

**O‘ZBEKISTON RESPUBLIKASI
OLIY TA’LIM, FAN VA INNOVASIYALAR VAZIRLIGI
NAMANGAN DAVLAT UNIVERSITETI
PEDAGOGIKA FAKULTETI
“SPORT FAOLIYATI VA JISMONIY MADANIYAT” KAFEDRASI**

“TASDIQLAYMAN”

**Namangan davlat universiteti
rektori**

_____ **A.K.Kirgizbayev**

“ _____ ” _____ 2025yil

**KASBIY (IJODIY) IMTIHON
DASTURI VA BAHOLASH MEZONLARI
(YENGIL ATLETIKA) fanlari**

**61010200 Sport faoliyati (faoliyat
turlari bo‘yicha)**

Namangan – 2025 yil

Dastur Namangan davlat universiteti o'quv uslubiy kengashida ko'rib chiqilgan
va ma'qullangan. 2025 yil "___" _____dagi "___" sonli majlis bayoni

Tuzuvchi:

N.Azizov

Dastur Namangan davlat universiteti Sport faoliyati va jismoniy
madaniyat kafedrası Professori, pedagogika fanlari nomzodi

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Namangan viloyat Sport boshqarma boshlig'i

B.Usmanov

Namangan davlat universiteti Sport faoliyati va jismoniy madaniyat
kafedrası dotsenti

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Namangan davlat universiteti Sport faoliyati va jismoniy madaniyat
kafedrası dotsenti

O'zbekiston davlat jismoniy tarbiya va sport universiteti Kuzatuv Kengashida ko'rib chiqilgan va ma'qullangan. 2025 yil dagi _-sonli majlis bayoni. O'zbekiston Respublikasi xududlarida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish, aholining barcha qatlamlari, ayniqsa yoshlarni jismoniy tarbiya va sport bilan muntazam shug'ullanishga jalb etish, mamlakatimizda bu borada yaratilgan sharoitlardan samarali foydalanish hamd natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me'yoriy - huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda. Jumladan, O'zbekiston Respublikasi Prezidentining 2020-yil 24-yanvardagi "O'zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to'g'risida" PF-5924-son farmoni, 2021-yil 24-dekabrda "Davlat oliy ta'lim muassasalarining akademik va tashkiliy-boshqaruv mustaqilligini ta'minlash bo'yicha qo'shimcha chora-tadbirlar to'g'risidagi" PQ-60-son qarori, 2022-yil 3-noyabrda "Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to'g'risidagi" PQ-414-son qaror va farmonlari ijrosini sifatli bajarish ko'rsatib o'tilgan.

O'zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus filialidagi hamda, Namangan davlat universiteti Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi bo'yicha kasbiy (ijodiy) imtihon dasturlari sport maktablari hamda Respublika Olimpiy va paralimpiy sport turlariga tayorlash markazlarining jismoniy tarbiya va sport dasturlari asosida tuzilgan va abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko'nikma va malakalarini baholashga mo'ljallangan. Mazkur dasturlarni tuzishda sport assosatsiyalar, sport federatsiyalar, oliy sport mahorati maktablar va sport maktablar takliflari inobatga olingan hamda ular tomonidan taqrizlar berilgan. Dastur 61010200–Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi (basketbol, voleybol, yengil atletika, gandbol, og'ir atletika, futbol, kurash kabi sport turlari bo'yicha (kasbiy) ijodiy imtihonlarni o'tkazish tartibi, abuturiyentlarning jismoniy tarbiya va sport sohasidagi amaliy mahorati, ko'nikma va malakalariga qo'yilgan talablar hamda baholash mezonlari o'z aksini topgan.

2025/2026 O'QUV YILI UCHUN YENGIL ATLETIKA IXTISOSLIGIDAN KASBIY (HODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun
Tamlargan tur bo'yicha

