

# 兰州大学高水平运动队招生 (田径项目)

## 考试内容及评分标准

二〇一八年十二月

为全面贯彻落实《中共中央国务院关于加强青少年体育增强青少年体质的意见》（中发〔2007〕7号）和《国家中长期教育改革和发展规划纲要（2010-2020年）》对学校体育工作的要求，根据甘肃省教育厅《关于进一步加强全省普通高等学校高水平运动队建设的意见》（甘教体〔2011〕2号）以及《甘肃省普通高等学校高水平运动员招生考试内容及评分标准（2011年修订版）》（甘教体〔2011〕9号），为进一步打造双一流田径高水平运动队，特此制定《兰州大学田径高水平运动员招生考试内容及评分标准》。

一、本专项评分表参照国家体育总局2010年3月1日颁布实施的《运动员技术等级标准》成绩拟定，各项目满分标准达到国家一级运动员以上标准（男子铅球、标枪略低于国家一级标准），80分值的成绩为二级标准或略高于二级标准。

二、测试项目分为主项和副项。主项成绩占90%；副项成绩占10%，两项成绩之和计入总成绩。

三、竞走项目男女主项均为10000米，副项为5000米。其中主项占80%；副项占10%；主、副项技术评分占10%，三项成绩之和计入总成绩。

四、采用国家体育总局颁布的最新《田径竞赛规则》。

## 田径（男子）考试内容及评分标准

项目 分值	100米	200米	400米	800米	1500米	3000米	5000米	10000米	110 米栏	400 米栏	5000米 竞走	10000米 竞走	跳高	跳远	三级 跳远	铅球	铁饼	标枪
100	10.60	21.80	48.50	1:54.50	3:54.90	8:35.00	14:40.00	30:50.00	14.73	54.14	23:00.00	44:00.00	2.05	7.30	15.35	15.20	49.60	63.00
99	10.62	21.84	48.58	1:54.80	3:55.50	8:36.20	14:42.00	30:55.00	14.78	54.34	23:05.00	44:10.00	2.04	7.27	15.29	15.08	49.20	62.50
98	10.64	21.88	48.66	1:55.10	3:56.10	8:37.50	14:44.00	31:00.00	14.83	54.54	23:10.00	44:20.00	2.03	7.24	15.23	14.96	48.80	62.00
97	10.68	21.92	48.74	1:55.40	3:57.80	8:38.80	14:47.00	31:06.00	14.88	54.74	23:15.00	44:30.00	2.02	7.21	15.17	14.84	48.40	61.50
96	10.70	21.96	48.82	1:55.70	3:58.50	8:40.20	14:50.00	31:12.00	14.93	54.94	23:20.00	44:40.00	2.01	7.18	15.11	14.72	48.00	61.00
95	10.73	22.01	48.92	1:56.10	3:59.20	8:41.60	14:53.00	31:19.00	15.00	55.24	23:25.00	44:50.00	2.00	7.15	15.04	14.57	47.50	60.50
94	10.76	22.06	49.02	1:56.50	4:00.00	8:43.10	14:57.00	31:26.00	15.07	55.54	23:30.00	45:02.00	1.99	7.11	14.97	14.42	47.00	60.00
93	10.79	22.11	49.12	1:56.90	4:00.80	8:44.60	15:01.00	31:34.00	15.14	55.84	23:35.00	45:14.00	1.98	7.07	14.90	14.27	46.50	59.50
