

**O‘ZBEKISTON RESPUBLIKASI
OLIIY VA O‘RTA MAXSUS TA’LIM VAZIRLIGI**

BUXORO DAVLAT UNIVERSITETI

“TASDIQLAYMAN”

Buxoro davlat universiteti

rektori

O.X.Xamidov



2022 yil

**61010300 SPORT FAOLIYATI: YENGIL ATLETIKA
KASBIY (IJODIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONLARI**

2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy)
imtihon me'yorlari
(Tanlarga tur bo'yicha – 93 ball)

Erkaklar uchun

Ball	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq,s.)	1500 m (daq,s.)	3000 m (daq,s)
93	11,14	22,24	49,80	1:55,0	3:57,0	8:30,0
90	11,20	22,34	50,04	1:55,5	3:58,5	8:34,4
87	11,26	22,44	50,28	1:56,0	4:00,0	8:38,8
84	11,32	22,54	50,52	1:56,5	4:01,5	8:43,2
81	11,38	22,64	50,76	1:57,0	4:03,0	8:47,6
78	11,44	22,74	51,00	1:57,5	4:04,5	8:52,0
75	11,50	22,84	51,24	1:58,0	4:06,0	8:56,4
73	11,56	22,94	51,48	1:58,5	4:07,5	9:00,8
71	11,62	23,04	51,72	1:59,0	4:09,0	9:05,2
69	11,68	23,14	51,96	1:59,5	4:10,5	9:09,6
67	11,74	23,24	52,20	2:00,0	4:12,0	9:14,0
65	11,80	23,34	52,44	2:00,5	4:13,5	9:18,4
63	11,86	23,44	52,68	2:01,0	4:15,0	9:22,8
61	11,92	23,54	52,92	2:01,5	4:16,5	9:27,2
59	11,98	23,64	53,16	2:02,0	4:18,0	9:31,6
57	12,04	23,74	53,4	2:02,5	4:19,5	9:36,0
55	12,10	23,84	53,64	2:03,0	4:21,0	9:40,4
53	12,16	23,94	53,88	2:03,5	4:22,5	9:44,8
51	12,22	24,04	54,12	2:04,0	4:24,0	9:49,2
49	12,28	24,14	54,36	2:04,5	4:25,5	9:53,6
47	12,34	24,24	54,60	2:05,0	4:27,0	9:58,0
45	12,40	24,34	54,84	2:05,5	4:28,5	10:02,4
43	12,46	24,44	55,08	2:06,0	4:30,0	10:06,8
41	12,52	24,54	55,32	2:06,5	4:31,5	10:11,2
39	12,58	24,64	55,56	2:07,0	4:33,0	10:15,6
38	12,64	24,74	55,8	2:07,5	4:34,5	10:20,0
37	12,70	24,84	56,04	2:08,0	4:36,0	10:24,4
36	12,76	24,94	56,28	2:08,5	4:37,5	10:28,8
35	12,82	25,04	56,52	2:09,0	4:39,0	10:33,2
34	12,88	25,14	56,76	2:09,5	4:40,5	10:37,6
33	12,94	25,24	57,00	2:10,0	4:42,0	10:42,0

32	13,00	25,34	57,24	2:10,5	4:43,5	10:46,4
31	13,06	25,44	57,48	2:11,0	4:45,0	10:50,8
30	13,12	25,54	57,72	2:11,5	4:46,5	10:55,2
29	13,18	25,64	57,96	2:12,0	4:48,0	10:59,6
28	13,24	25,74	58,2	2:12,5	4:49,5	11:04,0
27	13,30	25,84	58,44	2:13,0	4:51,0	11:08,4
26	13,36	25,94	58,68	2:13,5	4:52,5	11:12,8
25	13,42	26,04	58,92	2:14,0	4:54,0	11:17,2
24	13,48	26,14	59,16	2:14,5	4:55,5	11:21,6
23	13,54	26,24	59,40	2:15,0	4:57,0	11:26,0
22	13,60	26,34	59,64	2:15,5	4:58,5	11:30,4
21	13,66	26,44	59,88	2:16,0	5:00,0	11:34,8
20	13,72	26,54	1:00,4	2:16,5	5:01,5	11:39,2
19	13,78	26,64	1:00,6	2:17,0	5:03,0	11:43,6
18	13,84	26,74	1:00,8	2:17,5	5:04,5	11:48,0
17	13,90	26,84	1:01,0	2:18,0	5:06,0	11:52,4
16	13,96	26,94	1:01,2	2:18,5	5:07,5	11:56,8
15	14,02	27,04	1:01,4	2:19,0	5:09,0	12:01,2
14	14,08	27,14	1:01,6	2:19,5	5:10,5	12:05,6
13	14,14	27,24	1:01,8	2:20,0	5:12,0	12:10,0
12	14,20	27,34	1:02,0	2:20,5	5:13,5	12:14,4
11	14,26	27,44	1:02,2	2:21,0	5:15,0	12:18,8
10	14,32	27,54	1:02,4	2:21,5	5:16,5	12:23,2
9	14,38	27,64	1:02,6	2:22,0	5:18,0	12:27,6
8	14,44	27,74	1:02,8	2:22,5	5:19,5	12:32,0
7	14,50	27,84	1:03,0	2:23,0	5:21,0	12:36,4
6	14,56	27,94	1:03,2	2:23,5	5:22,5	12:40,8
5	14,62	28,04	1:03,4	2:24,0	5:24,0	12:45,2
4	14,68	28,14	1:03,6	2:24,5	5:25,5	12:49,6
3	14,74	28,24	1:03,8	2:25,0	5:27,0	12:54,0
2	14,80	28,34	1:04,0	2:25,5	5:28,5	12:58,4
1	14,86	28,44	1:04,2	2:26,0	5:30,0	13:02,8

