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Length (mm)      Size

160 - 170      XSmall or 6

171 - 181      Small or 7

182 - 191      Medium or 8

192 - 203      Large or 9

204 - 214      XLarge or 10

215 +      XXLarge or 11

Circumference (mm)      Size

152 - 178      XSmall or 6

178 - 203      Small or 7

203 - 229      Medium or 8

229 - 254      Large or 9

254 - 279      XLarge or 10

279 +      XXLarge or 11

