

Table of Measures

METRIC	CUSTOMARY
Length	
1 centimeter (cm) = 10 millimeters (mm)	1 foot (ft) = 12 inches (in.)
1 decimeter (dm) = 10 centimeters	1 yard (yd) = 3 feet, or 36 inches
1 meter (m) = 100 centimeters	1 mile (mi) = 1,760 yards, or 5,280 feet
1 meter = 10 decimeters	
1 kilometer (km) = 1,000 meters	
Capacity and Liquid Volume	
1 liter (L) = 1,000 milliliters (mL)	1 cup (c) = 8 fluid ounces (fl oz)
1 metric cup = 250 milliliters	1 pint (pt) = 2 cups
1 liter = 4 metric cups	1 quart (qt) = 2 pints, or 4 cups
1 kiloliter (kL) = 1,000 liters	1 half gallon = 2 quarts
	1 gallon (gal) = 2 half gallons, or 4 quarts
Mass/Weight	
1 gram (g) = 1,000 milligrams (mg)	1 pound (lb) = 16 ounces (oz)
1 gram = 100 centigram (cg)	1 ton (T) = 2,000 pounds
1 kilogram (kg) = 1,000 grams	

TIME
1 minute (min) = 60 seconds (s)
1 half hour = 30 minutes
1 hour (h) = 60 minutes
1 day (d) = 24 hours
1 week (wk) = 7 days
1 year (yr) = 12 months (mo), or about 52 weeks
1 year = 365 days
1 leap year = 366 days
1 decade = 10 years
1 century = 100 years
1 millennium = 1,000 years

MONEY
1 penny = 1¢, or \$0.01
1 nickel = 5¢, or \$0.05
1 dime = 10¢, or \$0.10
1 quarter = 25¢, or \$0.25
1 half dollar = 50¢, or \$0.50
1 dollar = 100¢, or \$1.00