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| **Shoe Sizing Help****Men to Women Track Spikes Conversion**Women shoes are made smaller than men. Women can wear a man’s size by subtracting 1.5 from their numeric size. For example, if you are a size 8 in women, you would subtract 1.5 from that and try a 6.5 in men sizes. This is the method that works for most people however feet are not universally the same so depending on the shape of your foot you may need a half size bigger or smaller.  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **USA** | **Men** | **3½** | **4** | **4½** | **5** | **5½** | **6** | **6½** | **7** | **7½** | **8** | **8½** | **9** | **9½** | **10** | **10½** | **11** | **11½** | **12** |
| **Women** | **5** | **5½** | **6** | **6½** | **7** | **7½** | **8** | **8½** | **9** | **9½** | **10** | **10½** | **11** | **11½** | **12** | **12½** | **13** | **14** |
| **Europe** | **Men** | **35.5** | **36** | **36.5** | **37** | **37.5** | **38** | **38.5** | **39** | **40** | **40.5** | **41** | **42** | **42.5** | **43** | **44** | **44.5** | **45** | **45.5** |
| **Women** | **35** | **35.5** | **36** | **37** | **37.5** | **38** | **38.5** | **39** | **40** | **40.5** | **41** | **42** | **42.5** |  | **44** |  |  |  |
| **U. K.** | **Men** |  | **3** | **3½** | **4** | **4½** | **5** | **5½** | **6** | **6½** | **7** | **7½** | **8** | **8½** | **9** | **9½** | **10** | **10½** | **11** |
| **Women** | **2½** | **3** | **3½** | **4** | **4½** | **5** | **5½** | **6** | **6½** | **7** | **7½** | **8** | **8½** | **9** | **9½** |  |  |  |

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| **Apparel Sizing Chart** |
| **Warm-up Unisex Jacket Sizes** |  |
| http://firsttothefinish.com/Images/spacer.gif |
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| --- | --- | --- | --- | --- | --- | --- | --- |
|   | XSM | SM | MED | LG | XL | XXL | 3XL |
| Reg/Tall Chest:  | 30-32 | 34-36 | 38-40 | 42-44 | 46-48 | 50-52 | 54-55 |
| Reg/Tall Neck:  | 13.5-14 | 14-14.5 | 15-15.5 | 16-16.5 | 17-17.5 | 17.5-18 | 18-18.5 |
| Reg Sleeve:  | 30.5-31.5 | 32-33 | 34-35 | 35-36 | 36.5-37.5 | 37.5-38.5 | 38.5-39.5 |
| Tall Sleeve:  |   |   |   | 36.5-37.5 | 38-39 | 39-40 | 40-41 |

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| http://firsttothefinish.com/Images/spacer.gif |
| **Unisex Warm-up Pant Sizes** |  |
| http://firsttothefinish.com/Images/spacer.gif |
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| --- | --- | --- | --- | --- | --- | --- | --- |
|   | XSM | SM | MED | LG | XL | XXL | 3XL |
| Waist:  | 22-24 | 28-30 | 32-34 | 36-38 | 40-42 | 44-46 | 48-50 |
| Inseam:  | 30 | 31 | 32 | 32 | 33 | 33.5 | 34 |

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| http://firsttothefinish.com/Images/spacer.gif |
| **Youth Warm-up Sizes** |  |
| http://firsttothefinish.com/Images/spacer.gif |
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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | SM | MED | LG | XL |
| Size:  | 6-8 | 10-12 | 14-16 | 18-20 |

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