

Converting USLA Swim Standards to Longer Distances

CHART A

2003 US Open Time Std for 400 Meter and 800 M

Distance (Meters)	US Open Time Std	In Seconds	100 Avg
400	04:05.9	246	62
500	5:11	311	62
600	6:18	378	63
700	7:27	447	64
800	08:29.8	510	64
900		581	65
1000		653	65

100 meter split difference between 400 and 800: 0.77

USLA Time Standard for 500 Meter

Distance (Meters)	Conversion	USLA Time STD	Seconds	Minutes
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500	1	10.00	600	
600	1.21	12.1	729	12.1
700	1.43	14.3	861	14.3
800	1.64	16.4	983	16.4
900	1.87	18.7	1122	18.7
1000	2.10	21.0	1248	20.8

CHART B

Distance in Meters	SCM Min/Sec/Tenths	LCM
50	23.29	24.19
100	50.79	52.99
200	01:51.5	01:55.7
400	03:55.7	04:05.9
500		
600		
700		
800		
900		
1000		

SCM In Seconds	LCM	Increased Time	Number of Turns SC	Number of Turns LC	Difference In Turns	Time Per Turn	Total Turn Time	
23.29	24.19	0.9	1	0	1	0.9		Actual
50.79	52.99	2.2	3	1	2	1.1		Actual
111.5	115.7	4.2	7	3	4	1.1		Actual
235.7	246	10.3	15	7	8	1.3		Actual
			19	9	10	1.4		
			23	11	12	1.5	35	Extrapolated
			27	13	14	1.6	43	Extrapolated
			31	15	16	1.7	53	Extrapolated
			35	17	18	1.8	63	Extrapolated
			39	19	20	1.9	74	Extrapolated

Converting Meters to Yards:	Inches to 1 meter 39.37	Inches to 1 Yard 36	Difference 3.37	Percent 0.086
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Speed to use for 1 to 99 meters: 1.20 seconds per meter (based on 500 meter in 10 sec Std)

Sample: 1000 yard converted

Convert to meters 914 m
 900 meters swim (Chart A) 1122 sec
 Add 14 meters 16.8 sec
 Open Water Conversion (Chart B) 63 sec
 Converts to 1202 sec (20.02 min)

Sample: 800 yard converted

Convert to meters 732 m
 700 meters swim (Chart A) 861 sec
 Add 32 meters 38.4 sec
 Open Water Conversion 43 sec
 Converts to 942 sec