

游泳专项测试项目及评价标准

一、测试指标与所占分值

测 试 指 标	专项	200 米混合泳
占比 (分值)	80% (80 分)	20% (20 分)

专项：考生在 100 米自由泳、100 米仰泳、100 米蛙泳、100 米蝶泳中任选一项进行测试（请在报名表上注明报考项目）

二、测试方法

（一）考试在标准 50 米泳池进行，采用人工发令和计时，每次出发由一人发令，每道由 3 个裁判计时，取 3 个裁判的中间计时成绩为考生最终考试成绩。时间计算到百分之一秒。

（二）报到时抽签决定考试顺序，按顺序进行考试。

（三）每项出发时每人有 2 次出发机会，第一次抢跳召回，进行第 2 次出发，第 2 次再抢跳，则该项计 0 分，其余按最新游泳竞赛规则进行。

（四）原则上先测试专项，后测试 200 米混合泳。每项只进行一个赛次的测试。

（五）根据考生两项测试成绩按占比进行计分，按得分进行排序。如分数相同，按专项的名次确定排序，名次列前排序列前。

三、评分标准

游泳专项测试评分标准

(30 分以下按最低分 30 分计算)

分值	100 米蝶泳		100 米仰泳		100 米蛙泳		100 米自由泳		200 米混合泳	
	男	女	男	女	男	女	男	女	男	女
100.00	1:00.00	1:08.00	1:04.00	1:09.00	1:11.00	1:18.00	55.50	1:02.50	2:19.00	2:30.00
99.50	1:00.28	1:08.30	1:04.25	1:09.30	1:11.23	1:18.28	55.74	1:02.76	2:19.53	2:30.70
99.00	1:00.55	1:08.60	1:04.50	1:09.60	1:11.45	1:18.55	55.98	1:03.02	2:20.05	2:31.40
98.50	1:00.83	1:08.90	1:04.75	1:09.90	1:11.68	1:18.83	56.21	1:03.29	2:20.58	2:32.10
98.00	1:01.10	1:09.20	1:05.00	1:10.20	1:11.90	1:19.10	56.45	1:03.55	2:21.10	2:32.80
97.50	1:01.38	1:09.50	1:05.25	1:10.50	1:12.13	1:19.38	56.69	1:03.81	2:21.63	2:33.50
97.00	1:01.65	1:09.80	1:05.50	1:10.80	1:12.35	1:19.65	56.93	1:04.07	2:22.15	2:34.20
96.50	1:01.93	1:10.10	1:05.75	1:11.10	1:12.58	1:19.93	57.16	1:04.34	2:22.68	2:34.90
96.00	1:02.20	1:10.40	1:06.00	1:11.40	1:12.80	1:20.20	57.40	1:04.60	2:23.20	2:35.60
95.50	1:02.48	1:10.70	1:06.25	1:11.70	1:13.03	1:20.48	57.64	1:04.86	2:23.73	2:36.30
95.00	1:02.75	1:11.00	1:06.50	1:12.00	1:13.25	1:20.75	57.88	1:05.12	2:24.25	2:37.00
94.50	1:03.03	1:11.30	1:06.75	1:12.30	1:13.48	1:21.03	58.11	1:05.39	2:24.78	2:37.70
94.00	1:03.30	1:11.60	1:07.00	1:12.60	1:13.70	1:21.30	58.35	1:05.65	2:25.30	2:38.40