92	10.81	22.16	49.22	1:57.30	4:01.40	8:46.20	15:05.00	31:42.00	15.21	56.14	23:40.00	45:26.00	1.97	7.03	14.83	14.12	46.00	59.00
91	10.84	22.21	49.32	1:57.70	4:02.30	8:47.80	15:09.00	31:51.00	15.28	56.44	23:45.00	45:38.00	1.96	6.99	14.76	13.97	45.50	58.50
90	10.87	22.26	49.44	1:58.10	4:03.20	8:49.50	15:13.00	32:00.00	15.35	56.74	23:50.00	45:50.00	1.95	6.95	14.66	13.82	45.00	58.00
89	10.90	22.31	49.56	1:58.50	4:04.10	8:51.20	15:17.00	32:10.00	15.42	57.04	23:55.00	46:04.00	1.94	6.91	14.56	13.67	44.50	27.50
88	10.93	22.36	49.68	1:58.90	4:05.10	8:53.00	15:22.00	32:20.00	15.49	57.34	23:60.00	46:18.00	1.93	6.87	14.46	13.52	44.00	57.00
87	10.96	22.41	49.80	1:59.30	4:06.10	8:54.80	15:27.00	32:30.00	15.56	57.64	24:05.00	46:32.00	1.92	6.84	14.36	13.37	43.50	56.50
86	10.99	22.46	49.92	1:59.70	4:07.10	8:56.70	15:32.00	32:40.00	15.63	57.94	24:10.00	46:46.00	1.91	6.80	14.26	13.22	43.00	56.00
85	11.03	22.52	50.06	2:01.10	4:08.20	8:58.60	15:37.00	32:50.00	15.72	58.24	24:15.00	47:00.00	1.90	6.75	14.16	13.07	42.50	55.50
84	11.07	22.58	50.20	2:01.60	4:09.30	9:00.60	15:42.00	33:00.00	15.81	58.54	24:20.00	47:15.00	1.89	6.70	14.06	12.92	42.00	55.00
83	11.11	22.64	50.34	2:02.10	4:10.40	9:02.60	15:48.00	33:10.00	15.90	58.84	24:25.00	47:30.00	1.88	6.65	13.96	12.77	41.50	54.50
82	11.15	22.70	50.48	2:02.60	4:11.60	9:04.70	15:54.00	33:20.00	15.99	59.14	24:30.00	47:45.00	1.87	6.60	13.86	12.62	41.00	54.00
81	11.19	22.76	50.62	2:03.10	4:12.80	9:06.80	16:00.00	33:30.00	16.08	59.44	24:35.00	48:00.00	1.86	6.55	13.76	12.47	39.50	53.50
80	11.23	22.82	50.78	2:03.60	4:14.00	9:08.00	16:06.00	33:40.00	16.18	59.74	24:40.00	48:15.00	1.85	6.50	13.66	12.32	39.00	53.00

