

20 METRE HIZ KOŞUSU KIZ VE ERKEK PUANLAMA TABLOSU

PUAN	KIZLAR		ERKEKLER	
	EN YÜKSEK DERECE	EN DÜŞÜK DERECE	EN YÜKSEK DERECE	EN DÜŞÜK DERECE
15	3.10 saniye ve altı	3.15 saniye	2.80 saniye ve altı	2.83
14	3.16 saniye	3.21 saniye	2.84 saniye	2,87 saniye
13	3.22 saniye	3.27 saniye	2.88 saniye	2.91 saniye
12	3.28 saniye	3.33 saniye	2.92 saniye	2.95 saniye
11	3.34 saniye	3.39 saniye	2.96 saniye	2.99 saniye
10	3.40 saniye	3.45 saniye	3.00 saniye	3.03 saniye
9	3.46 saniye	3.51 saniye	3.04 saniye	3.07 saniye
8	3.52 saniye	3.57 saniye	3.08 saniye	3.11 saniye
7	3.58 saniye	3.63 saniye	3.12 saniye	3.15 saniye
6	3.64 saniye	3.69 saniye	3.16 saniye	3.19 saniye
5	3.70 saniye	3.75 saniye	3.20 saniye	3.23 saniye
4	3.76 saniye	3.81 saniye	3.24 saniye	3.27 saniye
3	3.82 saniye	3.87 saniye	3.28 saniye	3.31 saniye
2	3.88 saniye	3.93 saniye	3.32 saniye	3.35 saniye
1	3.94 saniye	3.99 saniye	3.36 saniye	3.39 saniye
0		4.00 saniye ve üstü		3.40 saniye ve üstü

DURARAK UZUN ATLAMA KIZ VE ERKEK PUANLAMA TABLOSU

PUAN	KIZLAR		ERKEKLER	
	EN DÜŞÜK DERECE	EN YÜKSEK DERECE	EN DÜŞÜK DERECE	EN YÜKSEK DERECE
10	183 cm	190 cm ve üstü	243 cm	250 cm ve üstü
9	175 cm	182 cm	235 cm	242 cm
8	167 cm	174 cm	227 cm	234 cm
7	159 cm	166 cm	219 cm	226 cm
6	151 cm	158 cm	211 cm	218 cm
5	143 cm	150 cm	203 cm	210 cm
4	135 cm	142 cm	195 cm	202 cm
3	127 cm	134 cm	187 cm	194 cm
2	119 cm	126 cm	179 cm	186 cm
1	111 cm	118 cm	171 cm	178 cm
0	110 cm ve altı		170 cm ve altı	

