**附件1**

**2025年上海市高中阶段学校市级优秀体育学生资格确认报名表**

**学生所在区： 毕业学校： 学生报名号：**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **姓名** |  | | | **性别** | |  | | **身高** |  | | | **体重** | |  | | | **出生日期** | | **年 月 日** |
| **训练项目** | | |  | **专项** | |  | | | **是否已在国家体育总局注册** | | | | | |  | | **注册号** | |  |
| **家庭地址** | | |  | | | | | | **电话** | | |  | | | | | **邮编** | |  |
| **报名学校** | | |  | | | | | | **身份证号** | | |  | | | | | **上海学籍号** | |  |
| **个人特点**  **运动经历** | | |  | | | | | | | | | | | | | | | | |
| **主要**  **比赛**  **成绩** | | **竞赛名称** | | | | | **时间** | | | **地点** | | | **取得成绩（名次）** | | | | | **证明人或推荐人** | |
|  | | | | |  | | |  | | |  | | | | | **年 月 日** | |
|  | | | | |  | | |  | | |  | | | | |
|  | | | | |  | | |  | | |  | | | | |
| **毕业学校**  **意见** | | | | | **已公示5个工作日。同意该生报名。**  **签字（盖章）：**  **年 月 日** | | | | | | **招生学校**  **意见** | | | | | **已公示5个工作日。同意该生报名。**  **签字（盖章）：**  **年 月 日** | | | |
| **区青少年体育工作**  **联席会议办公室（体教**  **融合办公室）意见** | | | | | **签字（盖章）：**  **年 月 日** | | | | | | **市青少年体育工作**  **联席会议办公室意见** | | | | | **签字（盖章）：**  **年 月 日** | | | |

**注：本表一式六份，由市、区教育、体育行政部门、区报考机构、招生学校各留一份，比赛成绩证明须另附页。若报名两所学校，须填写两张报名表**

**附件2**

**2025年上海市高中阶段学校市级优秀体育学生**

**区级体育赛事认定表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **学校名称** |  | | | | **学籍号** | | |  |
| **姓名** |  | **性别** |  | | **身份证号** | | |  |
| **比赛名称** |  | | | | | | | |
| **比赛时间** |  | | | **比赛地点** | |  | | |
| **获得名次**  **及成绩** |  | | | | | | | |
| **学校**  **审核意见** | **签字（盖章）：**  **年 月 日** | | | | | | | |
| **区教育**  **行政部门**  **审核意见** | **签字（盖章）：**  **年 月 日** | | | **区体育**  **行政部门**  **审核意见** | | | **签字（盖章）：**  **年 月 日** | |

**附件3**

**身体形态测量评价表**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **男子** | | | **女子** | | |
| **分值** | **身高(cm)** | **臂展(cm) 注：指距-身高** | **流线型（m） 注：水面蹬边距离** | **身高(cm)** | **臂展(cm) 注：指距-身高** | **流线型（m） 注：水面蹬边距离** |
| 10 | 184 | 5 | 15 | 174 | 5 | 15 |
| 9 | 183 | 4.5 | 14 | 173 | 4.5 | 14 |
| 8 | 182 | 4 | 13 | 172 | 4 | 13 |
| 7 | 181 | 3.5 | 12 | 171 | 3.5 | 12 |
| 6 | 180 | 3 | 10 | 170 | 3 | 10 |
| 5 | 179 | 2.5 | 9 | 169 | 2.5 | 9 |
| 4 | 178 | 2 | 8 | 168 | 2 | 8 |
| 3 | 177 | 1.5 | 7 | 167 | 1.5 | 7 |
| 2 | 176 | 1 | 6 | 166 | 1 | 6 |
| 1 | 175 | 0.5 | 5 | 165 | 0.5 | 5 |

