



## PHO3NIX JX 2025-2026 CRITERIA AND QUALIFYING TIMES

The 2025-26 Pho3nix JX program recognises performances from 1 May 2025 to 30 April 2026. Pho3nix JX automatically recognises swimmers aged 9-13 years with gold, silver, bronze or blue standard, based on their best performance/s correlating to the times set by Swimming Australia.

To qualify for the program, swimmers need to be a member of an Australian swimming club and achieve a qualifying time at an approved meet.

To enquire further whether an event is an approved meet please contact your State/Territory office or visit the relevant competition flyer for more details.

If your child has a birthday within the Pho3nix JX season, they will be recognised with their highest standard achieved in one age bracket – not both. Furthermore, lead off times will not be recognised in the program, only individual swims will qualify.

### 9-10 YEAR-OLDS

**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

**BLUE STANDARD** – At least 1 Tier 4 time in any of the specified event

### 11-13 YEAR-OLDS

**GOLD STANDARD** - At least 1 Tier 1 time in two or more of the specified events

**SILVER STANDARD** - At least 1 Tier 1 or Tier 2 time in one or more of the specified events

**BRONZE STANDARD** - At least 1 Tier 3 time in one or more of the specified events

**BLUE STANDARD** - At least 1 Tier 4 time in one 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-old times will be recognised from long course events only.**

## MULTI-CLASS

The Pho3nix JX multi-class 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 Pho3nix JX recognition.

### 9-10 YEAR-OLDS

**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

**BLUE STANDARD** – At least 1 Tier 4 MCPS time in any of the specified events

### 11-13 YEAR-OLDS

**GOLD STANDARD** - At least 1 Tier 1 MCPS time in two 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

**BLUE 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. 11-13 year-old times will be recognised from long course events only, in both multi-class and able bodied competition.**

## 9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:37.66	00:39.60	00:41.51	00:46.99
50 BK	00:42.27	00:44.44	00:46.58	00:55.35
50 BRS	00:46.91	00:49.36	00:51.72	01:01.70
50 BF	00:39.52	00:41.55	00:44.04	00:51.67
200 IM	03:19.49	03:32.52	03:38.87	04:05.69

## 10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:34.31	00:35.91	00:38.14	00:42.48
50 BK	00:38.51	00:40.30	00:42.18	00:48.61
50 BRS	00:42.65	00:44.70	00:47.51	00:54.19
50 BF	00:35.73	00:37.62	00:40.02	00:45.39
200 IM	02:58.63	03:10.19	03:20.99	03:42.10

## 11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:32.64	00:34.20	00:35.47	00:38.70
100 FS	01:10.41	01:14.18	01:17.62	01:23.10
50 BK	00:36.61	00:38.46	00:39.89	00:43.35
100 BK	01:16.87	01:21.62	01:25.42	01:31.99
50 BRS	00:40.38	00:42.48	00:44.56	00:48.32
100 BRS	01:26.70	01:31.82	01:35.24	01:43.75
50 BF	00:34.24	00:35.73	00:37.93	00:40.47
100 BF	01:14.93	01:20.08	01:23.07	01:29.67
200 IM	02:49.09	02:58.63	03:08.83	03:22.35
2.5KM OW	42:00.0	44:00.0	46:00.0	50:00.0

## 12 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:30.93	00:32.20	00:34.02	00:37.63
100 FS	01:06.75	01:09.20	01:13.02	01:20.79
200 FS	02:26.11	02:32.13	02:40.75	02:57.24
400 FS	05:05.28	05:17.86	05:35.75	06:11.50
800 FS	10:23.56	10:49.54	11:28.02	12:36.84
50 BK	00:34.44	00:35.88	00:37.31	00:42.28
100 BK	01:13.74	01:16.81	01:20.89	01:29.44
200 BK	02:39.00	02:45.60	02:55.66	03:13.60
50 BRS	00:38.04	00:39.63	00:42.21	00:47.13
100 BRS	01:22.96	01:25.65	01:31.26	01:40.87
200 BRS	02:58.12	03:07.33	03:17.91	03:39.00
50 BF	00:32.44	00:33.59	00:35.69	00:39.47
100 BF	01:11.71	01:14.70	01:18.01	01:27.18
200 BF	02:40.39	02:46.92	02:58.66	03:13.26
200 IM	02:40.40	02:46.93	02:59.00	03:16.74
2.5KM OW	40:00.0	42:00.0	44:00.0	48:00.0

## 13 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:29.86	00:30.88	00:32.53	00:36.95
100 FS	01:04.28	01:06.69	01:10.20	01:18.56
200 FS	02:20.71	02:25.99	02:32.11	02:52.34
400 FS	04:53.99	05:05.00	05:21.08	06:01.22
800 FS	09:58.28	10:24.50	10:57.55	12:15.92
1500 FS	19:15.96	19:55.48	20:35.00	22:13.80
50 BK	00:33.58	00:34.73	00:35.88	00:41.03
100 BK	01:10.63	01:13.50	01:16.81	01:26.97
200 BK	02:32.88	02:40.30	02:48.99	03:08.25
50 BRS	00:37.09	00:38.26	00:39.63	00:45.74
100 BRS	01:19.65	01:22.91	01:27.27	01:38.08
200 BRS	02:53.66	02:59.60	03:09.26	03:32.95
50 BF	00:31.07	00:32.33	00:34.00	00:38.31
100 BF	01:08.84	01:12.31	01:15.26	01:24.77
200 BF	02:32.60	02:41.64	02:48.08	03:07.91
200 IM	02:35.35	02:44.38	02:49.81	03:11.30
400 IM	05:30.02	05:53.89	06:08.30	06:49.39
2.5KM OW	38:00.0	40:00.0	42:00.0	46:00.0
5KM OW	1h 12m	1h 15m	1h 17m	1h 21m

