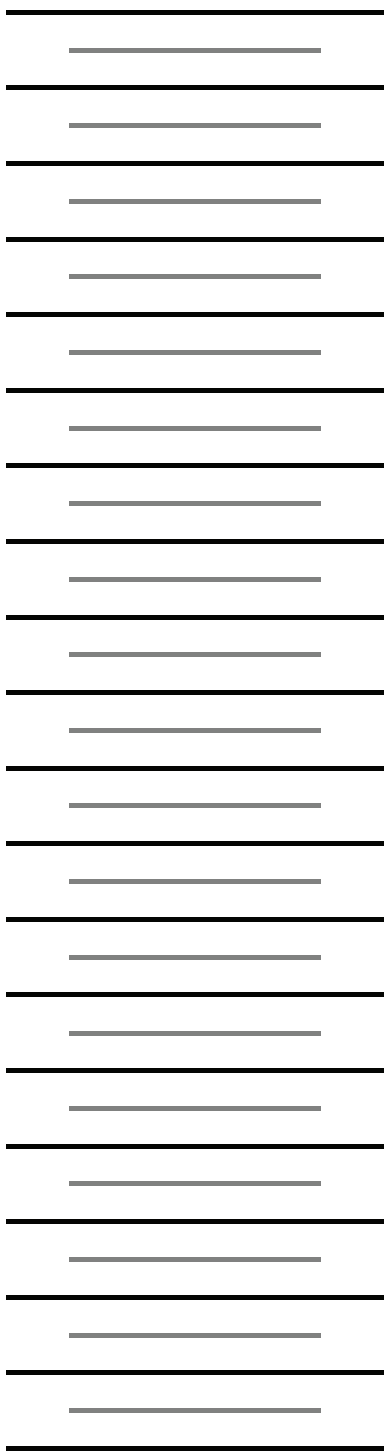


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MEN'S SIZE & WIDTH TOOL

www.newbalance.com/sizecharts



↙ MATCH CREDIT CARD SIZE HERE ↘

- 1 **PRINT** on 8.5" x 11" paper, landscape at 100% scale with "fit to page" turned OFF. Check scale accuracy here using any credit card.
- 2 **ALIGN & SECURE** page 1 to page 2 using the paper alignment guides. Fold page 2 up at the dotted line.

FIT TIPS

- Measure in the late afternoon when feet are largest due to swelling.
- Choose the larger size if feet are between sizes or one foot is bigger than the other.
- Re-measure your feet each year. Your size and width can change over time and the correct fit is important for comfort and performance.

PAPER ALIGNMENT



GUIDE

PAPER ALIGNMENT



GUIDE

3

FIND YOUR SIZE by placing your heel on the semicircle below and aligning the back of your heel with the paper or a wall.

Measure each foot separately and be sure to put your full weight on your foot. For the most accuracy, measure with the back of your heel against a wall.