Ball	1-tur	2-tur	3-tur	4-tur	5-tur	6-tur
	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq.s.)	1500 m (daq.s.)	3000 m (daq.s.)
93	11.34	22.44	50.14	1:58.2	4:00.1	8:40.2
91	11.37	22.52	50.36	1:59.3	4:01.2	8:41.5
89	11.40	22.60	50.58	1:59.8	4:02.3	8:44.0
87	11.43	22.68	50.80	2:00.3	4:03.4	8:46.5
85	11.46	22.76	51.02	2:00.7	4:04.5	8:49.0
83	11.49	22.84	51.24	2:01.2	4:05.6	8:51.5
81	11.52	22.92	51.46	2:01.7	4:06.7	8:54.0
79	11.55	23.00	51.68	2:02.1	4:07.8	8:56.5
77	11.58	23.08	51.90	2:02.6	4:08.9	8:59.0
75	11.61	23.16	52.12	2:03.1	4:10.0	9:01.5
73	11.64	23.24	52.34	2:03.5	4:11.1	9:04.0
71	11.67	23.32	52.56	2:04.0	4:12.2	9:06.5
69	11.70	23.40	52.78	2:04.5	4:13.3	9:09.0
67	11.73	23.48	53.00	2:05.0	4:14.4	9:11.5
65	11.76	23.56	53.22	2:05.4	4:15.5	9:14.0
63	11.79	23.64	53.44	2:05.9	4:16.6	9:16.5
61	11.82	23.72	53.66	2:06.4	4:17.7	9:19.0
59	11.85	23.80	53.88	2:06.8	4:18.8	9:21.5
57	11.88	23.88	54.10	2:07.3	4:19.9	9:24.0
55	11.91	23.96	54.32	2:07.8	4:21.0	9:26.5
53	11.94	24.04	54.54	2:08.2	4:22.1	9:29.0
51	11.97	24.12	54.76	2:08.7	4:23.2	9:31.5
49	12.00	24.20	54.98	2:09.2	4:24.3	9:34.0
47	12.03	24.28	55.20	2:09.6	4:25.4	9:36.5
45	12.06	24.36	55.42	2:10.1	4:26.5	9:39.0
43	12.09	24.44	55.64	2:10.6	4:27.6	9:41.5
41	12.12	24.52	55.86	2:11.1	4:28.7	9:44.0
39	12.15	24.60	56.08	2:11.5	4:29.8	9:46.5
37	12.18	24.68	56.30	2:12.0	4:30.9	9:49.0
35	12.21	24.76	56.52	2:12.5	4:32.0	9:51.5

33	12.24	24.84	56.74	2:12.9	4:33.1	9:54.0
31	12.27	24.92	56.96	2:13.4	4:34.2	9:56.5
29	12.30	25.00	57.18	2:13.9	4:35.3	9:59.0
27	12.33	25.08	57.40	2:14.3	4:36.4	10:01.5
25	12.36	25.16	57.62	2:14.8	4:37.5	10:04.0
23	12.39	25.24	57.84	2:15.3	4:38.6	10:06.5
21	12.42	25.32	58.06	2:15.8	4:39.7	10:09.0
19	12.45	25.40	58.28	2:16.2	4:40.8	10:11.5
17	12.48	25.48	58.50	2:16.7	4:41.9	10:14.0
15	12.51	25.56	58.72	2:17.2	4:43.0	10:16.5
13	12.54	25.64	58.94	2:17.6	4:44.1	10:19.0
11	12.57	25.72	59.16	2:18.1	4:45.2	10:21.5
9	12.60	25.80	59.38	2:18.6	4:46.3	10:24.0
7	12.63	25.88	59.60	2:19.1	4:47.4	10:26.5
5	12.66	25.96	59.80	2:19.5	4:48.5	10:30.2
3	12.69	26.04	59.92	2:20.0	4:49.6	10:34.5
1	+12.74	+26.24	+1:00.24	+2:20.24	+4:50.2	+10:42.0

Erkaklar uchun
Tanlangan tur bo'yicha (davomi)

Ball	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
	3000 to'siqlar osha yugurish (daq.s.)	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	9:25.2	15.24	55.74	21:50.0	7.00	14.50
91	9:27.9	15.31	56.04	21:57.4	6.96	14.45
89	9:30.6	15.38	56.34	22:04.8	6.92	14.40
87	9:33.3	15.45	56.64	22:12.2	6.88	14.35
85	9:36.0	15.52	56.94	22:19.6	6.84	14.30
83	9:38.7	15.59	57.24	22:27.0	6.80	14.25
81	9:41.4	15.66	57.54	22:34.4	6.76	14.20
79	9:44.1	15.73	57.84	22:41.8	6.72	14.15
77	9:46.8	15.80	58.14	22:49.2	6.68	14.10
75	9:49.5	15.87	58.44	22:56.6	6.64	14.05
73	9:52.2	15.94	58.74	23:04.0	6.60	14.00
71	9:54.9	16.01	59.04	23:11.4	6.56	13.95

