**2024年昆明市官渡区第二中学田径网点考试（素质考核）标准**

**（小学升初中）**

1.立定跳远

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 |
| 2.25 | 10 | 2.00 | 5 | 1.95 | 10 | 1.70 | 5 |
| 2.20 | 9 | 1.95 | 4 | 1.90 | 9 | 1.65 | 4 |
| 2.15 | 8 | 1.90 | 3 | 1.85 | 8 | 1.60 | 3 |
| 2.10 | 7 | 1.85 | 2 | 1.80 | 7 | 1.55 | 2 |
| 2.05 | 6 | 1.80 | 1 | 1.75 | 6 | 1.50 | 1 |

2.50m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 7.8 | 10 | 8.3 | 5 | 8.1 | 10 | 8.6 | 5 |
| 7.9 | 9 | 8.4 | 4 | 8.2 | 9 | 8.7 | 4 |
| 8.0 | 8 | 8.5 | 3 | 8.3 | 8 | 8.8 | 3 |
| 8.1 | 7 | 8.6 | 2 | 8.4 | 7 | 8.9 | 2 |
| 8.2 | 6 | 8.7 | 1 | 8.5 | 6 | 9.0 | 1 |

3.400m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 1′15″ | 10 | 1′20″ | 5 | 1′25″ | 10 | 1′30″ | 5 |
| 1′16″ | 9 | 1′21″ | 4 | 1′26″ | 9 | 1′31″ | 4 |
| 1′17″ | 8 | 1′22″ | 3 | 1′27″ | 8 | 1′32″ | 3 |
| 1′18″ | 7 | 1′22″ | 2 | 1′28″ | 7 | 1′33″ | 2 |
| 1′19″ | 6 | 1′23″ | 1 | 1′29″ | 6 | 1′34″ | 1 |

**附件:2024年昆明市官渡区第二中学田径项目网点考核评分标准**

（小学升初中）

1.100m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 13″30 | 70 | 14″70 | 52 | 14″40 | 70 | 15″80 | 52 |
| 13″40 | 69 | 14″80 | 50 | 14″50 | 69 | 15″90 | 50 |
| 13″50 | 68 | 14″90 | 48 | 14″60 | 68 | 16″00 | 48 |
| 13″60 | 67 | 15″00 | 46 | 14″70 | 67 | 16″10 | 46 |
| 13″70 | 66 | 15″10 | 44 | 14″80 | 66 | 16″20 | 44 |
| 13″80 | 65 | 15″20 | 42 | 14″90 | 65 | 16″30 | 42 |
| 13″90 | 64 | 15″30 | 40 | 15″00 | 64 | 16″40 | 40 |
| 14″00 | 63 | 15″40 | 38 | 15″10 | 63 | 16″50 | 38 |
| 14″10 | 62 | 15″50 | 36 | 15″20 | 62 | 17″60 | 36 |
| 14″20 | 61 | 15″60 | 34 | 15″30 | 61 | 17″70 | 34 |
| 14″30 | 60 | 15″70 | 32 | 15″40 | 60 | 17″80 | 32 |
| 14″40 | 58 | 15″80 | 30 | 15″50 | 58 | 17″90 | 30 |
| 14″50 | 56 |  |  | 15″60 | 56 |  |  |
| 14″60 | 54 |  |  | 15″70 | 54 |  |  |
|  |  |  |  |  |  | 1′12″90 |

2.200m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 27″10 | 70 | 28″70 | 52 | 30″00 | 70 | 31″90 | 52 |
| 27″30 | 69 | 28″80 | 50 | 30″20 | 69 | 32″00 | 50 |
| 27″50 | 68 | 28″90 | 48 | 30″40 | 68 | 32″10 | 48 |
| 27″60 | 67 | 29″00 | 46 | 30″60 | 67 | 32″20 | 46 |
| 27″70 | 66 | 29″10 | 44 | 30″80 | 66 | 32″30 | 44 |
| 27″80 | 65 | 29″20 | 42 | 31″00 | 65 | 32″40 | 42 |
| 27″90 | 64 | 29″30 | 40 | 31″10 | 64 | 32″50 | 40 |
| 28″00 | 63 | 29″40 | 38 | 31″20 | 63 | 32″60 | 38 |
| 28″10 | 62 | 29″50 | 36 | 31″30 | 62 | 32″70 | 36 |
| 28″20 | 61 | 29″60 | 34 | 31″40 | 61 | 32″80 | 34 |
| 28″30 | 60 | 29″70 | 32 | 31″50 | 60 | 32″90 | 32 |
| 28″40 | 58 | 29″80 | 30 | 31″60 | 58 | 33″00 | 30 |
| 28″50 | 56 |  |  | 31″70 | 56 |  |  |
| 28″60 | 54 |  |  | 31″80 | 54 |  |  |
|  |  |  |  |  |  | 1′12″90 |