Ball	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	15,25	55,65	21:45,0	7,10	15,10
90	15,30	55,82	21:52,0	7,07	15,04
87	15,35	55,99	21:59,0	7,04	14,98
84	15,40	56,16	22:06,0	7,01	14,92
81	15,45	56,33	22:13,0	6,98	14,86
78	15,50	56,50	22:20,0	6,95	14,80
75	15,55	56,67	22:27,0	6,92	14,74
73	15,60	56,84	22:34,0	6,89	14,68
71	15,65	57,01	22:41,0	6,86	14,62
69	15,70	57,18	22:48,0	6,83	14,56
67	15,75	57,35	22:55,0	6,80	14,50
65	15,80	57,52	23:02,0	6,77	14,44
63	15,85	57,69	23:09,0	6,73	14,38
61	15,90	57,86	23:16,0	6,71	14,32
59	15,95	58,03	23:23,0	6,68	14,26
57	16,00	58,20	23:30,0	6,65	14,20
55	16,05	58,37	23:37,0	6,62	14,14
53	16,10	58,54	23:44,0	6,59	14,08
51	16,15	58,71	23:51,0	6,56	14,02
49	16,20	58,88	23:58,0	6,53	13,96
47	16,25	59,05	24:05,0	6,50	13,90
45	16,30	59,22	24:12,0	6,47	13,84
43	16,35	59,39	24:19,0	6,44	13,78
41	16,40	59,56	24:26,0	6,41	13,72
39	16,45	59,73	24:33,0	6,38	13,66
38	16,50	59,90	24:40,0	6,35	13,60
37	16,55	1:00,1	24:47,0	6,32	13,54
36	16,60	1:00,3	24:54,0	6,29	13,48
35	16,65	1:00,5	25:01,0	6,26	13,42
34	16,70	1:00,8	25:08,0	6,23	13,36
33	16,75	1:01,0	25:15,0	6,20	13,30
32	16,80	1:01,3	25:22,0	6,17	13,24

31	16,85	1:01,5	25:29,0	6,14	13,18
30	16,90	1:01,7	25:36,0	6,11	13,12
29	16,95	1:02,0	25:43,0	6,08	13,06
28	17,00	1:02,2	25:50,0	6,05	13,00
27	17,05	1:02,5	25:57,0	6,02	12,94
26	17,10	1:02,7	26:04,0	5,99	12,88
25	17,15	1:02,9	26:11,0	5,96	12,82
24	17,20	1:03,2	26:18,0	5,93	12,76
23	17,25	1:03,4	26:25,0	5,90	12,70
22	17,30	1:03,7	26:32,0	5,87	12,64
21	17,35	1:03,9	26:39,0	5,84	12,58
20	17,40	1:04,1	26:46,0	5,81	12,52
19	17,45	1:04,4	26:53,0	5,78	12,46
18	17,50	1:04,6	27:00,0	5,75	12,40
17	17,55	1:04,9	27:07,0	5,72	12,34
16	17,60	1:05,1	27:14,0	5,69	12,28
15	17,65	1:05,3	27:21,0	5,66	12,22
14	17,70	1:05,6	27:28,0	5,63	12,16
13	17,75	1:05,8	27:35,0	5,60	12,10
12	17,80	1:06,1	27:42,0	5,57	12,04
11	17,85	1:06,3	27:49,0	5,54	11,98
10	17,90	1:06,5	27:56,0	5,51	11,92
9	17,95	1:06,8	28:03,0	5,48	11,86
8	18,00	1:07,0	28:10,0	5,45	11,80
7	18,05	1:07,3	28:17,0	5,42	11,74
6	18,10	1:07,5	28:24,0	5,39	11,68
5	18,15	1:07,7	28:31,0	5,36	11,62
4	18,20	1:08,0	28:38,0	5,33	11,56
3	18,25	1:08,2	28:45,0	5,30	11,50
2	18,30	1:08,5	28:52,0	5,27	11,44
1	+18,35	+1:08,7	+29:00,0	-5,20	-11,38

Ball	Baland-likka sakrash (m.sm)	Yadro itqitish (m.sm) 6 kg	Disk uloqtirish (m.sm) 1.75 kg	Nayza uloqtirish (m.sm) 800 gr
93	2,00	16,50	48,00	64,00
90	1,99	16,40	47,70	63,55
87	1,98	16,30	47,40	63,10
84	1,97	16,20	47,10	62,65
81	1,96	16,10	46,80	62,20
78	1,95	16,00	46,50	61,75
75	1,94	15,90	46,20	61,30
73	1,93	15,80	45,90	60,85
71	1,92	15,70	45,60	60,40
69	1,91	15,60	45,30	59,95
67	1,90	15,50	45,00	59,50
65	1,89	15,40	44,70	59,05
63	1,88	15,30	44,40	58,60
61	1,87	15,20	44,10	58,15
59	1,86	15,10	43,80	57,70
57	1,85	15,00	43,50	57,25
55	1,84	14,90	43,20	56,80
53	1,83	14,80	42,90	56,35
51	1,82	14,70	42,60	55,90
49	1,81	14,60	42,30	55,45
47	1,80	14,50	42,00	55,00
45	1,79	14,40	41,70	54,55
43	1,78	14,30	41,40	54,10
41	1,77	14,20	41,10	53,65
39	1,76	14,10	40,80	53,20
38	1,75	14,00	40,50	52,75
37	1,74	13,90	40,20	52,30
36	1,73	13,80	39,90	51,85
35	1,72	13,70	39,60	51,40
34	1,71	13,60	39,30	50,95
33	1,70	13,50	39,00	50,50
32	1,69	13,40	38,70	50,05
31	1,68	13,30	38,40	49,60
30	1,67	13,20	38,10	49,15

