

NCAA Indoor Conversion Charts

Men's Events	Undersized to Flat	Banked/Oversized to Flat	Men's Event	Undersized to Banked/Oversized	Flat to Banked/Oversized
200 Meters	0.9872	1.0179	200 Meters	0.9698	0.9824
400 Meters	0.9901	1.0160	400 Meters	0.9746	0.9843
500 Meters	0.9909	1.0154	500 Meters	0.9758	0.9848
600 Yards	0.9912	1.0152	600 Yards	0.9763	0.9850
600 Meters	0.9915	1.0150	600 Meters	0.9768	0.9852
800 Meters	0.9923	1.0143	800 Meters	0.9783	0.9859
1000 Meters	0.9929	1.0138	1000 Meters	0.9794	0.9864
Mile	0.9941	1.0128	Mile	0.9816	0.9874
3000 Meters	0.9953	1.0116	3000 Meters	0.9839	0.9885
5000 Meters	0.9961	1.0107	5000 Meters	0.9855	0.9894
4x400 Meter Relay	0.9901	1.0160	4x400 Meter Relay	0.9746	0.9843
4x800 Meter Relay	0.9923	1.0143	4x800 Meter Relay	0.9783	0.9859
Distance Medley Relay	0.9931	1.0136	Distance Medley Relay	0.9798	0.9866

Women's Events	Undersized to Flat	Banked/Oversized to Flat	Women's Events	Undersized to Banked/Oversized	Flat to Banked/Oversized
200 Meters	0.9900	1.0155	200 Meters	0.9749	0.9847
400 Meters	0.9929	1.0133	400 Meters	0.9799	0.9869
500 Meters	0.9937	1.0127	500 Meters	0.9812	0.9874
600 Yards	0.9940	1.0125	600 Yards	0.9818	0.9877
600 Meters	0.9943	1.0122	600 Meters	0.9823	0.9879
800 Meters	0.9951	1.0115	800 Meters	0.9838	0.9886
1000 Meters	0.9958	1.0109	1000 Meters	0.9850	0.9892
Mile	0.9969	1.0099	Mile	0.9871	0.9902
3000 Meters	0.9981	1.0086	3000 Meters	0.9896	0.9915
5000 Meters	0.9989	1.0077	5000 Meters	0.9913	0.9924
4x400 Meter Relay	0.9929	1.0133	4x400 Meter Relay	0.9799	0.9869
4x800 Meter Relay	0.9951	1.0115	4x800 Meter Relay	0.9838	0.9886
Distance Medley Relay	0.9959	1.0107	Distance Medley Relay	0.9853	0.9894