93.50	1:03.58	1:11.90	1:07.25	1:12.90	1:13.93	1:21.58	58.59	1:05.91	2:25.83	2:39.10
93.00	1:03.85	1:12.20	1:07.50	1:13.20	1:14.15	1:21.85	58.83	1:06.17	2:26.35	2:39.80
92.50	1:04.13	1:12.50	1:07.75	1:13.50	1:14.38	1:22.13	59.06	1:06.44	2:26.88	2:40.50
92.00	01:04.40	1:12.80	01:08.00	1:13.80	1:14.60	1:22.40	59.30	1:06.70	02:27.40	2:41.20
91.50	1:04.68	1:13.10	1:08.25	1:14.10	1:14.83	1:22.68	59.54	1:06.96	2:27.93	2:41.90
91.00	1:04.95	1:13.40	1:08.50	1:14.40	1:15.05	1:22.95	59.78	1:07.22	2:28.45	2:42.60
90.50	1:05.23	1:13.70	1:08.75	1:14.70	1:15.28	1:23.23	1:00.01	1:07.49	2:28.98	2:43.30
90.00	1:05.50	1:14.00	1:09.00	1:15.00	1:15.50	1:23.50	1:00.25	1:07.75	2:29.50	2:44.00
89.50	1:05.78	1:14.30	1:09.25	1:15.30	1:15.73	1:23.78	1:00.49	1:08.01	2:30.03	2:44.70
89.00	1:06.05	1:14.60	1:09.50	1:15.60	1:15.95	1:24.05	1:00.73	01:08.27	2:30.55	2:45.40
88.50	1:06.33	1:14.90	1:09.75	1:15.90	1:16.18	1:24.33	1:00.96	1:08.54	2:31.08	2:46.10
88.00	1:06.60	1:15.20	1:10.00	1:16.20	1:16.40	1:24.60	1:01.20	1:08.80	2:31.60	2:46.80
87.50	1:06.88	1:15.50	1:10.25	1:16.50	1:16.63	1:24.88	1:01.44	1:09.06	2:32.13	2:47.50
87.00	1:07.15	1:15.80	1:10.50	1:16.80	1:16.85	1:25.15	1:01.68	1:09.32	2:32.65	2:48.20
86.50	1:07.43	1:16.10	1:10.75	1:17.10	1:17.07	1:25.43	1:01.91	1:09.59	2:33.18	2:48.90
86.00	1:07.70	1:16.40	1:11.00	1:17.40	1:17.30	1:25.70	1:02.15	1:09.85	2:33.70	2:49.60
85.50	1:07.98	1:16.70	1:11.25	1:17.70	1:17.52	1:25.98	1:02.39	1:10.11	2:34.23	2:50.30
85.00	1:08.25	1:17.00	1:11.50	1:18.00	1:17.75	1:26.25	1:02.63	1:10.37	2:34.75	2:51.00
84.50	1:08.53	1:17.30	1:11.75	1:18.30	1:17.97	1:26.53	1:02.86	1:10.64	2:35.28	2:51.70

