

N.I.S.C.A

NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OFFICIAL 25 YARD-
METER AND 25 METER-YARD CONVERSION FACTORS

Boys

	Yard – Meter	Meter - Yard
<u>200 Medley Relay</u>	1.115	0.8969
<u>200 Freestyle</u>	1.108	0.9025
<u>200 Individual Medley</u>	1.111	0.9001
<u>50 Freestyle</u>	1.119	0.8937
<u>100 Butterfly</u>	1.114	0.8977
<u>100 Freestyle</u>	1.111	0.9001
<u>400 Freestyle</u>	0.8780	1.139
<u>500 Freestyle</u>	1.100	0.9091
<u>200 Freestyle Relay</u>	1.116	0.8961
<u>100 Backstroke</u>	1.111	0.9001
<u>100 Breaststroke</u>	1.110	0.9009
<u>400 Freestyle Relay</u>	1.114	0.8977

Girls

<u>200 Medley Relay</u>	1.116	0.8961
<u>200 Freestyle</u>	1.108	0.9025
<u>200 Individual Medley</u>	1.110	0.9009
<u>50 Freestyle</u>	1.115	0.8969
<u>100 Butterfly</u>	1.111	0.9001
<u>100 Freestyle</u>	1.112	0.8993
<u>400 Freestyle</u>	0.8772	1.140
<u>500 Freestyle</u>	1.100	0.9091
<u>200 Freestyle Relay</u>	1.117	0.8953
<u>100 Backstroke</u>	1.111	0.9001
<u>100 Breaststroke</u>	1.112	0.8993
<u>400 Freestyle Relay</u>	1.114	0.8977

TO CONVERT METRIC DISTANCE TIMES TO YARDS:

Example: A male 50 yard freestyle time of 23.73 is multiplied by 1.110 to yield = 50 meter time of 26.61 (26.60982 rounded to the nearest 0.01)

Example: A female 400 meter freestyle time of 4:27.47 is changed to 267.47 seconds ($4 \times 60 \text{ sec/min} = 240 + 27.47 \text{ sec} = 267.47 \text{ sec}$) and multiplied by 1.140 to yield a 500 yard time of 5:04.92 (304.9158 is rounded to 304.92 and that number is changed to minutes and seconds).