

Converting Sprint Night Times to 50m/100m Entry Times

Sprint Night will probably be the first time your child swims in a race and records a time. The length of these races is 27.8m as this is the distance across the pool into the Diving Pit. In order to enter competitions you need to submit entry times that are the length of the race your child wishes to enter. Therefore, these 27.8m times need to be converted into either 50m times or 100m times depending on the distance. To convert the times from Sprint Night you need to use the charts that can be found on the club's website. The link to the charts to use is <http://www.coventry-swimming.org.uk/sprintnight/sprint.pdf> and there are 4 pages, one for each stroke.

It works by:

- 1) Knock off the hundredths of the time your child has swum
- 2) Look down the 27.8m column until you have found the sprint night time that is closest to the time in step 1
- 3) Work out how much you are under/over this time
- 4) Look across the row from this time to the column of the length of race that you want
- 5) Add or subtract the amount of time from action 2 above
- 6) This is the time to use for entry into the length of race chosen

For example, a backstroke time in the last sprint night of 27.62 would be:

- 1) Knock off the 0.02 from the time making it 27.6
- 2) Looking down the 27.8m column the nearest time is 27.7
- 3) Therefore the Sprint Night time is 0.1 sec under this time
- 4) Looking across the row of 27.7 the time for a 50m race would be 54.0
- 5) We need to take off 0.1 (to make it a conversion for 27.6)
- 6) This makes the entry time for 50m Back for that swimmer as = 53.9

Converting from Short course (25m length pools) to Long course (50m length pools) and vice versa

The other converter on the webpage is for when you have a 50m time done in a 50m pool (for example Coventry Sports Centre) and you want to know what this would convert to in a 25m pool (say Warwick University) or vice versa.

Website link is <http://asp.coventry-swimming.org.uk/time.asp>

The times for equal distances in a 25m pool to a 50m pool are usually faster as they have a turn in them where the swimmer gets to push off from the wall therefore giving them more propulsion half way through the race.

Some entries are required in a specific pool length usually 25m or 50m so please check the entry conditions before you enter your child's times.

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