体育运营与管理(中外合作办学)专业综合测评方案

（备注：与美国东北州立大学合作）

**一、测试方式**

技能测试+面试

**二、测试时间**

技能测试：2021年4月17日8:00开始

面 试：2021年4月17日12:30开始

**三、测试内容**

|  |  |  |  |
| --- | --- | --- | --- |
| **测试方式** | **测试内容** | **考试时间** | **分值** |
| 技能测试 | 内容为100米跑、立定跳远、原地推铅球、800米跑四项中自选一项。 |  | 200 |
| 面试 | 用随机抽签所给的三个词语现场编讲一段故事。 | 2-4分钟(含准备时间) | 100 |

**四、面试（语言表达素质）评分标准**

1．普通话语音标准度(40%)

（1）普通话语音标准。（90-100分）

（2）普通话语音较标准，偶有个别音有缺陷。（80-89分）

（3）普通话语音基本标准，有明显语音缺陷。（60-79分）

（4）普通话语音不标准，多数语音有缺陷和错误发音。（0-59分）

2．语调与流畅度（30%）

（1）语调自然，表达流畅。（90-100分）

（2）语调较自然，表达较流畅。（80-89分）

（3）语调基本自然，表达基本流畅。（60-79分）

（4）语调不自然，表达不流畅。（0-59分）

3．语言组织与反应能力（30%）

（1）内容完整，词语贴切，思路清晰，反应能力强。（90-100分）

（2）内容较完整，词语较贴切，思路较清晰，反应能力较强。（80-89分）

（3）内容基本完整，词语基本贴切，思路基本清晰，反应能力一般。（60-79分）

（4）编讲故事时长不足1分钟；或内容不健康，词语不贴切，反应迟钝。（0-59分）

**五、技能测试规程**

**1．100米跑**

（1）按最新田径运动竞赛规则全能项目100米跑的规定进行测验，采用电动计时。

（2）起跑采用蹲踞式，可以用起跑器；

（3）起跑统一使用发令枪；

（4）每组测试人数为1～6人。

**2．立定跳远**

（1）踏板与地面齐平，起踏板附近区域与沙坑在同一平面上。男子起跳板距离沙坑2米，女子起跳板距离沙坑1.5米；

（2）考生在起跳板上双脚起跳，身体任何部位不得触线，双脚落入沙坑；动作完成后向前走出测验场地。测试时不得穿钉鞋（包括足球鞋）；

（3）每人试跳三次，每次均丈量成绩。丈量的最小单位为1厘米，以三次试跳中之最佳成绩为测试成绩；

（4）测试时当场宣布考生的成绩，考生确认无误后签名。

**3．原地推铅球**

（1）场地设置按田径运动竞赛规则规定。铅球落地区，每隔1米画出明显的远度标志线。铅球重量为男子5公斤、女子4公斤；

（2）考生立在投掷圈内，采用原地侧向或背向均可，但不得做滑步或旋转动作。双脚站立后，球出手前，不得做摆腿动作。推铅球时，应将铅球置于锁骨窝处，用单手由肩上推出，不得将铅球移至肩下或肩后抛掷。球推出后脚不得踏出投掷圈外。球出手后必须从投掷圈后半部退出场地。