**附件4**

**实战表现测试评价标准**

**表1男子自由泳评分表（25米池）**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **分值** | **50米自** | **100米自** | **200米自** | **400米自** | **800米自** | **1500米自** |
| 100 | 22.48 | 49.3 | 01:48.55 | 3:50.00 | 8:14.30 | 15:33.80 |
| 99.5 | 22.54 | 49.49 | 01:49.11 | 3:51.09 | 8:16.17 | 15:37.66 |
| 99 | 22.59 | 49.68 | 01:49.68 | 3:52.18 | 8:18.04 | 15:41.51 |
| 98.5 | 22.65 | 49.87 | 01:50.24 | 3:53.27 | 8:19.91 | 15:45.37 |
| 98 | 22.70 | 50.06 | 01:50.80 | 3:54.36 | 8:21.78 | 15:49.22 |
| 97.5 | 22.76 | 50.25 | 01:51.36 | 3:55.45 | 8:23.65 | 15:53.08 |
| 97 | 22.82 | 50.44 | 01:51.93 | 3:56.54 | 8:25.52 | 15:56.93 |
| 96.5 | 22.88 | 50.63 | 01:52.49 | 3:57.63 | 8:27.39 | 16:00.78 |
| 96 | 22.93 | 50.82 | 01:53.05 | 3:58.72 | 8:29.26 | 16:04.64 |
| 95.5 | 22.98 | 51.01 | 01:53.61 | 3:59.81 | 8:31.13 | 16:08.50 |
| 95 | 23.04 | 51.2 | 01:54.18 | 4:00.90 | 8:33.00 | 16:12.35 |
| 94.5 | 23.01 | 51.39 | 01:54.74 | 4:01.99 | 8:34.87 | 16:16.21 |
| 94 | 23.15 | 51.58 | 01:55.30 | 4:03.08 | 8:36.74 | 16:20.06 |
| 93.5 | 23.21 | 51.77 | 01:55.86 | 4:04.17 | 8:38.61 | 16:23.92 |
| 93 | 23.26 | 51.96 | 01:56.43 | 4:05.26 | 8:40.48 | 16:27.77 |
| 92.5 | 23.32 | 52.15 | 01:56.99 | 4:06.35 | 8:42.35 | 16:31.63 |
| 92 | 23.37 | 52.34 | 01:57.55 | 4:07.44 | 8:44.22 | 16:35.48 |
| 91.5 | 23.42 | 52.53 | 01:58.11 | 4:08.53 | 8:46.09 | 16:39.34 |
| 91 | 23.50 | 52.72 | 01:58.68 | 4:09.62 | 8:47.96 | 16:43.19 |
| 90.5 | 23.56 | 52.91 | 01:59.24 | 4:10.71 | 8:49.83 | 16:47.05 |
| 90 | 23.6 | 53.1 | 1:59.80 | 4:11.80 | 8:51.70 | 16:50.90 |
| 89.5 | 23.75 | 53.55 | 2:00.77 | 4:13.96 | 8:56.07 | 16:59.41 |
| 89 | 23.89 | 53.99 | 2:01.75 | 4:16.12 | 9:00.43 | 17:07.91 |
| 88.5 | 24.04 | 54.44 | 2:02.72 | 4:18.28 | 9:04.80 | 17:16.42 |
| 88 | 24.18 | 54.88 | 2:03.70 | 4:20.44 | 9:09.16 | 17:24.92 |
| 87.5 | 24.33 | 55.33 | 2:04.68 | 4:22.60 | 9:13.53 | 17:33.43 |
| 87 | 24.47 | 55.77 | 2:05.65 | 4:24.76 | 9:17.89 | 17:41.93 |
| 86.5 | 24.62 | 56.22 | 2:06.63 | 4:26.92 | 9:22.26 | 17:50.44 |
| 86 | 24.76 | 56.66 | 2:07.60 | 4:29.08 | 9:26.62 | 17:58.94 |
| 85.5 | 24.91 | 57.11 | 2:08.57 | 4:31.24 | 9:30.99 | 18:07.44 |
| 85 | 25.05 | 57.55 | 2:09.55 | 4:33.40 | 9:35.35 | 18:15.95 |
| 84.5 | 25.20 | 58.00 | 2:10.53 | 4:35.56 | 9:39.72 | 18:24.46 |
| 84 | 25.34 | 58.44 | 2:11.50 | 4:37.72 | 9:44.08 | 18:32.96 |
| 83.5 | 25.49 | 58.89 | 2:12.48 | 4:39.88 | 9:48.45 | 18:41.47 |
| 83 | 25.63 | 59.33 | 2:13.45 | 4:42.04 | 9:52.81 | 18:49.97 |
| 82.5 | 25.78 | 59.78 | 2:14.43 | 4:44.20 | 9:57.18 | 18:58.48 |
| 82 | 25.92 | 1:00.22 | 2:15.40 | 4:46.36 | 10:01.54 | 19:06.98 |
| 81.5 | 26.07 | 1:00.67 | 2:16.38 | 4:48.52 | 10:05.91 | 19:15.49 |
| 81 | 26.21 | 1:01.11 | 2:17.35 | 4:50.68 | 10:10.27 | 19:23.99 |
| 80.5 | 26.36 | 1:01.56 | 2:18.33 | 4:52.84 | 10:14.64 | 19:32.50 |
| 80 | 26.5 | 1:02.0 | 2:19.3 | 4:55.0 | 10:19.0 | 19:41.00 |
| 79.5 | 26.56 | 1:02.03 | 2:19.8 | 4:56.1 | 10:21.2 | 19:45.5 |
| 79 | 26.62 | 1:02.05 | 2:20.3 | 4:57.2 | 10:23.4 | 19:50.0 |
| 78.5 | 26.68 | 1:02.08 | 2:20.8 | 4:58.3 | 10:25.6 | 19:54.5 |
| 78 | 26.74 | 1:02.10 | 2:21.3 | 4:59.4 | 10:27.8 | 19:59.0 |
| 77.5 | 26.80 | 1:02.13 | 2:21.8 | 5:01.5 | 10:30.0 | 20:03.5 |
| 77 | 26.86 | 1:02.15 | 2:22.3 | 5:02.6 | 10:32.2 | 20:08.0 |
| 76.5 | 26.92 | 1:02.18 | 2:22.8 | 5:03.7 | 10:34.4 | 20:12.5 |
| 76 | 26.98 | 1:02.20 | 2:23.3 | 5:04.8 | 10:36.6 | 20:17.0 |