## 田径（男子）考试内容及评分标准

项目 分值	100米	200米	400米	800米	1500米	3000米	5000米	10000米	110 米栏	400 米栏	5000米 竞走	10000米 竞走	跳高	跳远	三级 跳远	铅球	铁饼	标枪
79	11.27	22.88	50.94	2:04.10	4:15.20	9:10.20	16:12.00	33:50.00	16.28	1:00.34	24:45.00	48:30.00	1.83	6.45	13.56	12.17	38.60	53.60
78	11.31	22.94	51.10	2:04.60	4:16.40	9:12.40	16:18.00	34:00.00	16.38	1:00.64	25:00.00	48:45.00	1.82	6.40	13.46	12.02	38.20	53.20
77	11.35	23.00	51.26	2:05.10	4:17.60	9:14.60	16:24.00	34:10.00	16.48	1:00.94	25:15.00	49:00.00	1.81	6.35	13.36	11.87	37.80	52.80
76	11.39	23.06	51.42	2:05.60	4:18.80	9:16.80	16:30.00	34:20.00	16.58	1:01.24	25:30.00	49:15.00	1.80	6.30	13.26	11.72	37.80	52.40
75	11.44	23.13	51.58	2:06.10	4:20.00	9:19.00	16:36.00	34:30.00	16.68	1:01.54	25:45.00	49:30.00	1.79	6.25	13.16	11.57	37.40	52.00
74	11.49	23.20	51.74	2:06.60	4:21.20	9:21.20	16:42.00	34:40.00	16.78	1:01.84	26:00.00	49:45.00	1.78	6.20	13.06	11.42	37.00	51.60
73	11.54	23.27	51.90	2:07.10	4:22.40	9:23.40	16:48.00	34:50.00	16.88	1:02.14	26:15.00	50:00.00	1.77	6.15	12.96	11.27	36.60	51.20
72	11.59	23.34	52.06	2:07.60	4:23.60	9:25.60	16:54.00	35:00.00	16.98	1:02.44	26:30.00	50:15.00	1.76	6.10	12.86	11.12	36.20	50.80
71	11.64	23.41	52.22	2:08.10	4:24.80	9:27.80	17:00.00	35:10.00	17.08	1:02.74	26:45.00	50:30.00	1.75	6.05	12.76	10.97	35.80	50.40
70	11.69	23.48	52.38	2:08.60	4:26.00	9:30.00	17:06.00	35:20.00	17.18	1:03.04	27:00.00	50:45.00	1.74	6.00	12.66	10.82	35.40	50.00
69	11.74	23.55	52.54	2:09.10	4:27.20	9:32.20	17:12.00	35:30.00	17.28	1:03.34	27:15.00	51:00.00	1.73	5.95	12.56	10.67	35.00	49.60
68	11.79	23.62	52.70	2:09.60	4:28.40	9:34.40	17:18.00	35:40.00	17.38	1:03.64	27:30.00	51:15.00	1.72	5.90	12.46	10.52	34.60	49.20
67	11.84	23.69	52.86	2:10.10	4:29.60	9:36.60	17:24.00	35:50.00	17.48	1:03.94	27:45.00	51:30.00	1.71	5.85	12.36	10.37	34.20	48.80
66	11.89	23.76	53.02	2:10.60	4:30.80	9:38.80	17:30.00	36:00.00	17.58	1:04.24	28:00.00	51:45.00	1.70	5.80	12.26	10.22	33.80	48.40
65	11.94	23.83	53.18	2:11.10	4:32.00	9:41.00	17:36.00	36:10.00	17.68	1:04.54	28:15.00	52:00.00	1.69	5.75	12.16	10.07	33.20	48.00
64	11.99	23.90	53.34	2:11.60	4:33.20	9:43.20	17:42.00	36:20.00	17.78	1:04.84	28:30.00	52:15.00	1.68	5.70	12.06	9.87	32.80	47.60
63	12.04	23.97	53.50	2:12.10	4:34.40	9:45.40	17:48.00	36:30.00	17.88	1:05.10	28:45.00	52:30.00	1.67	5.65	11.96	9.72	32.40	47.20
62	12.09	24.04	53.66	2:12.60	4:35.60	9:47.60	17:54.00	36:40.00	17.98	1:05.44	29:00.00	52:45.00	1.66	5.60	11.86	9.57	32.00	46.80
61	12.14	24.11	53.82	2:13.10	4:37.80	9:49.80	18:00.00	36:50.00	18.08	1:05.74	29:15.00	53:00.00	1.65	6.55	11.76	9.42	31.60	46.20
60	12.19	24.18	53.98	2:13.60	4:39.00	9:52.00	18:06.00	37:00.00	18.18	1:05.94	29:30.00	53:15.00	1.64	5.50	11.66	9.27	31.20	45.80

