



## SwimmingSA State Teams Championship 2021 nomination form

I would like to nominate for the SwimmingSA team for the 2021 Australian State Teams Championships.

I would like to nominate for the following events. (Please note all requests will be awarded on the advertised criteria and this request does not guarantee acceptance for the event):

_____	_____	_____
_____	_____	_____
_____	_____	_____

Please note that your nomination is not binding and participants will have an opportunity to withdraw their nomination before the team is finalized on Tuesday the 24<sup>th</sup> of August.

All selections will be made in accordance with the State Teams Short Course Selection Criteria advertised on the Swimming SA website.

A fee of \$600.00 is due for all selected participants by the 29<sup>th</sup> of September.

As with all SwimmingSA teams and events' all selected swimmers will be required to sign and adhere to the SwimmingSA Code of Conduct whilst on this trip as well as complete the Sports Integrity Australia Antidoping fundamentals online training course prior to attending.

As part of this year's nominations, we are asking swimmers to also supply Swimming SA with the following uniform sizing to assist us in the ordering and supply of this year's uniform.

Using the attached uniform sizing charts, swimmers are asked to indicate sizes for the following items. (please note separate sizing chart for ISC items and the STC T-shirt)

ISC Hooded Jacket: \_\_\_\_\_ ISC Polo Top: \_\_\_\_\_ STC T-Shirt: \_\_\_\_\_

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Coach Signature

Please return this form to Cory Bampton in person at the State Short Course Championships or at [cory.bampton@sa.swimming.org.au](mailto:cory.bampton@sa.swimming.org.au) or by post at 443 Morphett Road Oaklands Park, 5046. By the end of the evening session Saturday 21<sup>st</sup> August.



State Teams T-Shirt Sizing

Unisex sex sizing in cms

	X - Small	Small	Medium	Large	X - Large	XX - Large	3X - Large	5X - Large
	XS	S	M	L	XL	2XL	3XL	5XL
Body Length	67.00	70.00	72.00	73.00	78.00	80.00	82.00	84.00
Half Chest	47.00	50.00	53.00	56.00	59.00	62.00	65.00	68.00

### SIZING FAQ

#### How do I choose the right size?

To measure your clothing size, please follow these simple instructions:

#### **A: CHEST/BUST**

Run a flexible tape measure across the fullest area of the chest/bust. Be sure to keep the tape measure horizontal.

