400-year cycle with leap week allowed only in Gregorian leap years

Jitter vs. Mean Year

Jitter range = $11 + \frac{79}{80} = 11.9875$ days

Year (mean year of $365 + \frac{97}{400}$ days = 365d 5h 49m 12s = 365.2425 days, almost 12 seconds longer than mean northward equinoctial year)