（3）每人试推三次，每次均丈量成绩，以三次试投中之最佳成绩为测试成绩。

（4）测试时当场宣布考生成绩，考生确认无误后签名。

**4．800米跑**

（1）采用不分道跑的方法进行测验；

（2）起跑按最新田径运动竞赛规则中全能项目规定执行，采用站立式；

（3）计时和确定成绩按最新田径运动竞赛规则的单项规定执行(采用电动计时)；

（4）每组测试人数为1～8人。

**六、运动素质测试评分标准（按百分制计算，实际成绩按比例折算）**

|  |  |  |  |
| --- | --- | --- | --- |
| **100米（秒）** | **800米（分：秒）** | **立定跳远（米）** | **原地推铅球（米）** |
| **男子** | **女子** | **男子** | **女子** | **男子** | **女子** | **男子（5kg）** | **女子（4kg）** |
| **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | **成绩** |
| 100.00 | 12.4 | 100.00 | 15.2 | 100.00 | 2:23.98 | 100.00 | 2:53.47 | 100.00 | 2.56 | 100.00 | 2.11 | 100.00 | 9.6 | 100.00 | 7.4 |
| 97.33 | 12.5 | 98.73 | 15.3 | 99.00 | 2:24.68 | 99.00 | 2:54.42 | 99.00 | 2.55 | 98.93 | 2.1 | 98.80 | 9.5 | 98.67 | 7.3 |
| 94.67 | 12.6 | 97.47 | 15.4 | 98.00 | 2:25.38 | 98.00 | 2:55.38 | 98.07 | 2.54 | 97.93 | 2.09 | 97.53 | 9.4 | 97.33 | 7.2 |
| 92.00 | 12.7 | 96.27 | 15.5 | 97.00 | 2:26.08 | 97.00 | 2:56.33 | 97.07 | 2.53 | 96.87 | 2.08 | 96.33 | 9.3 | 96.00 | 7.1 |
| 89.33 | 12.8 | 95.00 | 15.6 | 96.00 | 2:26.79 | 96.00 | 2:57.28 | 96.07 | 2.52 | 95.87 | 2.07 | 95.13 | 9.2 | 94.67 | 7 |
| 86.67 | 12.9 | 93.73 | 15.7 | 95.00 | 2:27.49 | 95.00 | 2:58.23 | 95.80 | 2.51 | 94.82 | 2.06 | 93.93 | 9.1 | 93.33 | 6.9 |
| 83.93 | 13.0 | 92.47 | 15.8 | 94.00 | 2:28.19 | 94.00 | 2:59.19 | 94.13 | 2.5 | 93.78 | 2.05 | 92.73 | 9 | 92.00 | 6.8 |
| 81.27 | 13.1 | 91.20 | 15.9 | 93.00 | 2:28.89 | 93.00 | 3:00.14 | 93.13 | 2.49 | 92.75 | 2.04 | 91.47 | 8.9 | 90.67 | 6.7 |
| 78.60 | 13.2 | 90.00 | 16.0 | 92.00 | 2:29.59 | 92.00 | 3:01.09 | 92.20 | 2.48 | 91.72 | 2.03 | 90.27 | 8.8 | 89.27 | 6.6 |
| 75.93 | 13.3 | 88.73 | 16.1 | 91.00 | 2:30.30 | 91.00 | 3:02.05 | 91.20 | 2.47 | 90.73 | 2.02 | 89.07 | 8.7 | 87.93 | 6.5 |
| 73.33 | 13.4 | 87.47 | 16.2 | 90.00 | 2:31.0 | 90.00 | 3:03.0 | 90.20 | 2.46 | 89.65 | 2.01 | 87.87 | 8.6 | 86.60 | 6.4 |
| 70.67 | 13.5 | 86.20 | 16.3 | 89.00 | 2:31.70 | 89.00 | 3:03.95 | 89.27 | 2.45 | 88.67 | 2 | 86.60 | 8.5 | 85.27 | 6.3 |
| 68.00 | 13.6 | 84.93 | 16.4 | 88.00 | 2:32.41 | 88.00 | 3:04.91 | 88.27 | 2.44 | 87.67 | 1.99 | 85.40 | 8.4 | 83.93 | 6.2 |
