

Appendix IV

Weights and Measures

For assistance on metric usage, call or write:

Elizabeth J. Gentry
 National Institute of Standards and Technology (NIST)
 Weights and Measures Division
 100 Bureau Drive – Mail Stop 2600
 Gaithersburg, MD 20899-2600
 Telephone: 301-975-3690 or 4004 FAX: 301-975-8091
 E-mail: TheSI@nist.gov
 Internet site: <http://ts.nist.gov/WeightsAndMeasures/Metric/mpo_home.cfm>

[Conversions provided in table are approximate]

Symbol	When you know conventional	Multiply by	To find metric	Symbol
in	inches	2.54	centimeters	cm
ft	feet	30.48	centimeters	cm
yd	yards	0.91	meters	m
mi	miles	1.61	kilometers	km
in ²	square inches	6.45	square centimeters	cm ²
ft ²	square feet	0.09	square meters	m ²
yd ²	square yards	0.84	square meters	m ²
mi ²	square miles	2.59	square kilometers	km ²
	acre	0.41	hectare	ha
oz	ounces ¹	28.35	grams	g
lb	pounds ¹	0.45	kilograms	kg
oz (troy)	ounces ²	31.10	grams	g
	short tons (2,000 lb)	0.91	metric tons	t
	long tons (2,240 lb)	1.02	metric tons	t
fl oz	fluid ounces	29.57	milliliters	mL
c	cups	0.24	liters	L
pt	pints	0.47	liters	L
qt	quarts	0.95	liters	L
gal	gallons	3.78	liters	L
ft ³	cubic feet	0.03	cubic meters	m ³
yd ³	cubic yards	0.76	cubic meters	m ³
°F	degrees Fahrenheit (subtract 32)	0.55	degrees Celsius	°C

Symbol	When you know metric	Multiply by	To find conventional	Symbol
cm	centimeters	0.39	inches	in
cm	centimeters	0.03	feet	ft
m	meters	1.09	yards	yd
km	kilometers	0.62	miles	mi
cm ²	square centimeters	0.15	square inches	in ²
m ²	square meters	10.76	square feet	ft ²
m ²	square meters	1.20	square yards	yd ²
km ²	square kilometers	0.39	square miles	mi ²
ha	hectares	2.47	acre	
g	grams	0.04	ounces ¹	oz
kg	kilograms	2.21	pounds	lb
g	grams	0.04	ounces ²	oz (troy)
t	metric tons	1.10	short tons (2,000 lb)	
t	metric tons	0.98	long tons (2,240 lb)	
mL	milliliters	0.03	fluid ounces	fl oz
L	liter	4.23	cups	c
L	liters	2.13	pints (liquid)	pt
L	liters	1.05	quarts (liquid)	qt
L	liters	0.26	gallons	gal
m ³	cubic meters	35.32	cubic feet	ft ³
m ³	cubic meters	1.32	cubic yards	yd ³
°C	degrees Celsius (after multiplying, add 32)	1.80	degrees Fahrenheit	°F

¹ For weighing ordinary commodities. ² For weighing precious metals, jewels, etc.