



# Junior Excellence Program

## JX 2018-19 Criteria and Qualifying Times

The 2018-18 JX program will recognise performances from 1 May 2018 to 30 April 2019. Swimmers age 9-16 years, who accomplish times set by Swimming Australia will automatically qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. To qualify for the program, swimmers need to be an active Swimming Australia member and swim a qualifying time at a Swimming Australia approved meet.

Visit the JX section of your State / Territory association's website to determine meets eligible for JX.

Please note that where for example a child turns 11 years of age during the season and records times as both a 10 year old and an 11 year old, he/she will receive a JX reward depending on the highest standard achieved in either (not both) of those age groups – i.e. gold, silver, bronze or green. Furthermore, lead off times will not be recognised in the program, only individual swims will qualify.

## JX Legend

This level is awarded to swimmers who achieve a GOLD award for 5 years or more or are aged 15 and 16 years old and race at the 2019 Australian Age Championships. These swimmers will be given special recognition on the Swimming Australia website.

### 9 and 10 Year Old's

Gold Standard – At least 1 Tier 1 time in any of the specified events

Silver Standard – At least 1 Tier 2 time in any of the specified events

Bronze Standard – At least 1 Tier 3 time in any of the specified events

Green Standard – At least 1 Tier 4 time in any of the specified events

### 11 – 13 Year Old's

Gold Standard - At least 1 Tier 1 time in 2 or more of the specified events

Silver Standard - At least 1 Tier 1 or Tier 2 time in 1 or more of the specified events

Bronze Standard - At least 1 Tier 3 time in 1 or more of the specified events

Green Standard - At least 1 Tier 4 time in 1 or more of the specified events

### 14 – 16 Year Old's

Gold Standard - At least 1 Tier 1 time in 3 or more of the specified events

Silver Standard - At least 1 Tier 1 or Tier 2 time in 1 or more of the specified events

Bronze Standard - At least 1 Tier 3 time in 1 or more of the specified events

Green Standard - At least 1 Tier 4 time in 1 or more of the specified events

9 & 10 year old times will be recognised from both short course and long course events. 11 – 16 year old times will be recognised from long course events only.

**2018 - 2019 JX Qualifying Times**

Female																				
	9 years				10 years				11 years				12 years				13 years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
50 FS	38.32	40.67	43.45	46.99	34.17	36.09	39.29	42.48	32.34	34.34	36.45	38.70	31.23	32.50	34.85	37.63	29.71	30.92	33.16	36.59
100 FS									1:09.44	1:13.72	1:18.27	1:23.10	1:07.06	1:09.79	1:14.83	1:20.79	1:03.79	1:06.39	1:11.19	1:18.56
200 FS													2:27.11	2:33.10	2:44.17	2:57.24	2:19.95	2:25.65	2:36.18	2:52.34
400 FS													5:08.35	5:20.90	5:44.11	6:11.50	4:53.34	5:05.29	5:27.36	6:01.22
800 FS													10:28.19	10:53.76	11:41.04	12:36.84	9:57.62	10:21.95	11:06.93	12:15.92
2.5 km OW									0h 42m	0h 44m	0h 46m	0h 50m	0h 40m	0h 42m	0h 44m	0h 48m	0h 38m	0h 40m	0h 42m	0h 46m
5km OW																	1h 12m	1h 15m	1h 17m	1h 21m
50 BK	42.92	45.55	48.66	55.35	38.26	40.42	44.00	48.61	36.22	38.46	40.62	43.35	34.98	36.40	39.04	42.28	33.28	34.63	37.14	41.03
100 BK									1:16.87	1:21.62	1:26.22	1:31.99	1:14.24	1:17.26	1:22.85	1:29.44	1:10.63	1:13.50	1:18.82	1:26.97
200 BK													2:40.69	2:47.24	2:59.33	3:13.60	2:32.88	2:39.10	2:50.60	3:08.25
50 BRS	47.84	50.78	54.25	1:01.70	42.65	45.06	49.05	54.19	40.38	42.87	45.29	48.32	38.99	40.58	43.51	47.13	37.09	38.60	41.40	45.74
100 BRS									1:26.70	1:32.05	1:37.24	1:43.75	1:23.73	1:27.13	1:33.43	1:40.87	1:19.65	1:22.89	1:28.89	1:38.08
200 BRS													3:01.77	3:09.17	3:22.85	3:39.00	2:52.93	2:59.97	3:12.98	3:32.95
50 BF	40.07	42.53	45.43	51.67	35.73	37.74	41.08	45.39	33.82	35.73	37.93	40.47	32.66	33.99	36.45	39.47	31.07	32.33	34.67	38.31
100 BF									1:14.93	1:19.16	1:24.04	1:29.67	1:12.36	1:15.31	1:20.76	1:27.18	1:08.84	1:13.82	1:16.83	1:24.77
200 BF													2:40.40	2:46.93	2:59.01	3:13.26	2:32.60	2:43.64	2:50.30	3:07.91
200 IM	3:22.35	3:39.91	3:47.17	4:05.69	2:58.63	3:08.70	3:25.40	3:42.12	2:49.09	2:58.63	3:09.65	3:22.35	2:43.29	2:49.94	3:02.23	3:16.74	2:35.35	2:46.58	2:53.36	3:11.30
400 IM																	5:30.02	5:53.89	6:08.30	6:46.39

