

# HARRIS RACE SEATS

## Seat sizing for Full Containment and Standard Seats

Instructions to establish a seat size

Driver will need to be sitting on a flat surface ie. table, bench  
or desk, to measure.

You will need 2 straight edges, we used 75 x 50mm timber to  
demonstrate.

### Step 1 Seat width

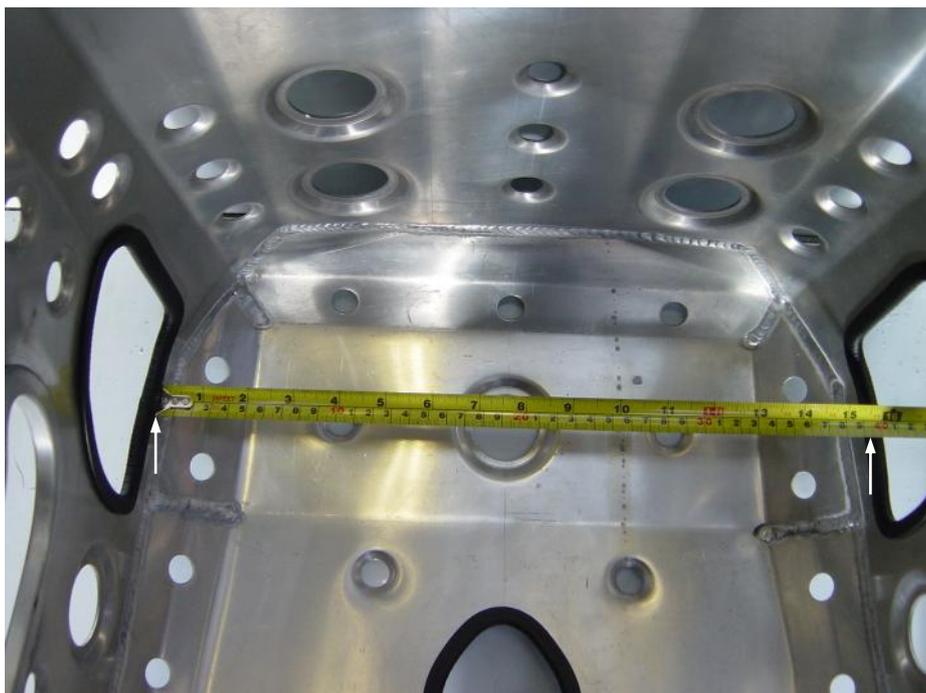
Measured at hips at bottom of seat harness  
holes.

With knees together hold straight edges  
(timber) firmly against thighs.

Keeping the straight edges parallel to each  
other measure between them close to groin  
area for accuracy.



Seat Width



Seat Width measured at hips at bottom of seat harness holes

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### Step 2

#### Shoulder harness height

Driver to sit on the flat surface in a good upright position for accurate measurement. Put straight edge on shoulder and measure down to flat surface.

The measurement we want is from the position that the harness sits on.

Make sure you list the type of head and neck restraint that you intend using, we will add some to allow for this.



Shoulder harness height

### Step 3

#### Arm pit height.

Driver to sit on the flat surface in a good upright position for accurate measurement. Driver to hold right arm out straight, making sure shoulders are level viewed from behind. Measure from flat surface to centre of armpit.



Arm pit height.

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## Order Form for Full Containment and Standard Seats

Name : \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Seat Style: Full Containment Stockcar / Full Containment Light Weight /  
Standard Light Weight / Other (circle one)

Drivers Height: \_\_\_\_\_ Drivers Weight: \_\_\_\_\_ Male / Female

Head and neck restraint system to be used \_\_\_\_\_

Type of car \_\_\_\_\_ Seating position \_\_\_\_\_

We need these measurements as shown in photos.  
We will add allowances as needed.

Seat Width as shown in Step 1 \_\_\_\_\_

As a guide these are some standard  
jean sizes to seat width measurements.

14-1/2" (370mm) seat = Up to Jean size 90cm

15-1/2" (395mm) seat = Up to Jean size 96cm

16-1/2" (420mm) seat = Up to Jean size 102cm



Shoulder harness height as shown in Step 2 \_\_\_\_\_

Arm pit height as shown in Step 3 \_\_\_\_\_



Any other information we need to know: \_\_\_\_\_

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