## 田径（女子）考试内容及评分标准

项目 分值	100米	200米	400米	800米	1500米	3000米	5000米	10000米	100米栏	400米栏	5000米竞走	10000米竞走	跳高	跳远	三级跳远	铅球	铁饼	标枪
100	12.00	25.20	57.30	2:12.80	4:31.00	9:50.00	17:10.00	37:00.00	14.33	1:01.00	24:55.0	51:28.00	1.75	5.85	12.50	15.30	51.00	52.00
99	12.02	25.24	57.40	2:13.30	4:32.00	9:53.00	17:15.00	37:10.00	14.47	1:01.30	24:58.0	51:38.00	1.74	5.82	12.43	15.18	50.60	51.50
98	12.04	25.28	57.50	2:13.80	4:33.00	9:56.00	17:20.00	37:20.00	14.51	1:01.60	25:01.00	51:48.00	1.73	5.79	12.36	15.06	50.20	51.00
97	12.06	25.32	57.60	2:14.30	4:34.00	9:59.00	17:26.00	37:31.00	14.55	1:01.90	25:05.00	51:58.00	1.72	5.76	12.29	14.94	49.80	50.50
96	12.08	25.36	57.70	2:14.80	4:35.00	10:02.00	17:32.00	37:42.00	14.60	1:02.20	25:09.00	52:08.00	1.71	5.73	12.22	14.82	49.40	50.00
95	12.11	25.41	57.82	2:15.30	4:36.00	10:05.00	17:38.00	37:53.00	14.65	1:02.50	25:14.00	52:20.00	1.70	5.70	12.15	14.70	49.00	49.50
94	12.14	25.46	57.94	2:15.90	4:37.50	10:08.00	17:45.00	38:06.00	14.70	1:02.80	25:19.00	52:32.00	1.69	5.67	12.08	14.58	48.60	49.00
93	12.17	25.51	58.06	2:16.50	4:39.00	10:11.00	17:52.00	38:19.00	14.76	1:03.10	25:25.00	52:44.00	1.68	5.64	12.01	14.46	48.20	48.50
92	12.20	25.56	58.18	2:17.10	4:40.50	10:14.00	18:00.00	38:32.00	14.82	1:03.40	25:31.00	52:56.00	1.67	5.61	11.94	14.34	47.80	48.00
91	12.23	25.61	58.30	2:17.70	4:42.00	10:17.00	18:08.00	38:45.00	14.88	1:03.70	25:38.00	52:08.00	1.66	5.58	11.87	14.22	47.40	47.50
90	12.26	25.66	58.44	2:18.30	4:43.50	10:21.00	18:17.00	39:00.00	14.95	1:04.10	25:45.00	53:22.00	1.65	5.55	11.80	14.10	47.00	47.00
89	12.29	25.71	58.58	2:19.00	4:45.00	10:25.00	18:26.00	39:15.00	15.02	1:04.50	25:53.00	53:36.00	1.64	5.52	11.73	13.96	46.50	46.50
88	12.32	25.76	58.72	2:19.70	4:46.50	10:29.00	18:36.00	39:30.00	15.10	1:04.90	26:01.00	53:50.00	1.63	5.49	11.66	13.82	46.00	46.00
87	12.35	25.81	58.86	2:20.40	4:48.00	10:33.00	18:46.00	39:45.00	15.18	1:05.30	26:09.00	54:04.00	1.62	5.46	11.59	13.68	45.50	45.50
86	12.38	25.86	59.00	2:21.10	4:49.50	10:37.00	18:56.00	40:00.00	15.26	1:05.70	26:17.00	54:18.00	1.61	5.43	11.52	13.54	45.00	45.00
85	12.42	25.91	59.16	2:21.80	4:51.00	10:41.00	19:06.00	40:15.00	15.34	1:06.10	26:25.00	54:32.00	1.60	5.40	11.45	13.40	44.50	44.50
84	12.46	25.96	59.32	2:22.50	4:52.50	10:45.00	19:16.00	40:30.00	15.42	1:06.50	26:33.00	54:46.00	1.59	5.37	11.38	13.26	44.00	44.00
83	12.50	26.01	59.48	2:23.20	4:54.00	10:49.00	19:26.00	40:45.00	15.50	1:06.90	26:41.00	55:00.00	1.58	5.34	11.31	13.12	43.50	43.50
82	12.54	26.06	59.64	2:23.90	4:55.50	10:53.00	19:36.00	41:00.00	15.58	1:07.30	26:49.00	55:14.00	1.57	5.31	11.24	12.98	43.00	43.00
81	12.58	26.11	59.80	2:24.60	4:57.00	10:57.00	19:46.00	41:15.00	15.66	1:07.70	26:57.00	55:28.00	1.56	5.28	11.17	12.84	42.50	42.50
80	12.62	26.16	59.96	2:25.30	4:58.50	11:01.00	19:56.00	41:30.00	15.74	1:08.10	27:05.00	55:42.00	1.55	5.25	11.10	12.70	42.00	42.00

