

# BLUE SEVENTY



**TRIATHLON 2022-23**





## WE MAKE SWIMMERS

There isn't a second that goes by when we're not thinking about you. How you eat, breathe, train, play, suffer and celebrate. How swimming is a big part of what makes you tick.

Aptly named because 70% of the earth is covered in water, we make products that empower swimmers to achieve everything they're capable of. Since 1993 we've had the same obsession. We design, test, refine, and craft products using superior materials and revolutionary details that equate to comfort, freedom from restriction and ultimately a competitive advantage in the water.





## OUR DESIGN PHILOSOPHY

Our design philosophy is simple - to create products that help swimmers reach their full potential. During our development process we obsess over stroke rates, collar heights, upper body restrictions, center of buoyancy, and countless other things that help create the delicate balance between fit, material and design.

Our testing includes world champion athletes, novice swimmers and those standing next to you at the start line. Their feedback is crucial in helping us create the best products on the market. We design, create, test and collect data from countless hours of swimming. If it doesn't meet our standards it goes back to the design room and the process starts again. This attention to detail, paired with our passion for swimming is why people who want to achieve their very best choose Blueseventy.



# WETSUITS

There's nothing like swimming in the open water. Each swim is rewarded with fresh air, beautiful scenery, and the completion of an adventure unlike any other. Our suits are methodically constructed and tested to help you feel like you can swim forever.





# HELIX

The 7th version of the Helix is hands down the best yet. We've maintained the legendary fit and feel that defines the Helix while improving the paneling to encourage rotation and increase distance per stroke. Premium Yamamoto neoprene and liner materials combined with cutting edge design creates the fastest and most comfortable wetsuit you've ever worn.





# HELIX



## **Torsion Stretch Technology (TST):**

The distinct blue shoulders and back are designed to offer the ultimate flexibility throughout your full range of motion.

## **Distance Per Stroke:**

Improved paneling across the back increases reach to maximize distance per stroke.

## **Natural Rotation:**

Updated paneling and construction methods enhance body rotation naturally.

## **Layered Insulation Foam Technology:**

LIFT technology uses ultra buoyant foam sandwiched between the outer and inner layers on the back of the legs to improve body positioning.

## **Aqua Feel Catch Panels:**

Hydrophobic, permeable textile catch panels return the feel for the water.

## **The Insides Count:**

Extremely flexible, 100% nylon ultra-stretch jersey is lighter and stretchier compared to other suits.

## **Quick Exit:**

Improved lower leg design decreases suit removal time to speed through transition.

## **Reverse Zipper:**

Eliminates chafing at the neck due to the position of the zipper head and allows for a lower more comfortable collar.





## Premium Materials

All Blueseventy wetsuits are crafted with premium Yamamoto eco-friendly limestone neoprene. This supple and flexible neoprene forms the foundation of our highly honed patterns. Extremely flexible and soft liners sit comfortably against your skin.

## Fit & Comfort

We strive to create the best fitting, fastest wetsuits on the planet, and years of design and testing have yielded one of the largest size ranges and best fitting suits possible. Our women's line has been expanded to fit every body, ensuring all swimmers can find their perfect fit with Blueseventy.

## Speed Above All Else

Every suit is crafted to produce the most speed and perform at the highest level possible. We agonize over every detail in order to create a wetsuit that will enhance your swim and help you achieve your personal best.





# REACTION



**Our all time best selling wetsuit gets the upgrades needed to keep it at the top of it's category.**

Following the design of our elite level Helix suit, the paneling in the upper body of the updated 2022 Reaction has been redesigned to encourage natural body rotation and increase distance per stroke. These features, combined with a lowered neckline and shortened cuffs, create a suit that delivers everything you need for training and racing.



# REACTION

## Reactive Stretch Technology (RST):

Thinner neoprene around the back and shoulders has been refined to not only offer great flexibility, but also optimizes the swimmer's natural rotation and improves distance per stroke.

## Flexibility is Key:

S-Flex side panels make the wetsuit easier to put on, more comfortable and allow for optimal fit.

## S-Grip Forearm Panels:

Textured forearm panels provide a better feel for the water and add grip in the propulsion phase of your stroke.

## Quicker Entry & Exit:

We reduced the size of the wrist cuffs to make it easier to get in and off, especially over a large watch. Quick exit legs allow you to kick off the suit for faster transition times.

## REACTION SLEEVELESS

Offers the performance and buoyancy of the Reaction fullsuit with complete freedom across the arms and shoulders. Great for warmer water, the sleeveless design offers better core temperature regulation through the open arm holes.





# CONQUER THE COLD

## THERMAL REACTION

Our flagship suit for very cold water. It is crafted on the same platform as its warmer water twin, but fully lined with our mid-weight zirconium jersey for enhanced protection in frigid temperatures. This unique liner dries fast, minimizes weight and offers excellent flexibility.



## Thermal Accessories

Increase comfort during very cold water swims by covering your extremities and improving overall warmth without affecting your swim.





# FUSION

Updated for 2023, the Fusion redefines what a beginner level suit should be. Integrated seamless shoulder design from our higher end wetsuits, paired with #39 cell Yamamoto neoprene throughout the entire suit maximizes flexibility and comfort. See why the all new Fusion is a suit that punches well above it's weight class.

