

Temple
1983-84

SPELL-IT[®]

STENO NOTEBOOK

NEW, MODERN LIST OF 500 COMMONLY
MISPELLED BUSINESS WORDS

HANDY METRIC CONVERSION TABLE



11404
(W-3767)

50 SHEETS
6-IN. x 9-IN.
(15.2 cm. x 22.8 cm.)



WHITE GREGG RULED



BRADNER CENTRAL CO.
CHICAGO, ILLINOIS 60606

1983 - 84

^{16.10}
TANKS - 16.25

^{17.00}
PARKS - 17.25

new 14.50 Tanks

15.00 Parky,

Hill Time

Oct 5, 1983

(2 min. Rest between each hill)

Gardner, G	11.49	11.20	11.69	12.13	12.11
Williams, A	11.49	11.20	11.69	12.13	12.11

Standards

1983-84

	1983	1984	1985	1986
50 yds. _____	5.6	5.6		
100 yds. _____	10.7	10.7		
220 yds. _____	24.4	24.0		
330 yds. _____	38.8	38.6		
440 yds. _____	56.0	55.0		
880 yds. _____	2:19	2:20		
Mile Run _____	5:58	5:55		

Spikes

* Special

* Walk-ons

Time Trials

Sept 16, 1983

440

Gardner, Gina	* 58.76	58.8		
Campbell, Renee	64.55	60.04		
Williams, Angela	* 60.0	62.17		
Tyus, Tina	68.91	65.97	65.24	
Emmons, Diane	* 60.49	62.75		
Resure, Cynthia	66.17	—	64.56	
Lester, La Sonji	74.05	—		
Powe, Terri	70.06	—		
Green, Brenda	71.32	70.79	67.93	
Manson, Doretha	68.21	67.4	67.53	
Logan, Marice	73.71	—		
Kirkland, Rhoda	—	—		

Sept 16, 1983

440 = 60.0

Made Standards *

Sept 23, 1983

440 = 58.5

Made Standards *

Sept 30, 1983

440 = 62.0

Made Standards *

PARK = 17.25

9/28/83

9/29/83

10/1/83

10/3/83

10/5/83

10/10/83

Adams, Kimbley	18.54	20.02	Test	18.06	19.05	17.40
CRAWFORD, Zedra	16.06*					
FORT, WANDA	20.54	late	18.28	21.58	20.05	
FRAZIER, Barbara	17.24*					
Jones, Riva	—	—	—	—	—	
Varzant, Jackie	18:28	18.09	16.57 ^{Push}	18.05	17.23*	

Made = Standard *

Park = 17.25

10/11/83

10/15/83

Adams, Kimbley	17.04 *					
FORT, Wanda	not here	16.19 *				

PARK = 17.25

9/28/83 9/30/83 10/5/83 10/10/83 10/11/83 10/15/83

	9/28/83	9/30/83	10/5/83	10/10/83	10/11/83	10/15/83
Campbell, Renee	19.38	18.47	18.18	Training Room	19.36	16.19*
Emmons, Diane	16.51*					
Gardner, Gina	16.28*					
Williams, Angela	16.51*					

Made- Standard *

PARK = 17.25

TANK = 16.25

Adams, Kimbley	19.16	Test	19.43	19.53		18.02	18.08
Crawford, Zedra	weight to much.	weight to much	weight to much				
FORT, Wanda	late		19.58	19.50	20.50	late	
Frazier, Barbara	17.06	16.25*					
Jones, Lias	—	—	—	—			
Vanzant, Jackie	18.23		18.18	16.58	18.14	16.21*	

Made - Standard *

TANK = 16.25

	10/19/83	10/19/83	10/20/83	10/25/83	10/26/83	10/27/83	11/1/83	11/4/83
Adams, Kimbley	17.08	17.28	17.09	late	17.24	16.54	16.46	17.33
Crawford, Zedra					didn't come			
FORT, WANDA	22.42	19.56	20.30	20.01	late	18.55	late	18.47