#### **B: WAIST**

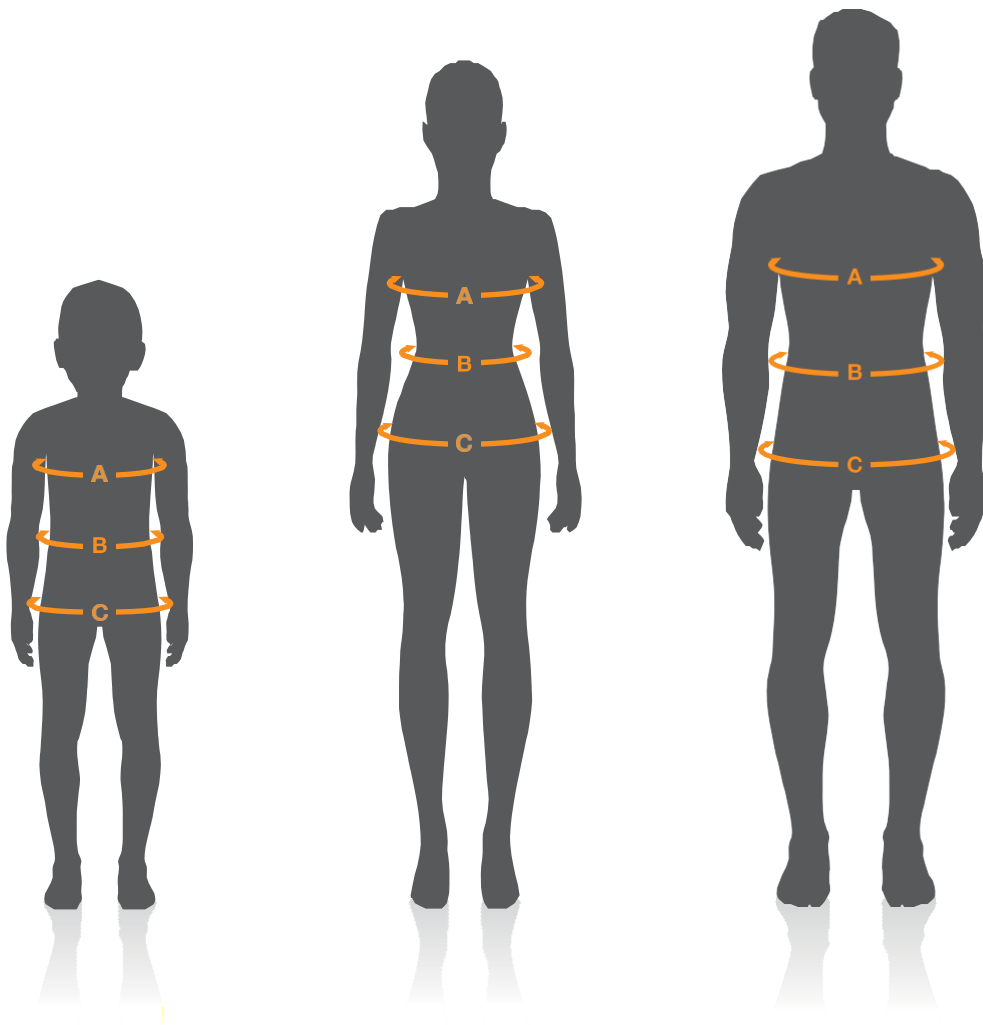
Wrap the tape measure around the narrowest part of the waist. Remember to keep the tape horizontal.

#### **C: HIPS**

Standing feet together, measure around the fullest part of the hips, holding the tape measure horizontally.

#### Between two sizes?

We'll choose the fit that's right for you. Do you like a tight fit? Go for the smaller size. Loving the looser fit? Go for the larger size.



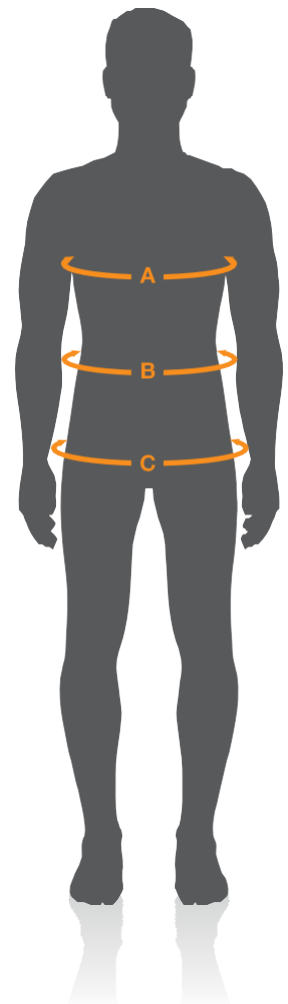
PLEASE NOTE: All measurements displayed are body measurements, not garment.  
Playing Jerseys and Guernseys have been designed as performance garments and as such are tight fitting.

### SIZE CHARTS - MENS

Please note that not all products are available in all listed sizes.

