附件5

**昆明三中呈贡学校（呈贡一中）体育传统项目学校招生考试**

**田径项目考核标准（初中升高中）**

|  |
| --- |
| **男生** |
| 项目 | 100米 | 110米栏 | 200米 | 400米 | 1500米 | 跳高 | 跳远 | 三级跳远 | 铅球6kg | 铁饼2kg | 标枪700g |
| 得分 | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（厘米） | 成绩（米） | 成绩（米） | 成绩（米） | 成绩（米） | 成绩（米） |
| 100 | 11.3 | 16 | 23.3 | 53 | 4'15" | 183 | 6.5 | 13.30  | 12.5 | 37.00  | 45.00  |
| 99 | 11.4 | 16.1 |  |  | 4'15"5 |  | 6.48 | 13.25  | 12.44 | 36.68  | 44.68  |
| 98 | 11.5 | 16.2 |  | 53.1 | 4'16" |  | 6.46 | 13.20  | 12.38 | 36.36  | 44.36  |
| 97 | 11.6 | 16.3 | 23.4 |  | 4'16"5 | 182 | 6.44 | 13.15  | 12.32 | 36.04  | 44.04  |
| 96 | 11.7 | 16.4 |  | 53.2 | 4'17" |  | 6.42 | 13.10  | 12.26 | 35.72  | 43.72  |
| 95 | 11.8 | 16.5 |  |  | 4'17"5 | 181 | 6.4 | 13.00  | 12.2 | 35.40  | 43.40  |
| 94 | 11.9 | 16.6 | 23.5 | 53.3 | 4'18" |  | 6.38 | 12.95  | 12.14 | 35.08  | 43.08  |
| 93 | 12 | 16.7 |  |  | 4'18"5 | 180 | 6.36 | 12.90  | 12.08 | 34.76  | 42.76  |
| 92 | 12.1 | 16.8 | 23.6 | 53.4 | 4'19" |  | 6.34 | 12.85  | 12.08 | 34.44  | 42.44  |
| 91 | 12.2 | 16.9 |  |  | 4'19"5 | 179 | 6.32 | 12.80  | 11.96 | 34.12  | 42.12  |
| 90 | 12.3 | 17 | 23.7 | 53.5 | 4'20"0 |  | 6.3 | 12.70  | 11.9 | 33.80  | 41.80  |
| 89 | 12.4 | 17.1 |  | 53.6 | 4'20"6 | 178 | 6.28 | 12.65  | 11.83 | 33.48  | 41.48  |
| 88 | 12.5 | 17.2 | 23.8 | 53.7 | 4'21"2 |  | 6.26 | 12.60  | 11.76 | 33.16  | 41.16  |
| 87 | 12.6 | 17.3 |  | 53.8 | 4'21"8 | 177 | 6.24 | 12.55  | 11.69 | 32.84  | 40.84  |
| 86 | 12.7 | 17.4 | 23.9 | 53.9 | 4'22"4 |  | 6.22 | 12.50  | 11.62 | 32.52  | 40.52  |
| 85 | 12.8 | 17.5 |  | 54 | 4'23"0 | 176 | 6.2 | 12.40  | 11.55 | 32.20  | 40.20  |
| 84 | 12.9 | 17.6 | 24 | 54.1 | 4'23"6 |  | 6.18 | 12.35  | 11.48 | 31.88  | 39.88  |
| 83 | 13 | 17.7 |  | 54.2 | 4'24"2 | 175 | 6.16 | 12.30  | 11.41 | 31.56  | 39.56  |
| 82 | 13.1 | 17.8 | 24.1 | 54.3 | 4'24"8 |  | 6.14 | 12.25  | 11.34 | 31.24  | 39.24  |
| 81 | 13.2 | 17.9 |  | 54.4 | 4'25"4 | 174 | 6.12 | 12.20  | 11.27 | 30.92  | 38.92  |
| 80 | 13.3 | 18 | 24.2 | 54.5 | 4'26"0 |  | 6.1 | 12.10  | 11.2 | 30.60  | 38.60  |
| 79 | 13.4 | 18.1 |  | 54.5 | 4'26"6 | 173 | 6.08 | 12 | 11.13 | 30.28  | 38.28  |
