

# NCAA Standardized Track Event Conversion Factors

## Indoor Track and field

Actual Distance	Converted Distance	Factor
55 Meters (men)	60 Meters (men)	1.0749
55 Meters (women)	60 Meters (women)	1.0771
55 Meter Hurdles (men)	60 Meter Hurdles (men)	1.0766
55 Meter Hurdles (women)	60 Meter Hurdles (women)	1.0755
Mile Relay	4x400 Meter Relay	0.9942
Distance Medley Relay (yards)	Distance Medley Relay (metric)	0.9942

NOTE: The 60 Meters and 60 Meter Hurdles must be conducted in any facility which can be configured to have at least two meters before the start and at least 12 meters after the finish. Qualifying marks at a distance of 55 Meters will only be accepted from facilities unable to be configured for the 60 Meters or originally configured for the 55 Meters only.

## Outdoor Track and field

Actual Distance	Converted Distance	Factor
Mile	1500 Meters	0.9259
4x110 Yard Relay	4x100 Meter Relay	0.9942
Mile Relay	4x400 Meter Relay	0.9942

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: 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