

## SIZE GUIDE - FOOTWEAR

JALAS® STANDARD SIZING	36	37	38	39	40	41	42	43	44	45	46	47
Millimeter	242	249	256	262	269	276	282	289	296	302	309	316
UK	3	4	5	6	6½	7	8	9	10	10½	11	12
US Male	4	5	5½	6½	7½	8	9	9½	10½	11	12	13
US Female	5	6	6½	7½	8½	9	10	10½	11½	12	13	14