

2025/2026 O'QUV YILI UCHUN **YENGIL ATLETIKA** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun
Tanlarga tur bo'yicha

Ball	1-tur	2-tur	3-tur	4-tur	5-tur	6-tur
	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq.s.)	1500 m (daq.s.)	3000 m (daq.s.)
93	11.34	22.44	50.14	1:58.2	4:00.1	8:40.2
91	11.37	22.52	50.36	1:59.3	4:01.2	8:41.5
89	11.40	22.60	50.58	1:59.8	4:02.3	8:44.0
87	11.43	22.68	50.80	2:00.3	4:03.4	8:46.5
85	11.46	22.76	51.02	2:00.7	4:04.5	8:49.0
83	11.49	22.84	51.24	2:01.2	4:05.6	8:51.5
81	11.52	22.92	51.46	2:01.7	4:06.7	8:54.0
79	11.55	23.00	51.68	2:02.1	4:07.8	8:56.5
77	11.58	23.08	51.90	2:02.6	4:08.9	8:59.0
75	11.61	23.16	52.12	2:03.1	4:10.0	9:01.5
73	11.64	23.24	52.34	2:03.5	4:11.1	9:04.0
71	11.67	23.32	52.56	2:04.0	4:12.2	9:06.5
69	11.70	23.40	52.78	2:04.5	4:13.3	9:09.0
67	11.73	23.48	53.00	2:05.0	4:14.4	9:11.5
65	11.76	23.56	53.22	2:05.4	4:15.5	9:14.0
63	11.79	23.64	53.44	2:05.9	4:16.6	9:16.5
61	11.82	23.72	53.66	2:06.4	4:17.7	9:19.0
59	11.85	23.80	53.88	2:06.8	4:18.8	9:21.5
57	11.88	23.88	54.10	2:07.3	4:19.9	9:24.0
55	11.91	23.96	54.32	2:07.8	4:21.0	9:26.5
53	11.94	24.04	54.54	2:08.2	4:22.1	9:29.0
51	11.97	24.12	54.76	2:08.7	4:23.2	9:31.5
49	12.00	24.20	54.98	2:09.2	4:24.3	9:34.0
47	12.03	24.28	55.20	2:09.6	4:25.4	9:36.5
45	12.06	24.36	55.42	2:10.1	4:26.5	9:39.0
43	12.09	24.44	55.64	2:10.6	4:27.6	9:41.5
41	12.12	24.52	55.86	2:11.1	4:28.7	9:44.0
39	12.15	24.60	56.08	2:11.5	4:29.8	9:46.5
37	12.18	24.68	56.30	2:12.0	4:30.9	9:49.0
35	12.21	24.76	56.52	2:12.5	4:32.0	9:51.5

33	12.24	24.84	56.74	2:12.9	4:33.1	9:54.0
31	12.27	24.92	56.96	2:13.4	4:34.2	9:56.5
29	12.30	25.00	57.18	2:13.9	4:35.3	9:59.0
27	12.33	25.08	57.40	2:14.3	4:36.4	10:01.5
25	12.36	25.16	57.62	2:14.8	4:37.5	10:04.0
23	12.39	25.24	57.84	2:15.3	4:38.6	10:06.5
21	12.42	25.32	58.06	2:15.8	4:39.7	10:09.0
19	12.45	25.40	58.28	2:16.2	4:40.8	10:11.5
17	12.48	25.48	58.50	2:16.7	4:41.9	10:14.0
15	12.51	25.56	58.72	2:17.2	4:43.0	10:16.5
13	12.54	25.64	58.94	2:17.6	4:44.1	10:19.0
11	12.57	25.72	59.16	2:18.1	4:45.2	10:21.5
9	12.60	25.80	59.38	2:18.6	4:46.3	10:24.0
7	12.63	25.88	59.60	2:19.1	4:47.4	10:26.5
5	12.66	25.96	59.80	2:19.5	4:48.5	10:30.2
3	12.69	26.04	59.92	2:20.0	4:49.6	10:34.5
1	+12.74	+26.24	+1:00.24	+2:20.24	+4:50.2	+10:42.0

Erkaklar uchun
Tanlangan tur bo'yicha (davomi)

Ball	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
	3000 to'siqlar osha yugurish (daq.s.)	110 m. g'ovlar osha yugurish h=0.991m	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93	9:25.2	15.24	55.74	21:50.0	7.00	14.50
91	9:27.9	15.31	56.04	21:57.4	6.96	14.45
89	9:30.6	15.38	56.34	22:04.8	6.92	14.40
87	9:33.3	15.45	56.64	22:12.2	6.88	14.35
85	9:36.0	15.52	56.94	22:19.6	6.84	14.30
83	9:38.7	15.59	57.24	22:27.0	6.80	14.25
81	9:41.4	15.66	57.54	22:34.4	6.76	14.20
79	9:44.1	15.73	57.84	22:41.8	6.72	14.15
77	9:46.8	15.80	58.14	22:49.2	6.68	14.10
75	9:49.5	15.87	58.44	22:56.6	6.64	14.05
73	9:52.2	15.94	58.74	23:04.0	6.60	14.00
71	9:54.9	16.01	59.04	23:11.4	6.56	13.95