Male																				
	9 years				10 years				11 years				12 years				13 years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
50 FS	37.40	39.49	41.94	46.48	33.75	35.65	38.45	42.12	31.63	33.92	35.82	38.62	29.79	31.16	33.42	36.70	28.20	29.21	32.37	34.78
100 FS									1:09.45	1:14.47	1:18.65	1:24.79	1:05.41	1:08.42	1:13.47	1:20.57	1:01.92	1:04.12	1:10.85	1:16.35
200 FS													2:24.71	2:31.35	2:42.30	2:58.23	2:16.98	2:21.85	2:36.73	2:48.90
400 FS													5:06.84	5:20.92	5:44.13	6:17.93	4:50.46	5:00.78	5:32.33	5:58.14
800 FS													10:34.34	11:03.47	11:51.45	13:01.32	10:00.48	10:21.81	11:27.04	12:20.41
1500 FS																	19:07.77	19:48.55	21:53.22	23:35.24
2.5km OW									0h 42m	0h 44m	0h 46m	0h 50m	0h 40m	0h 42m	0h 44m	0h 46m	0h 38m	0h 40m	0h 42m	0h 46m
5km OW																	1h 10m	1h 12m	1h 14m	1h 18m
50 BK	42.59	44.98	47.76	52.94	38.44	40.60	43.78	47.96	36.02	38.63	40.80	43.98	33.93	35.49	38.06	41.79	32.12	33.26	36.75	39.61
100 BK									1:16.77	1:22.33	1:26.95	1:33.73	1:12.31	1:15.63	1:21.10	1:29.07	1:08.45	1:10.89	1:18.32	1:24.41
200 BK													2:39.20	2:46.51	2:58.55	3:16.08	2:30.70	2:36.05	2:52.42	3:05.82
50 BRS	46.98	49.61	52.68	58.39	42.40	44.78	48.29	52.90	39.74	42.61	45.00	48.51	37.43	39.14	41.98	46.10	35.43	36.69	40.54	43.68
100 BRS									1:26.16	1:32.39	1:37.57	1:45.19	1:21.15	1:24.88	1:31.01	1:39.95	1:16.82	1:19.55	1:27.89	1:34.72
200 BRS													2:57.17	3:05.31	3:18.71	3:38.22	2:47.71	2:54.54	3:11.89	3:26.80
50 BF	40.06	42.31	44.93	49.79	36.15	38.19	41.18	45.11	33.88	36.33	38.37	41.37	31.92	33.38	35.79	39.31	30.21	31.44	34.57	37.25
100 BF									1:14.61	1:20.00	1:24.49	1:31.09	1:10.27	1:13.50	1:18.81	1:26.55	1:06.52	1:09.23	1:16.11	1:22.02
200 BF													2:37.63	2:44.86	2:56.79	3:14.15	2:29.21	2:35.29	2:50.72	3:03.98
200 IM	3:21.56	3:32.86	3:46.05	4:10.54	3:01.91	3:12.14	3:27.21	3:46.99	2:50.49	3:02.82	3:13.08	3:28.15	2:40.59	2:47.96	3:00.10	3:17.79	2:32.01	2:38.20	2:53.93	3:07.44
400 IM																	5:28.67	5:42.05	6:16.05	6:45.26

