



**2015**  
**TIGARD YOUTH TRACK**  
**REGISTRATION**

[www.figaryouthtrack.com](http://www.figaryouthtrack.com)

**Facebook: Tigard Youth Track 2012**

**Head Coach: Ralph Greene**

# Registration

## USATF Oregon Club #37-0972

Athlete's Name: \_\_\_\_\_  
Date Of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
What School District do you live in? \_\_\_\_\_  
Current School Athlete Attends: \_\_\_\_\_ Grade: \_\_\_\_\_

Father- First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Mother- First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**USATF Membership:** By signing below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations and Competition Rules for my level(s) and Category(s) of Membership,

**Athlete and/or Parent/Guardian**

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**Athlete Photographs/Images:** By signing below I understand and agree that Tigard Youth Track Club has my permission to take and use my child's photographs or digital Images for official Club purposes.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### Club Use Only:

DOB Verified  Y  N

Date: \_\_\_\_\_ Check: \_\_\_\_\_ Med Rel: \_\_\_\_\_ BC: \_\_\_\_\_

USATF Number: \_\_\_\_\_

USATF Age Group: \_\_\_\_\_

**TIGARD YOUTH TRACK 2015 & SPARQ TRAINING  
Emergency/Medical Release Form  
Parent Permission for Youth Participation**

I, \_\_\_\_\_ (Parent/Guardian's Name) hereby give permission to my child \_\_\_\_\_ (Child's Name) to participate in SPARQ TRAINING and/or Tigard Youth Track activities and provide that any and all medical attention to be administered to him in the event of accident, injury, sickness, etc., under the direction of the person(s) listed below, until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment. I understand that SPARQ, NIKE, Inc, Tigard High School, USA Track & Field, USATF Oregon nor any of the individuals involved listed below provide insurance to its participants. Further, I agree to indemnify and hold harmless Tigard Youth Track and its Board of Directors, SPARQ, NIKE, Inc, and the other parties contained herein, their coaches and sponsors, and events from and against all claims, demands, losses, and liabilities of any kind arising out of ,or, in any way, connected with my child's participation in Tigard Youth Track and/or SPARQ TRAINING activities. This release is effective for the period of one year from the date given below.

EMERGENCY MEDICAL CONTACT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME/CELL PHONE: \_\_\_\_\_

INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

KNOWN ALLERGIES/MEDICAL CONDITIONS:  
\_\_\_\_\_

In case I cannot be reached, any of the following persons is designated to act on my behalf.

- Ralph Greene
- Jeff McGaughey, Woody Woodhouse, Margie Greene, Kennan Kuffel, Ryen Boyd
- Any designated TYT coach selected by the above

SIGNATURE (PARENT/GUARDIAN) \_\_\_\_\_ DATE \_\_\_\_\_

# Relay Team Rules and Regulations

Each participant and parent will be required to follow all rules. No EXCEPTIONS.

Relay members are determined by the COACHES based on the following criteria: runoff's, meet PR's, practice and meet attendance, dependability and availability, and most importantly, skill level at certain relay legs. Coaches will have the final say in determining teams.

Runoffs will be held throughout the season to allow athletes to challenge to earn spots on the team, however, these results are subject to change based on the criteria listed above as deemed by the coach.

All relay members are required to attend practice on the set relay practice days. If they do not attend, the alternates may be used in the next track meet.

Athletes need to be on time for practice everyday.

We will hold a separate meeting with parents of members of relay teams during the season.

I, \_\_\_\_\_ (parent) and \_\_\_\_\_  
(athlete) have read the above rules and regulations and agree to follow them. We  
(Parent and athlete) fully understand and agree with these terms.

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Parent/Guardian Signature Date

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Athlete's Signature Date

## **2015 Apparel Order Information**

Our club uniforms are changing this year so EVERYONE will need to read the following information:

- Each athlete competing with TYT this year will need to purchase the following 2 pieces: Black Compression bottoms and Grey compression top
- Our uniforms now come in YOUTH and ADULT sizing
- Please fill out the apparel order form and return it with your registration
- Attached at the bottom of this packet is a sizing guide that will help you determine the size that you will need to order. After looking at the guide, if you still have questions please contact me prior to placing your order.
- When you submit your registration your apparel order form you should select a top and bottom.
- Uniforms range from \$50.00-\$55.00 for both pieces.