69	9:57.6	16.08	59.34	23:18.8	6.52	13.90
67	10:00.3	16.15	59.64	23:26.2	6.48	13.85
65	10:03.0	16.22	59.94	23:33.6	6.44	13.80
63	10:05.7	16.29	1:00.2	23:41.0	6.40	13.75
61	10:08.4	16.36	1:00.5	23:48.4	6.36	13.70
59	10:11.1	16.43	1:00.8	23:55.8	6.32	13.65
57	10:13.8	16.50	1:01.1	24:03.2	6.28	13.60
55	10:16.5	16.57	1:01.4	24:10.6	6.24	13.55
53	10:19.2	16.64	1:01.7	24:18.0	6.20	13.50
51	10:21.9	16.71	1:02.0	24:25.4	6.16	13.45
49	10:24.6	16.78	1:02.3	24:32.8	6.12	13.40
47	10:27.3	16.85	1:02.6	24:40.2	6.08	13.35
45	10:30.0	16.92	1:02.9	24:47.6	6.04	13.30
43	10:32.7	16.99	1:03.2	24:55.0	6.01	13.25
41	10:35.4	17.06	1:03.5	25:02.4	5.98	13.20
39	10:38.1	17.13	1:03.8	25:09.8	5.95	13.15
37	10:40.8	17.20	1:04.1	25:17.2	5.92	13.10
35	10:43.5	17.27	1:04.4	25:24.6	5.89	13.05
33	10:46.2	17.34	1:04.7	25:32.0	5.86	13.00
31	10:48.9	17.41	1:05.0	25:39.4	5.83	12.95
29	10:51.6	17.48	1:05.3	25:46.8	5.80	12.90
27	10:54.3	17.55	1:05.6	25:54.2	5.77	12.85
25	10:57.0	17.62	1:05.9	26:01.6	5.74	12.80
23	10:59.7	17.69	1:06.2	26:09.0	5.71	12.75
21	11:02.4	17.76	1:06.5	26:16.4	5.68	12.70
19	11:05.1	17.83	1:06.8	26:23.8	5.65	12.65
17	11:07.8	17.90	1:07.1	26:31.2	5.62	12.60
15	11:10.5	17.97	1:07.4	26:38.6	5.59	12.55
13	11:13.2	18.04	1:07.7	26:46.0	5.56	12.50
11	11:15.9	18.11	1:08.0	26:53.4	5.53	12.45
9	11:18.6	18.18	1:08.3	27:00.8	5.50	12.40
7	11:21.3	18.25	1:08.6	27:08.2	5.47	12.35
5	11:24.0	18.32	1:08.9	27:15.6	5.44	12.30
3	11:26.7	18.39	1:09.2	27:23.0	5.41	12.25
1	+11:30.24	+18.74	+1:10.24	+27:30.4	-5.35	-12.00

Tanlarga tur bo'yicha (davomi)

Ball	13-tur	14-tur	15-tur	16-tur	17-tur	18-tur
	Balandlikka sakrash (sm)	Langarcho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 6 kg	Disk uloqtirish (m.sm) 1.75 kg	Bosqon uloqtirish (m.sm) 6 kg	Nayza uloqtirish (m.sm) 800 gr
93	2.00	4.50	15.00	46.00	56.00	63.00
91	1.99	4.47	14.89	45.65	55.60	62.57
89	1.98	4.44	14.78	45.30	55.20	62.14
87	1.97	4.41	14.67	44.95	54.80	61.71
85	1.96	4.38	14.56	44.60	54.40	61.28
83	1.95	4.35	14.45	44.25	54.00	60.85
81	1.94	4.32	14.34	43.90	53.60	60.42
79	1.93	4.29	14.23	43.55	53.20	59.99
77	1.92	4.26	14.12	43.20	52.80	59.56
75	1.91	4.23	14.01	42.85	52.40	59.13
73	1.90	4.20	13.90	42.50	52.00	58.70
71	1.89	4.17	13.79	42.15	51.60	58.27
69	1.88	4.14	13.68	41.80	51.20	57.84
67	1.87	4.11	13.57	41.45	50.80	57.41
65	1.86	4.08	13.46	41.10	50.40	56.98
63	1.85	4.05	13.35	40.75	50.00	56.55
61	1.84	4.02	13.24	40.40	49.60	56.12
59	1.83	3.99	13.13	40.05	49.20	55.69
57	1.82	3.96	13.02	39.70	48.80	55.26
55	1.81	3.93	12.91	39.35	48.40	54.83
53	1.80	3.90	12.80	39.00	48.00	54.40
51	1.79	3.87	12.69	38.65	47.60	53.97
49	1.78	3.84	12.58	38.30	47.20	53.54
47	1.77	3.81	12.47	37.95	46.80	53.11
45	1.76	3.78	12.36	37.60	46.40	52.68
43	1.75	3.75	12.25	37.25	46.00	52.25
41	1.74	3.72	12.14	36.90	45.60	51.82
39	1.73	3.69	12.03	36.55	45.20	51.39
37	1.72	3.66	11.92	36.20	44.80	50.96
35	1.71	3.63	11.81	35.85	44.40	50.53
33	1.70	3.60	11.70	35.50	44.00	50.10
31	1.69	3.57	11.59	35.15	43.60	49.67
29	1.68	3.54	11.48	34.80	43.20	49.24

