

# Size Conversion Guide

PDST Size	2XS	XS	S	M	L	XL	2XL	3XL
Speedo	20-22	22-24	24-26	26-28	28-30	30-32	32-34	34-36

TO SIZE FOR MALES ~ SUIT SIZE SHOULD EQUAL WAIST SIZE\*

\*Measure about 1 inch Above Natural Waist or Just Above Hip Bone

## To select the right suit, first determine the activity for which you'll be wearing the swimwear most often:

Racing/High Performance swimming - which includes racing at either School, Club, or higher level.

Training/ Fitness - which includes activities such as training and lap swimming.

### Racing/High Performance Swimming

Competitive swimmers need high performance costumes that maximized speed in the water and improve glide times by reducing drag and increasing water flow. Many swimmers buy separate costumes for training and racing. For both training and racing, compression, resulting in a tight fit, is the key.

## Sizing

For training, buy your normal size, but realize that the fit will be snugger than that of a regular fashion costumer.

For racing, consider buying a racing/high performance swimwear at least one size smaller than your training costume.