
30th ANNUAL YOTA-ARENA CAPITAL CLASSIC

MEET ANNOUNCEMENT

About the Championship

Date: November 30th- December 3rd, 2023

Location: Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

Entry Deadline: 11:59 PM on Tuesday, November 21, 2023

Hosted by: YMCA of the Triangle Area Swim Team (YOTA)

Meet Director: Tom Hazelett

Tom.hazelett@ymcatriangle.org

Web Site: YOTASwimTeam.org

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is also approved by the NC LSC of USA Swimming.

YMCA Sanction number:

USA-S/NC LSC Approval number:

USA-S/NC LSC Time Trial Approval number:

MEET FORMAT

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming/YMCA dual-certified officials will supervise the conduct of the competition. For those participants on a dual member (YMCA and USA Swimming) team, this will be a USA Swimming Approved meet. If applicable, Athletes' USA Swimming ID numbers must be submitted as a part of the team's meet entries for NTV and reportable times.

1. The competition will consist of a preliminary session and a finals session Friday-Sunday. There will be one (1) Championship final heat contested for the 12 & under athletes finishing in the top 8 of each event designated as prelim/final. There will be (4) final heats for the 13 and over athletes. The top 8 athletes from each individual event in preliminaries (13 & over only) qualify for the Championship heat. Athletes (13 & over) placing 9th – 16th qualify for the Consolation heat. There will be a Bonus heat for athletes (13 & over) placing 17th - 24th. A 13-14 protected Bonus heat will be in place for athletes placing 25th- 32nd for the 13-14 age group only.
2. All events will be pre-seeded except for the 500, 1000, and 1650 Freestyle.
3. The 400-yard Individual Medley- athletes with the Capital Classic standard in the event will have the right to swim. Athletes entering the event as a bonus please note that we reserve the right to limit this event to the top 48. This event will be swum as the last event in the preliminary session. The Preliminary heats will swim fastest to slowest. The Referee reserves the right to combine heats.
4. The 12- Under 500 Freestyle will be a timed final event and require a positive check-in on Thursday night by 4:30 p.m. This event will swim fastest to slowest. All athletes must provide their own counter and timer. This event is limited to the top 24 athletes entered.
5. The 13- Over 500-yard Freestyle- athletes with the Capital Classic standard in the event will have the right to swim. Athletes entering the event as a bonus please note that we reserve the right to limit this event to the top 48. This event will require a positive check-in by 8:45 a.m. on Saturday morning with the Top 16 entered athletes circled seeded and swimming first. The remaining heats will follow swimming fastest to slowest. Preliminary heats of the 500 Free will follow the morning heats of the 400 Free Relay's. At Finals the 13-Over 500 Freestyle will be placed before the 400 Freestyle Relay's. The Referee reserves the right to combine heats. All athletes must provide their own counter and timer for preliminaries and their own counter for finals (timers provided in finals).

