

## Nike Sizing Guide

The information provided here is intended as a general guide based on U.S. standards. Using a tape measure, write down the measurements and compare to the Nike size chart.

**Hold the tape horizontally to measure:** Chest - around the widest part, Waist - around the narrowest part, Hips - around the widest part and keeping the feet close together.

**Hold the tape vertically to measure:** Inseam - from the crotch to the floor, Height - from the top of the head to the floor while keeping a straight posture

**Shoe size:** Stand with your back and heels against a wall, slightly touching. Have someone mark where the end of your longest toe is, and then measure that distance from the wall. Do the same for both feet in order to determine the proper size.

NIKE APPAREL	AGE	HEIGHT	CHEST	WAIST	HIP	INSEAM
YXS	7--8	47-51"	25-26"	22-24"	25-27"	
YS	8--10	51-55"	26-28"	24-25"	27-29"	
YM	10--12	55-59"	28-30"	25-26"	29-31"	
YL	12--13	59-63"	30-32"	26-27"	31-33"	
YXL	13--15	63-67"	32-35"	27-29"	33-35"	
AXS			32-35"	27-29"	32-35"	30"
AS			35-38"	29-31"	35-38"	31"
AM			38-41"	31-34"	38-40"	32"
AL			41-44"	34-37"	41-43"	33"
AXL			44-47"	37-41"	43-46"	34"
2XL			47-50"	41-44"	46-49"	35"
3XL			51+"	45+"	49+"	36"
WXS			31-33"	23-25"	33-35"	30"
WS			33-36"	25-28"	35-38"	30.5"
WM			36-39"	28-31"	38-41"	31"
WL			39-42"	31-34"	41-44"	31.5"
WXL			42-45"	34-37"	44-47"	32"

Y = Youth, A = Adult, W = Women

NIKE SOCKS	
SOCK SIZE	SHOE SIZE
Extra Small	13 - 3
Small	3 - 5
Medium	6 - 8
Large	8 - 12
Extra Large	12 - 15

NIKE SHOES				
FOOT LENGTH	SHOE SIZE		FOOT LENGTH	SHOE SIZE
8.7"	4		10.9"	10.5
8.9"	4.5		11"	11
9"	5		11.2"	11.5
9.2"	5.5		11.3"	12
9.4"	6		11.5"	12.5
9.5"	6.5		11.7"	13
9.7"	7		11.9"	13.5
9.8"	7.5		12"	14
10"	8		12.2"	14.5
10.2"	8.5		12.4"	15
10.4"	9		12.7"	16
10.5"	9.5		13"	17
10.7"	10			