

9 PREPARING INDOOR SEED PERFORMANCES

Hand times are rounded up to the tenth second.

Convert hand times to fully automatic timing (FAT) by adding 0.24 seconds.

Where necessary, use a factor listed below to convert a time to the MIAC race distance:

$$50 \text{ yards} \times 1.152 = 55 \text{ meters}$$

$$60 \text{ yards} \times 1.002 = 55 \text{ meters}$$

$$60 \text{ meters} \times 0.933 = 55 \text{ meters}$$

$$50 \text{ yard hurdles} \times 1.180 = 55 \text{ meter hurdles}$$

$$60 \text{ meter hurdles} \times 0.936 = 55 \text{ meter hurdles}$$

$$220 \text{ yards} \times 0.994 = 200 \text{ meters}$$

$$300 \text{ yards} \times 0.714 = 200 \text{ meters}$$

$$300 \text{ meters} \times 0.642 = 200 \text{ meters}$$

$$440 \text{ yards} \times 0.994 = 400$$

$$500 \text{ meters} \times 1.123 = 600 \text{ yards}$$

$$600 \text{ meters} \times 0.892 = 600 \text{ yards}$$

$$500 \text{ meters} \times 1.259 = 600 \text{ meters}$$

$$600 \text{ yards} \times 1.121 = 600 \text{ meters}$$

$$880 \text{ yards} \times 0.994 = 800 \text{ meters}$$

$$1000 \text{ yards} \times 1.108 = 1000 \text{ meters}$$

$$\text{one mile} \times 0.926 = 1500 \text{ meters}$$

$$\text{two miles} \times 0.928 = 3000 \text{ meters}$$

$$3000 \text{ meters} \times 1.738 = 5000 \text{ meters (WOMEN)}$$

$$3000 \text{ meters} \times 1.767 = 5000 \text{ meters (MEN)}$$

$$\text{two miles} \times 1.612 = 5000 \text{ meters (WOMEN)}$$

$$\text{twomiles} \times 1.639 = 5000 \text{ meters (MEN)}$$

$$\text{one mile relay} \times 0.994 = 1600 \text{ meter relay}$$