6. The 1000-yard Freestyle will be a timed final event and will require a positive check-in by 4:30 p.m. on Thursday night. This event will be limited to the top 32 entered athletes. An athlete must meet the Capital Classic time standard in either the 500- yard or the 1650-yard Freestyle event to be allowed to swim the 1000. The Referee reserves the right to combine heats. All athletes must provide their own counter and timer.
7. The 1650- yard Freestyle will be a timed final event and will require a positive check-in by 8:45 a.m. on Sunday morning. This event will be limited to the top 32 entered athletes. For the 1650 Freestyle, the fastest eight seeded women and the fastest eight seeded men will compete during the evening finals. All remaining preliminary heats of the 1650-yard Freestyle will swim fastest to slowest, at the conclusion of the preliminary session following the 400 Medley Relay's. The Referee reserves the right to combine heats. All athletes must provide their own counter and timer for preliminaries and their own counter for finals (timers provided in finals).
8. All relays will be swum as timed finals. **Teams may enter up to three (3)- 13 & over relays and two (2)- 12 & under relays with the exception of the 800 Free Relay which is limited to two (2) relays for each team. A maximum of two (2) relays can score points for each team.** The fastest two seeded heats of 13 & over relays will be swum during the Finals session, all remaining heats will be swum during the morning's preliminary session. **All 12 & under relays will be swum during preliminary sessions.** For the 400 Medley Relay on Sunday, teams will be given the option to swim in either the morning session or the evening session, the top 16 seed times selecting PM will swim in finals and all others in the morning. You must communicate this intention by the entry deadline (November 21). **All morning heats of the 400 Medley Relay will be contested at the conclusion of the preliminary session on Sunday** (prior to the morning heats of the 1650 Free). Relay Cards are due 30 minutes prior to the start of the relays in both preliminaries and finals. Changes can be made up to the start of the relays at the admin table.
9. Event Entry Structure: All athletes who have achieved one Capital Classic qualifying standard are eligible to swim a maximum of 6 events between Friday and Sunday but not more than 3 events per day. Thursday night events will not count towards the (6) total events. An athlete is eligible for any race in which they meet the Capital Classic time standard. All athletes entering a bonus event in the 200 Butterfly, 200 Backstroke, and 200 Breaststroke, must have a Capital Classic time standard in the 100 distances of that same stroke. All athletes entering the 400 IM as a bonus event must have the capital classic time standard in the 200 IM.
10. There are no qualifying standards for the 12 and under 50 Butterfly, 50 Backstroke or 50 Breaststroke events. To qualify for the meet, 12 and under athletes must have a Capital Classic standard in any event other than the 50 Butterfly, 50 Backstroke, or 50 Breaststroke. If 12 and under athletes qualify for the meet, but do not make the qualifying standard in the 100's of stroke, they can still enter the 50's of said stroke. 50's of events does count towards the entry limit.
11. The 12 & under 200 Butterfly, 200 Backstroke, 200 Breaststroke, 400 IM and 500 Free (top 24 entered athletes only) are all TIMED FINAL events that will only be swum in the preliminary sessions.

12. We will use both the 8 lane and 10 lane pools for preliminaries. Only the 8-lane pool will be used for finals.

LOCATION AND FACILITY

Location: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511

Emergency Phone Number: (919) 459-4045

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom, and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-Swimming. Paragon starting blocks will be used for the start of all events longer than 25 yards. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for up to 10 warm-up/swim-down lanes. The separate warm water instructional pool is fully enclosed and remains open to the public during meet competition. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. A fully automatic timing system will be used. The aquatic facility is located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking and all buses are available in the parking lots adjacent to the pool and in the mall lot. There will be NO Bus pick-up at the TAC facility. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

WEB SITE

Meet Information can be found at: YOTASwimTeam.org

Online Meet Results: Meet results will be available on Meet Mobile

CONTACT INFORMATION

Meet Director: Tom Hazelett- Tom.Hazelett@ymcatriangle.org

Entry Chairperson: David McDevitt- David.Mcdevitt@ymcatriangle.org

Meet Referee: Mike Long- mikesharonlong@me.com

Administrative Official: Lana Sanders- mymeetentry@gmail.com

Admin Referee: Cynthia Shannon- cynthia.shannon@ymcagreensboro.org

Lead CJ: Betsy Wisniewski betsydw@gmail.com

Safety Director: Jerry Foley, jerry.foley@ymcatriangle.org

MEET TIMELINE

Thursday

Finals Warm-up: 4:30 – 5:30 p.m.

Finals: 5:30 p.m.

Friday, Saturday, and Sunday

Preliminaries Start: 9:00 a.m.

Finals Warm-up: 4:00 – 5:00 p.m.

Finals Start: 5:10 p.m.

*Preliminary warm-ups will be:

7:30-8:30 a.m. – Details will be send out prior to the event

8:30-8:50 a.m. - specific warm-up (sprint/pace)

*Finals warm-ups are open and there will not be any assigned lanes. We will have specific sprint/pace lanes from 4:40 p.m. to 5:00 p.m.

Eligibility

Athlete

Each participant must be a member of a local YMCA for a minimum of 90 days prior to the first day of the meet and must have a full privilege annual membership at that YMCA to be eligible. Each participant must have only represented their YMCA in competition for a period of 90 days prior to the first day of the meet. All teams participating in this meet must have completed the annual YMCA Team registration, accessible through www.ymcaswimminganddiving.org.

In compliance with the U.S. Center for SafeSport's standards, YMCA athletes aged 18 and over must complete Athlete Protection Training every 12 months. Options include: "USA Swimming Athlete Protection Training- required for all athletes aged 18 and older who are members of USA Swimming; U.S. Center for SafeSport- "SafeSport Trained" course; Praesidium- "Abuse Prevention- Swim Edition Parts I+II and "Duty to Report Mandated reporter."

