

SIZE CHART - INDEX

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Footwear

Men's

US Men	US Women	UK	EU	Length (cm)
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31
14	-	13.5	49	32
15	-	14.5	50	33
16	-	15.5	51	34
17	-	16.5	52	35
18	-	17.5	53	36
19	-	18.5	54	37
20	-	19.5	55	38

Women's

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	41	26.5
10	8.5	8	41.5	27
10.5	9	8.5	42.5	27.5
11	9.5	9	43	28
11.5	10	9.5	43.5	28.5
12	10.5	10	44	29
12.5	11	10.5	45	29.5
13	11.5	11	45.5	30
13.5	12	11.5	46	30.5
14	12.5	12	46.5	31
15	13	13	48	32

Kids'

Crib to Toddler | 0-4 Years

US Kids	Shoe Type	Length (in)	UK Kids	EU Kids
0	Crib	3 1/8	0	15
1	Crib	3 1/2	.5	16
1.5	Crib	3 5/8	1	16.5
2	Crib/Infant	3 3/4	1.5	17
2.5	Crib/Infant	4	2	18
3	Crib/Infant	4 1/8	2.5	18.5
3.5	Crib/Infant	4 1/4	3	19
4	Crib/Infant	4 1/2	3.5	20
4.5	Crib/Infant	4 5/8	4	20.5
5	Crib/Infant	4 3/4	4.5	21
5.5	Infant	5	5	21.5
6	Infant	5 1/8	5.5	22.5
6.5	Infant	5 1/4	6	23
7	Infant	5 1/2	6.5	23.5
7.5	Infant	5 5/8	7	24
8	Infant	5 3/4	7.5	25
8.5	Infant	6	8	25.5
9	Infant	6 1/8	8.5	26
9.5	Infant	6 1/4	9	26.5
10	Infant	6 1/2	9.5	27.5

Little Kid | 4-8 Years

US Kids	Shoe Type	Length (in)	UK Kids	EU Kids	US Women	US Men
10.5	Pre-School	6 ⁵ / ₈	10	28	-	-
11	Pre-School	6 ³ / ₄	10.5	28.5	-	-
11.5	Pre-School	7	11	29	-	-
12	Pre-School	7 ¹ / ₈	11.5	30	-	-
12.5	Pre-School	7 ¹ / ₄	12	30.5	-	-
13	Pre-School	7 ¹ / ₂	12.5	31	-	-
13.5	Pre-School	7 ⁵ / ₈	13	32	-	-
1	Pre-School	7 ³ / ₄	13.5	32.5	-	-
1.5	Pre-School	8	1	33	3	1.5
2	Pre-School	8 ¹ / ₈	1.5	33.5	3.5	2
2.5	Pre-School	8 ¹ / ₄	2	34.5	4	2.5
3	Pre-School	8 ¹ / ₂	2.5	35	4.5	3

Big Kid | 8-12 Years

US Kids	Shoe Type	Length (in)	UK Kids	EU Kids	US Women	US Men
3.5	Grade School	8 ⁵ / ₈	3	35.5	5	3.5
4	Grade School	8 ³ / ₄	3.5	36	5.5	4
4.5	Grade School	9	4	37	6	4.5
5	Grade School	9 ¹ / ₈	4.5	37.5	6.5	5
5.5	Grade School	9 ¹ / ₄	5	38	7	5.5
6	Grade School	9 ¹ / ₂	5.5	38.5	7.5	6
6.5	Grade School	9 ⁵ / ₈	6	39	8	6.5
7	Grade School	9 ³ / ₄	6.5	39.5	8.5	7

Width Guide

Men's Shoe Widths					
2A	B	D	2E	4E	6E
X-Narrow	Narrow	Standard	Wide	X-Wide	XX-Wide

Women's Shoe Widths					
4A	2A	B	D	2E	4E
X-Narrow	Narrow	Standard	Wide	X-Wide	XX-Wide

Kid's Shoe Widths		
M	W	XW
Standard	Wide	X-Wide

Apparel

Men's

	Chest	Waist	Seat
XS	33-35	27-29	32-34
S	35-38	29-31	34-37
M	38-41	31-34	37-40
L	41-44	34-37	40-43
XL	44-48	37-41	43-46
XXL	48-53	41-46	46-50
XXXL	53-57	46-50	50-54

Women's

	Chest	Waist	Seat
XS (0-2)	30-32	24-26	33-35
S (4-6)	32-35	26-28	35-38
M (8-10)	35-37	28-31	38-40
L (12-14)	37-40	31-34	40-43
XL (16-18)	40-44	34-38	43-47
XXL (20-22)	44-47	38-42	47-50

Kids'

Boys'