## Premium Materials:

Upgraded #39 cell Yamamoto neoprene is paired with premium liners to maximize flexibility throughout the entire wetsuit.

## Breathe Easy:

A lowered neckline improves comfort and minimizes chafing without compromising the seal to prevent water entry.

## Seamless Shoulders:

Single panel shoulder design maximizes the flexibility of the neoprene for an effortless more efficient stroke.

## Quick Exit:

Flexible panels at the ankle allow the suit to slide off easily without catching your heel.

## Comfort and Speed:

Thinner side panels for a better fit are paired with a fully SCS coated suit for maximum performance and durability.





# SPRINT

We are renowned for our fit, and years of experience have gone into making the Sprint the most comfortable entry level suit on the market, so you can focus on swimming and not what you are wearing. Updated for 2023, the entire wetsuit features more flexible Yamamoto #39 cell neoprene and is fully SCS coated.

## Flexibility:

Premium #39 cell Yamamoto neoprene paired with super stretch jersey arm gussets offer the most flexibility in an entry level suit.

## Durability:

SCS coating on the entire suit creates a strong hydrophobic barrier which increases speed and durability.

## Lower Neckline:

Lower neckline design improves comfort and can reduce chafing.

## Fast Transition:

Exit the suit quickly with easy out ankles designed to slide off without catching on your heel.





# GLIDE

You asked for it and we delivered. Our newest entry level offering is a simple sleeveless, shorty suit that provides the swimmer with warmth, buoyancy and security.

## Comfort:

A shorty, sleeveless style suit offers complete freedom in the arms, and less restriction in the legs. Lowered neckline improves comfort and minimizes chafing.

## Quick Entry & Exit:

Short legs make getting the suit on properly very easy, and it's a breeze to get out of.

## Durable:

SCS Coating on the lower body adds durability to the high quality neoprene.





# ALLIANCE

Welcome to the SwimRun movement where you're only as strong as your weakest link. The Alliance is designed to give you the edge in and out of the water, producing faster swim splits, greater levels of comfort on the run and protection from the elements. This suit proves your blueseventy suit shouldn't have to sacrifice speed in the water for speed on land.

## Front Zipper:

Extended front zipper allows you to unzip on the run and keep your body temperature in check when out of the water.

## Rugged Rubber:

Built with exceptionally durable neoprene the Alliance wetsuit is designed to withstand the most rugged SwimRun conditions.

## Pockets:

Two internal front pockets and one back pocket allow you to easily carry nutrition and gear with ease and comfort.

## Tether Loops:

Built in loops make tether quick and easy.

## Short Legs:

Short cut legs provide buoyancy during the swim without restricting movement during the run.

## Customizable Arms:

Fully taped seams in the arms allow you to trim the sleeves without compromising the suit.







# TORPEDO

## Youth Wetsuit

Kids are always watching, and learning by example. So when it's their time, they are ready. Before you know it, they are flying by on your side. Tailored for ages 8 to 12 years old, with all the benefits of warmth, buoyancy, and safety, the Torpedo is just right to take young athletes from the pool to the open water.

### Maximum Flexibility:

Yamamoto neoprene and super stretch jersey arm gussets optimize flexibility throughout the suit.

### Durable:

SCS coating on the arms, legs and torso creates a hydrophobic layer that increases speed and adds durability.

### Quick Exit Legs:

Super stretch jersey panels at the ankle allow for easier exit.





# SWIMSKINS

It didn't take long for the PZ4TX to earn the prestigious title of first out of the water in Kona. On the other hand, it was a long journey to get there. Ten years of flume testing, research and development. The result? A combination of hydrophobic fabrics and welded seams that reduce surface drag while compressive properties improve swimming position and athlete performance. All this while adhering to intense textile regulations.





# SWIMSKINS

## PZ4TX



### Low Drag:

Folded and bonded sealed edges reduce chafing, pressure points and provide a smooth surface flow in the water.

### Equilibrium:

White heat reflective fabric provides optimal thermoregulation, which allows the body to maintain its core internal temperature.

### Advanced Fabrics:

A combination of hydrophobic fabrics and welded seams reduce surface drag while compressive properties improve swimming position and athlete performance.

### Locking Zipper:

Advanced YKK auto locking zipper (no string or lanyard needed). This unique zipper system reduces drag, is faster to remove and due to its light weight and flexibility, is more comfortable.

## PZ4TX+

Sleeves add compression and improve hydrodynamics, especially when wearing a sleeved tri-suit.



## PZ2TX

We obsess over details. So while the PZ4TX features the very best in design and technology, the PZ2TX is competitive suit that provides an advantage at a lower price point. Despite a more simple design the PZ2TX still features a locking zipper and hydrophobic fabrics with welded seams to give any swimmer an advantage when wetsuits aren't allowed on race day.





# SWIMWEAR

You asked for it; we delivered. Our much sought after training swimwear line returns with updated prints on the same comfortable, ultra durable fabric that made previous generations of Blueseventy swimwear a favorite among athletes of all levels.