Athlete with a Disability

The YOTA Swim Team welcomes all athletes with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering athletes with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the YOTA Swim Team's ability to accommodate all requests.

Team

All participating teams must have completed the YMCA Team Registration for the current season.

Coach

All coaches must be currently registered and approved through the online YMCA Annual Team and Coach Registration system and must hold current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:

- **BLS or Professional Rescuer CPR (Only first year of a two year certification is recognized by Y-USA)**
- **First Aid**
- **Safety Training for Swim Coaches OR Lifeguard OR YASA***
- **Child/Athlete Protection Training**
- **Principles of YMCA Competitive Swimming and Diving**

*If a Lifeguard or YASA certification is used, the coach must also-complete the Red Cross Safety Training for Swim Coaches online course and show proof.

Coaches must be able to show their current YMCA coach credential, found on their TeamUnify OnDeck app.

The executive director of each participating YMCA must sign the attached Declaration Form, stating that all coaches representing his/her YMCA hold current certifications in the above courses (**SEE ATTACHED DECLARATION FORM**)

ENTRY INFORMATION

ENTRY LIMITS: Athletes may swim a maximum of three (3) individual events per day and six (6) total individual events between Friday and Sunday of the meet. Thursday night individual events do not count in the (6) total.

ENTRY FEES: \$135.00 per individual (1 qualifying time= up to 6 events total).
\$20.00 per relay event

*Entry fees include \$3.00 per athlete NC Swimming Travel Fund Fee.

ENTRY PROCEDURE:

1. All entries **MUST** be submitted in HYTEK format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**
2. Entries must be submitted by email. **Please enter best short course yards times for all events where the athlete betters the short-course qualifying standard. For those athletes meeting the long-course standard, please enter at the short-course qualifying time.** PLEASE MARK AS "BONUS" EVENTS FOR ANY EVENT WHERE CAPITAL CLASSIC STANDARD IS NOT MET.
3. HYTEK entry files should be e-mailed as attachments to David.McDevitt@ymcatriangle.org. **The entry deadline is 11:59 PM on Tuesday, November 21, 2023.** Late entries will be accepted only at the discretion of the Meet Director. The following materials **MUST** be provided prior to the meet or upon arrival to the meet:
 - a. Financial Summary
 - b. Check for entry fees payable to YOTA Swim Team
 - c. Signed declaration form and liability waiver (below)

If you are mailing necessary materials, mail directly to

**YOTA Swim Team
Attn: David McDevitt**

801 Corporate Center Drive, Suite 200

Raleigh, NC 27607

Email: David.McDevitt@ymcatriangle.org

Phone: (336) 343-7559

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: The YMCA of the Triangle Area Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming or YMCA Swimming officials. If any of your parents would be interested in helping with the meet, please contact the meet referee directly. Link to sign up below:

https://docs.google.com/forms/d/e/1FAIpQLSd2uBDzFNUCIZeC2DhfJ_sAKd7fdrPCg5NEMQejz9j5z5omuA/viewform?usp=sf_link

***There will be a officials debrief 45 min prior to each session.**

CHECK-IN PROCEDURE

The events listed below are positive check-in events. Check-in must be completed by the times listed below or the athlete will be scratched from the event.

1000 yd. Freestyle	before 4:30 p.m.	Thursday
500 yd. Freestyle	12 and under before 4:30 p.m.	Thursday
	13 and over before 8:45 a.m.	Saturday
1650 yd. Freestyle	before 8:45 a.m.	Sunday

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: There will be a committee comprised of the Meet Director, Meet Referee, and Safety Director for this meet, as well as a separate coach and athlete from the host team. In accordance with the Rules That Govern YMCA Competitive Sports, the Championship Committee will address any waiver requests, appeals, protests and unexpected issues/events.

RULES: The meet will adhere to YMCA Rules that Govern YMCA Competitive Sports, Swimming Addendum to the YMCA Rules that Govern YMCA Competitive Sports, YMCA Sanctioned Championship Meet Rules and USA-S Technical Rules.

TECHNICAL SUIT BAN for 12&Us: Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

EVENT SEEDING: Events will be seeded slowest to fastest, except for the following events: 500-yard, 1000-yard, and 1650-yard Freestyles and 400 Individual Medley. The Meet Referee/Administrative Official reserves the right to combine heats as needed.