69	9:57.6	16.08	59.34	23:18.8	6.52	13.90
67	10:00.3	16.15	59.64	23:26.2	6.48	13.85
65	10:03.0	16.22	59.94	23:33.6	6.44	13.80
63	10:05.7	16.29	1:00.2	23:41.0	6.40	13.75
61	10:08.4	16.36	1:00.5	23:48.4	6.36	13.70
59	10:11.1	16.43	1:00.8	23:55.8	6.32	13.65
57	10:13.8	16.50	1:01.1	24:03.2	6.28	13.60
55	10:16.5	16.57	1:01.4	24:10.6	6.24	13.55
53	10:19.2	16.64	1:01.7	24:18.0	6.20	13.50
51	10:21.9	16.71	1:02.0	24:25.4	6.16	13.45
49	10:24.6	16.78	1:02.3	24:32.8	6.12	13.40
47	10:27.3	16.85	1:02.6	24:40.2	6.08	13.35
45	10:30.0	16.92	1:02.9	24:47.6	6.04	13.30
43	10:32.7	16.99	1:03.2	24:55.0	6.01	13.25
41	10:35.4	17.06	1:03.5	25:02.4	5.98	13.20
39	10:38.1	17.13	1:03.8	25:09.8	5.95	13.15
37	10:40.8	17.20	1:04.1	25:17.2	5.92	13.10
35	10:43.5	17.27	1:04.4	25:24.6	5.89	13.05
33	10:46.2	17.34	1:04.7	25:32.0	5.86	13.00
31	10:48.9	17.41	1:05.0	25:39.4	5.83	12.95
29	10:51.6	17.48	1:05.3	25:46.8	5.80	12.90
27	10:54.3	17.55	1:05.6	25:54.2	5.77	12.85
25	10:57.0	17.62	1:05.9	26:01.6	5.74	12.80
23	10:59.7	17.69	1:06.2	26:09.0	5.71	12.75
21	11:02.4	17.76	1:06.5	26:16.4	5.68	12.70
19	11:05.1	17.83	1:06.8	26:23.8	5.65	12.65
17	11:07.8	17.90	1:07.1	26:31.2	5.62	12.60
15	11:10.5	17.97	1:07.4	26:38.6	5.59	12.55
13	11:13.2	18.04	1:07.7	26:46.0	5.56	12.50
11	11:15.9	18.11	1:08.0	26:53.4	5.53	12.45
9	11:18.6	18.18	1:08.3	27:00.8	5.50	12.40
7	11:21.3	18.25	1:08.6	27:08.2	5.47	12.35
5	11:24.0	18.32	1:08.9	27:15.6	5.44	12.30
3	11:26.7	18.39	1:09.2	27:23.0	5.41	12.25
1	+11:30.24	+18.74	+1:10.24	+27:30.4	-5.35	-12.00

Tanlangan tur bo'yicha (davom)

Ball	13-tur	14-tur	15-tur	16-tur	17-tur	18-tur
	Balandlikka sakrash (sm)	Langarcho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 6 kg	Disk uloqtirish (m.sm) 1.75 kg	Bosqon uloqtirish (m.sm) 6 kg	Nayza uloqtirish (m.sm) 800 gr
93	2.00	4.50	15.00	46.00	56.00	63.00
91	1.99	4.47	14.89	45.65	55.60	62.57
89	1.98	4.44	14.78	45.30	55.20	62.14
87	1.97	4.41	14.67	44.95	54.80	61.71
85	1.96	4.38	14.56	44.60	54.40	61.28
83	1.95	4.35	14.45	44.25	54.00	60.85
81	1.94	4.32	14.34	43.90	53.60	60.42
79	1.93	4.29	14.23	43.55	53.20	59.99
77	1.92	4.26	14.12	43.20	52.80	59.56
75	1.91	4.23	14.01	42.85	52.40	59.13
73	1.90	4.20	13.90	42.50	52.00	58.70
71	1.89	4.17	13.79	42.15	51.60	58.27
69	1.88	4.14	13.68	41.80	51.20	57.84
67	1.87	4.11	13.57	41.45	50.80	57.41
65	1.86	4.08	13.46	41.10	50.40	56.98
63	1.85	4.05	13.35	40.75	50.00	56.55
61	1.84	4.02	13.24	40.40	49.60	56.12
59	1.83	3.99	13.13	40.05	49.20	55.69
57	1.82	3.96	13.02	39.70	48.80	55.26
55	1.81	3.93	12.91	39.35	48.40	54.83
53	1.80	3.90	12.80	39.00	48.00	54.40
51	1.79	3.87	12.69	38.65	47.60	53.97
49	1.78	3.84	12.58	38.30	47.20	53.54
47	1.77	3.81	12.47	37.95	46.80	53.11
45	1.76	3.78	12.36	37.60	46.40	52.68
43	1.75	3.75	12.25	37.25	46.00	52.25
41	1.74	3.72	12.14	36.90	45.60	51.82
39	1.73	3.69	12.03	36.55	45.20	51.39
37	1.72	3.66	11.92	36.20	44.80	50.96
35	1.71	3.63	11.81	35.85	44.40	50.53
33	1.70	3.60	11.70	35.50	44.00	50.10
31	1.69	3.57	11.59	35.15	43.60	49.67
29	1.68	3.54	11.48	34.80	43.20	49.24