BRANŞ UYGULAMA SINAVI PUANLAMA CETVELİ

PUAN

KIZLAR ATLETİZM UYGULAMA SINAVI PUANLAMA CETVELİ

	100 m	800 m	1500 m	100 m Engel	Uzun Atlama	Yüksek Atlama	Üç adım Atlama	Sırkla Atlama	Gülle Atma	Disk Atma	Cirit Atma	Çekiç Atma
45	13,80 ve altı	02:40,5 ve altı	05:40,0 ve altı	16,50 ve altı	4,40 ve üzeri	1,45 ve üzeri	10,50	3,00 ve üzeri	10,5 ve üzeri	28 ve üzeri	30 ve üzeri	28 ve üzeri
44	13,86	02:41,0	05:42,0	16,62	4,38	1,44	10,42	2,97	10,45	27,8	29,80	27,8
43	13,92	02:41,5	05:44,0	16,74	4,36	1,43	10,34	2,94	10,40	27,6	29,60	27,6
42	13,98	02:42,0	05:46,0	16,86	4,34	1,42	10,26	2,91	10,35	27,4	29,40	27,4
41	14,04	02:42,5	05:48,0	16,98	4,32	1,41	10,18	2,88	10,30	27,2	29,20	27,2
40	14,10	02:43,0	05:50,0	17,10	4,30	1,40	10,10	2,85	10,25	27,0	29,00	27,0
39	14,16	02:43,5	05:52,0	17,22	4,28	1,39	10,02	2,82	10,20	26,8	28,80	26,8
38	14,22	02:44,0	05:54,0	17,34	4,26	1,38	9,94	2,79	10,15	26,6	28,60	26,6
37	14,28	02:44,5	05:56,0	17,46	4,24	1,37	9,86	2,76	10,10	26,4	28,40	26,4
36	14,34	02:45,0	05:58,0	17,58	4,22	1,36	9,78	2,73	10,05	26,2	28,20	26,2
35	14,40	02:45,5	06:00,0	17,70	4,20	1,35	9,70	2,70	10,00	26,0	28,00	26,0
34	14,46	02:46,0	06:02,0	17,82	4,18	1,34	9,62	2,67	9,95	25,8	27,80	25,8
33	14,52	02:46,5	06:04,0	17,94	4,16	1,33	9,54	2,64	9,90	25,6	27,60	25,6
32	14,58	02:47,0	06:06,0	18,06	4,14	1,32	9,46	2,61	9,85	25,4	27,40	25,4
31	14,64	02:47,5	06:08,0	18,18	4,12	1,31	9,38	2,58	9,80	25,2	27,20	25,2
30	14,70	02:48,0	06:10,0	18,30	4,10	1,30	9,30	2,55	9,75	25,0	27,00	25,0
29	14,76	02:48,5	06:12,0	18,42	4,08	1,29	9,22	2,52	9,70	24,8	26,80	24,8
28	14,82	02:49,0	06:14,0	18,54	4,06	1,28	9,14	2,49	9,65	24,6	26,60	24,6
27	14,88	02:49,5	06:16,0	18,66	4,04	1,27	9,06	2,46	9,60	24,4	26,40	24,4
26	14,94	02:50,0	06:18,0	18,78	4,02	1,26	8,98	2,43	9,55	24,2	26,20	24,2
25	15,00	02:50,5	06:20,0	18,90	4,00	1,25	8,90	2,40	9,50	24,0	26,00	24,0
24	15,06	02:51,0	06:22,0	19,02	3,98	1,24	8,82	2,37	9,45	23,8	25,80	23,8
23	15,12	02:51,5	06:24,0	19,14	3,96	1,23	8,74	2,34	9,40	23,6	25,60	23,6
22	15,18	02:52,0	06:26,0	19,26	3,94	1,22	8,66	2,31	9,35	23,4	25,40	23,4
21	15,24	02:52,5	06:28,0	19,38	3,92	1,21	8,58	2,28	9,30	23,2	25,20	23,2
20	15,30	02:53,0	06:30,0	19,50	3,90	1,20	8,50	2,25	9,25	23,0	25,00	23,0
19	15,36	02:53,5	06:32,0	19,62	3,88	1,19	8,42	2,22	9,20	22,8	24,80	22,8
18	15,42	02:54,0	06:34,0	19,74	3,86	1,18	8,34	2,19	9,15	22,6	24,60	22,6
17	15,48	02:54,5	06:36,0	19,86	3,84	1,17	8,26	2,16	9,10	22,4	24,40	22,4
16	15,54	02:55,0	06:38,0	19,98	3,82	1,16	8,18	2,13	9,05	22,2	24,20	22,2
15	15,60	02:55,5	06:40,0	20,10	3,80	1,15	8,10	2,10	9,00	22,0	24,00	22,0
14	15,66	02:56,0	06:42,0	20,22	3,78	1,14	8,02	2,07	8,95	21,8	23,80	21,8
13	15,72	02:56,5	06:44,0	20,34	3,76	1,13	7,94	2,04	8,90	21,6	23,60	21,6
12	15,78	02:57,0	06:46,0	20,46	3,74	1,12	7,86	2,01	8,85	21,4	23,40	21,4
11	15,84	02:57,5	06:48,0	20,58	3,72	1,11	7,78	1,98	8,80	21,2	23,20	21,2
10	15,90	02:58,0	06:50,0	20,70	3,70	1,10	7,7	1,95	8,75	21,0	23,00	21,0
9	15,96	02:58,5	06:52,0	20,82	3,68	1,09	7,62	1,92	8,70	20,8	22,80	20,8
8	16,02	02:59,0	06:54,0	20,94	3,66	1,08	7,54	1,89	8,65	20,6	22,60	20,6
7	16,08	02:59,5	06:56,0	21,06	3,64	1,07	7,46	1,86	8,60	20,4	22,40	20,4
6	16,14	03:00,0	06:58,0	21,18	3,62	1,06	7,38	1,83	8,55	20,2	22,20	20,2
5	16,20	03:00,5	07:00,0	21,30	3,60	1,05	7,30	1,80	8,5	20,0	22,00	20,0
4	16,26	03:01,0	07:02,0	21,42	3,58	1,04	7,22	1,77	8,45	19,8	21,80	19,8
3	16,32	03:01,5	07:04,0	21,54	3,56	1,03	7,14	1,74	8,40	19,6	21,60	19,6
2	16,38	03:02,0	07:06,0	21,66	3,54	1,02	7,06	1,71	8,35	19,4	21,40	19,4
1	14,46	03:02,5	07:08,0	21,78	3,52	1,01	6,98	1,68	8,30	19,2	21,20	19,2
0	14,46 altı	03:02,5 üzeri	07:08,0 üzeri	21,78 üzeri	3,52 altı	1,01altı	6,98 altı	1,68 altı	8,30 altı	19,2 altı	21,20 altı	19,2 altı