SCRATCH RULE: Scratches for finals (Championship or Consolation heats) must be done at the Scratch table. Athletes will have 30 minutes to declare their intentions following the announcement of the preliminary results. Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet. No penalty shall apply for failure to compete in a Championship or Consolation finals if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the Referee determines that the failure to compete is caused by circumstances beyond the control of the athlete. There will be no penalties for scratches during preliminary or Bonus final heats. The Referee reserves the right to allow alternates to swim in a Bonus final heat in the event of a no-show. Failure to compete in an event that has been positively checked-in will result in the individual athlete being disqualified from his or her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the athlete.

DECLARED FALSE START: An athlete may also withdraw from a preliminary heat

or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. For this meet, a declared false start will count as an event swum for the athlete but will NOT be counted in the maximum number of events allowed for each athlete.

TIME TRIALS: There will be individual time trials following the preliminary sessions on Friday, Saturday, and Sunday as well as after the final's sessions on Friday and Saturday. Time trials will be contested for individual events offered during the meet. Time trial entry fee is \$15 per event. Athletes entered in time trials must be entered in the meet. Time Trials count toward a athlete's individual event total for each day and may not exceed limits mandated by USA Swimming. All USA Swimming rules apply to time trials. Time trials of 400 yards or more are at the discretion of the Meet Referee and Meet Director.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for preliminary session warm-ups. During designated warm up sessions, athletes may enter the competition pools from either end. Athletes are expected to use an initial feet first entry at the start of warm-ups and a three-point entry there after (in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall). The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts. Race starts will be designated one-way.

READY ROOM: The Championship Final heat each 13-over individual event will report to the "ready room" behind the scoreboard prior to the start of the event in Finals. The heat will be walked out to the blocks. The ready room will not be used for 12 & under events.

STARTS: 'Fly-over' starts will be used at this meet (subject to change at the discretion of the meet referee). All athletes (except for backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the Meet Referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the athletes in the swim-off is competing. (USA Swimming Rule 102.5.2)

PROTEST PROCEDURE: Protests may only be initiated by a person withstanding, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility, safety rules, and all other issues. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

RELAY ONLY SWIMMERS: "Relay only" swimmers are permitted and may swim in time trials as desired.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any athlete, coach, spectator/volunteer from the competition due to inappropriate conduct.

- Deck access is limited to only registered and approved coaches, athletes, meet volunteers, and working officials.
- **Deck changes are prohibited.** Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass is not permitted on the deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind starting blocks.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any area of the facility.
- Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

AWARDS AND RECOGNITION

SCORING: Individual Events 1st – 16th per event

20-17-16-15-14-13-12-11 Championship Heat

9-8-7-6-5-4-3-2-1 Consolation Heat

Relays

40-34-32-30-28-26-24-22

18-14-12-10-8-6-4-2

AWARDS: Arena "Hot-Heats"

Trophies will be awarded to 1st, 2nd and 3rd place teams.

RECOGNITIONS: There will be no special recognition at this meet.

SPECTATORS

ADMISSION FEE: There is no admission fee for those wishing to attend this meet.

HEAT SHEETS/PROGRAMS: Heat sheets will be available on Meet Mobile for free.

SEAT SAVING POLICY: Seating will be available on a first come, first served basis. Please do not save seats for anyone. Spectators may not stand or sit in the isles during the meet.

HANDICAP SEATING: This facility is handicap accessible and ADA compliant.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind starting blocks.
- Spectators are not permitted on deck unless volunteering for the meet.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- No outside food will be permitted in the facility.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

MAAPP: All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form in Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/NCS approval, it is understood and agreed that USA Swimming and North Carolina Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting of the YMCA Sanction, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

IMAGE RELEASE: All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor athletes who do not wish their athletes to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. In the event absence of the athletes designated coach, the coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the athlete(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: In the event of emergency which endangers all the lives in the facility, evacuation to a safe location will commence using the Emergency Action Plan currently in place at the Triangle Aquatic Center.