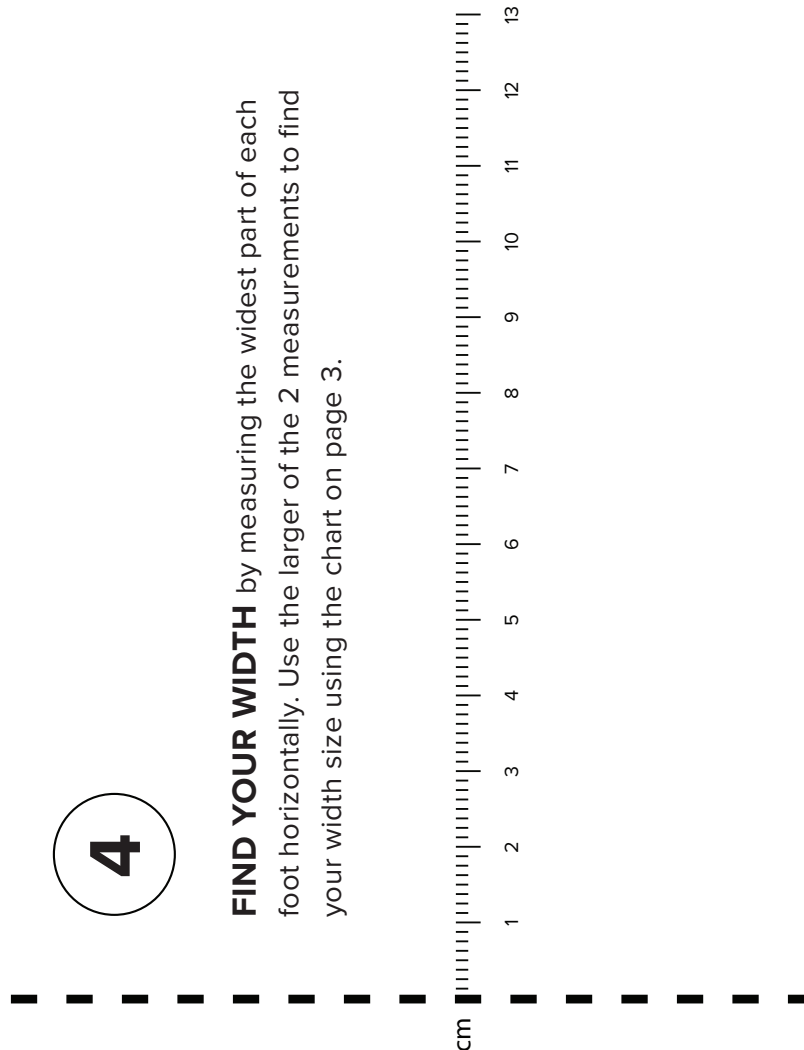


PLACE HEEL HERE

FOLD UP ALONG DOTTED LINE AND ALIGN WITH BACK OF HEEL OR WALL

4

FIND YOUR WIDTH by measuring the widest part of each foot horizontally. Use the larger of the 2 measurements to find your width size using the chart on page 3.



A MEN'S SIZING & CONVERSION GUIDE

US Men	US Women	UK	EU	Length in cm
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31
14	-	13.5	49	32
15	-	14.5	50	33
16	-	15.5	51	34
17	-	16.5	52	35
18	-	17.5	53	36
19	-	18.5	54	37
20	-	19.5	55	38

B MEN'S WIDTH GUIDE

US Men's Standard Running Size	Narrow (B) in cm	Medium (D) in cm	Wide (2E) in cm	Extra Wide (4E) in cm
6	9.3	9.7	10.1	10.4
6.5	9.5	9.8	10.2	10.5
7	9.6	9.9	10.3	10.6
7.5	9.7	10.0	10.4	10.7
8	9.8	10.1	10.5	10.8
8.5	9.9	10.2	10.6	10.9
9	10.0	10.4	10.7	11.0
9.5	10.1	10.5	10.8	11.1
10	10.2	10.6	10.9	11.3
10.5	10.3	10.7	11.0	11.4
11	10.4	10.8	11.1	11.5
11.5	10.5	10.9	11.3	11.6
12	10.6	11.0	11.4	11.7
12.5	10.7	11.1	11.5	11.8
13	10.8	11.2	11.6	11.9
13.5	10.9	11.3	11.7	12.0
14	11.0	11.4	11.8	12.1
14.5	11.1	11.5	11.9	12.2
15	11.3	11.6	12.0	12.3
15.5	11.4	11.7	12.1	12.4
16	11.5	11.8	12.2	12.5

WOMEN'S SIZE & WIDTH TOOL

www.newbalance.com/sizecharts



15	_____	15
14	_____	14
13	_____	13
12	_____	12
11	_____	11
10	_____	10
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8	_____	8
7	_____	7
6	_____	6
5	_____	5
4	_____	4