With classic colors and new bold prints, our redesigned 2022 practice swimwear will give every swimmer the motivation and confidence to swim their best.





# SWIMWEAR

## Women's Racerback

A classic fit offering support and coverage where you need it. Super soft Darwin fabric offers compression with four way stretch, and feels fabulous against the skin.

- Super soft, chlorine resistant fabric.
- 100% polyester lining throughout the entire suit.
- Wide back and shoulder straps for better bust and shoulder support.
- Medium leg height with more modest rear coverage.



### Classic Black, Navy & Speed Blue block solids.

Women's size range is designed to accomodate all swimmers from Youth to Adult.

Sizes available: W26, W28, W30, W32, W34, W36, W38, W40.

### Prints include Midnight Roses, Blue Trio, Aqua Panda, Azteca and Electric Maze.





# SWIMWEAR

---

## Men's Briefs

Let's keep it brief. These are the most comfortable swim briefs out there. The Blueseventy Men's Brief is designed with fuller sides for versatility and comfort, and crafted with Darwin fabric for the ultimate performance and softness.

- Super soft, chlorine resistant fabric.
- 100% polyester lining.
- Fuller sides offer a more versatile fit
- Elastic waistband and drawstring keep the suit in place.



**Classic Black, Speed Block (Blue) & Salt Water (Navy) solids.**

Men's size range is designed to accomodate all swimmers from Youth to Adult.  
Sizes available: M26, M28, M30, M32, M34, M36, M38, M40.



# SWIMWEAR

## Men's Jammers

Blueseventy Men's Jammers provide hip to knee coverage with a wide waistband and elastic leg opening for added comfort. A drawstring in the waistband ensures a snug, comfortable fit.

- Super soft, chlorine resistant fabric.
- 100% polyester lining.
- Complete hip to knee coverage with a secure fit.
- Elastic waistband and leg openings with drawstring keep the suit in place.



**Classic Black, Salt  
Water (Navy) &  
Speed Block (Blue)  
Solids.**



**Aqua Trio and Aqua  
Dot Split Print Jammers**





# GOGGLES

Our vision: develop the best possible range of lenses and frame pairings with the most comfort, security and clarity in styles that turn heads.

All Blueseventy goggles are designed to offer a leak free fit on a wide range of faces. Our lenses all feature an anti-fog coating and are available in a variety of colors or finishes.



# GOGGLES



## Contour

Our most popular goggle among athletes swimming to compete in the pool or open water. The Contour features the latest hydrodynamic molding for optimal performance in the water. A unique soft gasket extends past the temples to minimize drag by creating a super low profile fit on your face. Fluid, curved lenses provide wrap-around vision and stay securely in place.



## Vision Plus<sup>zz</sup>

The newest goggle to the Blueseventy line carries on the tradition of our popular soft lens vision range, but with increased coverage. It features a 180° view from curved wide angle lenses with an oversized soft gasket that is flexible enough to fit most faces. This is an ideal goggle for swimmers with large faces or looking for maximum coverage.





# GOGGLES

## Hydra Vision

The Hydra Vision goggle is built with the latest soft frame technology with emphasis on visibility. It features improved hydrodynamics in the water with an integrated strap adjustment and a unibody nose bridge that keeps the curved lenses close to the face.



## Flow

Designed for comfort and performance, the Flow Goggle features a fit that is second to none. A super secure, soft and flexible gasket forms to your face to provide a comfortable fit and leak free seal while swimming. Low profile design and crisp lenses create crystal clear vision in the water and produce low drag.





# GOGGLES

## Element

The Element Goggle combines the features that make our open water goggles so comfortable with the low-drag socket a competitive pool swimmer expects. A high quality soft silicone gasket is attached to a traditional flat lens to make the Element a durable goggle that will hold up over many races and hours of practice use.

## NR2

Designed to handle the demands of competitive swimmers, the NR2 goggle features a low-profile design perfect for racing and training. The liquid silicone injected gasket enhances a classic, dynamic fit that is soft and secure. The lightweight and compact frame is joined by a premium engineered anti-fog lens that delivers razor-sharp optics.





# BAGS

## Destination Bag NEW!

Epic adventures call for spacious bags to organize and haul all of your gear. Our 47L Destination Bag includes an innovative expandable top pocket to hold up to 10L of gear, as well as a 10L bottom compartment to separate wet gear from the 27L main compartment. The bag also features two large stretch-woven side pockets for water bottles and nutrition, four zipper pockets for security and organization as well as quick access to essential items. The main compartment has a lap top pocket which fits most 15 inch laptops and two side pockets to organize and separate smaller items. Think of this bag as your personal sherpa.



## The Swim Bag NEW!

Introducing your new favorite swim bag. At 45 liters it's the perfect size to hold all of your swim accessories without feeling too bulky. The Swim Bag features a wide zippered top that opens into a large inner compartment, two side pockets, a small front zippered pocket, and a ventilated pouch for wet swimwear. Oversized, easy to use zipper pull loops and spring loaded clips for hanging wet suits or goggles complete this Blueseventy staff favorite.