#### MENS TOPS

SIZE	A: CHEST		B: WAIST		C: HIP	
XS	33 - 35"	85 - 90cm	29 - 31"	75 - 80cm	35 - 37"	90 - 95cm
S	35 - 37"	90 - 95cm	31 - 33"	80 - 85cm	37 - 39"	95 - 100cm
M	37 - 39"	95 - 100cm	33 - 35"	85 - 90cm	39 - 41"	100 - 105cm
L	39 - 41"	100 - 105cm	35 - 37"	90 - 95cm	41 - 43"	105 - 110cm
XL	41 - 43"	105 - 110cm	37 - 39"	95 - 100cm	43 - 45"	110 - 115cm
2XL	43 - 45"	110 - 115cm	39 - 41"	100 - 105cm	45 - 47"	115 - 120cm
3XL	45 - 47"	115 - 120cm	41 - 43"	105 - 110cm	47 - 49"	120 - 125cm
4XL	47 - 49"	120 - 125cm	43 - 45"	110 - 115cm	49 - 51"	125 - 130cm
5XL	49 - 51"	125 - 130cm	45 - 47"	115 - 120cm	51 - 53"	130 - 135cm
6XL	51 - 53"	130 - 135cm	47 - 49"	120 - 125cm	53 - 55"	135 - 140cm
7XL	53 - 55"	135 - 140cm	49 - 51"	125 - 130cm	55 - 57"	140 - 145cm



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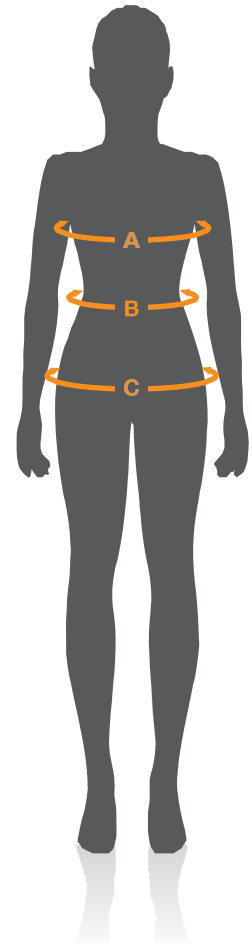
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### SIZE CHARTS - WOMENS

Please note that not all products are available in all listed sizes.

#### WOMENS TOPS

SIZE	A: BUST		B: WAIST		C: HIP	
8	33 - 35"	83 - 88cm	25 - 27"	63 - 68cm	36 - 38"	89 - 94cm
10	35 - 37"	88 - 93cm	27 - 29"	68 - 73cm	38 - 40"	94 - 99cm
12	37 - 39"	93 - 98cm	29 - 31"	73 - 78cm	40 - 42"	99 - 104cm
14	39 - 41"	98 - 103cm	31 - 33"	78 - 83cm	42 - 44"	104 - 109cm
16	41 - 43"	103 - 108cm	33 - 35"	83 - 88cm	44 - 46"	109 - 114cm
18	43 - 45"	108 - 113cm	35 - 37"	88 - 93cm	46 - 48"	114 - 119cm
20	45 - 47"	113 - 118cm	37 - 39"	93 - 98cm	48 - 50"	119 - 124cm
22	47 - 49"	118 - 123cm	39 - 41"	98 - 103cm	50 - 52"	124 - 129cm



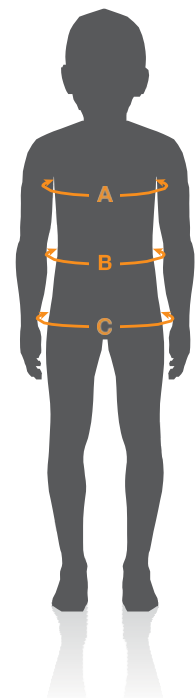
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### SIZE CHARTS - KIDS

Please note that not all products are available in all listed sizes.

#### KIDS TOPS

SIZE	A: CHEST		B: WAIST		C: HIP	
6	24.5 - 26"	62 - 66cm	22.5 - 23"	57 - 59cm	26 - 27.5"	66 - 70cm
8	26 - 27.5"	66 - 70cm	23 - 24"	59 - 61cm	27.5 - 29"	70 - 74cm
10	27.5 - 30"	70 - 76cm	24 - 25"	61 - 63cm	29 - 31.5"	74 - 80cm
12	30 - 32"	76 - 82cm	25 - 25.5"	63 - 65cm	31.5 - 34"	80 - 86cm
14	32 - 34.5"	82 - 88cm	25.5 - 26.5"	65 - 67cm	34 - 36"	86 - 92cm
16	34.5 - 37"	88 - 94cm	26.5 - 27"	67 - 69cm	36 - 38.5"	92 - 98cm



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