2018 - 2019 JX Qualifying Times												
Female												
	14 years				15 years				16 years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
50 FS	28.55	29.42	30.92	32.18	28.13	28.84	30.01	31.55	27.85	28.55	29.56	30.92
100 FS	1:01.30	1:03.16	1:06.39	1:09.09	1:00.39	1:01.91	1:04.42	1:07.73	59.79	1:01.30	1:03.47	1:06.39
200 FS	2:14.48	2:18.56	2:25.65	2:31.58	2:12.48	2:15.82	2:21.32	2:28.58	2:11.16	2:14.48	2:19.23	2:25.65
400 FS	4:41.87	4:50.43	5:05.29	5:17.71	4:37.68	4:44.70	4:56.23	5:11.44	4:34.93	4:41.87	4:51.85	5:05.29
800 FS	9:34.25	9:51.69	10:21.95	10:47.27	9:25.72	9:40.00	10:03.49	10:34.48	9:20.10	9:34.25	9:54.55	10:21.95
5km OW	1h 10m	1h 13m	1h 18m	1h 19m	1h 09m	1h 12m	1h 14m	1h 18m	1h 07m	1h 10m	1h 12m	1h 18m
10km OW	2h 24m	2h 26m	2h 32m	2h 35m	2h 22m	2h 24m	2h 26m	2h 32m	2h 20m	2h 24m	2h 24m	2h 32m
100 BK	1:07.86	1:09.92	1:13.50	1:16.49	1:06.85	1:08.54	1:11.33	1:14.98	1:06.19	1:07.86	1:10.27	1:13.50
200 BK	2:26.90	2:31.36	2:39.10	2:45.58	2:24.71	2:28.37	2:34.39	2:42.30	2:23.28	2:26.90	2:32.11	2:39.10
100 BRS	1:16.54	1:18.86	1:22.89	1:26.27	1:15.40	1:17.30	1:20.43	1:24.56	1:14.65	1:16.54	1:19.24	1:22.89
200 BRS	2:46.17	2:51.21	2:59.97	3:07.29	2:43.70	2:47.83	2:54.63	3:03.60	2:42.07	2:46.17	2:52.05	2:59.97
100 BF	1:06.15	1:08.16	1:11.65	1:14.56	1:05.17	1:06.81	1:09.52	1:13.09	1:04.52	1:06.15	1:08.49	1:11.65
200 BF	2:26.63	2:31.08	2:38.81	2:45.28	2:24.45	2:28.10	2:34.10	2:42.01	2:23.02	2:26.63	2:31.82	2:38.81
200 IM	2:29.27	2:33.81	2:41.67	2:48.25	2:27.05	2:30.77	2:36.87	2:44.93	2:25.59	2:29.27	2:34.55	2:41.67
400 IM	5:17.12	5:26.75	5:43.46	5:57.44	5:12.41	5:20.30	5:33.26	5:50.38	5:09.31	5:17.12	5:28.33	5:43.46

Male												
	14 years				15 years				16 years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
50 FS	26.57	27.92	29.50	31.95	25.65	26.43	28.20	29.94	24.90	25.78	27.24	29.21
100 FS	58.33	1:01.31	1:04.77	1:10.15	56.32	58.04	1:01.92	1:05.74	54.66	56.61	59.80	1:04.12
200 FS	2:09.02	2:15.62	2:23.27	2:35.17	2:04.60	2:08.38	2:16.98	2:25.43	2:00.92	2:05.22	2:12.28	2:21.85
400 FS	4:33.58	4:47.57	5:03.79	5:29.03	4:24.19	4:32.22	4:50.46	5:08.37	4:16.41	4:25.52	4:40.49	5:00.78
1500 FS	18:01.09	18:56.38	20:00.46	21:40.19	17:24.00	17:55.71	19:07.77	20:18.56	16:53.22	17:29.22	18:28.39	19:48.55
5k OW	1h 06m	1h 08m	1h 10m	1h 14m	1h 05m	1h 07m	1h 08m	1h 12m	1h 03m	1h 05m	1h 07m	1h 10m
10k OW	2h 18m	2h 20m	2h 23m	2h 30m	2h 16m	2h 18m	2h 20m	2h 28m	2h 13m	2h 15m	2h 18m	2h 25m
100 BK	1:04.48	1:07.77	1:11.60	1:17.54	1:02.26	1:04.16	1:08.45	1:12.68	1:00.43	1:02.58	1:06.10	1:10.89
200 BK	2:21.94	2:29.20	2:37.62	2:50.71	2:17.07	2:21.24	2:30.70	2:39.99	2:13.03	2:17.76	2:25.53	2:36.05
100 BRS	1:12.36	1:16.06	1:20.34	1:27.02	1:09.87	1:12.00	1:16.82	1:21.56	1:07.81	1:10.22	1:14.18	1:19.55
200 BRS	2:37.97	2:46.05	2:55.41	3:09.98	2:32.55	2:37.18	2:47.71	2:58.06	2:28.05	2:33.31	2:41.96	2:54.54
100 BF	1:02.66	1:05.86	1:09.57	1:15.35	1:00.51	1:02.34	1:06.52	1:10.62	58.72	1:00.81	1:04.24	1:09.23
200 BF	2:20.54	2:27.73	2:36.06	2:49.03	2:15.72	2:19.84	2:29.21	2:38.41	2:11.72	2:16.40	2:24.09	2:35.29
200 IM	2:23.18	2:30.50	2:38.99	2:52.20	2:18.27	2:22.47	2:32.01	2:41.39	2:14.19	2:18.96	2:26.80	2:38.20
400 IM	5:09.58	5:25.41	5:43.76	6:12.32	4:58.96	5:08.04	5:28.67	5:48.94	4:50.14	5:00.45	5:17.40	5:42.05



