

CIS Indoor Track Conversion Ratios

(effective - Academic Year 2014-2015)

OT = Oversized Track / BT = Banked Track

Men		Women	
- Multiply for 200m Flat to OT/BT - Divide for OT/BT to 200m Flat		- Multiply for 200m Flat to OT/BT - Divide for OT/BT to 200m Flat	
200m (4 x 200m)	0.9824	200m (4 x 200m)	0.9847
300m	0.9835	300m	0.9860
400m (4 x 400m)	0.9843	400m (4 x 400m)	0.9869
500m	0.9848	500m	0.9874
600m	0.9852	600m	0.9879
800m (4 x 800m)	0.9859	800m (4 x 800m)	0.9886
1000m	0.9864	1000m	0.9892
1500m	0.9872	1500m	0.9901
Mile	0.9874	Mile	0.9902
3000m	0.9885	3000m	0.9915
5000m	0.9894	5000m	0.9924

Undersized Flat Track to 200m Flat Track Equivalencies (U. Moncton Facility)

Men		Women	
Multiply for Undersized Flat to 200m Flat		Multiply for Undersized Flat to 200m Flat	
200m (4 x 200m)	0.9872	200m (4 x 200m)	0.9900
300m	0.9890	300m	0.9918
400m (4 x 400m)	0.9901	400m (4 x 400m)	0.9929
600m	0.9915	600m	0.9943
800m (4 x 800m)	0.9923	800m (4 x 800m)	0.9951
1000m	0.9929	1000m	0.9958
1500m	0.9939	1500m	0.9967
Mile	0.9941	Mile	0.9969
3000m	0.9953	3000m	0.9981
5000m	0.9961	5000m	0.9989

Background: Implemented 2012-13 by the NCAA - Divisions I, II, III.

Banked 200m Tracks and Oversized Tracks (+260m) - research conclusion - there is NO statistical difference found between performances on a "Banked 200m Track" (BT) and that of an "Oversized Track" (OT). Therefore, the NCAA has standardized their conversions between flat 200m tracks vs BT/OT facilities.

Motion 1: The acceptance of the implementation of the following conversion ratios (collected and statistically validated from the NCAA Research 2012 below) for the CIS Indoor Track & Field 2014-2015 Season and onward.

Motion 2: That the CIS Indoor Track & Field Coaches Committee take a more cooperative roll in the future of conversion ratios by interacting with the NCAA Indoor Championships Performance Conversion Committee. This would entail supplying added performance CIS data and by working together on these matters. Should the NCAA Committee find the need to make adjustments to it's "conversion ratios" for indoor track & field facilities, so should the CIS Track & Field Committee mark a similar path of refinement and improvement.