| 78 | 13.5 | 18.2 | 24.3 | 54.6 | 4'27"2 |  | 6.06 | 11.95 | 11.04 | 29.96  | 37.96  |
| 77 | 13.6 | 18.3 |  | 54.7 | 4'27"8 | 172 | 6.04 | 11.9 | 10.97 | 29.64  | 37.64  |
| 76 | 13.7 | 18.4 | 24.4 | 54.8 | 4'28"4 |  | 6.02 | 11.85 | 10.89 | 29.32  | 37.32  |
| 75 | 13.8 | 18.5 |  | 54.9 | 4'29"0 |  | 6 | 11.8 | 10.81 | 29.00  | 37.00  |
| 74 | 13.9 | 18.6 | 24.5 | 55 | 4'29"7 | 171 | 5.98 | 11.75 | 10.73 | 28.68  | 36.68  |
| 73 | 14 | 18.7 |  | 55.1 | 4'30"4 |  | 5.96 | 11.7 | 10.65 | 28.36  | 36.36  |
| 72 | 14.1 | 18.8 | 24.6 | 55.2 | 4'31"1 | 170 | 5.94 | 11.65 | 10.57 | 28.04  | 36.04  |
| 71 | 14.2 | 18.9 |  | 55.3 | 4'31"8 |  | 5.92 | 11.6 | 10.49 | 27.72  | 35.72  |
| 70 | 14.3 | 19 | 24.7 | 55.4 | 4'32"5 | 169 | 5.89 | 11.55 | 10.41 | 27.40  | 35.40  |
| 69 | 14.4 | 19.1 |  | 55.5 | 4'33"2 |  | 5.86 | 11.5 | 10.33 | 27.08  | 35.08  |
| 68 | 14.5 | 19.2 | 24.8 | 55.6 | 4'33"9 | 168 | 5.83 | 11.45 | 10.24 | 26.76  | 34.76  |
| 67 | 14.6 | 19.3 |  | 55.7 | 4'34"6 | 167 | 5.8 | 11.4 | 10.15 | 26.44  | 34.44  |
| 66 | 14.7 | 19.4 | 24.9 | 55.8 | 4'35"3 | 166 | 5.77 | 11.35 | 10.06 | 26.12  | 34.12  |
| 65 | 14.8 | 19.5 |  | 55.9 | 4'36"0 | 165 | 5.74 | 11.3 | 9.97 | 25.80  | 33.80  |
| 64 | 14.9 | 19.6 | 25 | 56 | 4'36"8 | 164 | 5.71 | 11.25 | 9.88 | 25.48  | 33.48  |
| 63 | 15 | 19.7 |  | 56.1 | 4'37"6 | 163 | 5.69 | 11.2 | 9.79 | 25.16  | 33.16  |
| 62 | 15.1 | 19.8 | 25.1 | 56.2 | 4'38"4 | 162 | 5.66 | 11.15 | 9.7 | 24.84  | 32.84  |
| 61 | 15.2 | 19.9 | 25.2 | 56.3 | 4'39"2 | 161 | 5.63 | 11.1 | 9.6 | 24.52  | 32.52  |
| 60 | 15.3 | 20 | 25.3 | 56.4 | 4'40"0 | 160 | 5.6 | 11.05 | 9.5 | 24.20  | 32.20  |
| 59 | 15.4 | 20.1 | 25.4 | 56.5 | 4'40"9 | 159 | 5.57 | 11 | 9.4 | 23.88  | 31.88  |
| 58 | 15.5 | 20.2 |  | 56.6 | 4'41"8 | 158 | 5.54 | 10.95 | 9.3 | 23.56  | 31.56  |
| 57 | 15.6 | 20.3 | 25.5 | 56.7 | 4'42"7 | 157 | 5.51 | 10.9 | 9.2 | 23.24  | 31.24  |
| 56 | 15.7 | 20.4 | 25.6 | 56.8 | 4'43"6 | 156 | 5.48 | 10.85 | 9.1 | 22.92  | 30.92  |
| 55 | 15.8 | 20.5 | 25.7 | 56.9 | 4'44"5 | 155 | 5.45 | 10.8 | 8.99 | 22.60  | 30.60  |
| 54 | 15.9 | 20.6 | 25.8 | 57 | 4'45"4 | 154 | 5.42 | 10.75 | 8.88 | 22.28  | 30.28  |
| 53 | 16 | 20.7 | 25.9 | 57.1 | 4'46"3 | 153 | 5.39 | 10.7 | 8.77 | 21.96  | 29.96  |
