

Converting from SC times to LC times

A conversion calculator can be found at www.swimmingnz.org, members resources tab, swimmer toolbox, performance calculators, pool length conversion tool

Conversion from 25m times to 50m 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
IM	200m	add	3.40 secs
	400m		6.80 secs

When converting from a

- shorter course to a longer course add the amount above (eg 25m to 50m)
- longer course to a shorter course subtract the amount above (eg 50m to 25m)