Again, ALL 2015 Tigard Youth Track athletes will need to purchase this uniform. This will be what you wear at ALL meets.

Sweatshirts and sweats are an optional purchase and are not required.

I will notify everyone our apparel pick up date when we have all the printing done.



# USATF Membership Application

New Member  Renewal from previous year – USATF Number \_\_\_\_\_

Please print or type information

<b>Last Name</b>	<b>First Name</b>	<b>Initial</b>

**Address**

<b>City</b>	<b>State</b>	<b>Zip Code</b>

Sex M/F  Age Today  Date of Birth  (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen  Yes  No If no, country of Citizenship

Phone Number

Club No.  Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track  Field  Road Running/LDR  Cross Country  Ultra-Marathon  Mountain/Trail  Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

AT: Athlete  
DA: Disabled Athlete

PA: Parent

CH: Coach  
CD: Developmental  
C1: Coach – Level 1  
C2: Coach – Level 2  
C3: Coach – Level 3

OF: Official  
OA: Official – Association  
ON: Official – National  
OM: Official – Master

AD: Administrator  
FN: Fan

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application

(MM-DD-YYYY)

**IMPORTANT INFORMATION:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

**Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

## Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT

[www.usatf.org/membership](http://www.usatf.org/membership)

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

### MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to your local Association.

Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)



OPTION 2

**Adult Membership** (19 yrs & over) \$ \_\_\_\_\_  
 \$ 30.00 (1-year) \$ 80.00 (3-years)  
 \$ 55.00 (2-years) \$ 100.00 (4-years)

**Youth Membership** (18 yrs & under)  
 \$ 20.00 x \_\_\_\_\_ = \$ \_\_\_\_\_  
 [# of membership years]

**CONTRIBUTIONS (TAX DEDUCTIBLE)** \$ \_\_\_\_\_

Please direct my contribution to  LDR  Youth

Masters T & F  RW  Association Programs  
 Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.

# Volunteering and Refund Policies

## Volunteering

- All parents of athletes participating at our Home Meet on May 9<sup>th</sup> are required to volunteer **ALL DAY** (from the beginning of the meet through end of clean up). Again, all volunteer positions will be **ALL DAY** on May 9<sup>th</sup>! Both parents are required to volunteer.

\*\*\* If you've worked a TYT home meet in the past and you know what job you'd like to do please let me know on the space provided below: I will do my very *best* to accommodate everyone! For anyone new, I will contact you about available jobs!

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- Additionally, we will be asking for a 2 hr volunteer duty at the JO State meet June 27<sup>th</sup> or 28<sup>th</sup> location TBD  
(If your athletes are competing in this meet)

## REFUND POLICY for 2015

Refunds are available of an athlete's registration fee, less \$45.00 administration fee, if the request is made prior to the end of the first week of practice (April 8th 2015). After the first week of practice, refunds will NOT be allowed. USATF Registration (\$20.00) and Uniform/Merchandise purchases will NOT be refunded. Memberships that cannot be accommodated due to capacity/waitlist will be completely refunded.

**I agree to abide by the rules of TYT. I understand the **refund policy**. I understand that, with my athlete's membership, I assume responsibility of assisting with **volunteering** at the home meets that the club hosts and JO State.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Final Checklist PLEASE PRINT**

ATHLETE'S NAME:

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Please check off the following items as completed. Return the registration forms and checklist to Ryen Boyd to complete your 2015 Registration.