27	1.67	3.51	11.37	34.45	42.80	48.81
25	1.66	3.48	11.26	34.10	42.40	48.38
23	1.65	3.45	11.15	33.75	42.00	47.95
21	1.64	3.42	11.04	33.40	41.60	47.52
19	1.63	3.39	10.93	33.05	41.20	47.09
17	1.62	3.36	10.82	32.70	40.80	46.66
15	1.61	3.33	10.71	32.35	40.40	46.23
13	1.60	3.30	10.60	32.00	40.00	45.80
11	1.59	3.26	10.49	31.65	39.60	45.37
9	1.58	3.22	10.38	31.30	39.20	44.94
7	1.57	3.18	10.27	30.95	38.80	44.51
5	1.56	3.14	10.16	30.60	38.40	44.08
3	1.55	3.10	10.09	30.25	38.00	43.65
1	-1.54	-3.06	-10.00	-30.00	-37.00	-43.00

Ayolar uchun

Tanlarga tur bo'yicha

Ball	1-tur	2-tur	3-tur	4-tur	5-tur	6-tur
	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	2:15.2	4:36.2	10:00.2
91	12.56	25.54	57.60	2:16.0	4:37.8	10:01.8
89	12.62	25.64	57.90	2:16.8	4:39.4	10:05.4
87	12.68	25.74	58.20	2:17.5	4:40.9	10:09.0
85	12.74	25.84	58.50	2:18.3	4:42.5	10:12.6
83	12.80	25.94	58.80	2:19.0	4:44.0	10:16.2
81	12.86	26.04	59.10	2:19.8	4:45.6	10:19.8
79	12.92	26.14	59.40	2:20.6	4:47.2	10:23.4
77	12.98	26.24	59.70	2:21.3	4:48.7	10:27.0
75	13.04	26.34	1:00.0	2:22.1	4:50.3	10:30.6
73	13.10	26.44	1:00.3	2:22.8	4:51.8	10:34.2
71	13.16	26.54	1:00.6	2:23.6	4:53.4	10:37.8
69	13.22	26.64	1:00.9	2:24.4	4:55.0	10:41.4
67	13.28	26.74	1:01.2	2:25.1	4:56.5	10:45.0
65	13.34	26.84	1:01.5	2:25.9	4:58.1	10:48.6
63	13.40	26.94	1:01.8	2:26.6	4:59.6	10:52.2
61	13.46	27.04	1:02.1	2:27.4	5:01.2	10:55.8
59	13.52	27.14	1:02.4	2:28.2	5:02.8	10:59.4

57	13.58	27.24	1:02.7	2:28.9	5:04.3	11:03.0
55	13.64	27.34	1:03.0	2:29.7	5:05.9	11:06.6
53	13.70	27.44	1:03.3	2:30.4	5:07.4	11:10.2
51	13.76	27.54	1:03.6	2:31.2	5:09.0	11:13.8
49	13.82	27.68	1:03.9	2:32.0	5:10.6	11:17.4
47	13.88	27.82	1:04.2	2:32.7	5:12.1	11:21.0
45	13.94	27.96	1:04.5	2:33.5	5:13.7	11:24.6
43	14.00	28.10	1:04.8	2:34.2	5:15.2	11:28.2
41	14.06	28.24	1:05.1	2:35.0	5:16.8	11:31.8
39	14.12	28.38	1:05.4	2:35.8	5:18.4	11:35.4
37	14.17	28.52	1:05.7	2:36.5	5:19.9	11:39.0
35	14.22	28.66	1:06.0	2:37.3	5:21.5	11:42.6
33	14.27	28.80	1:06.3	2:38.0	5:23.0	11:46.2
31	14.32	28.94	1:06.6	2:38.8	5:24.6	11:49.8
29	14.37	29.08	1:06.9	2:39.6	5:26.2	11:53.4
27	14.42	29.22	1:07.2	2:40.3	5:27.7	11:57.0
25	14.47	29.36	1:07.5	2:41.1	5:29.1	12:00.6
23	14.52	29.50	1:07.8	2:41.8	5:30.5	12:04.2
21	14.57	29.64	1:08.1	2:42.6	5:31.9	12:07.8
19	14.62	29.78	1:08.4	2:43.2	5:33.2	12:11.4
17	14.67	29.92	1:08.7	2:43.7	5:34.6	12:15.0
15	14.72	30.06	1:09.0	2:44.0	5:36.0	12:18.6
13	14.77	30.20	1:09.3	2:44.5	5:37.4	12:22.2
11	14.82	30.34	1:09.6	2:45.0	5:38.8	12:25.8
9	14.87	30.48	1:09.9	2:45.3	5:40.1	12:29.4
7	14.92	30.62	1:10.2	2:46.0	5:41.5	12:33.0
5	14.97	30.76	1:10.5	2:46.8	5:42.9	12:36.6
3	15.02	30.90	1:10.8	2:47.0	5:44.3	12:40.2
1	+15.04	+31.24	+1:11.2	+2:48.2	+5:45.24	+12:45.2

