



## 7 HOURS LADIES SIZING CHART - ONE PIECE TRIATHLON SUIT

### (BODY MEAUREMENTS)

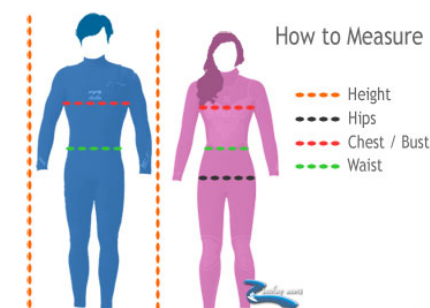
		XX-SMALL ( AU 6 -8)	X-SMALL ( AU 8 -10)	SMALL (AU 10-12)	MEDIUM (AU12-14)	LARGE ( AU 14-16)	XL ( AU 16-18)	XXL ( AU 18-20)
CHEST	CM INCHES	73 – 79cm 29 - 31	79 – 85cm 31 – 33 ½	85 – 91.5cm 33 ½ - 36	91.5 -98cm 36 – 38 ½	98 – 104cm 38 ½ - 41	104 – 110.5cm 41 – 43 ½	110.5 – 116cm 43 ½-45 ½
WAIST	CM INCHES	55 – 61cm 22 - 24	61 – 67cm 24 - 26 ½	67 – 73.5cm 26 ½ - 29	73.5 – 80cm 29 – 31 ½	80 – 86cm 31 ½ - 34	86 -93cm 34 – 36 ½	93 – 99cm 36 ½ - 39
HIPS	CM INCHES	73 – 80cm 29 – 31 ½	80 -86.5 31 ½ -34	86.5 -98cm 34-39	98 – 104cm 39-41	104 -110.5cm 41 – 43 ½	110.5 -115cm 43 ½ - 45	115 – 120cm 45 - 47

#### Measurement Guide

**Chest** - Measure around the fullest part of your chest (across the breast line).

**Waist** - Measure around the waistline just below the ribcage (navel) keeping the tape horizontal and taut.

**Hips** - Feet together, Measure around the fullest part of your hips.



**Note:** Triathlon garments are generally designed to result in a tight body fit when worn to enable swimming, cycling and running to function effectively and reduce drag. If you are not comfortable with a tighter fit it is recommended you go the next size up. Alternatively if you're sizing places you borderline, choose the smaller size for a tighter fitting garment. The above chart is a general guideline and sizes may vary slightly. Many athletes' body shapes even with the same size guidelines may vary in body shape/composition. In in doubt, Please feel free to contact us with your height/weight as this can give us an even more accurate indication.



## 17HOURS MENS SIZING CHART – ONE PIECE TRIATHLON SUIT (BODY MEAUREMENTS)

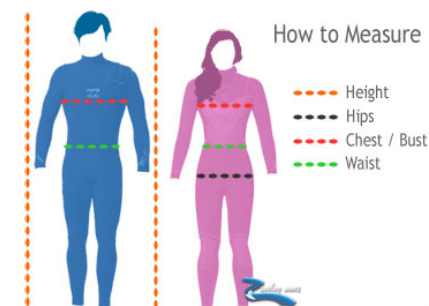
		XS	SMALL	MEDIUM	LARGE	XL	XXL	XXXL
<b>CHEST</b>	<b>CM INCHES</b>	76 - 85cm 30 - 33 ½	85 - 94cm 33 ½ - 37	94 - 103cm 37 - 40 ½	103 - 112cm 40 ½ - 44	112 - 120cm 44 - 47 ½	120 - 129cm 47 ½ - 51	129 - 138cm 51 - 54 ½
<b>WAIST</b>	<b>CM INCHES</b>	71 - 76cm 28 - 30	76 - 81cm 30 - 32	81 - 86cm 32 - 34	86 - 91cm 34 - 36	91 - 96cm 36 - 38	96 - 101cm 38 - 40	101 - 106cm 40 - 42
<b>HIPS</b>	<b>CM INCHES</b>	76 - 85cm 30 - 33 ½	85m - 94cm 33 ½ - 37	94 - 103cm 37 - 40 ½	103 - 112cm 40 ½ - 44	112 - 120cm 44 - 47 ½	120 - 129cm 47 ½ - 51	129 - 138cm 51 - 54 ½

### Measurement Guide

**Chest** – Measure around the fullest part of your chest (across the breast line).

**Waist** – Measure around the waistline just below the ribcage (navel) keeping the tape horizontal and taut.

**Hips** – Feet together, Measure around the fullest part of your hips



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## 17 HOURS LADIES SIZING GUIDE - TWO PIECE TRIATHLON KIT (BODY MEAUREMENTS)

