

# 2019 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	<b>50 Freestyle</b>	28.99	32.99
1:03.99	1:13.99	<b>100 Freestyle</b>	1:02.99	1:11.99
2:19.99	2:37.99	<b>200 Freestyle</b>	2:16.99	2:34.99
6:09.99	5:32.99	<b>500 Freestyle 400 Freestyle</b>	6:04.99	5:27.99
18:59.99 (11-12)	19:28.99 (11-12)	<b>1650 Freestyle</b>	18:14.99 (11-12)	18:53.99 (11-12)
1:14.99	1:23.99	<b>100 Backstroke</b>	1:12.99	1:22.99
2:35.99	3:00.99	<b>200 Backstroke</b>	2:32.99	2:56.99
1:22.99	1:33.99	<b>100 Breaststroke</b>	1:20.99	1:32.99
2:56.99	3:23.99	<b>200 Breaststroke</b>	2:52.99	3:20.99
1:13.99	1:22.99	<b>100 Butterfly</b>	1:11.99	1:21.99
2:38.99	2:59.99	<b>200 Butterfly</b>	2:35.99	2:58.99
2:37.99	2:59.99	<b>200 Individual Medley</b>	2:35.99	2:58.99
5:36.99	6:23.99	<b>400 Individual Medley</b>	5:28.99	6:20.99

# 2019 YOTA Capital Classic 13 & Over Time Standards

WOMEN		Event	MEN	
Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
26.99	30.99	<b>50 Freestyle</b>	24.99	28.99
56.99	1:05.99	<b>100 Freestyle</b>	52.99	1:01.99
2:01.99	2:19.99	<b>200 Freestyle</b>	1:54.99	2:11.99
5:25.99 (13-14) 5:22.99 (15&O)	4:53.99 (13-14) 4:45.99 (15&O)	<b>500 Freestyle</b>	5:14.99 (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)	<b>1650 Freestyle</b>	18:14.99 (13-14) 17:49.99 (15&O)	18:53.99 (13-14) 18:53.99 (15&O)
1:04.99	1:16.99	<b>100 Backstroke</b>	1:00.99	1:11.99
2:19.99	2:43.99	<b>200 Backstroke</b>	2:11.99	2:34.99
1:16.99	1:27.99	<b>100 Breaststroke</b>	1:10.99	1:22.99
2:43.99	3:05.99	<b>200 Breaststroke</b>	2:35.99	3:00.99
1:03.99	1:12.99	<b>100 Butterfly</b>	59.99	1:08.99
2:24.99	2:43.99	<b>200 Butterfly</b>	2:16.99	2:37.99
2:18.99	2:40.99	<b>200 Individual Medley</b>	2:10.99	2:31.99
4:54.99 (13-14) 4:45.99 (15&O)	5:36.99 (13-14) 5:25.99 (15&O)	<b>400 Individual Medley</b>	4:48.99 (13-14) 4:29.99 (15&O)	5:33.99 (13-14) 5:05.99 (15&O)