

THE MFSE HANDBOOK FOR 2011-12 APPENDIX 2

A Quick Guide to Metric-US Measurement Conversion

In the United States the older English System is used while metric measurement is rare. So, the following chart, although not totally scientifically accurate, should be helpful to approximate measurement conversion between the two systems.

Length & Distance											
12 inches	= 1 inch	= 2.5 cm	so	1 cm	= 0.4 in						paper/clothing
3 feet	= 1 foot	= 30 cm	so	1 dm	= 4 in						height
5,280 feet	= 1 yard	= 90 cm	so	1 m	= 40 in (3 ft – 4 in)						sports
	= 1 mile	= 1.6 km	so	1 km	= 0.6 miles						travel
Weight & Mass											
16 ounces	= 1 ounce	= 28 g	so	1 g	= 0.04 oz						mail
	= 1 pound	= 450 g	so	1 kg	= 2.2 lbs (pounds)						food/human weight
Area											
43,560 sq ft	= 1 sq ft	= 0.1 m ²	so	1 m ²	= 10 sq ft (square ft)						inside area
	= 1 acre	= 0.4 hr	so	1 hr	= 2.5 acres						land area
Volume											
8 fl oz	= 1 fl oz	= 30 ml	so	1 dl	= 0.42 c						beverages
4 cups	= 1 cup	= 0.23 l	so	1 liter	= 1.05 qt						cooking
4 quarts	= 1 quart	= 0.95 l	so	1 liter	= 1.05 qt						larger bottles
	= 1 gallon	= 3.8 l	so	1 liter	= 0.26 gal						milk/gasoline
Temperature											
0° F	=	-18° C									
20° F	=	-7° C									(F° – 32) ÷ 1.8 = C°
32° F	=	0° C									
50° F	=	10° C									(68° F – 32) ÷ 1.8 = 20° C
60° F	=	15° C									
70° F	=	21° C									
80° F	=	27° C									
90° F	=	32° C									C° × 1.8 + 32 = F°
100° F	=	38° C									
212° F	=	100° C									25° C × 1.8 + 32 = 77° F
Clothing & Shoe Sizes											
Women's sizes											
US METRIC	6-8	8-10	10-12	12-14	14-16	16-18	18-20				
	36-38	38-40	40-42	42-44	44-46	48	50				
Belt & Pants sizes											
US METRIC	30	32	34	36	38	40	42	44	46	48	50
	76	81	86	91	96	102	107	112	117	122	127
Shirt sizes											
US METRIC	14	14 ½	15	15 ½	16	16 ½	17	17 ½	18	18 ½	
	36	37	38	39	41	42	43	44	45	46	
Jacket sizes											
US METRIC	34	36	38	40	42	44	46	48	50	52	54
	88	92	96	102	107	112	117	122	127	132	137
Women's shoe sizes											
US METRIC	5	5 ½	6	6 ½	7	7 ½	8	8 ½	9	9 ½	10
	35	35.5	36	37	37.5	38	39	39.5	40	40.5	41
ASIAN	22	22.5	23	23	23.5	24	24	24.5	25	25.5	26
Men's shoe sizes											
US METRIC	7	7 ½	8	8 ½	9	9 ½	10	10 ½	11	11 ½	12
	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5
ASIAN	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30