3.400m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 1′04″00 | 70 | 1′11″00 | 52 | 1′14″00 | 70 | 1′21″00 | 52 |
| 1′04″50 | 69 | 1′11″50 | 50 | 1′14″50 | 69 | 1′21″50 | 50 |
| 1′05″00 | 68 | 1′12″00 | 48 | 1′15″00 | 68 | 1′22″00 | 48 |
| 1′05″50 | 67 | 1′12″50 | 46 | 1′15″50 | 67 | 1′22″50 | 46 |
| 1′06″00 | 66 | 1′13″00 | 44 | 1′16″00 | 66 | 1′23″00 | 44 |
| 1′06″50 | 65 | 1′13″50 | 42 | 1′16″50 | 65 | 1′23″50 | 42 |
| 1′07″00 | 64 | 1′14″00 | 40 | 1′17″00 | 64 | 1′24″00 | 40 |
| 1′07″50 | 63 | 1′14″50 | 38 | 1′17″50 | 63 | 1′24″50 | 38 |
| 1′08″00 | 62 | 1′15″00 | 36 | 1′18″00 | 62 | 1′25″00 | 36 |
| 1′08″50 | 61 | 1′15″50 | 34 | 1′18″50 | 61 | 1′25″50 | 34 |
| 1′09″00 | 60 | 1′16″00 | 32 | 1′19″00 | 60 | 1′26″00 | 32 |
| 1′09″50 | 58 | 1′16″50 | 30 | 1′19″50 | 58 | 1′26″50 | 30 |
| 1′10″00 | 56 |  |  | 1′20″00 | 56 |  |  |
| 1′10″50 | 54 |  |  | 1′20″50 | 54 |  |  |
|  |  |  |  |  |  | 1′12″90 |

4.800m

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2′35″ | 70 | 3′30″ | 52 | 2′50″ | 70 | 3′45″ | 52 |
| 2′40″ | 69 | 3′31″ | 50 | 2′55″ | 69 | 3′47″ | 50 |
| 2′45″ | 68 | 3′33″ | 48 | 3′00″ | 68 | 3′49″ | 48 |
| 2′50″ | 67 | 3′35″ | 46 | 3′05″ | 67 | 3′51″ | 46 |
| 2′55″ | 66 | 3′37″ | 44 | 3′10″ | 66 | 3′53″ | 44 |
| 3′00″ | 65 | 3′39″ | 42 | 3′15″ | 65 | 3′55″ | 42 |
| 3′05″ | 64 | 3′41″ | 40 | 3′20″ | 64 | 3′57″ | 40 |
| 3′10″ | 63 | 3′43″ | 38 | 3′25″ | 63 | 3′59″ | 38 |
| 3′15″ | 62 | 3′45″ | 36 | 3′30″ | 62 | 4′01″ | 36 |
| 3′20″ | 61 | 3′47″ | 34 | 3′35″ | 61 | 4′03″ | 34 |
| 3′22″ | 60 | 3′49″ | 32 | 3′37″ | 60 | 4′05″ | 32 |
| 3′24″ | 58 | 3′51″ | 30 | 3′39″ | 58 | 4′07″ | 30 |
| 3′26″ | 56 |  |  | 3′41″ | 56 |  |  |
| 3′28″ | 54 |  |  | 3′43″ | 54 |  |  |
|  |  |  |  |  |  |  |

