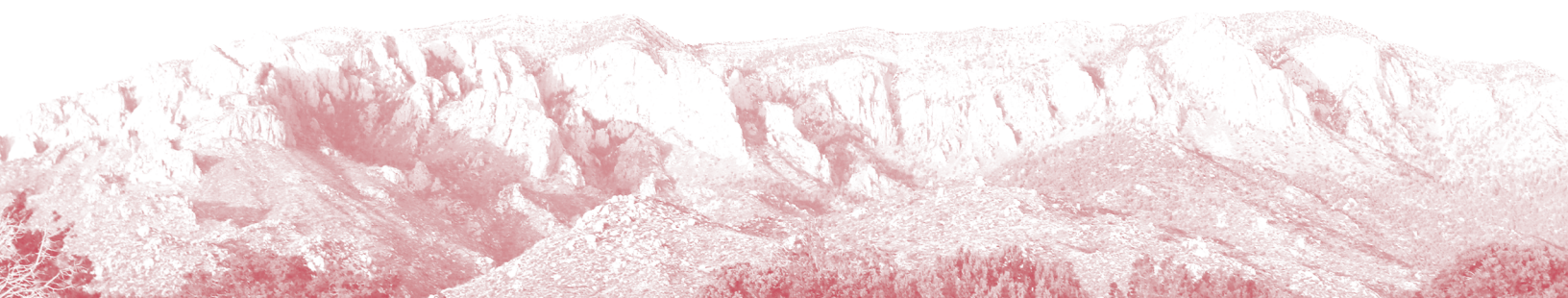


NCAA ALTITUDE CONVERSION CHARTS FOR TRACK & FIELD IN ALBUQUERQUE

**(800 METERS, 1 MILE, 3000 METERS, 5000 METERS,
AND DISTANCE MEDLEY RELAY)**



UNIVERSITY OF NEW MEXICO TRACK & FIELD

AN EXPLANATION OF NCAA TRACK & FIELD ALTITUDE CONVERSIONS WHEN COMPETING IN ALBUQUERQUE

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What are NCAA Track & Field altitude conversions, and why do we have them? In the 1980's due to questions from the collegiate coaching body the NCAA Track & Field Committee started asking the question whether competing at altitude positively assisted athletes, or negatively affected them. After a comprehensive research study was undertaken it was determined competing at altitude both helped and hurt athletes depending on what events they competed in.

For athletes, higher altitudes produce two opposing effects on athletic performance. For the short dynamic, power explosive events (60 meters, 100 meters, 200 meters, 400 meters, Long Jump, Triple Jump) competing at higher altitudes means there is less atmospheric pressure which results in less air resistance which by and large results in a better athletic performance. For the longer events (800 meters, 1500 meters, 1 mile, 3000 meters, 5000 meters, 10,000 meters) the main effect is at higher altitude there is less oxygen in the air (anyone who has ever gone hiking up a mountain knows it gets harder to breath as we go higher and higher) which generally negatively affects athletic performance.

Once the NCAA determined something needed to be done they looked to the International Association of Athletic Federations (IAAF), the governing body of international athletics for guidance. Since the 1950's the IAAF has recorded any performance made 3000 feet (914.4 meters) above sea level with an "A" after it to signify it was made at altitude. So the NCAA adopted that threshold and any college at 3000 feet above sea level or higher will have athletic performances converted when competing in that locale. Currently there are 38 designated colleges that fit into the NCAA Conversion protocol, and they come from Colorado, Wyoming, Arizona, New Mexico, Texas, Montana, Idaho, Utah, Nebraska, South Dakota, and North Carolina.

The indoor track at the Albuquerque Convention Center is at 4958 feet above sea level. There are different conversions for different altitudes. For example, Texas Tech University in Lubbock, Texas has an altitude of 3195 feet above sea level, while Adams State University in Alamosa, Colorado is at 7544 feet above sea level. So if an athlete competes at Texas Tech and runs a 5:00.00 mile, that performance will be converted to 4:56.54 when recorded in the NCAA rankings. If an athlete runs 5:00.00 at Adams State that performance will be converted to 4:47.35. So there are 38 different NCAA "conversions" as every college has their own based on the altitude in that locale.

NCAA CONVERSIONS IN ALBUQUERQUE

In the **Men's & Women's 60 meters and 60 meter Hurdles** you must **ADD** .02 to the final actual performance

- *If an athlete runs 6.70 in the men's 60 meters the official NCAA performance will be listed as 6.72.*
- *If an athlete runs 8.55 in the women's 60 meter Hurdles the official NCAA performance will be 8.57.*

In the **Men's & Women's 200 meters** you must **ADD** .07 to the final actual performance

- *If an athlete runs 21.50 in the men's 200 meters the official NCAA performance will be listed as 21.57.*
- *If an athlete runs 24.86 in the women's 200 meters the official NCAA performance will be listed as 24.93.*

In the **Men's & Women's 400 meters** you must **ADD** .11 to the final actual performance.

- *If an athlete runs 49.00 in the men's 400 meters the official NCAA performance will be listed as 49.11.*
- *If an athlete runs 55.11 in the women's 400 meters the official NCAA performance will be listed as 55.22.*

In the **Men's & Women's 4x400 Relay** you must **ADD** .44 to the final actual performance.

- *If a men's relay team runs 3:15.00 the official NCAA performance will be listed as 3:15.44.*
- *If a women's relay team runs 3:50.00 the official NCAA performance will be listed as 3:50.44.*

In the **800 meters, 1 mile, 3000 meters, 5000 meters, and Distance Medley Relay** (1200, 400, 800, 1600) you must **SUBTRACT** time from the final actual performance to get the official NCAA performance.

- *This calculation is dependent on the actual time itself and must be calculated separately using either the NCAA online calculation tool or a conversion chart.*

