

The JLS Mile Standards

6TH GRADE BOYS

A+ 7:32 or faster

A 7:33-7:53

A- 7:54-8:14

B+ 8:15-8:35

B 8:36-8:56

B- 8:57-9:17

C+ 9:18-9:38

C 9:39-9:59

C- 10:00-10:20

D+ 10:21-11:21

D 11:22-12:22

D- 12:23 or slower

6TH GRADE GIRLS

9:02 or faster

9:03-9:25

9:26-9:48

9:49-10:11

10:12-10:34

10:35-10:57

10:58-11:20

11:21-11:43

11:44-12:06

12:07-13:07

13:08-14:08

14:09 or slower

**7TH GRADE
BOYS**

A+ 7:11 or faster

A 7:12-7:26

A- 7:27-7:41

B+ 7:42-7:56

B 7:57-8:11

B- 8:12-8:26

C+ 8:27-8:41

C 8:42-8:56

C- 8:57-9:11

D+ 9:12-10:12

D 10:13-11:13

D- 11:14 or slower

**7TH GRADE
GIRLS**

8:23 or faster

8:24-8:46

8:47-9:09

9:10-9:32

9:33-9:55

9:56-10:18

10:19-10:41

10:42-11:04

11:05-11:27

11:28-12:27

12:28-13:27

13:28 or slower

**8TH GRADE
BOYS**

A+ 6:50 or faster

A 6:51-7:01

A- 7:02-7:12

B+ 7:13-7:23

B 7:24-7:34

B- 7:35-7:45

C+ 7:46-7:56

C 7:57-8:07

C- 8:08-8:18

D+ 8:19-9:19

D 9:20-10:20

D- 10:21 or slower

**8TH GRADE
GIRLS**

8:13 or faster

8:14-8:32

8:33-8:51

8:52-9:10

9:11-9:29

9:30-9:48

9:49-10:07

10:08-10:26

10:27-10:45

10:46-11:46

11:47-12:47

12:48 or slower