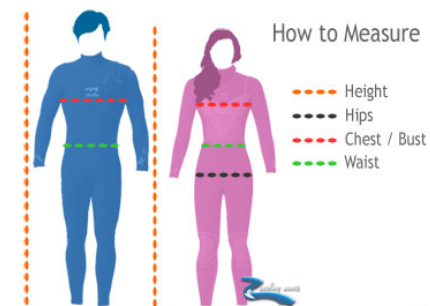
		X SMALL	SMALL	MEDIUM	LARGE	XL	2XL	3XL
CHEST	CM INCHES	73 – 79cm 29 - 31	79 – 85cm 31 – 33 ½	85 – 91.5cm 33 ½ - 36	91.5 -98cm 36 – 38 ½	98 – 104cm 38 ½ - 41	104 – 110.5cm 41 – 43 ½	110.5 – 116cm 43 ½-45 ½
WAIST	CM INCHES	55 – 61cm 22 - 24	61 – 67cm 24 - 26 ½	67 – 73.5cm 26 ½ - 29	73.5 – 80cm 29 – 31 ½	80 – 86cm 31 ½ - 34	86 -93cm 34 – 36 ½	93 – 99cm 36 ½ - 39
HIPS	CM INCHES	73 – 80cm 29 – 31 ½	80 -86.5 31 ½ -34	86.5 -98cm 34-39	98 – 104cm 39-41	104 -110.5cm 41 – 43 ½	110.5 -115cm 43 ½ - 45	115 – 120cm 45 - 47

### Measurement Guide

**Chest** - Measure around the fullest part of your chest (across the breast line).

**Waist** - Measure around the waistline just below the ribcage (navel) keeping the tape horizontal and taut.

**Hips** - Feet together, Measure around the fullest part of your hips.



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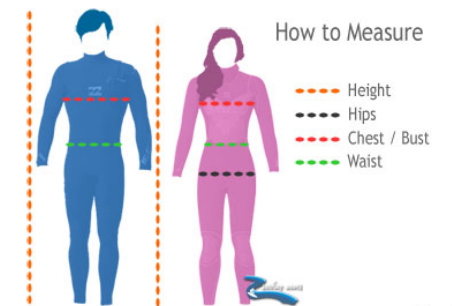
## 17HOURS MENS SIZING GUIDE – TWO PIECE TRIATHLON KIT (BODY MEAUREMENTS)

		SMALL	MEDIUM	LARGE	XL	2XL	3XL	4XL
<b>CHEST</b>	<b>CM INCHES</b>	76 - 85cm 30 – 33 ½	85 – 94cm 33 ½ - 37	94 -103cm 37 – 40 ½	103 – 112cm 40 ½ - 44	112 – 120cm 44 – 47 ½	120 – 129cm 47 ½- 51	129 – 138cm 51 – 54 ½
<b>WAIST</b>	<b>CM INCHES</b>	71 – 76cm 28 - 30	76 – 81cm 30 - 32	81 – 86cm 32 – 34	86 – 91cm 34 - 36	91 -96cm 36 – 38	96 – 101cm 38 - 40	101 – 106cm 40 - 42
<b>HIPS</b>	<b>CM INCHES</b>	76 – 85cm 30 – 33 ½	85m – 94cm 33 ½ – 37	94 – 103cm 37 – 40 ½	103 - 112cm 40 ½ - 44	112 -120cm 44 – 47 ½	120 – 129cm 47 ½- 51	129 – 138cm 51 – 54 ½

**Chest** – Measure around the fullest part of your chest (across the breast line).

**Waist** – Measure around the waistline just below the ribcage (navel) keeping the tape horizontal and taut.

**Hips** – Feet together, Measure around the fullest part of your hips



**Note:** Triathlon garments are generally designed to result in a tight body fit when worn to enable swimming, cycling and running to function effectively and reduce drag. If you are not comfortable with a tighter fit it is recommended you go the next size up. Alternatively if you're sizing places you borderline, choose the smaller size for a tighter fitting garment. The above chart is a general guideline and sizes may vary slightly. Many athletes' body shapes even with the same size guidelines may vary in body shape/composition. In in doubt, Please feel free to contact us with your height/weight as this can give us an even more accurate indication.

