

2026 年浙江师范大学附属中学 特长生（除统一测试类体育特长生）招生办法

根据《金华市教育局关于做好 2026 年初中学业水平考试与高中段学校招生工作的指导意见》《2026 年金华市高中段学校招生工作实施意见》《关于 2026 年部分普通高中在全市招收体育特长生、特色班试点工作的通知》等文件精神，结合学校办学情况和特色实际，特制定浙江师范大学附属中学 2026 年特长生招生办法。

一、招生计划

我校 2026 年普高特长生统一测试类体育特长生 14 人，其中田径 8 人（面向金华全市招生），男子篮球 6 人（面向金华市区招生），统一测试类体育特长生请关注“金华市高中段学校招生统一网络平台”（以下简称“招生平台”）<https://www.jhzhkzs.cn>。

另外面向金华市区招生 29 人。其中游泳 2 人（男女不限）、动力冲浪板 1 人（男）、科学素养 26 人。游泳由学校统一组织术科测试。

二、招生要求

综合素质：年龄在 16 周岁以下（2010 年 9 月 1 日以后出生）的初中应届毕业生，且综合素质评价等第须 2A 及以上且不得有 E。特长生推荐与报考的类别与条件：

比赛获奖：各项目特长生对应的具体要求（需符合以下其中一项）：

1. 体育类

初中阶段参加市（地）级及以上正式体育比赛获个人前八名的考生或团体前六名的主力队员；初中阶段参加市（地）级及以上体育比赛达到国家二级及以上运动员标准的考生。

2. 科学素养

获得“金华市青少年科学素养大赛”一等奖。

以上各类比赛获奖必须由地市级及以上人民政府、教育行政部门组织或参与组织方为有效。

限报一项：每位考生只能报名参加一所学校一个项目的特长生。

三、报名工作

请符合报考条件的考生于 5 月 15 日至 17 日登录“招生平台”的“金华市区子

平台”（报考网址：<https://www.jhzkzs.cn>）进行相应项目的术科测试报名。

四、资格审查

田径类和男子篮球由金华市教育考试院统一组织资格审查和术科测试，具体安排详见考试院相关招生办法。“招生平台”于5月22日公布报名审核通过考生名单。

考生或家长须在“招生平台”报名后，于5月18日（上午8:30—11:00）携带相关专业证书、获奖荣誉证书原件及复印件，身份证原件及复印件，到浙师大附中（地址：金华市婺城区丹光西路518号）课程管理中心办公室（行政楼109）进行现场核验，逾期视自动放弃。“招生平台”于5月22日公布报名审核通过考生名单。

游泳材料审核合格者，方可进入术科测试和招生录取环节；其它项目审核合格者，方可进入下一招生环节。

五、术科测试安排

游泳项目由我校自主组织测试。

1.测试时间：5月25日上午9:00。

2.测试地点：金华市体育中心游泳馆。

3.测试项目安排：在自由泳、仰泳、蛙泳、蝶泳、混合泳中选择一个主项目进行测试。

游泳类考生因自身原因未能按规定参加测试，将不再安排补测。

六、志愿填报

5月28日通过“招生平台”公布考生术科测试成绩，其中游泳项目术科测试成绩合格线为70分（满分100分）。考生于6月30日至7月2日17:00登录“招生平台”的“市区子平台”填报志愿（志愿列在提前批），考生所填报的志愿必须要与学校（项目）的要求（招生类别、范围、项目、性别等）相匹配，否则填报的志愿无效。未填报志愿的考生不予录取。

七、录取方式

根据学校培养要求，成绩由术科成绩（即现场测试成绩）和中考总分成绩两部分组成。

1.统一测试类体育特长生录取按考生综合成绩（考生综合成绩=考生学业水平考试成绩×30%+考生术科测试总分×6.6×70%）从高分到低分按平行志愿择优录取，如遇总分相等，以学业考试成绩排序规则从高到低录取。

2.游泳类特长生录取按考生综合成绩（考生综合成绩=考生学业水平考试成绩×30%+考生术科测试总分×6.6×70%）从高分到低分择优录取。如遇总分相等，以术科测试成绩高优先录取；如遇术科测试成绩相等，以学业考试成绩排序规则从高到低排序录取。

3.动力冲浪板项目和科学素养项目报名资格确认以后，在正确填报志愿的考生中按学业水平考试成绩（中考成绩）从高到低排序分类录取。

八、收费标准

学费按普通类学生标准收取。

九、注意事项

1.考生考前无健康异常，报到后应服从考务人员安排。测试时突发身体不适，考生须及时报告并配合应急处置。

2.考生考前须认真阅读考生须知和考场规则（具体见附件），测试考点实行封闭式管理，测试期间谢绝无关人员进入考点。

十、联系方式

联系人：姚老师

联系电话：0579-82291000，82282566，82282403

本招生办法的解释权在浙师大附中课程管理中心。

附件：2026 年浙江师范大学附属中学游泳测试项目评分标准

浙江师范大学附属中学

2026 年 5 月 11 日

附件

2026 年浙江师范大学附属中学游泳测试项目评分标准

一、考核指标与所占分值

类别	实战能力
考核指标	主项
分值比率	100%

二、考试方法与评分标准

(一)考试方法：

1.考生须在自由泳(50 米、100 米、200 米、400 米、800 米、1500 米),仰泳(100 米、200 米),蛙泳(100 米、200 米),蝶泳(100 米、200 米)和混合泳(200 米、400 米)中选择一个主项目进行考试。

