

**Специальные требования:
ПРОВЕДЕНИЕ РАЗМИНКИ ПЛОВЦА**

	ПОДБОР СПЕЦ. УПРАЖНЕНИЙ ПЛОВЦА	ОБЪЯСНЕНИЕ УПРАЖНЕНИЯ	ПОКАЗ	УПРАВЛЕНИЕ ГРУППОЙ
Правильный подбор и проведение (5 баллов)	5	5	5	5
Незначительное отклонение (4 балла)	4	4	4	4
Ошибки (3 балла)	3	3	3	3
Грубые ошибки (2 балла)	2	2	2	2

Абитуриент самостоятельно подбирает и проводит три упражнения из специальной разминки пловца

Физическая подготовленность

ПЛАВАНИЕ

ТАБЛИЦА ОЦЕНКИ РЕЗУЛЬТАТОВ индивидуальной дистанции

МУЖЧИНЫ, БАССЕЙН 25 м

ОЧКИ	ВОЛЬНЫЙ СТИЛЬ						НА СПИНЕ			БАТТЕРФЛЯЙ			БРАСС			КОМПЛЕКС			ОЧКИ
	50 (0,3)	100 (0,7)	200 (1,5)	400 (3,7)	800 (8,5)	1500 (16,0)	50 (0,3)	100 (1,0)	200 (2,0)	50 (0,3)	100 (1,0)	200 (2,0)	50 (0,4)	100 (1,0)	200 (2,0)	100 (1,0)	200 (2,0)	400 (4,0)	
20	25,5	0.58,0	2.08,5	4.34,0	9.42,0	18.38,0	30,5	1.06,0	2.23,0	28,0	1.03,5	2.21,0	33,0	1.13,5	2.40,5	1.06,0	2.26,0	5.10,0	40
19	26,1	0.59,4	2.11,5	4.41,4	9.59,0	19.10,0	31,1	1.08,0	2.27,0	28,6	1.05,5	2.25,0	33,8	1.15,5	2.44,5	1.08,0	2.30,0	5.18,0	38
18	26,7	1.00,8	2.14,5	4.48,8	10.16,0	19.42,0	31,7	1.10,0	2.31,0	29,2	1.07,5	2.29,0	34,6	1.17,5	2.48,5	1.10,0	2.34,0	5.26,0	36
17	27,3	1.02,2	2.17,5	4.56,2	10.33,0	20.14,0	32,3	1.12,0	2.35,0	29,8	1.09,5	2.33,0	35,4	1.19,5	2.52,5	1.12,0	2.38,0	5.34,0	34
16	27,9	1.03,6	2.20,5	5.03,6	10.50,0	20.46,0	32,9	1.14,0	2.39,0	30,4	1.11,5	2.37,0	36,2	1.21,5	2.56,5	1.14,0	2.42,0	5.42,0	32
15	28,5	1.05,0	2.23,5	5.11,0	11.07,0	21.18,0	33,5	1.16,0	2.43,0	31,0	1.13,5	2.41,0	37,0	1.23,5	3.00,5	1.16,0	2.46,0	5.50,0	30
14	29,1	1.06,4	2.26,5	5.18,4	11.24,0	21.50,0	34,1	1.18,0	2.47,0	31,6	1.15,5	2.45,0	37,8	1.25,5	3.04,5	1.18,0	2.50,0	5.58,0	28