	11/5/83	11/7/83	11/8/83	11/9/83	11/14/83	11/17/83	11/19/83
Adams, K	18.05	17.00	17.06	16.58	17.24	16.19*	
FORT, W.	19.27	19.48	19.25	18.40	19.20	18.59	18.50

0.06

TANK = 16.25

9/30/83

10/1/83

10/4/83

10/6/83

10/12/83

10/14/83

10/14/83

Campbell, Renee	19.43	went Home	22.01	CRAMP UP	20.05	18.53	date
Emmons, Diane	16.33	15.58*					
Gardner, Gina	15.48*						
Williams, Angela	7.19	16.14*					

Made - Standard *

TANK = 16.25

10/20/83

10/25/83

10/26/83

10/26/83

11/1/83

11/4/83

11/5/83

Campbell, Renee	17.41	18.01	18.31	16.54	16.45	18.42	16.57
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11/7/83

11/8/83

11/9/83

11/14/83

11/17/83

11/18/83

11/19/83

11/21/83

Campbell, R	17.00	18.13	17.01	date	17.20	17.38	17.50	17.51
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11/22/83

11/24/83

11/25/83

12/5/83

12/5/83

Campbell	15.24	16.52	17.13	19.14	16.18*
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10/26/63 TANK = under 20.0

Frazier, B	18.11				
GARDNER, G	15.54				
Vanzant, J	17.32				
Williams, A	16.24				
Emmons, D	Class				

ES/4/01

Time Trial

10/28/83

10/28/83

440

Weight Shoes

10/7/83

GARDNER	61.62*				
EMMONS	64.39*				
WILLIAMS	67.44	67.01*			
FRAZIER	62.19*				
ADAMS	64.74*				
FORT	70.93	70.0*			
VANZANT	63.42*				

Made - Standard*

1st 65.0

2nd 70.0

Time Trial

10/14/83

440

Weight Shoes

GARDNER, Gina	60.85*			
Emmons, Dinae	63.91		63.41*	
Williams, Anglea	64.94		64.19*	
Frazier, Barbara	62.70		63.02*	
Adams, Kimbley	64.60		63.11*	
Fort, Wanda	72.68		64.56*	
Vanzant, Jackie	63.73		63.49*	
Campbell, Renee	65.99		64.02*	

* Look at 2 - stop

Made - Standard *

0.05 1st 62.0
 2nd 65.0
 3rd 70.0

Time Trials

10/28/83

440 weight shoes

GARDNER, G	61.28*				
Emmons, D	63.38	64.82 *			
Williams, A	64.48	67.85	66.35*		
FRANZEN, B	60.29*				
Adams, K	65.48	63.85*			
Font, W	75.21	68.82	66.35*		
Vannoyant, J	63.53	62.40*			
Campbell, R	66.46	64.94*			

Made - Standard

1st = 62.0*

2nd = 65.0*

3rd = 70.0*

Gardner, Gina

Mile Run 5.58	880 2.19	440 56.0	330 38.8	220 24.4	100 10.7	50 5.6
11/1/83 5.38.38 *	11/4/83 2.18 *	11/7/83 57.22	12/0/83 41.56			
		11/8/83 57.10	12/10/83 40.47			
		11/21/83 57.56	12/10/83 41.07			
		11/22/83 57.05	12/11/83 40.89			
		11/29/83 59.06	12/11/83 41.11			
		12/1/83 58.77				
		12/5/83 57.78				
		12/8/83 58.60				
		12/9/83 59.56				
		12/9/83 58.99				
		12/10/83 58.5 *				

