

Standardized Track Event Conversion Factors

Actual Distance	Converted Distance	Factor
60 Yards	60 Meters	1.07
55 Meters (men)	60 Meters (men)	1.0749
55 Meters (women)	60 Meters (women)	1.0771
55 Hurdles (men)	60 Hurdles (men)	1.0766
55 Hurdles (women)	60 Hurdles (women)	1.0755
120 Hurdles (Yards)	110 Hurdles	1.0025
200 Meters	300 Yards	1.44
200 Meters	300 Meters	1.60
220 Yards	200 Meters	0.9942
300 Yards	300 Meters	1.11
300 Yards	400 Meters	1.55
300 Yards	440 Yards	1.59
300 Meters	400 Meters	1.3964
400 Meters	440 Yards	1.0059
400 Meters	500 Yards	1.19
400 Meters	500 Meters	1.32
400 Meters	600 Yards	1.49
400 Meters	600 Meters	1.66
440 Yards	400 Meters	0.9942
440 Yards	500 Yards	1.17
440 Yards	500 Meters	1.29
440 Yards	600 Yards	1.48
440 Yards	600 Meters	1.65
500 Yards	500 Meters	1.11
500 Yards	600 Yards	1.25
500 Yards	600 Meters	1.40
500 Meters	600 Yards	1.13
500 Meters	600 Meters	1.26
500 Meters	800 Meters	1.75
500 Meters	880 Yards	1.79
600 Yards	600 Meters	1.12
600 Yards	800 Meters	1.55
600 Meters	800 Meters	1.38
800 Meters	880 Yards	1.0059
800 Meters	1000 Yards	1.19

Actual Distance	Converted Distance	Factor
800 Meters	1000 Meters	1.32
880 Yards	800 Meters	0.9942
1000 Yards	1000 Meters	1.11
1000 Meters	1500 Meters	1.56
1500 Meters	1600 Meters	1.0737
1500 Meters	Mile	1.08
1500 Meters	2000 Meters	1.36
1500 Meters	3000 Meters	2.13
1500 Meters	Two Mile	2.29
1500 Meters	Three Mile	3.59
1600 Meters	Mile	1.0058
Mile	1500 Meters	0.9259
Mile	1600 Meters	0.9942
Mile	2000 Meters	1.28
Mile	3000 Meters	2.00
Mile	Two Mile	2.15
Mile	Three Mile	3.37
2000 Meters	3000 Meters	1.56
2000 Meters	Two Mile	1.68
2000 Meters	Three Mile	2.63
3000 Meters	3200 Meters	1.0737
3000 Meters	Two Mile	1.08
3200 Meters	Two Mile	1.0058
Two Mile	3000 Meters	0.9259
Two Mile	Three Mile	1.57
Three Mile	5000 Meters	1.036
4x110 Relay (Yards)	4x100 Relay	0.9942
4x220 Relay (Yards)	4x200 Relay	0.9942
4x440 Relay (Yards)	4x400 Relay	0.9942
4x880 Relay (Yards)	4x800 Relay	0.9942
4xMile Relay	4x1500 Relay	0.9259
4xMile Relay	4x1600 Relay	0.9942
Sprint Medley Relay (Yards)	Sprint Medley Relay	0.9942
Distance Medley Relay (Yards)	Distance Medley Relay	0.9942
Shuttle Hurdle Relay (Yards)	Shuttle Hurdle Relay	1.0025

Each of the above factors is a multiplication factor. To use the factor, take the competitor's total time in seconds and multiply by the factor shown. Always round up the last digit of the final time.

Example: 300 Meters to 400 Meters

300 Meters time: 35.12 seconds

35.12 seconds x 1.3964 = 49.05 seconds

35.12 300 Meters is equivalent to a 49.05 400 Meters

Example: 1500 Meters to Mile

1500 Meters time: 3:49.71 (3 minutes x 60 seconds) + 49.71 seconds = 229.71 seconds

229.71 seconds x 1.08 = 248.0868 seconds

248.0868 seconds = 4:08.09

3:49.71 1500 Meters is equivalent to a 4:08.09 mile