29	1,66	13,10	37,80	48,70
28	1,65	13,00	37,50	48,25
27	1,64	12,90	37,20	47,80
26	1,63	12,80	36,90	47,35
25	1,62	12,65	36,60	46,90
24	1,61	12,50	36,30	46,45
23	1,60	12,35	36,00	46,00
22	1,59	12,20	35,70	45,55
21	1,58	12,05	35,40	45,10
20	1,57	11,90	35,10	44,65
19	1,56	11,75	34,80	44,20
18	1,55	11,60	34,50	43,75
17	1,54	11,45	34,20	43,30
16	1,53	11,30	33,90	42,85
15	1,52	11,15	33,60	42,40
14	1,51	11,00	33,30	41,95
13	1,50	10,85	33,00	41,50
12	1,49	10,70	32,70	41,05
11	1,48	10,55	32,40	40,60
10	1,47	10,40	32,10	40,15
9	1,46	10,25	31,80	39,70
8	1,45	10,10	31,50	39,25
7	1,44	9,95	31,20	38,80
6	1,43	9,80	30,90	38,35
5	1,42	9,65	30,60	37,90
4	1,41	9,50	30,30	37,45
3	1,40	9,35	30,00	37,00
2	1,39	9,20	29,70	36,55
1	-1,38	-9,00	-29,40	-36,10

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy)
imtihon me'yorlari
(Tanlangan tur bo'yicha – 93 ball)

Ayolar uchun

Ball	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	2:14,0	4:35,0	9:52,0
90	12,56	25,54	57,54	2:14,5	4:36,0	9:56,0
87	12,62	25,64	57,78	2:15,0	4:37,0	10:00,0
84	12,68	25,74	58,02	2:15,5	4:38,0	10:04,0
81	12,74	25,84	58,26	2:16,0	4:39,0	10:08,0
78	12,80	25,94	58,50	2:16,5	4:40,0	10:12,0
75	12,86	26,04	58,74	2:17,0	4:41,0	10:16,0
73	12,92	26,14	58,98	2:17,5	4:42,0	10:20,0
71	12,98	26,24	59,22	2:18,0	4:43,0	10:24,0
69	13,04	26,34	59,46	2:18,5	4:44,0	10:28,0
67	13,10	26,44	59,70	2:19,0	4:45,0	10:32,0
65	13,16	26,54	59,94	2:19,5	4:46,0	10:36,0
63	13,22	26,64	1:00,2	2:20,0	4:47,0	10:40,0
61	13,28	26,74	1:00,4	2:20,5	4:48,0	10:44,0
59	13,34	26,84	1:00,7	2:21,0	4:49,0	10:48,0
57	13,40	26,94	1:00,9	2:21,5	4:50,0	10:52,0
55	13,46	27,04	1:01,1	2:22,0	4:51,0	10:56,0
53	13,52	27,14	1:01,4	2:22,5	4:52,0	11:00,0
51	13,58	27,24	1:01,6	2:23,0	4:53,0	11:04,0
49	13,64	27,34	1:01,9	2:23,5	4:54,0	11:08,0
47	13,70	27,44	1:02,1	2:24,0	4:55,0	11:12,0
45	13,76	27,54	1:02,3	2:24,5	4:56,0	11:16,0
43	13,82	27,64	1:02,6	2:25,0	4:57,0	11:20,0
41	13,88	27,74	1:02,8	2:25,5	4:58,0	11:24,0
39	13,94	27,84	1:03,1	2:26,0	4:59,0	11:28,0
38	14,00	27,94	1:03,3	2:26,5	5:00,0	11:32,0
37	14,06	28,04	1:03,5	2:27,0	5:01,0	11:36,0
36	14,12	28,14	1:03,8	2:27,5	5:02,0	11:40,0
35	14,18	28,24	1:04,0	2:28,0	5:03,0	11:44,0
34	14,24	28,34	1:04,3	2:28,5	5:04,0	11:48,0
33	14,30	28,44	1:04,5	2:29,0	5:05,0	11:52,0
32	14,36	28,54	1:04,7	2:29,5	5:06,0	11:56,0
31	14,42	28,64	1:05,0	2:30,0	5:07,0	12:00,0

30	14,48	28,74	1:05,2	2:30,5	5:08,0	12:04,0
29	14,54	28,84	1:05,5	2:31,0	5:09,0	12:08,0
28	14,60	28,94	1:05,7	2:31,5	5:10,0	12:12,0
27	14,66	29,04	1:05,9	2:32,0	5:11,0	12:16,0
26	14,72	29,14	1:06,2	2:32,5	5:12,0	12:20,0
25	14,78	29,24	1:06,4	2:33,0	5:13,0	12:24,0
24	14,84	29,34	1:06,7	2:33,5	5:14,0	12:28,0
23	14,90	29,44	1:06,9	2:34,0	5:15,0	12:32,0
22	14,96	29,54	1:07,1	2:34,5	5:16,0	12:36,0
21	15,02	29,64	1:07,4	2:35,0	5:17,0	12:40,0
20	15,08	29,74	1:07,6	2:35,5	5:18,0	12:44,0
19	15,14	29,84	1:07,9	2:36,0	5:19,0	12:48,0
18	15,20	29,94	1:08,1	2:36,5	5:20,0	12:52,0
17	15,26	30,04	1:08,3	2:37,0	5:21,0	12:56,0
16	15,32	30,14	1:08,6	2:37,5	5:22,0	13:00,0
15	15,38	30,24	1:08,8	2:38,0	5:23,0	13:04,0
14	15,44	30,34	1:09,1	2:38,5	5:24,0	13:08,0
13	15,50	30,44	1:09,3	2:39,0	5:25,0	13:12,0
12	15,56	30,54	1:09,5	2:39,5	5:26,0	13:16,0
11	15,62	30,64	1:09,8	2:40,0	5:27,0	13:20,0
10	15,68	30,74	1:10,0	2:40,5	5:28,0	13:24,0
9	15,74	30,84	1:10,3	2:41,0	5:29,0	13:28,0
8	15,80	30,94	1:10,5	2:41,5	5:30,0	13:32,0
7	15,86	31,04	1:10,7	2:42,0	5:31,0	13:36,0
6	15,92	31,14	1:11,0	2:42,5	5:32,0	13:40,0
5	15,98	31,24	1:11,2	2:43,0	5:33,0	13:44,0
4	16,04	31,34	1:11,5	2:43,5	5:34,0	13:48,0
3	16,10	31,44	1:11,7	2:44,0	5:35,0	13:52,0
2	16,16	31,54	1:11,9	2:44,5	5:36,0	13:56,0
1	16,22	31,64	1:12,2	2:45,0	5:37,0	14:00,0