## 9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:36.48	00:38.21	00:40.01	00:46.48
50 BK	00:41.28	00:43.24	00:45.27	00:52.94
50 BRS	00:45.59	00:47.60	00:50.01	00:58.29
50 BF	00:38.46	00:40.98	00:42.55	00:49.79
200 IM	03:15.87	03:25.17	03:34.42	04:10.54

## 10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:33.29	00:34.55	00:37.62	00:42.12
50 BK	00:37.41	00:39.26	00:41.89	00:47.96
50 BRS	00:41.38	00:43.36	00:46.39	00:52.90
50 BF	00:35.05	00:36.89	00:39.18	00:45.11
200 IM	02:57.99	03:06.43	03:19.40	03:46.00

## 11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:31.63	00:33.55	00:35.00	00:38.62
100 FS	01:09.45	01:12.51	01:17.01	01:24.79
50 BK	00:35.87	00:37.62	00:39.62	00:43.98
100 BK	01:16.72	01:20.13	01:24.20	01:33.73
50 BRS	00:39.68	00:41.59	00:43.51	00:48.51
100 BRS	01:25.64	01:30.00	01:34.80	01:45.19
50 BF	00:33.61	00:35.22	00:37.02	00:41.37
100 BF	01:13.88	01:18.52	01:22.16	01:31.09
200 IM	02:50.67	02:58.77	03:07.08	03:28.15
2.5KM OW	42:00.0	44:00.0	46:00.0	50:00.0

## 12 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:29.41	00:30.76	00:32.89	00:36.70
100 FS	01:04.51	01:07.20	01:11.05	01:20.57
200 FS	02:22.93	02:27.98	02:35.66	02:58.23
400 FS	05:02.96	05:13.23	05:32.45	06:17.93
800 FS	10:18.85	10:38.04	11:02.03	11:50.00
50 BK	00:33.05	00:34.07	00:36.28	00:41.79
100 BK	01:10.69	01:13.88	01:17.62	01:29.07
200 BK	02:36.89	02:43.69	02:52.12	03:16.08
50 BRS	00:36.56	00:38.69	00:40.11	00:46.10
100 BRS	01:19.89	01:22.36	01:28.00	01:39.95
200 BRS	02:53.25	02:58.62	03:11.94	03:38.22
50 BF	00:30.97	00:31.93	00:34.88	00:39.31
100 BF	01:08.07	01:11.18	01:15.82	01:26.55
200 BF	02:33.73	02:40.50	02:53.45	03:14.14
200 IM	02:37.26	02:42.14	02:55.00	03:17.79
2.5KM OW	40:00.0	42:00.0	44:00.0	46:00.0

## 13 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:28.27	00:29.18	00:31.25	00:33.66
100 FS	01:02.01	01:04.01	01:08.51	01:16.35
200 FS	02:15.47	02:19.84	02:30.11	02:48.90
400 FS	04:47.37	04:56.64	05:20.28	05:58.14
800 FS	09:54.78	10:14.05	10:38.05	11:21.22
1500 FS	19:02.49	19:39.34	20:25.41	21:48.33
50 BK	00:31.77	00:32.79	00:35.07	00:39.61
100 BK	01:07.95	01:10.14	01:15.26	01:24.41
200 BK	02:28.89	02:33.69	02:45.55	03:05.82
50 BRS	00:35.14	00:36.28	00:38.69	00:43.68
100 BRS	01:15.85	01:18.30	01:24.36	01:34.72
200 BRS	02:46.53	02:51.90	03:05.44	03:26.60
50 BF	00:29.77	00:30.73	00:31.61	00:34.78
100 BF	01:05.43	01:07.55	01:13.22	01:22.02
200 BF	02:27.77	02:32.54	02:48.98	03:03.98
200 IM	02:31.17	02:36.04	02:47.14	03:07.44
400 IM	05:23.12	05:43.54	05:56.60	06:45.26
2.5KM OW	38:00.0	40:00.0	42:00.0	44:00.0
5KM OW	1h 10m	1h 12m	1h 14m	1h 18m

## 9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	200	160	80	60
50 BK	200	160	80	60
50 BRS	200	160	80	60
50 BF	200	160	80	60
150 IM	200	160	80	60
200 IM	200	160	80	60

## 10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	240	200	150	100
50 BK	240	200	150	100
50 BRS	240	200	150	100
50 BF	240	200	150	100
150 IM	240	200	150	100
200 IM	240	200	150	100

## 11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	280	240	190	140
100 FS	280	240	190	140
200 FS	280	240	190	140
50 BK	280	240	190	140
100 BK	280	240	190	140
50 BRS	280	240	190	140
100 BRS	280	240	190	140
50 BF	280	240	190	140
100 BF	280	240	190	140
150 IM	280	240	190	140
200 IM	280	240	190	140

## 12 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	320	280	230	180
100 FS	320	280	230	180
200 FS	320	280	230	180
400 FS	320	280	230	180
50 BK	320	280	230	180
100 BK	320	280	230	180
50 BRS	320	280	230	180
100 BRS	320	280	230	180
50 BF	320	280	230	180
100 BF	320	280	230	180
200 BF	320	280	230	180
150 IM	320	280	230	180
200 IM	320	280	230	180

## 13 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	360	320	270	220
100 FS	360	320	270	220
200 FS	360	320	270	220
400 FS	360	320	270	220
50 BK	360	320	270	220
100 BK	360	320	270	220
50 BRS	360	320	270	220
100 BRS	360	320	270	220
50 BF	360	320	270	220
100 BF	360	320	270	220
200 BF	360	320	270	220
150 IM	360	320	270	220
200 IM	360	320	270	220