## 17HOURS CYCLE JERSEY SIZING GUIDE – UNISEX

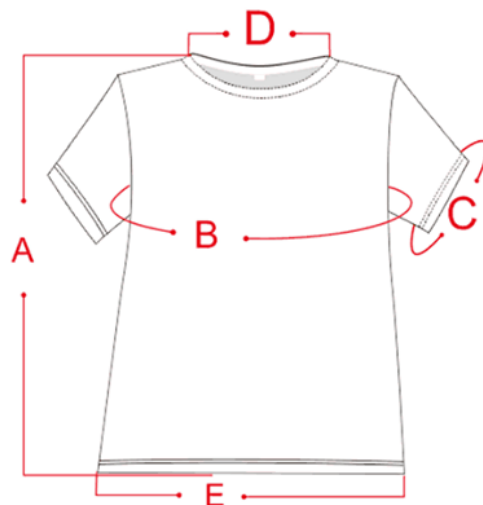
Size Chart			Cycling Short Jersey				
CM	XXS	XS	S	M	L	XL	2XL
(A) Back Middle Length (No include collar)	57.5	59.5	61.5	63.5	65.5	67.5	69.5
(B) Half Chest	41	43	45	47	49	51	53
(C) Sleeve Length	28	29	30	31	32	33	34

The diagram illustrates the measurement points for the cycling jersey. Point A is a vertical line from the base of the collar to the bottom hem. Point B is a horizontal line across the chest. Point C is a diagonal line from the shoulder to the end of the sleeve.

The size chart is measured by hand just for your reference, there maybe 1-2cm for the deviation

## 17HOURS T-SHIRT SIZING GUIDE – UNISEX

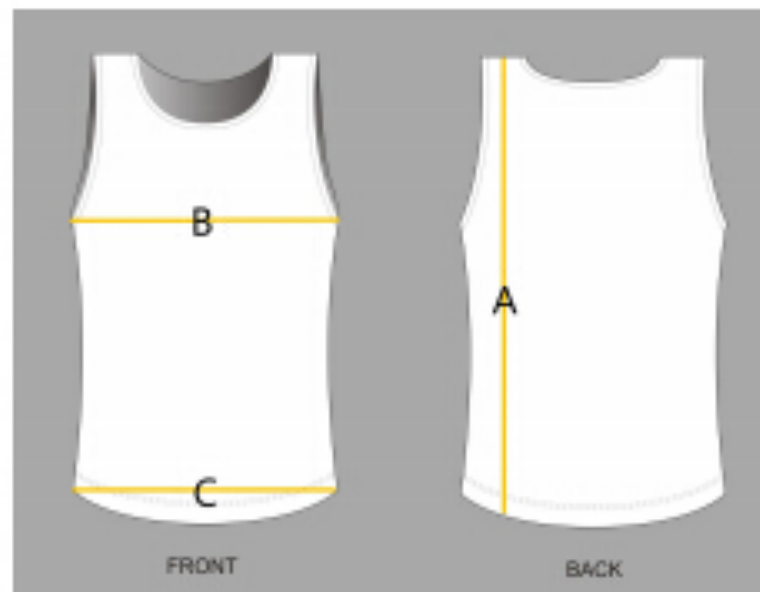
Version : 15F014-ZL T-shirt									
No.	Size	XS	S	M	L	XL	2XL	3XL	4XL
	Height (cm)	163-170	168-175	173-180	178-183	181-185	183-190	185-193	187-195
	Weight (kg)	50-55	53-64	62-75	73-82	80-92	90-105	103-115	110-120
<b>A</b>	Back Length (cm)	63	65	67	69	71	73	75	77
<b>B</b>	Chest Circum (cm)	92	96	100	104	108	112	116	120
	Fit Chest (cm)	88±4	92±4	96±4	100±4	104±4	108±4	112±4	116±4
<b>C</b>	Cuff Opening(cm)	31	32	33	34	35	36	37	38
<b>D</b>	Collar width relax(cm)	16.5	17	17.5	18	18.5	19	19.5	20
<b>E</b>	Hem circum relax (cm)	92	96	100	104	108	112	116	120



## 17HOURS SINGLET SIZING GUIDE – MEN

Size chart for Men's running singlets								
	2XS	XS	S	M	L	XL	2XL	3XL
Full lenght	61	63.5	66	68.5	71	73.5	76	78.5
1/2 Chest	41	43.5	46	48.5	51	53.5	56	58.5
1/2 Waist	41	43.5	46	48.5	51	53.5	55	58.5

Unit: cm



## 17HOURS SINGLET SIZING GUIDE – WOMEN

### Size chart for Women's running singlets

	6/XS	8/S	10/M	12/L	14/XL	16/2XL	18/3XL	
<b>Full lenght</b>	56.5	58.5	60.5	62.5	64.5	66.5	68.5	
<b>1/2 Chest</b>	40	42	44	46	48	50	52	
<b>1/2 Waist</b>	42	44	46	48	50	52	54	

Unit: cm