84.00	1:08.80	1:17.60	1:12.00	1:18.60	1:18.20	1:26.80	1:03.10	1:10.90	2:35.80	2:52.40
83.50	1:09.08	1:17.90	1:12.25	1:18.90	1:18.42	1:27.08	1:03.34	1:11.16	2:36.33	2:53.10
83.00	1:09.35	1:18.20	1:12.50	1:19.20	1:18.65	1:27.35	1:03.58	1:11.42	2:36.85	2:53.80
82.50	1:09.63	1:18.50	1:12.75	1:19.50	1:18.87	1:27.63	1:03.81	1:11.69	2:37.38	2:54.50
82.00	1:09.90	1:18.80	1:13.00	1:19.80	1:19.10	1:27.90	01:04.05	1:11.95	2:37.90	2:55.20
81.50	1:10.18	1:19.10	1:13.25	1:20.10	1:19.32	1:28.18	1:04.29	1:12.21	2:38.43	2:55.90
81.00	1:10.45	1:19.40	1:13.50	1:20.40	1:19.55	1:28.45	1:04.53	1:12.47	2:38.95	2:56.60
80.50	1:10.73	1:19.70	1:13.75	1:20.70	1:19.77	1:28.73	1:04.76	1:12.74	2:39.48	2:57.30
80.00	1:11.00	1:20.00	1:14.00	1:21.00	1:20.00	1:29.00	1:05.00	1:13.00	2:40.00	2:58.00
79.50	1:11.30	1:20.32	1:14.27	1:21.33	1:20.23	1:29.25	1:05.28	1:13.35	2:40.58	2:58.83
79.00	1:11.60	1:20.63	01:14.53	1:21.67	1:20.47	1:29.50	1:05.57	1:13.70	02:41.17	2:59.67
78.50	1:11.90	1:20.95	1:14.80	1:22.00	1:20.70	1:29.75	1:05.85	1:14.05	2:41.75	3:00.50
78.00	1:12.20	1:21.27	1:15.07	1:22.33	1:20.93	1:30.00	1:06.13	1:14.40	2:42.33	3:01.33
77.50	1:12.50	1:21.58	1:15.33	1:22.67	1:21.17	1:30.25	1:06.42	1:14.75	2:42.92	3:02.17
77.00	1:12.80	1:21.90	1:15.60	1:23.00	1:21.40	1:30.50	1:06.70	1:15.10	2:43.50	3:03.00
76.50	1:13.10	1:22.22	1:15.87	1:23.33	1:21.63	1:30.75	1:06.98	1:15.45	2:44.08	3:03.83
76.00	1:13.40	1:22.53	1:16.13	1:23.67	1:21.87	1:31.00	1:07.27	01:15.80	2:44.67	3:04.67
75.50	1:13.70	1:22.85	1:16.40	1:24.00	1:22.10	1:31.25	1:07.55	1:16.15	2:45.25	3:05.50
75.00	1:14.00	1:23.17	1:16.67	1:24.33	1:22.33	1:31.50	1:07.83	1:16.50	2:45.83	3:06.33