Williams, Angela

Mile Run 5.58	880 yard 2.19	440 yard 56.0	330 38.8	220 24.4	100 10.7	50 5.6
11/1/83 5.47.65 *	11/4/83 2.34	11/19/83 58.10	11/20/83 41.13	12/8/83 24.8	12/9/83 10.73	12/10/83 5.84
	11/7/83 2.32.89	11/21/83 56.23	11/29/83 40.75	12/8/83 24.6	12/10/83 11.09	12/10/83 5.78 *
	11/8/83 2.34.5	11/22/83 55.81 *	12/1/83 40.19	12/9/83 24.58 *	12/10/83 10.94 *	
	11/14/83 2.28.0		12/5/83 39.33 *			
	11/17/83 2.32.0					
	11/18/83 2.25.0 *					
	<u>Special</u> 2.25 *		<u>Special</u> * 39.5	<u>Special</u> under 25.0	<u>Special</u> under 11.0	<u>Special</u> * 5.9 *

Vanzant, Jackie

Mile Run	880	440	338	220	100	50
5.58	2.19	56.0	38.8	24.4	10.7	5.6
11/1/83 * 5.54.0	11/4/83 2.28	11/19/83 59.87	11/29/83 Sick	12/5/83 25.8	12/9/83 11.13	12/11/83 5.61
	11/7/83 2.29.93	11/21/83 56.23	12/1/83 41.13	12/19/83 24.58*	12/10/83 11.44	12/11/83 5.60*
	11/8/83 2.25.1	11/22/83 55.81*	12/5/83 39.83		12/10/83 11.39	
	11/14/83 2.25.0		12/9/83 39.61*		12/10/83 11.43	
	11/17/83 2.31.0				12/10/83 11.39	
	11/18/83 2.25.1*				12/10/83 11.08	
	Special 2.25.*				12/10/83 11.28	
					12/10/83 11.60	
					12/10/83 11.08	
					12/10/83 11.34	
					12/11/83 10.80*	

* Special
under 40.00

* Special
under 25.0

Frazier, BARBARA

Mile	880	440	338	220	100	50
5.58	2.19	56.0	38.8	24.4	10.7	5.6
11/1/83 * 5.56.94	11/4/83 2.31	11/19/83 55.25*	11/21/83 38.39*	11/21/83 24.43	11/22/83 10.75	11/29/83 5.53*
	11/7/83 2.34.46			11/22/83 24.24*	11/22/83 10.71	
	11/8/83 2.25.2				11/29/83 10.47*	
	11/14/83 2.25.0					
	11/17/83 2.32.0					
	11/18/83 2.25.0*					
	Special 2.25*					

* Special
under 11.0

Emmons, Diane

Milk	580	440	330	220	100	50
5:58	2:19	56.0	38.8	24.4	10.7	5.6
11/1/83 5.51.35*	11/4/83 2.26	11/19/83 56.79	12/8/83 39.37*	12/8/83 25.08	12/7/83 11.13	
	11/7/83 2.32.33	11/21/83 56.07		12/9/83 24.58*	12/10/83 11.48	
	11/8/83 2.22.0	11/22/83 57.45			12/10/83 11.92	
	11/14/83 2.27.0	11/29/83 57.8				
	11/17/83 2.21.6	12/1/83 57.43				
	11/18/83 2.22.1*	12/5/83 55.66*				
	<u>Special</u> 2.25*		* Special under 40.00	* Special under 25.0		

Crawford, Zedra

Milk	580	440	330	220	100	50
5:58	2:19	56.0	24.4	24.4	10.7	5.6
12/1/83 5.43.18	12/5/83 2.27.10					
	12/8/83 2.35.05					
	12/10/83 2.27.08					
	12/10/83 2.31.10					

Quarter 58.0 * Time Trials

1/7/84

1/7/84 1/7/84 1/8/84 1/8/84

Adams, Kim	60.04	64.36	59.97	62.90
Campbell, Renee	59.90	SICK	61.89	61.15
Crawford, Zedra	60.23	61.59	63.69	70.46
Emmons, Diane	58.76	SICK	57.73*	—
Frazier, Barbara	54.75*	—	—	—
McMillian, Maxine	56.82*	57.05	—	—
JONES, LISA	62.43	65.65	66.34	64.35
Vanzant, Jackie	58.31	60.0	59.26	59.27
Williams, Angela	59.53	59.06	67.17	72.03
FORT, Wanda			64.19	60.95