Ball	100 m. g'ovlar osha yugurish (s.)	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93	15,24	1:04,2	25:30,0	5,90	12,70
90	15,31	1:04,7	25:37,5	5,87	12,62
87	15,38	1:05,2	25:45,0	5,84	12,54
84	15,45	1:05,7	25:52,5	5,81	12,46
81	15,52	1:06,2	26:00,0	5,78	12,38
78	15,59	1:06,7	26:07,5	5,75	12,30
75	15,66	1:07,2	26:15,0	5,72	12,22
73	15,73	1:07,7	26:22,5	5,69	12,14
71	15,80	1:08,2	26:30,0	5,66	12,06
69	15,87	1:08,7	26:37,5	5,63	11,98
67	15,94	1:09,2	26:45,0	5,60	11,90
65	16,01	1:09,7	26:52,5	5,57	11,82
63	16,08	1:10,2	27:00,0	5,54	11,74
61	16,15	1:10,7	27:07,5	5,51	11,66
59	16,22	1:11,2	27:15,0	5,48	11,58
57	16,29	1:11,7	27:22,5	5,45	11,50
55	16,36	1:12,2	27:30,0	5,42	11,42
53	16,43	1:12,7	27:37,5	5,39	11,34
51	16,50	1:13,2	27:45,0	5,36	11,26
49	16,57	1:13,7	27:52,5	5,33	11,18
47	16,64	1:14,2	28:00,0	5,30	11,10
45	16,71	1:14,7	28:07,5	5,27	11,02
43	16,78	1:15,2	28:15,0	5,24	10,94
41	16,85	1:15,7	28:22,5	5,21	10,86
39	16,92	1:16,2	28:30,0	5,18	10,78
38	16,99	1:16,7	28:37,5	5,15	10,70
37	17,06	1:17,2	28:45,0	5,12	10,62
36	17,13	1:17,7	28:52,5	5,09	10,54
35	17,20	1:18,2	29:00,0	5,06	10,46
34	17,27	1:18,7	29:07,5	5,03	10,38
33	17,34	1:19,2	29:15,0	5,00	10,30
32	17,41	1:19,7	29:22,5	4,97	10,22
31	17,48	1:20,2	29:30,0	4,94	10,14
30	17,55	1:20,7	29:37,5	4,91	10,06

29	17,62	1:21,2	29:45,0	4,88	9,98
28	17,69	1:21,7	29:52,5	4,85	9,90
27	17,76	1:22,2	30:00,0	4,82	9,82
26	17,83	1:22,7	30:07,5	4,79	9,74
25	17,90	1:23,2	30:15,0	4,76	9,66
24	17,97	1:23,7	30:22,5	4,73	9,58
23	18,04	1:24,2	30:30,0	4,70	9,50
22	18,11	1:24,7	30:37,5	4,67	9,42
21	18,18	1:25,2	30:45,0	4,64	9,34
20	18,25	1:25,7	30:52,5	4,61	9,26
19	18,32	1:26,2	31:00,0	4,58	9,18
18	18,39	1:26,7	31:07,5	4,55	9,10
17	18,46	1:27,2	31:18,0	4,52	9,02
16	18,53	1:27,7	31:28,5	4,49	8,94
15	18,60	1:28,2	31:39,0	4,46	8,86
14	18,67	1:28,7	31:49,5	4,43	8,78
13	18,74	1:29,2	32:00,0	4,40	8,70
12	18,81	1:29,7	32:10,5	4,37	8,62
11	18,88	1:30,2	32:21,0	4,34	8,54
10	18,95	1:30,7	32:31,5	4,31	8,46
9	19,02	1:31,2	32:42,0	4,28	8,38
8	19,09	1:31,7	32:52,5	4,25	8,30
7	19,16	1:32,2	33:03,0	4,22	8,22
6	19,23	1:32,7	33:13,5	4,19	8,14
5	19,30	1:33,2	33:24,0	4,16	8,06
4	19,37	1:33,7	33:34,5	4,13	7,98
3	19,44	1:34,2	33:45,0	4,10	7,90
2	19,51	1:34,7	33:55,5	4,07	7,82
1	19,58	1:35,2	34:06,0	4,00	7,74

