



COMPOUND
SPORTSWEAR

TRACK & FIELD / XC

SIZING GUIDE

2026 SIZING GUIDE
CMPSW SPORTSWEAR



WOMEN'S LOOSE FIT TANK

SIZE	1/2 CHEST (IN)	BODY (IN)
YXSMALL	10	20
YSMALL	11	21
YMEDIUM	12	22
YLARGE	13	23
XSMALL	14	24
SMALL	15	25
MEDIUM	16	25
LARGE	18	26
XLARGE	19	27
2XLARGE	21	28
3XLARGE	22	28

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: For the runner who wants airflow over compression. The Women's Loose Fit Track & XC Tank offers a relaxed, breathable cut designed specifically for the female athlete — comfortable enough for long cross country training runs, polished enough for race day on the track. Lightweight, moisture-wicking fabric keeps you cool when the miles and the temperatures start adding up. Full sublimation brings your team's look to life with bold, edge-to-edge graphics that stay vibrant all season. Whether you're running XC trails or warming up for the 800, this tank lets you move naturally without clinging or bunching.

Fabric: 100% Polyester

CMPSPORTSWEAR.COM | 866.267.5955



WOMEN'S FITTED TANK

SIZE	1/2 CHEST (IN)	BODY (IN)
XSMALL	15	21
SMALL	16	22
MEDIUM	17	23
LARGE	18	24
XLARGE	19	24
2XLARGE	20	25
3XLARGE	21	26

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Designed around the female athlete from the ground up — not a shrunk-down men's tank. The Women's Fitted Track & XC Tank features a contoured cut that sits naturally against the body for a confident, no-distraction fit on the track or the cross country course. Lightweight, moisture-wicking fabric keeps you cool through 100-meter dashes and 5K XC races alike, while full sublimation delivers edge-to-edge team graphics that hold up all season. Whether you're anchoring a relay or toeing the line at a cross country invitational, this tank stays locked in so you can focus on your race.

Fabric: 100% Polyester

CMPSPORTSWEAR.COM | 866.267.5955



WOMEN'S TRAINING SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	2
YSMALL	10	2
YMEDIUM	11	2
YLARGE	12	3
XSMALL	12	3
SMALL	14	3
MEDIUM	15	3
LARGE	15	3
XLARGE	17	3
2XLARGE	18	3
3XLARGE	18	3

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Built for the female athlete who needs shorts that actually fit and actually perform. The Women's Track & XC Training Short features a proportioned women's-specific cut that stays in place through sprints, hurdles, and cross country training — no constant adjusting. Lightweight, moisture-wicking fabric manages heat and dries quickly, keeping you focused on the work instead of your gear. Full sublimation wraps bold, lasting team graphics across the entire short, so your program looks sharp and unified whether it's a Tuesday track practice or a Saturday XC invitational.

Fabric: 100% Polyester



WOMEN'S COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4.5
YMEDIUM	10	4.5
YLARGE	10	4.5
XSMALL	11	4.5
SMALL	12	4.5
MEDIUM	13	4.5
LARGE	14	4.5
XLARGE	15	4.5
2XLARGE	16	4.5
3XLARGE	17	4.5

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: The Women's 3 Inch Track Compression Short is built for athletes who want a sleek fit that feels secure without feeling overbuilt. The shorter cut keeps the look fast and clean, while the stretch fabric supports natural movement through sprinting, middle distance work, lifting, and training days. It stays comfortable through warmups, repeats, and race efforts thanks to moisture-wicking performance that helps keep heat and sweat under control. This is the kind of short you put on when you want support, mobility, and a women's-specific fit that feels ready the second you step on the track.

