

L4008 - Coal Harbour® Everyday Ladies' Colour Block Sport Shirt

GARMENT MEASUREMENTS

Size	XS	S	M	L	XL	2XL	3XL	4XL
Chest - Half Measure	18"	19"	20"	21 1/2"	23"	24 1/2"	26 1/2"	28 1/2"
Chest - Full Measure	36"	38"	40"	43"	46"	49"	53"	57"
Body Length from HPS	26"	26 1/2"	27"	27 1/2"	28"	28 1/2"	29"	29 1/2"
Sleeve Length from CB	14"	14 1/2"	15"	15 5/8"	16 1/4"	16 7/8"	17 1/2"	18 1/8"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions..

LADIES' General Sizing Guide

Size	XS	S	M	L	XL	2XL	3XL	4XL
Numeric Size	2	4-6	8-10	12-14	16	18-20	22	24
Bust	32"-34"	35"-36"	37"-38"	39"-41"	42"-44"	45"-47"	48"-51"	52"-55"
Waist	24"-25"	26"-27"	28"-30"	30"-32"	33"-35"	36"-38"	40"-42"	42"-44"
Hip	33"-35"	35"-37"	37"-39"	39"-41"	42"-44"	45"-47"	48"-50"	50"-52"
Sleeve Length - CB	30"-30 1/2"	30 1/2"-31"	31 1/2"-32"	32 1/2"-33"	33 1/2"-34"	34"-34 1/2"	34 1/2"-35"	34 1/2"-35"

COAL HARBOUR®

PRINTING INSTRUCTIONS FOR POLYESTER WICKING FABRICS

Due to the nature of 100% polyester performance fabrics, special care must be taken throughout the printing process. Here are some tips to effectively decorate our performance products.

- Garment temperature must not exceed 320°F or 160°C. Exceeding this temperature will cause the fabric to shrink, become wavy or cause dye migration.
- Dryer temperature and belt speeds must be changed accordingly for polyester fabric.
- If flashing these garments, do not exceed 1-2 seconds. Anything longer may damage the fabric as stated above.
- **Screen Printing:** These garments require the use of poly inks that cure at a lower temperature. A Dyno Grey base blocker on all colours and a second white base blocker on all dark colours are recommended. Please consult your ink supplier for more information.
- Polyester requires a longer cooling time than cotton. Avoid overlap of garments and screen-print/heat transfer until the garments are cooled. Failure to cool the fabric prior to stacking into a printer's fold may cause the fabric and applied ink to stick together.
- **Heat Transfers:** Poly mark heat transfers need to be created with an anti-migration layer in the design. This process can only be done on white or very light coloured fabric. Inks used in printing paper design need to be darker than the base fabric or colour will migrate with the fabric colour resulting in a bleeding effect.
- **Sublimation Printing:** As noted for the poly mark heat transfers, this process can only be done on white or very light coloured fabric. Inks used in printing paper design need to be darker than the base fabric or colour will migrate with the fabric colour resulting in a bleeding effect.
- If you heat press these garments, you must adjust the time, temperature and pressure. Failure to do so may damage the fabric as stated above.
- A test sample run is recommended, especially if you have a large order or if your printer does not specialize in printing on performance fabrics.