附件 2

南海区西樵高级中学 2022 年田径测试项目及评价标准

一、测评内容

男生： 100 米、 200 米、 400 米、 800 米、 1500 米、 110 米栏(栏高 0.914 米，栏距 9.14 米) ，400 米栏(栏高 0.84 米，栏距 35 米。) 、跳高、跳远、三级跳远 、标枪(700 克)、铅球(6 公斤)

女生：100 米、 200 米、 400 米、 800 米、 1500 米、 100 米栏(栏高 0.840 米，栏距 8.50 米) 。400

米栏(栏高 0.762 米，栏距 35 米。) 、跳高、跳远、三级跳远、标枪(600 克)、铅球(4 公斤)

二、测评方法

1．考生根据个人特长从田赛或径赛中选择其中 1 项进行测试。执行最新田径竞赛规则和裁判方法。

2．凡是径赛项目均在塑胶跑道上测试， 成绩以电动计时成绩为准，径赛项目只进行一个赛次比赛。

3．田赛项目每人有 6 次试投或试跳机会， 取最优成绩计分。

三、测评标准：

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| 西樵高级中学田径项目测试标准(男子) | | | | | | | | | | | | |
| 分 值 | 项 目 | | | | | | | | | | | |
| 100 米 | 200 米 | 400 米 | 800 米 | 1500 米 | 110 米 栏 | 400 米栏 | 跳高 (米) | 跳远 (米) | 三级 跳远  (米) | 标枪 | 铅球 |
| 100 | 11.64 | 23.69 | 52.74 | 2.04.5 | 4.19.0 | 15.84 | 59.04 | 1.83 | 6.55 | 13.55 | 51.0 | 12.50 |
| 99 | 11.66 | 23.74 | 52.84 | 2.04.8 | 4.19.8 | 15.89 | 59.24 | 1.82 | 6.53 | 13.50 | 50.6 | 12.45 |
| 98 | 11.68 | 23.79 | 52.94 | 2.05.1 | 4.20.6 | 15.94 | 59.44 |  | 6.51 | 13.45 | 50.2 | 12.40 |
| 97 | 11.70 | 23.84 | 53.04 | 2.05.4 | 4.21.4 | 15.99 | 59.64 | 1.81 | 6.49 | 13.40 | 49.8 | 12.35 |
| 96 | 11.73 | 23.89 | 53.14 | 2.05.7 | 4.22.2 | 16.04 | 59.84 | 1.80 | 6.47 | 13.35 | 49.4 | 12.30 |
| 95 | 11.76 | 23.94 | 53.24 | 2.06.0 | 4.23.0 | 16.09 | 1.00.14 |  | 6.45 | 13.30 | 49.0 | 12.25 |