| 65.33 | 13.7 | 83.73 | 16.5 | 87.00 | 2:33.11 | 87.00 | 3:05.86 | 87.27 | 2.43 | 86.67 | 1.98 | 84.20 | 8.3 | 82.60 | 6.1 |
| 62.67 | 13.8 | 82.47 | 16.6 | 86.00 | 2:33.81 | 86.00 | 3:06.82 | 86.33 | 2.42 | 85.60 | 1.97 | 83.00 | 8.2 | 81.27 | 6 |
| 60.00 | 13.9 | 81.20 | 16.7 | 85.00 | 2:34.52 | 85.00 | 3:07.77 | 85.33 | 2.41 | 84.60 | 1.96 | 81.80 | 8.1 | 79.93 | 5.9 |
| 57.33 | 14.0 | 79.93 | 16.8 | 84.00 | 2:35.22 | 84.00 | 3:08.73 | 84.33 | 2.4 | 83.60 | 1.95 | 80.53 | 8 | 78.60 | 5.8 |
| 54.67 | 14.1 | 78.73 | 16.9 | 83.00 | 2:35.92 | 83.00 | 3:09.68 | 83.40 | 2.39 | 82.60 | 1.94 | 79.33 | 7.9 | 77.27 | 5.7 |
| 52.07 | 14.2 | 77.47 | 17.0 | 82.00 | 2:36.63 | 82.00 | 3:10.64 | 82.40 | 2.38 | 81.60 | 1.93 | 78.13 | 7.8 | 75.93 | 5.6 |
| 49.40 | 14.3 | 76.20 | 17.1 | 81.00 | 2:37.33 | 81.00 | 3:11.59 | 81.40 | 2.37 | 80.60 | 1.92 | 76.93 | 7.7 | 74.60 | 5.5 |
| 46.73 | 14.4 | 74.93 | 17.2 | 80.00 | 2:38.04 | 80.00 | 3:12.55 | 80.47 | 2.36 | 79.60 | 1.91 | 75.73 | 7.6 | 73.27 | 5.4 |
| 44.07 | 14.5 | 73.73 | 17.3 | 79.00 | 2:38.74 | 79.00 | 3:13.50 | 79.47 | 2.35 | 78.60 | 1.9 | 74.53 | 7.5 | 71.93 | 5.3 |
| 41.40 | 14.6 | 72.47 | 17.4 | 78.00 | 2:39.44 | 78.00 | 3:14.46 | 78.53 | 2.34 | 77.60 | 1.89 | 73.27 | 7.4 | 70.60 | 5.2 |
| 38.80 | 14.7 | 71.20 | 17.5 | 77.00 | 2:40.15 | 77.00 | 3:15.42 | 77.53 | 2.33 | 76.60 | 1.88 | 72.07 | 7.3 | 69.33 | 5.1 |
| 36.13 | 14.8 | 70.00 | 17.6 | 76.00 | 2:40.85 | 76.00 | 3:16.37 | 76.53 | 2.32 | 75.60 | 1.87 | 70.87 | 7.2 | 68.00 | 5 |
| 33.47 | 14.9 | 68.73 | 17.7 | 75.00 | 2:41.56 | 75.00 | 3:17.33 | 75.60 | 2.31 | 74.60 | 1.86 | 69.67 | 7.1 | 66.67 | 4.9 |
| 30.87 | 15.0 | 67.47 | 17.8 | 74.00 | 2:42.26 | 74.00 | 3:18.29 | 74.60 | 2.3 | 73.67 | 1.85 | 68.47 | 7 | 65.33 | 4.8 |
| 28.20 | 15.1 | 66.20 | 17.9 | 73.00 | 2:42.97 | 73.00 | 3:19.24 | 73.60 | 2.29 | 72.67 | 1.84 | 67.27 | 6.9 | 64.00 | 4.7 |
| 25.53 | 15.2 | 65.00 | 18.0 | 72.00 | 2:43.67 | 72.00 | 3:20.20 | 72.67 | 2.28 | 71.67 | 1.83 | 66.07 | 6.8 | 62.67 | 4.6 |