27	1.67	3.51	11.37	34.45	42.80	48.81
25	1.66	3.48	11.26	34.10	42.40	48.38
23	1.65	3.45	11.15	33.75	42.00	47.95
21	1.64	3.42	11.04	33.40	41.60	47.52
19	1.63	3.39	10.93	33.05	41.20	47.09
17	1.62	3.36	10.82	32.70	40.80	46.66
15	1.61	3.33	10.71	32.35	40.40	46.23
13	1.60	3.30	10.60	32.00	40.00	45.80
11	1.59	3.26	10.49	31.65	39.60	45.37
9	1.58	3.22	10.38	31.30	39.20	44.94
7	1.57	3.18	10.27	30.95	38.80	44.51
5	1.56	3.14	10.16	30.60	38.40	44.08
3	1.55	3.10	10.09	30.25	38.00	43.65
1	-1.54	-3.06	-10.00	-30.00	-37.00	-43.00

Ayolar uchun

Tanlangan tur bo'yicha

Ball	1-tur	2-tur	3-tur	4-tur	5-tur	6-tur
	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq.s.)	1500 m (daq.s.)	3000 m (daq.s.)
93	12.50	25.44	57.30	2:15.2	4:36.2	10:00.2
91	12.56	25.54	57.60	2:16.0	4:37.8	10:01.8
89	12.62	25.64	57.90	2:16.8	4:39.4	10:05.4
87	12.68	25.74	58.20	2:17.5	4:40.9	10:09.0
85	12.74	25.84	58.50	2:18.3	4:42.5	10:12.6
83	12.80	25.94	58.80	2:19.0	4:44.0	10:16.2
81	12.86	26.04	59.10	2:19.8	4:45.6	10:19.8
79	12.92	26.14	59.40	2:20.6	4:47.2	10:23.4
77	12.98	26.24	59.70	2:21.3	4:48.7	10:27.0
75	13.04	26.34	1:00.0	2:22.1	4:50.3	10:30.6
73	13.10	26.44	1:00.3	2:22.8	4:51.8	10:34.2
71	13.16	26.54	1:00.6	2:23.6	4:53.4	10:37.8
69	13.22	26.64	1:00.9	2:24.4	4:55.0	10:41.4
67	13.28	26.74	1:01.2	2:25.1	4:56.5	10:45.0
65	13.34	26.84	1:01.5	2:25.9	4:58.1	10:48.6
63	13.40	26.94	1:01.8	2:26.6	4:59.6	10:52.2
61	13.46	27.04	1:02.1	2:27.4	5:01.2	10:55.8
59	13.52	27.14	1:02.4	2:28.2	5:02.8	10:59.4

57	13.58	27.24	1:02.7	2:28.9	5:04.3	11:03.0
55	13.64	27.34	1:03.0	2:29.7	5:05.9	11:06.6
53	13.70	27.44	1:03.3	2:30.4	5:07.4	11:10.2
51	13.76	27.54	1:03.6	2:31.2	5:09.0	11:13.8
49	13.82	27.68	1:03.9	2:32.0	5:10.6	11:17.4
47	13.88	27.82	1:04.2	2:32.7	5:12.1	11:21.0
45	13.94	27.96	1:04.5	2:33.5	5:13.7	11:24.6
43	14.00	28.10	1:04.8	2:34.2	5:15.2	11:28.2
41	14.06	28.24	1:05.1	2:35.0	5:16.8	11:31.8
39	14.12	28.38	1:05.4	2:35.8	5:18.4	11:35.4
37	14.17	28.52	1:05.7	2:36.5	5:19.9	11:39.0
35	14.22	28.66	1:06.0	2:37.3	5:21.5	11:42.6
33	14.27	28.80	1:06.3	2:38.0	5:23.0	11:46.2
31	14.32	28.94	1:06.6	2:38.8	5:24.6	11:49.8
29	14.37	29.08	1:06.9	2:39.6	5:26.2	11:53.4
27	14.42	29.22	1:07.2	2:40.3	5:27.7	11:57.0
25	14.47	29.36	1:07.5	2:41.1	5:29.1	12:00.6
23	14.52	29.50	1:07.8	2:41.8	5:30.5	12:04.2
21	14.57	29.64	1:08.1	2:42.6	5:31.9	12:07.8
19	14.62	29.78	1:08.4	2:43.2	5:33.2	12:11.4
17	14.67	29.92	1:08.7	2:43.7	5:34.6	12:15.0
15	14.72	30.06	1:09.0	2:44.0	5:36.0	12:18.6
13	14.77	30.20	1:09.3	2:44.5	5:37.4	12:22.2
11	14.82	30.34	1:09.6	2:45.0	5:38.8	12:25.8
9	14.87	30.48	1:09.9	2:45.3	5:40.1	12:29.4
7	14.92	30.62	1:10.2	2:46.0	5:41.5	12:33.0
5	14.97	30.76	1:10.5	2:46.8	5:42.9	12:36.6
3	15.02	30.90	1:10.8	2:47.0	5:44.3	12:40.2
1	+15.04	+31.24	+1:11.2	+2:48.2	+5:45.24	+12:45.2

	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
Ball	3000 to'siqlar osha yugurish (daq.s.)	100 m. g'ovlar osha yugurish (s.)	400 m. g'ovlar osha yugurish (daq.s.)	3000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93	11:15.0	15.24	1:04.2	10:07,2	5.65	12.50
91	11:18.3	15.32	1:05.9	10:11,5	5.63	12.45
89	11:21.6	15.40	1:07.6	10:15,8	5.61	12.40

