

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	1.100	0.9091
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	1.100	0.9091
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 500 meter freestyle time of 5:40.17 is changed to 340.17 seconds ($5 \times 60 \text{ sec/min} = 300 \text{ sec}$; $300 + 40.17 = 340.17 \text{ sec}$) and multiplied by 0.9091 to yield a 500 yard time of 309.25 sec, which converts to 5:09.25 ($309.25 \text{ sec} = 300 \text{ sec} + 9.25 \text{ sec} = 5:09.25$).

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