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PAPER ALIGNMENT



PAPER ALIGNMENT





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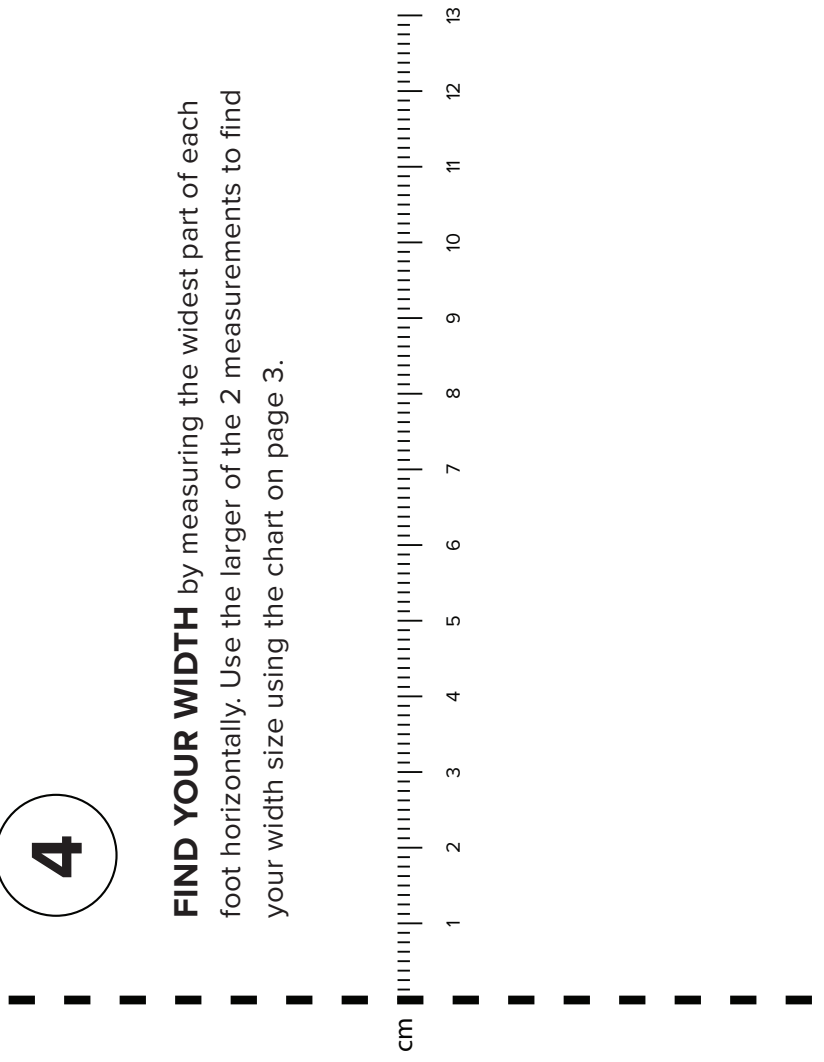


**PLACE
HEEL HERE**



4

FIND YOUR WIDTH by measuring the widest part of each foot horizontally. Use the larger of the 2 measurements to find your width size using the chart on page 3.



FOLD UP ALONG DOTTED LINE AND ALIGN WITH BACK OF HEEL OR WALL

WOMEN'S SIZING & CONVERSION GUIDE

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	43	26.5
10	8.5	8	41	27
10.5	9	8.5	41.5	27.5
11	9.5	9	42.5	28
11.5	10	9.5	43	28.5
12	10.5	10	43.5	29
12.5	11	10.5	44	29.5
13	11.5	11	45.5	30
13.5	12	11.5	46	30.5
14	12.5	12	46.5	31
15	13	13	48	32

WOMEN'S WIDTH GUIDE

US Women's Standard Running Size	Narrow (2A) in cm	Medium (B) in cm	Wide (D) in cm	Extra Wide (2E) in cm
5.0	7.8	8.1	8.5	8.8
5.5	7.9	8.3	8.6	8.9
6.0	8.0	8.4	8.7	9.0
6.5	8.1	8.5	8.8	9.2
7.0	8.2	8.6	8.9	9.3
7.5	8.3	8.7	9.0	9.4
8.0	8.4	8.8	9.2	9.5
8.5	8.5	8.9	9.3	9.6
9.0	8.6	9.0	9.4	9.7
9.5	8.7	9.1	9.5	9.8
10.0	8.8	9.2	9.6	9.9
10.5	8.9	9.3	9.7	10.0
11.0	9.0	9.4	9.8	10.1
11.5	9.2	9.5	9.9	10.2
12.0	9.3	9.6	10.0	10.3
12.5	9.4	9.7	10.1	10.4
13.0	9.5	9.8	10.2	10.5