## Multi Class

JX SWD recognition will be determined using the Multi Class Point Score (MCPS) system. The MCPS is based on the world record (WR) times for each classification and will be updated annually. The WR is allocated 1000 points with times above and below awarded a point score incrementally. Swimming must hold a current classification to be eligible for JX recognition.

### 9 and 10 Year Old's

- Gold Standard – At least 1 Tier 1 MCPS time in any of the specified events
- Silver Standard – At least 1 Tier 2 MCPS time in any of the specified events
- Bronze Standard – At least 1 Tier 3 MCPS time in any of the specified events
- Green Standard – At least 1 Tier 4 MCPS time in any of the specified events

### 11 – 13 Year Old's

- Gold Standard - At least 1 Tier 1 MCPS time in 2 or more of the specified events
- Silver Standard - At least 1 Tier 1 or Tier 2 MCPS time in any of the specified events
- Bronze Standard - At least 1 Tier 3 MCPS time in any of the specified events
- Green Standard - At least 1 Tier 4 MCPS time in any of the specified events

### 14 – 16 Year Old's

- Gold Standard - At least 1 Tier 1 MCPS time in 3 or more of the specified events
- Silver Standard - At least 1 Tier 1 or Tier 2 MCPS time in any of the specified events
- Bronze Standard - At least 1 Tier 3 MCPS time in any of the specified events
- Green Standard - At least 1 Tier 4 MCPS time in any of the specified events

9 & 10 year old times will be recognised from both short course and long course events in both Multi-Class and able bodied competitions. 11 – 16 year old times will be recognised from long course events only, in both multi-class and able bodied competition.

	9 years				10 years				11 years				12 years				13 years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
50 FS	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
100 FS									280	240	190	140	320	280	230	180	360	320	270	220
200 FS									280	240	190	140	320	280	230	180	360	320	270	220
400 FS													320	280	230	180	360	320	270	220
50 BK	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
100 BK									280	240	190	140	320	280	230	180	360	320	270	220
50 BRS	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
100 BRS									280	240	190	140	320	280	230	180	360	320	270	220
50 BF	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
100 BF									280	240	190	140	320	280	230	180	360	320	270	220
200 BF													320	280	230	180	360	320	270	220
150 IM	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
200 IM	200	160	80	60	240	200	150	100	280	240	190	140	320	280	230	180	360	320	270	220
	14 years				15 years				16 years											
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4								
50 FS	440	390	330	260	520	460	390	300	600	530	450	340								
100 FS	440	390	330	260	520	460	390	300	600	530	450	340								
200 FS	440	390	330	260	520	460	390	300	600	530	450	340								
400 FS	440	390	330	260	520	460	390	300	600	530	450	340								
50 BK	440	390	330	260	520	460	390	300	600	530	450	340								
100 BK	440	390	330	260	520	460	390	300	600	530	450	340								
50 BRS	440	390	330	260	520	460	390	300	600	530	450	340								
100 BRS	440	390	330	260	520	460	390	300	600	530	450	340								
50 BF	440	390	330	260	520	460	390	300	600	530	450	340								
100 BF	440	390	330	260	520	460	390	300	600	530	450	340								
200 BF	440	390	330	260	520	460	390	300	600	530	450	340								
150 IM	440	390	330	260	520	460	390	300	600	530	450	340								
200 IM	440	390	330	260	520	460	390	300	600	530	450	340								