

# Measurement Conversion Chart

## LENGTH

### *Metric*

1 kilometer = 1,000 meters  
1 meter = 100 centimeters  
1 meter = 1,000 millimeters  
1 centimeter = 10 millimeters

### *Customary*

1 mile = 5,280 feet  
1 mile = 1,760 yards  
1 yard = 3 feet  
1 foot = 12 inches

## CAPACITY

### *Metric*

1 liter = 1,000 milliliters

### *Customary*

1 gallon = 4 quarts  
1 quart = 2 pints  
1 pint = 2 cups  
1 cup = 8 fluid ounces

## MASS AND WEIGHT

### *Metric*

1 kilogram = 1,000 grams  
1 gram = 1,000 milligrams

### *Customary*

1 ton = 2,000 pounds  
1 pound = 16 ounces

## TIME

1 year = 365 days  
1 year = 52 weeks  
1 year = 12 months  
1 week = 7 days  
1 day = 24 hours  
1 hour = 60 minutes  
1 minute = 60 seconds