**附件1**

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| **男子体能测试合格标准** | | | | |
| **项目** | **身高测量** | **10**米×4往返跑 | **俯卧撑** | **立定跳远** |
| **（厘米）** | **（秒）** | **（次）** | **（米）** |
| **合格标准** | ≥175 | ≤11″6 | ≥28 | ≥2.37 |

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| **女子体能测试合格标准** | | | | |
| **项目** | **身高测量** | **10**米**×4**往返跑 | **1**分钟仰卧起坐 | **立定跳远** |
| **（厘米）** | **（秒）** | **（次）** | **（米）** |
| **合格标准** | ≥165 | ≤12″6 | ≥27 | ≥1.78 |