74.50	1:14.30	1:23.48	1:16.93	1:24.67	1:22.57	1:31.75	1:08.12	1:16.85	2:46.42	3:07.17
74.00	1:14.60	1:23.80	1:17.20	1:25.00	1:22.80	1:32.00	1:08.40	1:17.20	2:47.00	3:08.00
73.50	1:14.90	1:24.12	1:17.47	1:25.33	1:23.03	1:32.25	1:08.68	1:17.55	2:47.58	3:08.83
73.00	1:15.20	1:24.43	1:17.73	1:25.67	1:23.27	1:32.50	1:08.97	1:17.90	2:48.17	3:09.67
72.50	1:15.50	1:24.75	1:18.00	1:26.00	1:23.50	1:32.75	1:09.25	1:18.25	2:48.75	3:10.50
72.51	1:15.80	1:25.07	1:18.27	1:26.33	1:23.73	1:33.00	1:09.53	1:18.60	2:49.33	3:11.33
71.50	1:16.10	1:25.38	1:18.53	1:26.67	1:23.97	1:33.25	1:09.82	1:18.95	2:49.92	3:12.17
71.00	1:16.40	1:25.70	1:18.80	1:27.00	1:24.20	1:33.50	1:10.10	1:19.30	2:50.50	3:13.00
70.50	1:16.70	1:26.02	1:19.07	1:27.33	1:24.43	1:33.75	1:10.38	1:19.65	2:51.08	3:13.83
70.00	1:17.00	1:26.33	1:19.33	1:27.67	1:24.67	1:34.00	1:10.67	1:20.00	2:51.67	3:14.67
69.50	1:17.30	1:26.65	1:19.60	1:28.00	1:24.90	1:34.25	1:10.95	1:20.35	2:52.25	3:15.50
69.00	1:17.60	1:26.97	1:19.87	1:28.33	1:25.13	1:34.50	01:11.23	1:20.70	2:52.83	3:16.33
68.50	1:17.90	1:27.28	1:20.13	1:28.67	1:25.37	1:34.75	1:11.52	1:21.05	2:53.42	3:17.17
68.00	1:18.20	1:27.60	1:20.40	1:29.00	1:25.60	1:35.00	1:11.80	1:21.40	2:54.00	3:18.00
67.50	1:18.50	1:27.92	1:20.67	1:29.33	1:25.83	1:35.25	1:12.08	1:21.75	2:54.58	3:18.83
67.00	1:18.80	1:28.23	1:20.93	1:29.67	1:26.07	1:35.50	1:12.37	1:22.10	2:55.17	3:19.67
66.50	1:19.10	1:28.55	1:21.20	1:30.00	1:26.30	1:35.75	1:12.65	1:22.45	2:55.75	3:20.50
66.00	01:19.40	1:28.87	1:21.47	1:30.33	1:26.53	1:36.00	1:12.93	1:22.80	02:56.33	3:21.33
65.50	1:19.70	1:29.18	1:21.73	1:30.67	1:26.77	1:36.25	1:13.22	1:23.15	2:56.92	3:22.17

