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| **Common Conversions** |
| **Time** |
| 1 min = 60 sec1 hr = 60 min1 day = 24 hours1 yr = 365 day1 yr = 12 months1 yr = 52 weeks1 wk = 7 days |

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| **Distance** |
| Metric | Metric to US | US |
| 1000 mm = 1m10 mm = 1cm100 cm = 1m1000 m = 1km | 2.54 cm = 1 in | 1 yd = 3ft1 ft = 12 in1 mi = 5280 ft |

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| **Weight** |
| Metric | Metric to US | US |
| 1000 mg = 1g10 mg = 1cg100 cg = 1g1000 g = 1kg | 1 kg = 2.2 lb | 1 lb = 16 oz1 ton = 200 lb |

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| **Liquid Volume** |
| Metric | Metric to US | US |
| 1000 mL = 1L10 mL = 1cL100 cL = 1L1000 L = 1kL | 1 fl oz = 30 mL1 pint = 500mL1 tbsp = 15 mL1 tsb = 5 mL | 2 cups = 1 pint1 qt = 2 pint1 gal = 4 qt¼ cup = 4 tbsp |

