

Equivalencies and Time Conversions Guidelines

TRACK & FIELD MARK CONVERSIONS

Fully automatic timing (FAT or “auto”) is a system that triggers the timing device before the sound of the gun reaches the athletes, and uses a photographic technology to record the finish times. This system must have a timing device which is connected to the gun. FAT timing produces times which are not compatible with the hand timing commonly used at some meets. Auto times are considered superior to both “hand” times and converted times.

However, it is recognized that – in maintaining school records and PR’s, or to facilitate race seeding – there may be a need to adjust “hand” times so they are comparable to “auto”. Here is what is permissible.

To adjust “hand” so it is comparable to “auto” . . .

All hand times in hundredths of a second need to be rounded up (slowed) to the nearest tenth-of-a-second, and then converted using the following criteria:

For races of 200m and under, add .24 to the hand time.

For races of 300m and 400m, add .14 to the hand time.

For longer races, there is no adjustment.

Source: Track and Field News FAT adjustment standards

To convert from yard to meter times . . .

To convert from 100y to 100m, add 0.9 to the yard time.

To convert from 220y to 200m, subtract 0.1 from the yard time.

To convert from 440y to 400m, subtract 0.3 from the yard time.

To convert from 880y to 800m, subtract 0.7 from the yard time.

To convert from 1-Mile Run to 1500m, divide the 1-Mile time by 1.08*

To convert from 2-Mile Run to 3000m, divide the 2-Mile time by 1.07*

To convert from 110y Hurdles to 100m Hurdles, subtract 0.1 from the yard time.

To convert from 120y Hurdles to 110m Hurdles, use the same time.

To convert from 220y Hurdles to 200m Hurdles, subtract 0.2 from the yard time.

To convert from 330y Hurdles to 300m Hurdles, subtract 0.3 from the yard time

To convert from 400y Relay to 400m Relay, subtract 0.2 from the yard time.

To convert from 1-Mile Relay to 1600m Relay, subtract 0.1 from the mile time.

To convert from 880y Relay to 800m Relay, subtract 0.4 from the yard time.

To convert from Two Mile Relay to 3200m Relay, subtract 0.5 from the mile time.

To convert from Distance Medley (yards) Relay to Distance Medley (meters) Relay, subtract 0.3 from the yard time.

Source: Track and Field News AND National Federation of State High School Associations

*While a longer distance can be converted downward, it does not go in the other direction. That is, while a Mile can be converted to 1500m, 1500m can NOT be converted to a Mile time.

To compare a yard time to FAT/auto.

First do the yard-to-meter conversion (see above), and then do the adjust-hand-so-its-compatible-to-auto (see above). The resulting time is now appropriate to compare to an auto time.

“Auto” (FAT) times should NEVER be adjusted.

TRACK & FIELD MARK EQUIVALENCIES

In this sport there are also generally-accepted equivalencies. These may NOT be used for school records or seeding purposes. However, such unofficial equivalencies will offer sense of how one athletes mark may compare to another.

↪ The 8 lb Shot Put (used by girls through 1979) is projected to be thrown about 2’ farther than the 4 kilo Shot Put (used since 1980)

↪ The old Javelin (scholastic model for both genders, used until 2001) is projected to fly around 10% farther than the current international model of the implement.

↪ In Hurdle races of the same distance but different heights, there is NO equivalency.

For example, through 1977 girls High Hurdles were 30” in height, and 33” from 1978 onward. The 1977-and-earlier times are not comparable to those which followed.