

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) | 30.79 (13-14) 30.99 (15&O) | 50 Freestyle | 24.79 (13-14) 24.49 (15&O) | 28.79 (13-14) 28.99 (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) |