See page 2 for diagram - measure everything in cm - measure over bare skin.

1. Neck Circumference	*Measure distance around neck at base of neck*	
2. Chest (Bust)	*Measure fullest part of chest under arms. Keep tape level.*	
3. Waist	*Measure waist*	
4. Hip	*Measure around fullest part of hips*	
5. Biceps	*With arm flexed, measure around fullest part of muscle*	
6. Forearm	*Distance around fullest part, usually 2 inches below elbow*	
7. Arm from shoulder to thumb (extended 45 degree) *With arm extended, measure from base of neck through shoulder to thumb*		
8. Armpit to wrist	*With arm extended, measure from armpit to wrist*	
9. Wrist Circumference	*Smallest measurement, usually around wrist bone*	
10. Inseam (Crotch to Knee)	*With leg straight, measure from crotch to back of knee*	
11. Inseam (Crotch to floor)	*With leg straight, measure from crotch to the bottom of heel*	
12. Thigh Circumference	*Measure mid thigh circumference*	
13. Knee Circumference	*Distance around knee at the fullest part*	
14. Calf Circumference	*Measure around the fullest part between knee and ankle*	
15. Ankle Circumference	*Measure around the ankle, over the bone*	
16. Height	*In cm measured from top of head to floor*	
17. Weight	*In pounds*	

Contact Name: _____ **Skater:** _____

Phone: _____ **Email:** _____

Suit Design # _____

Long Track ☐ *or* **Short Track** ☐ *or* **Training Suspenders** ☐

Kevlar Patched: **Yes** *or* **No**

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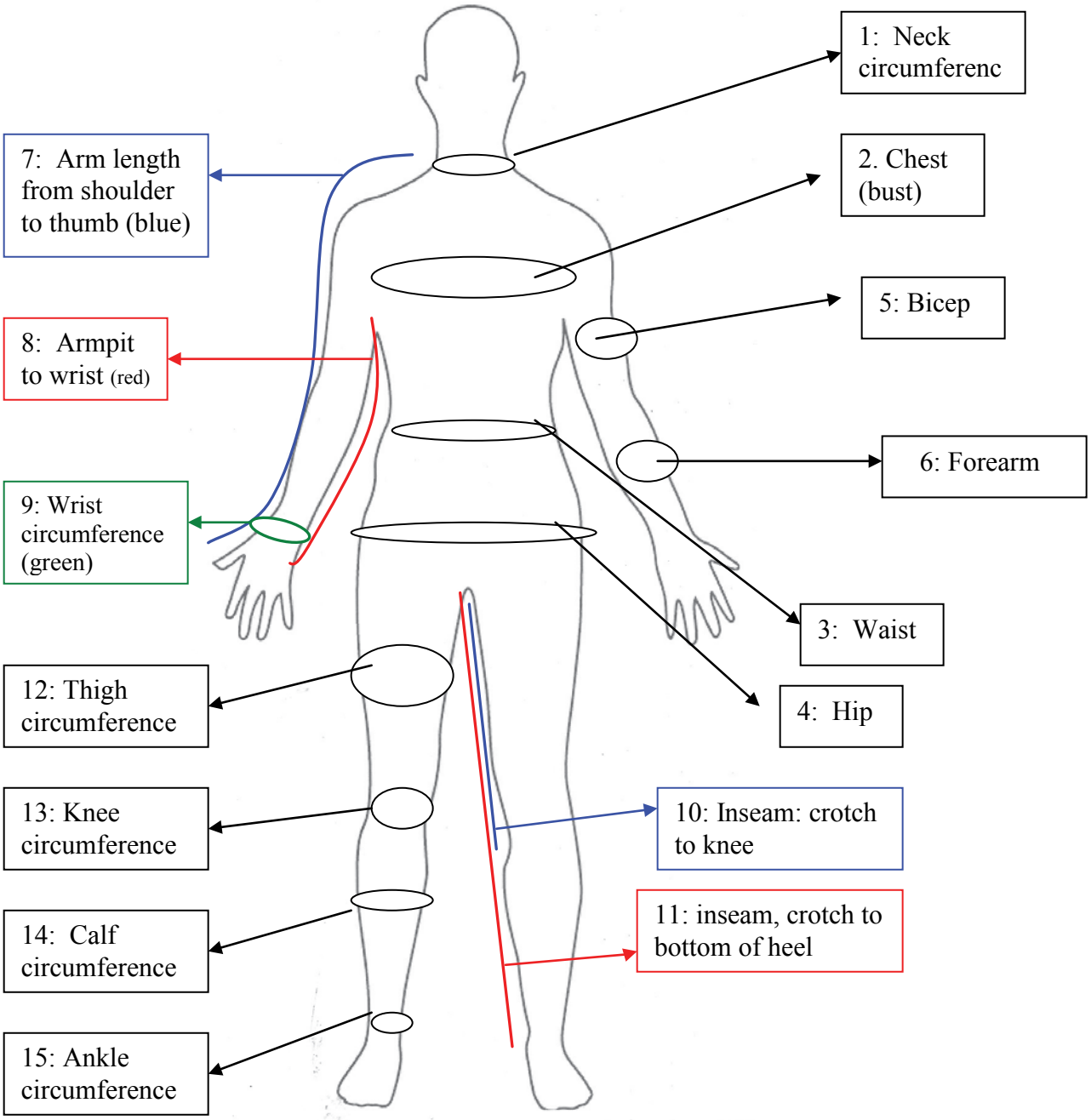
Measurement Diagram

Weight in Pounds

Height in cm

All Measurements in cm

Measure over bare skin