880 Mile 2:30.0 *

Time Trials

1/7/84

1/7/84 1/7/84 1/8/84

Adams, Kim	2:42.11	2:40.0*	—
Campbell, Renee	2:50.36	SICK	2:46.06
Crawford, Zedra	2:29.68*	—	—
Emmons, Diane	3:00.00	SICK	2:38.11*
Frazier, Barbara	—	—	—
McMillian, Maxine	2:52.0	3:23.5	2:32.0*
JONES, LISA	2:47.11	2:59.0	—
Vanzant, Jackie	2:49.05	2:40.0*	—
Williams, Angela	2:58.15	2:49.11	2:56.03
FORT, Wanda			

Special
* 2:40.0

Quarter 58.0* Time Trials

2/11/84

Adams, Kim	59.03		
Emmons, Diane	58.55		
Fort, Wanda	66.42		
Jones, Lisa	60.7		
Campbell, Renee	62.39		
Crawford, Zedra	57.91*		

Quarter 57.5* Time Trials

2/18/84

Adams, Kim <small>25.90</small>	59.63		
Emmons, Diane	57.19*		
Campbell, Renee <small>26.37</small>	59.0		
Crawford, Zedra	56.86*		
Jones, Lisa	60.4		

Time Trials

2/17/84

Standard *

330
38.0

220
25.0

150
17.0

75
8.4

	330 38.0	220 25.0	150 17.0	75 8.4
Font	41.27	24.17	15.70	
Frazier	37.59	23.68	15.34	
McMillan	38.57	24.04	16.00	
Vanzant	38.69	24.17	15.80	
Williams	38.57	23.88	15.73	

	Gate	Time	
Caldwell	4:46	8:29	ca 13:00
Davis	4:59	9:41	16:26
② Boyer	4:46	8:29	13:00
Speight	4:54	9:02	14:27
Dashiell	5:12	9:22	14:34*
Walter			
Skelton	5:04	9:23	15:38
Weir	5:12	9:22	14:51
<hr/>			
Lodgsdan	5:49	10:37	- stopped
Cochran	5:40	10:20	16:35
McMillan	5:39	10:03	15:23
Frazier	5:39	10:22	16:24
Emmons	5:48	10:26	15:55
Vanzant	5:49	10:53	17:26
Williams	5:39	10:09	16:18

BAIRD	Gate	TREE
ETHER	4:56	15:11
THOMPSON	5:13	14:50
FENNEL	4:53	14:37

(watch stopped)

57.0

Time Trials

2/24/84

Jones	61.19				
Campbell	54.7				
Crawford	57.61				
Campbell	60.12				
Adams	59.60				
Emmons	58.56				

Weight Chart

3/12/84

Need to
put on chart
at the track

Campbell - 148

Frazier - 134

VanZant - $122\frac{3}{4}$

Adams - $119\frac{3}{4}$

Williams - 138

Emmons - 136

Crawford - 145

Jones - 131

McMillan - $121\frac{3}{4}$

Time Trials

3/17/84

330 220 150 75 440
 39.0 26.0 18.0 8.5 57.0

Vanzant	41.14	25.24*	16.95*	8.62	58.0
Vanzant					
Frazier	35.91*	25.07*	16.56*	8.41*	
Williams	39.48	25.10*	17.29*	8.58	61.95
Fort	42.29	25.24*	17.10*	8.83	
M ^s Millan	39.48	25.43*	17.50*	8.99	56.89