- ❖ 2015 Registration Form (please complete all information)

Registration is **\$150.00** - (this includes participation fee, TYT draw string bag for NEW Athletes and USATF membership fee)

Uniform orders are not included in the \$150.00 registration fee

- ❖ Apparel Order Form
- ❖ Medical release
- ❖ Birth Certificate (for NEW athletes only; copy only please)
- ❖ Relay Consent
- ❖ Volunteering and Refunds (signed by parent)
- ❖ USATF Membership Application

- ❖ Mail all Forms to:

Ryen Boyd  
7030 SW Kelsi Terrace  
Portland Oregon 97223  
503 730 9947

Parent or Legal Guardian Signature:

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## Information for NEW Athletes

- ❖ Registration fees are \$150.00, the uniform cost is NOT included in the base fee.
- ❖ Make your check out to Tigard Youth Track
- ❖ Mail your registration paperwork in beginning Monday January 12<sup>th</sup>
- ❖ Once I receive your registration I will see what space we have open in each age group. I will send you an email confirming your registration. Receiving an email with the subject line “2015 TYT Registration Confirmation” is your only acknowledgement to know you are registered for the 2015 season.
- ❖ I will send out a date shortly as to when you can pick up apparel. Typically that happens in March.
- ❖ The 2015 Track and Field schedule is a DRAFT and could change. If any changes occur I will alert the club ASAP.
- ❖ Each meet is optional for athletes to attend UNLESS your athlete is apart of a RELAY team. Coaches will address this more throughout the season.

## **2015 Oregon Track and Field Schedule**

\*\*\* This is subject to change at anytime; you will be notified by the club when it does

Saturday April 11<sup>th</sup>- All Relays Meet- Trinity Track Club at Canby HS

Saturday April 25<sup>th</sup>- BAC/Sherwood- Sherwood HS

May 2nd OPEN

Saturday May 9<sup>th</sup>- Tigard Youth Track Meet- Tigard HS

Saturday May 16<sup>th</sup>- Raptors Track Club- Milwaukee HS

Saturday May 23rd OPEN (High School OSAA Meet in Eugene)

Saturday May 30th- Salem Track Club Multi Event Meet- Salem Area

Sunday May 31st- Portland Track Festival – Liberty HS

Saturday June 6<sup>th</sup>- NW Invitational (Previously called NW Club) - Location

TBD

Saturday June 13<sup>th</sup>- EVTC Meet- South Eugene HS

Saturday June 20<sup>th</sup>- Central Oregon TC Meet- Summit HS Bend Oregon

Saturday July 18<sup>th</sup>- Inner City Steppers Meet- Jefferson HS

***Junior Olympic Meets:***

June 25-28 USATF JO State – Mt. Hood CC in Gresham

- Multi-Events 25<sup>th</sup> & 26<sup>th</sup>
- Track and Field 27<sup>th</sup> and 28<sup>th</sup>

Pre Registration Required

July 9<sup>th</sup>-12<sup>th</sup>- USATF JO Regionals – Jesuit HS Portland Oregon

- Must qualify at State to compete in this meet
- Pre- Registration required
- More details to follow

Monday- Sunday July 26-Aug 2<sup>nd</sup> USATF JO Nationals- Jacksonville FL

- Must qualify at Regionals to compete in this meet
- Pre-Reg Required

# 2015 Description of Meets

## **Developmental Meets - April - June**

This portion of the season is for all athletes to try as many events as they want before they are limited when we reach the Championship portion of the season.

Registration is simple as each athlete pays \$5.00 and then is able to select and sign up for his/her events the day of the meet. Athletes are encouraged to try as many as they can. You never know when they will find one they really love!

## **Championship Meets - June - July**

The Championship portion of the season requires athletes to select a specific number of events based on their age. These meets raise the intensity level of competition and begin the process of athletes qualifying for larger meets such as Regionals and Nationals. To compete in these meets you must be a registered member of USATF. If you do not have a membership, go to the following link: <http://oregon.usatf.org/Membership/Join.aspx>

## **NW Club Invite June 6th**

NW Clubs is a chance for bragging rights. This is our only "Scored" meet of the year where teams are awarded points based on where their athletes finish. Each year trophies are awarded to the top 2 teams and an Male and Female Track, and field athlete of the meet is selected. This is our state meet and is the First in a series of 3 that allows athletes to Qualify for the Junior Olympic National Championships.

Athletes are limited to the number of events they can compete in based upon their age. All Athletes in the 8 and under, 9-10, and 11-12 age groups are limited to 3 events. Relays are counted towards their 3 so keep that in mind as you register. Athletes in the 13-14, 15-16, and 17-18 are all allowed to compete in 4 events with relays counting towards this total. This meet requires online registration and does not require any specific qualifications.

