

臺北市立建國高級中學田徑隊招生基本體能測驗成績對照表

10*4折返跑		立定跳遠	
對照成績(分/秒)	分數	對照成績(公尺)	分數
8.05	100	3	100
8.10	99	2.98	99
8.15	98	2.96	98
8.20	97	2.94	97
8.25	96	2.92	96
8.30	95	2.9	95
8.35	94	2.88	94
8.40	93	2.86	93
8.45	92	2.84	92
8.50	91	2.82	91
8.55	90	2.8	90
8.60	89	2.78	89
8.65	88	2.76	88
8.70	87	2.74	87
8.75	86	2.72	86
8.80	85	2.7	85
8.85	84	2.68	84
8.90	83	2.66	83
8.95	82	2.64	82
9.00	81	2.62	81
9.05	80	2.6	80
9.10	79	2.58	79
9.15	78	2.56	78
9.20	77	2.54	77
9.25	76	2.52	76
9.30	75	2.5	75
9.35	74	2.48	74
9.40	73	2.46	73
9.45	72	2.44	72
9.50	71	2.42	71
9.55	70	2.4	70
9.60	69	2.38	69
9.65	68	2.36	68
9.70	67	2.34	67
9.75	66	2.32	66
9.80	65	2.3	65
9.85	64	2.28	64
9.90	63	2.26	63
9.95	62	2.24	62
10.00	61	2.22	61
10.05	60	2.2	60
10.10	59	2.18	59
10.15	58	2.16	58
10.20	57	2.14	57
10.25	56	2.12	56
10.30	55	2.1	55
10.35	54	2.08	54
10.40	53	2.06	53
10.45	52	2.04	52
10.50	51	2.02	51
10.55	50	2	50
10.60	40	1.98	40
		1.96	30

臺北市立建國高級中學田徑隊招生術科專長測驗成績對照表

100公尺	200公尺	400公尺	800公尺	1500公尺	110mH	跳遠	分數	備註
10.9	22	49	01:56.0	04:08.0	13.9	7	100	
10.91	22.03	49.06	01:56.2	04:08.3	13.93	6.98	99	
10.92	22.06	49.12	01:56.4	04:08.6	13.96	6.96	98	
10.93	22.09	49.18	01:56.6	04:08.9	13.99	6.94	97	
10.94	22.12	49.24	01:56.8	04:09.2	14.02	6.92	96	
10.95	22.15	49.3	01:57.0	04:09.5	14.05	6.9	95	
10.96	22.18	49.36	01:57.2	04:09.8	14.08	6.88	94	
10.97	22.21	49.42	01:57.4	04:10.1	14.11	6.86	93	
10.98	22.24	49.48	01:57.6	04:10.4	14.14	6.84	92	
10.99	22.27	49.54	01:57.8	04:10.7	14.17	6.82	91	
11	22.3	49.6	01:58.0	04:11.0	14.2	6.8	90	
11.01	22.33	49.66	01:58.2	04:11.3	14.23	6.78	89	
11.02	22.36	49.72	01:58.4	04:11.6	14.26	6.76	88	
11.03	22.39	49.78	01:58.6	04:11.9	14.29	6.74	87	
11.04	22.42	49.84	01:58.8	04:12.2	14.32	6.72	86	
11.05	22.45	49.9	01:59.0	04:12.5	14.35	6.7	85	
11.06	22.48	49.96	01:59.2	04:12.8	14.38	6.68	84	
11.07	22.51	50.02	01:59.4	04:13.1	14.41	6.66	83	
11.08	22.54	50.08	01:59.6	04:13.4	14.44	6.64	82	
11.09	22.57	50.14	01:59.8	04:13.7	14.47	6.62	81	
11.1	22.6	50.2	02:00.0	04:14.0	14.5	6.6	80	
11.11	22.63	50.26	02:00.2	04:14.3	14.53	6.58	79	
11.12	22.66	50.32	02:00.4	04:14.6	14.56	6.56	78	
11.13	22.69	50.38	02:00.6	04:14.9	14.59	6.54	77	
11.14	22.72	50.44	02:00.8	04:15.2	14.62	6.52	76	
11.15	22.75	50.5	02:01.0	04:15.5	14.65	6.5	75	
11.16	22.78	50.56	02:01.2	04:15.8	14.68	6.48	74	
11.17	22.81	50.62	02:01.4	04:16.1	14.71	6.46	73	
11.18	22.84	50.68	02:01.6	04:16.4	14.74	6.44	72	
11.19	22.87	50.74	02:01.8	04:16.7	14.77	6.42	71	
11.2	22.9	50.8	02:02.0	04:17.0	14.8	6.4	70	
11.21	22.93	50.86	02:02.2	04:17.3	14.83	6.38	69	
11.22	22.96	50.92	02:02.4	04:17.6	14.86	6.36	68	
11.23	22.99	50.98	02:02.6	04:17.9	14.89	6.34	67	
11.24	23.02	51.04	02:02.8	04:18.2	14.92	6.32	66	
11.25	23.05	51.1	02:03.0	04:18.5	14.95	6.3	65	
11.26	23.08	51.16	02:03.2	04:18.8	14.98	6.28	64	
11.27	23.11	51.22	02:03.4	04:19.1	15.01	6.26	63	
11.28	23.14	51.28	02:03.6	04:19.4	15.04	6.24	62	
11.29	23.17	51.34	02:03.8	04:19.7	15.07	6.22	61	
11.3	23.2	51.4	02:04.0	04:20.0	15.1	6.2	60	
11.31	23.23	51.46	02:04.2	04:20.3	15.13	6.18	59	

