25-YARD/METER AND 25-METER/YARD CONVERSION FACTORS

This conversion chart may be used for seeding and qualifying times but not national records.

Girls

WIII.		
	Yard/Meter	Meter/Yard
200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Individual Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Freestyle/400m Freestyle	0.8772	1.140
200 Freestyle Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977
		0.0077
Bov	'S	
Boy		Meter/Yard
· · · · · · · · · · · · · · · · · · ·	Yard/Meter	Meter/Yard
200 Medley Relay	Yard/Meter 1.115	0.8969
200 Medley Relay 200 Freestyle	Yard/Meter 1.115 1.108	0.8969 0.9025
200 Medley Relay 200 Freestyle 200 Individual Medley	Yard/Meter 1.115 1.108 1.111	0.8969 0.9025 0.9001
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle	Yard/Meter 1.115 1.108 1.111 1.119	0.8969 0.9025 0.9001 0.8937
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly	Yard/Meter 1.115 1.108 1.111 1.119 1.114	0.8969 0.9025 0.9001 0.8937 0.8977
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle	Yard/Meter 1.115 1.108 1.111 1.119 1.114 1.111	0.8969 0.9025 0.9001 0.8937 0.8977 0.9001
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle 500 Freestyle/400m Freestyle	Yard/Meter 1.115 1.108 1.111 1.119 1.114 1.111 0.8780	0.8969 0.9025 0.9001 0.8937 0.8977 0.9001 1.139
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle 500 Freestyle/400m Freestyle 200 Freestyle Relay	Yard/Meter 1.115 1.108 1.111 1.119 1.114 1.111 0.8780 1.116	0.8969 0.9025 0.9001 0.8937 0.8977 0.9001 1.139 0.8961
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle 500 Freestyle/400m Freestyle 200 Freestyle Relay 100 Backstroke	Yard/Meter 1.115 1.108 1.111 1.119 1.114 1.111 0.8780 1.116 1.111	0.8969 0.9025 0.9001 0.8937 0.8977 0.9001 1.139 0.8961 0.9001
200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle 500 Freestyle/400m Freestyle 200 Freestyle Relay	Yard/Meter 1.115 1.108 1.111 1.119 1.114 1.111 0.8780 1.116	0.8969 0.9025 0.9001 0.8937 0.8977 0.9001 1.139 0.8961

Example 1: A male 50 yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50 meter time of 26.61 (26.6098 rounded to the nearest 0.01).

Example 2: A female 400 meter freestyle time of 4:27.47 is changed to seconds (4 X 60 sec/min + 27.47 = 267.47 sec) and multiplied by 1.140 to yield a 500 yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)

For additional information:

Bob Hartman

271 Merriman Road Windsor, CT 06095 rwhartman@hotmail.com 860-688-6139