# BAGS

## Transition Bag

Holds everything you need on race day, yet is compact enough that you won't feel like you're setting off on an expedition. The large insulated bottom section separates wet gear from the main compartment. Two expandable side water bottle holders and four smaller zipped pockets for essential items. An oversized and expandable elastic front pocket can hold a helmet and additional gear. Featuring a top load design, fully loaded this bag fits all airline carry-on requirements. Top compartment 30L, bottom wet compartment 10L.

## Buddy Bag & Buddy Bag Plus

The Buddy Bag improves your visibility in the water, keeping you safe from boat traffic and easy to see from shore. The inside dry compartment allows you to easily carry small items while you swim. Total volume of the Buddy Bag is 15L.

The Buddy Bag Plus offers all the same features as the standard model, and includes an LED light to enhance your visibility during darker, morning or evening swims. The LED offers a solid mode in three brightnesses, as well as a blinking mode.





# APPAREL

## Perfect Parka

Keep warm before and after your swim with this cozy, fleece lined parka. The Perfect Parka is a long, loose fitting, water resistant coat. Includes two zippered side pockets, an interior pocket and a high quality YKK two way zipper.



## Running Tech T-Shirt

Retro styling with a modern fit make this shirt a perfect classic.

Comfortable lightweight technical fabric falls perfectly in cuts designed for men and women. Breathable and long in length means you stay cool and never have to worry about it riding up.

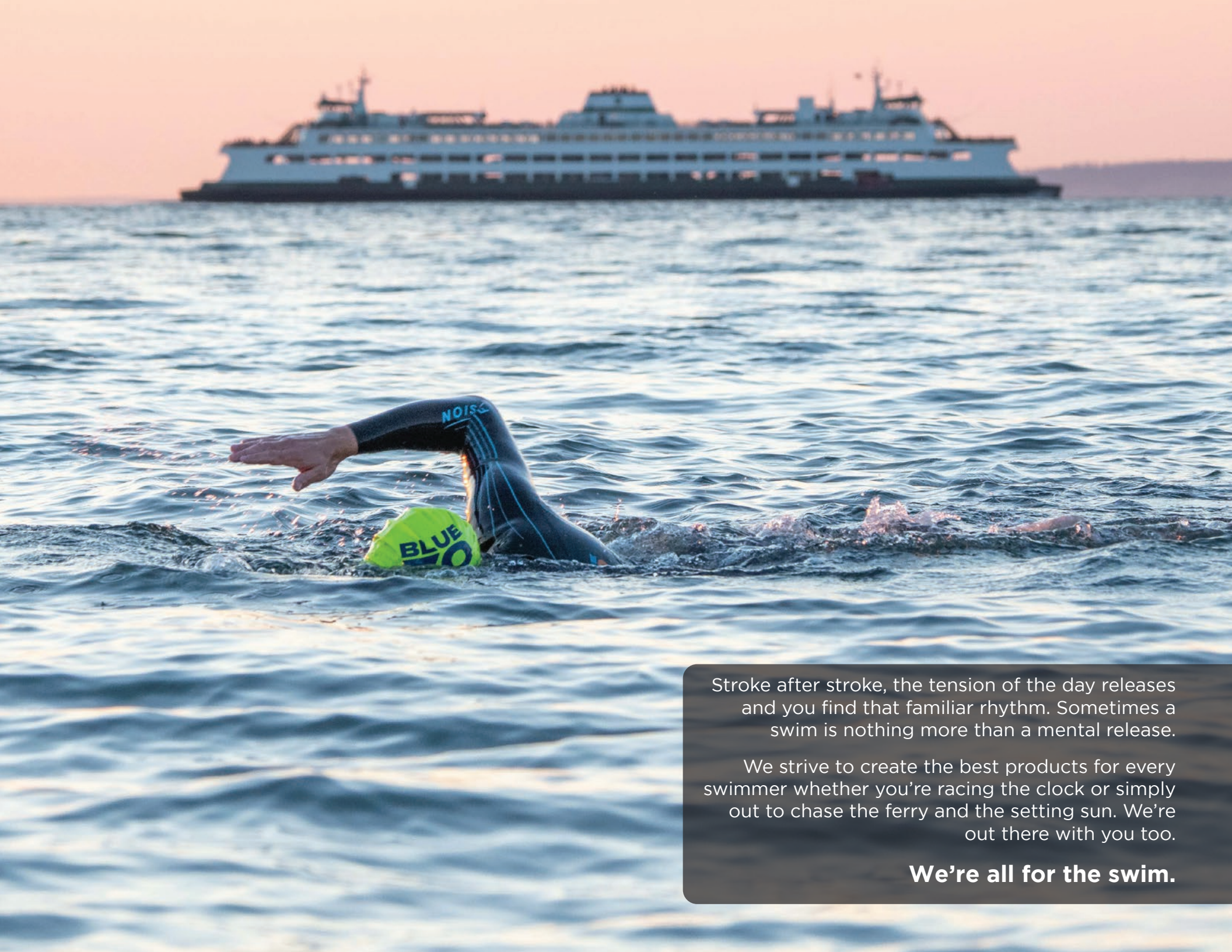


## Running Trucker Hat

This technical trucker keeps you cool and comfortable running at any pace. Designed with a structured front like standard truckers, but featuring a laser cut cool mesh back and easy to adjust velcro closer for comfort, this hat is perfect for any run, walk or day at the lake.