13	29,7	1.07,8	2.29,5	5.25,8	11.41,0	22.22,0	34,7	1.20,0	2.51,0	32,2	1.17,5	2.49,0	38,6	1.27,5	3.08,5	1.20,0	2.54,0	6.06,0	26
12	30,3	1.09,2	2.32,5	5.33,2	11.58,0	22.54,0	35,3	1.22,0	2.55,0	32,8	1.19,5	2.53,0	39,4	1.29,5	3.12,5	1.22,0	2.58,0	6.14,0	24
11	30,9	1.10,6	2.35,5	5.40,6	12.15,0	23.26,0	35,9	1.24,0	2.59,0	33,4	1.21,5	2.57,0	40,2	1.31,5	3.16,5	1.24,0	3.02,0	6.22,0	22
10	31,5	1.12,0	2.38,5	5.48,0	12.32,0	23.58,0	36,5	1.26,0	3.03,0	34,0	1.23,5	3.01,0	41,0	1.33,5	3.20,5	1.26,0	3.06,0	6.30,0	20
9	32,1	1.13,4	2.41,5	5.55,4	12.49,0	24.30,0	37,1	1.28,0	3.07,0	34,6	1.25,5	3.05,0	41,8	1.35,5	3.24,5	1.28,0	3.10,0	6.38,0	18
8	32,7	1.14,8	2.44,5	6.02,8	13.06,0	25.02,0	37,7	1.30,0	3.11,0	35,2	1.27,5	3.09,0	42,6	1.37,5	3.28,5	1.30,0	3.14,0	6.46,0	16
7	33,3	1.16,2	2.47,5	6.10,2	13.23,0	25.34,0	38,3	1.32,0	3.15,0	35,8	1.29,5	3.13,0	43,4	1.39,5	3.32,5	1.32,0	3.18,0	6.54,0	14
6	33,9	1.17,6	2.50,5	6.17,6	13.40,0	26.06,0	38,9	1.34,0	3.19,0	36,4	1.31,5	3.17,0	44,2	1.41,5	3.36,5	1.34,0	3.22,0	7.02,0	12
5	34,5	1.19,0	2.53,5	6.25,0	13.57,0	26.38,0	39,5	1.36,0	3.23,0	37,0	1.33,5	3.21,0	45,0	1.43,5	3.40,5	1.36,0	3.26,0	7.10,0	10
4	35,1	1.20,4	2.56,5	6.32,4	14.14,0	27.10,0	40,1	1.38,0	3.27,0	37,6	1.35,5	3.25,0	45,8	1.45,5	3.44,5	1.38,0	3.30,0	7.18,0	8
3	35,7	1.21,8	2.59,5	6.39,8	14.31,0	27.42,0	40,7	1.40,0	3.31,0	38,2	1.37,5	3.29,0	46,6	1.47,5	3.48,5	1.40,0	3.34,0	7.26,0	6
2	36,3	1.23,2	3.02,5	6.47,2	14.48,0	28.14,0	41,3	1.42,0	3.35,0	38,8	1.39,5	3.33,0	47,4	1.49,5	3.52,5	1.42,0	3.38,0	7.34,0	4
1	36,9	1.24,6	3.05,5	6.54,6	15.05,0	28.46,0	41,9	1.44,0	3.39,0	39,4	1.41,5	3.37,0	48,2	1.51,5	3.56,5	1.44,0	3.42,0	7.42,0	2

