

# MEN'S

	139lbs & Less	140-144lbs	145-149lbs	150-154lbs	155-159lbs	160-164lbs	165-169lbs	170-174lbs	175-179lbs	180-184lbs	185-189lbs	190-194lbs	195-199lbs	200-204lbs	205-209lbs	210-214lbs	215-219lbs	220-224lbs	225-229lbs	230lbs & Up	
5ft 5in & Less	XS	S	S	S	S	MS	MS	MS	MLA	MLA	MLA	MLA	MLA	L	L	XL	XL	XL	XXL	XXL	166cm & Less
5ft 6in	XS	S	S	S	S	MS	MS	MS	MLA	MLA	MLA	MLA	MLA	L	L	XL	XL	XL	XXL	XXL	167-169cm
5ft 7in	XS	S	S	MS	MS	MS	MS	M	MLA	MLA	MLA	MLA	MLA	L	L	XL	XL	XL	XXL	XXL	170-171cm
5ft 8in	XS	S	S	M	M	M	M	M	MLA	MLA	MLA	MLA	L	L	L	XL	XL	XL	XXL	XXL	172-174cm
5ft 9in	S	S	M	M	M	M	M	M	MLA	MLA	MLA	MLA	L	L	L	XL	XL	XL	XXL	XXL	175-176cm
5ft 10in	S	S	M	M	M	M	M	M	MLA	MLA	MLA	L	L	L	L	XL	XL	XL	XXL	XXL	177-179cm
5ft 11in	SLO	SLO	M	M	M	M	M	M	MLA	MLA	MLA	L	L	L	XL	XL	XL	XXL	XXL	XXL	180-181cm
6ft 0in	SLO	SLO	SLO	M	M	M	M	M	MLA	MLA	L	L	L	L	XL	XL	XL	XXL	XXL	XXL	182-184cm
6ft 1in	SLO	SLO	SLO	SLO	MLA	MLA	MLA	MLA	MLA	MLA	L	L	L	L	XL	XL	XXL	XXL	XXL	XXL	185-186cm
6ft 2in	SLO	SLO	SLO	SLO	MLA	MLA	MLA	MLA	MLA	MLA	L	L	L	L	XL	XL	XXL	XXL	XXL	XXL	187-189cm
6ft 3in & Up	SLO	SLO	SLO	SLO	SLO	MLA	MLA	MLA	MLA	MLA	L	L	L	L	XL	XL	XXL	XXL	XXL	XXL	190cm & Up
	63kg & Less	64-65kg	66-67kg	68-69kg	70-72kg	73-74kg	75-76kg	77-78kg	79-81kg	82-83kg	84-85kg	86-87kg	88-90kg	91-92kg	93-94kg	95-97kg	98-99kg	100-101kg	102-103kg	104kg & Up	

# WOMEN'S

	99lbs & Less	100-104lbs	105-109lbs	110-114lbs	115-119lbs	120-124lbs	125-129lbs	130-134lbs	135-139lbs	140-144lbs	145-149lbs	150-154lbs	155-159lbs	160-164lbs	165lbs & Up	
5ft 2in & Less	WXS	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WMLA	WL	WL	WL	WXL	159cm & Less
5ft 3in	WXS	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WMLA	WL	WL	WL	WXL	160-161cm
5ft 4in	WXS	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WL	WL	WL	WL	WXL	162-164cm
5ft 5in	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WMLA	WL	WL	WL	WXL	WXL	165-166cm
5ft 6in	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WMLA	WL	WL	WL	WXL	WXL	167-169cm
5ft 7in	WS	WS	WMS	WMS	WM	WM	WM	WMLA	WMLA	WMLA	WL	WL	WL	WXL	WXL	170-171cm
5ft 8in	WM	WM	WM	WM	WM	WM	WMLA	WMLA	WMLA	WMLA	WL	WL	WL	WXL	WXL	172-174cm
5ft 9in	WM	WM	WM	WM	WM	WMLA	WMLA	WMLA	WMLA	WL	WL	WL	WXL	WXL	WXL	175-176cm
5ft 10in	WM	WM	WM	WM	WM	WMLA	Men's S	Men's S	Men's S	Men's S	Men's M	Men's M	Men's M	Men's M	Men's M	177-179cm
5ft 11in	WM	WM	WM	WM	WM	WMLA	Men's S	Men's S	Men's S	Men's S	Men's M	Men's M	Men's M	Men's M	Men's M	180-181cm
6ft 0in & Up	WMLA	WMLA	WMLA	WMLA	WMLA	WMLA	Men's SLO	Men's SLO	Men's SLO	Men's SLO	Men's SLO	Men's SLO	Men's SLO	Men's M	Men's M	182cm & Up
	44kg & Less	45-47kg	48-49kg	50-51kg	52-53kg	54-56kg	57-58kg	59-60kg	61-63kg	64-65kg	66-67kg	68-69kg	70-72kg	73-74kg	75kg & Up	

### WETSUIT FIT TIPS

If you are on the border between two sizes, consider your proportions to find a tight race fit for your build. If you are new to wetsuits, size up for a slightly more spacious, comfortable fit.

- If you have broad shoulders/ chest, we suggest adding 10lbs to your weight to accommodate, as this is likely to move you to the next size up.
- If you have a longer torso, add 2in to your height. For a shorter torso, subtract 2in.

- Women who do not find their dimensions on the Women's sizing chart can use the Men's sizing chart.