**1.男子组**

|  |  |  |
| --- | --- | --- |
| 项目 | 标准 | |
| 30岁（含）以下 | 31岁（含）以上 |
| 10米×4往返跑 | ≤13″1 | ≤13″4 |
| 1000米跑 | ≤4′25″ | ≤4′35″ |
| 纵跳摸高 | ≥265厘米 | |

**2.女子组**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 项目 | 标准 | |  |  | |  |
|  | 30岁（含）以下 | 31岁（含）以上 | ≤ | ≤ |  |
| 10米×4往返跑 | ≤14″1 | ≤14″4 | ≤ | ≤ |  |
| 800米跑 | ≤4′20″ | ≤4′30″ | ≤ | ≤ |  |
| 纵跳摸高 | ≥230厘米 | | ≥ |  |  |
|  |  | |  |  |  |  |