| 22.93 | 15.3 | 63.73 | 18.1 | 71.00 | 2:44.38 | 71.00 | 3:21.16 | 71.67 | 2.27 | 70.67 | 1.82 | 64.80 | 6.7 | 61.33 | 4.5 |
| 20.27 | 15.4 | 62.47 | 18.2 | 70.00 | 2:45.08 | 70.00 | 3:22.11 | 70.73 | 2.26 | 69.47 | 1.81 | 63.60 | 6.6 | 60.00 | 4.4 |
| 17.67 | 15.5 | 61.27 | 18.3 | 69.00 | 2:45.79 | 69.00 | 3:23.07 | 69.73 | 2.25 | 68.73 | 1.8 | 62.40 | 6.5 | 58.67 | 4.3 |
| 15.00 | 15.6 | 60.00 | 18.4 | 68.00 | 2:46.50 | 68.00 | 3:24.03 | 68.73 | 2.24 | 67.73 | 1.79 | 61.20 | 6.4 | 57.33 | 4.2 |
| 12.40 | 15.7 | 58.73 | 18.5 | 67.00 | 2:47.20 | 67.00 | 3:24.99 | 67.80 | 2.23 | 66.80 | 1.78 | 60.00 | 6.3 | 56.00 | 4.1 |
| 9.73 | 15.8 | 57.53 | 18.6 | 66.00 | 2:47.91 | 66.00 | 3:25.95 | 66.80 | 2.22 | 65.80 | 1.77 | 58.80 | 6.2 | 54.67 | 4 |
| 7.13 | 15.9 | 56.27 | 18.7 | 65.00 | 2:48.61 | 65.00 | 3:26.09 | 65.87 | 2.21 | 64.67 | 1.76 | 57.60 | 6.1 | 53.40 | 3.9 |
| 4.47 | 16.0 | 55.00 | 18.8 | 64.00 | 2:49.32 | 64.00 | 3:27.86 | 64.87 | 2.2 | 63.47 | 1.75 | 56.33 | 6 | 52.07 | 3.8 |
| 1.87 | 16.1 | 53.80 | 18.9 | 63.00 | 2:50.03 | 63.00 | 3:28.82 | 63.87 | 2.19 | 62.87 | 1.74 | 55.20 | 5.9 | 50.73 | 3.7 |
|  |  | 52.53 | 19.0 | 62.00 | 2:50.73 | 62.00 | 3:29.78 | 62.93 | 2.18 | 61.93 | 1.73 | 54.00 | 5.8 | 49.40 | 3.6 |
|  |  | 51.27 | 19.1 | 61.00 | 2:51.44 | 61.00 | 3:30.74 | 61.93 | 2.17 | 60.93 | 1.72 | 52.73 | 5.7 | 48.07 | 3.5 |
|  |  | 50.07 | 19.2 | 60.00 | 2:52.15 | 60.00 | 3:31.70 | 61.00 | 2.16 | 60.00 | 1.71 | 51.53 | 5.6 | 46.73 | 3.4 |
|  |  | 48.80 | 19.3 | 59.00 | 2:52.85 | 59.00 | 3:32.66 | 60.00 | 2.15 | 59.07 | 1.7 | 50.33 | 5.5 | 45.40 | 3.3 |
|  |  | 47.60 | 19.4 | 58.00 | 2:53.56 | 58.00 | 3:33.62 | 59.00 | 2.14 | 58.07 | 1.69 | 49.13 | 5.4 | 44.07 | 3.2 |
|  |  | 46.33 | 19.5 | 57.00 | 2:54.27 | 57.00 | 3:34.58 | 58.07 | 2.13 | 57.13 | 1.68 | 47.93 | 5.3 | 42.80 | 3.1 |
|  |  | 45.07 | 19.6 | 56.00 | 2:54.98 | 56.00 | 3:35.54 | 57.07 | 2.12 | 56.20 | 1.67 | 46.73 | 5.2 | 41.47 | 3 |
|  |  | 43.87 | 19.7 | 55.00 | 2:55.68 | 55.00 | 3:36.50 | 56.13 | 2.11 | 55.20 | 1.66 | 45.53 | 5.1 | 40.13 | 2.9 |