Pre-Registration required; Information on how to register can be found on Coach O later in the season.

## **Oregon Association Junior Olympic Championships - June 25<sup>th</sup>-28<sup>th</sup>, Mt. Hood CC**

This is our state meet and is the First in a series of 3 that allows athletes to Qualify for the Junior Olympic National Championships. Athletes are limited to the number of events they can compete in based upon their age. All Athletes in the 8 and under, 9-10, and 11-12 age groups are limited to 3 events. Relays are counted towards their 3 so keep that in mind as you register. Athletes in the 13-14, 15-16, and 17-18 are all

allowed to compete in 4 events with relays counting towards this total. This meet requires online registration and does not require any specific qualifications.

Pre Registration required; Information on how to register can be found on Coach O later in the season.

## **Region 13 Junior Olympic Championships - July 9-12 Portland Oregon- Jesuit HS**

Meet 2 in the Championship series requires you to have finished in the top 8 at your age group in the Association Meet. This meet is where athletes Qualify for the Junior Olympic National Championships. Athletes may only register and compete in the events where they finished in the top 8 at the Association Meet. No new events can be added. This meet requires online registration and does not require any specific qualifications.

Pre-registration required; Information on how to register can be found on Coach O later in the season.

## **National Junior Olympic Championships - July 27-Aug 2nd Jacksonville FL**

The Final meet in the Championship series requires you to have finished in the top 5 at your age group in the Regional meet. Athletes may only register and compete in the events where they finished in the top 8 at the Association Meet. No new events can be added. This meet requires online registration and does not require any specific qualifications. Pre-registration required; Information on how to register can be later in the season on Coach O.

## FAQ for the 1<sup>st</sup> few weeks of practice

- **Practice Starts on March 31<sup>st</sup> at Tigard HS at 5:15-7:00 ISH ( see below for specifics on age groups)**
- Please arrive 20 minutes early each practice to get checked in and get a name tag. Check in will be in front of the Track Shed.
- Age Groups: 8 & Under, 9-10 and 11-12
  - Practice Monday, Tuesday & Thursday, 5:15-6:30 ISH
- Age Group: 13-14 and above
  - Practice Mon, Tues & Thurs 5:45- 7:00ISH
  - Wednesday practice is from 5:15-7:00
- Each athlete is required to wear a name tag for the 1<sup>st</sup> month
- If it is raining, we ask that the athletes wear a lightweight rain jacket rather than a hoody. The hoody gets very wet, cold and heavy. They don't offer the protection the kids need.
- Please dress warm every night during the colder months! Hats, gloves, ear protection etc. You can always remove layers of clothing.
- Bring your spikes to practice every night
- Athletes are to bring a water bottle every single night to practice
- Every single article brought to the track should be marked with your athletes name on it! Including drawstring bags, waterbottles and hoodys. Our lost and found was out of control last year!
- Parents of 8 & Unders and 9-10 athletes are asked to stay the entire practice. We find this to be helpful for the younger kids.
- All siblings must be supervised at all times during practice; only athletes are allowed on the track!!!
- Parking: Please Please Please park in the swim center parking lot! Do not try and find a space in the small parking lot by the track. It gets way too congested in this area!
- The week of the 1<sup>st</sup> track meet we will have a **FAQ Parent Meeting** on What your athletes can expect at their 1<sup>st</sup> track meet/ How parents can prepare. It will be held in the THS track stands. Time and Day will be sent out towards the beginning of the season
- If you have any questions, comments, concerns or anything else- please feel free to contact me (Ryen) at [tigardyouthtrackreg@gmail.com](mailto:tigardyouthtrackreg@gmail.com) or 503 730 9947

2015 USATF AGE DIVISIONS, by BIRTH YEAR & TYT  
PRACTICE TIMES

<u>AGE DIVISION</u>	<u>BIRTH YEAR</u>	<u>PRACTICE DAY/TIME</u>
8 & UNDER	2008-2007	M, T, TH, 5:15-6:30ish
9-10	2006-2005	M, T, TH, 5:15-6:30ish
11-12	2004-2003	M, T, TH, 5:15-6:30ish
13-14	2002-2001	MTTH, 5:45-7:00, W,
5:15-7:00		
15-16	1999-2000	MTTH, 5:45-7:00, W,
5:15-7:00		