**表2男子仰泳、蛙泳、蝶泳、混合泳评分表（25米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分值 | 100米仰 | 200米仰 | 100米蛙 | 200米蛙 | 100米蝶 | 200米蝶 | 200米混 | 400米混 |
| 100 | 54.75 | 1:59.45 | 1:02.00 | 2:15.90 | 53.6 | 1:58.20 | 2:08.20 | 4:31.20 |
| 99.5 | 55.01 | 1:59.99 | 1:02.35 | 2:16.53 | 53.82 | 1:58.78 | 2:08.47 | 4:32.08 |
| 99 | 55.27 | 2:00.54 | 1:02.70 | 2:17.16 | 54.04 | 1:59.36 | 2:08.75 | 4:32.97 |
| 98.5 | 55.53 | 2:01.08 | 1:03.05 | 2:17.79 | 54.26 | 1:59.94 | 2:09.02 | 4:33.85 |
| 98 | 55.79 | 2:01.62 | 1:03.40 | 2:18.42 | 54.48 | 2:00.52 | 2:09.29 | 4:34.74 |
| 97.5 | 56.05 | 2:02.16 | 1:03.75 | 2:19.05 | 54.70 | 2:01.10 | 2:09.56 | 4:35.62 |
| 97 | 56.31 | 2:02.71 | 1:04.10 | 2:19.68 | 54.92 | 2:01.68 | 2:09.84 | 4:36.50 |
| 96.5 | 56.57 | 2:03.25 | 1:04.45 | 2:20.31 | 55.14 | 2:02.26 | 2:10.11 | 4:37.39 |
| 96 | 56.83 | 2:03.79 | 1:04.80 | 2:20.94 | 55.36 | 2:02.84 | 2:10.38 | 4:38.27 |
| 95.5 | 57.09 | 2:04.33 | 1:05.15 | 2:21.57 | 55.58 | 2:03.42 | 2:10.65 | 4:39.16 |
| 95 | 57.35 | 2:04.88 | 1:05.50 | 2:22.20 | 55.80 | 2:04.00 | 2:10.93 | 4:40.04 |
| 94.5 | 57.61 | 2:05.42 | 1:05.85 | 2:22.83 | 56.02 | 2:04.58 | 2:11.20 | 4:40.92 |
| 94 | 57.87 | 2:05.96 | 1:06.20 | 2:23.46 | 56.24 | 2:05.16 | 2:11.47 | 4:41.81 |
| 93.5 | 58.13 | 2:06.50 | 1:06.55 | 2:24.09 | 56.46 | 2:05.74 | 2:11.74 | 4:42.69 |
| 93 | 58.39 | 2:07.05 | 1:06.90 | 2:24.72 | 56.68 | 2:06.32 | 2:12.02 | 4:43.58 |
| 92.5 | 58.65 | 2:07.59 | 1:07.25 | 2:25.35 | 56.90 | 2:06.90 | 2:12.29 | 4:44.46 |
| 92 | 58.91 | 2:08.13 | 1:07.60 | 2:25.98 | 57.12 | 2:07.48 | 2:12.56 | 4:45.34 |
| 91.5 | 59.17 | 2:08.67 | 1:07.95 | 2:26.61 | 57.34 | 2:08.06 | 2:12.83 | 4:46.23 |
| 91 | 59.43 | 2:09.22 | 1:08.30 | 2:27.24 | 57.56 | 2:08.64 | 2:13.11 | 4:47.11 |
| 90.5 | 59.69 | 2:09.76 | 1:08.65 | 2:27.87 | 57.78 | 2:09.22 | 2:13.38 | 4:48.00 |
| 90 | 59.95 | 2:10.30 | 1:09.00 | 2:28.50 | 58 | 2:09.80 | 2:13.65 | 4:48.88 |
| 89.5 | 1:00.42 | 2:11.34 | 1:09.30 | 2:29.23 | 58.55 | 2:10.96 | 2:14.66 | 4:50.44 |
| 89 | 1:00.89 | 2:12.37 | 1:09.60 | 2:29.95 | 59.10 | 2:12.12 | 2:15.67 | 4:51.99 |
| 88.5 | 1:01.35 | 2:13.41 | 1:09.90 | 2:30.68 | 59.65 | 2:13.28 | 2:16.67 | 4:53.55 |