11.32	23.26	51.52	02:04.4	04:20.6	15.16	6.16	58	
11.33	23.29	51.58	02:04.6	04:20.9	15.19	6.14	57	
11.34	23.32	51.64	02:04.8	04:21.2	15.22	6.12	56	
11.35	23.35	51.7	02:05.0	04:21.5	15.25	6.1	55	
11.36	23.38	51.76	02:05.2	04:21.8	15.28	6.08	54	
11.37	23.41	51.82	02:05.4	04:22.1	15.31	6.06	53	
11.38	23.44	51.88	02:05.6	04:22.4	15.34	6.04	52	
11.39	23.47	51.94	02:05.8	04:22.7	15.37	6.02	51	
11.4	23.5	52	02:06.0	04:23.0	15.4	6	50	
11.41	23.53	52.06	02:06.2	04:23.3	15.43	5.98	49	
11.42	23.56	52.12	02:06.4	04:23.6	15.46	5.96	48	
11.43	23.59	52.18	02:06.6	04:23.9	15.49	5.94	47	
11.44	23.62	52.24	02:06.8	04:24.2	15.52	5.92	46	
11.45	23.65	52.3	02:07.0	04:24.5	15.55	5.9	45	
11.46	23.68	52.36	02:07.2	04:24.8	15.58	5.88	44	
11.47	23.71	52.42	02:07.4	04:25.1	15.61	5.86	43	
11.48	23.74	52.48	02:07.6	04:25.4	15.64	5.84	42	
11.49	23.77	52.54	02:07.8	04:25.7	15.67	5.82	41	
11.5	23.8	52.6	02:08.0	04:26.0	15.7	5.8	40	

400mH	混合運動	跳高	撐竿跳高	標槍	鉛球		分數	
54	3500	2.02	4.5	65	19.5		100	
54.06	3490			64.8	19.45		99	
54.12	3480		4.4	64.6	19.4		98	
54.18	3470	2.01		64.4	19.35		97	
54.24	3460			64.2	19.3		96	
54.3	3450		4.3	64	19.25		95	
54.36	3440	2		63.8	19.2		94	
54.42	3430			63.6	19.15		93	
54.48	3420		4.2	63.4	19.1		92	
54.54	3410	1.99		63.2	19.05		91	
54.6	3400			63	19		90	
54.66	3390		4.1	62.8	18.95		89	
54.72	3380	1.98		62.6	18.9		88	
54.78	3370			62.4	18.85		87	
54.84	3360		4	62.2	18.8		86	
54.9	3350	1.97		62	18.75		85	
54.96	3340			61.8	18.7		84	
55.02	3330		3.95	61.6	18.65		83	
55.08	3320	1.96		61.4	18.6		82	
55.14	3310			61.2	18.55		81	
55.2	3300		3.9	61	18.5		80	
55.26	3290	1.95		60.8	18.45		79	
55.32	3280			60.6	18.4		78	
55.38	3270		3.85	60.4	18.35		77	
55.44	3260	1.94		60.2	18.3		76	
55.5	3250			60	18.25		75	
55.56	3240		3.8	59.8	18.2		74	
55.62	3230	1.93		59.6	18.15		73	
55.68	3220			59.4	18.1		72	
55.74	3210		3.75	59.2	18.05		71	
55.8	3200	1.92		59	18		70	
55.86	3190			58.8	17.95		69	
55.92	3180		3.7	58.6	17.9		68	
55.98	3170	1.91		58.4	17.85		67	
56.04	3160			58.2	17.8		66	
56.1	3150		3.65	58	17.75		65	
56.16	3140	1.9		57.8	17.7		64	
56.22	3130			57.6	17.65		63	
56.28	3120		3.6	57.4	17.6		62	
56.34	3110	1.89		57.2	17.55		61	
56.4	3100			57	17.5		60	
56.46	3090		3.55	56.8	17.45		59	
56.52	3080	1.88		56.6	17.4		58	