5.跳高

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 |
| 1.35 | 70 | 1.24 | 48 | 1.25 | 70 | 1.15 | 50 |
| 1.34 | 68 | 1.23 | 46 | 1.24 | 68 | 1.14 | 48 |
| 1.33 | 66 | 1.22 | 44 | 1.23 | 66 | 1.13 | 46 |
| 1.32 | 64 | 1.21 | 42 | 1.22 | 64 | 1.12 | 44 |
| 1.31 | 62 | 1.20 | 40 | 1.21 | 62 | 1.11 | 42 |
| 1.30 | 60 | 1.19 | 38 | 1.20 | 60 | 1.10 | 40 |
| 1.29 | 58 | 1.18 | 36 | 1.19 | 58 | 1.09 | 38 |
| 1.28 | 56 | 1.17 | 34 | 1.18 | 56 | 1.08 | 34 |
| 1.27 | 54 | 1.16 | 32 | 1.17 | 54 | 1.07 | 32 |
| 1.26 | 52 | 1.15 | 30 | 1.16 | 52 | 1.06 | 30 |
| 1.25 | 50 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

6. 跳远

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 |
| 4.70 | 70 | 4.00 | 52 | 4.10 | 70 | 3.40 | 52 |
| 4.65 | 69 | 3.95 | 50 | 4.05 | 69 | 3.35 | 50 |
| 4.60 | 68 | 3.90 | 48 | 4.00 | 68 | 3.30 | 48 |
| 4.55 | 67 | 3.85 | 46 | 3.95 | 67 | 3.25 | 46 |
| 4.50 | 66 | 3.80 | 44 | 3.90 | 66 | 3.20 | 44 |
| 4.45 | 65 | 3.75 | 42 | 3.85 | 65 | 3.15 | 42 |
| 4.40 | 64 | 3.70 | 40 | 3.80 | 64 | 3.10 | 40 |
| 4.35 | 63 | 3.65 | 38 | 3.75 | 63 | 3.09 | 38 |
| 4.30 | 62 | 3.60 | 36 | 3.70 | 62 | 3.08 | 36 |
| 4.25 | 61 | 3.55 | 34 | 3.65 | 61 | 3.07 | 34 |
| 4.20 | 60 | 3.50 | 32 | 3.60 | 60 | 3.06 | 32 |
| 4.15 | 58 | 3.45 | 30 | 3.55 | 58 | 3.05 | 30 |
| 4.10 | 56 |  |  | 3.50 | 56 |  |  |
| 4.05 | 54 |  |  | 3.45 | 54 |  |  |
|  |  |  |  |  |  |  |

7.铅球（男5㎏女4㎏）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 男 |  |  |  | 女 |  |  |  |
| 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 | 成绩（m） | 分值 |
| 10.00 | 70 | 7.20 | 52 | 7.50 | 70 | 4.80 | 52 |
| 9.80 | 69 | 7.10 | 50 | 7.30 | 69 | 4.70 | 50 |
| 9.60 | 68 | 7.00 | 48 | 7.10 | 68 | 4.60 | 48 |
| 9.40 | 67 | 6.90 | 46 | 6.90 | 67 | 4.50 | 46 |
| 9.20 | 66 | 6.80 | 44 | 6.70 | 66 | 4.40 | 44 |
| 9.00 | 65 | 6.70 | 42 | 6.50 | 65 | 4.30 | 42 |
| 8.80 | 64 | 6.60 | 40 | 6.30 | 64 | 4.20 | 40 |
| 8.60 | 63 | 6.50 | 38 | 6.10 | 63 | 4.10 | 38 |
| 8.40 | 62 | 6.40 | 36 | 5.90 | 62 | 4.00 | 36 |
| 8.20 | 61 | 6.30 | 34 | 5.70 | 61 | 3.90 | 34 |
| 8.00 | 60 | 6.20 | 32 | 5.50 | 60 | 3.80 | 32 |
| 7.80 | 58 | 6.10 | 30 | 5.30 | 58 | 3.70 | 30 |
| 7.60 | 56 |  |  | 5.10 | 56 |  |  |
| 7.40 | 54 |  |  | 4.90 | 54 |  |  |
|  |  |  |  |  |  |  |