PUA N	BRANŞ UYGULAMA SINAVI PUANLAMA CETVELİ													
	ERKEKLER ATLETİZM UYGULAMA SINAVI PUANLAMA CETVELİ													
	100 m	800 m	1500 m	3000 m	100 m Engel	Uzun Atlama	Yüksek Atlama	Üç adım Atlama	Sırıkla Atlama	Gülle Atma	Disk Atma	Cirit Atma	Çekiç Atma	
45	12,50 ve altı	02:12,0 ve altı	04:40,0 ve altı	9:40,00 ve altı	15,00	5,40	1,60 ve üzeri	11,50 ve üzeri	3,40 ve üzeri	11,50 ve üzeri	32,00 ve üzeri	35,00 ve üzeri	32,00 ve üzeri	
44	12,56	02:12,5	04:41,0	09:41,0	15,1	5,38	1,59	11,42	3,37	11,45	31,80	34,8	31,80	
43	12,62	02:13,0	04:42,0	09:42,0	15,2	5,36	1,58	11,34	3,34	11,40	31,6	34,6	31,6	
42	12,68	02:13,5	04:43,0	09:43,0	15,3	5,34	1,57	11,26	3,31	11,35	31,4	34,4	31,4	
41	12,74	02:14,0	04:44,0	09:44,0	15,4	5,32	1,56	11,18	3,28	11,30	31,2	34,2	31,2	
40	12,80	02:14,5	04:45,0	09:45,0	15,5	5,30	1,55	11,10	3,25	11,25	31,0	34,0	31,0	
39	12,86	02:15,0	04:46,0	09:46,0	15,6	5,28	1,54	11,02	3,22	11,20	30,8	33,8	30,8	
38	12,92	02:15,5	04:47,0	09:47,0	15,7	5,26	1,53	10,94	3,19	11,15	30,6	33,6	30,6	
37	12,98	02:16,0	04:48,0	09:48,0	15,8	5,24	1,52	10,86	3,16	11,1	30,4	33,4	30,4	
36	13,04	02:16,5	04:49,0	09:49,0	15,9	5,22	1,51	10,78	3,13	11,05	30,2	33,2	30,2	
35	13,10	02:17,0	04:50,0	09:50,0	16,0	5,20	1,50	10,70	3,10	11,00	30,0	33,0	30,0	
34	13,16	02:17,5	04:51,0	09:51,0	16,1	5,18	1,49	10,62	3,07	10,95	29,8	32,8	29,8	
33	13,22	02:18,0	04:52,0	09:52,0	16,2	5,16	1,48	10,54	3,04	10,90	29,6	32,6	29,6	
32	13,28	02:18,5	04:53,0	09:53,0	16,3	5,14	1,47	10,46	3,01	10,85	29,4	32,4	29,4	
31	13,34	02:19,0	04:54,0	09:54,0	16,4	5,12	1,46	10,38	2,98	10,80	29,2	32,2	29,2	
30	13,40	02:19,5	04:55,0	09:55,0	16,5	5,10	1,45	10,30	2,95	10,75	29,0	32,0	29,0	
29	13,46	02:20,0	04:56,0	09:56,0	16,6	5,08	1,44	10,22	2,92	10,70	28,8	31,8	28,8	
28	13,52	02:20,5	04:57,0	09:57,0	16,7	5,06	1,43	10,14	2,89	10,65	28,6	31,6	28,6	
27	13,58	02:21,0	04:58,0	09:58,0	16,8	5,04	1,42	10,06	2,86	10,60	28,4	31,4	28,4	
26	13,64	02:21,5	04:59,0	09:59,0	16,9	5,02	1,41	9,98	2,83	10,55	28,2	31,2	28,2	
25	13,70	02:22,0	05:00,0	10:00,0	17,0	5,00	1,40	9,90	2,80	10,50	28,0	31,0	28,0	