87	11:24.9	15.48	1:09.3	10:20,1	5.59	12.35
85	11:28.2	15.56	1:11.0	10:24,4	5.57	12.30
83	11:31.5	15.64	1:12.7	10:28,7	5.55	12.25
81	11:34.8	15.72	1:14.4	10:33,0	5.53	12.20
79	11:38.1	15.80	1:16.1	10:37,3	5.51	12.15
77	11:41.4	15.88	1:17.8	10:41,6	5.49	12.10
75	11:44.7	15.96	1:19.5	10:45,9	5.47	12.05
73	11:48.0	16.04	1:21.2	10:50,2	5.45	12.00
71	11:51.3	16.12	1:22.9	10:54,5	5.43	11.95
69	11:54.6	16.20	1:24.6	10:58,8	5.41	11.90
67	11:57.9	16.28	1:26.3	11:03,1	5.39	11.85
65	12:01.2	16.36	1:28.0	11:07,4	5.37	11.80
63	12:04.5	16.44	1:29.7	11:11,7	5.35	11.75
61	12:07.8	16.52	1:31.4	11:16,0	5.33	11.70
59	12:11.1	16.60	1:33.1	11:20,3	5.31	11.66
57	12:14.4	16.68	1:34.8	11:24,6	5.29	11.62
55	12:17.7	16.76	1:36.5	11:28,9	5.27	11.58
53	12:21.0	16.84	1:38.2	11:33,2	5.25	11.54
51	12:24.3	16.92	1:39.9	11:37,5	5.23	11.50
49	12:27.6	17.00	1:41.6	11:41,8	5.21	11.46
47	12:30.9	17.08	1:43.3	11:46,1	5.19	11.42
45	12:34.2	17.16	1:45.0	11:50,4	5.17	11.38
43	12:37.5	17.24	1:46.7	11:54,7	5.15	11.34
41	12:40.8	17.32	1:48.4	11:59,0	5.13	11.30
39	12:44.1	17.40	1:50.1	12:03,3	5.11	11.26
37	12:47.4	17.48	1:51.8	12:07,6	5.09	11.22
35	12:50.7	17.56	1:53.5	12:11,9	5.07	11.18
33	12:54.0	17.63	1:55.2	12:16,2	5.05	11.14
31	12:57.3	17.70	1:56.9	12:20,5	5.03	11.10
29	13:00.6	17.77	1:58.6	12:24,8	5.01	11.06
27	13:03.9	17.84	2:00.3	12:29,1	4.99	11.02
25	13:07.2	17.91	2:02.0	12:33,4	4.97	10.98
23	13:10.5	17.98	2:03.6	12:37,7	4.95	10.94
21	13:13.8	18.05	2:05.2	12:42,0	4.93	10.90
19	13:17.1	18.12	2:06.8	12:46,3	4.90	10.86
17	13:20.4	18.19	2:08.4	12:50,6	4.87	10.82
15	13:23.7	18.26	2:10.0	12:54,9	4.84	10.78
13	13:27.0	18.33	2:11.6	12:59,2	4.81	10.74
11	13:30.3	18.40	2:13.2	13:03,5	4.78	10.70

9	13:33.6	18.47	2:14.8	13:07,8	4.75	10.66
7	13:36.9	18.54	2:16.4	13:12,1	4.72	10.62
5	13:40.2	18.61	2:18.0	13:16,4	4.69	10.58
3	13:43.5	18.68	2:19.6	13:20,7	4.66	10.54
1	+13:45.2	+18.74	+2:21.2	+13:25,0	-4.60	-10.50

Ball	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
	Balandlikka sakrash (m.sm)	Langar-cho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Bosqon uloqtirish (m.sm) 4 kg	Nayza uloqtirish (m.sm) 600 gr
93	1.70	3.35	13.00	45.00	46.00	45.00
91	1.69	3.33	12.95	44.65	45.72	44.65
89	1.68	3.31	12.90	44.30	45.44	44.30
87	1.67	3.29	12.80	43.95	45.16	43.95
85	1.66	3.27	12.70	43.60	44.88	43.60
83	1.65	3.25	12.60	43.25	44.60	43.25
81	1.64	3.23	12.50	42.90	44.32	42.90
79	1.63	3.21	12.40	42.55	44.04	42.55
77	1.62	3.19	12.30	42.20	43.76	42.20
75	1.61	3.17	12.20	41.85	43.48	41.85
73	1.60	3.15	12.10	41.50	43.20	41.50
71	1.59	3.13	12.00	41.15	42.92	41.15
69	1.58	3.11	11.90	40.80	42.64	40.80
67	1.57	3.09	11.80	40.45	42.36	40.45
65	1.56	3.07	11.70	40.10	42.08	40.10
63	1.55	3.05	11.60	39.75	41.80	39.75
61	1.54	3.03	11.50	39.40	41.52	39.40
59	1.53	3.01	11.40	39.05	41.24	39.05
57	1.52	2.99	11.30	38.70	40.96	38.70
55	1.51	2.97	11.20	38.35	40.68	38.35
53	1.50	2.95	11.10	38.00	40.40	38.00
51	1.49	2.93	11.00	37.65	40.12	37.65
49	1.48	2.91	10.90	37.30	39.84	37.30
47	1.47	2.89	10.80	36.95	39.56	36.95
45	1.46	2.87	10.70	36.60	39.28	36.60
43	1.45	2.85	10.60	36.25	39.00	36.25
41	1.44	2.83	10.50	35.90	38.72	35.90
39	1.43	2.81	10.40	35.55	38.44	35.55

