



Pleasanton Seahawks – Swimmer Sizing Guide

General guidelines/recommendations:

Difficult sizing or concerns please contact or visit them to try on the products:

NorCal Swim Shop in Walnut Creek
 2054 Treat Blvd Walnut Creek, CA 94598
 (925) 933-7946

Boys/Mens Jammer looks like tight biking shorts – more popular style

Boys/Mens brief looks like the historical boys competitive swim suit

Swimsuit – fit to the swimmers current size

Jacket and T-shirt – order at least ONE size larger so you can grow into it and have it more than one season.

Measurements:

Chest – Measure the fullest part of the chest, be sure to go over the shoulder blades at back

Waist – align with belly button and measure around or smallest part of the torso

Hip – measure around the fullest point of the hip

Torso – start at high point of shoulder, run measuring tape through legs and back up to starting point

**Please order carefully: any items with printed logo or name embroidery are non-refundable/non exchangeable.
 New Swimmer Uniform kits may take up 6 to 8 weeks for delivery.**

SWIMSUIT - YOUTH:

Speedo Female YOUTH Performance Sizing Guide (Endurance and Super Pro Back)					
Suit Size	20	22	24	26	28
Chest	25	26	27	28½	30
Waist	23½	23½	24	25	26
Hip	26	27½	28½	30	32
Torso	43	44½	46	48	50½

Speedo Female YOUTH Aquablade/Fastskin FSII® Sizing Guide					
Suit Size	18	20	22	24	26
Chest	26	27½	29	30½	32
Waist	23	23½	24	24½	25
Torso	46	47	49	51	56

Speedo Male YOUTH Performance Sizing Guide (jammer or brief)					
Suit Size	20	22	24	26	28
Waist	23½	24	25½	27½	29½
Hip	25	27½	30	34	37



Pleasanton Seahawks – Swimmer Sizing Guide, page 2

SWIMSUIT – ADULT FEMALE:

Speedo Female Adult Performance Size Chart (Endurance and Super Pro Back)									
Suit Size	26	28	30	32	34	36	38	40	42
Bust	31	32	33	34	35	36	37½	39	40½
Waist	23	24	25	26	27	28	29½	31	32½
Hip	33½	34½	35½	36½	37½	38½	40	41½	43
Torso	54½	56	57½	59	60½	62	63½	65	66½

Speedo Female Adult Aquablade/Fastskin FS2® Sizing Guide								
Suit Size	26	28	30	32	34	36	38	40
Bust	32	33	34	35	36	37½	39	41
Waist	25	26	27	28	29	30	31½	33
Torso	56	57½	59	61	63	65	67	69

SWIMSUIT – ADULT MALE:

Mens's Adult Performance Sizing Chart (jammer or brief)												
Suit Size	22	24	26	28	30	32	34	36	38	40	42	44
Waist	25	27	29	31	32	34	36	38	40	42	44	46
Hip	29	31	33	35	36	38	40	42	44	46	48	50

Mens's Adult Aquablade® Fastskin FSII® Size Chart								
Suit Size	22	24	26	28	30	32	34	36
Waist	27	29	31	32	34	36	38	40



Pleasanton Seahawks – Swimmer Sizing Guide, page 3

SPEEDO SONIC JACKET EMBROIDERED – YOUTH

Youth Speedo Sonic Jacket Embroidered Sizing Guide					
Size	XS	S	M	L	XL
Chest	25	26	27	28½	30
Waist	23½	23½	24	25	26
Hip	26	27½	28½	30	32
Torso	43	44½	46	48	50½

SPEEDO SONIC JACKET EMBROIDERED – ADULT FEMALE

Female Speedo Sonic Jacket Embroidered Sizing Guide									
Size	XS	S	S	M	M	L	L	XL	XXL
Bust	31	32	33	34	35	36	37½	39	40½
Waist	23	24	25	26	27	28	29½	31	32½
Hip	33½	34½	35½	36½	37½	38½	40	41½	43
Torso	54½	56	57½	59	60½	62	63½	65	66½

SPEEDO SONIC JACKET EMBROIDERED – ADULT MALE

Male Speedo Sonic Jacket Embroidered Sizing Guide					
Sizes	XS	S	M	L	XL
Chest	37	38	40	42	44
Waist	31	32	34	36	38
Hip	35	36	38	40	42



Pleasanton Seahawks – Swimmer Sizing Guide, page 4

SPEEDO SONIC PANTS – YOUTH AND ADULT

Speedo Sonic Pants Sizing Guide							
Youth	XXS	XS	Small	Medium	Large	XL	XXL
Waist		20	22	24	26	28	
Outseam		32	34	36	38	40	
Inseam		23 ½	24 ½	25 ½	26 ½	27 ½	
Adult							
Waist	26-28	28-30	30-32	32-34	34-36	36-38	38-40
Outseam	40	41 ½	43	44 ½	45 ½	46 ½	47 ½
Inseam	29	30	31	32	32 ½	33	33 ½

PLS T-SHIRTS SIZING FROM COAST DESIGNS – YOUTH AND ADULT

PLS T-Shirts Sizing Guide							
Youth			Small	Medium	Large	XL	XXL
Apparel size			6-8	10-12	14-16	18-20	
Adult							
Chest size			35-37	38-40	41-43	44-46	47-49

UPDATED INFO 9/15/13 from Norcal Swim Shop website and Coast Designs