Size	Height (in inches)	Chest (in inches)	Waist (in inches)	Hip (in inches)
4	39-41	24-27	17-19	30-31
XXS 5	41-45	25-28	19-20	31-32
6	45-46	26-29	20-22	32-33
XS 7	47-50	27-30	22-23	33-34
S 8	50-54	30-32	23-24	34-37
M 10/12	54-58	32-35	24-25	38-40
L 14/16	58-62	35-38	25-27	40-43
XL 18/20	62-67	39-40	27-28	43-44

Girls'

Size	Height (in inches)	Chest (in inches)	Waist (in inches)	Hip (in inches)
4	39-41	22-23	17-19	20-21
XXS 5	41-45	23-24	19-20	21-22
6	45-46	24-25	20-21	22-23
XS 6x	46-48	25-26	21-22	23-25
S 7/8	48-52	26-27	22-23	25-26
M 10/12	52-58	27-29	23-25	26-28
L 14	58-61	29-32	25-27	28-31
XL 16	61-63	32-34	27-29	31-33

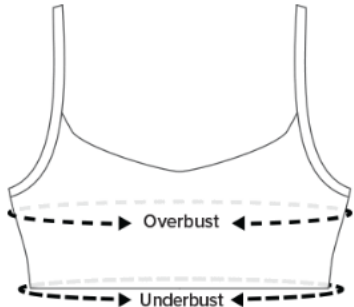
Sports Bra

Underbust Measurement	25"-26"	27"-28"	29"-30"	31"-32"	33"-34"	35"-36"	37"-38"	39"-40"
Band Size	30	32	34	36	38	40	42	44
A	30.3" - 31.1"	32.3" - 33.1"	34.3" - 35.0"	36.2" - 37.0"	38.2" - 39.0"	40.2" - 40.9"	42.1" - 42.9"	44.1" - 44.9"
	30A	32A	34A	36A	38A	42A	42A	44A
	XS	S	S	M	L	XL	XL	XXL
	XS (A-C)	S (A-C)	S (A-C)	M (A-C)	L (A-C)	XL (A-C)	XL (A-C)	XXL (A-C)
B	31.1" - 31.9"	33.1" - 33.9"	35" - 35.8"	37.0" - 37.8"	39.0" - 39.8"	40.9" - 41.7"	42.9" - 43.7"	44.9" - 45.7"
	30B	32B	34E	36B	38B	40B	42B	44B
	XS	S	S	M	L	XL	XL	XXL
	XS (A-C)	S (A-C)	S (A-C)	M (A-C)	L (A-C)	XL (A-C)	XL (A-C)	XXL (A-C)
C	31.9" - 32.7"	33.9" - 34.6"	35.8" - 36.6"	37.8" - 38.6"	39.8" - 40.6"	41.7" - 42.5"	43.7" - 44.5"	45.7" - 46.5"
	30C	32C	34C	36C	38C	40C	42C	44C
	XS	S	M	L	L	XL	XL	XXL
	XS (A-C)	S (A-C)	M (A-C)	L (A-C)	L (A-C)	XL (A-C)	XL (A-C)	XXL (A-C)
D	32.7" - 33.5"	34.6" - 35.4"	36.6" - 37.4"	38.6" - 39.4"	40.6" - 41.3"	42.5" - 43.3"	44.5" - 45.3"	
	30D	32D	34D	36D	38D	40D	42D	
	S	S	M	L	XL	XL	XXL	
	S (D-DD)	S (D-DD)	M (D-DD)	L (D-DD)	XL (D-DD)	XL (D-DD)	XXL (D-DD)	
DD	33.5" - 34.3"	35.4" - 36.2"	37.4" - 38.2"	39.4" - 40.2"	41.3" - 42.1"	43.3" - 44.1"	45.3" - 46.1"	
	30DD	32DD	34DD	36DD	38DD	40DD	42DD	
	S	M	M	L	XL	XL	XXL	
	S (D-DD)	M (D-DD)	M (D-DD)	L (D-DD)	XL (D-DD)	XL (D-DD)	XXL (D-DD)	

Don't know your bra size? Use your measurements instead.

- 1
- Find your underbust measurement by wrapping a measuring tape underneath your bust where your bra band usually sits. Your underbust measurement will correspond with "Band Size."

Underbust Measurement	25"-26"	27"-28"	29"-30"	31"-32"	33"-34"	35"-36"	37"-38"	39"-40"
	↓	↓	↓	↓	↓	↓	↓	↓
Band Size	30	32	34	36	38	40	42	44



- 2
- Find your overbust measurement by wrapping a measuring tape over your bust at the widest part.
- 3
- Find your alpha size by matching your band size with your overbust measurement in the chart below.

Chart Key:

Overbust Measurement	→	30.3" - 31.1"
Band/Cup Size	→	30A
Alpha Size	→	XS
Split Alpha Size	→	XS (A-C)

Color Key:

XS	S	M	L	XL	XXL
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Sources:

https://www.newbalance.ca/en_ca/size-guide.html