56.58	3070			56.4	17.35		57	
56.64	3060		3.5	56.2	17.3		56	
56.7	3050	1.87		56	17.25		55	
56.76	3040			55.8	17.2		54	
56.82	3030		3.45	55.6	17.15		53	
56.88	3020	1.86		55.4	17.1		52	
56.94	3010			55.2	17.05		51	
57	3000		3.4	55	17		50	
57.06	2990	1.85		54.8	16.95		49	
57.12	2980			54.6	16.9		48	
57.18	2970		3.35	54.4	16.85		47	
57.24	2960	1.84		54.2	16.8		46	
57.3	2950			54	16.75		45	
57.36	2940		3.3	53.8	16.7		44	
57.42	2930	1.83		53.6	16.65		43	
57.48	2920			53.4	16.6		42	
57.54	2910		3.25	53.2	16.55		41	
57.6	2900	1.82		53	16.5		40	

游泳術科測驗給分量表 (25 m 水道)

現場測驗	指定項目50%	自選項目50%					
分數	100M 自由式	50M 自由式	100M 仰式	100M 蛙式	100M 蝶式	200M 自由式	200M 混合式
100	52.00	23.80	00:56.00	01:03.00	00:54.00	01:53.00	02:05.00
99	52.20	23.90	00:56.30	01:03.30	00:54.30	01:53.40	02:05.50
98	52.40	24.00	00:56.60	01:03.60	00:54.60	01:53.80	02:06.00
97	52.60	24.10	00:56.90	01:03.90	00:54.90	01:54.20	02:06.50
96	52.80	24.20	00:57.20	01:04.20	00:55.20	01:54.60	02:07.00
95	53.00	24.30	00:57.50	01:04.50	00:55.50	01:55.00	02:07.50
94	53.20	24.40	00:57.80	01:04.80	00:55.80	01:55.40	02:08.00
93	53.40	24.50	00:58.10	01:05.10	00:56.10	01:55.80	02:08.50
92	53.60	24.60	00:58.40	01:05.40	00:56.40	01:56.20	02:09.00
91	53.80	24.70	00:58.70	01:05.70	00:56.70	01:56.60	02:09.50
90	54.00	24.80	00:59.00	01:06.00	00:57.00	01:57.00	02:10.00
89	54.20	24.90	00:59.30	01:06.30	00:57.30	01:57.40	02:10.50
88	54.40	25.00	00:59.60	01:06.60	00:57.60	01:57.80	02:11.00
87	54.60	25.10	00:59.90	01:06.90	00:57.90	01:58.20	02:11.50
86	54.80	25.20	01:00.20	01:07.20	00:58.20	01:58.60	02:12.00
85	55.00	25.30	01:00.50	01:07.50	00:58.50	01:59.00	02:12.50
84	55.20	25.40	01:00.80	01:07.80	00:58.80	01:59.40	02:13.00
83	55.40	25.50	01:01.10	01:08.10	00:59.10	01:59.80	02:13.50
82	55.60	25.60	01:01.40	01:08.40	00:59.40	02:00.20	02:14.00
81	55.80	25.70	01:01.70	01:08.70	00:59.70	02:00.60	02:14.50
80	56.00	25.80	01:02.00	01:09.00	01:00.00	02:01.00	02:15.00
79	56.20	25.85	01:02.30	01:09.30	01:00.30	02:01.40	02:15.50
78	56.40	25.90	01:02.60	01:09.60	01:00.60	02:01.80	02:16.00
77	56.60	25.95	01:02.90	01:09.90	01:00.90	02:02.20	02:16.50
76	56.80	26.00	01:03.20	01:10.20	01:01.20	02:02.60	02:17.00
75	57.00	26.05	01:03.50	01:10.50	01:01.50	02:03.00	02:17.50
74	57.20	26.10	01:03.80	01:10.80	01:01.80	02:03.40	02:18.00
73	57.40	26.15	01:04.10	01:11.10	01:02.10	02:03.80	02:18.50
72	57.60	26.20	01:04.40	01:11.40	01:02.40	02:04.20	02:19.00
71	57.80	26.25	01:04.70	01:11.70	01:02.70	02:04.60	02:19.50
70	58.00	26.30	01:05.00	01:12.00	01:03.00	02:05.00	02:20.00
69	58.20	26.35	01:05.30	01:12.30	01:03.30	02:05.40	02:20.50
68	58.40	26.40	01:05.60	01:12.60	01:03.60	02:05.80	02:21.00
67	58.60	26.45	01:05.90	01:12.90	01:03.90	02:06.20	02:21.50
66	58.80	26.50	01:06.20	01:13.20	01:04.20	02:06.60	02:22.00
65	59.00	26.55	01:06.50	01:13.50	01:04.50	02:07.00	02:22.50
64	59.20	26.60	01:06.80	01:13.80	01:04.80	02:07.40	02:23.00
63	59.40	26.65	01:07.10	01:14.10	01:05.10	02:07.80	02:23.50
62	59.60	26.70	01:07.40	01:14.40	01:05.40	02:08.20	02:24.00
61	59.80	26.75	01:07.70	01:14.70	01:05.70	02:08.60	02:24.50
60	60.00	26.80	01:08.00	01:15.00	01:06.00	02:09.00	02:25.00
59	60.20	26.85	01:08.30	01:15.30	01:06.30	02:09.40	02:25.50
58	60.40	26.90	01:08.60	01:15.60	01:06.60	02:09.80	02:26.00
57	60.60	26.95	01:08.90	01:15.90	01:06.90	02:10.20	02:26.50

