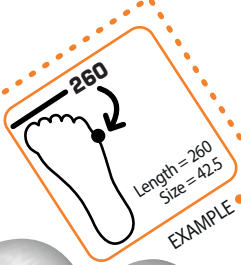


14	50	310
13	49	305
12.5	48	300
12	47	295
11.5	46.5	290
11	46	285
10.5	45	280
10	44.5	275
9.5	44	270
9	43	265
8.5	42.5	260
8	42	255
7.5	41	250
7	40.5	245
6.5	40	240
6	39	235
5	38	230
4.5	37	225
4	36	220
BONT EURO		MM



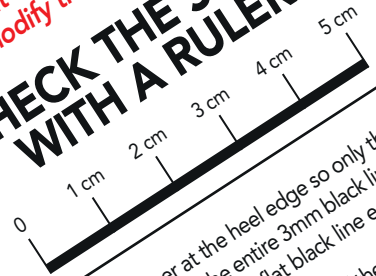
# MEASURE YOUR FOOT

with our size guide

1. Check the scale of your size guide.

**SCALE CHECK**  
 Print this page at 100%.  
 Do not modify the content in any way.

**CHECK THE SCALE WITH A RULER**



2. Fold the paper at the heel edge so only the black line is showing. Check the entire 3mm black line is visible after folding and place the flat black line edge against a wall.

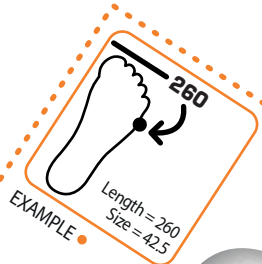
3. Place your right foot on top of the paper with your heel lightly touching the wall.

4. Plant your foot firmly on the ground and slowly roll your weight forward onto your forefoot until it reaches an angle of approximately 45-degrees. This position mimics the angle at the catch in a boat. Look down and mark the position of your longest toe.

5. Check Bont Rowing size recommendations.



Fold and against wall



310	50	14
305	49	13
300	48	12.5
295	47	12
290	46.5	11.5
285	46	11
280	45	10.5
275	44.5	10
270	44	9.5
265	43	9
260	42.5	8.5
255	42	8
250	41	7.5
245	40.5	7
240	40	6.5
235	39	6
230	38	5
225	37	4.5
220	36	4
MM	EURO	BONT



# MEASURE YOUR FOOT

with our size guide

1. Check the scale of your size guide.

**SCALE CHECK**  
*Print this page at 100%.  
 Do not modify the content in any way.*

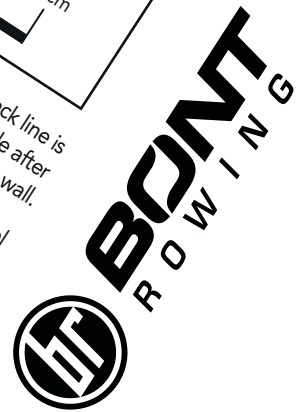
**CHECK THE SCALE WITH A RULER**

2. Fold the paper at the heel edge so only the black line is showing. Check the entire 3mm black line is visible after folding and place the flat black line edge against a wall.

3. Place your left foot on top of the paper with your heel lightly touching the wall.

4. Plant your foot firmly on the ground and slowly roll your weight forward onto your forefoot until it reaches an angle of approximately 45-degrees. This position mimics the angle at the catch in a boat. Look down and mark the position of your longest toe.

5. Check Bont Rowing size recommendations.



Fold and against wall

***Bont Rowing Shoes***

Bont Rowing EU	36	37	38	39	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50
Bont Rowing US	4	4.5	5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
Last Length	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315
Foot Length Range	216-220	221-225	226-230	231-235	236-240	241-245	246-250	251-255	256-260	261-265	266-270	271-275	276-280	281-285	286-290	291-295	296-300	301-305	306-310
Running Shoes US Sizes Men (NIKE)	-	-	-	-	6	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5/14
Running Shoes US Sizes Women (NIKE)	-	4	5	6	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14/15