

Converting Hand Held Times for State Qualifying Purposes

- ⦿ Rule 3.8. Art.3... If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. $MT+.24=FAT$). A record shall not be granted unless the time is recorded by FAT.

This rule is found on page 18 of the 2016Track and Field and Cross Country Rulebook

- ⦿ If a 100 Meter hand held time is 11.21 you must round up to the next tenth (not the closest) which would be 11.30. You then need to add .24 to that time. New time is now 11.54
- ⦿ Hand held conversions need to be calculated for all running events (individual and relay).
- ⦿ Do not adjust any FAT times.
- ⦿ Hand held times that have not been adjusted by the meet official will not be considered as state qualifying times.