2.考试采用一次性决赛，使用电动计时或手动计时计取成绩，参照评分标准换算成得分。使用手计时，每道须由三名计时员计取成绩，所计成绩的中间值或相同值为最终成绩。

3.所有项目均按中国游泳协会审定的最新游泳竞赛规则执行。执行此标准池长要求为符合国家规定标准的 50 米池，误差范围为+0.03 米，-0.00 米。安装自动计时装置触板后，误差不得超出此范围。

(二)评分标准：见下表

1.男子自由泳评分表（50 米池）

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	23.28	51.50	1:51.55	3:58.60	8:24.00	16:00.30
99.50	23.34	51.70	1:52.12	3:59.72	8:25.90	16:04.29
99.00	23.40	51.90	1:52.69	4:00.84	8:27.80	16:08.27
98.50	23.46	52.10	1:53.27	4:01.96	8:29.70	16:12.26
98.00	23.52	52.30	1:53.84	4:03.08	8:31.60	16:16.24

97.50	23.59	52.50	1:54.41	4:04.20	8:33.50	16:20.23
97.00	23.65	52.70	1:54.99	4:05.32	8:35.40	16:24.21
96.50	23.71	52.90	1:55.56	4:06.44	8:37.30	16:28.20
96.00	23.77	53.10	1:56.13	4:07.56	8:39.20	16:32.18
95.50	23.83	53.30	1:56.70	4:08.68	8:41.10	16:36.17
95.00	23.89	53.50	1:57.28	4:09.80	8:43.00	16:40.15
94.50	23.95	53.70	1:57.85	4:10.92	8:44.90	16:44.14
94.00	24.01	53.90	1:58.42	4:12.04	8:46.80	16:48.12
93.50	24.07	54.10	1:58.99	4:13.16	8:48.70	16:52.11
93.00	24.13	54.30	1:59.57	4:14.28	8:50.60	16:56.09
92.50	24.20	54.50	2:00.14	4:15.40	8:52.50	17:00.08
92.00	24.26	54.70	2:00.71	4:16.52	8:54.40	17:04.06
91.50	24.32	54.90	2:01.28	4:17.64	8:56.30	17:08.05
91.00	24.38	55.10	2:01.86	4:18.76	8:58.20	17:12.03
90.50	24.44	55.30	2:02.43	4:19.88	9:00.10	17:16.02
90.00	24.50	55.50	2:03.00	4:21.00	9:02.00	17:20.00
89.50	24.58	55.74	2:03.50	4:22.12	9:04.25	17:24.37
89.00	24.65	55.98	2:04.00	4:23.25	9:06.50	17:28.75
88.50	24.73	56.21	2:04.50	4:24.37	9:08.75	17:33.12
88.00	24.80	56.45	2:05.00	4:25.50	9:11.00	17:37.50
87.50	24.88	56.69	2:05.50	4:26.62	9:13.25	17:41.88
87.00	24.95	56.93	2:06.00	4:27.75	9:15.50	17:46.25
86.50	25.03	57.16	2:06.50	4:28.87	9:17.75	17:50.63
86.00	25.10	57.40	2:07.00	4:30.00	9:20.00	17:55.00
85.50	25.18	57.64	2:07.50	4:31.12	9:22.25	17:59.38
85.00	25.25	57.88	2:08.00	4:32.25	9:24.50	18:03.75
84.50	25.33	58.11	2:08.50	4:33.37	9:26.75	18:08.13
84.00	25.40	58.35	2:09.00	4:34.50	9:29.00	18:12.50
83.50	25.48	58.59	2:09.50	4:35.62	9:31.25	18:16.88
83.00	25.55	58.83	2:10.00	4:36.75	9:33.50	18:21.25
82.50	25.63	59.06	2:10.50	4:37.87	9:35.75	18:25.63
82.00	25.70	59.30	2:11.00	4:39.00	9:38.00	18:30.00
81.50	25.78	59.54	2:11.50	4:40.12	9:40.25	18:34.38

