

# CONVERSION FORMULAE FOR WEIGHTS & MEASURES

Record Application Forms ask for weights and measurements in metric units. The following formulas are provided for your information and use as required. [Note : Persons applying for World Records are only required to use the units in which the measurements were taken]

## WEIGHTS

Ounces	x	28.349	=	grams
Ounces	x	0.02835	=	kilograms
Pounds	x	453.59	=	grams
Pounds	x	0.45359	=	kilograms
Grams	x	0.0353	=	ounces
Grams	x	0.002	=	pounds
Kilograms	x	35.2736	=	ounces
Kilograms	x	2.2046	=	pounds

## MEASURES

Inches	x	25.4	=	millimetres
Inches	x	2.54	=	centimetres
Feet	x	30.48	=	centimetres
Feet	x	0.3048	=	metres
Millimetres	x	0.03937	=	inches
Centimetres	x	0.3937	=	inches
Centimetres	x	0.0328	=	feet
Metres	x	39.37	=	inches

## MISCELLANEOUS

1 Pound force	x	4.448	=	Newton's
1 Kilogram force	x	9.806	=	Newton's
1 fathom	x	6	=	feet