37	1.42	2.79	10.30	35.20	38.16	35.20
35	1.41	2.77	10.20	34.85	37.88	34.85
33	1.40	2.75	10.10	34.50	37.60	34.50
31	1.39	2.73	10.00	34.10	37.32	34.10
29	1.38	2.71	9.90	33.70	37.04	33.70
27	1.37	2.69	9.80	33.30	36.76	33.30
25	1.36	2.67	9.70	32.90	36.48	32.90
23	1.35	2.65	9.60	32.50	36.20	32.50
21	1.34	2.63	9.50	32.10	35.92	32.10
19	1.33	2.61	9.40	31.70	35.64	31.70
17	1.32	2.59	9.30	31.30	35.36	31.30
15	1.31	2.57	9.20	30.90	35.08	30.90
13	1.30	2.55	9.10	30.50	34.80	30.50
11	1.29	2.53	9.00	30.10	34.52	30.10
9	1.28	2.51	8.90	29.70	34.24	29.70
7	1.27	2.49	8.80	29.30	33.96	29.30
5	1.26	2.47	8.70	28.90	33.68	28.90
3	1.25	2.45	8.60	28.50	33.40	28.50
1	-1.24	-2.40	-8.50	-28.00	-33.00	-28.00

Izoh: Talab me'yorlarini topshirishda musobaqa usulida hamda musobaqa qoidalari asosida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish. Sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**2025/2026 O'QUV YILI UCHUN YENGIL ATLETIKA IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)**

Erkaklar uchun

№	Ball	Qisqa masofalarga yuguruvchilar uchun (100m. 200m. 400. 110m. g'/o. 400m. g'/o)			O'rta masofalarga yuguruvchilar uchun (800m. 1500m)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	11.94	10.20	2.65	12.34	9.90	2.45
2	20,5	12.02	10.15	2.63	12.42	9.85	2.43
3	20,0	12.10	10.10	2.61	12.50	9.80	2.41
4	19,5	12.18	10.05	2.59	12.58	9.75	2.39
5	19,0	12.26	10.00	2.57	12.66	9.70	2.37
6	18,5	12.34	9.95	2.55	12.74	9.65	2.35
7	18,0	12.42	9.90	2.53	12.82	9.60	2.33
8	17,5	12.50	9.85	2.51	12.90	9.55	2.31
9	17,0	12.58	9.80	2.49	12.98	9.50	2.29
10	16,5	12.66	9.75	2.47	13.06	9.45	2.27
11	16,0	12.74	9.70	2.45	13.14	9.40	2.25
12	15,5	12.82	9.65	2.43	13.22	9.35	2.23
13	15,0	12.90	9.60	2.41	13.30	9.30	2.21
14	14,5	12.98	9.55	2.39	13.38	9.25	2.19
15	14,0	13.06	9.50	2.37	13.46	9.20	2.17
16	13,5	13.14	9.45	2.35	13.54	9.15	2.15
17	13,0	13.22	9.40	2.33	13.62	9.10	2.13
18	12,5	13.30	9.35	2.31	13.70	9.05	2.11
19	12,0	13.38	9.30	2.29	13.78	9.00	2.09
20	11,5	13.46	9.25	2.27	13.86	8.95	2.07
21	11,0	13.54	9.20	2.25	13.94	8.90	2.05
22	10,5	13.62	9.15	2.23	14.02	8.85	2.03
23	10,0	13.70	9.10	2.21	14.10	8.80	2.01
24	9,5	13.78	9.05	2.19	14.18	8.75	1.99
25	9,0	13.86	9.00	2.17	14.26	8.70	1.97
26	8,5	13.94	8.95	2.15	14.34	8.65	1.95
27	8,0	14.02	8.90	2.13	14.42	8.60	1.93
28	7,5	14.10	8.85	2.11	14.50	8.55	1.91
29	7,0	14.18	8.80	2.09	14.58	8.50	1.89
30	6,5	14.26	8.75	2.07	14.66	8.45	1.87
31	6,0	14.34	8.70	2.05	14.74	8.40	1.85
32	5,5	14.42	8.65	2.03	14.82	8.35	1.83
33	5,0	14.50	8.60	2.01	14.90	8.30	1.81
34	4,5	14.58	8.55	1.99	14.98	8.25	1.79
35	4,0	14.66	8.50	1.97	15.06	8.20	1.77
36	3,5	14.74	8.45	1.95	15.14	8.15	1.75
37	3,0	14.82	8.40	1.93	15.22	8.10	1.73
38	2,5	14.90	8.35	1.91	15.30	8.05	1.71
39	2,0	14.98	8.30	1.89	15.38	8.00	1.69
40	1,5	15.06	8.25	1.87	15.46	7.95	1.67