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| 94 | 11.79 | 23.99 | 53.34 | 2.06.4 | 4.23.8 | 16.14 | 1.00.34 | 1.79 | 6.43 | 13.25 | 48.6 | 12.20 |
| 93 | 11.82 | 24.04 | 53.44 | 2.06.8 | 4.24.6 | 16.19 | 1.00.54 | 1.78 | 6.41 | 13.20 | 48.2 | 12.15 |
| 92 | 11.85 | 24.09 | 53.54 | 2.07.2 | 4.25.4 | 16.24 | 1.00.74 |  | 6.39 | 13.15 | 47.8 | 12.10 |
| 91 | 11.88 | 24.14 | 53.64 | 2.07.6 | 4.26.2 | 16.29 | 1.00.94 | 1.77 | 6.37 | 13.10 | 47.4 | 12.05 |
| 90 | 11.91 | 24.19 | 53.74 | 2.08.0 | 4.27.0 | 16.34 | 1.01.14 | 1.76 | 6.35 | 13.05 | 47.0 | 12.00 |
| 89 | 11.94 | 24.24 | 53.84 | 2.08.4 | 4.27.8 | 16.39 | 1.01.34 |  | 6.33 | 13.00 | 46.5 | 11.90 |
| 88 | 11.97 | 24.29 | 54.04 | 2.08.8 | 4.28.6 | 16.44 | 1.01.54 | 1.75 | 6.31 | 12.95 | 46.0 | 11.80 |
| 87 | 12.00 | 24.34 | 54.24 | 2.09.2 | 4.29.4 | 16.49 | 1.01.74 | 1.74 | 6.29 | 12.90 | 45.5 | 11.70 |
| 86 | 12.04 | 24.39 | 54.44 | 2.09.6 | 4.30.2 | 16.54 | 1.01.94 |  | 6.27 | 12.85 | 44.0 | 11.60 |
| 85 | 12.08 | 24.44 | 54.64 | 2.10.0 | 4.31.0 | 16.59 | 1.02.14 | 1.73 | 6.25 | 12.80 | 43.5 | 11.50 |
| 84 | 12.12 | 24.49 | 54.84 | 2.10.5 | 4.32.0 | 16.64 | 1.02.34 | 1.72 | 6.23 | 12.75 | 43.0 | 11.40 |
| 83 | 12.16 | 24.54 | 55.04 | 2.11.0 | 4.33.0 | 16.69 | 1.02.34 |  | 6.21 | 12.70 | 42.5 | 11.30 |
| 82 | 12.20 | 24.59 | 55.24 | 2.11.5 | 4.34.0 | 16.74 | 1.02.54 |  | 6.19 | 12.65 | 42.0 | 11.20 |
| 81 | 12.24 | 24.64 | 55.44 | 2.12.0 | 4.35.0 | 16.79 | 1.02.74 | 1.71 | 6.17 | 12.60 | 41.4 | 11.10 |
| 80 | 12.28 | 24.69 | 55.64 | 2.12.5 | 4.36.0 | 16.84 | 1.02.94 | 1.70 | 6.15 | 12.55 | 40.8 | 11.00 |
| 79 | 12.32 | 24.74 | 55.84 | 2.13.0 | 4.37.0 | 16.89 | 1.03.14 |  | 6.13 | 12.50 | 40.2 | 10.85 |
| 78 | 12.36 | 24.79 | 56.04 | 2.13.5 | 4.38.0 | 16.94 | 1.03.34 |  | 6.11 | 12.45 | 39.6 | 10.70 |
| 77 | 12.40 | 24.84 | 56.24 | 2.14.0 | 4.39.0 | 16.99 | 1.03.54 | 1.69 | 6.09 | 12.40 | 39.0 | 10.55 |
| 76 | 12.44 | 24.89 | 56.44 | 2.14.5 | 4.40.0 | 17.04 | 1.03.74 |  | 6.07 | 12.35 | 38.4 | 10.40 |
| 75 | 12.48 | 24.94 | 56.64 | 2.15.0 | 4.41.0 | 17.09 | 1.03.94 | 1.68 | 6.05 | 12.30 | 37.8 | 10.25 |
| 74 | 12.52 | 24.99 | 56.84 | 2.15.5 | 4.42.0 | 17.14 | 1.04.14 |  | 6.03 | 12.25 | 37.2 | 10.10 |
| 73 | 12.56 | 25.04 | 57.04 | 2.16.0 | 4.43.0 | 17.19 | 1.04.34 | 1.67 | 6.01 | 12.20 | 36.6 | 9.95 |
| 72 | 12.60 | 25.09 | 57.24 | 2.16.5 | 4.44.0 | 17.24 | 1.04.54 |  | 5.99 | 12.15 | 36.0 | 9.80 |
| 71 | 12.64 | 25.14 | 57.44 | 2.17.0 | 4.45.0 | 17.29 | 1.04.74 | 1.66 | 5.97 | 12.10 | 35.4 | 9.65 |

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| 70 | 12.68 | 25.19 | 57.64 | 2.17.5 | 4.46.0 | 17.59 | 1.04.94 | 1.65 | 5.95 | 12.05 | 34.8 | 9.50 |
| 69 | 12.72 | 25.24 | 57.84 | 2.18.0 | 4.47.0 | 17.64 | 1.05.14 |  | 5.93 | 12.00 | 34.2 | 9.35 |
| 68 | 12.76 | 25.29 | 58.04 | 2.18.5 | 4.48.0 | 17.69 | 1.05.34 | 1.64 | 5.91 | 11.95 | 33.6 | 9.20 |
| 67 | 12.80 | 25.34 | 58.24 | 2.19.0 | 4.49.0 | 17.74 | 1.05.54 | 1.63 | 5.89 | 11.90 | 33.0 | 9.05 |
| 66 | 12.84 | 25.39 | 58.44 | 2.19.5 | 4.50.0 | 17.79 | 1.05.74 |  | 5.87 | 11.85 | 32.4 | 8.90 |
| 65 | 12.88 | 25.44 | 58.64 | 2.20.0 | 4.51.0 | 17.84 | 1.05.94 | 1.62 | 5.85 | 11.80 | 31.8 | 8.75 |
| 男子:110 米栏，栏高 0.914 厘米，栏距 9.14 米。 400 米栏，栏高 0.84 厘米，栏距 35 米。标枪 700 克，铅球 5 公斤。 | | | | | | | | | | | | |

