

2026 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	1:12.69	100 Freestyle	1:02.99	1:11.59
2:19.99	2:38.59	200 Freestyle	2:16.99	2:35.29
6:15.99	5:35.59	500 Freestyle 400 Freestyle	6:10.99	5:31.19
1:14.99	1:24.49	100 Backstroke	1:12.99	1:22.29
2:39.99	2:59.99	200 Backstroke	2:34.99	2:54.49
1:22.99	1:34.19	100 Breaststroke	1:22.99	1:34.19
3:02.99	3:27.19	200 Breaststroke	2:56.99	3:20.49
1:13.99	1:23.59	100 Butterfly	1:11.99	1:21.39
2:44.99	3:05.79	200 Butterfly	2:39.99	3:00.19
2:37.99	2:58.59	200 Individual Medley	2:35.99	2:56.39
5:45.99	6:30.49	400 Individual Medley	5:32.99	6:16.09

2026 YOTA Capital Classic 13 & Over Time Standards

WOMEN		Event	MEN	
Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
26.69 (13-14) 26.09 (15&O)	30.49 (13-14) 29.79 (15&O)	50 Freestyle	24.39 (13-14) 23.79 (15&O)	27.89 (13-14) 27.29 (15&O)
57.59 (13-14) 56.59 (15&O)	1:05.59 (13-14) 1:04.49 (15&O)	100 Freestyle	53.09 (13-14) 51.89 (15&O)	1:00.59 (13-14) 59.19 (15&O)
2:03.29 (13-14) 2:01.99 (15&O)	2:20.09 (13-14) 2:18.69 (15&O)	200 Freestyle	1:56.19 (13-14) 1:54.99 (15&O)	2:12.19 (13-14) 2:10.89 (15&O)
5:34.39 (13-14) 5:26.59 (15&O)	4:58.49 (13-14) 4:51.49 (15&O)	500 Freestyle	5:12.89 (13-14) 5:00.99 (15&O)	4:39.29 (13-14) 4:28.69 (15&O)
11:30.99 (13-14) 11:17.99 (15&O)	10:16.79 (13-14) 10:05.19 (15&O)	1000/800 Freestyle	10:56.99 (13-14) 10:27.99 (15&O)	9:46.39 (13-14) 9:20.49 (15&O)
19:25.99 (13-14) 18:58.89 (15&O)	19:49.39 (13-14) 19:21.69 (15&O)	1650/1500 Freestyle	18:26.49 (13-14) 17:54.99 (15&O)	18:48.69 (13-14) 18:16.49 (15&O)
1:05.69 (13-14) 1:04.99 (15&O)	1:14.19 (13-14) 1:13.39 (15&O)	100 Backstroke	1:01.69 (13-14) :59.39 (15&O)	1:09.69 (13-14) 1:07.19 (15&O)
2:21.39 (13-14) 2:19.99 (15&O)	2:39.39 (13-14) 2:37.79 (15&O)	200 Backstroke	2:13.39 (13-14) 2:11.99 (15&O)	2:30.49 (13-14) 2:28.99 (15&O)
1:17.79 (13-14) 1:16.99 (15&O)	1:28.39 (13-14) 1:27.49 (15&O)	100 Breaststroke	1:11.79 (13-14) 1:10.99 (15&O)	1:21.69 (13-14) 1:20.79 (15&O)
2:45.69 (13-14) 2:43.99 (15&O)	3:07.99 (13-14) 3:06.09 (15&O)	200 Breaststroke	2:37.59 (13-14) 2:35.99 (15&O)	2:58.99 (13-14) 2:57.19 (15&O)
1:04.69 (13-14) 1:03.99 (15&O)	1:13.29 (13-14) 1:12.49 (15&O)	100 Butterfly	1:00.69 (13-14) 59.49 (15&O)	1:08.79 (13-14) 1:07.49 (15&O)
2:26.49 (13-14) 2:24.99 (15&O)	2:45.19 (13-14) 2:43.59 (15&O)	200 Butterfly	2:18.39 (13-14) 2:16.99 (15&O)	2:36.29 (13-14) 2:34.69 (15&O)
2:20.39 (13-14) 2:18.59 (15&O)	2:39.09 (13-14) 2:37.09 (15&O)	200 Individual Medley	2:09.69 (13-14) 2:07.99 (15&O)	2:27.19 (13-14) 2:25.29 (15&O)
4:59.99 (13-14) 4:52.99 (15&O)	5:39.39 (13-14) 5:31.69 (15&O)	400 Individual Medley	4:40.59 (13-14) 4:29.99 (15&O)	5:17.89 (13-14) 5:06.09 (15&O)