|  |  | 42.60 | 19.8 | 54.00 | 2:56.39 | 54.00 | 3:37.46 | 55.13 | 2.1 | 54.27 | 1.65 | 44.33 | 5.0 | 38.80 | 2.8 |
|  |  | 41.33 | 19.9 | 53.00 | 2:57.10 | 53.00 | 3:38.42 | 54.20 | 2.09 | 53.33 | 1.64 | 43.13 | 4.9 | 37.47 | 2.7 |
|  |  | 40.13 | 20.0 | 52.00 | 2:57.81 | 52.00 | 3:39.38 | 53.20 | 2.08 | 52.33 | 1.63 | 41.93 | 4.8 | 36.20 | 2.6 |
|  |  | 38.87 | 20.1 | 51.00 | 2:58.52 | 51.00 | 3:40.34 | 52.20 | 2.07 | 51.40 | 1.62 | 40.73 | 4.7 | 34.87 | 2.5 |
|  |  | 37.67 | 20.2 | 50.00 | 2:59.22 | 50.00 | 3:41.30 | 51.27 | 2.06 | 50.47 | 1.61 | 39.53 | 4.6 | 33.53 | 2.4 |
|  |  | 36.40 | 20.3 | 49.00 | 2:59.79 | 49.00 | 3:42.27 | 50.27 | 2.05 | 49.53 | 1.6 | 38.33 | 4.5 | 32.20 | 2.3 |
|  |  | 35.20 | 20.4 | 48.00 | 3:00.64 | 48.00 | 3:43.23 | 49.33 | 2.04 | 48.60 | 1.59 | 37.13 | 4.4 | 30.87 | 2.2 |
|  |  | 33.93 | 20.5 | 47.00 | 3:01.35 | 47.00 | 3:44.19 | 48.33 | 2.03 | 47.67 | 1.58 | 35.93 | 4.3 | 29.60 | 2.1 |
|  |  | 32.67 | 20.6 | 46.00 | 3:02.06 | 46.00 | 3:45.15 | 47.40 | 2.02 | 46.73 | 1.57 | 34.73 | 4.2 | 28.27 | 2.0 |
|  |  | 31.47 | 20.7 | 45.00 | 3:02.77 | 45.00 | 3:46.11 | 46.40 | 2.01 | 45.80 | 1.56 | 33.53 | 4.1 | 26.93 | 1.9 |
|  |  | 30.20 | 20.8 | 44.00 | 3:03.48 | 44.00 | 3:47.08 | 45.40 | 2 | 44.87 | 1.55 | 32.40 | 4 | 25.60 | 1.8 |
|  |  | 29.00 | 20.9 | 43.00 | 3:04.19 | 43.00 | 3:48.04 | 44.47 | 1.99 | 43.93 | 1.54 | 31.13 | 3.9 | 24.33 | 1.7 |
|  |  | 27.73 | 21.0 | 42.00 | 3:04.90 | 42.00 | 3:49.0 | 43.47 | 1.98 | 43.00 | 1.53 | 29.93 | 3.8 | 23.00 | 1.6 |
|  |  | 26.53 | 21.1 | 41.00 | 3:05.61 | 41.00 | 3:49.96 | 42.53 | 1.97 | 42.07 | 1.52 | 28.73 | 3.7 | 21.67 | 1.5 |
|  |  | 25.27 | 21.2 | 40.00 | 3:06.32 | 40.00 | 3:50.93 | 41.47 | 1.96 | 41.13 | 1.51 | 27.53 | 3.6 | 20.33 | 1.4 |
|  |  | 24.07 | 21.3 | 39.00 | 3:07.02 | 39.00 | 3:51.89 | 40.60 | 1.95 | 40.20 | 1.5 | 26.33 | 3.5 | 19.07 | 1.3 |
|  |  | 22.80 | 21.4 | 38.00 | 3:07.73 | 38.00 | 3:52.85 | 39.60 | 1.94 | 39.27 | 1.49 | 25.13 | 3.4 | 17.73 | 1.2 |
|  |  | 21.53 | 21.5 | 37.00 | 3:08.45 | 37.00 | 3:53.82 | 38.67 | 1.93 | 38.33 | 1.48 | 23.93 | 3.3 | 16.40 | 1.1 |