41	1,0	15.14	8.20	1.85	15.54	7.90	1.65
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№	Ball	Uzoq masofalarga yuguruvchilar uchun (3000 m.. 3000 m. t/o)			Sportcha yuruvchilar uchun		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	12.94	9.80	2.35	13.04	9.70	2.25
2	20,5	13.02	9.75	2.33	13.12	9.65	2.23
3	20,0	13.10	9.70	2.31	13.20	9.60	2.21
4	19,5	13.18	9.65	2.29	13.28	9.55	2.19
5	19,0	13.26	9.60	2.27	13.36	9.50	2.17
6	18,5	13.34	9.55	2.25	13.44	9.45	2.15
7	18,0	13.42	9.50	2.23	13.52	9.40	2.13
8	17,5	13.50	9.45	2.21	13.60	9.35	2.11
9	17,0	13.58	9.40	2.19	13.68	9.30	2.09
10	16,5	13.66	9.35	2.17	13.76	9.25	2.07
11	16,0	13.74	9.30	2.15	13.84	9.20	2.05
12	15,5	13.82	9.25	2.13	13.92	9.15	2.03
13	15,0	13.90	9.20	2.11	14.00	9.10	2.01
14	14,5	13.98	9.15	2.09	14.08	9.05	1.99
15	14,0	14.06	9.10	2.07	14.16	9.00	1.97
16	13,5	14.14	9.05	2.05	14.24	8.95	1.95
17	13,0	14.22	9.00	2.03	14.32	8.90	1.93
18	12,5	14.30	8.95	2.01	14.40	8.85	1.91
19	12,0	14.38	8.90	1.99	14.48	8.80	1.89
20	11,5	14.46	8.85	1.97	14.56	8.75	1.87
21	11,0	14.54	8.80	1.95	14.64	8.70	1.85
22	10,5	14.62	8.75	1.93	14.72	8.65	1.83
23	10,0	14.70	8.70	1.91	14.80	8.60	1.81
24	9,5	14.78	8.65	1.89	14.88	8.55	1.79
25	9,0	14.86	8.60	1.87	14.96	8.50	1.77
26	8,5	14.94	8.55	1.85	15.04	8.45	1.75
27	8,0	15.02	8.50	1.83	15.12	8.40	1.73
28	7,5	15.10	8.45	1.81	15.20	8.35	1.71
29	7,0	15.18	8.40	1.79	15.28	8.30	1.69
30	6,5	15.26	8.35	1.77	15.36	8.25	1.67
31	6,0	15.34	8.30	1.75	15.44	8.20	1.65
32	5,5	15.42	8.25	1.73	15.52	8.15	1.63
33	5,0	15.50	8.20	1.71	15.60	8.10	1.61
34	4,5	15.58	8.15	1.69	15.68	8.05	1.59
35	4,0	15.66	8.10	1.67	15.76	8.00	1.57
36	3,5	15.74	8.05	1.65	15.84	7.95	1.55
37	3,0	15.82	8.00	1.63	15.92	7.90	1.53
38	2,5	15.90	7.95	1.61	16.00	7.85	1.51
39	2,0	15.98	7.90	1.59	16.08	7.80	1.49
40	1,5	16.06	7.85	1.57	16.16	7.75	1.47

41	1,0	16.14	7.80	1.55	16.24	7.70	1.45
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№	Ball	Uzunlikka va uch hatlab. balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish. nayza. disk uloqtirish va bosqon uloqtirish)		
		100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	12.84	9.90	2.75	13.84	10.50	2.65
2	20,5	12.92	9.85	2.73	13.92	10.45	2.63
3	20,0	13.00	9.80	2.71	14.00	10.40	2.61
4	19,5	13.08	9.75	2.69	14.08	10.35	2.59
5	19,0	13.16	9.70	2.67	14.16	10.30	2.57
6	18,5	13.24	9.65	2.65	14.24	10.25	2.55
7	18,0	13.32	9.60	2.63	14.32	10.20	2.53
8	17,5	13.40	9.55	2.61	14.40	10.15	2.51
9	17,0	13.48	9.50	2.59	14.48	10.10	2.49
10	16,5	13.56	9.45	2.57	14.56	10.05	2.47
11	16,0	13.64	9.40	2.55	14.64	10.00	2.45
12	15,5	13.72	9.35	2.53	14.72	9.95	2.43
13	15,0	13.80	9.30	2.51	14.80	9.90	2.41
14	14,5	13.88	9.25	2.49	14.88	9.85	2.39
15	14,0	13.96	9.20	2.47	14.96	9.80	2.37
16	13,5	14.04	9.15	2.45	15.04	9.75	2.35
17	13,0	14.12	9.10	2.43	15.12	9.70	2.33
18	12,5	14.20	9.05	2.41	15.20	9.65	2.31
19	12,0	14.28	9.00	2.39	15.28	9.60	2.29
20	11,5	14.36	8.95	2.37	15.36	9.55	2.27
21	11,0	14.44	8.90	2.35	15.44	9.50	2.25
22	10,5	14.52	8.85	2.33	15.52	9.45	2.23
23	10,0	14.60	8.80	2.31	15.60	9.40	2.21
24	9,5	14.68	8.75	2.29	15.68	9.35	2.19
25	9,0	14.76	8.70	2.27	15.76	9.30	2.17
26	8,5	14.84	8.65	2.25	15.84	9.25	2.15
27	8,0	14.92	8.60	2.23	15.92	9.20	2.13
28	7,5	15.00	8.55	2.21	16.00	9.15	2.11
29	7,0	15.08	8.50	2.19	16.08	9.10	2.09
30	6,5	15.16	8.45	2.17	16.16	9.05	2.07
31	6,0	15.24	8.40	2.15	16.24	9.00	2.05
32	5,5	15.32	8.35	2.13	16.32	8.95	2.03
33	5,0	15.40	8.30	2.11	16.40	8.90	2.01
34	4,5	15.48	8.25	2.09	16.48	8.85	1.99
35	4,0	15.56	8.20	2.07	16.56	8.80	1.97
36	3,5	15.64	8.15	2.05	16.64	8.75	1.95
37	3,0	15.72	8.10	2.03	16.72	8.70	1.93
38	2,5	15.80	8.05	2.01	16.80	8.65	1.91

