

# Conversion Factors

## Long Course to Short Course Conversion Table (& Vice Versa)

STROKE	DISTANCE	15/OVER	14/UNDER
FREESTYLE	50m	0.5	0.3
	100m	0.9	0.7
	200m	1.9	1.5
	400m	3.8	3.1
	800m	11.3	6.5
	1500m	20.0	12.0
BACKSTROKE	50m	0.7	0.5
	100m	1.5	1.1
	200m	3.0	2.4
BREASTSTROKE	50m	0.6	0.4
	100m	1.5	1.0
	200m	3.5	2.2
BUTTERFLY	50m	0.6	0.4
	100m	1.3	1.0
	200m	3.3	2.0
INDIVIDUAL MEDLEY	200m	3.6	2.5
	400m	8.1	5.5

### Note:

- **25m Short Course Time - Add constant to obtain 50m long course time**
- **50m Long Course Time - Subtract constant to obtain 25m short course time**
- These conversion factors apply to the age of the individual on the first day of the meet - not the event age group
- If your time was achieved in a 25m pool and the competition you are entering is being swum in a 50m pool, you must add the constant to obtain the entry time.
- Conversely, if the time was achieved in a 50m pool and the competition you are entering is being swum in a 25m pool, you need to deduct the constant to obtain the entry time
- **CONVERTED TIMES ARE NOT ACCEPTED FOR NATIONAL CHAMPIONSHIP ENTRIES**