Time Converting Table

Short Course Yards to Long Course Meters
Short Course Yards to Short Course Meter: Multiply by 1.11

Stroke	50
Butterfly	(Meters Time) = (Yards Time) x 1.11 + 0.7 sec
Backstroke	(Meters Time) = (Yards Time) x 1.11 + 0.6 sec
Breaststroke	(Meters Time) = (Yards Time) x 1.11 + 1.0 sec
Freestyle	(Meters Time) = (Yards Time) x 1.11 + 0.8 sec
Stroke	**100**
Butterfly	(Meters Time) = (Yards Time) x 1.11 + 1.4 sec
Backstroke	(Meters Time) = (Yards Time) x 1.11 + 1.2 sec
Breaststroke	(Meters Time) = (Yards Time) x 1.11 + 2.0 sec
Freestyle	(Meters Time) = (Yards Time) x 1.11 + 1.6 sec
Stroke	**200**
Butterfly	(Meters Time) = (Yards Time) x 1.11 + 2.8 sec
Backstroke	(Meters Time) = (Yards Time) x 1.11 + 2.4 sec
Breaststroke	(Meters Time) = (Yards Time) x 1.11 + 4.0 sec
Freestyle	(Meters Time) = (Yards Time) x 1.11 + 3.2 sec
Ind. Medley	(Meters Time) = (Yards Time) x 1.11 + 3.2 sec
Stroke	**400**
Ind. Medley	(Meters Time) = (Yards Time) x 1.11 + 6.4 sec

Long Course Meters to Short Course Yards
Long Course Meters to Short Course Meters: Just subtract seconds

Stroke	50
Butterfly	(Yards Time) = (Meters Time - 0.7 Sec) / 1.11
Backstroke	(Yards Time) = (Meters Time - 0.6 Sec) / 1.11
Breaststroke	(Yards Time) = (Meters Time - 1.0 Sec) / 1.11
Freestyle	(Yards Time) = (Meters Time - 0.8 Sec) / 1.11
Stroke	**100**
Butterfly	(Yards Time) = (Meters Time - 1.4 Sec) / 1.11
Backstroke	(Yards Time) = (Meters Time - 1.2 Sec) / 1.11
Breaststroke	(Yards Time) = (Meters Time - 2.0 Sec) / 1.11
Freestyle	(Yards Time) = (Meters Time - 1.6 Sec) / 1.11
Stroke	**200**
Butterfly	(Yards Time) = (Meters Time - 2.8 Sec) / 1.11
Backstroke	(Yards Time) = (Meters Time - 2.4 Sec) / 1.11
Breaststroke	(Yards Time) = (Meters Time - 4.0 Sec) / 1.11
Freestyle	(Yards Time) = (Meters Time - 3.2 Sec) / 1.11
Ind. Medley	(Yards Time) = (Meters Time - 3.2 Sec) / 1.11
Stroke	**400**
Ind. Medley	(Yards Time) = (Meters Time - 6.4 Sec) / 1.11

Distance Events

400/800 meters (long course) converts to 500/1000 yards by dividing meter time by .8925
1500 meters (long course) converts to 1650 yards by dividing meter time by 1.02
500/1000 yards converts to 400/800 meters (long course) by multiplying by .8925
1650 yards converts to 1500 meters (long course) by multiplying by 1.02

Long Course Meters to Short Course Meters

400 freestyle: long course time - 6.4 seconds = short course meters time
800 freestyle: long course time - 12.8 seconds = short course meters time
1500 freestyle: long course time - 24.0 seconds = short course meters time