56	60.80	27.00	01:09.20	01:16.20	01:07.20	02:10.60	02:27.00
55	61.00	27.05	01:09.50	01:16.50	01:07.50	02:11.00	02:27.50
54	61.20	27.10	01:09.80	01:16.80	01:07.80	02:11.40	02:28.00
53	61.40	27.15	01:10.10	01:17.10	01:08.10	02:11.80	02:28.50
52	61.60	27.20	01:10.40	01:17.40	01:08.40	02:12.20	02:29.00
51	61.80	27.25	01:10.70	01:17.70	01:08.70	02:12.60	02:29.50
50	62.00	27.30	01:11.00	01:18.00	01:09.00	02:13.00	02:30.00
49	62.20	27.35	01:11.30	01:18.30	01:09.30	02:13.40	02:30.50
48	62.40	27.40	01:11.60	01:18.60	01:09.60	02:13.80	02:31.00
47	62.60	27.45	01:11.90	01:18.90	01:09.90	02:14.20	02:31.50
46	62.80	27.50	01:12.20	01:19.20	01:10.20	02:14.60	02:32.00
45	63.00	27.55	01:12.50	01:19.50	01:10.50	02:15.00	02:32.50
44	63.20	27.60	01:12.80	01:19.80	01:10.80	02:15.40	02:33.00
43	63.40	27.65	01:13.10	01:20.10	01:11.10	02:15.80	02:33.50
42	63.60	27.70	01:13.40	01:20.40	01:11.40	02:16.20	02:34.00
41	63.80	27.75	01:13.70	01:20.70	01:11.70	02:16.60	02:34.50
40	64.00	27.80	01:14.00	01:21.00	01:12.00	02:17.00	02:35.00
39	64.20	27.85	01:14.30	01:21.30	01:12.30	02:17.40	02:35.50
38	64.40	27.90	01:14.60	01:21.60	01:12.60	02:17.80	02:36.00
37	64.60	27.95	01:14.90	01:21.90	01:12.90	02:18.20	02:36.50
36	64.80	28.00	01:15.20	01:22.20	01:13.20	02:18.60	02:37.00
35	65.00	28.05	01:15.50	01:22.50	01:13.50	02:19.00	02:37.50
34	65.20	28.10	01:15.80	01:22.80	01:13.80	02:19.40	02:38.00
33	65.40	28.15	01:16.10	01:23.10	01:14.10	02:19.80	02:38.50
32	65.60	28.20	01:16.40	01:23.40	01:14.40	02:20.20	02:39.00
31	65.80	28.25	01:16.70	01:23.70	01:14.70	02:20.60	02:39.50
30	66.00	28.30	01:17.00	01:24.00	01:15.00	02:21.00	02:40.00
29	66.20	28.35	01:17.30	01:24.30	01:15.30	02:21.40	02:40.50
28	66.40	28.40	01:17.60	01:24.60	01:15.60	02:21.80	02:41.00
27	66.60	28.45	01:17.90	01:24.90	01:15.90	02:22.20	02:41.50
26	66.80	28.50	01:18.20	01:25.20	01:16.20	02:22.60	02:42.00
25	67.00	28.55	01:18.50	01:25.50	01:16.50	02:23.00	02:42.50
24	67.20	28.60	01:18.80	01:25.80	01:16.80	02:23.40	02:43.00
23	67.40	28.65	01:19.10	01:26.10	01:17.10	02:23.80	02:43.50
22	67.60	28.70	01:19.40	01:26.40	01:17.40	02:24.20	02:44.00
21	67.80	28.75	01:19.70	01:26.70	01:17.70	02:24.60	02:44.50
20	68.00	28.80	01:20.00	01:27.00	01:18.00	02:25.00	02:45.00
19	68.20	28.85	01:20.30	01:27.30	01:18.30	02:25.40	02:45.50
18	68.40	28.90	01:20.60	01:27.60	01:18.60	02:25.80	02:46.00
17	68.60	28.95	01:20.90	01:27.90	01:18.90	02:26.20	02:46.50
16	68.80	29.00	01:21.20	01:28.20	01:19.20	02:26.60	02:47.00
15	69.00	29.05	01:21.50	01:28.50	01:19.50	02:27.00	02:47.50
14	69.20	29.10	01:21.80	01:28.80	01:19.80	02:27.40	02:48.00
13	69.40	29.15	01:22.10	01:29.10	01:20.10	02:27.80	02:48.50
12	69.60	29.20	01:22.40	01:29.40	01:20.40	02:28.20	02:49.00
11	69.80	29.25	01:22.70	01:29.70	01:20.70	02:28.60	02:49.50
10	70.00	29.30	01:23.00	01:30.00	01:21.00	02:29.00	02:50.00
9	70.20	29.35	01:23.30	01:30.30	01:21.30	02:29.40	02:50.50