	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
Ball	3000 to'siqlar osha yugurish (daq.s.)	100 m. g'ovlar osha yugurish (s.)	400 m. g'ovlar osha yugurish (daq.s.)	3000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
93	11:15.0	15.24	1:04.2	10:07.2	5.65	12.50
91	11:18.3	15.32	1:05.9	10:11.5	5.63	12.45
89	11:21.6	15.40	1:07.6	10:15.8	5.61	12.40

87	11:24.9	15.48	1:09.3	10:20,1	5.59	12.35
85	11:28.2	15.56	1:11.0	10:24,4	5.57	12.30
83	11:31.5	15.64	1:12.7	10:28,7	5.55	12.25
81	11:34.8	15.72	1:14.4	10:33,0	5.53	12.20
79	11:38.1	15.80	1:16.1	10:37,3	5.51	12.15
77	11:41.4	15.88	1:17.8	10:41,6	5.49	12.10
75	11:44.7	15.96	1:19.5	10:45,9	5.47	12.05
73	11:48.0	16.04	1:21.2	10:50,2	5.45	12.00
71	11:51.3	16.12	1:22.9	10:54,5	5.43	11.95
69	11:54.6	16.20	1:24.6	10:58,8	5.41	11.90
67	11:57.9	16.28	1:26.3	11:03,1	5.39	11.85
65	12:01.2	16.36	1:28.0	11:07,4	5.37	11.80
63	12:04.5	16.44	1:29.7	11:11,7	5.35	11.75
61	12:07.8	16.52	1:31.4	11:16,0	5.33	11.70
59	12:11.1	16.60	1:33.1	11:20,3	5.31	11.66
57	12:14.4	16.68	1:34.8	11:24,6	5.29	11.62
55	12:17.7	16.76	1:36.5	11:28,9	5.27	11.58
53	12:21.0	16.84	1:38.2	11:33,2	5.25	11.54
51	12:24.3	16.92	1:39.9	11:37,5	5.23	11.50
49	12:27.6	17.00	1:41.6	11:41,8	5.21	11.46
47	12:30.9	17.08	1:43.3	11:46,1	5.19	11.42
45	12:34.2	17.16	1:45.0	11:50,4	5.17	11.38
43	12:37.5	17.24	1:46.7	11:54,7	5.15	11.34
41	12:40.8	17.32	1:48.4	11:59,0	5.13	11.30
39	12:44.1	17.40	1:50.1	12:03,3	5.11	11.26
37	12:47.4	17.48	1:51.8	12:07,6	5.09	11.22
35	12:50.7	17.56	1:53.5	12:11,9	5.07	11.18
33	12:54.0	17.63	1:55.2	12:16,2	5.05	11.14
31	12:57.3	17.70	1:56.9	12:20,5	5.03	11.10
29	13:00.6	17.77	1:58.6	12:24,8	5.01	11.06
27	13:03.9	17.84	2:00.3	12:29,1	4.99	11.02
25	13:07.2	17.91	2:02.0	12:33,4	4.97	10.98
23	13:10.5	17.98	2:03.6	12:37,7	4.95	10.94
21	13:13.8	18.05	2:05.2	12:42,0	4.93	10.90
19	13:17.1	18.12	2:06.8	12:46,3	4.90	10.86
17	13:20.4	18.19	2:08.4	12:50,6	4.87	10.82
15	13:23.7	18.26	2:10.0	12:54,9	4.84	10.78
13	13:27.0	18.33	2:11.6	12:59,2	4.81	10.74
11	13:30.3	18.40	2:13.2	13:03,5	4.78	10.70

9	13:33.6	18.47	2:14.8	13:07.8	4.75	10.66
7	13:36.9	18.54	2:16.4	13:12.1	4.72	10.62
5	13:40.2	18.61	2:18.0	13:16.4	4.69	10.58
3	13:43.5	18.68	2:19.6	13:20.7	4.66	10.54
1	+13:45.2	+18.74	+2:21.2	+13:25.0	-4.60	-10.50