| 88 | 1:01.82 | 2:14.44 | 1:10.20 | 2:31.40 | 1:00.20 | 2:14.44 | 2:17.68 | 4:55.10 |
| 87.5 | 1:02.29 | 2:15.48 | 1:10.50 | 2:32.13 | 1:00.75 | 2:15.60 | 2:18.69 | 4:56.66 |
| 87 | 1:02.76 | 2:16.51 | 1:10.80 | 2:32.85 | 1:01.30 | 2:16.76 | 2:19.70 | 4:58.22 |
| 86.5 | 1:03.22 | 2:17.55 | 1:11.10 | 2:33.58 | 1:01.85 | 2:17.92 | 2:20.70 | 4:59.77 |
| 86 | 1:03.69 | 2:18.58 | 1:11.40 | 2:34.30 | 1:02.40 | 2:19.08 | 2:21.71 | 5:01.33 |
| 85.5 | 1:04.16 | 2:19.62 | 1:11.70 | 2:35.03 | 1:02.95 | 2:20.24 | 2:22.72 | 5:02.88 |
| 85 | 1:04.63 | 2:20.65 | 1:12.00 | 2:35.75 | 1:03.50 | 2:21.40 | 2:23.73 | 5:04.44 |
| 84.5 | 1:05.09 | 2:21.69 | 1:12.30 | 2:36.48 | 1:04.05 | 2:22.56 | 2:24.73 | 5:06.00 |
| 84 | 1:05.56 | 2:22.72 | 1:12.60 | 2:37.20 | 1:04.60 | 2:23.72 | 2:25.74 | 5:07.55 |
| 83.5 | 1:06.03 | 2:23.76 | 1:12.90 | 2:37.93 | 1:05.15 | 2:24.88 | 2:26.75 | 5:09.11 |
| 83 | 1:06.50 | 2:24.79 | 1:13.20 | 2:38.65 | 1:05.70 | 2:26.04 | 2:27.76 | 5:10.66 |
| 82.5 | 1:06.96 | 2:25.83 | 1:13.50 | 2:39.38 | 1:06.25 | 2:27.20 | 2:28.76 | 5:12.22 |
| 82 | 1:07.43 | 2:26.86 | 1:13.80 | 2:40.10 | 1:06.80 | 2:28.36 | 2:29.77 | 5:13.78 |
| 81.5 | 1:07.90 | 2:27.90 | 1:14.10 | 2:40.83 | 1:07.35 | 2:29.52 | 2:30.78 | 5:15.33 |
| 81 | 1:08.37 | 2:28.93 | 1:14.40 | 2:41.55 | 1:07.90 | 2:30.68 | 2:31.79 | 5:16.89 |
| 80.5 | 1:08.83 | 2:29.97 | 1:14.70 | 2:42.28 | 1:08.45 | 2:31.84 | 2:32.79 | 5:18.44 |
| 80 | 1:09.30 | 2:31.00 | 1:15.00 | 2:43.00 | 1:09.00 | 2:33.00 | 2:33.80 | 5:20.00 |
| 79.5 | 1:09.77 | 2:32.04 | 1:15.30 | 2:43.73 | 1:09.55 | 2:34.16 | 2:34.81 | 5:21.56 |
| 79 | 1:10.24 | 2:33.07 | 1:15.60 | 2:44.45 | 1:10.10 | 2:35.32 | 2:35.82 | 5:23.11 |
| 78.5 | 1:10.70 | 2:34.11 | 1:15.90 | 2:45.18 | 1:10.65 | 2:36.48 | 2:36.82 | 5:24.67 |
| 78 | 1:11.17 | 2:35.14 | 1:16.20 | 2:45.90 | 1:11.20 | 2:37.64 | 2:37.83 | 5:26.22 |
| 77.5 | 1:11.63 | 2:37.17 | 1:16.50 | 2:46.62 | 1:11.75 | 2:38.8 | 2:38.84 | 5:27.77 |
| 77 | 1:12.09 | 2:38.20 | 1:16.80 | 2:47.34 | 1:12.3 | 2:39.96 | 2:39.85 | 5:29.32 |
| 76.5 | 1:12.55 | 2:39.23 | 1:17.10 | 2:84.06 | 1:12.85 | 2:41.12 | 2:40.86 | 5:30.87 |
| 76 | 1:13.01 | 2:40.26 | 1:17.40 | 2:48.78 | 1:13.4 | 2:42.28 | 2:41.87 | 5:32.42 |