8	70.40	29.40	01:23.60	01:30.60	01:21.60	02:29.80	02:51.00
7	70.60	29.45	01:23.90	01:30.90	01:21.90	02:30.20	02:51.50
6	70.80	29.50	01:24.20	01:31.20	01:22.20	02:30.60	02:52.00
5	71.00	29.55	01:24.50	01:31.50	01:22.50	02:31.00	02:52.50
4	71.20	29.60	01:24.80	01:31.80	01:22.80	02:31.40	02:53.00
3	71.40	29.65	01:25.10	01:32.10	01:23.10	02:31.80	02:53.50
2	71.60	29.70	01:25.40	01:32.40	01:23.40	02:32.20	02:54.00
1	71.80	29.75	01:25.70	01:32.70	01:23.70	02:32.60	02:54.50
0	72.00	29.80	01:26.00	01:33.00	01:24.00	02:33.00	02:55.00

比賽成績(獎狀，擇優取一項成績計算)(50m 標準池成績)

	比賽成績(獎狀，擇優取一項成績計算) 20%							
分數	50M自由式	100M自由式	200M自由式	400M自由式	1500M自由式	50M仰式	100M仰式	200M仰式
100	24.00	53.00	01:55.00	04:02.00	16:15.00	27.00	00:59.00	02:08.00
99	24.10	53.20	01:55.60	04:03.00	16:18.50	27.12	00:59.25	02:08.80
98	24.20	53.40	01:56.20	04:04.00	16:22.00	27.24	00:59.50	02:09.60
97	24.30	53.60	01:56.80	04:05.00	16:25.50	27.36	00:59.75	02:10.40
96	24.40	53.80	01:57.40	04:06.00	16:29.00	27.48	01:00.00	02:11.20
95	24.50	54.00	01:58.00	04:07.00	16:32.50	27.60	01:00.25	02:12.00
94	24.60	54.20	01:58.60	04:08.00	16:36.00	27.72	01:00.50	02:12.80
93	24.70	54.40	01:59.20	04:09.00	16:39.50	27.84	01:00.75	02:13.60
92	24.80	54.60	01:59.80	04:10.00	16:43.00	27.96	01:01.00	02:14.40
91	24.90	54.80	02:00.40	04:11.00	16:46.50	28.08	01:01.25	02:15.20
90	25.00	55.00	02:01.00	04:12.00	16:50.00	28.20	01:01.50	02:16.00
89	25.10	55.20	02:01.60	04:13.00	16:53.50	28.32	01:01.75	02:16.80
88	25.20	55.40	02:02.20	04:14.00	16:57.00	28.44	01:02.00	02:17.60
87	25.30	55.60	02:02.80	04:15.00	17:00.50	28.56	01:02.25	02:18.40
86	25.40	55.80	02:03.40	04:16.00	17:04.00	28.68	01:02.50	02:19.20
85	25.50	56.00	02:04.00	04:17.00	17:07.50	28.80	01:02.75	02:20.00
84	25.60	56.20	02:04.60	04:18.00	17:11.00	28.92	01:03.00	02:20.80
83	25.70	56.40	02:05.20	04:19.00	17:14.50	29.04	01:03.25	02:21.60
82	25.80	56.60	02:05.80	04:20.00	17:18.00	29.16	01:03.50	02:22.40
81	25.90	56.80	02:06.40	04:21.00	17:21.50	29.28	01:03.75	02:23.20
80	26.00	57.00	02:07.00	04:22.00	17:25.00	29.40	01:04.00	02:24.00
79	26.05	57.10	02:07.30	04:22.80	17:27.50	29.50	01:04.20	02:24.50
78	26.10	57.20	02:07.60	04:23.60	17:30.00	29.60	01:04.40	02:25.00
77	26.15	57.30	02:07.90	04:24.40	17:32.50	29.70	01:04.60	02:25.50
76	26.20	57.40	02:08.20	04:25.20	17:35.00	29.80	01:04.80	02:26.00
75	26.25	57.50	02:08.50	04:26.00	17:37.50	29.90	01:05.00	02:26.50
74	26.30	57.60	02:08.80	04:26.80	17:40.00	30.00	01:05.20	02:27.00
73	26.35	57.70	02:09.10	04:27.60	17:42.50	30.10	01:05.40	02:27.50
72	26.40	57.80	02:09.40	04:28.40	17:45.00	30.20	01:05.60	02:28.00
71	26.45	57.90	02:09.70	04:29.20	17:47.50	30.30	01:05.80	02:28.50
70	26.50	58.00	02:10.00	04:30.00	17:50.00	30.40	01:06.00	02:29.00
69	26.55	58.10	02:10.30	04:30.80	17:52.50	30.50	01:06.20	02:29.50
68	26.60	58.20	02:10.60	04:31.60	17:55.00	30.60	01:06.40	02:30.00
67	26.65	58.30	02:10.90	04:32.40	17:57.50	30.70	01:06.60	02:30.50
66	26.70	58.40	02:11.20	04:33.20	18:00.00	30.80	01:06.80	02:31.00
65	26.75	58.50	02:11.50	04:34.00	18:02.50	30.90	01:07.00	02:31.50
64	26.80	58.60	02:11.80	04:34.80	18:05.00	31.00	01:07.20	02:32.00
63	26.85	58.70	02:12.10	04:35.60	18:07.50	31.10	01:07.40	02:32.50
62	26.90	58.80	02:12.40	04:36.40	18:10.00	31.20	01:07.60	02:33.00
61	26.95	58.90	02:12.70	04:37.20	18:12.50	31.30	01:07.80	02:33.50
60	27.00	59.00	02:13.00	04:38.00	18:15.00	31.40	01:08.00	02:34.00

