**附件2**

**广元中学田径特长生测试内容及分值标准**

1. 测试内容。
2. 基本素质（100米、立定跳远各20分，铅球10分）

100米、立定跳远、铅球（4KG）。

1. 专项（50分）

200米、400米、800米、110米栏（男）、100米栏（女）、跳高、跳远、三级跳远任选一项。

1. 测试方法。

按照田径竞赛规则，竞赛项目只测一次，田赛项目三次试跳。

1. 基本素质评分标准

100米标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 20 | 11.8 | 12 | 12.6 | 20 | 13.8 | 12 | 14.6 |
| 19 | 11.9 | 11 | 12.7 | 19 | 13.9 | 11 | 14.7 |
| 18 | 12.0 | 10 | 12.8 | 18 | 14.0 | 10 | 14.8 |
| 17 | 12.1 | 9 | 12.9 | 17 | 14.1 | 9 | 14.9 |
| 16 | 12.2 | 8 | 13.0 | 16 | 14.2 | 8 | 15.0 |
| 15 | 12.3 | 7 | 13.1 | 15 | 14.3 | 7 | 15.1 |
| 14 | 12.4 | 6 | 13.2 | 14 | 14.4 | 6 | 15.2 |
| 13 | 12.5 | 5 | 13.3 | 13 | 14.5 | 5 | 15.3 |

铅球标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 10 | 10.0 | 6 | 9.2 | 10 | 7.0 | 6 | 6.2 |
| 9.5 | 9.9 | 5.5 | 9.1 | 9.5 | 6.9 | 5.5 | 6.1 |
| 9 | 9.8 | 5 | 8.9 | 9 | 6.8 | 5 | 6.0 |
| 8.5 | 9.7 | 4.5 | 8.8 | 8.5 | 6.7 | 4.5 | 5.9 |
| 8 | 9.6 | 4 | 8.7 | 8 | 6.6 | 4 | 5.8 |
| 7.5 | 9.5 | 3.5 | 8.6 | 7.5 | 6.5 | 3.5 | 5.7 |
| 7 | 9.4 | 3 | 8.5 | 7 | 6.4 | 3 | 5.6 |
| 6.5 | 9.3 | 2.5 | 8.4 | 6.5 | 6.3 | 2.5 | 5.5 |

立定跳远标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 20 | 2.76 | 11 | 2.58 | 20 | 2.20 | 11 | 2.02 |
| 19 | 2.74 | 10 | 2.56 | 19 | 2.18 | 10 | 2.00 |
| 18 | 2.72 | 9 | 2.54 | 18 | 2.16 | 9 | 1.98 |
| 17 | 2.70 | 8 | 2.52 | 17 | 2.14 | 8 | 1.96 |
| 16 | 2.68 | 7 | 2.50 | 16 | 2.12 | 7 | 1.94 |
| 15 | 2.66 | 6 | 2.48 | 15 | 2.10 | 6 | 1.92 |
| 14 | 2.64 | 5 | 2.46 | 14 | 2.08 | 5 | 1.90 |
| 13 | 2.62 | 4 | 2.44 | 13 | 2.06 | 4 | 1.88 |
| 12 | 2.60 | 3 | 2.42 | 12 | 2.04 | 3 | 1.86 |

1. 专项评分标准

200米标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 24.9 | 34 | 25.7 | 50 | 28.5 | 34 | 29.3 |
| 48 | 25.0 | 32 | 25.8 | 48 | 28.6 | 32 | 29.4 |
| 46 | 25.1 | 30 | 25.9 | 46 | 28.7 | 30 | 29.5 |
| 44 | 25.2 | 28 | 26.0 | 44 | 28.8 | 28 | 29.6 |
| 42 | 25.3 | 26 | 26.1 | 42 | 28.9 | 26 | 29.7 |
| 40 | 25.4 | 24 | 26.2 | 40 | 29.0 | 24 | 29.8 |
| 38 | 25.5 | 22 | 26.3 | 38 | 29.1 | 22 | 29.9 |
| 36 | 25.6 | 20 | 26.4 | 36 | 29.2 | 20 | 30.0 |

400米标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 54.58 | 34 | 56.98 | 50 | 1:04 | 34 | 1:12 |
| 48 | 54.88 | 32 | 57.18 | 48 | 1:05 | 32 | 1:13 |
| 46 | 55.18 | 30 | 57.48 | 46 | 1:06 | 30 | 1:14 |
| 44 | 55.48 | 28 | 57.78 | 44 | 1:07 | 28 | 1:15 |
| 42 | 55.78 | 26 | 58.08 | 42 | 1:08 | 26 | 1:16 |
| 40 | 56.08 | 24 | 58.38 | 40 | 1:09 | 24 | 1:17 |
| 38 | 56.38 | 22 | 58.78 | 38 | 1:10 | 22 | 1:18 |
| 36 | 56.68 | 20 | 59.08 | 36 | 1:11 | 20 | 1:19 |

