附件3 素质测试项目评分表

100米：

|  |  |
| --- | --- |
| 男子 | 女子 |
| 成绩（秒） | 分值 | 成绩（秒） | 分值 |
| 12.0 | 10 | 14.0 | 10 |
| 12.1 | 9.5 | 14.1 | 9.5 |
| 12.2 | 9 | 14.2 | 9 |
| 12.3 | 8.5 | 14.3 | 8.5 |
| 12.4 | 8 | 14.4 | 8 |
| 12.5 | 7.5 | 14.5 | 7.5 |
| 12.6 | 7 | 14.6 | 7 |
| 12.7 | 6.5 | 14.7 | 6.5 |
| 12.8 | 6 | 14.8 | 6 |
| 12.9 | 5.5 | 14.9 | 5.5 |
| 13.0 | 5 | 15.0 | 5 |
| 13.1 | 4.5 | 15.1 | 4.5 |
| 13.2 | 4 | 15.2 | 4 |
| 13.3 | 3.5 | 15.3 | 3.5 |
| 13.4 | 3 | 15.4 | 3 |
| 13.5 | 2.5 | 15.5 | 2.5 |
| 13.6 | 2 | 15.6 | 2 |
| 13.7 | 1.5 | 15.7 | 1.5 |
| 13.8 | 1 | 15.8 | 1 |

立定跳远：

|  |  |
| --- | --- |
| 男子 | 女子 |
| 成绩（米） | 分值 | 成绩（米） | 分值 |
| 2.60 | 10 | 2.20 | 10 |
| 2.55 | 9.5 | 2.15 | 9.5 |
| 2.50 | 9 | 2.10 | 9 |
| 2.45 | 8.5 | 2.05 | 8.5 |
| 2.40 | 8 | 2.00 | 8 |
| 2.35 | 7.5 | 1.95 | 7.5 |
| 2.30 | 7 | 1.90 | 7 |
| 2.25 | 6.5 | 1.85 | 6.5 |
| 2.20 | 6 | 1.80 | 6 |
| 2.15 | 5.5 | 1.75 | 5.5 |
| 2.10 | 5 | 1.70 | 5 |
| 2.05 | 4.5 | 1.65 | 4.5 |
| 2.00 | 4 | 1.60 | 4 |
| 1.95 | 3.5 | 1.55 | 3.5 |
| 1.90 | 3 | 1.50 | 3 |
| 1.85 | 2.5 | 1.45 | 2.5 |
| 1.80 | 2 | 1.40 | 2 |
| 1.75 | 1.5 | 1.35 | 1.5 |
| 1.70 | 1 | 1.30 | 1 |

实心球后抛：

|  |  |
| --- | --- |
| 男子 | 女子 |
| 成绩（米） | 分值 | 成绩（米） | 分值 |
| 12.00 | 10 | 9.00 | 10 |
| 11.90 | 9.5 | 8.90 | 9.5 |
| 11.80 | 9 | 8.80 | 9 |
| 11.70 | 8.5 | 8.70 | 8.5 |
| 11.60 | 8 | 8.60 | 8 |
| 11.50 | 7.5 | 8.50 | 7.5 |
| 11.40 | 7 | 8.40 | 7 |
| 11.30 | 6.5 | 8.30 | 6.5 |
| 11.20 | 6 | 8.20 | 6 |
| 11.10 | 5.5 | 8.10 | 5.5 |
| 11.00 | 5 | 8.00 | 5 |
| 10.90 | 4.5 | 7.90 | 4.5 |
| 10.80 | 4 | 7.80 | 4 |
| 10.70 | 3.5 | 7.70 | 3.5 |
| 10.60 | 3 | 7.60 | 3 |
| 10.50 | 2.5 | 7.50 | 2.5 |
| 10.40 | 2 | 7.40 | 2 |
| 10.30 | 1.5 | 7.30 | 1.5 |
| 10.20 | 1 | 7.20 | 1 |