81.00	25.85	59.78	2:12.00	4:41.25	9:42.50	18:38.75
80.50	25.93	1:00.01	2:12.50	4:42.37	9:44.75	18:43.13
80.00	26.00	1:00.25	2:13.00	4:43.50	9:47.00	18:47.50
79.50	26.08	1:00.49	2:13.50	4:44.62	9:49.25	18:51.88
79.00	26.15	1:00.73	2:14.00	4:45.75	9:51.50	18:56.25
78.50	26.23	1:00.96	2:14.50	4:46.87	9:53.75	19:00.63
78.00	26.30	1:01.20	2:15.00	4:48.00	9:56.00	19:05.00
77.50	26.38	1:01.44	2:15.50	4:49.12	9:58.25	19:09.38
77.00	26.45	1:01.68	2:16.00	4:50.25	10:00.50	19:13.75
76.50	26.53	1:01.91	2:16.50	4:51.37	10:02.75	19:18.13
76.00	26.60	1:02.15	2:17.00	4:52.50	10:05.00	19:22.50
75.50	26.68	1:02.39	2:17.50	4:53.62	10:07.25	19:26.88
75.00	26.75	1:02.63	2:18.00	4:54.75	10:09.50	19:31.25
74.50	26.83	1:02.86	2:18.50	4:55.87	10:11.75	19:35.63
74.00	26.90	1:03.10	2:19.00	4:57.00	10:14.00	19:40.00
73.50	26.98	1:03.34	2:19.50	4:58.12	10:16.25	19:44.38
73.00	27.05	1:03.58	2:20.00	4:59.25	10:18.50	19:48.75
72.50	27.13	1:03.81	2:20.50	5:00.37	10:20.75	19:53.13
72.00	27.20	1:04.05	2:21.00	5:01.50	10:23.00	19:57.50
71.50	27.28	1:04.29	2:21.50	5:02.62	10:25.25	20:01.88
71.00	27.35	1:04.53	2:22.00	5:03.75	10:27.50	20:06.25
70.50	27.43	1:04.76	2:22.50	5:04.87	10:29.75	20:10.63
70.00	27.50	1:05.00	2:23.00	5:06.00	10:32.00	20:15.00
69.50	27.62	1:05.28	2:23.55	5:07.17	10:34.67	20:19.50
69.00	27.73	1:05.57	2:24.10	5:08.33	10:37.33	20:24.00
68.50	27.85	1:05.85	2:24.65	5:09.50	10:40.00	20:28.50
68.00	27.97	1:06.13	2:25.20	5:10.67	10:42.67	20:33.00
67.50	28.08	1:06.42	2:25.75	5:11.83	10:45.33	20:37.50
67.00	28.20	1:06.70	2:26.30	5:13.00	10:48.00	20:42.00
66.50	28.32	1:06.98	2:26.85	5:14.17	10:50.67	20:46.50
66.00	28.43	1:07.27	2:27.40	5:15.33	10:53.33	20:51.00
65.50	28.55	1:07.55	2:27.95	5:16.50	10:56.00	20:55.50
65.00	28.67	1:07.83	2:28.50	5:17.67	10:58.67	21:00.00

64.50	28.78	1:08.12	2:29.05	5:18.83	11:01.33	21:04.50
64.00	28.90	1:08.40	2:29.60	5:20.00	11:04.00	21:09.00
63.50	29.02	1:08.68	2:30.15	5:21.17	11:06.67	21:13.50
63.00	29.13	1:08.97	2:30.70	5:22.33	11:09.33	21:18.00
62.50	29.25	1:09.25	2:31.25	5:23.50	11:12.00	21:22.50
62.00	29.37	1:09.53	2:31.80	5:24.67	11:14.67	21:27.00
61.50	29.48	1:09.82	2:32.35	5:25.83	11:17.33	21:31.50
61.00	29.60	1:10.10	2:32.90	5:27.00	11:20.00	21:36.00
60.50	29.72	1:10.38	2:33.45	5:28.17	11:22.67	21:40.50
60.00	29.83	1:10.67	2:34.00	5:29.33	11:25.33	21:45.00

2.男子仰泳、蛙泳、蝶泳、混合泳评分表(50 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
100.00	58.45	2:06.45	1:03.80	2:21.90	55.45	2:02.70	2:08.20	4:31.20
99.50	58.73	2:07.03	1:04.16	2:22.55	55.68	2:03.27	2:08.74	4:32.55
99.00	59.01	2:07.61	1:04.52	2:23.21	55.91	2:03.83	2:09.28	4:33.91
98.50	59.28	2:08.18	1:04.88	2:23.86	56.13	2:04.39	2:09.82	4:35.26
98.00	59.56	2:08.76	1:05.24	2:24.52	56.36	2:04.96	2:10.36	4:36.62
97.50	59.84	2:09.34	1:05.60	2:25.18	56.59	2:05.52	2:10.90	4:37.97
97.00	1:00.12	2:09.92	1:05.96	2:25.83	56.82	2:06.09	2:11.44	4:39.33
96.50	1:00.39	2:10.49	1:06.32	2:26.49	57.04	2:06.65	2:11.98	4:40.68
96.00	1:00.67	2:11.07	1:06.68	2:27.14	57.27	2:07.22	2:12.52	4:42.04
95.50	1:00.95	2:11.65	1:07.04	2:27.80	57.50	2:07.78	2:13.06	4:43.39
95.00	1:01.23	2:12.22	1:07.40	2:28.45	57.73	2:08.35	2:13.60	4:44.75
94.50	1:01.50	2:12.80	1:07.76	2:29.11	57.95	2:08.91	2:14.14	4:46.10
94.00	1:01.78	2:13.38	1:08.12	2:29.76	58.18	2:09.48	2:14.68	4:47.46
93.50	1:02.06	2:13.96	1:08.48	2:30.42	58.41	2:10.04	2:15.22	4:48.81
93.00	1:02.34	2:14.53	1:08.84	2:31.07	58.64	2:10.61	2:15.76	4:50.17
92.50	1:02.61	2:15.11	1:09.20	2:31.73	58.86	2:11.17	2:16.30	4:51.52
92.00	1:02.89	2:15.69	1:09.56	2:32.38	59.09	2:11.74	2:16.84	4:52.88
91.50	1:03.17	2:16.27	1:09.92	2:33.03	59.32	2:12.30	2:17.38	4:54.23
91.00	1:03.45	2:16.84	1:10.28	2:33.69	59.55	2:12.87	2:17.92	4:55.59