Stroke after stroke, the tension of the day releases and you find that familiar rhythm. Sometimes a swim is nothing more than a mental release.

We strive to create the best products for every swimmer whether you're racing the clock or simply out to chase the ferry and the setting sun. We're out there with you too.

**We're all for the swim.**



# EQUIPMENT

Born out of our simple desire to create products that help swimmers reach their full potential in any swimming condition, our line of accessories offers something for everyone.

Whether you're turning lap after lap in the pool, looking for more visibility in the open water, or just trying to keep warm on the coldest of days, you'll have what you need in our swimming equipment.





# EQUIPMENT

## LIFT Short **NEW!**

The all new LIFT Short updates our buoyancy short offerings by mimicking the fit of our iconic HELIX wetsuit. The improved fit and addition of L.I.F.T panels for maximum buoyancy creates the best performing “wearable pull buoy” we’ve designed.

Features: Higher waist for optimized fit, NBR Foam panels for increased buoyancy and varying thickness neoprene to encourage proper rotation while swimming.



## Sprint Short

The Sprint Short provides buoyancy for your hips and legs while swimming. A perfect training tool for triathlete's pool training or looking to simulate the lift of a wetsuit, or swimmers seeking a versatile alternative to a pull buoy.

Crafted from buoyant Yamamoto neoprene with SCS coating for durability, the Sprint Short can help improve distance per stroke, speed and body positing during training.





# THERMAL ACCESSORIES

Conquer the Cold

## Adjustable Thermal Cap

Our extremely popular Thermal Cap has been re-designed with an adjustable chin strap. High quality Yamamoto neoprene paired with our thermal zirconium lining creates a cozy cover to keep your head warm on the coldest swims.



## Thermal Headband

The new Thermal Headband protects your forehead and ears during chilly swims while regulating heat through an open top. Fully adjustable velcro closure and no neck strap equal the ultimate comfort.



## Thermal Socks & Gloves

High quality Yamamoto neoprene paired with the thermal zirconium lining socks and a metal cell liner in the gloves aid to keep you warm and swimming longer in cold water temperatures. Long cuffs tuck neatly under your wetsuit to create a better water seal.





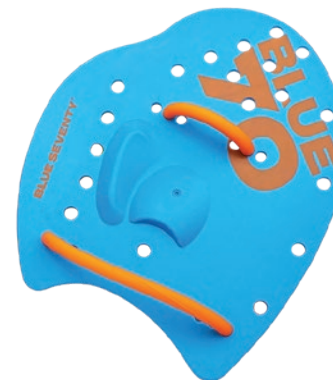
# EQUIPMENT

## Synergy Pool Accessories

Your classic pool training accessories with blueseventy flair.

High quality EVA foam pull buoy and kickboard for focused strength.

Paddles offer multiple holes for water pass through and to allow custom strap placement.





# EQUIPMENT

## Calf Sleeves

Super buoyant 7mm neoprene helps lift heavy legs while swimming. A perfect addition to the Alliance suit during SwimRun events, these are also a great pool training tool to keep your body in a streamlined swimming position.



## Race Day Essentials

Quickly attach your race bib during transition with our comfortable, wide race belt.

Keep your timing chip secure and your ankle comfortable with your own, soft neoprene timing chip strap. Secure velcro closure prevents accidental loss while swimming.



## Toe Covers

Neoprene toe covers keep your feet warm in the harshest riding condition. Block the cold, wet and wind with these easy to slip on shoe covers.





# SIZE CHARTS





# WETSUIT SIZE CHART

## How to find your size:

Start with your weight, then match your height. If your weight falls across multiple sizes, use your height to determine the best one. If your height and weight are on the border between two sizes choose a larger size for a more comfortable fit or the smaller size for better performance but a tighter fit.

**Men:** the "T" (Tall) sizes offer a longer torso with the same dimensions as the standard size. These sizes work best for a more taller, lean body type.

**Women:** the "A" (Athena) sizes offer a larger size for a shorter frame, allowing women with more curves to comfortably find a good size.

**If your height and weight do not correspond to one size, use these guidelines for sizing or up down:**

If you're taller than the recommended sizes for your weight, choose the closest size based on height.

If you're shorter than the recommended sizes for your weight, choose the closest size based on weight.

## MENS

	SIZE	XS	SM	SMT	M	MT	ML	L	XL	XXL
IMPERIAL	HEIGHT (ft/in)	4'10" - 5'3"	5'4" - 5'7"	5'8" - 6'1"	5'8" - 6'1"	5'11" - 6'4"	5'9" - 6'3"	5'11" - 6'4"	6'0" - 6'7"	6'0" - 6'7"
	WEIGHT (lbs)	121 - 143	141 - 161	150 - 164	158 - 180	160 - 182	176 - 195	192 - 215	209 - 235	230+
	BUILD	extra small	small	small/tall	medium	medium / tall	medium / large	large	extra large	2x large
METRIC	HEIGHT (cm)	147 - 160	162 - 170	172 - 185	172 - 185	180 - 193	175 - 190	180 - 193	183 - 200	183 - 200
	WEIGHT (kg)	55 - 65	64 - 73	68 - 74	71 - 81	72 - 82	80 - 88	87 - 98	95 - 107	104+