ТАБЛИЦА ОЦЕНКИ СПОРТИВНЫХ РЕЗУЛЬТАТОВ

ЖЕНЩИНЫ, БАССЕЙН 25 м

ОЧКИ	ВОЛЬНЫЙ СТИЛЬ						НА СПИНЕ			БАТТЕРФЛЯЙ			БРАСС			КОМПЛЕКС			ОЧКИ
	50 (0,3)	100 (0,9)	200 (2,0)	400 (4,0)	800 (9,0)	1500 (17,0)	50 (0,4)	100 (1,0)	200 (2,0)	50 (0,4)	100 (1,0)	200 (2,0)	50 (0,4)	100 (1,0)	200 (2,0)	100 (1,0)	200 (2,0)	400 (4,0)	
20	29,5	1.05,0	2.23,0	5.01,0	10.32,0	20.21,0	34,5	1.14,5	2.39,0	32,0	1.11,0	2.37,5	37,5	1.23,0	2.58,0	1.15,0	2.43,0	5.45,0	40
19	30,1	1.06,8	2.27,0	5.09,0	10.50,0	20.55,0	35,3	1.16,5	2.43,0	32,8	1.13,0	2.41,5	38,3	1.25,0	3.02,0	1.17,0	2.47,0	5.53,0	38
18	30,7	1.08,6	2.31,0	5.17,0	11.08,0	21.29,0	36,1	1.18,5	2.47,0	33,6	1.15,0	2.45,5	39,1	1.27,0	3.06,0	1.19,0	2.51,0	6.01,0	36
17	31,3	1.10,4	2.35,0	5.25,0	11.26,0	22.03,0	36,9	1.20,5	2.51,0	34,4	1.17,0	2.49,5	39,9	1.29,0	3.10,0	1.21,0	2.55,0	6.09,0	34
16	31,9	1.12,2	2.39,0	5.33,0	11.44,0	22.37,0	37,7	1.22,5	2.55,0	35,2	1.19,0	2.53,5	40,7	1.31,0	3.14,0	1.23,0	2.59,0	6.17,0	32
15	32,5	1.14,0	2.43,0	5.41,0	12.02,0	23.11,0	38,5	1.24,5	2.59,0	36,0	1.21,0	2.57,5	41,5	1.33,0	3.18,0	1.25,0	3.03,0	6.25,0	30
14	33,1	1.15,8	2.47,0	5.49,0	12.20,0	23.45,0	39,3	1.26,5	3.03,0	36,8	1.23,0	3.01,5	42,3	1.35,0	3.22,0	1.27,0	3.07,0	6.33,0	28
13	33,7	1.17,6	2.51,0	5.57,0	12.38,0	24.19,0	40,1	1.28,5	3.07,0	37,6	1.25,0	3.05,5	43,1	1.37,0	3.26,0	1.29,0	3.11,0	6.41,0	26
12	34,3	1.19,4	2.55,0	6.05,0	12.56,0	24.53,0	40,9	1.30,5	3.11,0	38,4	1.27,0	3.09,5	43,9	1.39,0	3.30,0	1.31,0	3.15,0	6.49,0	24
11	34,9	1.21,2	2.59,0	6.13,0	13.14,0	25.27,0	41,7	1.32,5	3.15,0	39,2	1.29,0	3.13,5	44,7	1.41,0	3.34,0	1.33,0	3.19,0	6.57,0	22
10	35,5	1.23,0	3.03,0	6.21,0	13.32,0	26.01,0	42,5	1.34,5	3.19,0	40,0	1.31,0	3.17,5	45,5	1.43,0	3.38,0	1.35,0	3.23,0	7.05,0	20
9	36,1	1.24,8	3.07,0	6.29,0	13.50,0	26.35,0	43,3	1.36,5	3.23,0	40,8	1.33,0	3.21,5	46,3	1.45,0	3.42,0	1.37,0	3.27,0	7.13,0	18
8	36,7	1.26,6	3.11,0	6.37,0	14.08,0	27.09,0	44,1	1.38,5	3.27,0	41,6	1.35,0	3.25,5	47,1	1.47,0	3.46,0	1.39,0	3.31,0	7.21,0	16
7	37,3	1.28,4	3.15,0	6.45,0	14.26,0	27.43,0	44,9	1.40,5	3.31,0	42,4	1.37,0	3.29,5	47,9	1.49,0	3.50,0	1.41,0	3.35,0	7.29,0	14
6	37,9	1.30,2	3.19,0	6.53,0	14.44,0	29.17,0	45,7	1.42,5	3.35,0	43,2	1.39,0	3.33,5	48,7	1.51,0	3.54,0	1.43,0	3.39,0	7.37,0	12
5	38,5	1.32,0	3.23,0	7.01,0	15.02,0	29.51,0	46,5	1.44,5	3.39,0	44,0	1.41,0	3.37,5	49,5	1.53,0	3.58,0	1.45,0	3.43,0	7.45,0	10
4	39,1	1.33,8	3.27,0	7.09,0	15.20,0	30.25,0	47,3	1.46,5	3.43,0	44,8	1.43,0	3.41,5	50,3	1.55,0	4.02,0	1.47,0	3.47,0	7.53,0	8
3	39,7	1.35,6	3.31,0	7.17,0	15.38,0	30.59,0	48,1	1.48,5	3.47,0	45,6	1.45,0	3.45,5	51,1	1.57,0	4.06,0	1.49,0	3.51,0	8.01,0	6
2	40,3	1.37,4	3.35,0	7.25,0	15.56,0	31.33,0	48,9	1.50,5	3.51,0	46,4	1.47,0	3.49,5	51,9	1.59,0	4.10,0	1.51,0	3.55,0	8.09,0	4
1	40,9	1.39,2	3.39,0	7.33,0	16.14,0	32.07,0	49,7	1.52,5	3.55,0	47,2	1.49,0	3.53,5	52,7	2.01,0	4.14,0	1.53,0	3.59,0	8.17,0	2