PRACTICE SITE: Tigard HS Track, behind Swim Center  
Parking Lot

# Events by Age Divisions

## Age Division

### **8 & Under**

100m, 200m, 400m, 800m, 1500m, 4x100mRelay, 4x400mRelay, Long Jump, (Mini Javelin), Shot Put (2k)

### **9-10**

100m, 200m, 400m, 800m, 1500m, 1500mRW, 4x100mRelay, 4x400mRelay, Long Jump, High Jump, Shot Put (6lbs), Mini Javelin (300g), Triathlon (HJ, SP, 200m/400m)

### **11-12**

100m, 200m, 400m, 800m, 1500m, 1500mRW, 3000m, 4x100mRelay, 4x400mRelay, 4x800mRelay, 80m Hurdles, Long Jump, High Jump, Shot Put (6lbs), Mini Javelin (300g), Discus (1k), Pentathlon (80mH, SP, HJ, LJ, 800m/1500m)

### **13-14**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (6lbs/4kg), Javelin (600g), Discus (1k), Pole Vault, Pentathlon (100mH, SP, HJ, LJ, 800m/1500m)

### **15-16**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 2000m Steeplechase, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100/110m Hurdles, 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (12lbs/4kg), Javelin(800g/600g), Discus (1.6kg/1kg), Pole Vault, Hammer (12lbs/4kg), Heptathlon (girls)(day one-100mH, HJ, SP, 200m, day two- LJ, Javelin, 800m), Decathlon (boys) (day one- 100m, LJ, SP, HJ, 400m, day two-110mH, Discus, Pole Vault, Javelin, 1500m)

### **17-18**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 2000m Steeplechase, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100/110m Hurdles, 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (12lbs/4kg), Javelin(800g/600g), Discus (1.6kg/1kg), Pole Vault, Hammer (12lbs/4kg), Heptathlon (girls)(day one-100mH, HJ, SP, 200m, day two- LJ, Javelin, 800m), Decathlon (boys) (day one- 100m, LJ, SP, HJ, 400m, day two-110mH, Discus, Pole Vault, Javelin, 1500m)



# APPAREL SIZING CHARTS FOR UNIFORMS

## Sizing Chart for YOUTH Boys and Girls Compression Bottoms

*YOUTH BOY'S SIZING										
SIZE	HEIGHT	CHEST		WAIST		SEAT			WEIGHT	
XS	3'9 1/2"	4'2 1/4	25	26 1/2	22	23 1/2	24	26 1/2	40	55
S (6-8)	4'2 1/4"	4'7"	26 1/2	28	23 1/2	24 1/2	26 1/2	28 1/2	55	75
M (10-12)	4'7"	4'11"	28	30	24 1/2	25 3/4	28 1/2	30 1/2	76	95
L (12-14)	4'11"	5'3 3/4"	30	32 1/2	25 3/4	27 1/4	30 1/2	33 1/4	96	117
XL (18-20)	5'3"	5'5 1/4"	32 1/2	35	27 1/4	28 1/2	33 1/4	35 1/2	118	138

*MEN'S SIZING										
SIZE	HEIGHT	CHEST		WAIST		SEAT			WEIGHT	
XS	5'5"	5'7"	32	35	26 1/4	28 3/4	33 1/4	33 3/4		
S	5'7"	5'9"	35	38	28 3/4	31 1/2	35 3/4	38 1/4		
M	5'9"	5'11"	38	41	31 1/4	33 3/4	38 1/4	40 3/4		
L	5'11"	6'1"	41	44	33 3/4	36 1/4	40 3/4	43 1/4		
XL	6'1"	6'3"	44	47	36 1/4	38 3/4	43 1/4	45 3/4		
2XL	6'3"	6'5"	47	50	38 3/4	41 1/4	45 3/4	48 1/4		
3XL	6'5"	6'7"	50	53	41 1/2	43 3/4	48 1/4	50 3/4		
4XL	X	X	53	56	43 3/4	46 1/2	51	54		
5XL	X	X	56	60	46 1/2	50 1/2	54	58		

