

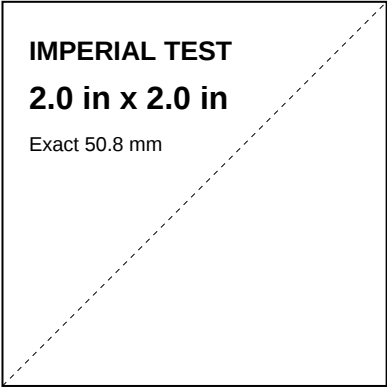
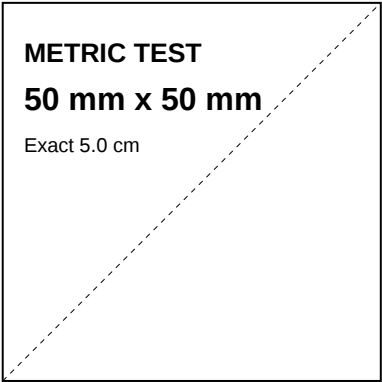
Paco Cuffed Track Pants

Paco Cuffed Track Pants Verified open pattern specification

Garment Type: Track Pants | Difficulty: Beginner | Provenance: FreeSewing | License: MIT / CC BY 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size corresponding to natural waist and full hip/seat measurements. If between sizes, choose the larger size and adjust side seams.

Structured trousers include +4 to +6 cm ease at waistband and +8 to +12 cm ease through hip/thigh for sitting comfort.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Natural Waist	64 cm	72 cm	80 cm	88 cm	96 cm	104 cm	112 cm
Full Hip / Seat	90 cm	98 cm	106 cm	114 cm	122 cm	130 cm	138 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Waist	66 cm	72 cm	78 cm	84 cm	94 cm	104 cm	114 cm
Finished Hip	98 cm	104 cm	110 cm	116 cm	126 cm	136 cm	146 cm
Inseam Length	72 cm	72 cm	72 cm	72 cm	72 cm	72 cm	72 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	1.95 yd	1.95 yd	1.95 yd	2.3 yd	2.3 yd	2.75 yd	2.75 yd
60" / 150 cm Fabric	1.55 yd	1.55 yd	1.55 yd	1.85 yd	1.85 yd	2.2 yd	2.2 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Cotton twill, chino, denim, linen, or wool suiting,
 Pocketing cotton for pocket bags. Stretch Requirement: None 0% stable woven.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester or cotton sewing thread
- ☐ Universal sewing needle size 80/12
- ☐ 7 inch metal or nylon trouser zipper
- ☐ Trouser hook and eye or 18mm button
- ☐ Interfacing for waistband
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Front Jogger Leg	Cut 1 Pair (1 Left, 1 Right)	Main Fabric
Back Jogger Leg	Cut 1 Pair (1 Left, 1 Right)	Main Fabric
Side Slant Pocket Bag	Cut 2 Pairs in Lining/Pocketing	Main Fabric
Rib Ankle Cuff	Cut 2 in Heavy Rib Knit	Main Fabric
Elastic Waistband	Cut 1 on Fold in Main Fabric	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press knit or woven fabric before cutting to remove packing folds.
- Align piece grainlines strictly parallel to fabric selvages.
- Cut rib knit cuffs with ribs running vertically for maximum stretch.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Construct Side Slant Pockets

Stitch pocket bags to front and back leg pocket openings right sides together. Understitch, fold pocket bags together, and stitch pocket perimeter.

Step 2: Join Side Seams & Inseams

Pin front and back legs right sides together at outseams and inseams. Stitch continuously from waist to ankle hem and press seams open or serge.

Step 3: Sew Continuous Crotch Seam

Turn one jogger leg right side out and slip inside the other leg right sides together. Stitch crotch seam securely from front to back waist, reinforcing curve with a second pass.

Step 4: Attach Elastic Waistband Casing

Stitch short ends of waistband together. Fold in half lengthwise and attach to waistline, leaving a 5 cm opening. Thread 40mm elastic and drawstring, secure ends, and edge-stitch closed.

Step 5: Attach Rib Ankle Cuffs

Stitch rib cuff short ends right sides together to form rings. Fold in half wrong sides together. Pin to jogger leg openings matching quarter points, stretch rib evenly, and serge in the round.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.