## WOMENS

	SIZE	WXS	WS	WMS	WM	WMA	WML	WL	WLA	WXLA
IMPERIAL	HEIGHT (ft/in)	4'7" - 5'1"	4'10" - 5'3"	5'0" - 5'5"	5'3" - 5'9"	5'3" - 5'9"	5'5" - 5'11"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"
	WEIGHT (lbs)	98 - 112	108 - 121	117 - 132	123 - 141	145 - 167	139 - 154	145 - 165	165 - 190	185+
	BUILD	extra small	small	medium/small	medium	medium / athena	medium / large	large	large/athena	xl/athena
METRIC	HEIGHT (cm)	139 - 155	147 - 160	152 - 165	160 - 175	160 - 175	165 - 180	170 - 183	170 - 183	170 - 183
	WEIGHT (kg)	45 - 51	49 - 55	53 - 60	56 - 64	66 - 76	63 - 70	66 - 75	75 - 86	84+

## TORPEDO

	IMPERIAL (in/lbs)			METRIC (cm/kg)		
SIZE	SM	M	L	SM	M	L
CHEST	27	28	31	67	71	79
WAIST	23	24	26	59	61	66
HEIGHT	53	57	60	135	145	152
WEIGHT	67	79	98	30	36	44

## SIZING TIPS:

### COMFORT vs PERFORMANCE

• Our wetsuits are meant to fit like a second skin - aka tight. A performance fit will be compressive and tight and may feel uncomfortable on land. If you are near the top of a size recommendation and prefer a more comfortable fit, size up.

### REACTION

• If your height and weight fall right between two sizes we recommend sizing down as the added side flex and fit panels can make this suit feel roomier.





# ALLIANCE SIZE CHART

## How to find your size:

Start with your weight, then match your height. If your weight falls across multiple sizes, use your height to determine the best one. If your height and weight are on the border between two sizes choose a larger size for a more comfortable fit or the smaller size for better performance but a tighter fit.

### If your height and weight do not correspond to one size, use these guidelines for sizing or up down:

If you're taller than the recommended sizes for your weight, choose the closest size based on height.

If you're shorter than the recommended sizes for your weight, choose the closest size based on weight.

## MENS

SIZE	SM	M	ML	L	XL
<b>IMPERIAL</b> HEIGHT (ft/in)	5'4" - 5'9"	5'8" - 6'1"	5'11" - 6'3"	6'0" - 6'7"	6'0" - 6'7"
<b>IMPERIAL</b> WEIGHT (lbs)	141 - 165	162 - 187	180 - 198	192 - 220	209+
<b>BUILD</b>	small	medium	medium / large	large	extra large
<b>METRIC</b> HEIGHT (cm)	162 - 175	172 - 185	180 - 191	183 - 201	183 - 201
<b>METRIC</b> WEIGHT (kg)	64 - 75	73 - 85	82 - 90	86 - 100	95+

## WOMENS

SIZE	WS	WMS	WM	WML	WL
<b>IMPERIAL</b> HEIGHT (ft/in)	4'10" - 5'3"	5'0" - 5'5"	5'3" - 5'9"	5'6" - 5'11"	5'7" - 6'0"
<b>IMPERIAL</b> WEIGHT (lbs)	108 - 121	117 - 132	123 - 141	139 - 154	145 - 165
<b>BUILD</b>	small	medium/small	medium	medium / large	large
<b>METRIC</b> HEIGHT (cm)	147 - 160	152 - 165	160 - 175	167 - 180	170 - 183
<b>METRIC</b> WEIGHT (kg)	49 - 55	53 - 60	55 - 64	63 - 70	66 - 75

### SIZING TIPS:

- If your height and weight fall between two sizes, we recommend that you choose the larger size as the front zipper can make the chest feel more restrictive than a standard back zip wetsuit.
- Height is less important with this wetsuit since it has short legs, use weight as the main driver for choosing the best size.



# GLIDE SIZE CHART

## How to find your size:

Start with your weight, then match your height. If your weight falls across multiple sizes, use your height to determine the best one. If your height and weight are on the border between two sizes choose a larger size for a more comfortable fit or the smaller size for better performance but a tighter fit.

### If your height and weight do not correspond to one size, use these guidelines for sizing or up down:

If you're taller than the recommended sizes for your weight, choose the closest size based on height.

If you're shorter than the recommended sizes for your weight, choose the closest size based on weight.