90.50	1:03.72	2:17.42	1:10.64	2:34.35	59.77	2:13.43	2:18.46	4:56.94
90.00	1:04.00	2:18.00	1:11.00	2:35.00	1:00.00	2:14.00	2:19.00	4:58.30
89.50	1:04.25	2:18.58	1:11.23	2:35.47	1:00.28	2:14.60	2:19.53	4:59.12
89.00	1:04.50	2:19.15	1:11.45	2:35.95	1:00.55	2:15.20	2:20.05	4:59.93
88.50	1:04.75	2:19.72	1:11.68	2:36.43	1:00.83	2:15.80	2:20.58	5:00.75
88.00	1:05.00	2:20.30	1:11.90	2:36.90	1:01.10	2:16.40	2:21.10	5:01.57
87.50	1:05.25	2:20.87	1:12.13	2:37.38	1:01.38	2:17.00	2:21.63	5:02.39
87.00	1:05.50	2:21.45	1:12.35	2:37.85	1:01.65	2:17.60	2:22.15	5:03.20
86.50	1:05.75	2:22.02	1:12.58	2:38.32	1:01.93	2:18.20	2:22.68	5:04.02
86.00	1:06.00	2:22.60	1:12.80	2:38.80	1:02.20	2:18.80	2:23.20	5:04.84
85.50	1:06.25	2:23.18	1:13.03	2:39.28	1:02.48	2:19.40	2:23.73	5:05.66
85.00	1:06.50	2:23.75	1:13.25	2:39.75	1:02.75	2:20.00	2:24.25	5:06.47
84.50	1:06.75	2:24.32	1:13.48	2:40.23	1:03.03	2:20.60	2:24.78	5:07.29
84.00	1:07.00	2:24.90	1:13.70	2:40.70	1:03.30	2:21.20	2:25.30	5:08.11
83.50	1:07.25	2:25.48	1:13.93	2:41.18	1:03.58	2:21.80	2:25.83	5:08.93
83.00	1:07.50	2:26.05	1:14.15	2:41.65	1:03.85	2:22.40	2:26.35	5:09.74
82.50	1:07.75	2:26.62	1:14.38	2:42.13	1:04.13	2:23.00	2:26.88	5:10.56
82.00	1:08.00	2:27.20	1:14.60	2:42.60	1:04.40	2:23.60	2:27.40	5:11.38
81.50	1:08.25	2:27.78	1:14.83	2:43.08	1:04.68	2:24.20	2:27.93	5:12.20
81.00	1:08.50	2:28.35	1:15.05	2:43.55	1:04.95	2:24.80	2:28.45	5:13.01
80.50	1:08.75	2:28.93	1:15.28	2:44.03	1:05.23	2:25.40	2:28.98	5:13.83
80.00	1:09.00	2:29.50	1:15.50	2:44.50	1:05.50	2:26.00	2:29.50	5:14.65
79.50	1:09.25	2:30.08	1:15.73	2:44.98	1:05.78	2:26.60	2:30.03	5:15.47
79.00	1:09.50	2:30.65	1:15.95	2:45.45	1:06.05	2:27.20	2:30.55	5:16.28
78.50	1:09.75	2:31.23	1:16.18	2:45.93	1:06.33	2:27.80	2:31.08	5:17.10
78.00	1:10.00	2:31.80	1:16.40	2:46.40	1:06.60	2:28.40	2:31.60	5:17.92
77.50	1:10.25	2:32.38	1:16.63	2:46.88	1:06.88	2:29.00	2:32.13	5:18.74
77.00	1:10.50	2:32.95	1:16.85	2:47.35	1:07.15	2:29.60	2:32.65	5:19.55
76.50	1:10.75	2:33.53	1:17.07	2:47.83	1:07.43	2:30.20	2:33.18	5:20.37
76.00	1:11.00	2:34.10	1:17.30	2:48.30	1:07.70	2:30.80	2:33.70	5:21.19
75.50	1:11.25	2:34.68	1:17.52	2:48.78	1:07.98	2:31.40	2:34.23	5:22.01
75.00	1:11.50	2:35.25	1:17.75	2:49.25	1:08.25	2:32.00	2:34.75	5:22.82