Ball	7-tur	8-tur	9-tur	10-tur	11-tur	12-tur
	Balandlikka sakrash (m.sm)	Langar-cho'pga tayanib sakrash (sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Bosqon uloqtirish (m.sm) 4 kg	Nayza uloqtirish (m.sm) 600 gr
93	1.70	3.35	13.00	45.00	46.00	45.00
91	1.69	3.33	12.95	44.65	45.72	44.65
89	1.68	3.31	12.90	44.30	45.44	44.30
87	1.67	3.29	12.80	43.95	45.16	43.95
85	1.66	3.27	12.70	43.60	44.88	43.60
83	1.65	3.25	12.60	43.25	44.60	43.25
81	1.64	3.23	12.50	42.90	44.32	42.90
79	1.63	3.21	12.40	42.55	44.04	42.55
77	1.62	3.19	12.30	42.20	43.76	42.20
75	1.61	3.17	12.20	41.85	43.48	41.85
73	1.60	3.15	12.10	41.50	43.20	41.50
71	1.59	3.13	12.00	41.15	42.92	41.15
69	1.58	3.11	11.90	40.80	42.64	40.80
67	1.57	3.09	11.80	40.45	42.36	40.45
65	1.56	3.07	11.70	40.10	42.08	40.10
63	1.55	3.05	11.60	39.75	41.80	39.75
61	1.54	3.03	11.50	39.40	41.52	39.40
59	1.53	3.01	11.40	39.05	41.24	39.05
57	1.52	2.99	11.30	38.70	40.96	38.70
55	1.51	2.97	11.20	38.35	40.68	38.35
53	1.50	2.95	11.10	38.00	40.40	38.00
51	1.49	2.93	11.00	37.65	40.12	37.65
49	1.48	2.91	10.90	37.30	39.84	37.30
47	1.47	2.89	10.80	36.95	39.56	36.95
45	1.46	2.87	10.70	36.60	39.28	36.60
43	1.45	2.85	10.60	36.25	39.00	36.25
41	1.44	2.83	10.50	35.90	38.72	35.90
39	1.43	2.81	10.40	35.55	38.44	35.55

37	1.42	2.79	10.30	35.20	38.16	35.20
35	1.41	2.77	10.20	34.85	37.88	34.85
33	1.40	2.75	10.10	34.50	37.60	34.50
31	1.39	2.73	10.00	34.10	37.32	34.10
29	1.38	2.71	9.90	33.70	37.04	33.70
27	1.37	2.69	9.80	33.30	36.76	33.30
25	1.36	2.67	9.70	32.90	36.48	32.90
23	1.35	2.65	9.60	32.50	36.20	32.50
21	1.34	2.63	9.50	32.10	35.92	32.10
19	1.33	2.61	9.40	31.70	35.64	31.70
17	1.32	2.59	9.30	31.30	35.36	31.30
15	1.31	2.57	9.20	30.90	35.08	30.90
13	1.30	2.55	9.10	30.50	34.80	30.50
11	1.29	2.53	9.00	30.10	34.52	30.10
9	1.28	2.51	8.90	29.70	34.24	29.70
7	1.27	2.49	8.80	29.30	33.96	29.30
5	1.26	2.47	8.70	28.90	33.68	28.90
3	1.25	2.45	8.60	28.50	33.40	28.50
1	-1.24	-2.40	-8.50	-28.00	-33.00	-28.00

Izoh: Talab me'yorlarini topshirishda masabaqa usulida hamda masabaqa qoidolari asosida qabul qilinadi. Yugurish va yurish turlicha 1 marta dan urinish. Sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**2025/2026 O'QUV YILI UCHUN YENGIL ATLETIKA IXTISOSLIGIDAN KASBIY (JODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 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	11.94	10.20	2.65	12.34	9.90	2.45
2	20,5	12.02	10.15	2.63	12.42	9.85	2.43
3	20,0	12.10	10.10	2.61	12.50	9.80	2.41
4	19,5	12.18	10.05	2.59	12.58	9.75	2.39
5	19,0	12.26	10.00	2.57	12.66	9.70	2.37
6	18,5	12.34	9.95	2.55	12.74	9.65	2.35
7	18,0	12.42	9.90	2.53	12.82	9.60	2.33
8	17,5	12.50	9.85	2.51	12.90	9.55	2.31
9	17,0	12.58	9.80	2.49	12.98	9.50	2.29
10	16,5	12.66	9.75	2.47	13.06	9.45	2.27
11	16,0	12.74	9.70	2.45	13.14	9.40	2.25
12	15,5	12.82	9.65	2.43	13.22	9.35	2.23
13	15,0	12.90	9.60	2.41	13.30	9.30	2.21
14	14,5	12.98	9.55	2.39	13.38	9.25	2.19
15	14,0	13.06	9.50	2.37	13.46	9.20	2.17
16	13,5	13.14	9.45	2.35	13.54	9.15	2.15
17	13,0	13.22	9.40	2.33	13.62	9.10	2.13
18	12,5	13.30	9.35	2.31	13.70	9.05	2.11
19	12,0	13.38	9.30	2.29	13.78	9.00	2.09
20	11,5	13.46	9.25	2.27	13.86	8.95	2.07
21	11,0	13.54	9.20	2.25	13.94	8.90	2.05
22	10,5	13.62	9.15	2.23	14.02	8.85	2.03
23	10,0	13.70	9.10	2.21	14.10	8.80	2.01
24	9,5	13.78	9.05	2.19	14.18	8.75	1.99
25	9,0	13.86	9.00	2.17	14.26	8.70	1.97
26	8,5	13.94	8.95	2.15	14.34	8.65	1.95
27	8,0	14.02	8.90	2.13	14.42	8.60	1.93
28	7,5	14.10	8.85	2.11	14.50	8.55	1.91
29	7,0	14.18	8.80	2.09	14.58	8.50	1.89
30	6,5	14.26	8.75	2.07	14.66	8.45	1.87
31	6,0	14.34	8.70	2.05	14.74	8.40	1.85
32	5,5	14.42	8.65	2.03	14.82	8.35	1.83
33	5,0	14.50	8.60	2.01	14.90	8.30	1.81
34	4,5	14.58	8.55	1.99	14.98	8.25	1.79
35	4,0	14.66	8.50	1.97	15.06	8.20	1.77
36	3,5	14.74	8.45	1.95	15.14	8.15	1.75
37	3,0	14.82	8.40	1.93	15.22	8.10	1.73
38	2,5	14.90	8.35	1.91	15.30	8.05	1.71
39	2,0	14.98	8.30	1.89	15.38	8.00	1.69
40	1,5	15.06	8.25	1.87	15.46	7.95	1.67