## MENS

SIZE	SM	M	ML	L	XL
<b>IMPERIAL</b> HEIGHT (ft/in)	5'4" - 5'9"	5'8" - 6'1"	5'11" - 6'3"	6'0" - 6'7"	6'0" - 6'7"
<b>IMPERIAL</b> WEIGHT (lbs)	141 - 165	162 - 187	180 - 198	192 - 220	209+
<b>BUILD</b>	small	medium	medium / large	large	extra large
<b>METRIC</b> HEIGHT (cm)	162 - 175	172 - 185	180 - 191	183 - 201	183 - 201
<b>METRIC</b> WEIGHT (kg)	64 - 75	73 - 85	82 - 90	86 - 100	95+

## WOMENS

SIZE	WS	WMS	WM	WML	WL
<b>IMPERIAL</b> HEIGHT (ft/in)	4'10 - 5'3"	5'0 - 5'5"	5'3" - 5'9"	5'6" - 5'11"	5'7" - 6'0"
<b>IMPERIAL</b> WEIGHT (lbs)	108 - 121	117 - 132	123 - 141	139 - 154	145 - 165
<b>BUILD</b>	small	medium/small	medium	medium / large	large
<b>METRIC</b> HEIGHT (cm)	147 - 160	152 - 165	160 - 175	167 - 180	170 - 183
<b>METRIC</b> WEIGHT (kg)	49 - 55	53 - 60	55 - 64	63 - 70	66 - 75

### SIZING TIPS:

- If your height and weight fall between two sizes, we recommend that you choose the larger size as the front zipper can make the chest feel more restrictive than a standard back zip wetsuit.
- Height is less important with this wetsuit since it has short legs, use weight as the main driver for choosing the best size.



# SWIMSKINS SIZE CHART

## Men's

IMPERIAL	<b>SIZE</b>	XS	SM	M	ML	L	XL
	<b>HEIGHT</b> (ft/in)	4'10"-5'4"	5'4"-5'9"	5'8"-6'1"	5'11"-6'3"	6'0"-6'4"	6'0"-6'4"
	<b>WEIGHT</b> (cm)	121-143	141-165	162-187	180-198	192-220	209+
	<b>BUILD</b>	extra small	small	medium	med/large	large	extra large
METRIC	<b>SIZE</b>	XS	SM	M	ML	L	XL
	<b>HEIGHT</b> (cm)	147-160	160-170	172-184	180-190	183-194	185-200
	<b>WEIGHT</b> (kg)	55-65	65-75	74-85	82-90	88-98	96+

## Women's

IMPERIAL	<b>SIZE</b>	WXS	WS	WMS	WM	WML	WL
	<b>HEIGHT</b> (ft/in)	4'7"-5'4"	4'10"-5'3"	5'0"-5'5"	5'3"-5'9"	5'6"-5'11"	5'7"-6'0"
	<b>WEIGHT</b> (cm)	98-112	108-121	117-132	123-141	139-154	45-165
	<b>BUILD</b>	extra small	small	med/small	medium	med/large	large
METRIC	<b>SIZE</b>	WXS	WS	WMS	WM	WML	WL
	<b>HEIGHT</b> (cm)	193-155	147-160	152-165	160-175	167-180	169-182
	<b>WEIGHT</b> (kg)	45-51	49-55	53-60	57-64	63-70	66-75

### Sizing Tips:

- Choose the best size based on height then weight (the fabric has less give vertically)
- If you are on the border between sizes, choose the larger size.
- The swimskin is designed to offer a very tight, compressive fit in order to provide the most hydrodynamic benefits. Expect it to fit very snug against your body.
- To confirm sizing, try the swimskin on with the clothing you plan to wear with it during your race.



# SWIMWEAR SIZE CHART

## WOMENS (Imperial - inches)

SIZE	22	24	26	28	30	32	34	36	38
	--	--	XXS	XS	S	M	L	XL	XXL
CHEST	23.5	26	28.5	30	32	34	36	38	40
WAIST	21	22.5	24	25	26	27	29	30	32
HIPS	25	27.5	30	32	34	36	38	40	41
TORSO	54	55.5	57	58.5	60	61.5	64	66.5	69

## WOMENS (Metric - centimeters)

SIZE	22	24	26	28	30	32	34	36	38
	--	--	XXS	XS	S	M	L	XL	XXL
CHEST	60	66	72	76	81	86	91	97	102
WAIST	53	57	61	64	66	69	74	76	81
HIPS	64	70	76	81	86	91	97	102	104
TORSO	137	141	145	149	152	156	163	169	175

## HOW TO MEASURE

### CHEST

Run the measuring tape around the fullest part of your chest, making sure that the tape goes across your shoulder blades on your back.

### WAIST

Measure around the narrowest part of your torso, typically at or just above your belly button.

### HIPS

Stand with your feet together. Run the measuring tape around the widest part of your hips and buttocks.