3/17/84

440
58.0

440
58.0

3/18/84

3/19/84

Crawford	57.98*				
Emmons	57.07*				
Campbell	63.36	63.58			
Jones	61.01	62.27			
Adams	61.14	60.0	61.68		

made standards*

3/18/84

75
300
FORT 8.47* 41.29

3/19/84

Williams 8.22* 38.31*
FORT 39.97

Time Trials

3/27/84

330 220 150 75 440

38.0 25.0 17.0 8.4 57.0

Vanzant					54.92*
Fort	39.66 / 42.85	25.39 / 24.32*	16.82*	8.23*	
Williams	40.38 / 38.96	24.68*	16.85*	8.48 / 8.3*	
Frangier					55.13*
McMillan					54.92*
Adams	39.93	25.29	17.31	8.74 / 8.56	60.48
Emmons					57.02 / 57.15
Campbell					60.29 / 64.04
Crawford					Pulled
Jones					60.07 / 59.83

37.5 24.5 16.5 8.3 under 55

3/25/84

330

40.0

① Williams = 40.90

② Fort = 44.72

440

59.0

① Emmmons = 61.32

② Adams = 59.65

③ Campbell = 60.42

④ Jones = 61.53

Time Trials

4/2/84

Under
30.0

(4) 220

Under 28.0

Adams, K.	26.96	27.09	27.28	28.0	28.78
Campbell, R.	26.71	27.51	27.50	28.47	29.43
Crawford, Z.	28.65	29.19	28.0	28.45	29.40 / 29.0 30.64 / 30.21
Emmons, D.	28.04	26.40	26.89	27.19	27.81
Fort, W.	26.94	26.45	27.0	28.46	
Frazier, B.	27.38	27.42	26.59	27.17	
Jones, L.	26.92	27.69			
McMillan, M.	27.35	27.19	26.84	27.03	
Vanzant, J.	26.51	26.50	26.61	27.11	
Williams, A.	26.37	26.74	26.85	26.90	

Time Trials

4/10/84

* Standard

330
37.5

220
24.5

150
16.5

75
8.3

440
under
55.0

4/11/84

Adams					59.83	
Campbell					61.17	58.81
Crawford					57.61	58.81
Fort					61.98	59.15
Frazier					*54.88	
Jones					60.58	59.51
McMillan					*53.92	
VanZant					56.24	55.74
Williams					*54.34 54.34	
Emmon					56.51	55.74

Time Trials

4/18/84

400 Meter

220 220 220
27.0 27.0 27.0

150 150 150
18.0 18.0 18.0

Adams, Kim	26.81	26.26	26.52		16.87	17.51
Crawford, Zedra						
Emmons, Diane	26.51	26.59	26.85		16.79	16.71
Jones, Lisa	27.56	28.36	27.01	29.9	17.66	17.41
McMillan, Maxine	25.94	26.05	27.10	28.0	16.58	16.89
Vanzant, Jackie	26.72	26.42	26.35		16.55	16.37

Time Trials

4/18/84

Sprinters

220 220 220
26.0 26.0 26.0

150 150 150
17.0 17.0 17.0

				27.0		
FORT	25.24	27.07	28.80	25.57	16.96	16.24
Frazier	25.18	25.59	26.45	27.0 25.83	17.21	17.01
Williams	25.61	25.43	26.25	22.0 25.89	17.24	16.37

Time Trial

FORT. W	19.91	19.47	20.61	19.58	19.67	19.28	19.42	18.79				
Frazier, B.	18.66	19.26	19.67	19.70	18.99	19.05	19.40	18.92				
Williams, A.	19.91	19.47	20.61	19.58	19.11	18.62	19.65	18.76				
VARIANT, J.	18.82	21.27	20.35	21.30	20.31	20.29	20.42	20.43	19.39	19.59	20.70	19.59
McMikler, N.	18.82	21.27	20.35	21.30	20.31	20.29	20.40	20.43	19.39	19.59	20.70	19.59
EMMONS, D.	18.70	20.63	20.53	20.11	20.14	20.03	21.59	19.44	19.06	19.29	19.05	19.41
ADAMS, K.	18.70	20.63	20.53	20.11	20.14	20.02	21.59	19.44	19.06	19.29	19.05	19.41
CRAWFORD, Z.	18.50	19.75	19.79	19.18	17.15	18.71	19.89	19.17	19.24	19.32	19.57	20.25
Campbell, R.												
LISA, JONES	18.50	19.75	19.79	19.18	19.15	18.71	19.89	19.17	19.24	19.30	19.57	20.25