以下成績以10分計

備註：僅採計標準池(50m)之比賽成績，短水道(25m)比賽之成績不採計。

比賽成績(獎狀，擇優取一項成績計算)(50m 標準池成績)

比賽成績(獎狀，擇優取一項成績計算) 20%

分數	50M蛙式	100M蛙式	200M蛙式	50M蝶式	100M蝶式	200M蝶式	200M混合式	400M混合式
100	29.00	01:04.00	02:22.50	25.50	00:56.00	02:05.00	02:08.00	04:30.00
99	29.15	01:04.40	02:23.50	25.60	00:56.20	02:05.80	02:08.90	04:31.20
98	29.30	01:04.80	02:24.50	25.70	00:56.40	02:06.60	02:09.80	04:32.40
97	29.45	01:05.20	02:25.50	25.80	00:56.60	02:07.40	02:10.70	04:33.60
96	29.60	01:05.60	02:26.50	25.90	00:56.80	02:08.20	02:11.60	04:34.80
95	29.75	01:06.00	02:27.50	26.00	00:57.00	02:09.00	02:12.50	04:36.00
94	29.90	01:06.40	02:28.50	26.10	00:57.20	02:09.80	02:13.40	04:37.20
93	30.05	01:06.80	02:29.50	26.20	00:57.40	02:10.60	02:14.30	04:38.40
92	30.20	01:07.20	02:30.50	26.30	00:57.60	02:11.40	02:15.20	04:39.60
91	30.35	01:07.60	02:31.50	26.40	00:57.80	02:12.20	02:16.10	04:40.80
90	30.50	01:08.00	02:32.50	26.50	00:58.00	02:13.00	02:17.00	04:42.00
89	30.65	01:08.40	02:33.50	26.60	00:58.20	02:13.80	02:17.90	04:43.20
88	30.80	01:08.80	02:34.50	26.70	00:58.40	02:14.60	02:18.80	04:44.40
87	30.95	01:09.20	02:35.50	26.80	00:58.60	02:15.40	02:19.70	04:45.60
86	31.10	01:09.60	02:36.50	26.90	00:58.80	02:16.20	02:20.60	04:46.80
85	31.25	01:10.00	02:37.50	27.00	00:59.00	02:17.00	02:21.50	04:48.00
84	31.40	01:10.40	02:38.50	27.10	00:59.20	02:17.80	02:22.40	04:49.20
83	31.55	01:10.80	02:39.50	27.20	00:59.40	02:18.60	02:23.30	04:50.40
82	31.70	01:11.20	02:40.50	27.30	00:59.60	02:19.40	02:24.20	04:51.60
81	31.85	01:11.60	02:41.50	27.40	00:59.80	02:20.20	02:25.10	04:52.80
80	32.00	01:12.00	02:42.50	27.50	01:00.00	02:21.00	02:26.00	04:54.00
79	32.10	01:12.30	02:43.30	27.58	01:00.15	02:21.40	02:26.50	04:54.60
78	32.20	01:12.60	02:44.10	27.66	01:00.30	02:21.80	02:27.00	04:55.20
77	32.30	01:12.90	02:44.90	27.74	01:00.45	02:22.20	02:27.50	04:55.80
76	32.40	01:13.20	02:45.70	27.82	01:00.60	02:22.60	02:28.00	04:56.40
75	32.50	01:13.50	02:46.50	27.90	01:00.75	02:23.00	02:28.50	04:57.00
74	32.60	01:13.80	02:47.30	27.98	01:00.90	02:23.40	02:29.00	04:57.60
73	32.70	01:14.10	02:48.10	28.06	01:01.05	02:23.80	02:29.50	04:58.20
72	32.80	01:14.40	02:48.90	28.14	01:01.20	02:24.20	02:30.00	04:58.80
71	32.90	01:14.70	02:49.70	28.22	01:01.35	02:24.60	02:30.50	04:59.40
70	33.00	01:15.00	02:50.50	28.30	01:01.50	02:25.00	02:31.00	05:00.00
69	33.10	01:15.30	02:51.30	28.38	01:01.65	02:25.40	02:31.50	05:00.60
68	33.20	01:15.60	02:52.10	28.46	01:01.80	02:25.80	02:32.00	05:01.20
67	33.30	01:15.90	02:52.90	28.54	01:01.95	02:26.20	02:32.50	05:01.80
66	33.40	01:16.20	02:53.70	28.62	01:02.10	02:26.60	02:33.00	05:02.40
65	33.50	01:16.50	02:54.50	28.70	01:02.25	02:27.00	02:33.50	05:03.00
64	33.60	01:16.80	02:55.30	28.78	01:02.40	02:27.40	02:34.00	05:03.60
63	33.70	01:17.10	02:56.10	28.86	01:02.55	02:27.80	02:34.50	05:04.20
62	33.80	01:17.40	02:56.90	28.94	01:02.70	02:28.20	02:35.00	05:04.80
61	33.90	01:17.70	02:57.70	29.02	01:02.85	02:28.60	02:35.50	05:05.40
60	34.00	01:18.00	02:58.50	29.10	01:03.00	02:29.00	02:36.00	05:06.00