**表3女子自由泳评分表（25米池）**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **分值** | **50米自** | **100米自** | **200米自** | **400米自** | **800米自** | **1500米自** |
| 100 | 25 | 54.7 | 1:58.50 | 4:11.40 | 8:45.20 | 17:00.50 |
| 99.5 | 25.07 | 54.99 | 1:59.18 | 4:12.78 | 8:47.59 | 17:04.48 |
| 99 | 25.14 | 55.28 | 1:59.85 | 4:14.16 | 8:49.98 | 17:08.45 |
| 98.5 | 25.21 | 55.57 | 2:00.52 | 4:15.54 | 8:52.37 | 17:12.43 |
| 98 | 25.28 | 55.86 | 2:01.20 | 4:16.92 | 8:54.76 | 17:16.40 |
| 97.5 | 25.35 | 56.15 | 2:01.88 | 4:18.30 | 8:57.15 | 17:20.38 |
| 97 | 25.42 | 56.44 | 2:02.55 | 4:19.68 | 8:59.54 | 17:24.35 |
| 96.5 | 25.49 | 56.73 | 2:03.23 | 4:21.06 | 9:01.93 | 17:28.33 |
| 96 | 25.56 | 57.02 | 2:03.90 | 4:22.44 | 9:04.32 | 17:32.30 |
| 95.5 | 25.63 | 57.31 | 2:04.58 | 4:23.82 | 9:06.71 | 17:36.28 |
| 95 | 25.70 | 57.60 | 2:05.25 | 4:25.20 | 9:09.10 | 17:40.25 |
| 94.5 | 25.77 | 57.89 | 2:05.93 | 4:26.58 | 9:11.49 | 17:44.23 |
| 94 | 25.84 | 58.18 | 2:06.60 | 4:27.96 | 9:13.88 | 17:48.20 |
| 93.5 | 25.91 | 58.47 | 2:07.28 | 4:29.34 | 9:16.27 | 17:52.18 |
| 93 | 25.98 | 58.76 | 2:07.95 | 4:30.72 | 9:18.66 | 17:56.15 |
| 92.5 | 26.05 | 59.05 | 2:08.63 | 4:32.10 | 9:21.05 | 18:00.13 |
| 92 | 26.12 | 59.34 | 2:09.30 | 4:33.48 | 9:23.44 | 18:04.10 |
| 91.5 | 26.19 | 59.63 | 2:09.97 | 4:34.86 | 9:25.83 | 18:08.08 |
| 91 | 26.26 | 59.92 | 2:10.65 | 4:36.24 | 9:28.22 | 18:12.05 |
| 90.5 | 26.33 | 1:00.21 | 2:11.33 | 4:37.62 | 9:30.61 | 18:16.03 |
| 90 | 26.4 | 1:00.50 | 2:12.00 | 4:39.00 | 9:33.00 | 18:20.00 |
| 89.5 | 26.61 | 1:01.03 | 2:13.15 | 4:42.00 | 9:39.75 | 18:35.00 |
| 89 | 26.81 | 1:01.55 | 2:14.30 | 4:45.00 | 9:46.50 | 18:50.00 |
| 88.5 | 27.02 | 1:02.08 | 2:15.45 | 4:48.00 | 9:53.25 | 19:05.00 |
| 88 | 27.22 | 1:02.60 | 2:16.60 | 4:51.00 | 10:00.00 | 19:20.00 |
| 87.5 | 27.43 | 1:03.13 | 2:17.75 | 4:54.00 | 10:06.75 | 19:35.00 |
| 87 | 27.63 | 1:03.65 | 2:18.90 | 4:57.00 | 10:13.50 | 19:50.00 |
| 86.5 | 27.84 | 1:04.18 | 2:20.05 | 5:00.00 | 10:20.25 | 20:05.00 |
| 86 | 28.04 | 1:04.70 | 2:21.20 | 5:03.00 | 10:27.00 | 20:20.00 |
| 85.5 | 28.25 | 1:05.23 | 2:22.35 | 5:06.00 | 10:33.75 | 20:35.00 |
| 85 | 28.45 | 1:05.75 | 2:23.50 | 5:09.00 | 10:40.50 | 20:50.00 |
| 84.5 | 28.66 | 1:06.28 | 2:24.65 | 5:12.00 | 10:47.25 | 21:05.00 |
| 84 | 28.86 | 1:06.80 | 2:25.80 | 5:15.00 | 10:54.00 | 21:20.00 |
| 83.5 | 29.07 | 1:07.33 | 2:26.95 | 5:18.00 | 11:00.75 | 21:35.00 |
| 83 | 29.27 | 1:07.85 | 2:28.10 | 5:21.00 | 11:07.50 | 21:50.00 |
| 82.5 | 29.48 | 1:08.38 | 2:29.25 | 5:24.00 | 11:14.25 | 22:05.00 |
| 82 | 29.68 | 1:08.90 | 2:30.40 | 5:27.00 | 11:21.00 | 22:20.00 |
| 81.5 | 29.89 | 1:09.43 | 2:31.55 | 5:30.00 | 11:27.75 | 22:35.00 |
| 81 | 30.09 | 1:09.95 | 2:32.70 | 5:33.00 | 11:34.50 | 22:50.00 |
| 80.5 | 30.30 | 1:10.48 | 2:33.85 | 5:36.00 | 11:41.25 | 23:05.00 |
| 80 | 30.50 | 1:11.00 | 2:35.00 | 5:39.00 | 11:48.00 | 23:20.00 |
| 79.5 | 30.71 | 1:11.53 | 2:36.15 | 5:42.00 | 11:54.75 | 23:35.00 |
| 79 | 30.91 | 1:12.05 | 2:37.30 | 5:45.00 | 12:01.50 | 23:50.00 |
| 78.5 | 31.12 | 1:12.58 | 2:38.45 | 5:48.00 | 12:08.25 | 24:05.00 |
| 78 | 31.32 | 1:13.10 | 2:39.60 | 5:51.00 | 12:15.00 | 24:20.00 |
| 77.5 | 31.53 | 1:13.63 | 2:40.75 | 5:54.00 | 12:21.75 | 24:35.00 |
| 77 | 31.73 | 1:14.15 | 2:41.90 | 5:57.00 | 12:28.50 | 24:50.00 |
| 76.5 | 31.94 | 1:14.68 | 2:43.05 | 6:00.00 | 12:35.25 | 25:05.00 |
| 76 | 32.14 | 1:15.20 | 2:44.20 | 6:03.00 | 12:42.00 | 25:20.00 |