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| 西樵高级中学田径项目测试标准(女子) | | | | | | | | | | | | |
| 分 值 | 项 目 | | | | | | | | | | | |
| 100 米 | 200 米 | 400 米 | 800 米 | 1500  米 | 100米 栏 | 400 米栏 | 跳高 (米) | 跳远 (米) | 三级 跳远  (米) | 标枪 | 铅球 |
| 100 | 13.00 | 27.04 | 1.01.74 | 2.28.0 | 5.05.0 | 15.74 | 1.08.00 | 1.56 | 5.21 | 11.00 | 38.00 | 11.35 |
| 99 | 13.03 | 27.09 | 1.01.94 | 2.28.4 | 5.06.0 | 15.79 | 1.08.20 | 1.55 | 5.19 | 10.95 | 37.74 | 11.26 |
| 98 | 13.06 | 27.14 | 1.02.14 | 2.28.8 | 5.07.0 | 15.84 | 1.08.40 |  | 5.17 | 10.90 | 37.48 | 11.17 |
| 97 | 13.09 | 27.19 | 1.02.34 | 2.29.2 | 5.08.0 | 15.89 | 1.08.60 | 1.54 | 5.15 | 10.85 | 37.22 | 11.08 |
| 96 | 13.12 | 27.24 | 1.02.54 | 2.29.6 | 5.09.0 | 15.94 | 1.08.80 | 1.53 | 5.13 | 10.80 | 36.96 | 10.99 |
| 95 | 13.15 | 27.29 | 1.02.74 | 2.30.0 | 5.10.0 | 15.99 | 1.09.00 |  | 5.11 | 10.75 | 36.70 | 10.90 |
| 94 | 13.18 | 27.34 | 1.02.94 | 2.30.4 | 5.11.0 | 16.04 | 1.09.20 | 1.52 | 5.09 | 10.70 | 36.44 | 10.81. |
| 93 | 13.21 | 27.39 | 1.03.14 | 2.30.8 | 5.12.0 | 16.09 | 1.09.40 | 1.51 | 5.07 | 10.65 | 36.18 | 10.72 |
| 92 | 13.24 | 27.44 | 1.03.34 | 2.31.2 | 5.13.0 | 16.14 | 1.09.60 |  | 5.05 | 10.60 | 35.92 | 10.63 |
| 91 | 13.27 | 27.49 | 1.03.54 | 2.31.6 | 5.14.0 | 16.19 | 1.09.80 | 1.50 | 5.03 | 10.55 | 35.66 | 10.54 |
| 90 | 13.30 | 27.54 | 1.03.74 | 2.32.0 | 5.15.0 | 16.24 | 1.10.00 | 1.49 | 5.01 | 10.50 | 35.40 | 10.45 |
| 89 | 13.34 | 27.59 | 1.03.94 | 2.32.4 | 5.16.0 | 16.29 | 1.10.20 |  | 4.99 | 10.45 | 35.14 | 10.36 |
| 88 | 13.38 | 27.64 | 1.04.14 | 2.32.8 | 5.17.0 | 16.34 | 1.10.40 | 1.48 | 4.97 | 10.40 | 34.88 | 10.27 |
| 87 | 13.42 | 27.69 | 1.04.34 | 2.33.2 | 5.18.0 | 16.39 | 1.10.60 | 1.47 | 4.95 | 10.35 | 34.36 | 10.18 |
| 86 | 13.46 | 27.74 | 1.04.54 | 2.33.6 | 5.19.0 | 16.44 | 1.10.80 |  | 4.97 | 10.30 | 34.10 | 10.09 |
| 85 | 13.50 | 27.79 | 1.04.74 | 2.34.0 | 5.20.0 | 16.49 | 1.11.00 | 1.46 | 4.95 | 10.25 | 33.83 | 10.00 |
| 84 | 13.54 | 27.84 | 1.04.94 | 2.34.4 | 5.21.0 | 16.54 | 1.11.20 | 1.45 | 4.93 | 10.20 | 33.56 | 9.91 |
| 83 | 13.58 | 27.89 | 1.05.14 | 2.34.8 | 5.22.0 | 16.59 | 1.11.40 |  | 4.91 | 10.15 | 33.29 | 9.82 |
| 82 | 13.62 | 27.94 | 1.05.34 | 2.35.2 | 5.23.0 | 16.64 | 1.11.60 | 1.43 | 4.89 | 10.10 | 33.02 | 9.73 |
| 81 | 13.66 | 27.99 | 1.05.54 | 2.35.6 | 5.24.0 | 16.69 | 1.11.80 | 1.42 | 4.87 | 10.05 | 32.75 | 9.64 |
| 80 | 13.70 | 28.04 | 1.05.74 | 2.36.0 | 5.25.0 | 16.74 | 1.12.00 | 1.41 | 4.85 | 10.00 | 32.48 | 9.55 |