24	13,76	02:22,5	05:01,0	10:01,0	17,1	4,98	1,39	9,82	2,77	10,45	27,8	30,8	27,8	
23	13,82	02:23,0	05:02,0	10:02,0	17,2	4,96	1,38	9,74	2,74	10,40	27,6	30,6	27,6	
22	13,88	02:23,5	05:03,0	10:03,0	17,3	4,94	1,37	9,66	2,71	10,35	27,4	30,4	27,4	
21	13,94	02:24,0	05:04,0	10:04,0	17,4	4,92	1,36	9,58	2,68	10,30	27,2	30,2	27,2	
20	14,00	02:24,5	05:05,0	10:05,0	17,5	4,90	1,35	9,50	2,65	10,25	27,0	30,0	27,0	
19	14,06	02:25,0	05:06,0	10:06,0	17,6	4,88	1,34	9,42	2,62	10,20	26,8	29,8	26,8	
18	14,12	02:25,5	05:07,0	10:07,0	17,7	4,86	1,33	9,34	2,59	10,15	26,6	29,6	26,6	
17	14,18	02:26,0	05:08,0	10:08,0	17,8	4,84	1,32	9,26	2,56	10,10	26,4	29,4	26,4	
16	14,24	02:26,5	05:09,0	10:09,0	17,9	4,82	1,31	9,18	2,53	10,05	26,2	29,2	26,2	
15	14,30	02:27,0	05:10,0	10:10,0	18,0	4,80	1,30	9,10	2,50	10,00	26,0	29,0	26,0	
14	14,36	02:27,5	05:11,0	10:11,0	18,1	4,78	1,29	9,02	2,47	9,95	25,8	28,8	25,8	
13	14,42	02:28,0	05:12,0	10:12,0	18,2	4,76	1,28	8,94	2,44	9,90	25,6	28,6	25,6	
12	14,48	02:28,5	05:13,0	10:13,0	18,3	4,74	1,27	8,86	2,41	9,85	25,4	28,4	25,4	
11	14,54	02:29,0	05:14,0	10:14,0	18,4	4,72	1,26	8,78	2,38	9,80	25,2	28,2	25,2	
10	14,60	02:29,5	05:15,0	10:15,0	18,5	4,70	1,25	8,70	2,35	9,75	25,0	28,0	25,0	
9	14,66	02:30,0	05:16,0	10:16,0	18,6	4,68	1,24	8,62	2,32	9,70	24,8	27,8	24,8	
8	14,72	02:30,5	05:17,0	10:17,0	18,7	4,66	1,23	8,54	2,29	9,65	24,6	27,6	24,6	
7	14,78	02:31,0	05:18,0	10:18,0	18,8	4,64	1,22	8,46	2,26	9,60	24,4	27,4	24,4	
6	14,84	02:31,5	05:19,0	10:19,0	18,9	4,62	1,21	8,38	2,23	9,55	24,2	27,2	24,2	
5	14,90	02:32,0	05:20,0	10:20,0	19,0	4,60	1,20	8,30	2,20	9,50	24,0	27,0	24,0	
4	14,96	02:32,5	05:21,0	10:21,0	19,1	4,58	1,19	8,22	2,17	9,45	23,8	26,8	23,8	
3	15,02	02:33,0	05:22,0	10:22,0	19,2	4,56	1,18	8,14	2,14	9,40	23,6	26,6	23,6	
2	15,08	02:33,5	05:23,0	10:23,0	19,3	4,54	1,17	8,06	2,11	9,35	23,4	26,4	23,4	
1	15,14	02:34,0	05:24,0	10:24,0	19,4	4,52	1,16	7,98	2,08	9,30	23,2	26,2	23,2	
0	15,14	02:34,0	05:24,0	10:24,0	19,4	4,52	1,16 altı	7,98	2,08 altı	9,30 altı	23,2	26,2	23,2 altı	