Ball	Balandlikka sakrash (m.sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Nayza uloqtirish (m.sm) 600 gr
93	1,70	14,00	46,00	45,00
90	1,69	13,89	45,60	44,55
87	1,68	13,78	45,20	44,10
84	1,67	13,67	44,80	43,65
81	1,66	13,56	44,40	43,20
78	1,65	13,45	44,00	42,75
75	1,64	13,34	43,60	42,30
73	1,63	13,23	43,20	41,85
71	1,62	13,12	42,80	41,40
69	1,61	13,01	42,40	40,95
67	1,60	12,90	42,00	40,50
65	1,59	12,79	41,60	40,05
63	1,58	12,68	41,20	39,60
61	1,57	12,57	40,80	39,15
59	1,56	12,46	40,40	38,70
57	1,55	12,35	40,00	38,25
55	1,54	12,24	39,60	37,80
53	1,53	12,13	39,20	37,35
51	1,52	12,02	38,80	36,90
49	1,51	11,91	38,40	36,45
47	1,50	11,80	38,00	36,00
45	1,49	11,69	37,60	35,55
43	1,48	11,58	37,20	35,10
41	1,47	11,47	36,80	34,65
39	1,46	11,36	36,40	34,20
38	1,45	11,25	36,00	33,75
37	1,44	11,14	35,60	33,30
36	1,43	11,03	35,20	32,85
35	1,42	10,92	34,80	32,40
34	1,41	10,81	34,40	31,95
33	1,40	10,70	34,00	31,50
32	1,39	10,59	33,60	31,05
31	1,38	10,48	33,20	30,60
30	1,37	10,37	32,80	30,15
29	1,36	10,26	32,40	29,70
28	1,35	10,15	32,00	29,25

27	1,34	10,04	31,60	28,80
26	1,33	9,93	31,20	28,35
25	1,32	9,82	30,80	27,90
24	1,31	9,71	30,40	27,45
23	1,30	9,60	30,00	27,00
22	1,29	9,49	29,60	26,55
21	1,28	9,38	29,20	26,10
20	1,27	9,27	28,80	25,65
19	1,26	9,16	28,40	25,20
18	1,25	9,05	28,00	24,75
17	1,24	8,94	27,60	24,30
16	1,23	8,83	27,20	23,85
15	1,22	8,72	26,80	23,40
14	1,21	8,61	26,40	22,95
13	1,20	8,50	26,00	22,50
12	1,19	8,39	25,60	22,05
11	1,18	8,28	25,20	21,60
10	1,17	8,17	24,80	21,15
9	1,16	8,06	24,40	20,70
8	1,15	7,95	24,00	20,25
7	1,14	7,84	23,60	19,80
6	1,13	7,73	23,20	19,35
5	1,12	7,62	22,80	18,90
4	1,11	7,51	22,40	18,45
3	1,10	7,40	22,00	18,00
2	1,09	7,29	21,60	17,55
1	1,08	7,18	21,20	17,10

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy)
imtihon me'yorlari (Umumiy jismoniy tayyorgarlik – 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 ball	11,54	12,00	2,70	11,94	10,80	2,70
2	20,5 ball	11,61	11,90	2,68	12,01	10,70	2,68
3	20,0 ball	11,68	11,80	2,66	12,08	10,60	2,66
4	19,5 ball	11,75	11,70	2,64	12,15	10,50	2,64
5	19,0 ball	11,82	11,60	2,62	12,22	10,40	2,62
6	18,5 ball	11,89	11,50	2,60	12,29	10,30	2,60
7	18,0 ball	11,96	11,40	2,58	12,36	10,20	2,58
8	17,5 ball	12,03	11,30	2,56	12,43	10,10	2,56
9	17,0 ball	12,10	11,20	2,54	12,50	10,00	2,54
10	16,5 ball	12,17	11,10	2,52	12,57	9,90	2,52
11	16,0 ball	12,24	11,00	2,50	12,64	9,80	2,50
12	15,5 ball	12,31	10,90	2,48	12,71	9,70	2,48
13	15,0 ball	12,38	10,80	2,46	12,78	9,60	2,46
14	14,5 ball	12,45	10,70	2,44	12,85	9,50	2,44
15	14,0 ball	12,52	10,60	2,42	12,92	9,40	2,42
16	13,5 ball	12,59	10,50	2,40	12,99	9,30	2,40
17	13,0 ball	12,66	10,40	2,38	13,06	9,20	2,38
18	12,5 ball	12,73	10,30	2,36	13,13	9,10	2,36
19	12,0 ball	12,80	10,20	2,34	13,20	9,00	2,34
20	11,5 ball	12,87	10,10	2,32	13,27	8,90	2,32
21	11,0 ball	12,94	10,00	2,30	13,34	8,80	2,30
22	10,5 ball	13,01	9,90	2,28	13,41	8,70	2,28
23	10,0 ball	13,08	9,80	2,26	13,48	8,60	2,26
24	9,5 ball	13,15	9,70	2,24	13,55	8,50	2,24
25	9,0 ball	13,22	9,60	2,22	13,62	8,40	2,22
26	8,5 ball	13,29	9,50	2,20	13,69	8,30	2,20
27	8,0 ball	13,36	9,40	2,18	13,76	8,20	2,18
28	7,5 ball	13,43	9,30	2,16	13,83	8,10	2,16
29	7,0 ball	13,50	9,20	2,14	13,90	8,00	2,14
30	6,5 ball	13,57	9,10	2,12	13,97	7,90	2,12
31	6,0 ball	13,64	9,00	2,10	14,04	7,80	2,10
32	5,5 ball	13,71	8,90	2,08	14,11	7,70	2,08
33	5,0 ball	13,78	8,80	2,06	14,18	7,60	2,06
34	4,5 ball	13,85	8,70	2,04	14,25	7,50	2,04
35	4,0 ball	13,92	8,60	2,02	14,32	7,40	2,02
36	3,5 ball	13,99	8,50	2,00	14,39	7,30	2,00
37	3,0 ball	14,06	8,40	1,98	14,46	7,20	1,98
38	2,5 ball	14,13	8,30	1,96	14,53	7,10	1,96
39	2,0 ball	14,20	8,20	1,94	14,60	7,00	1,94
40	1,5 ball	14,27	8,10	1,92	14,67	6,90	1,92
41	1,0 ball	14,34	8,00	1,90	14,74	6,80	1,90

