



**2016  
Junior  
Excellence**

REALISE YOUR POTENTIAL

**2016 - 2017 JX Qualifying Times**

Female																				
	9 years				10 years				11 years				12 years				13 years			
	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green
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			
	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green
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





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2016 - 2017 JX Qualifying Times												
Female												
	14 years				15 years				16 years			
	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green
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			
	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green	Gold	Silver	Bronze	Green
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