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| 79 | 13.74 | 28.09 | 1.05.94 | 2.36.6 | 5.26.0 | 16.79 | 1.12.20 |  | 4.83 | 9.95 | 32.21 | 9.46 |
| 78 | 13.78 | 28.14 | 1.06.14 | 2.37.2 | 5.27.0 | 16.84 | 1.12.40 | 1.40 | 4.81 | 9.90 | 31.94 | 9.37 |
| 77 | 13.82 | 28.19 | 1.06.34 | 2.37.8 | 5.28.0 | 16.89 | 1.12.60 |  | 4.79 | 9.85 | 31.67 | 9.28 |
| 76 | 13.86 | 28.24 | 1.06.54 | 2.38.4 | 5.29.0 | 16.94 | 1.12.80 | 1.39 | 4.77 | 9.80 | 31.40 | 9.19 |
| 75 | 13.90 | 28.29 | 1.06.74 | 2.39.0 | 5.30.0 | 16.99 | 1.13.00 | 1.38 | 4.75 | 9.75 | 31.12 | 9.10 |
| 74 | 13.94 | 28.34 | 1.06.94 | 2.39.6 | 5.31.0 | 17.04 | 1.13.20 |  | 4.73 | 9.70 | 30.84 | 9.01 |
| 73 | 13.98 | 28.39 | 1.07.14 | 2.40.2 | 5.32.0 | 17.09 | 1.13.40 |  | 4.71 | 9.65 | 30.56 | 8.92 |
| 72 | 14.02 | 28.44 | 1.07.34 | 2.40.8 | 5.33.0 | 17.14 | 1.13.60 | 1.37 | 4.69 | 9.60 | 30.28 | 8.83 |
| 71 | 14.06 | 28.49 | 1.07.54 | 2.41.4 | 5.34.0 | 17.19 | 1.13.80 |  | 4.67 | 9.55 | 30.00 | 8.74 |
| 70 | 14.10 | 28.54 | 1.07.74 | 2.42.0 | 5.35.0 | 17.24 | 1.14.00 | 1.36 | 4.65 | 9.50 | 29.72 | 8.65 |
| 69 | 14.14 | 28.59 | 1.07.94 | 2.42.6 | 5.36.0 | 17.29 | 1.14.20 |  | 4.63 | 9.45 | 29.44 | 8.56 |
| 68 | 14.18 | 28.64 | 1.08.14 | 2.43.2 | 5.37.0 | 17.34 | 1.14.40 | 1.35 | 4.61 | 9.40 | 29.16 | 8.47 |
| 67 | 14.22 | 28.69 | 1.08.34 | 2.43.8 | 5.38.0 | 17.39 | 1.14.60 |  | 4.59 | 9.35 | 28.88 | 8.38 |
| 66 | 14.26 | 28.74 | 1.08.54 | 2.44.2 | 5.39.0 | 17.44 | 1.14.80 | 1.34 | 4.57 | 9.30 | 28.60 | 8.29 |
| 65 | 14.30 | 28.79 | 1.08.74 | 2.44.8 | 5.40.0 | 17.49 | 1.15.00 | 1.33 | 4.55 | 9.25 | 28.32 | 8.20 |
| 女子： 100 米栏，栏高 0.84 厘米，栏距 8.50 米。 400 米栏， 栏高 0.762 厘米，栏距 35 米。标枪 600 克，铅球 4 公斤。 | | | | | | | | | | | | |