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m.)			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 ball	12,54	10,30	2,60	12,82	9,50	2,30
2	20,5 ball	12,61	10,20	2,58	12,89	9,40	2,28
3	20,0 ball	12,68	10,10	2,56	12,96	9,30	2,26
4	19,5 ball	12,75	10,00	2,54	13,03	9,20	2,24
5	19,0 ball	12,82	9,90	2,52	13,10	9,10	2,22
6	18,5 ball	12,89	9,80	2,50	13,17	9,00	2,20
7	18,0 ball	12,96	9,70	2,48	13,24	8,90	2,18
8	17,5 ball	13,03	9,60	2,46	13,31	8,80	2,16
9	17,0 ball	13,10	9,50	2,44	13,38	8,70	2,14
10	16,5 ball	13,17	9,40	2,42	13,45	8,60	2,12
11	16,0 ball	13,24	9,30	2,40	13,52	8,50	2,10
12	15,5 ball	13,31	9,20	2,38	13,59	8,40	2,08
13	15,0 ball	13,38	9,10	2,36	13,66	8,30	2,06
14	14,5 ball	13,45	9,00	2,34	13,73	8,20	2,04
15	14,0 ball	13,52	8,90	2,32	13,80	8,10	2,02
16	13,5 ball	13,59	8,80	2,30	13,87	8,00	2,00
17	13,0 ball	13,66	8,70	2,28	13,94	7,90	1,98
18	12,5 ball	13,73	8,60	2,26	14,01	7,80	1,96
19	12,0 ball	13,80	8,50	2,24	14,08	7,70	1,94
20	11,5 ball	13,87	8,40	2,22	14,15	7,60	1,92
21	11,0 ball	13,94	8,30	2,20	14,22	7,50	1,90
22	10,5 ball	14,01	8,20	2,18	14,29	7,40	1,88
23	10,0 ball	14,08	8,10	2,16	14,36	7,30	1,86
24	9,5 ball	14,15	8,00	2,14	14,43	7,20	1,84
25	9,0 ball	14,22	7,90	2,12	14,50	7,10	1,82
26	8,5 ball	14,29	7,80	2,10	14,57	7,00	1,80
27	8,0 ball	14,36	7,70	2,08	14,64	6,90	1,78
28	7,5 ball	14,43	7,60	2,06	14,71	6,80	1,76
29	7,0 ball	14,50	7,50	2,04	14,78	6,70	1,74
30	6,5 ball	14,57	7,40	2,02	14,85	6,60	1,72
31	6,0 ball	14,64	7,30	2,00	14,92	6,50	1,70
32	5,5 ball	14,71	7,20	1,98	14,99	6,40	1,68
33	5,0 ball	14,78	7,10	1,96	15,06	6,30	1,66
34	4,5 ball	14,85	7,00	1,94	15,13	6,20	1,64
35	4,0 ball	14,92	6,90	1,92	15,20	6,10	1,62
36	3,5 ball	14,99	6,80	1,90	15,27	6,00	1,60
37	3,0 ball	15,06	6,70	1,88	15,34	5,90	1,58
38	2,5 ball	15,13	6,60	1,86	15,39	5,80	1,56
39	2,0 ball	15,20	6,50	1,84	15,45	5,70	1,54
40	1,5 ball	15,27	6,40	1,82	15,49	5,60	1,52
41	1,0 ball	15,34	6,30	1,80	16,00	5,50	1,50

№	ball	Uzunlikka va uch hatlab, balandlikka sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk 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 ball	13,54	12,20	3,00	13,54	12,50	2,70
2	20,5 ball	13,61	12,10	2,98	13,61	12,40	2,68
3	20,0 ball	13,68	12,00	2,96	13,68	12,30	2,66
4	19,5 ball	13,75	11,90	2,94	13,75	12,20	2,64
5	19,0 ball	13,82	11,80	2,92	13,82	12,10	2,62
6	18,5 ball	13,89	11,70	2,90	13,89	12,00	2,60
7	18,0 ball	13,96	11,60	2,88	13,96	11,90	2,58
8	17,5 ball	14,03	11,50	2,86	14,03	11,80	2,56
9	17,0 ball	14,10	11,40	2,84	14,10	11,70	2,54
10	16,5 ball	14,17	11,30	2,82	14,17	11,60	2,52
11	16,0 ball	14,24	11,20	2,80	14,24	11,50	2,50
12	15,5 ball	14,31	11,10	2,78	14,31	11,40	2,48
13	15,0 ball	14,38	11,00	2,76	14,38	11,30	2,46
14	14,5 ball	14,45	10,90	2,74	14,45	11,20	2,44
15	14,0 ball	14,52	10,80	2,72	14,52	11,10	2,42
16	13,5 ball	14,59	10,70	2,70	14,59	11,00	2,40
17	13,0 ball	14,66	10,60	2,68	14,66	10,90	2,38
18	12,5 ball	14,73	10,50	2,66	14,73	10,80	2,36
19	12,0 ball	14,80	10,40	2,64	14,80	10,70	2,34
20	11,5 ball	14,87	10,30	2,62	14,87	10,60	2,32
21	11,0 ball	14,94	10,20	2,60	14,94	10,50	2,30
22	10,5 ball	15,01	10,10	2,58	15,01	10,40	2,28
23	10,0 ball	15,08	10,00	2,56	15,08	10,30	2,26
24	9,5 ball	15,15	9,90	2,54	15,15	10,20	2,24
25	9,0 ball	15,22	9,80	2,52	15,22	10,10	2,22
26	8,5 ball	15,29	9,70	2,50	15,29	10,00	2,20
27	8,0 ball	15,36	9,60	2,48	15,36	9,90	2,18
28	7,5 ball	15,43	9,50	2,46	15,43	9,80	2,16
29	7,0 ball	15,50	9,40	2,44	15,50	9,70	2,14
30	6,5 ball	15,57	9,30	2,42	15,57	9,60	2,12
31	6,0 ball	15,64	9,20	2,40	15,64	9,50	2,10
32	5,5 ball	15,71	9,10	2,38	15,71	9,40	2,08
33	5,0 ball	15,78	9,00	2,36	15,78	9,30	2,06
34	4,5 ball	15,85	8,90	2,34	15,85	9,20	2,04
35	4,0 ball	15,92	8,80	2,32	15,92	9,10	2,02
36	3,5 ball	15,99	8,70	2,30	15,99	9,00	2,00
37	3,0 ball	16,06	8,60	2,28	16,06	8,90	1,98
38	2,5 ball	16,13	8,50	2,26	16,13	8,80	1,96
39	2,0 ball	16,20	8,40	2,24	16,20	8,70	1,94
40	1,5 ball	16,27	8,30	2,22	16,27	8,60	1,92

