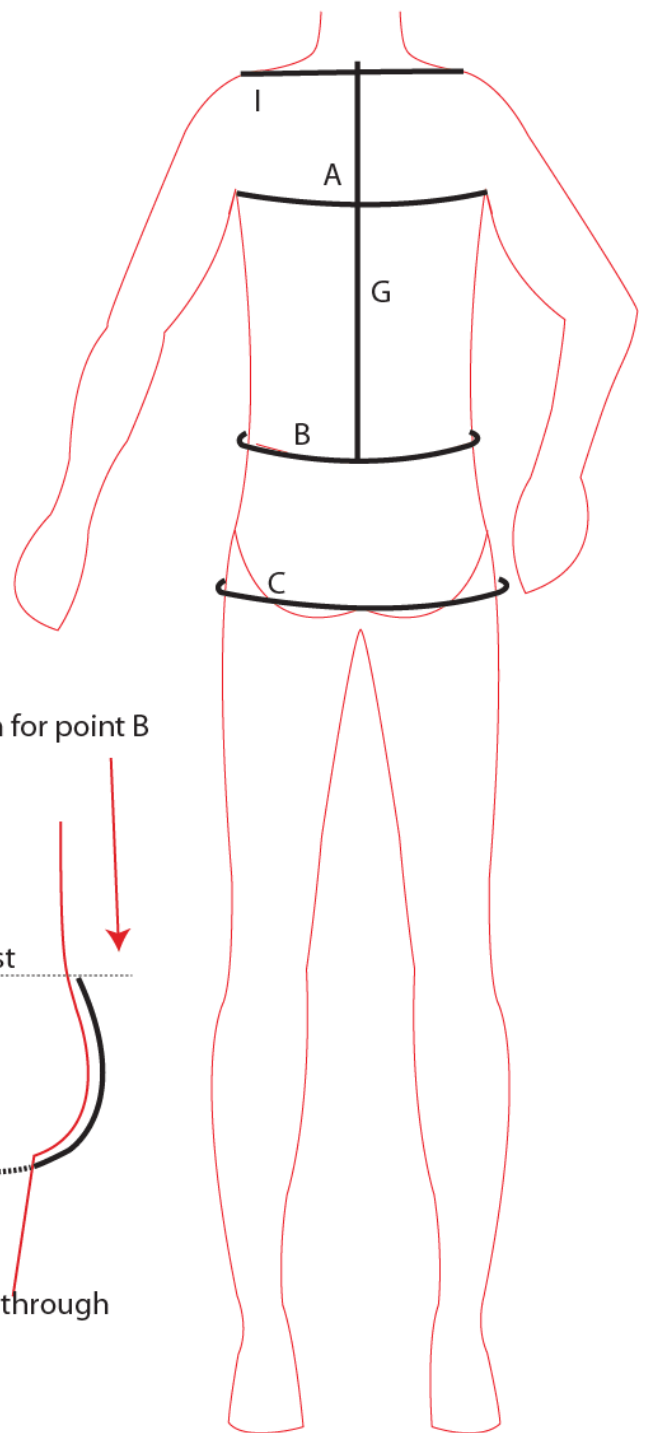
DATE REQUIRED BY :

JAYS RACEWEAR CANNOT ACCEPT LIABILITY WHEN INCORRECT MEASUREMENTS HAVE BEEN SUPPLIED BY THE CUSTOMER. RECTIFICATION WILL BE AT YOUR OWN COST!

Front



Back



This is position for point B