74.50	1:11.75	2:35.83	1:17.97	2:49.73	1:08.53	2:32.60	2:35.28	5:23.64
74.00	1:12.00	2:36.40	1:18.20	2:50.20	1:08.80	2:33.20	2:35.80	5:24.46
73.50	1:12.25	2:36.98	1:18.42	2:50.68	1:09.08	2:33.80	2:36.33	5:25.28
73.00	1:12.50	2:37.55	1:18.65	2:51.15	1:09.35	2:34.40	2:36.85	5:26.09
72.50	1:12.75	2:38.13	1:18.87	2:51.63	1:09.63	2:35.00	2:37.38	5:26.91
72.00	1:13.00	2:38.70	1:19.10	2:52.10	1:09.90	2:35.60	2:37.90	5:27.73
71.50	1:13.25	2:39.28	1:19.32	2:52.58	1:10.18	2:36.20	2:38.43	5:28.55
71.00	1:13.50	2:39.85	1:19.55	2:53.05	1:10.45	2:36.80	2:38.95	5:29.36
70.50	1:13.75	2:40.43	1:19.77	2:53.53	1:10.73	2:37.40	2:39.48	5:30.18
70.00	1:14.00	2:41.00	1:20.00	2:54.00	1:11.00	2:38.00	2:40.00	5:31.00
69.50	1:14.27	2:41.58	1:20.23	2:54.48	1:11.30	2:38.67	2:40.58	5:32.32
69.00	1:14.53	2:42.17	1:20.47	2:54.97	1:11.60	2:39.33	2:41.17	5:33.63
68.50	1:14.80	2:42.75	1:20.70	2:55.45	1:11.90	2:40.00	2:41.75	5:34.95
68.00	1:15.07	2:43.33	1:20.93	2:55.93	1:12.20	2:40.67	2:42.33	5:36.27
67.50	1:15.33	2:43.92	1:21.17	2:56.42	1:12.50	2:41.33	2:42.92	5:37.58
67.00	1:15.60	2:44.50	1:21.40	2:56.90	1:12.80	2:42.00	2:43.50	5:38.90
66.50	1:15.87	2:45.08	1:21.63	2:57.38	1:13.10	2:42.67	2:44.08	5:40.22
66.00	1:16.13	2:45.67	1:21.87	2:57.87	1:13.40	2:43.33	2:44.67	5:41.53
65.50	1:16.40	2:46.25	1:22.10	2:58.35	1:13.70	2:44.00	2:45.25	5:42.85
65.00	1:16.67	2:46.83	1:22.33	2:58.83	1:14.00	2:44.67	2:45.83	5:44.17
64.50	1:16.93	2:47.42	1:22.57	2:59.32	1:14.30	2:45.33	2:46.42	5:45.48
64.00	1:17.20	2:48.00	1:22.80	2:59.80	1:14.60	2:46.00	2:47.00	5:46.80
63.50	1:17.47	2:48.58	1:23.03	3:00.28	1:14.90	2:46.67	2:47.58	5:48.12
63.00	1:17.73	2:49.17	1:23.27	3:00.77	1:15.20	2:47.33	2:48.17	5:49.43
62.50	1:18.00	2:49.75	1:23.50	3:01.25	1:15.50	2:48.00	2:48.75	5:50.75
62.00	1:18.27	2:50.33	1:23.73	3:01.73	1:15.80	2:48.67	2:49.33	5:52.07
61.50	1:18.53	2:50.92	1:23.97	3:02.22	1:16.10	2:49.33	2:49.92	5:53.38
61.00	1:18.80	2:51.50	1:24.20	3:02.70	1:16.40	2:50.00	2:50.50	5:54.70
60.50	1:19.07	2:52.08	1:24.43	3:03.18	1:16.70	2:50.67	2:51.08	5:56.02
60.00	1:19.33	2:52.67	1:24.67	3:03.67	1:17.00	2:51.33	2:51.67	5:57.33

3.女子自由泳评分表(50 米池)

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	25.85	56.30	2:01.20	4:15.80	8:53.40	17:14.00
99.50	25.92	56.61	2:01.89	4:17.21	8:55.83	17:18.05
99.00	25.99	56.92	2:02.58	4:18.62	8:58.26	17:22.10
98.50	26.05	57.23	2:03.27	4:20.03	9:00.69	17:26.15
98.00	26.12	57.54	2:03.96	4:21.44	9:03.12	17:30.20
97.50	26.19	57.85	2:04.65	4:22.85	9:05.55	17:34.25
97.00	26.26	58.16	2:05.34	4:24.26	9:07.98	17:38.30
96.50	26.32	58.47	2:06.03	4:25.67	9:10.41	17:42.35
96.00	26.39	58.78	2:06.72	4:27.08	9:12.84	17:46.40
95.50	26.46	59.09	2:07.41	4:28.49	9:15.27	17:50.45
95.00	26.53	59.40	2:08.10	4:29.90	9:17.70	17:54.50
94.50	26.59	59.71	2:08.79	4:31.31	9:20.13	17:58.55
94.00	26.66	1:00.02	2:09.48	4:32.72	9:22.56	18:02.60
93.50	26.73	1:00.33	2:10.17	4:34.13	9:24.99	18:06.65
93.00	26.80	1:00.64	2:10.86	4:35.54	9:27.42	18:10.70
92.50	26.86	1:00.95	2:11.55	4:36.95	9:29.85	18:14.75
92.00	26.93	1:01.26	2:12.24	4:38.36	9:32.28	18:18.80
91.50	27.00	1:01.57	2:12.93	4:39.77	9:34.71	18:22.85
91.00	27.07	1:01.88	2:13.62	4:41.18	9:37.14	18:26.90
90.50	27.13	1:02.19	2:14.31	4:42.59	9:39.57	18:30.95
90.00	27.20	1:02.50	2:15.00	4:44.00	9:42.00	18:35.00
89.50	27.31	1:02.76	2:15.60	4:45.55	9:45.50	18:42.75
89.00	27.42	1:03.02	2:16.20	4:47.10	9:49.00	18:50.50
88.50	27.52	1:03.29	2:16.80	4:48.65	9:52.50	18:58.25
88.00	27.63	1:03.55	2:17.40	4:50.20	9:56.00	19:06.00
87.50	27.74	1:03.81	2:18.00	4:51.75	9:59.50	19:13.75
87.00	27.85	1:04.07	2:18.60	4:53.30	10:03.00	19:21.50
86.50	27.95	1:04.34	2:19.20	4:54.85	10:06.50	19:29.25
86.00	28.06	1:04.60	2:19.80	4:56.40	10:10.00	19:37.00
85.50	28.17	1:04.86	2:20.40	4:57.95	10:13.50	19:44.75

