

# NIRSA Region I 5K Quarter Zip Sizing

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>
<b>CHEST</b>	<b>33 - 34</b>	<b>35 - 37</b>	<b>38 - 40</b>	<b>42 - 44</b>	<b>46 - 48</b>	<b>50 - 52</b>
<b>WAIST</b>	<b>27 - 28</b>	<b>29 - 31</b>	<b>32 - 34</b>	<b>36 - 38</b>	<b>40 - 42</b>	<b>44 - 46</b>
<b>SLEEVE LENGTH</b>	<b>30.5 - 31.5</b>	<b>32 - 32.5</b>	<b>33 - 33.5</b>	<b>34 - 34.5</b>	<b>34.5 - 35</b>	<b>35 - 35.5</b>
<b>INSEAM LENGTH</b>	<b>30</b>	<b>30.5</b>	<b>31</b>	<b>31.5</b>	<b>32</b>	<b>32</b>