**表4 女子仰泳、蛙泳、蝶泳、混合泳评分表（25米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分值 | 100米仰 | 200米仰 | 100米蛙 | 200米蛙 | 100米蝶 | 200米蝶 | 200米混 | 400米混 |
| 100 | 1:01.5 | 2:13.00 | 1:08.75 | 2:33.60 | 59 | 2:11.20 | 2:13.70 | 4:49.80 |
| 99.5 | 1:01.73 | 2:13.58 | 1:09.10 | 2:34.27 | 59.35 | 2:11.74 | 2:14.27 | 4:50.81 |
| 99 | 1:01.95 | 2:14.15 | 1:09.46 | 2:34.94 | 59.70 | 2:12.28 | 2:14.83 | 4:51.82 |
| 98.5 | 1:02.18 | 2:14.73 | 1:09.81 | 2:35.61 | 1:00.05 | 2:12.82 | 2:15.40 | 4:52.83 |
| 98 | 1:02.40 | 2:15.30 | 1:10.16 | 2:36.28 | 1:00.40 | 2:13.36 | 2:15.96 | 4:53.84 |
| 97.5 | 1:02.63 | 2:15.88 | 1:10.51 | 2:36.95 | 1:00.75 | 2:13.90 | 2:16.53 | 4:54.85 |
| 97 | 1:02.85 | 2:16.45 | 1:10.87 | 2:37.62 | 1:01.10 | 2:14.44 | 2:17.09 | 4:55.86 |
| 96.5 | 1:03.08 | 2:17.03 | 1:11.22 | 2:38.29 | 1:01.45 | 2:14.98 | 2:17.66 | 4:56.87 |
| 96 | 1:03.30 | 2:17.60 | 1:11.57 | 2:38.96 | 1:01.80 | 2:15.52 | 2:18.22 | 4:57.88 |
| 95.5 | 1:03.53 | 2:18.18 | 1:11.92 | 2:39.63 | 1:02.15 | 2:16.06 | 2:18.79 | 4:58.89 |
| 95 | 1:03.75 | 2:18.75 | 1:12.28 | 2:40.30 | 1:02.50 | 2:16.60 | 2:19.35 | 4:59.90 |
| 94.5 | 1:03.98 | 2:19.33 | 1:12.63 | 2:40.97 | 1:02.85 | 2:17.14 | 2:19.92 | 5:00.91 |
| 94 | 1:04.20 | 2:19.90 | 1:12.98 | 2:41.64 | 1:03.20 | 2:17.68 | 2:20.48 | 5:01.92 |
| 93.5 | 1:04.43 | 2:20.48 | 1:13.33 | 2:42.31 | 1:03.55 | 2:18.22 | 2:21.05 | 5:02.93 |
| 93 | 1:04.65 | 2:21.05 | 1:13.69 | 2:42.98 | 1:03.90 | 2:18.76 | 2:21.61 | 5:03.94 |
| 92.5 | 1:04.88 | 2:21.63 | 1:14.04 | 2:43.65 | 1:04.25 | 2:19.30 | 2:22.18 | 5:04.95 |
| 92 | 1:05.10 | 2:22.20 | 1:14.39 | 2:44.32 | 1:04.60 | 2:19.84 | 2:22.74 | 5:05.96 |
| 91.5 | 1:05.33 | 2:22.78 | 1:14.74 | 2:44.99 | 1:04.95 | 2:20.38 | 2:23.31 | 5:06.97 |
| 91 | 1:05.55 | 2:23.35 | 1:15.10 | 2:45.66 | 1:05.30 | 2:20.92 | 2:23.87 | 5:07.98 |
| 90.5 | 1:05.78 | 2:23.93 | 1:15.45 | 2:46.33 | 1:05.65 | 2:21.46 | 2:24.44 | 5:08.99 |
| 90 | 1:06.00 | 2:24.50 | 1:15.80 | 2:47.00 | 1:06.00 | 2:22.00 | 2:25.00 | 5:10.00 |
| 89.5 | 1:06.58 | 2:25.63 | 1:16.24 | 2:48.09 | 1:06.60 | 2:23.47 | 2:26.35 | 5:13.05 |
| 89 | 1:07.15 | 2:26.75 | 1:16.67 | 2:49.18 | 1:07.20 | 2:24.93 | 2:27.70 | 5:16.10 |
| 88.5 | 1:07.73 | 2:27.88 | 1:17.11 | 2:50.27 | 1:07.80 | 2:26.40 | 2:29.05 | 5:19.15 |