以下成績以10分計

備註：僅採計標準池(50m)之比賽成績，短水道(25m)比賽之成績不採計。

桌球術科成績對照表

一、排名賽 100 分(換算成 90%)

名次	第一名	第二名	第三名	第四名	第五名	第六名	第七名	第八名至最後一名
分數	100(90)	95(85.5)	89(80.1)	83(74.7)	78(70.2)	68(61.2)	57(51.3)	45(40.5)

二、特別條件比賽成績 10%

※排名賽 90%+獎狀成績 10% =100%

※未達 60 分不予錄取

臺北市立建國高級中學網球網球基本體能成績對照表

1500M		折返跑	
成績	分數	成績	分數
5.20	100	29	100
5.30	98	30	95
5.40	96	32	90
5.45	94	33	85
5.50	92	34	80
5.55	90	35	75
6.00	88	36	70
6.10	86	37	65
6.15	84	38	60
6.20	80	39.00以上	50
6.30	75		
6.40	70		
7.00分以上	65		

臺北市立建國高級中學籃球術科成績對照表

垂直跳		
高度(cm)	分數	備註
325(含)以上	10.0	
324-323	9.6	
322-320	9.2	
319-317	8.8	
316-314	8.4	
313-310	8.0	
309-307	7.6	
306-304	7.2	
303-300	6.8	
299-296	6.4	
295-293	6.0	
292-290	5.8	
289-286	5.6	
285-283	5.4	
282-280	5.2	
279-276	5.0	
275-273	4.8	
272-270	4.6	
269-266	4.4	
265-263	4.0	
262-260	3.6	
259-256	3.0	
255-253	2.0	
252-250	1.0	
250(含)以下	0.5	

8 字運球

時間（秒）	分數		時間（秒）	分數
9" 50(含)以內	15		15" 71-15" 90	9.15
9" 51-9" 70	14.85		15" 91-16" 10	9
9" 71-9" 90	14.7		16" 11-17" 00	6
9" 91-10" 10	14.4		17" 01-18" 30	4.5
10" 11-10" 30	14.1		18" 31-20" 00	3
10" 31-10" 50	13.8		20" 01-22" 00	1.5
10" 51-10" 70	13.5		22" 01 之外	0
10" 71-10" 90	13.2			
10" 91-11" 10	12.75			
11" 11-11" 30	12.6			
11" 31-11" 50	12.45			
11" 51-11" 70	12.3			
11" 71-11" 90	12.15			
11" 91-12" 10	12			
12" 11-12" 30	11.85			
12" 31-12" 50	11.7			
12" 51-12" 70	11.55			
12" 71-12" 90	11.4			
12" 91-13" 10	11.25			
13" 11-13" 30	11.1			
13" 31-13" 50	10.95			
13" 51-13" 70	10.8			
13" 71-13" 90	10.65			
13" 91-14" 10	10.5			
14" 11-14" 30	10.35			
14" 31-14" 50	10.2			
14" 51-14" 70	10.05			
14" 71-14" 90	9.9			
14" 91-15" 10	9.75			
15" 11-15" 30	9.6			
15" 31-15" 50	9.45			
15" 51-15" 70	9.3			

運球上籃

時間(秒)	分數		時間(秒)	分數
35" 00(含)以內	15		42" 61-42" 90	10. 05
35" 01-35" 10	14. 85		42" 91-43" 10	9. 9
35" 11-35" 20	14. 7		43" 11-43" 30	9. 75
35" 21-35" 50	14. 55		43" 31-43" 60	9. 6
35" 51-35" 70	14. 4		43" 61-43" 90	9. 45
35" 71-35" 90	14. 25		43" 91-44" 10	9. 3
35" 91-36" 10	14. 1		44" 11-44" 30	9. 15
36" 11-36" 30	13. 95		44" 31-44" 60	9
36" 31-36" 60	13. 8		44" 61-45" 50	7. 5
36" 61-36" 90	13. 65		45" 51-47" 50	6
36" 91-37" 10	13. 5		47" 51-49" 50	4. 5
37" 11-37" 30	13. 35		49" 51-51" 50	3
37" 31-37" 60	13. 2		51" 51-53" 50	1. 5
37" 61-37" 90	13. 05		53" 51(含)以外	0
37" 91-38" 10	12. 9			
38" 11-38" 30	12. 75			
38" 31-38" 60	12. 6			
38" 61-38" 90	12. 45			
38" 91-39" 10	12. 3			
39" 11-39" 30	12. 15			
39" 31-39" 60	12			
39" 61-39" 90	11. 85			
39" 91-40" 10	11. 7			
40" 11-40" 30	11. 55			
40" 31-40" 60	11. 4			
40" 61-40" 90	11. 25			
40" 91-41" 10	11. 1			
41" 11-41" 30	10. 95			
41" 31-41" 60	10. 8			
41" 61-41" 90	10. 65			
41" 91-42" 10	10. 5			
42" 11-42" 30	10. 35			
42" 31-42" 60	10. 2			