Fabric: 87% polyester and 13% spandex blend

CMPSPORTSWEAR.COM | 866.267.5955



WOMEN'S HIGH WAISTED LEGGINGS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YMEDIUM	9	27
YLARGE	10	28
XSMALL	11	28
SMALL	12	28
MEDIUM	13	28
LARGE	14	28
XLARGE	15	29
2XLARGE	16	29



ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Elevate your performance during practice and competition at any level with Compound Sportswear's Compression Tights designed to optimize your athletic abilities, these high-quality leggings are crafted with antimicrobial material and a superior design that allows for unrestricted movement. Experience the perfect blend of functionality and comfort in your quest for peak performance.

Fabric: 73% polyester and 27% spandex blend

WOMEN'S PERFORMANCE SHORTS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	11	4.5
SMALL	13	4.5
MEDIUM	14	4.5
LARGE	15	4.5
XLARGE	15	4.5
2XLARGE	15	4.5
3XLARGE	16	4.5

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Compound Sportswear offers the Performance Short, an essential piece for athletes during practice, training, and competition. With its durable and breathable design, it's a must-have addition to any athlete's wardrobe.

Fabric: 100% polyester eyelet fabric



MOMENTUM JOGGERS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	10	21
YSMALL	11	22
YMEDIUM	12	24
YLARGE	13	25
XSMALL	13	26
SMALL	14	27
MEDIUM	15	27
LARGE	16	28
XLARGE	17	29
2XLARGE	18	29
3XLARGE	19	30

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: The Women's Momentum Jogger brings together comfort, polish, and a fit that feels made for movement. It is built for travel days, team events, and warmups, but it never feels overly technical or stiff. The women's-specific cut creates a clean athletic silhouette, while the stretch fabric keeps the pant comfortable from the first stop of the day to the last. It is the kind of jogger athletes and coaches both want to keep in rotation because it looks sharp and wears easy. With custom sublimation, it becomes part of a complete team look instead of just another pair of pants.

Fabric: 100% polyester performance stretch fabric

CMPSPORTSWEAR.COM | 866.267.5955



MOMENTUM QTR ZIP/FULL ZIP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)
YXSMALL	17	20
YSMALL	18	22
YMEDIUM	19	23
YLARGE	20	24
XSMALL	21	25
SMALL	21	27
MEDIUM	22	28
LARGE	23	29
XLARGE	24	31
2XLARGE	25	32
3XLARGE	26	33

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: The Women's Momentum 1/4 Zip/Full Zip is a versatile top layer that feels just as right on a travel day as it does during warmups. The women's-specific fit keeps it flattering and athletic without making it feel too tight or too loose. The quarter-zip front gives athletes and coaches an easy way to manage comfort throughout the day, especially when temperatures shift between indoors and outdoors. It is polished, practical, and easy to build into a full custom team set.

Fabric: 100% polyester momentum performance fabric



HOODED WARM UP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	17	21	23
YSMALL	18	22	24
YMEDIUM	19	23	26
YLARGE	20	24	27
XSMALL	20	27	30
SMALL	22	28	31
MEDIUM	23	29	31
LARGE	24	30	32
XLARGE	25	31	34
2XLARGE	26	32	35
3XLARGE	28	33	36

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Keep young athletes ready for action with the Pro Series Tech Lightweight Hooded Warm Up - Youth. Made from 100% polyester, this super lightweight hoodie is built for high-performance and comfort, making it perfect for warm-ups and everyday training.

Fabric: 100% polyester, super light weight, 2-way stretch



WOMEN'S PERFORMANCE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	17	24	28
SMALL	19	25	29
MEDIUM	20	25	29
LARGE	21	26	30
XLARGE	22	27	30
2XLARGE	23	28	31

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Elevate your training with our Performance Fleece Hoodie—crafted for superior warmth and freedom of movement.

Fabric: 100% polyester knitted fabric



HOW TO MEASURE

CHEST:

Measure straight across 1" below the armhole; double the measurement for total circumference.

WAIST:

Measure straight across the waistband; double the measurement for total circumference.

HIPS:

Measure straight across the widest point of the hips; double the measurement for total circumference.

INSEAM:

Measure from the crotch seam down to the bottom hem.

BODY LENGTH (TOPS):

Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

SLEEVE LENGTH:

Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.