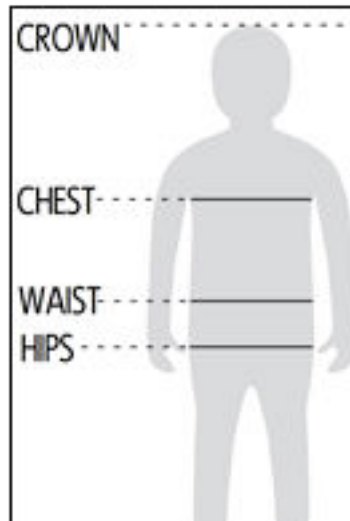
*YOUTH GIRL'S SIZING										
SIZE	HEIGHT	BUST		WAIST		HIP			WEIGHT	
XS	3'9"	4'2 1/4"	25 1/2	27	22 1/4	23 1/4	26	28	40	55
S (7-8)	4'2 1/4"	4'7"	27	28 1/2	23 1/4	24 1/4	28	30	53	69
M (10-12)	4'7"	4'11"	28 1/2	30 1/4	24 1/4	25 1/4	30	32 1/4	70	84
L (14)	4'11"	5'3 3/4"	30 1/4	32 1/4	25 1/4	26 1/4	32 1/4	35	85	95
XL (16)	5'3 3/4"	5'8 1/4"	32 1/4	34 1/4	26 1/4	27 1/4	35	37	95	

*WOMEN'S SIZING										
SIZE	HEIGHT	BUST		WAIST		HIP			WEIGHT	
XS (0-2)	5'1"	5'3"	30 3/4	33 1/4	22 3/4	25 1/4	33 1/4	35 3/4		
S (4-6)	5'3"	5'5"	33 1/4	35 3/4	25 1/4	27 3/4	35 3/4	38		
M (8-10)	5'5"	5'7"	35 3/4	38 1/2	27 3/4	30 1/2	38	41		
L (12-14)	5'7"	5'9"	38 1/2	41 1/2	30 1/2	33 1/2	41	44		
XL (16-18)	5'9"	5'11"	41 1/2	44 1/2	33 1/2	36 1/2	44	47		
2X (20)	5'11"	6'1"	44 1/2	47 1/2	36 1/2	39 1/2	47	50		
3X (22)	6'1"	6'3"	47 1/2	50 1/2	39 1/2	42 1/2	50	53		
4X (24)	X	X	50 1/2	53 1/2	42 1/2	45 1/2	53	56		
5X	X	X	53 1/2	56 1/2	45 1/2	48 1/2	56	60		

## Sizing Chart for YOUTH Boys and Girls Compression Top

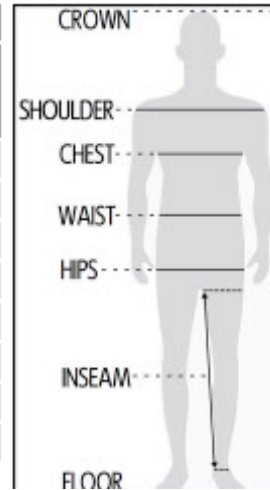


Nike Grade School Apparel - Boy's			
SIZE	AGES	CHEST	WAIST
XS	6-8	25.5"-26"	23.5"-24"
S	8-10	26"-27"	24"-25.5"
M	10-12	27"-29.5"	25.5"-27"
L	12-13	29.5"-32"	27"-28.5"
XL	13-15	32"-35"	28.5"-29.5"