41	1,0	15.14	8.20	1.85	15.54	7.90	1.65
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№	Ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)			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	12.94	9.80	2.35	13.04	9.70	2.25
2	20,5	13.02	9.75	2.33	13.12	9.65	2.23
3	20,0	13.10	9.70	2.31	13.20	9.60	2.21
4	19,5	13.18	9.65	2.29	13.28	9.55	2.19
5	19,0	13.26	9.60	2.27	13.36	9.50	2.17
6	18,5	13.34	9.55	2.25	13.44	9.45	2.15
7	18,0	13.42	9.50	2.23	13.52	9.40	2.13
8	17,5	13.50	9.45	2.21	13.60	9.35	2.11
9	17,0	13.58	9.40	2.19	13.68	9.30	2.09
10	16,5	13.66	9.35	2.17	13.76	9.25	2.07
11	16,0	13.74	9.30	2.15	13.84	9.20	2.05
12	15,5	13.82	9.25	2.13	13.92	9.15	2.03
13	15,0	13.90	9.20	2.11	14.00	9.10	2.01
14	14,5	13.98	9.15	2.09	14.08	9.05	1.99
15	14,0	14.06	9.10	2.07	14.16	9.00	1.97
16	13,5	14.14	9.05	2.05	14.24	8.95	1.95
17	13,0	14.22	9.00	2.03	14.32	8.90	1.93
18	12,5	14.30	8.95	2.01	14.40	8.85	1.91
19	12,0	14.38	8.90	1.99	14.48	8.80	1.89
20	11,5	14.46	8.85	1.97	14.56	8.75	1.87
21	11,0	14.54	8.80	1.95	14.64	8.70	1.85
22	10,5	14.62	8.75	1.93	14.72	8.65	1.83
23	10,0	14.70	8.70	1.91	14.80	8.60	1.81
24	9,5	14.78	8.65	1.89	14.88	8.55	1.79
25	9,0	14.86	8.60	1.87	14.96	8.50	1.77
26	8,5	14.94	8.55	1.85	15.04	8.45	1.75
27	8,0	15.02	8.50	1.83	15.12	8.40	1.73
28	7,5	15.10	8.45	1.81	15.20	8.35	1.71
29	7,0	15.18	8.40	1.79	15.28	8.30	1.69
30	6,5	15.26	8.35	1.77	15.36	8.25	1.67
31	6,0	15.34	8.30	1.75	15.44	8.20	1.65
32	5,5	15.42	8.25	1.73	15.52	8.15	1.63
33	5,0	15.50	8.20	1.71	15.60	8.10	1.61
34	4,5	15.58	8.15	1.69	15.68	8.05	1.59
35	4,0	15.66	8.10	1.67	15.76	8.00	1.57
36	3,5	15.74	8.05	1.65	15.84	7.95	1.55
37	3,0	15.82	8.00	1.63	15.92	7.90	1.53
38	2,5	15.90	7.95	1.61	16.00	7.85	1.51
39	2,0	15.98	7.90	1.59	16.08	7.80	1.49
40	1,5	16.06	7.85	1.57	16.16	7.75	1.47

