



CONVERSION TABLES

30 June 2006

For the purposes of all National Meets, pools of length 36 2/3 yards will be treated as if they were 33 1/3 metres and pools of length 55 yards will be treated as if they were of length 50 metres.

If a conversion does not exist then another pool of suitable length must be used for that event.

Conversion from 33 1/3 metres or 36 2/3 yards times to 50 metre times.

Freestyle	100m	add	0.85 secs
	200m		1.70 secs
	400m		3.40 secs
	800m		6.80 secs
	1500m		12.75 secs
Backstroke	100m	add	0.85 secs
	200m		1.70 secs
Breaststroke	100m	add	1.00 secs
	200m		2.00 secs
Butterfly	100m	add	0.70 secs
	200m		1.40 secs
Medley	400m	add	3.40 secs

Conversion from 55 yards time to 50 metre time.

No conversion – just use same time

Note: That only the preceding conversions may be used for National Meets

Conversion from 25 metre times to 50 metre times.

Freestyle	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
	400m		6.80 secs
	800m		13.60 secs
	1500m		25.50 secs
Backstroke	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
Breaststroke	50m	add	1.00 secs
	100m		2.00 secs
	200m		4.00 secs
Butterfly	50m	add	0.70 secs
	100m		1.40 secs
	200m		2.80 secs
Medley	200m	add	3.40 secs
	400m		6.80 secs