|  |  | 20.33 | 21.6 | 36.00 | 3:09.16 | 36.00 | 3:54.78 | 37.67 | 1.92 | 37.40 | 1.47 | 22.73 | 3.2 | 15.07 | 1.0 |
|  |  | 19.07 | 21.7 | 35.00 | 3:09.87 | 35.00 | 3:55.75 | 36.73 | 1.91 | 36.47 | 1.46 | 21.53 | 3.1 | 13.80 | 0.9 |
|  |  | 17.87 | 21.8 | 34.00 | 3:10.58 | 34.00 | 3:56.71 | 35.73 | 1.9 | 35.60 | 1.45 | 20.33 | 3.0 | 12.47 | 0.8 |
|  |  | 16.60 | 21.9 | 33.00 | 3:11.29 | 33.00 | 3:57.68 | 34.80 | 1.89 | 34.67 | 1.44 | 19.13 | 2.9 | 11.13 | 0.7 |
|  |  | 15.40 | 22.0 | 32.00 | 3:12.00 | 32.00 | 3:58.64 | 35.80 | 1.88 | 33.87 | 1.43 | 17.93 | 2.8 | 9.87 | 0.6 |
|  |  | 14.13 | 22.1 | 31.00 | 3:12.71 | 31.00 | 3:59.60 | 36.73 | 1.87 | 32.80 | 1.42 | 16.73 | 2.7 | 8.53 | 0.5 |
|  |  | 12.93 | 22.2 | 30.00 | 3:13.42 | 30.00 | 4:00.57 | 31.87 | 1.86 | 32.00 | 1.41 | 15.53 | 2.6 | 72.00 | 0.4 |
|  |  | 11.67 | 22.3 | 29.00 | 3:14.13 | 29.00 | 4:01.63 | 30.87 | 1.85 | 31.07 | 1.4 | 14.33 | 2.5 | 5.87 | 0.3 |
|  |  | 10.47 | 22.4 | 28.00 | 3:14.94 | 28.00 | 4:02.59 | 29.93 | 1.84 | 30.13 | 1.39 | 13.13 | 2.4 | 4.60 | 0.2 |
|  |  | 9.20 | 22.5 | 27.00 | 3:15.65 | 27.00 | 4:03.55 | 28.93 | 1.83 | 29.20 | 1.38 | 11.93 | 2.3 | 3.27 | 0.1 |
|  |  | 8.00 | 22.6 | 26.00 | 3:16.36 | 26.00 | 4:04.51 | 28.00 | 1.82 | 28.27 | 1.37 | 10.73 | 2.2 |  |  |
|  |  | 6.80 | 22.7 | 25.00 | 3:17.07 | 25.00 | 4:05.47 | 27.00 | 1.81 | 27.40 | 1.36 | 9.53 | 2.1 |  |  |
|  |  | 5.53 | 22.8 | 24.00 | 3:17.78 | 24.00 | 4:06.43 | 26.07 | 1.80 | 26.47 | 1.35 | 8.33 | 2.0 |  |  |
|  |  | 4.33 | 22.9 | 23.00 | 3:18.49 | 23.00 | 4:07.49 | 25.07 | 1.79 | 25.53 | 1.34 | 7.13 | 1.9 |  |  |
|  |  | 3.73 | 23.0 | 22.00 | 3:19.10 | 22.00 | 4:08.35 | 24.13 | 1.78 | 24.67 | 1.33 | 6.00 | 1.8 |  |  |
|  |  | 1.87 | 23.1 | 21.00 | 3:19.81 | 21.00 | 4:09.31 | 23.13 | 1.77 | 23.73 | 1.32 | 4.80 | 1.7 |  |  |
|  |  | 0.60 | 23.2 | 20.00 | 3:20.52 | 20.00 | 4:10.37 | 22.20 | 1.76 | 22.87 | 1.31 | 3.60 | 1.6 |  |  |
|  |  |  |  | 19.00 | 3:21.33 | 19.00 | 4:11.33 | 21.20 | 1.75 | 22.00 | 1.30 | 2.40 | 1.5 |  |  |