39	2,0	15.88	8.00	1.99	16.88	8.60	1.89
40	1,5	15.96	7.95	1.97	16.96	8.55	1.87
41	1,0	16.04	7.90	1.95	17.04	8.50	1.85

Ayollar uchun

№	Ball	Qisqa masofalarga yuguruvchilar uchun (100m. 200m. 400. 100m. g ^o /o. 400m. g ^o /o)			O'rta masofalarga yuguruvchilar uchun (800m. 1500m)		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakarash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakarash (m.sm)
1	21,0	13.94	8.90	2.10	14.14	8.60	2.05
2	20,5	14.03	8.85	2.08	14.23	8.55	2.03
3	20,0	14.12	8.80	2.06	14.32	8.50	2.01
4	19,5	14.21	8.75	2.04	14.41	8.45	1.99
5	19,0	14.30	8.70	2.02	14.5	8.40	1.97
6	18,5	14.39	8.65	2.00	14.59	8.35	1.95
7	18,0	14.48	8.60	1.98	14.68	8.30	1.93
8	17,5	14.57	8.55	1.96	14.77	8.25	1.91
9	17,0	14.66	8.50	1.94	14.86	8.20	1.89
10	16,5	14.75	8.45	1.92	14.95	8.15	1.87
11	16,0	14.84	8.40	1.90	15.04	8.10	1.85
12	15,5	14.93	8.35	1.88	15.13	8.05	1.83
13	15,0	15.02	8.30	1.86	15.22	8.00	1.81
14	14,5	15.11	8.25	1.84	15.31	7.95	1.79
15	14,0	15.20	8.20	1.82	15.4	7.90	1.77
16	13,5	15.29	8.15	1.80	15.49	7.85	1.75
17	13,0	15.38	8.10	1.78	15.58	7.80	1.73
18	12,5	15.47	8.05	1.76	15.67	7.75	1.71
19	12,0	15.56	8.00	1.74	15.76	7.70	1.69
20	11,5	15.65	7.95	1.72	15.85	7.65	1.67
21	11,0	15.74	7.90	1.70	15.94	7.60	1.65
22	10,5	15.83	7.85	1.68	16.03	7.55	1.63
23	10,0	15.92	7.80	1.66	16.12	7.50	1.61
24	9,5	16.01	7.75	1.64	16.21	7.45	1.59
25	9,0	16.10	7.70	1.62	16.3	7.40	1.57
26	8,5	16.19	7.65	1.60	16.39	7.35	1.55
27	8,0	16.28	7.60	1.58	16.48	7.30	1.53
28	7,5	16.37	7.55	1.56	16.57	7.25	1.51
29	7,0	16.46	7.50	1.54	16.66	7.20	1.49
30	6,5	16.55	7.45	1.52	16.75	7.15	1.47
31	6,0	16.64	7.40	1.50	16.84	7.10	1.45
32	5,5	16.73	7.35	1.48	16.93	7.05	1.43
33	5,0	16.82	7.30	1.46	17.02	7.00	1.41
34	4,5	16.91	7.25	1.44	17.11	6.95	1.39
35	4,0	17.00	7.20	1.42	17.2	6.90	1.37
36	3,5	17.09	7.15	1.40	17.29	6.85	1.35

37	3,0	17.18	7.10	1.38	17.38	6.80	1.33
38	2,5	17.27	7.05	1.36	17.47	6.75	1.31
39	2,0	17.36	7.00	1.34	17.56	6.70	1.29
40	1,5	17.45	6.95	1.32	17.65	6.65	1.27
41	1,0	17.54	6.90	1.30	17.74	6.60	1.25

