

Bowling Green Sprint Triathlon

Calculating Swim Times

When estimating swim times for a triathlon there are several factors to consider:

1. Meters or Yards? Most indoor lap pools are 25 yard pools. Outdoor lap pools will vary from pool to pool from yards to meters. College and High School swim meets are almost always in 25 yard pools. One Meter is approximately 10% farther than one yard; therefore an equivalent race in meters will be slower than a race in yards (i. e. 400 meters vs. 400 yards).
2. Short course or Long Course? Short course refers to a 25 yard or 25 meter pool length and Long Course refers to a 50 yard or a 50 meter pool length. Because pushing off the wall at the end of a pool length speeds up a swimmer, short course times will be faster.
3. Moving across the pool in a triathlon. When swimming laps or doing conventional training, swimmers stay in the same lane for the entire race. However in many triathlon races, the snake swimming pattern is used. A swimmer will move from one lane to the next as he finishes each length of the pool. In the Bowling Green Sprint Triathlon 400 meter swim, each swimmer will swim in eight different lanes and move laterally about 25 yards over the course of the race. This also will add some time to the race.

Suggestion for estimating swim times for our 400 meter race.

1. Time yourself for 400 yard or meters in a local pool. Make sure you know the pool length (25 or 50, Yards or Meters).
2. Go to the swim time convertor at <http://www.swimmingworldmagazine.com/results/conversions.asp>. Use this convertor to convert your time to an estimate for a long course meter pool.
3. Add between 10-20 seconds to this time to correct for the time it takes to move laterally across the pool.