



COMPOUND
SPORTSWEAR



TRACK & FIELD / XC SIZING GUIDE

2026 SIZING GUIDE
CMPSW SPORTSWEAR

MEN'S LOOSE FIT TANK

SIZE	1/2 CHEST (IN)	BODY (IN)
YXSMALL	12	22
YSMALL	13	23
YMEDIUM	14	25
YLARGE	15	26
XSMALL	16	27
SMALL	18	28
MEDIUM	19	29
LARGE	21	29
XLARGE	23	30
2XLARGE	24	31
3XLARGE	26	32

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Not every runner wants a skin-tight race tank — and that's exactly why we built this. The Men's Loose Fit Track & XC Tank gives you a relaxed, breathable silhouette that moves freely with every stride, whether you're logging cross country miles or cooling down between field events. The lightweight, moisture-wicking fabric dries quickly and keeps airflow moving, even on the hottest meet days. Full sublimation wraps your team's design across the entire tank with vibrant, long-lasting color that won't crack, peel, or fade throughout the season.

Fabric: 100% Polyester



MEN'S FITTED TANK

SIZE	1/2 CHEST (IN)	BODY (IN)
XSMALL	16	25
SMALL	17	26
MEDIUM	18	27
LARGE	19	28
XLARGE	20	30
2XLARGE	21	31
3XLARGE	22	32

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: When you're lining up in the blocks or grinding out a cross country race, the last thing you want is gear fighting against you. The Men's Fitted Track & XC Tank is built to move the way you do — a close, streamlined fit that cuts through the wind without restricting your stride. The lightweight, moisture-wicking fabric pulls sweat away fast so you stay cool and dry from the first heat to the final relay leg. Full sublimation means your team's colors and design wrap the entire garment with zero peeling, cracking, or fading — even after a full season of racing.

Fabric: 100% Polyester



MEN'S TRAINING SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	3
YSMALL	10	3
YMEDIUM	11	3
YLARGE	12	3
XSMALL	13	3
SMALL	14	3
MEDIUM	15	3
LARGE	16	3
XLARGE	17	3
2XLARGE	18	3
3XLARGE	19.5	3

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Whether you're running intervals on the track, warming up for the long jump, or putting in cross country miles, you need shorts that stay out of your way. The Men's Track & XC Training Short is built with lightweight, quick-dry fabric that handles heat and sweat without weighing you down. The athletic fit gives you full range of motion through every stride and drill, while full sublimation lets your team's branding show up bold and clean — no screen printing that cracks after a few washes. These are the shorts your team will wear on meet day, at XC practice, and everywhere in between.

Fabric: 100% Polyester

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SPRING
MEN'S
TRAINING
SHORTS

MEN'S COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4
YMEDIUM	10	5
YLARGE	11	5
XSMALL	12	5
SMALL	12	6
MEDIUM	13	6
LARGE	14	7
XLARGE	15	7
2XLARGE	16	7
3XLARGE	17	8

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Some athletes want a little more coverage without giving up that locked-in compression feel. That is exactly where the Men's 7 Inch Track Compression Short fits. The longer inseam gives added confidence for starts, hurdles, sprint work, and full-speed race movement, while the stretch fabric moves with you instead of fighting your stride. It stays supportive through hard workouts, hot meet days, and everything in between, with moisture-wicking performance that helps keep you dry when the pace picks up. Wear it on its own for training or under your running shorts on race day when you want extra support without extra bulk.

Fabric: 87% polyester and 13% spandex blend

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MEN'S LONG TIGHTS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	20
YSMALL	9	21
YMEDIUM	10	23
YLARGE	11	24
XSMALL	11	25
SMALL	12	25
MEDIUM	13	26
LARGE	15	26
XLARGE	16	26
2XLARGE	18	26
3XLARGE	19	27

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: Indulge in the luxurious comfort of our buttery soft and lightweight fabric in our versatile Long Tights. Experience sweat-wicking and breathable properties combined with a four-way stretch, making them perfect for training, running, or simply whenever you desire unparalleled comfort.

Fabric: 73% polyester and 27% spandex blend



MEN'S PERFORMANCE SHORTS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	10	4
YMEDIUM	11	4
YLARGE	12	4
XSMALL	13	5
SMALL	14	5
MEDIUM	15	5
LARGE	16	5
XLARGE	17	5
2XLARGE	17	5
3XLARGE	18	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	14	27
SMALL	15	27
MEDIUM	16	28
LARGE	17	29
XLARGE	18	29
2XLARGE	19	30
3XLARGE	21	30

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: The Men's Momentum Jogger is the kind of pant teams end up wearing everywhere. It is clean enough for travel, comfortable enough for all-day wear, and athletic enough for warmups and pregame routines. The fit gives athletes room to move where they need it, then tapers down for a sharp modern finish that looks put together without trying too hard. The performance stretch fabric keeps the feel easy and comfortable whether the day starts on a bus, in a locker room, or at the venue. Add full custom sublimation and you have a jogger that helps your whole program look connected.

Fabric: 100% polyester performance stretch fabric

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SPORTSWEAR

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	27
SMALL	22	28
MEDIUM	23	29
LARGE	24	31
XLARGE	25	32
2XLARGE	26	33
3XLARGE	27	34

ALL MEASUREMENTS ARE APPROXIMATE

Product Description: The Men's Momentum 1/4 Zip/Full Zip is built to be one of those layers athletes keep close all season. It works for changing temperatures, cool mornings, team travel, and the time before competition when everyone wants to stay loose without overheating. The athletic fit layers easily over training gear and uniforms, and the quarter-zip front makes it simple to adjust airflow as the day changes. It looks sharp, wears comfortably, and gives teams a clean way to carry their branding beyond the uniform.

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



PERFORMANCE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YSMALL	17	21	23
YMEDIUM	19	23	24
YLARGE	20	25	26
XSMALL	21	27	30
SMALL	22	28	30
MEDIUM	24	29	31
LARGE	25	30	31
XLARGE	27	31	31
2XLARGE	29	32	32
3XLARGE	31	33	33
4XLARGE	32	34	33

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.