85.00	28.28	1:05.12	2:21.00	4:59.50	10:17.00	19:52.50
84.50	28.38	1:05.39	2:21.60	5:01.05	10:20.50	20:00.25
84.00	28.49	1:05.65	2:22.20	5:02.60	10:24.00	20:08.00
83.50	28.60	1:05.91	2:22.80	5:04.15	10:27.50	20:15.75
83.00	28.71	1:06.17	2:23.40	5:05.70	10:31.00	20:23.50
82.50	28.81	1:06.44	2:24.00	5:07.25	10:34.50	20:31.25
82.00	28.92	1:06.70	2:24.60	5:08.80	10:38.00	20:39.00
81.50	29.03	1:06.96	2:25.20	5:10.35	10:41.50	20:46.75
81.00	29.14	1:07.22	2:25.80	5:11.90	10:45.00	20:54.50
80.50	29.24	1:07.49	2:26.40	5:13.45	10:48.50	21:02.25
80.00	29.35	1:07.75	2:27.00	5:15.00	10:52.00	21:10.00
79.50	29.46	1:08.01	2:27.60	5:16.55	10:55.50	21:17.75
79.00	29.57	1:08.27	2:28.20	5:18.10	10:59.00	21:25.50
78.50	29.67	1:08.54	2:28.80	5:19.65	11:02.50	21:33.25
78.00	29.78	1:08.80	2:29.40	5:21.20	11:06.00	21:41.00
77.50	29.89	1:09.06	2:30.00	5:22.75	11:09.50	21:48.75
77.00	30.00	1:09.32	2:30.60	5:24.30	11:13.00	21:56.50
76.50	30.10	1:09.59	2:31.20	5:25.85	11:16.50	22:04.25
76.00	30.21	1:09.85	2:31.80	5:27.40	11:20.00	22:12.00
75.50	30.32	1:10.11	2:32.40	5:28.95	11:23.50	22:19.75
75.00	30.43	1:10.37	2:33.00	5:30.50	11:27.00	22:27.50
74.50	30.53	1:10.64	2:33.60	5:32.05	11:30.50	22:35.25
74.00	30.64	1:10.90	2:34.20	5:33.60	11:34.00	22:43.00
73.50	30.75	1:11.16	2:34.80	5:35.15	11:37.50	22:50.75
73.00	30.86	1:11.42	2:35.40	5:36.70	11:41.00	22:58.50
72.50	30.96	1:11.69	2:36.00	5:38.25	11:44.50	23:06.25
72.00	31.07	1:11.95	2:36.60	5:39.80	11:48.00	23:14.00
71.50	31.18	1:12.21	2:37.20	5:41.35	11:51.50	23:21.75
71.00	31.29	1:12.47	2:37.80	5:42.90	11:55.00	23:29.50
70.50	31.39	1:12.74	2:38.40	5:44.45	11:58.50	23:37.25
70.00	31.50	1:13.00	2:39.00	5:46.00	12:02.00	23:45.00
69.50	31.62	1:13.35	2:39.73	5:47.33	12:05.00	23:49.00

69.00	31.73	1:13.70	2:40.47	5:48.67	12:08.00	23:53.00
68.50	31.85	1:14.05	2:41.20	5:50.00	12:11.00	23:57.00
68.00	31.97	1:14.40	2:41.93	5:51.33	12:14.00	24:01.00
67.50	32.08	1:14.75	2:42.67	5:52.67	12:17.00	24:05.00
67.00	32.20	1:15.10	2:43.40	5:54.00	12:20.00	24:09.00
66.50	32.32	1:15.45	2:44.13	5:55.33	12:23.00	24:13.00
66.00	32.43	1:15.80	2:44.87	5:56.67	12:26.00	24:17.00
65.50	32.55	1:16.15	2:45.60	5:58.00	12:29.00	24:21.00
65.00	32.67	1:16.50	2:46.33	5:59.33	12:32.00	24:25.00
64.50	32.78	1:16.85	2:47.07	6:00.67	12:35.00	24:29.00
64.00	32.90	1:17.20	2:47.80	6:02.00	12:38.00	24:33.00
63.50	33.02	1:17.55	2:48.53	6:03.33	12:41.00	24:37.00
63.00	33.13	1:17.90	2:49.27	6:04.67	12:44.00	24:41.00
62.50	33.25	1:18.25	2:50.00	6:06.00	12:47.00	24:45.00
62.00	33.37	1:18.60	2:50.73	6:07.33	12:50.00	24:49.00
61.50	33.48	1:18.95	2:51.47	6:08.67	12:53.00	24:53.00
61.00	33.60	1:19.30	2:52.20	6:10.00	12:56.00	24:57.00
60.50	33.72	1:19.65	2:52.93	6:11.33	12:59.00	25:01.00
60.00	33.83	1:20.00	2:53.67	6:12.67	13:02.00	25:05.00

