



## **AUSTRALIAN JUNIOR EXCELLENCE PROGRAM (JX) 2009-10 CRITERIA & QUALIFYING TIMES**

Events and times recognised under the JX are listed on the attached table.

### **9 and 10 year-olds**

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

*9 & 10 year old times will be recognised from both short course and long course events.*

### **11-13 year-olds**

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

*11 -13 year old times will be recognised from long course events only.*

The 2009-10 JX program will recognise performances from 1 April 2009 to 31 March 2010. To qualify for the program, all that is required is to achieve one or more of the JX time standards. All awardees are automatically notified through their clubs by the relevant State Swimming Association after the 31 March closing date. Visit the JX section of your State Association's website to determine meets eligible for JX.

Please note that where 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 either a cap **or** a T shirt (not both), depending on the highest standard achieved in either of those age groups – i.e. gold, silver, bronze or green.

**GIRLS 2009-10 JX QUALIFYING TIMES**

	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	38.00	40.00	42.00	46.00	34.00	36.00	38.00	40.00	32.50	34.00	36.00	39.00	31.00	32.00	33.50	36.00	30.00	31.00	32.50	34.50
100 FS									1:11.00	1:14.00	1:17.00	1:25.00	1:07.00	1:10.00	1:13.00	1:19.00	1:04.00	1:06.00	1:10.00	1:17.00
200 FS													2:22.00	2:26.00	2:33.00	2:45.00	2:18.00	2:22.00	2:28.00	2:41.00
400 FS													4:52.00	5:08.00	5:20.00	5:45.00	4:45.00	4:55.00	5:05.00	5:35.00
800 FS																	9:50.00	10:05.00	10:35.00	11:30.00
50 BK	45.00	48.00	50.00	55.00	42.00	44.00	46.00	49.00	39.50	41.50	44.00	48.00	37.00	39.00	41.00	45.00	36.00	38.00	40.00	44.00
100 BK									1:23.00	1:25.00	1:29.00	1:37.00	1:18.00	1:21.00	1:24.00	1:32.00	1:15.00	1:18.50	1:22.00	1:30.00
200 BK													2:40.00	2:47.00	2:55.00	3:09.00	2:35.00	2:42.00	2:48.00	3:03.00
50 BRS	51.00	53.00	55.00	1:00.00	46.00	49.00	51.00	55.00	44.00	47.00	49.00	53.00	42.00	44.00	46.00	50.00	40.50	42.00	44.00	48.00
100 BRS									1:35.00	1:38.00	1:43.00	1:52.00	1:30.00	1:33.00	1:37.00	1:46.00	1:26.00	1:30.00	1:33.00	1:40.00
200 BRS													3:05.00	3:11.00	3:20.00	3:36.00	2:57.00	3:05.00	3:15.00	3:27.00
50 BF	44.00	47.00	49.00	55.00	39.00	42.00	44.00	49.00	36.50	39.00	41.00	46.00	34.00	36.00	38.50	41.00	33.00	34.50	36.50	40.00
100 BF									1:20.00	1:25.00	1:30.00	1:40.00	1:16.00	1:21.00	1:25.00	1:35.00	1:11.00	1:15.00	1:18.00	1:28.00
200 BF													2:43.00	2:50.00	3:00.00	3:15.00	2:38.00	2:45.00	2:50.00	3:10.00
200 IM	3:30.00	3:40.00	3:50.00	4:05.00	3:10.00	3:20.00	3:30.00	3:40.00	2:55.00	3:05.00	3:15.00	3:25.00	2:46.00	2:52.00	2:57.00	3:07.00	2:36.00	2:43.00	2:50.00	3:01.00
400 IM																	5:40.00	5:55.00	6:10.00	6:40.00

**BOYS 2009-10 JX QUALIFYING TIMES**

	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	38.00	40.00	42.00	46.00	34.00	36.00	38.00	40.00	32.50	34.00	36.00	39.00	30.00	31.50	33.50	36.00	28.50	29.50	31.00	34.00
100 FS									1:11.00	1:14.00	1:17.00	1:25.00	1:06.00	1:09.00	1:12.00	1:19.00	1:02.00	1:04.00	1:07.00	1:15.00
200 FS													2:19.00	2:25.00	2:30.00	2:45.00	2:14.00	2:19.00	2:25.00	2:37.00
400 FS													4:49.00	5:03.00	5:12.00	5:45.00	4:40.00	4:50.00	5:02.00	5:30.00
800 FS																	9:45.00	10:00.00	10:30.00	11:25.00
1500 FS																	18:30.00	19:15.00	20:00.00	21:00.00
50 BK	45.00	48.00	50.00	55.00	42.00	44.00	46.00	49.00	39.50	41.50	44.00	48.00	36.00	38.00	41.00	45.00	34.50	36.50	39.00	44.00
100 BK									1:23.00	1:25.00	1:29.00	1:37.00	1:17.00	1:20.00	1:24.00	1:32.00	1:12.00	1:15.00	1:19.00	1:27.00
200 BK													2:38.00	2:44.00	2:50.00	3:09.00	2:31.00	2:38.00	2:47.00	2:58.00
50 BRS	51.00	53.00	55.00	1:00.00	46.00	49.00	51.00	55.00	44.00	47.00	49.00	53.00	41.50	44.00	46.00	50.00	38.00	40.50	43.00	48.00
100 BRS									1:35.00	1:38.00	1:43.00	1:52.00	1:27.00	1:31.00	1:36.00	1:46.00	1:20.00	1:24.00	1:28.00	1:37.00
200 BRS													3:00.00	3:08.00	3:18.00	3:36.00	2:53.00	3:00.00	3:10.00	3:23.00
50 BF	44.00	47.00	49.00	55.00	39.00	42.00	44.00	49.00	36.50	39.00	41.00	46.00	33.50	35.50	37.50	41.00	31.50	33.50	35.00	40.00
100 BF									1:20.00	1:25.00	1:30.00	1:40.00	1:14.00	1:19.00	1:24.00	1:35.00	1:08.00	1:12.00	1:15.00	1:25.00
200 BF													2:36.00	2:43.00	2:53.00	3:15.00	2:33.00	2:40.00	2:45.00	3:05.00
200 IM	3:30.00	3:40.00	3:50.00	4:05.00	3:10.00	3:20.00	3:30.00	3:40.00	2:55.00	3:05.00	3:15.00	3:25.00	2:42.00	2:48.00	2:55.00	3:07.00	2:30.00	2:37.00	2:45.00	2:58.00
400 IM																	5:35.00	5:50.00	6:05.00	6:30.00