65.00	1:20.00	1:29.50	1:22.00	1:31.00	1:27.00	1:36.50	1:13.50	1:23.50	2:57.50	3:23.00
64.50	1:20.30	1:29.82	1:22.27	1:31.33	1:27.23	1:36.75	1:13.78	1:23.85	2:58.08	3:23.83
64.00	1:20.60	1:30.13	1:22.53	1:31.67	1:27.47	1:37.00	1:14.07	1:24.20	2:58.67	3:24.67
63.50	1:20.90	1:30.45	1:22.80	1:32.00	1:27.70	1:37.25	1:14.35	1:24.55	2:59.25	3:25.50
63.00	1:21.20	1:30.77	1:23.07	1:32.33	1:27.93	1:37.50	1:14.63	1:24.90	2:59.83	3:26.33
62.50	1:21.50	1:31.08	1:23.33	1:32.67	1:28.17	1:37.75	1:14.92	1:25.25	3:00.42	3:27.17
62.00	1:21.80	1:31.40	1:23.60	1:33.00	1:28.40	1:38.00	1:15.20	1:25.60	3:01.00	3:28.00
61.50	1:22.10	1:31.72	1:23.87	1:33.33	1:28.63	1:38.25	1:15.48	1:25.95	3:01.58	3:28.83
61.00	1:22.40	1:32.03	1:24.13	1:33.67	1:28.87	1:38.50	1:15.77	1:26.30	3:02.17	3:29.67
60.50	1:22.70	1:32.35	1:24.40	1:34.00	1:29.10	1:38.75	1:16.05	1:26.65	3:02.75	3:30.50
60.00	1:23.00	1:32.67	1:24.67	1:34.33	1:29.33	1:39.00	1:16.33	1:27.00	3:03.33	3:31.33
59.50	1:23.30	1:32.98	1:24.93	1:34.67	1:29.57	1:39.25	1:16.62	1:27.35	3:03.92	3:32.17
60.00	1:23.60	1:33.30	1:25.20	1:35.00	1:29.80	1:39.50	1:16.90	1:27.70	3:04.50	3:33.00
58.50	1:23.90	1:33.62	1:25.47	1:35.33	1:30.03	1:39.75	1:17.18	1:28.05	3:05.08	3:33.83
58.00	1:24.20	1:33.93	1:25.73	1:35.67	1:30.27	1:40.00	1:17.47	1:28.40	3:05.67	3:34.67
57.50	1:24.50	1:34.25	1:26.00	1:36.00	1:30.50	1:40.25	1:17.75	1:28.75	3:06.25	3:35.50
57.00	1:24.80	1:34.57	1:26.27	1:36.33	1:30.73	1:40.50	1:18.03	1:29.10	3:06.83	3:36.33
56.50	1:25.10	1:34.88	1:26.53	1:36.67	1:30.97	1:40.75	1:18.32	1:29.45	3:07.42	3:37.17
56.00	1:25.40	1:35.20	1:26.80	1:37.00	1:31.20	1:41.00	01:18.60	1:29.80	3:08.00	3:38.00
55.50	1:25.70	1:35.52	1:27.07	1:37.33	1:31.43	1:41.25	1:18.88	1:30.15	3:08.58	3:38.83
55.00	1:26.00	1:35.83	1:27.33	1:37.67	1:31.67	1:41.50	1:19.17	1:30.50	3:09.17	3:39.67
54.50	1:26.30	1:36.15	1:27.60	1:38.00	1:31.90	1:41.75	1:19.45	1:30.85	3:09.75	3:40.50
54.00	1:26.60	1:36.47	1:27.87	1:38.33	1:32.13	1:42.00	1:19.73	1:31.20	3:10.33	3:41.33
53.50	1:26.90	1:36.78	1:28.13	1:38.67	1:32.37	1:42.25	1:20.02	1:31.55	3:10.92	3:42.17
53.00	1:27.20	1:37.10	1:28.40	1:39.00	1:32.60	1:42.50	1:20.30	1:31.90	3:11.50	3:43.00
52.50	1:27.50	1:37.42	1:28.67	1:39.33	1:32.83	1:42.75	1:20.58	1:32.25	3:12.08	3:43.83
52.00	1:27.80	1:37.73	1:28.93	1:39.67	1:33.07	1:43.00	1:20.87	1:32.60	3:12.67	3:44.67
51.50	1:28.10	1:38.05	1:29.20	1:40.00	1:33.30	1:43.25	1:21.15	1:32.95	3:13.25	3:45.50
51.00	1:28.70	1:38.37	1:29.47	1:40.33	1:33.53	1:43.50	1:21.43	1:33.30	3:14.42	3:46.33
50.50	1:29.00	1:38.68	1:29.73	1:40.67	1:33.77	1:43.75	1:21.72	1:33.65	3:15.00	3:47.17
50.00	1:29.30	1:39.00	1:30.00	1:41.00	1:34.00	1:44.00	1:22.00	01:34.00	3:15.62	3:48.00
49.50	1:29.60	1:39.28	1:30.23	1:41.37	1:34.27	1:44.25	1:22.30	1:34.35	3:16.21	3:48.87
49.00	1:29.90	1:39.59	1:30.49	1:41.71	1:34.51	1:44.50	1:22.59	1:34.70	3:16.80	3:49.71
48.50	1:30.20	1:39.90	1:30.75	1:42.05	1:34.75	1:44.75	1:22.88	1:35.05	3:17.39	3:50.55
48.00	1:30.50	1:40.21	1:31.01	1:42.39	1:34.99	1:45.00	1:23.17	1:35.40	3:17.98	3:51.39
47.50	1:30.80	1:40.52	1:31.27	1:42.73	1:35.23	1:45.25	1:23.46	1:35.75	3:18.57	3:52.23
47.00	1:31.10	1:40.83	1:31.53	1:43.07	1:35.47	1:45.50	1:23.75	1:36.10	3:19.16	3:53.07

