

2024 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
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	1:22.99	1:33.99
2:59.99	3:27.99	200 Breaststroke	2:56.99	3:24.99
1:13.99	1:22.99	100 Butterfly	1:11.99	1:21.99
2:44.99	3:05.99	200 Butterfly	2:39.99	3:02.99
2:37.99	2:59.99	200 Individual Medley	2:35.99	2:58.99
5:45.99	6:32.99	400 Individual Medley	5:28.99	6:20.99

2024 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) 24.29 (15&O)	28.99 (13-14) 28.59 (15&O)
57.59 (13-14) 56.99 (15&O)	1:06.39 (13-14) 1:05.99 (15&O)	100 Freestyle	53.39 (13-14) 52.59 (15&O)	1:01.99 (13-14) 1:00.99 (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)
5:30.99 (13-14) 5:22.99 (15&O)	4:59.99 (13-14) 4:45.99 (15&O)	500 Freestyle	5:12.89 (13-14) 5:00.99 (15&O)	4:46.99 (13-14) 4:31.99 (15&O)
11:30.99 (13-14) 11:17.99 (15&O)	10:19.99 (13-14) 10:03.99 (15&O)	1000/800 Freestyle	10:56.99 (13-14) 10:27.99 (15&O)	9:54.99 (13-14) 9:29.99 (15&O)
19:17.29 (13-14) 18:46.99 (15&O)	19:27.49 (13-14) 18:55.99 (15&O)	1650/1500 Freestyle	18:19.79 (13-14) 17:44.09 (15&O)	18:39.99 (13-14) 18:11.69 (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	1:00.69 (13-14) 59.49 (15&O)	1:09.89 (13-14) 1:08.49 (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)