|  |  |  |  | 18.00 | 3:22.04 | 18.00 | 4:12.29 | 20.27 | 1.74 | 21.07 | 1.29 | 1.20 | 1.4 |  |  |
|  |  |  |  | 17.00 | 3:22.75 | 17.00 | 4:13.25 | 19.27 | 1.73 | 20.20 | 1.28 |  |  |  |  |
|  |  |  |  | 16.00 | 3:23.46 | 16.00 | 4:14.21 | 18.33 | 1.72 | 19.27 | 1.27 |  |  |  |  |
|  |  |  |  | 15.00 | 3:24.17 | 15.00 | 4:15.17 | 17.33 | 1.71 | 18.40 | 1.26 |  |  |  |  |
|  |  |  |  | 14.00 | 3:24.88 | 14.00 | 4:16.13 | 16.40 | 1.7 | 17.53 | 1.25 |  |  |  |  |
|  |  |  |  | 13.00 | 3:25.59 | 13.00 | 4:17.19 | 15.40 | 1.69 | 16.60 | 1.24 |  |  |  |  |
|  |  |  |  | 12.00 | 3:26.20 | 12.00 | 4:18.05 | 14.47 | 1.68 | 15.73 | 1.23 |  |  |  |  |
|  |  |  |  | 11.00 | 3:26.91 | 11.00 | 4:19.01 | 13.47 | 1.67 | 14.87 | 1.22 |  |  |  |  |
|  |  |  |  | 10.00 | 3:27.62 | 10.00 | 4:20.07 | 12.53 | 1.66 | 13.93 | 1.21 |  |  |  |  |
|  |  |  |  | 9.00 | 3:28.43 | 9.00 | 4:21.03 | 11.60 | 1.65 | 13.07 | 1.2 |  |  |  |  |
|  |  |  |  | 8.00 | 3:29.14 | 8.00 | 4:21.99 | 10.60 | 1.64 | 12.20 | 1.19 |  |  |  |  |
|  |  |  |  | 7.00 | 3:29.85 | 7.00 | 4:22.95 | 9.67 | 1.63 | 11.33 | 1.18 |  |  |  |  |
|  |  |  |  | 6.00 | 3:30.56 | 6.00 | 4:23.91 | 8.67 | 1.62 | 10.47 | 1.17 |  |  |  |  |
|  |  |  |  | 5.00 | 3:31.27 | 5.00 | 4:24.87 | 7.73 | 1.61 | 9.53 | 1.16 |  |  |  |  |
|  |  |  |  | 4.00 | 3:31.98 | 4.00 | 4:25.83 | 6.73 | 1.6 | 8.67 | 1.15 |  |  |  |  |
|  |  |  |  | 3.00 | 3:32.69 | 3.00 | 4:26.89 | 5.80 | 1.59 | 7.80 | 1.14 |  |  |  |  |
|  |  |  |  | 2.00 | 3:33.30 | 2.00 | 4:27.75 | 4.80 | 1.58 | 6.93 | 1.13 |  |  |  |  |
|  |  |  |  | 1.00 | 3:34.01 | 1.00 | 4:28.71 | 3.87 | 1.57 | 6.07 | 1.12 |  |  |  |  |
|  |  |  |  | 0.00 | 3:34.72 | 0.00 | 4:29.77 | 2.87 | 1.56 | 5.20 | 1.11 |  |  |  |  |
|  |  |  |  |  |  |  |  | 1.93 | 1.55 | 4.33 | 1.1 |  |  |  |  |
|  |  |  |  |  |  |  |  | 0.93 | 1.54 | 3.47 | 1.09 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 2.60 | 1.08 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 1.73 | 1.07 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 0.87 | 1.06 |  |  |  |  |