

女生跳遠成績對照表

距離(CM)	給分	距離(CM)	給分	備註
~~400	100	229~~225	69	
399~~393	99	224~~220	68	
392~~386	98	219~~215	67	
385~~379	97	214~~210	66	
378~~372	96	209~~205	65	
371~~365	95	204~~200	64	
364~~358	94	199~~195	63	
357~~351	93	194~~190	62	
350~~344	92	189~~185	61	
343~~337	91	184~~180	60	
336~~330	90	179~~175	58	
329~~325	89	174~~170	56	
324~~320	88	169~~165	52	
319~~315	87	164~~160	48	
314~~310	86	159~~155	44	
309~~305	85	154~~150	40	
304~~300	84	149~~		
299~~295	83			
294~~290	82			
289~~285	81			
284~~280	80			
279~~275	79			
274~~270	78			
269~~265	77			
264~~260	76			
259~~255	75			
254~~250	74			
249~~245	73			
244~~240	72			
239~~235	71			
234~~230	70			