800米标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 2:09 | 34 | 2:17 | 50 | 2:36 | 34 | 2:52 |
| 48 | 2:10 | 32 | 2:18 | 48 | 2:38 | 32 | 2:54 |
| 46 | 2:11 | 30 | 2:19 | 46 | 2:40 | 30 | 2:56 |
| 44 | 2:12 | 28 | 2:20 | 44 | 2:42 | 28 | 2:58 |
| 42 | 2:13 | 26 | 2:21 | 42 | 2:44 | 26 | 3:00 |
| 40 | 2:14 | 24 | 2:22 | 40 | 2:46 | 24 | 3:02 |
| 38 | 2:15 | 22 | 2:23 | 38 | 2:48 | 22 | 3:04 |
| 36 | 2:16 | 20 | 2:24 | 36 | 2:50 | 20 | 3:06 |

110（100）米栏标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 17.0 | 34 | 17.8 | 50 | 18.0 | 34 | 18.8 |
| 48 | 17.1 | 32 | 17.9 | 48 | 18.1 | 32 | 18.9 |
| 46 | 17.2 | 30 | 18.0 | 46 | 18.2 | 30 | 19.0 |
| 44 | 17.3 | 28 | 18.1 | 44 | 18.3 | 28 | 19.1 |
| 42 | 17.4 | 26 | 18.2 | 42 | 18.4 | 26 | 19.2 |
| 40 | 17.5 | 24 | 18.3 | 40 | 18.5 | 24 | 19.3 |
| 38 | 17.6 | 22 | 18.4 | 38 | 18.6 | 22 | 19.4 |
| 36 | 17.7 | 20 | 18.5 | 36 | 18.7 | 20 | 19.5 |

跳高标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 1.70 | 34 | 1.54 | 50 | 1.46 | 34 | 1.30 |
| 48 | 1.68 | 32 | 1.52 | 48 | 1.44 | 32 | 1.28 |
| 46 | 1.66 | 30 | 1.50 | 46 | 1.42 | 30 | 1.26 |
| 44 | 1.64 | 28 | 1.48 | 44 | 1.40 | 28 | 1.24 |
| 42 | 1.62 | 26 | 1.46 | 42 | 1.38 | 26 | 1.22 |
| 40 | 1.60 | 24 | 1.44 | 40 | 1.36 | 24 | 1.20 |
| 38 | 1.58 | 22 | 1.42 | 38 | 1.34 | 22 | 1.18 |
| 36 | 1.56 | 20 | 1.40 | 36 | 1.32 | 20 | 1.16 |

跳远标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 5.90 | 34 | 5.50 | 50 | 4.65 | 34 | 4.33 |
| 48 | 5.85 | 32 | 5.45 | 48 | 4.61 | 32 | 4.29 |
| 46 | 5.80 | 30 | 5.40 | 46 | 4.57 | 30 | 4.25 |
| 44 | 5.75 | 28 | 5.35 | 44 | 4.53 | 28 | 4.21 |
| 42 | 5.70 | 26 | 5.30 | 42 | 4.49 | 26 | 4.17 |
| 40 | 5.65 | 24 | 5.25 | 40 | 4.45 | 24 | 4.13 |
| 38 | 5.60 | 22 | 5.20 | 38 | 4.41 | 22 | 4.09 |
| 36 | 5.55 | 20 | 5.15 | 36 | 4.37 | 20 | 4.05 |

三级跳远标准及分值

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男子 | | | | 女子 | | | |
| 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 |
| 50 | 12.0 | 34 | 11.60 | 50 | 9.65 | 34 | 9.25 |
| 48 | 11.95 | 32 | 11.55 | 48 | 9.60 | 32 | 9.20 |
| 46 | 11.90 | 30 | 11.50 | 46 | 9.55 | 30 | 9.15 |
| 44 | 11.85 | 28 | 11.45 | 44 | 9.50 | 28 | 9.10 |
| 42 | 11.80 | 26 | 11.40 | 42 | 9.45 | 26 | 9.05 |
| 40 | 11.75 | 24 | 11.35 | 40 | 9.40 | 24 | 9.00 |
| 38 | 11.70 | 22 | 11.30 | 38 | 9.35 | 22 | 8.95 |
| 36 | 11.65 | 20 | 11.25 | 36 | 9.30 | 20 | 8.90 |

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