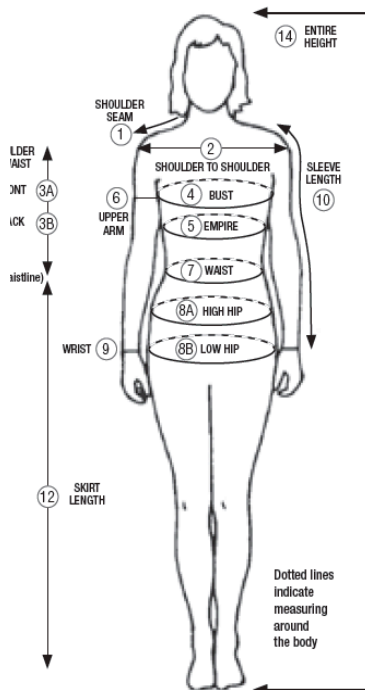


CONCERT GOWN MEASURING GUIDE

How do I find out which size to choose? Southeastern Performance Apparel makes it easy to figure out just which size is applicable to the individual performer. Clearly marked charts and specific measuring instructions can be found below. These instructions for sizing, although not fool proof, should be consulted when determining the best sizes to order. It is more important to match bust and waist measurements than it is to match the hip measurement in Chart B (below). If you have any questions, please contact Jenny Harris (HoHS IMB Uniform Committee Chair) at jennysingsbass@gmail.com or (410)788-4702.

How do I measure to find my size in your chart? The Southeastern Performance Apparel sizing chart will not match the typical garment sizing found in a store. Sizes found below are unique and reflect Southeastern Performance Apparel's 18-year history with performance fitting. You can rely on our experience in selecting the best size to order. For example, a size 06 dress from the Mall Dress Shop might not fit like our size 06 dress. And, the garments have a bit of ease built into the measurements, which allow for local alterations to be made, if necessary.

LADIES/GIRLS SPECIAL CUTS



- ① **Shoulder Seam:** Measure from side of neck to shoulder edge across top of shoulder.
- ② **Shoulder to Shoulder:** Straight across back, measure from one shoulder edge to the other shoulder edge.
- ③ **Shoulder to Waist:** (see diagram above)
A. Front - From side of neck (at top of shoulder) measure over the fullest part of the bust to waist.
B. Back - From side of neck (at top of shoulder) measure down the back to waist.
- ④ **Bust:** Measure around the fullest part of the bust, keeping the tape parallel to the floor.
- ⑤ **Empire Waist:** Under the bust, measure around the fullest part of rib cage with tape parallel to the floor.
- ⑥ **Upper Arm:** Measure around the fullest part of the upper arm.
- ⑦ **Waist:** Measure around the natural waist.
- ⑧ **Hips:** A. High - Five inches below waist, measure around the upper hip with tape parallel to the floor.
B. Low - Measure around the fullest part of the hips with tape parallel to the floor.
- ⑨ **Wrist:** Measure around the wrist over the wristbone.
- ⑩ **Sleeve Length:** With arm at side, measure from top of arm (at joint connecting arm to shoulder) down to the bend of the wrist.
- ⑪ **Underarm:** With arm outstretched parallel to the floor, measure from under arm to wrist.
- ⑫ **Skirt Length:** Measure from waist to the desired hemline, wearing shoes to be worn with dress. (Measure from the natural waist, even if dress ordered is not fitted at the waist.)
- ⑬ **Entire Height:** Measure from the top of the head to the floor, without shoes.
- ⑭ **Inseam:** Measure the inseam length.*
* Palazzo Pant only

LADIES/GIRLS

Last Name, First Initial	Shoulder Seam	Shoulder to Shoulder (Back)	Shoulder to Waist (Front)	Shoulder to Waist (Back)	Bust	Empire Waist (empire styles only)	Upper Arm	Waist	Hips (High)	Hips (Low)	Wrist	Sleeve Length	Under-arm	Skirt Length	Inseam	Entire Height (w/out shoes)
1.																
2.																
3.																
4.																

SUDENT NAME: _____ GRADE: _____ SIZE: _____

CHART B (Stretch Fabric)

ORDER SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Bust	29½-31	30½-33	32½-35	34½-36	35½-37	36½-39	38½-40	39½-41	40½-43	41½-44	43½-46	45½-48	47½-50	49½-52	51½-54
Waist	20½-22	22½-24	24½-26	26½-27	27½-28	28½-30	30½-32	32½-34	34½-35	35½-37	37½-39	39½-41	41½-43	43½-45	45½-47
Hips	30½-32	32½-34	34½-36	36½-37	37½-38	38½-40	40½-42	42½-43	43½-44	44½-46	46½-48	48½-50	50½-52	52½-54	54½-56
Length/Knee	24	24	24	24½	24½	25	25	26	26	26	26	26	26	26	26
Length/Long	40½	41	41	41½	41½	42	42	43	43	43½	43½	44	44	44½	44½

"Talls" add \$3.00/each. (See "For TALLS Only" below)

"Special Cut" Dresses add \$30.00/each. (See "For SPECIAL CUTS Only" Instructions)