4.女子仰泳、蛙泳、蝶泳、混合泳评分表(50 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
100.00	1:04.30	2:18.30	1:10.75	2:36.60	1:00.50	2:14.20	2:18.40	4:56.80
99.50	1:04.54	2:18.86	1:11.11	2:37.32	1:00.88	2:14.74	2:18.98	4:57.86
99.00	1:04.77	2:19.42	1:11.48	2:38.04	1:01.25	2:15.28	2:19.56	4:58.92
98.50	1:05.01	2:19.98	1:11.84	2:38.76	1:01.63	2:15.82	2:20.14	4:59.98
98.00	1:05.24	2:20.54	1:12.20	2:39.48	1:02.00	2:16.36	2:20.72	5:01.04
97.50	1:05.48	2:21.10	1:12.56	2:40.20	1:02.38	2:16.90	2:21.30	5:02.10
97.00	1:05.71	2:21.66	1:12.92	2:40.92	1:02.75	2:17.44	2:21.88	5:03.16
96.50	1:05.95	2:22.22	1:13.29	2:41.64	1:03.13	2:17.98	2:22.46	5:04.22
96.00	1:06.18	2:22.78	1:13.65	2:42.36	1:03.50	2:18.52	2:23.04	5:05.28

95.50	1:06.42	2:23.34	1:14.01	2:43.08	1:03.88	2:19.06	2:23.62	5:06.34
95.00	1:06.65	2:23.90	1:14.37	2:43.80	1:04.25	2:19.60	2:24.20	5:07.40
94.50	1:06.89	2:24.46	1:14.74	2:44.52	1:04.63	2:20.14	2:24.78	5:08.46
94.00	1:07.12	2:25.02	1:15.10	2:45.24	1:05.00	2:20.68	2:25.36	5:09.52
93.50	1:07.36	2:25.58	1:15.46	2:45.96	1:05.38	2:21.22	2:25.94	5:10.58
93.00	1:07.59	2:26.14	1:15.82	2:46.68	1:05.75	2:21.76	2:26.52	5:11.64
92.50	1:07.83	2:26.70	1:16.19	2:47.40	1:06.13	2:22.30	2:27.10	5:12.70
92.00	1:08.06	2:27.26	1:16.55	2:48.12	1:06.50	2:22.84	2:27.68	5:13.76
91.50	1:08.30	2:27.82	1:16.91	2:48.84	1:06.88	2:23.38	2:28.26	5:14.82
91.00	1:08.53	2:28.38	1:17.27	2:49.56	1:07.25	2:23.92	2:28.84	5:15.88
90.50	1:08.77	2:28.94	1:17.64	2:50.28	1:07.63	2:24.46	2:29.42	5:16.94
90.00	1:09.00	2:29.50	1:18.00	2:51.00	1:08.00	2:25.00	2:30.00	5:18.00
89.50	1:09.30	2:30.09	1:18.28	2:51.55	1:08.30	2:25.74	2:30.70	5:19.58
89.00	1:09.60	2:30.68	1:18.55	2:52.10	1:08.60	2:26.47	2:31.40	5:21.15
88.50	1:09.90	2:31.26	1:18.83	2:52.65	1:08.90	2:27.21	2:32.10	5:22.73
88.00	1:10.20	2:31.85	1:19.10	2:53.20	1:09.20	2:27.95	2:32.80	5:24.30
87.50	1:10.50	2:32.44	1:19.38	2:53.75	1:09.50	2:28.69	2:33.50	5:25.88
87.00	1:10.80	2:33.03	1:19.65	2:54.30	1:09.80	2:29.42	2:34.20	5:27.45
86.50	1:11.10	2:33.61	1:19.93	2:54.85	1:10.10	2:30.16	2:34.90	5:29.03
86.00	1:11.40	2:34.20	1:20.20	2:55.40	1:10.40	2:30.90	2:35.60	5:30.60
85.50	1:11.70	2:34.79	1:20.48	2:55.95	1:10.70	2:31.64	2:36.30	5:32.18
85.00	1:12.00	2:35.38	1:20.75	2:56.50	1:11.00	2:32.37	2:37.00	5:33.75
84.50	1:12.30	2:35.96	1:21.03	2:57.05	1:11.30	2:33.11	2:37.70	5:35.33
84.00	1:12.60	2:36.55	1:21.30	2:57.60	1:11.60	2:33.85	2:38.40	5:36.90
83.50	1:12.90	2:37.14	1:21.58	2:58.15	1:11.90	2:34.59	2:39.10	5:38.48
83.00	1:13.20	2:37.73	1:21.85	2:58.70	1:12.20	2:35.32	2:39.80	5:40.05
82.50	1:13.50	2:38.31	1:22.13	2:59.25	1:12.50	2:36.06	2:40.50	5:41.63
82.00	1:13.80	2:38.90	1:22.40	2:59.80	1:12.80	2:36.80	2:41.20	5:43.20
81.50	1:14.10	2:39.49	1:22.68	3:00.35	1:13.10	2:37.54	2:41.90	5:44.78
81.00	1:14.40	2:40.08	1:22.95	3:00.90	1:13.40	2:38.27	2:42.60	5:46.35
80.50	1:14.70	2:40.66	1:23.23	3:01.45	1:13.70	2:39.01	2:43.30	5:47.93
80.00	1:15.00	2:41.25	1:23.50	3:02.00	1:14.00	2:39.75	2:44.00	5:49.50