| 52 | 16.1 | 20.8 | 26 | 57.2 | 4'47"2 | 152 | 5.36 | 10.65 | 8.66 | 21.64  | 29.64  |
| 51 | 16.2 | 20.9 | 26.1 | 57.3 | 4'48"1 | 151 | 5.33 | 10.6 | 8.55 | 21.32  | 29.32  |
| 50 | 16.3 | 21 | 26.2 | 57.4 | 4'49"0 | 150 | 5.29 | 10.55 | 8.43 | 21.00  | 29.00  |
| 49 | 16.4 | 21.1 | 26.3 | 57.5 | 4'49"9 | 149 | 5.25 | 10.5 | 8.31 | 20.68  | 28.68  |
| 48 | 16.5 | 21.2 | 26.4 | 57.6 | 4'50"9 | 148 | 5.21 | 10.45 | 8.19 | 20.36  | 28.36  |
| 47 | 16.6 | 21.3 | 26.5 | 57.7 | 4'51"9 | 147 | 5.17 | 10.4 | 8.07 | 20.04  | 28.04  |
| 46 | 16.7 | 21.4 | 26.6 | 57.8 | 4'53"0 | 146 | 5.17 | 10.35 | 7.94 | 19.72  | 27.72  |
| 45 | 16.8 | 21.5 | 26.7 | 57.9 | 4'54"1 | 145 | 5.09 | 10.3 | 7.81 | 19.40  | 27.40  |
| 44 | 16.9 | 21.6 | 26.8 | 58 | 4'55"2 | 144 | 5.05 | 10.25 | 7.68 | 19.08  | 27.08  |
| 43 | 17 | 21.7 | 26.9 | 58.1 | 4'56"3 | 143 | 5.01 | 10.2 | 7.54 | 18.76  | 26.76  |
| 42 | 17.1 | 21.8 | 27 | 58.2 | 4'57"4 | 142 | 4.97 | 10.15 | 7.41 | 18.44  | 26.44  |
| 41 | 17.2 | 21.9 | 27.1 | 58.3 | 4'58"6 | 141 | 4.93 | 10.1 | 7.26 | 18.12  | 26.12  |
| 40 | 17.3 | 22 | 27.2 | 58.4 | 4'59"8 | 140 | 4.89 | 10.05 | 7.12 | 17.80  | 25.80  |

备注：男子110M栏的栏高1M，栏间距为8.9M，起跑到第一栏的距离为13.72M。

|  |
| --- |
| **女生** |
| 项目 | 100米 | 100米栏 | 200米 | 400米 | 1500米 | 跳高 | 跳远 | 三级跳远 | 铅球4kg | 铁饼1kg | 标枪0.6kg |
| 得分 | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（秒） | 成绩（厘米） | 成绩（米） | 成绩（米） | 成绩（米） | 成绩（米） | 成绩（米） |
| 100 | 12.8 | 15.5 | 26.8 | 63 | 5'05"0 | 156 | 5.2 | 11 | 12.5 | 31.00 | 32.00 |
| 99 | 12.9 | 15.6 |  | 63.1 | 5'05"9 |  | 5.19 | 10.95 | 12.44 | 30.70 | 31.70 |
| 98 | 13 | 15.7 | 26.9 | 63.2 | 5'06"8 |  | 5.18 | 10.9 | 12.38 | 30.40 | 31.40 |
| 97 | 13.1 | 15.8 |  | 63.3 | 5'07"7 | 155 | 5.17 | 10.85 | 12.32 | 30.00 | 31.00 |
| 96 | 13.2 | 15.9 |  | 63.4 | 5'08"6 |  | 5.16 | 10.8 | 12.26 | 29.70 | 30.70 |
| 95 | 13.3 | 16 | 27 | 63.5 | 5'09"5 |  | 5.15 | 10.75 | 12.2 | 29.40 | 30.40 |
| 94 | 13.4 | 16.1 |  | 63.6 | 5'10"4 | 154 | 5.14 | 10.7 | 12.14 | 29.10 | 30.10 |
| 93 | 13.5 | 16.2 |  | 63.7 | 5'11"3 |  | 5.13 | 10.65 | 12.08 | 28.80 | 29.80 |
| 92 | 13.6 | 16.3 | 27.1 | 63.8 | 5'12"3 |  | 5.12 | 10.6 | 12.08 | 28.40 | 29.40 |