41	1,0 ball	16,34	8,20	2,20	16,34	8,50	1,90
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Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

Ayollar uchun

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 100m. g'o, 400m. g'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 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 ball	13,34	9,80	2,22	13,64	9,50	2,12
2	20,5 ball	13,41	9,70	2,20	13,71	9,40	2,10
3	20,0 ball	13,48	9,60	2,18	13,78	9,30	2,08
4	19,5 ball	13,55	9,50	2,16	13,85	9,20	2,06
5	19,0 ball	13,62	9,40	2,14	13,92	9,10	2,04
6	18,5 ball	13,69	9,30	2,12	13,99	9,00	2,02
7	18,0 ball	13,76	9,20	2,10	14,06	8,90	2,00
8	17,5 ball	13,83	9,10	2,08	14,13	8,80	1,98
9	17,0 ball	13,90	9,00	2,06	14,20	8,70	1,96
10	16,5 ball	13,97	8,90	2,04	14,27	8,60	1,94
11	16,0 ball	14,04	8,80	2,02	14,34	8,50	1,92
12	15,5 ball	14,11	8,70	2,00	14,41	8,40	1,90
13	15,0 ball	14,18	8,60	1,98	14,48	8,30	1,88
14	14,5 ball	14,25	8,50	1,96	14,55	8,20	1,86
15	14,0 ball	14,32	8,40	1,94	14,62	8,10	1,84
16	13,5 ball	14,39	8,30	1,92	14,69	8,00	1,82
17	13,0 ball	14,46	8,20	1,90	14,76	7,90	1,80
18	12,5 ball	14,53	8,10	1,88	14,83	7,80	1,78
19	12,0 ball	14,60	8,00	1,86	14,90	7,70	1,76
20	11,5 ball	14,67	7,90	1,84	14,97	7,60	1,74
21	11,0 ball	14,74	7,80	1,82	15,04	7,50	1,72
22	10,5 ball	14,81	7,70	1,80	15,11	7,40	1,70
23	10,0 ball	14,88	7,60	1,78	15,18	7,30	1,68
24	9,5 ball	14,95	7,50	1,76	15,25	7,20	1,66
25	9,0 ball	15,02	7,40	1,74	15,32	7,10	1,64
26	8,5 ball	15,09	7,30	1,72	15,39	7,00	1,62
27	8,0 ball	15,16	7,20	1,70	15,46	6,90	1,60
28	7,5 ball	15,23	7,10	1,68	15,53	6,80	1,58
29	7,0 ball	15,30	7,00	1,66	15,60	6,70	1,56
30	6,5 ball	15,37	6,90	1,64	15,67	6,60	1,54
31	6,0 ball	15,44	6,80	1,62	15,74	6,50	1,52
32	5,5 ball	15,51	6,70	1,60	15,81	6,40	1,50
33	5,0 ball	15,58	6,60	1,58	15,88	6,30	1,48
34	4,5 ball	15,65	6,50	1,56	15,95	6,20	1,46
35	4,0 ball	15,72	6,40	1,54	16,02	6,10	1,44
36	3,5 ball	15,79	6,30	1,52	16,09	6,00	1,42
37	3,0 ball	15,86	6,20	1,50	16,16	5,90	1,40
38	2,5 ball	15,93	6,10	1,48	16,23	5,80	1,38

39	2,0 ball	16,00	6,00	1,46	16,30	5,70	1,36
40	1,5 ball	16,07	5,95	1,44	16,37	5,60	1,34
41	1,0 ball	16,14	5,90	1,42	16,44	5,50	1,32

