

# Swimming and Diving Distance Conversion Chart

## 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

	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/400 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

### Boys

	Yard/Meter	Meter/Yard
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Individual Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Freestyle/400 Freestyle	0.8780	1.139
200 Freestyle Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

**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 ( $4 \times 60 \text{ sec/min} + 27.47 = 267.47$  sec) and multiplied by 1.140 to yield a 500-yard time of 304.92sec, which converts to 5:04.92.(304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)