| 91 | 13.7 | 16.4 |  | 63.9 | 5'13"3 | 153 | 5.11 | 10.55 | 11.96 | 28.10 | 29.10 |
| 90 | 13.8 | 16.5 | 27.2 | 64 | 5'14"3 |  | 5.1 | 10.5 | 11.9 | 27.80 | 28.80 |
| 89 | 13.9 | 16.6 |  | 64.1 | 5'15"3 |  | 5.08 | 10.45 | 11.83 | 27.50 | 28.50 |
| 88 | 14 | 16.7 | 27.3 | 64.2 | 5'16"3 | 152 | 5.06 | 10.4 | 11.76 | 27.20 | 28.20 |
| 87 | 14.1 | 16.8 |  | 64.3 | 5'17"3 |  | 5.04 | 10.35 | 11.69 | 26.80 | 27.80 |
| 86 | 14.2 | 16.9 | 27.4 | 64.4 | 5'18"3 |  | 5.02 | 10.3 | 11.62 | 26.50 | 27.50 |
| 85 | 14.3 | 17 |  | 64.5 | 5'19"3 | 151 | 5 | 10.25 | 11.55 | 26.20 | 27.20 |
| 84 | 14.4 | 17.1 | 27.5 | 64.6 | 5'20"4 |  | 4.98 | 10.2 | 11.48 | 25.90 | 26.90 |
| 83 | 14.5 | 17.2 |  | 64.7 | 5'21"4 |  | 4.96 | 10.15 | 11.41 | 25.60 | 26.60 |
| 82 | 14.6 | 17.3 | 27.6 | 64.8 | 5'22"5 | 150 | 4.94 | 10.1 | 11.34 | 25.20 | 26.20 |
| 81 | 14.7 | 17.4 |  | 64.9 | 5'23"6 |  | 4.92 | 10.05 | 11.27 | 24.90 | 25.90 |
| 80 | 14.8 | 17.5 | 27.7 | 65 | 5'24"7 |  | 4.9 | 10 | 11.2 | 24.60 | 25.60 |
| 79 | 14.9 | 17.6 |  | 65.1 | 5'25"8 | 149 | 4.88 | 9.95 | 11.13 | 24.30 | 25.30 |
| 78 | 15 | 17.7 | 27.8 | 65.2 | 5'26"9 |  | 4.86 | 9.9 | 11.04 | 24.00 | 25.00 |
| 77 | 15.1 | 17.8 |  | 65.3 | 5'28"0 |  | 4.84 | 9.85 | 10.97 | 23.70 | 24.70 |
| 76 | 15.2 | 17.9 | 27.9 | 65.4 | 5'29"1 | 148 | 4.82 | 9.8 | 10.89 | 23.40 | 24.40 |
| 75 | 15.3 | 18 |  | 65.5 | 5'30"2 |  | 4.8 | 9.75 | 10.81 | 23.10 | 24.10 |
| 74 | 15.4 | 18.1 | 28 | 65.6 | 5'31"4 | 147 | 4.78 | 9.7 | 10.73 | 22.80 | 23.80 |
| 73 | 15.5 | 18.2 |  | 65.7 | 5'32"6 |  | 4.76 | 9.65 | 10.65 | 22.50 | 23.50 |
| 72 | 15.6 | 18.3 | 28.1 | 65.8 | 5'33"9 | 146 | 4.74 | 9.6 | 10.57 | 22.20 | 23.20 |
| 71 | 15.7 | 18.4 |  | 65.9 | 5'35"2 |  | 4.72 | 9.55 | 10.49 | 21.90 | 22.90 |
| 70 | 15.8 | 18.5 | 28.2 | 66 | 5'36"5 | 145 | 4.7 | 9.5 | 10.41 | 21.60 | 22.60 |
| 69 | 15.9 | 18.6 |  | 66.1 | 5'37"8 |  | 4.68 | 9.45 | 10.33 | 21.30 | 22.30 |
| 68 | 16 | 18.7 | 28.3 | 66.2 | 5'39"1 | 144 | 4.66 | 9.4 | 10.24 | 21.00 | 22.00 |
| 67 | 16.1 | 18.8 |  | 66.3 | 5'40"4 |  | 4.64 | 9.35 | 10.15 | 20.70 | 21.70 |
| 66 | 16.2 | 18.9 | 28.4 | 66.4 | 5'41"7 | 143 | 4.62 | 9.3 | 10.06 | 20.40 | 21.40 |
| 65 | 16.3 | 19 |  | 66.5 | 5'43"0 |  | 4.6 | 9.25 | 9.97 | 20.10 | 21.10 |
