

NIRSA Region I 5K T-Shirt Sizing

	XS	S	M	L	XL	2XL
BODY WIDTH	18"	19"	20"	22"	24"	26"
BODY LENGTH	25"	27"	28"	29.5"	30.5"	31.5"
SLEEVE TOP	7.5"	7.75"	8.25"	9"	9.5"	10"