Sprinter 150 under 20

Quarter Mile 150 under 25

35 Under 330
 16 Under 150
 8.4 Under 75

Tomorrow

4/27/84

Friday Time
 Trial

F Cont'd

feasible
fi ber
fiery
fis cal
flex ible
flu ores cent
for cible
for eign
forth right
forty
fran chise
freight
ful fill

G

gar ni shes
gauge
gor geous
gov ern ment
gov er nor
gram mar
griev ance
grudge
guar an tee (promise)
guar anty (agreement)
guid ance

H

hand some
hap haz ard
harass
heav ily
height
hesi tant
hin drance
ho mo gen ize
ho siery
hu man (mankind)
hu mane (kindly)
hy giene
hy poc risy

I

id i o syn cra sy
il le gal
il leg ible
im me di ately
im mi grant
in ed vis ible
in au gu rate
in ci dent (happening)
in ci dence (rate of occurrence)
in debt ed ness
in del ible
in de pend ence
in flex ible
ir re fut ible
ir re sis tible
ir revo cable
in her it ant
in stall ment
in sur able
in te grate
in ter cede
in ter fere
in valu able
in vio lable
is suing

J

jeop ard ize
jour ney
judge
judg ment
jus ti fi able
jus ti fied
jus tify

K

kid naped
kind li ness
knowl edge

L

la bel ing
labo ri to ry
lar ceany
lead (to show the way)
lead (as in pencil)
led (showed the way)
ledger
le gi ti mate
let sure
li al son
li brary
li cense
lien
lik able
li que fac tion
liq uify
lis ten
li ti ga tion
loose (not tight)
lose (misplace)

M

ma in te nance
man age able
man ag ing
man age ment
ma neu ver
man uel
ma nu fac turer
ma nu script
ma the mat ics
me dia
me di ocre
mer chan dise
met ric
mile age
mis cel la ne ous
mis spell
mort gage
mov able

N

ne ces sary
ne ces sity
ne go ti able
ne go ti ate
ne go tia tor
ninety
ninth
no tar ize
no tice able
no tify
now a days (one word)
nui sance
nu mera tor

O

ob lige
ob so les cence
oc ca sion
oc ca sion ally
oc cur red
omit ted
one self (one word)
op po nent
op ti mism
or di nance

P

paid
pam phlet
par aly sis
para lyze
par cel
par tial
pa tient
per annum (two words)
per capita (two words)
per cent (one word)
per cent age
per ma nent
per mis sible
per se ver ance
per son nel

P Cont'd

per suede
pos ses sion
prel ias
pre cede
pre ced ing
pre ci pice
pref er able
pre fixed mary
presi dency
pre sump tu ous
preva lent
prin ci pal (noun, head of school;
adj., main)
pri va cipa (rule)
print out (to print by computer)
print-out (printed output of computer)
privi lege
pro ce dure
pre cede
prom is sory
pro mun ci ation
proph ecy (a prediction)
proph ecy (to predict)
Psy chol ogy
pub licly
pur sue
pur su ing

Q

qua n tity
quasi
ques tion naire
quo tient

R

rap port
re al ize
re ceipt
re ceiv ible
re ceive
re ci pi ent
rec om mend
re com mit
rec oa cile
re cur rence
ref er ence
re fer red
re la vant
re lief
re nown
re pel lent
re plies
re scind
res tau rant
rheo ric
rhyme
rhythm
ri dicu lous
ro tary

S

sec ri le gious
sai able
scho las tic
scis sors
seize
sen sible
sepa rate
se rial
siege
simi lar
si mul ta ne ous
siz able
skop ti cal
sou ve nir
spe cial ize
spe cif ic ally
spin-off
sta tion ary (standing still)
sta tion ery (letter paper)
stat is ti cian
stat is ties
statue (a sculpture)
statute (a law)
strictly
sub sidy
sun shed