| 64 | 16.4 | 19.1 | 28.5 | 66.6 | 5'44"3 | 142 | 4.58 | 9.2 | 9.88 | 19.80 | 20.80 |
| 63 | 16.5 | 19.2 |  | 66.7 | 5'45"7 |  | 4.56 | 9.15 | 9.79 | 19.50 | 20.50 |
| 62 | 16.6 | 19.3 | 28.6 | 66.8 | 5'47"1 | 141 | 4.54 | 9.1 | 9.7 | 19.20 | 20.20 |
| 61 | 16.7 | 19.4 | 28.7 | 66.9 | 5'48"5 |  | 4.52 | 9.05 | 9.6 | 18.90 | 19.90 |
| 60 | 16.8 | 19.5 | 28.8 | 67 | 5'50"0 | 140 | 4.5 | 9 | 9.5 | 18.60 | 19.60 |
| 59 | 16.9 | 19.6 | 28.9 | 67.1 | 5'51"5 | 139 | 4.48 | 8.95 | 9.4 | 18.30 | 19.30 |
| 58 | 17 | 19.7 | 29 | 67.2 | 5'53"0 | 138 | 4.46 | 8.9 | 9.3 | 18.00 | 19.00 |
| 57 | 17.1 | 19.8 | 29.1 | 67.3 | 5'45"5 | 137 | 4.44 | 8.85 | 9.2 | 17.70 | 18.70 |
| 56 | 17.2 | 19.9 | 29.2 | 67.4 | 5'56"1 | 136 | 4.42 | 8.8 | 9.1 | 17.40 | 18.40 |
| 55 | 17.3 | 20 | 29.3 | 67.5 | 5'57"7 | 135 | 4.4 | 8.75 | 8.99 | 17.10 | 18.10 |
| 54 | 17.4 | 20.1 | 29.4 | 67.6 | 5'59"3 | 134 | 4.38 | 8.7 | 8.88 | 16.80 | 17.80 |
| 53 | 17.5 | 20.2 | 29.5 | 67.7 | 6'00"9 | 133 | 4.35 | 8.65 | 8.77 | 16.50 | 17.50 |
| 52 | 17.6 | 20.3 | 29.6 | 67.8 | 6'02"6 | 132 | 4.32 | 8.6 | 8.66 | 16.20 | 17.20 |
| 51 | 17.7 | 20.4 | 29.7 | 67.9 | 6'04"3 | 131 | 4.29 | 8.55 | 8.55 | 15.90 | 16.90 |
| 50 | 17.8 | 20.5 | 29.8 | 68 | 6'06"1 | 130 | 4.26 | 8.5 | 8.43 | 15.60 | 16.60 |
| 49 | 17.9 | 20.6 | 29.9 | 68.1 | 6'07"8 | 129 | 4.23 | 8.45 | 8.31 | 15.30 | 16.30 |
| 48 | 18 | 20.7 | 30 | 68.2 | 6'09"7 | 128 | 4.2 | 8.4 | 8.19 | 15.00 | 16.00 |
| 47 | 18.1 | 20.8 | 30.1 | 68.3 | 6'11"5 | 127 | 4.17 | 8.35 | 8.07 | 14.70 | 15.70 |
| 46 | 18.2 | 20.9 | 30.2 | 68.4 | 6'13"4 | 126 | 4.14 | 8.3 | 7.94 | 14.40 | 15.40 |
| 45 | 18.3 | 21 | 30.3 | 68.5 | 6'15"3 | 125 | 4.11 | 8.25 | 7.81 | 14.10 | 15.10 |
| 44 | 18.4 | 21.1 | 30.4 | 68.6 | 6'17"3 | 124 | 4.08 | 8.2 | 7.68 | 13.80 | 14.80 |
| 43 | 18.5 | 21.2 | 30.5 | 68.7 | 6'19"3 | 123 | 4.05 | 8.15 | 7.54 | 13.50 | 14.50 |
| 42 | 18.6 | 21.3 | 30.6 | 68.8 | 6'21"4 | 122 | 4.02 | 8.1 | 7.41 | 13.20 | 14.20 |
| 41 | 18.7 | 21.4 | 30.7 | 68.9 | 6'23"5 | 121 | 3.99 | 8.05 | 7.26 | 12.90 | 13.90 |
| 40 | 18.8 | 21.5 | 30.8 | 69 | 6'25"7 | 120 | 3.96 | 8 | 7.12 | 12.60 | 13.60 |

备注：女子100M栏的栏高0.84M，栏间距为8.50M，起跑到第一栏的距离为13M.