APPENDIX 1: Order of Events

Thursday- Timed-Finals (5:10pm)

13 & Over 200 Medley Relay
13 & Over 1000 Freestyle
12 & Under 500 Freestyle
13 & Over 800 Free Relay

Friday- Prelims (9:00am); Finals (5:10pm)

12 & Under 200 Free Relay
13 & Over 200 Free Relay
12 & Under 400 IM
15 & Over 400IM
12 & Under 200 Freestyle
13 & Over 200 Freestyle
12 & Under 100 Breaststroke
13 & Over 100 Breaststroke
12 & Under 50 Backstroke
12 & Under 100 Butterfly
13 & Over 100 Butterfly

Saturday- Prelims (9:00am); Finals (5:10pm)

12 & Under 200 Medley Relay
13 & Over 200 IM
12 & Under 200 IM
13 & Over 50 Freestyle
12 & Under 50 Freestyle
12 & Under 50 Butterfly
13 & Over 200 Breaststroke
12 and Under 200 Breaststroke
13 & Over 100 Backstroke
12 & Under 100 Backstroke
13-14 500 Freestyle
15 & Over 500 Freestyle
12 & Under 400 Free Relay
13 & Over 400 Free Relay

Sunday- Prelims (9:00am); Finals (5:10pm)

13 & Over 1650 Freestyle
13 & Over 200 Backstroke
12 & Under 200 Backstroke
12 & Under 100 Freestyle
13 & Over 100 Freestyle
12 & Under 50 Breaststroke
13 & Over 200 Butterfly
12 & Under 200 Butterfly
12 & Under 400 Medley Relay
13 & Over 400 Medley Relay

APPENDIX 2: Capital Classic Time Standards

2023 YOTA Capital Classic 12 & Under Time Standards

WOMEN		Event	MEN	
Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
29.99	33.99	50 Freestyle	28.99	32.99
1:03.99	1:13.99	100 Freestyle	1:02.99	1:11.99
2:19.99	2:37.99	200 Freestyle	2:16.99	2:34.99
6:09.99	5:32.99	500 Freestyle 400 Freestyle	6:04.99	5:27.99
18:59.99 (11-12)	19:28.99 (11-12)	1650 Freestyle	18:14.99 (11-12)	18:53.99 (11-12)
1:14.99	1:23.99	100 Backstroke	1:12.99	1:22.99
2:35.99	3:00.99	200 Backstroke	2:32.99	2:56.99
1:22.99	1:33.99	100 Breaststroke	1:20.99	1:32.99
2:56.99	3:23.99	200 Breaststroke	2:52.99	3:20.99
1:13.99	1:22.99	100 Butterfly	1:11.99	1:21.99
2:38.99	2:59.99	200 Butterfly	2:35.99	2:58.99
2:37.99	2:59.99	200 Individual Medley	2:35.99	2:58.99
5:36.99	6:23.99	400 Individual Medley	5:28.99	6:20.99