S Cont'd

suc ces sor
 suf fi cient
 su ing
 sum mar ize
 sum mary
 su per in tend ent
 super sede (only word that ends
 in sede instead of cede)
 super vise
 sur prise
 sur vey
 sus cep tible
 sus pi cious
 sym me try
 syn ony mous

T

tan gible
 tar iff
 tax able
 tech ni cal
 tech nique
 tele vise
 tele vi sion
 tem po rary
 ten ant
 tend ency
 their(s) (belongs to them)
 there (at or in that place)
 they're (they are)
 theory
 to (toward)
 too (also)
 two (number)
 trans fer red
 trip li cate
 ty ing
 tyr anny

U

unani mous
 un doubt edly
 union ize
 unique
 un nec es sary
 us able
 use ful
 util ize

V

vac ci nate
 vac uum
 vali date
 valu able
 valu ation
 vendor
 verify
 vit iain

W

waiver
 war ranty
 weather (climate)
 whether (if)
 weigh

X

x ray (also X ray; a photograph
 taken with x rays)
 x-ray (to photograph with x rays)
 xerox

Y

you're
 youth
 yield

Z

zeal ous

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METRIC CONVERSION TABLES

LENGTH

U.S. TO METRIC

1 inch = 25.40 millimeters
 1 inch = 2.540 centimeters
 1 foot = 30.480 centimeters
 1 foot = 0.3048 meter
 1 yard = 91.440 centimeters
 1 yard = 0.9144 meter
 1 mile = 1.609 kilometers

METRIC TO U.S.

1 millimeter = 0.03937 inch
 1 centimeter = 0.3937 inch
 1 meter = 39.37 inches
 1 meter = 3.2808 feet
 1 meter = 1.0936 yards
 1 kilometer = 0.62137 mile

AREA

U.S. TO METRIC

1 sq. inch = 645.16 sq. millimeters
 1 sq. inch = 6.4516 sq. centimeters
 1 sq. foot = 929.03 sq. centimeters
 1 sq. foot = 0.0929 sq. meter
 1 sq. yard = 0.836 sq. meter
 1 acre = 0.4047 sq. hectometer
 1 acre = 0.4047 hectare
 1 sq. mile = 2.59 sq. kilometers

METRIC TO U.S.

1 sq. millimeter = 0.00155 sq. inch
 1 sq. centimeter = 0.1550 sq. inch
 1 sq. meter = 10.7640 sq. feet
 1 sq. meter = 1.196 sq. yards
 1 sq. hectometer = 2.471 acres
 1 hectare = 2.471 acres
 1 sq. kilometer = 0.386 sq. mile

VOLUME (Capacity)

U.S. TO METRIC

1 fluid ounce = 2.957 centiliters = 29.57 cm³
 1 pint (liq.) = 4.732 deciliters = 473.2 cm³
 1 quart (liq.) = 0.9463 liter = 0.9463 dm³
 1 gallon (liq.) = 3.7853 liters = 3.7853 dm³

METRIC TO U.S.

1 centiliter = 10 cm³ = 0.338 fluid ounce
 1 deciliter = 100 cm³ = 0.0528 pint (liq.)
 1 liter = 1 dm³ = 1.0567 quarts (liq.)
 1 liter = 1 dm³ = 0.26417 gallon (liq.)

MASS (Weight)

U.S. TO METRIC

1 ounce (dry) = 28.35 grams
 1 pound = 0.4536 kilograms
 1 short ton (2000 lb.) = 907.2 kilograms
 1 short ton (2000 lb.) = 0.9072 metric ton

METRIC TO U.S.

1 gram = 0.03527 ounce
 1 kilogram = 2.2046 pounds
 1 metric ton = 2204.6 pounds
 1 metric ton = 1.102 tons (short)