## 田径（女子）考试内容及评分标准

项目 分值	100米	200米	400米	800米	1500米	3000米	5000米	10000米	100米栏	400米栏	5000米竞走	10000米竞走	跳高	跳远	三级跳远	铅球	铁饼	标枪
79	12.66	26.21	1:00.12	2:26.00	5:01.00	11:05.00	20:06.00	41:45.00	15.82	1:08.50	27:13.00	55:56.00	1.54	5.22	11.03	12.60	41.70	41.70
78	12.70	26.26	1:00.28	2:26.70	5:03.50	11:09.00	20:16.00	42:00.00	15.90	1:08.90	27:21.00	56:10.00	1.53	5.19	10.96	12.50	41.40	41.40
77	12.74	26.31	1:00.44	2:27.40	5:05.00	11:13.00	20:26.00	42:15.00	15.98	1:09.30	27:29.00	56:24.00	1.52	5.16	10.89	12.40	41.10	41.10
76	12.78	26.36	1:00.60	2:28.10	5:07.50	11:17.00	20:36.00	42:30.00	16.06	1:09.70	27:37.00	56:38.00	1.51	5.13	10.82	12.30	40.80	40.80
75	12.83	26.41	1:00.76	2:28.90	5:10.00	11:21.00	20:46.00	42:45.00	16.14	1:10.10	27:45.00	56:52.00	1.50	5.10	10.75	12.20	40.50	40.50
74	12.88	26.47	1:00.92	2:29.60	5:12.50	11:25.00	20:56.00	43:00.00	16.22	1:10.50	27:53.00	57:06.00	1.49	5.07	10.68	12.10	40.20	40.20
73	12.93	26.53	1:01.08	2:30.30	5:15.00	11:29.00	21:06.00	43:15.00	16.30	1:10.90	28:01.00	57:20.00	1.48	5.04	10.61	12.00	39.90	39.90
72	12.98	26.59	1:01.24	2:31.00	5:17.50	11:33.00	21:16.00	43:30.00	16.38	1:11.30	28:09.00	57:34.00	1.47	5.01	10.54	11.90	39.60	39.60
71	13.03	26.66	1:01.40	2:31.70	5:20.00	11:37.00	21:26.00	43:45.00	16.46	1:11.70	28:17.00	57:48.00	1.46	4.98	10.47	11.80	39.30	39.30
70	13.08	26.72	1:01.56	2:32.40	5:22.50	11:41.00	21:36.00	44:00.00	16.54	1:12.10	28:25.00	57:52.00	1.45	4.95	10.40	11.70	39.00	39.00
69	13.13	26.79	1:01.72	2:33.10	5:25.00	11:45.00	21:46.00	44:15.00	16.62	1:12.50	28:33.00	58:08.00	1.44	4.92	10.33	11.60	38.70	38.70
68	13.18	26.86	1:01.88	2:33.80	5:27.50	11:49.00	21:56.00	44:30.00	16.70	1:13.90	28:41.00	58:22.00	1.43	4.89	10.26	11.50	38.40	38.40
67	13.23	26.93	1:02.04	2:34.50	5:30.00	11:53.00	22:06.00	44:45.00	16.78	1:13.30	28:49.00	58:36.00	1.42	4.86	10.19	11.40	38.10	38.10
66	13.28	27.00	1:02.20	2:35.20	5:32.50	11:57.00	22:16.00	45:00.00	16.86	1:13.70	28:57.00	58:50.00	1.41	4.83	10.12	11.30	37.80	37.80
65	13.33	27.07	1:02.38	2:35.90	5:35.00	12:01.00	22:26.00	45:15.00	16.94	1:14.10	29:06.00	59:04.00	1.40	4.80	10.05	11.20	37.50	37.50
64	13.38	27.14	1:02.54	2:36.60	5:37.50	12:05.00	22:36.00	45:30.00	17.02	1:14.50	29:14.00	59:18.00	1.39	4.77	9.98	11.10	37.20	37.20
63	13.43	27.21	1:02.70	2:37.30	5:40.00	12:09.00	22:46.00	45:45.00	17.10	1:14.90	29:22.00	59:32.00	1.38	4.74	9.91	11.00	36.90	36.90
62	13.48	27.28	1:02.86	2:38.00	5:42.50	12:13.00	22:56.00	46:00.00	17.18	1:15.30	29:30.00	59:46.00	1.37	4.71	9.84	10.90	36.60	36.60
61	13.53	27.35	1:03.02	2:38.70	5:45.00	12:17.00	23:06.00	46:15.00	17.26	1:15.70	29:38.00	1:00:00.0	1.36	4.68	9.77	10.80	36.30	36.30
60	13.58	27.42	1:03.18	2:39.40	5:47.50	12:21.00	23:16.00	46:30.00	17.34	1:16.10	29:46.00	1:00:14.0	1.35	4.65	9.70	10.70	36.00	36.00