Ayollar uchun

№	Ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			Sportcha yuruvchilar uchun		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	14.24	8.30	2.00	14.34	8.10	1.98
2	20,5	14.33	8.25	1.98	14.43	8.05	1.96
3	20,0	14.42	8.20	1.96	14.52	8.00	1.94
4	19,5	14.51	8.15	1.94	14.61	7.95	1.92
5	19,0	14.60	8.10	1.92	14.70	7.90	1.90
6	18,5	14.69	8.05	1.9	14.79	7.85	1.88
7	18,0	14.78	8.00	1.88	14.88	7.80	1.86
8	17,5	14.87	7.95	1.86	14.97	7.75	1.84
9	17,0	14.96	7.90	1.84	15.06	7.70	1.82
10	16,5	15.05	7.85	1.82	15.15	7.65	1.80
11	16,0	15.14	7.80	1.80	15.24	7.60	1.78
12	15,5	15.23	7.75	1.78	15.33	7.55	1.76
13	15,0	15.32	7.70	1.76	15.42	7.50	1.74
14	14,5	15.41	7.65	1.74	15.51	7.45	1.72
15	14,0	15.50	7.60	1.72	15.60	7.40	1.70
16	13,5	15.59	7.55	1.7	15.69	7.35	1.68
17	13,0	15.68	7.50	1.68	15.78	7.30	1.66
18	12,5	15.77	7.45	1.66	15.87	7.25	1.64
19	12,0	15.86	7.40	1.64	15.96	7.20	1.62
20	11,5	15.95	7.35	1.62	16.05	7.15	1.60
21	11,0	16.04	7.30	1.60	16.14	7.10	1.58
22	10,5	16.13	7.25	1.58	16.23	7.05	1.56
23	10,0	16.22	7.20	1.56	16.32	7.00	1.54
24	9,5	16.31	7.15	1.54	16.41	6.95	1.52
25	9,0	16.40	7.10	1.52	16.50	6.90	1.50
26	8,5	16.49	7.05	1.5	16.59	6.85	1.48
27	8,0	16.58	7.00	1.48	16.68	6.80	1.46
28	7,5	16.67	6.95	1.46	16.77	6.75	1.44
29	7,0	16.76	6.90	1.44	16.86	6.70	1.42
30	6,5	16.85	6.85	1.42	16.95	6.65	1.40
31	6,0	16.94	6.80	1.40	17.04	6.60	1.38
32	5,5	17.03	6.75	1.38	17.13	6.55	1.36
33	5,0	17.12	6.70	1.36	17.22	6.50	1.34
34	4,5	17.21	6.65	1.34	17.31	6.45	1.32
35	4,0	17.30	6.60	1.32	17.40	6.40	1.30
36	3,5	17.39	6.55	1.3	17.49	6.35	1.28
37	3,0	17.48	6.50	1.28	17.58	6.30	1.26

38	2,5	17.57	6.45	1.26	17.67	6.25	1.24
39	2,0	17.66	6.40	1.24	17.76	6.20	1.22
40	1,5	17.75	6.35	1.22	17.85	6.15	1.20
41	1,0	17.84	6.30	1.20	17.94	6.10	1.18

Ayollar uchun

№	Ball	Uzunlikka va uch hatlab. balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish. nayza. disk uloqtirish va bosqon uloqtirish)		
		100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	100 m.ga yugurish (sek)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	14.14	8.40	2.20	14.54	9.20	2.02
2	20,5	14.23	8.35	2.18	14.63	9.15	2.00
3	20,0	14.32	8.30	2.16	14.72	9.10	1.98
4	19,5	14.41	8.25	2.14	14.81	9.05	1.96
5	19,0	14.50	8.20	2.12	14.90	9.00	1.94
6	18,5	14.59	8.15	2.10	14.99	8.95	1.92
7	18,0	14.68	8.10	2.08	15.08	8.90	1.90
8	17,5	14.77	8.05	2.06	15.17	8.85	1.88
9	17,0	14.86	8.00	2.04	15.26	8.80	1.86
10	16,5	14.95	7.95	2.02	15.35	8.75	1.84
11	16,0	15.04	7.90	2.00	15.44	8.70	1.82
12	15,5	15.13	7.85	1.98	15.53	8.65	1.80
13	15,0	15.22	7.80	1.96	15.62	8.60	1.78
14	14,5	15.31	7.75	1.94	15.71	8.55	1.76
15	14,0	15.40	7.70	1.92	15.80	8.50	1.74
16	13,5	15.49	7.65	1.90	15.89	8.45	1.72
17	13,0	15.58	7.60	1.88	15.98	8.40	1.70
18	12,5	15.67	7.55	1.86	16.07	8.35	1.68
19	12,0	15.76	7.50	1.84	16.16	8.30	1.66
20	11,5	15.85	7.45	1.82	16.25	8.25	1.64
21	11,0	15.94	7.40	1.80	16.34	8.20	1.62
22	10,5	16.03	7.35	1.78	16.43	8.15	1.60
23	10,0	16.12	7.30	1.76	16.52	8.10	1.58
24	9,5	16.21	7.25	1.74	16.61	8.05	1.56
25	9,0	16.30	7.20	1.72	16.70	8.00	1.54
26	8,5	16.39	7.15	1.70	16.79	7.95	1.52
27	8,0	16.48	7.10	1.68	16.88	7.90	1.50
28	7,5	16.57	7.05	1.66	16.97	7.85	1.48
29	7,0	16.66	7.00	1.64	17.06	7.80	1.46
30	6,5	16.75	6.95	1.62	17.15	7.75	1.44
31	6,0	16.84	6.90	1.60	17.24	7.70	1.42
32	5,5	16.93	6.85	1.58	17.33	7.65	1.40
33	5,0	17.02	6.80	1.56	17.42	7.60	1.38
34	4,5	17.11	6.75	1.54	17.51	7.55	1.36
35	4,0	17.20	6.70	1.52	17.60	7.50	1.34
36	3,5	17.29	6.65	1.50	17.69	7.45	1.32
37	3,0	17.38	6.60	1.48	17.78	7.40	1.30

38	2,5	17.47	6.55	1.46	17.87	7.35	1.28
39	2,0	17.56	6.50	1.44	17.96	7.30	1.26
40	1,5	17.65	6.45	1.42	18.05	7.25	1.24
41	1,0	17.74	6.40	1.40	18.14	7.20	1.22

Izoh: Talab me'yorlarini topshirishda musobaqa usulida hamda musobaqa qoidalari asosida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish. Sakrash va uloqtirishlarida 3 tadan urinish beriladi.

Kafedra mudiri


Imzo


F.I.Sh