| 88 | 1:08.30 | 2:29.00 | 1:17.54 | 2:51.36 | 1:08.40 | 2:27.86 | 2:30.40 | 5:22.20 |
| 87.5 | 1:08.88 | 2:30.13 | 1:17.98 | 2:52.45 | 1:09.00 | 2:29.33 | 2:31.75 | 5:25.25 |
| 87 | 1:09.45 | 2:31.25 | 1:18.41 | 2:53.54 | 1:09.60 | 2:30.79 | 2:33.10 | 5:28.30 |
| 86.5 | 1:10.03 | 2:32.38 | 1:18.85 | 2:54.63 | 1:10.20 | 2:32.26 | 2:34.45 | 5:31.35 |
| 86 | 1:10.60 | 2:33.50 | 1:19.28 | 2:55.72 | 1:10.80 | 2:33.72 | 2:35.80 | 5:34.40 |
| 85.5 | 1:11.18 | 2:34.63 | 1:19.72 | 2:56.81 | 1:11.40 | 2:35.19 | 2:37.15 | 5:37.45 |
| 85 | 1:11.75 | 2:35.75 | 1:20.15 | 2:57.90 | 1:12.00 | 2:36.65 | 2:38.50 | 5:40.50 |
| 84.5 | 1:12.33 | 2:36.88 | 1:20.59 | 2:58.99 | 1:12.60 | 2:38.12 | 2:39.85 | 5:43.55 |
| 84 | 1:12.90 | 2:38.00 | 1:21.02 | 2:00.08 | 1:13.20 | 2:39.58 | 2:41.20 | 5:46.60 |
| 83.5 | 1:13.48 | 2:39.13 | 1:21.46 | 2:01.17 | 1:13.80 | 2:41.05 | 2:42.55 | 5:49.65 |
| 83 | 1:14.05 | 2:40.25 | 1:21.89 | 2:02.26 | 1:14.40 | 2:42.51 | 2:43.90 | 5:52.70 |
| 82.5 | 1:14.63 | 2:41.38 | 1:22.33 | 2:03.35 | 1:15.00 | 2:43.98 | 2:45.25 | 5:55.75 |
| 82 | 1:15.20 | 2:42.50 | 1:22.76 | 2:04.44 | 1:15.60 | 2:45.44 | 2:46.60 | 5:58.80 |
| 81.5 | 1:15.78 | 2:43.63 | 1:23.20 | 2:05.53 | 1:16.20 | 2:46.91 | 2:47.95 | 6:01.85 |
| 81 | 1:16.35 | 2:44.75 | 1:23.63 | 2:06.62 | 1:16.80 | 2:48.37 | 2:49.30 | 6:04.90 |
| 80.5 | 1:16.93 | 2:45.88 | 1:24.07 | 2:07.71 | 1:17.40 | 2:49.84 | 2:50.65 | 6:07.95 |
| 80 | 1:17.50 | 2:47.00 | 1:24.50 | 2:08.80 | 1:18.00 | 2:51.30 | 2:52.00 | 6:11.00 |
| 79.5 | 1:18.08 | 2:48.13 | 1:24.94 | 2:09.89 | 1:18.60 | 2:52.77 | 2:53.35 | 6:14.05 |
| 79 | 1:18.65 | 2:49.25 | 1:25.37 | 2:10.98 | 1:19.20 | 2:54.23 | 2:54.70 | 6:17.10 |
| 78.5 | 1:19.23 | 2:50.38 | 1:25.81 | 2:12.07 | 1:19.80 | 2:55.70 | 2:56.05 | 6:20.15 |
| 78 | 1:19.80 | 2:51.50 | 1:26.24 | 2:13.16 | 1:20.40 | 2:57.16 | 2:57.40 | 6:23.20 |
| 77.5 | 1:20.38 | 2:52.63 | 1:26.68 | 2:14.25 | 1:21.00 | 2:58.63 | 2:58.75 | 6:26.25 |
| 77 | 1:20.95 | 2:53.75 | 1:27.11 | 2:15.34 | 1:21.60 | 3:00.09 | 3:00.10 | 6:29.30 |
| 76.5 | 1:21.53 | 2:54.88 | 1:27.55 | 2:16.43 | 1:22.20 | 3:01.56 | 3:01.45 | 6:32.35 |
| 76 | 1:22.10 | 2:56.00 | 1:27.98 | 2:17.52 | 1:22.80 | 3:03.02 | 3:02.80 | 6:35.40 |

