

**Long Course to Short Course**

Distance	Freestyle	Backstroke	Butterfly	Breaststroke	Individual Medley
50m	-0.85	-0.85	-0.70	-1.00	
100m	-1.70	-1.70	-1.40	-2.00	
200m	-3.40	-3.40	-2.80	-4.00	-3.40
400m	-6.80				-6.80
800m	-13.60				
1500m	-25.50				

\*All numbers above are referencing seconds

**Short Course to Long Course**

Distance	Freestyle	Backstroke	Butterfly	Breaststroke	Individual Medley
50m	+0.85	+0.85	+0.70	+1.00	
100m	+1.70	+1.70	+1.40	+2.00	
200m	+3.40	+3.40	+2.80	+4.00	+3.40
400m	+6.80				+6.80
800m	+13.60				
1500m	+25.50				

\*All numbers above are referencing seconds