定點跳投		
進球數(顆)	分數	備註
10	10	
9	9	
8	8.5	
7	8.2	
6	8.0	
5	7.8	
4	7.5	
3	7.2	
2	6.8	
1	6.5	
0	5	

排球術科測驗評分量表

術科佔測驗總成績 90% + 排球比賽佔評選總成績 10% = 排球總成績

一、基本體能測驗（折返跑 9m×3）佔 5 分

說明：

1. 考生立於起跑線外，聞發令信號前跑，將至於九公尺外的木塊，每次攜回一塊，折返至起跑線之位置，來回共三次。
2. 考生攜回之木塊，不可用拋擲方式。
3. 第三次折返時已放置木塊之同時計時。
4. 每次考生測驗兩次以最佳之成績計分。
5. 給分標準：

分數	5	4.75	4.5	4.25	4	3.75	3.5	3.25	3	2.75	2.5	2.25	2	1.75	1.5	1.25	1.	0.75	0.5	0.25	0
成績	13"2	13"3	13"4	13"5	13"6	13"7	13"8	13"9	14"0	14"1	14"2	14"4	14"6	14"8	15"0	15"2	15"4	15"6	15"8	16"0	16"2

二、基本體能測驗（助跑跳）佔 5 分

說明：

1. 考生應用排球助跑起跳動作。
2. 起跳請用雙腳。
3. 每位考生測驗兩次以最佳之成績計分。
4. 給分標準：

分數	5	4.75	4.5	4.25	4	3.75	3.5	3.25	3	2.75	2.5	2.25	2	1.75	1.5	1.25	1.	0.75	0.5	0.25	0
成績	320	317	314	311	308	306	304	302	300	298	296	294	292	290	285	280	275	270	265	260	255

三、 基本動作測驗（發球）佔 10 分

說明：

1. 考生發球可以使用站姿漂浮球、跳躍漂浮球、跳躍旋轉發球。
2. 考生發球時，不可踩線。
3. 發五顆球，每球 2 分，看發球動作、威力、穩定度。
4. 給分標準：

	第一球分數	給分 V	第二球分數	給分 V	第三球分數	給分 V	第四球分數	給分 V	第五球分數	給分 V
動作	1		1		1		1		1	
成績	1		1		1		1		1	

四、 基本動作測驗（舉球員、攻擊手、自由球員）：舉球測驗佔 30 分、攻擊測驗佔 30 分、防守及接發球測驗 佔 30 分

舉球員說明：

1. 由學校球隊服務人員拋球，舉球分別為前面及後面長球。
2. 每位舉球員舉球兩組，一組原地網前舉球，一組由後排跑至網前舉球。
3. 視考生的動作正確與協調及托球的準確與穩定評分之。

攻擊手說明：

1. 考生一次攻擊四球，總共攻擊三組。
2. 主攻於球場五號位出發，第一球後排攻擊，第二球前排四號位，第三球前排三號位，第四球自己接球後，再到四號位攻擊。
3. 副攻於球場一號位出發，第一球後排攻擊，第二球前排二號位，第三球前排三號位，第四球自己接球後，再到二號位攻擊。
4. 快攻於球場三號位出發，第一球 A 式快攻，第二球 B 式快攻，第三球 C 式快攻，第四球自己接球後，再做 A 式快攻。
5. 視考生的動作正確與強度威力及攻擊的角度評分之。

自由球員說明：

1. 考生在後排防守區防守，由對區訓練臺上服務同學扣來的斜線、直線攻擊及虛攻球。
2. 考生每組十顆球，共三組。
3. 接發球由學校服務同學幫忙發球，由考生在後排接發球到前排舉球員位置。
4. 視考生的動作正確與接球品質穩定度評分之。

五、 基本動作綜合測驗（綜合比賽）佔 50 分

說明：

1. 按人數之多寡分成 N 隊，由一名舉球員、兩名快攻手、兩名主攻手、一名副攻手、一位自由球員進行比賽。
2. 人數不足由學校服務同學遞補空缺位置。
3. 視考生的六大技術表現及球場上觀念(處理球、防守站位、補位)等。