

TCAP Math Reference Sheet—Grade 7

1 yard = 3 feet

1 mile = 1,760 yards

1 mile = 5,280 feet

1 kilometer = 1,000 m

1 pound = 16 ounces

1 ton = 2,000 pounds

1 kilogram = 1,000 grams

1 cup = 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 liter = 1,000 milliliters

Area of a Regular Polygon = $\frac{1}{2} ap$

where a is the apothem length
and p is perimeter