**Sizing Chart for Adult Men's and Women's Core Compression Top**

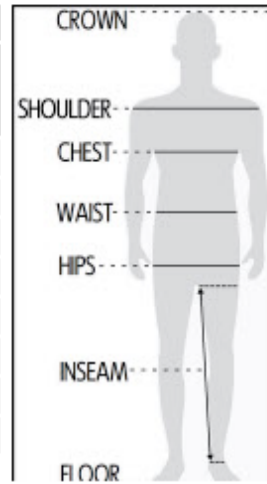
Nike Men's Apparel					
SIZE	CHEST	WAIST	REGULAR PANT INSEAM	SHORT PANT INSEAM	LONG PANT INSEAM
XS	32.5"-35"	26"-29"	32"	30"	34"
S	35"-37.5"	29"-32"	32.25"	30.25"	34.25"
M	37.5"-41"	32"-35"	32.5"	30.5"	34.5"
L	41"-44"	35"-38"	32.75"	30.75"	34.75"
XL	44"-48.5"	38"-43"	33"	31"	35"
2XL	48.5"-53.5"	43"-47.5"	33.25"	31.25"	35.25"
3XL	53.5"-58"	47.5"-52.5"	33.5"	31.5"	35.5"
4XL	58"-63"	52.5"-57"5"	33.75"	31.75"	35.75"



**Sizing Chart for ADULT Men's Compression**



Nike Men's Apparel					
SIZE	CHEST	WAIST	REGULAR PANT INSEAM	SHORT PANT INSEAM	LONG PANT INSEAM
XS	32.5"-35"	26"-29"	32"	30"	34"
S	35"-37.5"	29"-32"	32.25"	30.25"	34.25"
M	37.5"-41"	32"-35"	32.5"	30.5"	34.5"
L	41"-44"	35"-38"	32.75"	30.75"	34.75"
XL	44"-48.5"	38"-43"	33"	31"	35"
2XL	48.5"-53.5"	43"-47.5"	33.25"	31.25"	35.25"
3XL	53.5"-58"	47.5"-52.5"	33.5"	31.5"	35.5"
4XL	58"-63"	52.5"-57"5"	33.75"	31.75"	35.75"

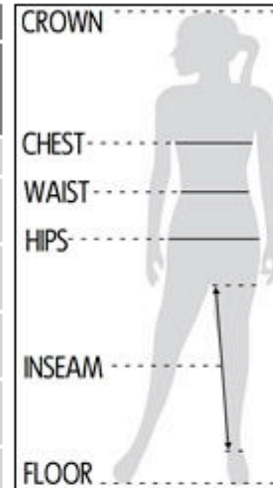


### Sizing Chart for ADULT Women's Compression

-Black shorts with a 8" inseam



Nike Women's Bottoms					
SIZE	WAIST	HIPS	PANTS INSEAM	SHORT PANT INSEAM	LONG PANT INSEAM
XS (0-2)	23.5"-26"	33"-35.5"	31.25"	29.25"	33.25"
SM (4-6)	26"-29"	35.5"-38.5"	31.25"	29.25"	33.25"
MD (8-10)	29"-31.5"	38.5"-41"	31.5"	29.5"	33.5"
LG (12-14)	31.5"-34.5"	41"-44"	31.5"	29.5"	33.5"
XL (16-18)	34.5"-38.5"	44"-47"	31.75"	29.75"	33.75"
XXL (20-22)	38.5"-42.5"	47"-50"	31.75"	29.75"	33.75"



**WAIST** - Measure around your waist where you normally wear your pants, keeping the tape horizontal.

**HIPS** - Standing with your feet together, measure around the fullest part of the hips, usually at the top of legs, keeping the tape horizontal.

**PANTS INSEAM** - Standing straight with your feet slightly apart, measure from just below your crotch to just below your ankle. You can also measure the inseam from a pair of pants that fit well. With the pants lying flat on a level surface, measure from the center seam in the crotch down the leg to the hem.

**SHORT PANT INSEAM** - Standing straight with your feet slightly apart, measure from just below your crotch to just below your ankle. You can also measure the inseam from a pair of pants that fit well. With the pants lying flat on a level surface, measure from the center seam in the crotch down the leg to the hem.

**LONG PANT INSEAM** - Standing straight with your feet slightly apart, measure from just below your crotch to just below your ankle. You can also measure the inseam from a pair of pants that fit well. With the pants lying flat on a level surface, measure from the center seam in the crotch down the leg to the hem.

If your measurements fall between two sizes, choose the smaller size for a tighter fit or the larger size for a looser fit.

If you don't have a tape measure, you can use a piece of string and measure it with a ruler.