

# SPSL 4A Track and Field Mile to 1600 meter adjustment factor chart

Adjustment factor to convert 1 mile to 1600 meters.

1. Take mile time including tenths/hundred of a second
2. Subtract the adjustment factor from the mile time
3. Record adjusted time in athletic.net

Mile Time	Adjustment factor
4: 10	1.4
4: 11	1.5
4: 12	1.5
4: 13	1.5
4: 14	1.5
4: 15	1.5
4: 16	1.5
4: 17	1.5
4: 18	1.5
4: 19	1.5
4: 20	1.5
4: 21	1.5
4: 22	1.5
4: 23	1.5
4: 24	1.5
4: 25	1.5
4: 26	1.5
4: 27	1.5
4: 28	1.6
4: 29	1.6
4: 30	1.6
4: 31	1.6
4: 32	1.6
4: 33	1.6
4: 34	1.6
4: 35	1.6
4: 36	1.6
4: 37	1.6
4: 38	1.6
4: 39	1.6
4: 40	1.6

Mile Time	Adjustment factor
4: 41	1.6
4: 42	1.6
4: 43	1.6
4: 44	1.6
4: 45	1.7
4: 46	1.7
4: 47	1.7
4: 48	1.7
4: 49	1.7
4: 50	1.7
4: 51	1.7
4: 52	1.7
4: 53	1.7
4: 54	1.7
4: 55	1.7
4: 56	1.7
4: 57	1.7
4: 58	1.7
4: 59	1.7
5: 01	1.7
5: 02	1.8
5: 03	1.8
5: 04	1.8
5: 05	1.8
5: 06	1.8
5: 07	1.8
5: 08	1.8
5: 09	1.8
5: 10	1.8
5: 11	1.8
5: 12	1.8

Mile Time	Adjustment factor
5: 13	1.8
5: 14	1.8
5: 15	1.8
5: 16	1.8
5: 17	1.8
5: 18	1.8
5: 19	1.9
5: 20	1.9
5: 21	1.9
5: 22	1.9
5: 23	1.9
5: 24	1.9
5: 25	1.9
5: 26	1.9
5: 27	1.9
5: 28	1.9
5: 29	1.9
5: 30	1.9
5: 31	1.9
5: 32	1.9
5: 33	1.9
5: 34	1.9
5: 35	1.9
5: 36	1.9
5: 37	2.0
5: 38	2.0
5: 39	2.0
5: 40	2.0
5: 41	2.0
5: 42	2.0
5: 43	2.0
5: 44	2.0
5: 45	2.0
5: 46	2.0
5: 47	2.0
5: 48	2.0
5: 49	2.0
5: 50	2.0