**附件5**

**专项素质测试评价标准**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **分值** | **立定**  **跳远（男）** | **立定**  **跳远（女）** | **30秒仰卧起坐（男）** | **30秒仰卧起坐（女）** | **30秒双飞跳绳（男）** | **30秒双飞跳绳（女）** | **引体向上（男）** | **引体向上（女）** |
| 100 | 250 | 220 | 40 | 38 | 50 | 48 | 20 | 15 |
| 95 | 245 | 215 | 39 | 37 | 48 | 46 | 19 | 14 |
| 90 | 240 | 210 | 38 | 36 | 46 | 44 | 18 | 13 |
| 85 | 235 | 205 | 37 | 35 | 45 | 43 | 17 | 12 |
| 80 | 230 | 200 | 36 | 34 | 44 | 42 | 16 | 11 |
| 75 | 225 | 195 | 35 | 33 | 43 | 41 | 15 | 10 |
| 70 | 220 | 190 | 34 | 32 | 42 | 40 | 14 | 9 |
| 65 | 215 | 185 | 33 | 31 | 41 | 39 | 13 | 8 |
| 60 | 210 | 180 | 32 | 30 | 40 | 38 | 12 | 7 |
| 55 | 205 | 175 | 31 | 29 | 39 | 37 | 11 | 6 |
| 50 | 200 | 170 | 30 | 28 | 38 | 36 | 10 |  |
| 45 | 195 | 165 | 29 | 27 | 37 | 35 | 9 | 5 |
| 40 | 190 | 160 | 28 | 26 | 36 | 34 | 8 |  |
| 35 | 185 | 155 | 27 | 25 | 35 | 33 | 7 | 4 |
| 30 | 180 | 150 | 26 | 24 | 34 | 32 | 6 |  |
| 25 | 175 | 145 | 25 | 23 | 33 | 31 | 5 | 3 |
| 20 | 170 | 140 | 24 | 22 | 32 | 30 | 4 |  |
| 15 | 165 | 135 | 23 | 21 | 31 | 29 | 3 | 2 |
| 10 | 160 | 130 | 22 | 20 | 30 | 28 | 2 |  |
| 5 | 155 | 125 | 21 | 19 | 29 | 27 | 1 | 1 |

**附件6：**

**2025年宝山区高中阶段学校区级优秀体育学生招生**

**日 程 安 排**

|  |  |  |  |
| --- | --- | --- | --- |
| 序号 | 时间节点 | 主要工作内容和任务 | 责任部门 |
| 1 | 3月21日前 | 区内摸底与沟通 | 体育局业务科 |
| 2 | 3月27日 | 区教育局、体育局召开2025年优秀体育学生招收工作分管校长会议具体布置招生工作 | 学生发展科  体育局业务科 |
| 3 | 3月28日 | 各招生学校将优秀体育学生招生方案(项目、招生额度、录取办法及测试的项目、内容、时间、地点等)报教育局学生发展科 邮箱：403413817@qq.com | 相关学校  学生发展科  体育局业务科 |
| 4 | 4月2日 | 各招生学校将优秀体育学生招生方案向社会公示 | 相关学校  学生发展科  体育局业务科 |
| 5 | 4月10日—16日 | 符合报名条件学生确认报名后由毕业学校公示5个工作日 | 初中学校 |
| 6 | 4月19 日  8:00-11:00 | 学校组织开展现场专业技能评价 | 体育局业务科 |
| 7 | 4月22日—28日 | 各校(招生学校、学生就读学校、学生训练单位)对通过运动技能专业评价的学生名单进行公示 | 相关学校 |
| 8 | 4月29 日  上午9:00 | 各校将资格确认的优秀体育学生名单及相关材料**(优秀体育学生申报表一式六份、汇总表一份及电子版;七张中考报名照;比赛秩序册、成绩册原件和复印件各一份、公示材料等**)报体育局业务科审核备案 | 体育局业务科  相关学校 |
| 9 | 5月6日前 | 相关材料报市科艺中心和区教育考试中心 | 学生发展科  体育局业务科 |