46.50	1:31.40	1:41.14	1:31.79	1:43.41	1:35.71	1:45.75	1:24.04	1:36.45	3:19.75	3:53.91
47.00	1:31.70	1:41.45	1:32.05	1:43.75	1:35.95	1:46.00	1:24.33	1:36.80	3:20.34	3:54.75
45.50	1:32.00	1:41.76	1:32.31	1:44.09	1:36.19	1:46.25	1:24.62	1:37.15	3:20.93	3:55.59
45.00	1:32.30	1:42.07	1:32.57	1:44.43	1:36.43	1:46.50	1:24.91	1:37.50	3:21.52	3:56.43
44.50	1:32.60	1:42.38	1:32.83	1:44.77	1:36.67	1:46.75	1:25.20	1:37.85	3:22.11	3:57.27
44.00	1:32.90	1:42.69	1:33.09	1:45.11	1:36.91	1:47.00	1:25.49	1:38.20	3:22.70	3:58.11
43.50	1:33.20	1:43.00	1:33.35	1:45.45	1:37.15	1:47.25	1:25.78	1:38.55	3:23.29	3:58.95
43.00	1:33.50	1:43.31	1:33.61	1:45.79	1:37.39	1:47.50	01:26.07	1:38.90	3:23.88	3:59.79
42.50	1:33.80	1:43.62	1:33.87	1:46.13	1:37.63	1:47.75	1:26.36	1:39.25	3:24.47	4:00.63
42.00	1:34.10	1:43.93	1:34.13	1:46.47	1:37.87	1:48.00	1:26.65	1:39.60	3:25.06	4:01.47
41.50	1:34.40	1:44.24	1:34.39	1:46.81	1:38.11	1:48.25	1:26.94	1:39.95	3:25.65	4:02.31
41.00	1:34.70	1:44.55	1:34.65	1:47.15	1:38.35	1:48.50	1:27.23	1:40.30	3:26.24	4:03.15
40.50	1:35.00	1:44.86	1:34.91	1:47.49	1:38.59	1:48.75	1:27.52	1:40.65	3:26.83	4:03.99
40.00	01:35.30	1:45.17	01:35.17	1:47.83	1:38.83	1:49.00	1:27.81	1:41.00	03:27.42	4:04.83
39.50	1:35.60	1:45.48	1:35.43	1:48.17	1:39.07	1:49.25	1:28.10	1:41.35	3:28.01	4:05.67
39.00	1:35.90	1:45.79	1:35.69	1:48.51	1:39.31	1:49.50	1:28.39	1:41.70	3:28.60	4:06.51
38.50	1:36.20	1:46.10	1:35.95	1:48.85	1:39.55	1:49.75	1:28.68	1:42.05	3:29.19	4:07.35
38.00	1:36.50	1:46.41	1:36.21	1:49.19	1:39.79	1:50.00	1:28.97	1:42.40	3:29.78	4:08.19
37.50	1:36.80	1:46.72	1:36.47	1:49.53	1:40.03	1:50.25	1:29.26	1:42.75	3:30.37	4:09.03
37.00	1:37.10	1:47.03	1:36.73	1:49.87	1:40.27	1:50.50	1:29.55	01:43.10	3:30.96	4:09.87
36.50	1:37.40	1:47.34	1:36.99	1:50.21	1:40.51	1:50.75	1:29.84	1:43.45	3:31.55	4:10.71
36.00	1:37.70	1:47.65	1:37.25	1:50.55	1:40.75	1:51.00	1:30.13	1:43.80	3:32.14	4:11.55
35.50	1:38.00	1:47.96	1:37.51	1:50.89	1:40.99	1:51.25	1:30.42	1:44.15	3:32.73	4:12.39
35.00	1:38.30	1:48.27	1:37.77	1:51.23	1:41.23	1:51.50	1:30.71	1:44.50	3:33.32	4:13.23
34.50	1:38.60	1:48.58	1:38.03	1:51.57	1:41.47	1:51.75	1:31.00	1:44.85	3:33.91	4:14.07
34.00	1:38.90	1:48.89	1:38.29	1:51.91	1:41.71	1:52.00	1:31.29	1:45.20	3:34.50	4:14.91
33.50	1:39.20	1:49.20	1:38.55	1:52.25	1:41.95	1:52.25	1:31.58	1:45.55	3:35.09	4:15.75
33.00	1:39.50	1:49.51	1:38.81	1:52.59	1:42.19	1:52.50	1:31.87	1:45.90	3:35.68	4:16.59
32.50	1:39.80	1:49.82	1:39.07	1:52.93	1:42.43	1:52.75	1:32.16	1:46.25	3:36.27	4:17.43
32.00	1:40.10	1:50.13	1:39.33	1:53.27	1:42.67	1:53.00	1:32.45	1:46.60	3:36.86	4:18.27
31.50	1:40.40	1:50.44	1:39.59	1:53.61	1:42.91	1:53.25	1:32.74	1:46.95	3:37.45	4:19.11
31.00	1:40.70	1:50.75	1:39.85	1:53.95	1:43.15	1:53.50	1:33.03	1:47.30	3:38.04	4:19.95
30.50	1:41.00	1:51.06	1:40.11	1:54.29	1:43.39	1:53.75	1:33.32	1:47.65	3:38.63	4:20.79
30.00	1:41.30	1:51.37	1:40.37	1:54.63	1:43.63	1:54.00	01:33.61	1:48.00	3:39.22	4:21.63