

# NIKE SWIM FIT GUIDE

## PERFORMANCE MEN

US SIZE	20	22	24	26	28	30	32	34	36	38	40
UK	5-6 YRS	6-7 YRS	8-10 YRS	10-12 YRS	12-14 YRS	30/75cm	32/80cm	34/85cm	36/90cm	38/95cm	40/100cm
D	109-116cm	116-127cm	130-142cm	142-153cm	153-167cm	46	48	50	52	54	56
FR	5-6 ANS	6-7 ANS	8-10 ANS	10-12 ANS	12-14 ANS	75cm	80cm	85cm	90cm	95cm	100cm
IT	5-6 ANNI	6-7 ANNI	8-10 ANNI	10-12 ANNI	12-14 ANNI	44	46	48	50	52	54
(ALPHA EQUIV)				(S)	(S)	(M)	(M)	(L)	(XL)	(XL)	(XXL)
(BOYS ALPHA EQUIV)		(S)	(M)	(L)	(XL)						

### INCHES

WAIST	21 - 23	23 - 25	25 - 27	27 - 29	29 - 31	31 - 33	33 - 35	35 - 37	37 - 39	39 - 41	41 - 43
HIP	25 - 27	27 - 29	32 - 34	34 - 36	36 - 38	38 - 40	40 - 42	42 - 44	44 - 46	46 - 48	48 - 50

### CENTIMETERS

WAIST	53.5 - 58.5	58.5 - 63.5	63.5 - 68.5	68.5 - 73.5	73.5 - 78.5	78.5 - 84	84 - 89	89 - 94	94 - 99	99 - 104	104 - 109
HIP	63.5 - 68.5	68.5 - 73.5	81.5 - 86.5	86.5 - 91.5	91.5 - 96.5	96.5 - 101.5	101.5 - 106.5	106.5 - 112	112 - 117	117 - 122	122 - 127

## PERFORMANCE WOMEN

US SIZE	20	22	24	26	28	30	32	34	36	38	40	42
US GIRL	GRL 5	GRL 6	GRL 8	GRL 10	GRL 12	WMS 4	WMS 6	WMS 8	WMS 10	WMS 12	WMS 14	WMS 16
UK	5-6 YRS	6-7 YRS	8-10 YRS	10-12 YRS	12-14 YRS	8	10	12	14	16	18	20
D	109-116cm	116-127cm	132-142cm	142-153cm	153-163cm	34	36	38	40	42	44	46
FR	5-6 ANS	6-7 ANS	8-10 ANS	10-12 ANS	12-14 ANS	36	38	40	42	44	46	48
IT	5-6 ANNI	6-7 ANNI	8-10 ANNI	10-12 ANNI	12-14 ANNI	40	42	44	46	48	50	52

### INCHES

BUST	22 <sup>1/2</sup> - 23 <sup>1/2</sup>	23 <sup>1/2</sup> - 25	28 <sup>1/2</sup> - 30 <sup>1/2</sup>	30 <sup>1/2</sup> - 32 <sup>1/2</sup>	32 <sup>1/2</sup> - 34 <sup>1/2</sup>	34 <sup>1/2</sup> - 36 <sup>1/2</sup>	36 <sup>1/2</sup> - 38 <sup>1/2</sup>	38 <sup>1/2</sup> - 40 <sup>1/2</sup>	40 <sup>1/2</sup> - 42 <sup>1/2</sup>	42 <sup>1/2</sup> - 44 <sup>1/2</sup>	44 <sup>1/2</sup> - 46 <sup>1/2</sup>	46 <sup>1/2</sup> - 48 <sup>1/2</sup>
WAIST	21 <sup>3/4</sup> - 22 <sup>1/4</sup>	22 <sup>1/4</sup> - 22 <sup>3/4</sup>	22 <sup>3/4</sup> - 24	24 - 25 <sup>1/2</sup>	25 <sup>1/2</sup> - 27	27 - 28 <sup>1/2</sup>	28 <sup>1/2</sup> - 30	30 - 31 <sup>1/2</sup>	31 <sup>1/2</sup> - 33	33 - 34 <sup>1/2</sup>	34 <sup>1/2</sup> - 36	36 - 37 <sup>1/2</sup>
HIP	23 <sup>1/2</sup> - 24 <sup>1/2</sup>	24 <sup>1/2</sup> - 26	31 <sup>1/2</sup> - 33 <sup>1/4</sup>	33 <sup>1/4</sup> - 35	35 - 36 <sup>3/4</sup>	36 <sup>3/4</sup> - 38 <sup>1/2</sup>	38 <sup>1/2</sup> - 40	40 - 41 <sup>1/2</sup>	41 <sup>1/2</sup> - 43	43 - 44 <sup>1/2</sup>	44 <sup>1/2</sup> - 46	46 - 47 <sup>1/2</sup>
TORSO	39 <sup>1/2</sup> - 41 <sup>1/2</sup>	41 <sup>1/2</sup> - 43 <sup>1/2</sup>	55 <sup>1/4</sup> - 57	57 - 58 <sup>3/4</sup>	58 <sup>3/4</sup> - 60 <sup>1/2</sup>	60 <sup>1/2</sup> - 62 <sup>1/4</sup>	62 <sup>1/4</sup> - 64	64 - 65 <sup>3/4</sup>	65 <sup>3/4</sup> - 67 <sup>1/2</sup>	67 <sup>1/2</sup> - 69 <sup>1/4</sup>	69 <sup>1/4</sup> - 71	71 - 72 <sup>3/4</sup>

