

Conversion factors and formula for perpetuating event qualifying standards year to year

<b>CONVERTING NON-STANDARD RACE TIMES TO VHSL STANDARD EVENTS</b>	<b>GIRLS</b>	<b>BOYS</b>
50 YARD DASH TO 55 METER DASH	ADD 1.0 SECONDS	ADD 0.9 SECONDS
50 YD HURDLES TO 55 METER HURDLES	ADD 1.2 SECONDS	ADD 1.1 SECONDS
300 YD, 500YD, 1000 YD TO 300 M, 500M, 1000M	MULTIPLY BY 1.0936	MULTIPLY BY 1.0936
600 YARDS TO 500 METERS	DIVIDE BY 1.0936	DIVIDE BY 1.0936
1500 M, 3000 M TO 1600 M, 3200 M	MULTIPLY BY 1.0737	MULTIPLY BY 1.0737
MILE, 2 MILE TO 1600 M, 3200 M	DIVIDE BY 1.0058	DIVIDE BY 1.0058
880 YD, MI, 2 MI REL TO 800M, 1600M, 3200M REL	MULTIPLY BY 0.9942	MULTIPLY BY 0.9942

**NOTE: ADD 0.24 SECONDS TO ALL HAND TIMES TO CONVERT TO FAT**

When converting hand times for non-standard events, add 0.24 seconds before using multiplier/divisor

To calculate qualifying standards for next year and the following years use the following formula:

5 x this years standard + this years 8<sup>th</sup> place performance ( 6<sup>th</sup> place if only scoring 6 places) divided by 6. Round HJ standards to the nearest lower inch and PV standards to the nearest lower 3 inches. All other field event standards should be rounded to the nearest lower one quarter inch. Times should be rounded up to the nearest one hundredth of a second.

Ex. 1 This year's 1600 standard is 4:46.84. This year's 8<sup>th</sup> place is 4:41.85

$(5 \times 4:46.84 + 4:41.85)/6 = 4:46.008333$ , thus next year's standard is 4:46.01

Ex. 2 This year's LJ standard is 19'06.50". This year's 8<sup>th</sup> place is 19'10.25"

$(5 \times 19'06.50" + 19'10.25")/6 = 19'07.125"$ , thus next year's standard is 19'07.00"

In a situation where the 8<sup>th</sup> place athlete in an 8 person final is injured or for some other reason just jogs to the finish line to get the points, use the 8<sup>th</sup> qualifying performance from the prelims instead.