

2009-10 Spiritwear Size Charts

Youth and Adult Unisex Sizes (Hanes Tagless 100% Cotton shirts)

For your reference, these are the same kind of shirts we used last year for Spiritwear and Jog-a-thon (except tagless). If you have those, you have a good basis to choose a size this year. These run true to size.

Important: The measurements below are the **actual dimensions of the shirt**. To choose the best size, measure a shirt you know fits well, and compare to the chart measurements. Measurements are in inches.

Youth T-shirts	S	M	L	XL
Width: 1 inch below arm holes	15.5	17	18	20
Width: between shoulder seams	14.5	16	17	19
Length	20.5	23	25	27

Adult Unisex	S	M	L	XL	2XL
Men's/Unisex size equivalent	34-36	38-40	42-44	46-48	50-52
Width: 1 inch below arm holes	18	20	22	24	26
Width: between shoulder seams	17.25	19.25	21.25	23.25	25.25
Length	28	29	30	31	31.5

Ladies Shirt Sizes (Bella 100% Cotton Ladies Jersey Crew Neck)

Please be aware that these shirts are more of a “junior” cut, and run quite a bit smaller than the Unisex sizes (both in length and width). You will likely need to order larger than you might expect. For example, the Ladies XL size is about the same width across as the Adult Unisex Medium, and is 3 inches shorter.

Please see the sample and review the manufacturer size guidelines below. The measurements below are the actual dimensions of the shirt. To choose the best size, measure a shirt you know fits well, and compare to the chart measurements. Measurements are in inches.

Ladies	Small	Medium	Large	X-Large	XXL
	sizes 0-4	sizes 4-8	sizes 8-10	sizes 10-12	sizes 12-14
Width-below arm holes	16.75	17.75	18.75	19.75	20.75
Length	23	24	25	26	27