### CENTIMETERS

BUST	57 - 59.5	59.5 - 63.5	72.5 - 77.5	77.5 - 82.5	82.5 - 87.5	87.5 - 92.5	92.5 - 98	98 - 103	103 - 108	108 - 113	113 - 118	118 - 123
WAIST	55 - 56.5	56.5 - 58	58 - 61	61 - 65	65 - 68.5	68.5 - 72.5	72.5 - 76	76 - 80	80 - 84	84 - 87.5	87.5 - 91.5	91.5 - 95.5
HIP	59.5 - 62	62 - 66	80 - 84.5	84.5 - 89	89 - 93.5	93.5 - 98	98 - 101.5	101.5 - 105.5	105.5 - 109	109 - 113	113 - 117	117 - 120.5
TORSO	100.5 - 105.5	105.5 - 110.5	140.5 - 145	145 - 149	149 - 153.5	153.5 - 158	158 - 162.5	162.5 - 167	167 - 171.5	171.5 - 176	176 - 180.5	180.5 - 185

## PERFORMANCE SEPARATES WOMEN

US SIZE	XS		S		M		L		XL
PERFORMANCE	26 - 28		28 - 30		30 - 32		32 - 34		36
US NUMERIC	0	2	4	6	8	10	12	14	16
UK NUMERIC	4	6	8	10	12	14	16	18	20

### INCHES

BUST	31 <sup>1/2</sup> - 32 <sup>1/2</sup>	32 <sup>1/2</sup> - 33 <sup>1/2</sup>	33 <sup>1/2</sup> - 34 <sup>1/2</sup>	34 <sup>1/2</sup> - 35 <sup>1/2</sup>	35 <sup>1/2</sup> - 36 <sup>1/2</sup>	36 <sup>1/2</sup> - 37 <sup>1/2</sup>	37 <sup>1/2</sup> - 39	39 - 40 <sup>1/2</sup>	40 <sup>1/2</sup> - 42 <sup>1/2</sup>
WAIST	24 - 25	25 - 26	26 - 27	27 - 28	28 - 29	29 - 30	30 - 31 <sup>1/2</sup>	31 <sup>1/2</sup> - 33	33 - 35
HIP	34 <sup>1/2</sup> - 35 <sup>1/2</sup>	35 <sup>1/2</sup> - 36 <sup>1/2</sup>	36 <sup>1/2</sup> - 37 <sup>1/2</sup>	37 <sup>1/2</sup> - 38 <sup>1/2</sup>	38 <sup>1/2</sup> - 39 <sup>1/2</sup>	39 <sup>1/2</sup> - 40 <sup>1/2</sup>	40 <sup>1/2</sup> - 42	42 - 43 <sup>1/2</sup>	43 <sup>1/2</sup> - 45
TORSO	55 <sup>3/4</sup> - 57	57 - 58 <sup>1/4</sup>	58 <sup>1/4</sup> - 59 <sup>1/2</sup>	59 <sup>1/2</sup> - 60 <sup>3/4</sup>	60 <sup>3/4</sup> - 62	62 - 63 <sup>1/4</sup>	63 <sup>1/4</sup> - 64 <sup>1/2</sup>	64 <sup>1/2</sup> - 65 <sup>3/4</sup>	65 <sup>3/4</sup> - 67

### CENTIMETERS

BUST	80 - 82.5	82.5 - 85	85 - 87.5	87.5 - 90	90 - 92.5	92.5 - 95.5	95.5 - 99	99 - 103	103 - 108
WAIST	61 - 63.5	63.5 - 66	66 - 68.5	68.5 - 71	71 - 73.5	73.5 - 76	76 - 80	80 - 84	84 - 89
HIP	87.5 - 90	90 - 92.5	92.5 - 95.5	95.5 - 98	98 - 100	100 - 103	103 - 106.5	106.5 - 110.5	110.5 - 114.5
TORSO	141.5 - 145	145 - 148	148 - 151	151 - 154.5	154.5 - 157.5	157.5 - 160.5	160.5 - 164	164 - 167	167 - 170