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m)			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 ball	13,99	9,00	2,02	14,20	8,50	2,00
2	20,5 ball	14,06	8,90	2,00	14,27	8,40	1,98
3	20,0 ball	14,13	8,80	1,98	14,34	8,30	1,96
4	19,5 ball	14,20	8,70	1,96	14,41	8,20	1,94
5	19,0 ball	14,27	8,60	1,94	14,48	8,10	1,92
6	18,5 ball	14,34	8,50	1,92	14,55	8,00	1,90
7	18,0 ball	14,41	8,40	1,90	14,62	7,90	1,88
8	17,5 ball	14,48	8,30	1,88	14,69	7,80	1,86
9	17,0 ball	14,55	8,20	1,86	14,76	7,70	1,84
10	16,5 ball	14,62	8,10	1,84	14,83	7,60	1,82
11	16,0 ball	14,69	8,00	1,82	14,90	7,50	1,80
12	15,5 ball	14,76	7,90	1,80	14,97	7,40	1,78
13	15,0 ball	14,83	7,80	1,78	15,04	7,30	1,76
14	14,5 ball	14,90	7,70	1,76	15,11	7,20	1,74
15	14,0 ball	14,97	7,60	1,74	15,18	7,10	1,72
16	13,5 ball	15,04	7,50	1,72	15,25	7,00	1,70
17	13,0 ball	15,11	7,40	1,70	15,32	6,90	1,68
18	12,5 ball	15,18	7,30	1,68	15,39	6,80	1,66
19	12,0 ball	15,25	7,20	1,66	15,46	6,70	1,64
20	11,5 ball	15,32	7,10	1,64	15,53	6,60	1,62
21	11,0 ball	15,39	7,00	1,62	15,60	6,50	1,60
22	10,5 ball	15,46	6,90	1,60	15,67	6,40	1,58
23	10,0 ball	15,53	6,80	1,58	15,74	6,30	1,56
24	9,5 ball	15,60	6,70	1,56	15,81	6,20	1,54
25	9,0 ball	15,67	6,60	1,54	15,88	6,10	1,52
26	8,5 ball	15,74	6,50	1,52	15,95	6,00	1,50
27	8,0 ball	15,81	6,40	1,50	16,02	5,90	1,48
28	7,5 ball	15,88	6,30	1,48	16,09	5,80	1,46
29	7,0 ball	15,95	6,20	1,46	16,16	5,70	1,44
30	6,5 ball	16,02	6,10	1,44	16,23	5,60	1,42
31	6,0 ball	16,09	6,00	1,42	16,30	5,50	1,40
32	5,5 ball	16,16	5,90	1,40	16,37	5,40	1,38
33	5,0 ball	16,23	5,80	1,38	16,44	5,30	1,36
34	4,5 ball	16,30	5,70	1,36	16,54	5,20	1,34
35	4,0 ball	16,37	5,60	1,34	16,64	5,10	1,32
36	3,5 ball	16,44	5,50	1,32	16,74	5,00	1,30
37	3,0 ball	16,54	5,40	1,30	16,84	4,90	1,28
38	2,5 ball	16,64	5,30	1,28	16,94	4,80	1,26
39	2,0 ball	16,74	5,20	1,26	17,04	4,70	1,24

40	1,5 ball	16,84	5,10	1,24	17,14	4,60	1,22
41	1,0 ball	16,94	5,00	1,22	17,24	4,50	1,20

№	ball	Uzunlikka va uch hatlab, balandlikka sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk 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 ball	13,51	10,00	2,30	15,64	10,00	2,35
2	20,5 ball	13,56	9,90	2,28	15,71	9,90	2,33
3	20,0 ball	13,61	9,80	2,26	15,78	9,80	2,31
4	19,5 ball	13,66	9,70	2,24	15,85	9,70	2,29
5	19,0 ball	13,71	9,60	2,22	15,92	9,60	2,27
6	18,5 ball	13,76	9,50	2,20	15,99	9,50	2,25
7	18,0 ball	13,81	9,40	2,18	16,06	9,40	2,23
8	17,5 ball	13,86	9,30	2,16	16,13	9,30	2,21
9	17,0 ball	13,91	9,20	2,14	16,20	9,20	2,19
10	16,5 ball	13,96	9,10	2,12	16,27	9,10	2,17
11	16,0 ball	14,01	9,00	2,10	16,34	9,00	2,15
12	15,5 ball	14,06	8,90	2,08	16,41	8,90	2,13
13	15,0 ball	14,11	8,80	2,06	16,48	8,80	2,11
14	14,5 ball	14,16	8,70	2,04	16,55	8,70	2,09
15	14,0 ball	14,21	8,60	2,02	16,62	8,60	2,07
16	13,5 ball	14,26	8,50	2,00	16,69	8,50	2,05
17	13,0 ball	14,31	8,40	1,98	16,76	8,40	2,03
18	12,5 ball	14,36	8,30	1,96	16,83	8,30	2,01
19	12,0 ball	14,41	8,20	1,94	16,90	8,20	1,99
20	11,5 ball	14,46	8,10	1,92	16,97	8,10	1,97
21	11,0 ball	14,51	8,00	1,90	17,04	8,00	1,95
22	10,5 ball	14,56	7,90	1,88	17,11	7,90	1,93
23	10,0 ball	14,61	7,80	1,86	17,18	7,80	1,91
24	9,5 ball	14,66	7,70	1,84	17,25	7,70	1,89
25	9,0 ball	14,71	7,60	1,82	17,32	7,60	1,87
26	8,5 ball	14,76	7,50	1,80	17,39	7,50	1,85
27	8,0 ball	14,81	7,40	1,78	17,46	7,40	1,83
28	7,5 ball	14,86	7,30	1,76	17,53	7,30	1,81
29	7,0 ball	14,91	7,20	1,74	17,60	7,20	1,79
30	6,5 ball	14,96	7,10	1,72	17,67	7,10	1,77
31	6,0 ball	15,01	7,00	1,70	17,74	7,00	1,75
32	5,5 ball	15,06	6,90	1,68	17,81	6,90	1,73
33	5,0 ball	15,11	6,80	1,66	17,88	6,80	1,71
34	4,5 ball	15,16	6,70	1,64	17,95	6,70	1,69
35	4,0 ball	15,21	6,60	1,62	18,02	6,60	1,67
36	3,5 ball	15,26	6,50	1,60	18,09	6,50	1,65
37	3,0 ball	15,31	6,40	1,58	18,16	6,40	1,63
38	2,5 ball	15,36	6,30	1,56	18,23	6,30	1,61
39	2,0 ball	15,41	6,20	1,54	18,30	6,20	1,59
40	1,5 ball	15,46	6,10	1,52	18,37	6,10	1,57
41	1,0 ball	15,51	6,00	1,50	18,44	6,00	1,55

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.