2023 YOTA Capital Classic 13 & Over Time Standards

WOMEN		Event	MEN	
Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
27.09 (13-14) 26.79 (15&O)	30.99 (13-14) 30.79 (15&O)	50 Freestyle	24.79 (13-14) 24.49 (15&O)	28.99 (13-14) 28.79 (15&O)
57.59 (13-14) 56.99 (15&O)	1:06.39 (13-14) 1:05.99 (15&O)	100 Freestyle	53.59 (13-14) 52.99 (15&O)	1:02.69 (13-14) 1:01.99 (15&O)
2:03.29 (13-14) 2:01.99 (15&O)	2:20.69 (13-14) 2:19.99 (15&O)	200 Freestyle	1:56.19 (13-14) 1:54.99 (15&O)	2:13.39 (13-14) 2:11.99 (15&O)
5:25.99 (13-14) 5:22.99 (15&O)	4:53.99 (13-14) 4:45.99 (15&O)	500 Freestyle	5:10.09 (13-14) 5:00.99 (15&O)	4:44.99 (13-14) 4:31.99 (15&O)
18:59.99 (13-14) 18:35.99 (15&O)	19:28.99 (13-14) 18:55.99 (15&O)	1650 Freestyle	18:14.99 (13-14) 17:49.99 (15&O)	18:53.99 (13-14) 18:53.99 (15&O)
1:05.69 (13-14) 1:04.99 (15&O)	1:17.39 (13-14) 1:16.99 (15&O)	100 Backstroke	1:01.69 (13-14) 1:00.99 (15&O)	1:12.79 (13-14) 1:11.99 (15&O)
2:21.39 (13-14) 2:19.99 (15&O)	2:44.89 (13-14) 2:43.99 (15&O)	200 Backstroke	2:13.39 (13-14) 2:11.99 (15&O)	2:36.59 (13-14) 2:34.99 (15&O)
1:17.79 (13-14) 1:16.99 (15&O)	1:28.49 (13-14) 1:27.99 (15&O)	100 Breaststroke	1:11.79 (13-14) 1:10.99 (15&O)	1:23.89 (13-14) 1:22.99 (15&O)
2:45.69 (13-14) 2:43.99 (15&O)	3:06.99 (13-14) 3:05.99 (15&O)	200 Breaststroke	2:37.59 (13-14) 2:35.99 (15&O)	3:02.89 (13-14) 3:00.99 (15&O)
1:04.69 (13-14) 1:03.99 (15&O)	1:13.39 (13-14) 1:12.99 (15&O)	100 Butterfly	1:00.59 (13-14) 59.99 (15&O)	1:09.69 (13-14) 1:08.99 (15&O)
2:26.49 (13-14) 2:24.99 (15&O)	2:46.89 (13-14) 2:43.99 (15&O)	200 Butterfly	2:18.39 (13-14) 2:16.99 (15&O)	2:39.59 (13-14) 2:37.99 (15&O)
2:20.39 (13-14) 2:18.99 (15&O)	2:41.79 (13-14) 2:40.99 (15&O)	200 Individual Medley	2:11.29 (13-14) 2:09.99 (15&O)	2:32.59 (13-14) 2:30.99 (15&O)
4:54.99 (13-14) 4:45.99 (15&O)	5:36.99 (13-14) 5:25.99 (15&O)	400 Individual Medley	4:40.59 (13-14) 4:29.99 (15&O)	5:18.29 (13-14) 5:05.99 (15&O)



30th Annual YOTA-Arena Capital Classic November 30th - December 3rd, 2023

APPENDIX 2: YMCA Sanctioned Meet Declaration Form

(**Note:** Return signed Declaration form and payment to the meet director at **THE START OF THE MEET!!!**)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 30th Annual YOTA-Arena Capital Classic
Meet Date(s): November 30th - December 3rd, 2023
Meet Host: YMCA of the Triangle Area Swim Team
Meet Location: Triangle Aquatic Center - 275 Convention Drive, Cary NC, 27511

We the undersigned attest to the following:

ATHLETES - All athletes representing the YMCA above are fully privileged members of the YMCA and meet the eligibility requirements. All athletes aged 8 and older have completed Athlete Protection Training as required by the MAAPP.

COACHES - All coaches representing the YMCA above hold current certifications in BLS or Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches, Principles of YMCA Competitive Swimming and Diving, and Child/Athlete Protection Training.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will attend the 30th Annual YOTA-Arena Capital Classic for the period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and athletes during their participation in the 30th Annual YOTA-Arena Capital Classic.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of the Triangle Area Swim Team, their agents, representatives or assigns, and the Triangle Aquatic Center for any and all injuries which may be suffered by participants at 30th Annual YOTA-Arena Capital Classic. Furthermore, we understand that the YMCA of the USA and YMCA of the Triangle Area Swim Team are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



30th Annual YOTA-Arena Capital Classic November 30th - December 3rd, 2023

Waiver of Liability

The YMCA of the USA (Upper Southeast Region), the Greater YMCA Sunbelt Swimming Association, the YMCA of the Triangle Area, Inc., USA Swimming, Inc., North Carolina Swimming, Inc., and the Triangle Aquatic Center shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature of _____

Head Coach: _____ Phone Number: _____

Club Code: _____

Club Name: _____

Club Address: _____

Head Coach: _____

Make all checks payable to YOTA Swim Team. All entries are due by 11:59 PM on Tuesday, November 21, 2023. Team Manager Entry files may be emailed to David McDevitt at David.McDevitt@ymcatriangle.org. By the entry deadline, you must have submitted your entries in Hy-Tek Team Manager format via email. Please turn in your Appendix 2 (above), Waiver of Liability forms (above), and payment to the meet director before the start of the meet. If mailing these documents, please send to:

YOTA Swim Team

Attn: David McDevitt

801 Corporate Center Drive

Suite 200

Raleigh, NC 27607