

Sizing chart for women of average height (5ft 2.5" - 5ft 6.5") by Ysolda Teague - http://ysolda.com																		
CYC Standards	x-small		small		medium		large		1x		2x		3x		4x		5x	
Bust	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Waist	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54
High Hip	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Full Hip	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
Back Width	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5
Shoulder	4.5	4.6	4.7	4.8	4.9	5	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6	6.1	6.2
Top Arm	9.5	10	10.5	11	11.5	12	13	13.5	14	14.5	15.5	16	16.5	17	17.5	18	18.5	19
Wrist	5.5	5.5	6	6	6.5	6.5	7	7	7.5	7.5	8	8	8.5	8.5	9	9	9.5	9.5
Nape to Waist	16.25	16.5	16.75	17	17.25	17.25	17.5	17.5	17.75	17.75	18	18	18.25	18.25	18.5	18.5	18.5	18.5
Armhole depth	6.25	6.5	6.75	7	7.25	7.5	7.75	8	8.25	8.5	8.75	9	9.25	9.5	9.75	10	10.25	10.5
Sleeve Length	22	22.25	22.5	22.75	23	23.25	23.5	23.75	24	24.25	24.5	24.75	25	25.25	25	25.25	25	25.25

Sizing chart for women of average height (160cm - 170cm) - approx metric conversions by Ysolda Teague - http://ysolda.com																		
CYC Standards	x-small		small		medium		large		1x		2x		3x		4x		5x	
Bust	71.1	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	157.5
Waist	50.8	55.9	61.0	66.0	71.1	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2
High Hip	71.1	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	157.5
Full Hip	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	157.5	162.6
Back Width	30.5	31.8	33.0	34.3	35.6	36.8	38.1	39.4	40.6	41.9	43.2	44.5	45.7	47.0	48.3	49.5	50.8	52.1
Shoulder	11.4	11.7	11.9	12.2	12.4	12.7	13.0	13.2	13.5	13.7	14.0	14.2	14.5	14.7	15.0	15.2	15.5	15.7
Top Arm	24.1	25.4	26.7	27.9	29.2	30.5	33.0	34.3	35.6	36.8	39.4	40.6	41.9	43.2	44.5	45.7	47.0	48.3
Wrist	14.0	14.0	15.2	15.2	16.5	16.5	17.8	17.8	19.1	19.1	20.3	20.3	21.6	21.6	22.9	22.9	24.1	24.1
Nape to Waist	41.3	41.9	42.5	43.2	43.8	43.8	44.5	44.5	45.1	45.1	45.7	45.7	46.4	46.4	47.0	47.0	47.0	47.0
Armhole depth	15.9	16.5	17.1	17.8	18.4	19.1	19.7	20.3	21.0	21.6	22.2	22.9	23.5	24.1	24.8	25.4	26.0	26.7
Sleeve Length	55.9	56.5	57.2	57.8	58.4	59.1	59.7	60.3	61.0	61.6	62.2	62.9	63.5	64.1	63.5	64.1	63.5	64.1

All measurements are body measurements NOT garment measurements

Bust - measure around fullest part

Waist - measure around natural waistline

High Hip - measure around hip bones

Full Hip - measure around fullest part, generally 7-9" below waist

Back Width - measure between armhole seams

Shoulder - from neck to 'point' of shoulder bone

Top Arm - measure around upper arm at fullest part

Wrist - measure around at wrist bone

Armhole depth - depth from underarm to 'point' of shoulder bone

Sleeve length - measure from wrist to shoulder, length from wrist to underarm will depend on height of sleeve cap