79.50	1:15.30	2:41.84	1:23.78	3:02.55	1:14.30	2:40.49	2:44.70	5:51.08
79.00	1:15.60	2:42.43	1:24.05	3:03.10	1:14.60	2:41.22	2:45.40	5:52.65
78.50	1:15.90	2:43.01	1:24.33	3:03.65	1:14.90	2:41.96	2:46.10	5:54.22
78.00	1:16.20	2:43.60	1:24.60	3:04.20	1:15.20	2:42.70	2:46.80	5:55.80
77.50	1:16.50	2:44.19	1:24.88	3:04.75	1:15.50	2:43.44	2:47.50	5:57.37
77.00	1:16.80	2:44.78	1:25.15	3:05.30	1:15.80	2:44.17	2:48.20	5:58.95
76.50	1:17.10	2:45.36	1:25.43	3:05.85	1:16.10	2:44.91	2:48.90	6:00.52
76.00	1:17.40	2:45.95	1:25.70	3:06.40	1:16.40	2:45.65	2:49.60	6:02.10
75.50	1:17.70	2:46.54	1:25.98	3:06.95	1:16.70	2:46.39	2:50.30	6:03.67
75.00	1:18.00	2:47.13	1:26.25	3:07.50	1:17.00	2:47.12	2:51.00	6:05.25
74.50	1:18.30	2:47.71	1:26.53	3:08.05	1:17.30	2:47.86	2:51.70	6:06.82
74.00	1:18.60	2:48.30	1:26.80	3:08.60	1:17.60	2:48.60	2:52.40	6:08.40
73.50	1:18.90	2:48.89	1:27.08	3:09.15	1:17.90	2:49.34	2:53.10	6:09.97
73.00	1:19.20	2:49.48	1:27.35	3:09.70	1:18.20	2:50.07	2:53.80	6:11.55
72.50	1:19.50	2:50.06	1:27.63	3:10.25	1:18.50	2:50.81	2:54.50	6:13.12
72.00	1:19.80	2:50.65	1:27.90	3:10.80	1:18.80	2:51.55	2:55.20	6:14.70
71.50	1:20.10	2:51.24	1:28.18	3:11.35	1:19.10	2:52.29	2:55.90	6:16.27
71.00	1:20.40	2:51.83	1:28.45	3:11.90	1:19.40	2:53.02	2:56.60	6:17.85
70.50	1:20.70	2:52.41	1:28.73	3:12.45	1:19.70	2:53.76	2:57.30	6:19.42
70.00	1:21.00	2:53.00	1:29.00	3:13.00	1:20.00	2:54.50	2:58.00	6:21.00
69.50	1:21.33	2:53.76	1:29.25	3:13.58	1:20.32	2:55.22	2:58.83	6:22.75
69.00	1:21.67	2:54.52	1:29.50	3:14.17	1:20.63	2:55.95	2:59.67	6:24.50
68.50	1:22.00	2:55.27	1:29.75	3:14.75	1:20.95	2:56.67	3:00.50	6:26.25
68.00	1:22.33	2:56.03	1:30.00	3:15.33	1:21.27	2:57.40	3:01.33	6:28.00
67.50	1:22.67	2:56.79	1:30.25	3:15.92	1:21.58	2:58.12	3:02.17	6:29.75
63.00	1:25.67	3:03.62	1:32.50	3:21.17	1:24.43	3:04.65	3:09.67	6:45.50
62.50	1:26.00	3:04.37	1:32.75	3:21.75	1:24.75	3:05.37	3:10.50	6:47.25
62.00	1:26.33	3:05.13	1:33.00	3:22.33	1:25.07	3:06.10	3:11.33	6:49.00
61.50	1:26.67	3:05.89	1:33.25	3:22.92	1:25.38	3:06.82	3:12.17	6:50.75
61.00	1:27.00	3:06.65	1:33.50	3:23.50	1:25.70	3:07.55	3:13.00	6:52.50
60.50	1:27.33	3:07.41	1:33.75	3:24.08	1:26.02	3:08.27	3:13.83	6:54.25
60.00	1:27.67	3:08.17	1:34.00	3:24.67	1:26.33	3:09.00	3:14.67	6:56.00