

# NCAA Indoor Conversion Factors

The NCAA's new system of indexing indoor tracks (see p. 23) has 3 categories, with "flat" (200 unbanked) being the starting point. Anything smaller than a 200 is "undersized"; anything larger than 200 and/or banked is "banked/oversized."

To convert from one track to another, use these multipliers:

## Men's conversions to flat

### *undersize bank/OT*

200.....	0.9872.....	1.0179
400.....	0.9901.....	1.0160
800.....	0.9923.....	1.0143
1000.....	0.9929.....	1.0138
Mile .....	0.9941.....	1.0128
3000.....	0.9953.....	1.0116
5000.....	0.9961.....	1.0107
4 x 400...	0.9901.....	1.0160
DMR .....	0.9931.....	1.0136

## Men's conversions to bank/OT

### *undersize flat*

200.....	0.9698.....	0.9824
400.....	0.9746.....	0.9843
800.....	0.9783.....	0.9859
1000.....	0.9794.....	0.9864
Mile .....	0.9816.....	0.9874
3000.....	0.9839.....	0.9885
5000.....	0.9855.....	0.9894
4 x 400...	0.9746.....	0.9843
DMR .....	0.9798.....	0.9866

## Women to flat

### *undersize bank/OT*

200.....	0.9900.....	1.0155
400.....	0.9929.....	1.0133
800.....	0.9951.....	1.0115
Mile .....	0.9969.....	1.0099
3000.....	0.9981.....	1.0086
5000.....	0.9989.....	1.0077
4 x 400...	0.9929.....	1.0133
DMR .....	0.9959.....	1.0107

## Women to bank/OT

### *undersize flat*

200.....	0.9749.....	0.9847
400.....	0.9799.....	0.9869
800.....	0.9838.....	0.9886
Mile .....	0.9871.....	0.9902
3000.....	0.9896.....	0.9915
5000.....	0.9913.....	0.9924
4 x 400...	0.9799.....	0.9869
DMR .....	0.9853.....	0.9894