### TORSO

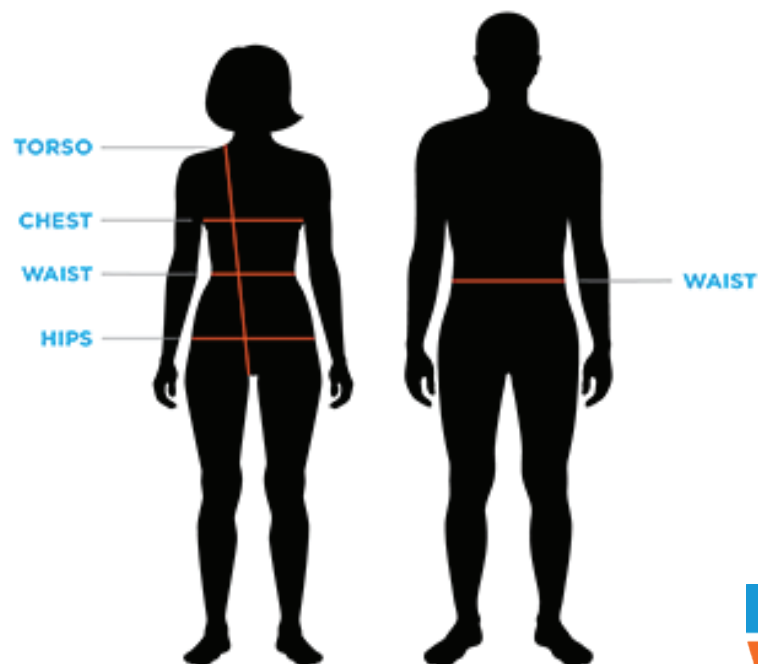
Starting at the high point of one shoulder, run the measuring tape down along your front and under your legs. Keep it snug to one side of your crotch and run it up your back to form a loop at the same shoulder you started.

## MENS (Imperial - inches)

SIZE	22	24	26	28	30	32	34	36	38
	--	--	XXS	XS	S	M	L	XL	XXL
WAIST	23	25	27	29	31	33	35	37	39

## MENS (Metric - centimeters)

SIZE	22	24	26	28	30	32	34	36	38
	--	--	XXS	XS	S	M	L	XL	XXL
WAIST	58	64	69	74	79	84	89	94	99



**BLUE**  
**70**

# PERFECT PARKA SIZE CHART

## Blueseventy SIZE CHART

## PERFECT PARKA

### US (inches)

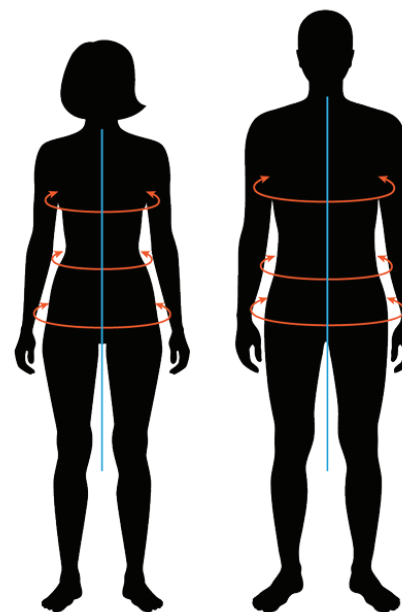
SIZE	XS	SM	M	L	XL	XXL
BODY MEASUREMENT	<39	39-41	42-44	45-47	48-50	51-54
PARKA LENGTH	39	41	43	45	47	49

### INTERNATIONAL (cm)

SIZE	XS	SM	M	L	XL	XXL
BODY MEASUREMENT	<99	99-104	104-112	112-119	119-127	127-137
PARKA LENGTH	99	104	109	114	119	124

### HOW TO MEASURE:

- Measure the diameter around your chest, waist and hips. Take the longest measurement (in women typically the hips, for men often the chest) and compare that against the Body Measurement row on the size chart.
- Choose the size you best fit into. Remember the Perfect Parka is designed to be a loose fitting coat. (The Parka measures about 4-5" more in diameter than the recommended body measurements in order to keep it loose fitting.)
- Parka Length is included so you can estimate where it will end for your height. The Parka should end right around your knees. If you're taller than average for your weight, you can size up to keep it a longer coat.
- If you want an easier time using the Perfect Parka as a changing robe and are near the top range of a size, then size up for a looser coat that's easy to tuck your arms into and shimmy out of your swimwear or clothes.





# ACCESSORIES SIZE CHART

## SKULL CAPS

Size:	S	M	L
Measure your head circumference, just above the ears.			
IMPERIAL (in)	up to 22"	22"-24"	over 24"
METRIC (cm)	up to 55cm	55-61cm	over 61cm

Note: If you are between sizes, we suggest you size up.

## CALF SLEEVES

Size:	S	L
Measure around the thickest part of your calf.		
IMPERIAL (in)	up to 15"	over 15"
METRIC (cm)	up to 38cm	over 38cm

Note: If you are between sizes, we suggest you size up.

## SWIM SOCKS & TOE COVERS

Size:	S	L
(Sizing is based on your shoe size)		
US (Men's)	4 - 8	8 and up
US (Women's)	6 - 10	10 and up

Note: If you are between sizes, we suggest you size down.

## SWIM GLOVES

Size:	S	L
(measure across four knuckles, excluding the thumb)		
IMPERIAL (in)	up to 3"	over 3"
METRIC (cm)	up to 7.5cm	over 7.5cm

Note: If you are between sizes, we recommend you size down.



## BUOYANCY SHORT SIZING

Size:	XS	S	M	L	XL
WAIST (in)	28"	30"	32"	34"	36"
WAIST (cm)	68-72	73-76	77-82	83-87	88-96

## RACE BELTS, TIMING BANDS

One Size Fits All

# Blueseventy USA

17703 15th Ave NE  
Shoreline, WA 98155

(206) 632-1994

[www.blueseventy.com](http://www.blueseventy.com)



**BLUE**  
**70**