41	1,0	16.14	7.80	1.55	16.24	7.70	1.45
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№	Ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon 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	12.84	9.90	2.75	13.84	10.50	2.65
2	20,5	12.92	9.85	2.73	13.92	10.45	2.63
3	20,0	13.00	9.80	2.71	14.00	10.40	2.61
4	19,5	13.08	9.75	2.69	14.08	10.35	2.59
5	19,0	13.16	9.70	2.67	14.16	10.30	2.57
6	18,5	13.24	9.65	2.65	14.24	10.25	2.55
7	18,0	13.32	9.60	2.63	14.32	10.20	2.53
8	17,5	13.40	9.55	2.61	14.40	10.15	2.51
9	17,0	13.48	9.50	2.59	14.48	10.10	2.49
10	16,5	13.56	9.45	2.57	14.56	10.05	2.47
11	16,0	13.64	9.40	2.55	14.64	10.00	2.45
12	15,5	13.72	9.35	2.53	14.72	9.95	2.43
13	15,0	13.80	9.30	2.51	14.80	9.90	2.41
14	14,5	13.88	9.25	2.49	14.88	9.85	2.39
15	14,0	13.96	9.20	2.47	14.96	9.80	2.37
16	13,5	14.04	9.15	2.45	15.04	9.75	2.35
17	13,0	14.12	9.10	2.43	15.12	9.70	2.33
18	12,5	14.20	9.05	2.41	15.20	9.65	2.31
19	12,0	14.28	9.00	2.39	15.28	9.60	2.29
20	11,5	14.36	8.95	2.37	15.36	9.55	2.27
21	11,0	14.44	8.90	2.35	15.44	9.50	2.25
22	10,5	14.52	8.85	2.33	15.52	9.45	2.23
23	10,0	14.60	8.80	2.31	15.60	9.40	2.21
24	9,5	14.68	8.75	2.29	15.68	9.35	2.19
25	9,0	14.76	8.70	2.27	15.76	9.30	2.17
26	8,5	14.84	8.65	2.25	15.84	9.25	2.15
27	8,0	14.92	8.60	2.23	15.92	9.20	2.13
28	7,5	15.00	8.55	2.21	16.00	9.15	2.11
29	7,0	15.08	8.50	2.19	16.08	9.10	2.09
30	6,5	15.16	8.45	2.17	16.16	9.05	2.07
31	6,0	15.24	8.40	2.15	16.24	9.00	2.05
32	5,5	15.32	8.35	2.13	16.32	8.95	2.03
33	5,0	15.40	8.30	2.11	16.40	8.90	2.01
34	4,5	15.48	8.25	2.09	16.48	8.85	1.99
35	4,0	15.56	8.20	2.07	16.56	8.80	1.97
36	3,5	15.64	8.15	2.05	16.64	8.75	1.95
37	3,0	15.72	8.10	2.03	16.72	8.70	1.93
38	2,5	15.80	8.05	2.01	16.80	8.65	1.91

39	2,0	15.88	8.00	1.99	16.88	8.60	1.89
40	1,5	15.96	7.95	1.97	16.96	8.55	1.87
41	1,0	16.04	7.90	1.95	17.04	8.50	1.85

Ayollar uchun

№	Ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 100m, g ⁴ /o, 400m, g ⁴ /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	13.94	8.90	2.10	14.14	8.60	2.05
2	20,5	14.03	8.85	2.08	14.23	8.55	2.03
3	20,0	14.12	8.80	2.06	14.32	8.50	2.01
4	19,5	14.21	8.75	2.04	14.41	8.45	1.99
5	19,0	14.30	8.70	2.02	14.5	8.40	1.97
6	18,5	14.39	8.65	2.00	14.59	8.35	1.95
7	18,0	14.48	8.60	1.98	14.68	8.30	1.93
8	17,5	14.57	8.55	1.96	14.77	8.25	1.91
9	17,0	14.66	8.50	1.94	14.86	8.20	1.89
10	16,5	14.75	8.45	1.92	14.95	8.15	1.87
11	16,0	14.84	8.40	1.90	15.04	8.10	1.85
12	15,5	14.93	8.35	1.88	15.13	8.05	1.83
13	15,0	15.02	8.30	1.86	15.22	8.00	1.81
14	14,5	15.11	8.25	1.84	15.31	7.95	1.79
15	14,0	15.20	8.20	1.82	15.4	7.90	1.77
16	13,5	15.29	8.15	1.80	15.49	7.85	1.75
17	13,0	15.38	8.10	1.78	15.58	7.80	1.73
18	12,5	15.47	8.05	1.76	15.67	7.75	1.71
19	12,0	15.56	8.00	1.74	15.76	7.70	1.69
20	11,5	15.65	7.95	1.72	15.85	7.65	1.67
21	11,0	15.74	7.90	1.70	15.94	7.60	1.65
22	10,5	15.83	7.85	1.68	16.03	7.55	1.63
23	10,0	15.92	7.80	1.66	16.12	7.50	1.61
24	9,5	16.01	7.75	1.64	16.21	7.45	1.59
25	9,0	16.10	7.70	1.62	16.3	7.40	1.57
26	8,5	16.19	7.65	1.60	16.39	7.35	1.55
27	8,0	16.28	7.60	1.58	16.48	7.30	1.53
28	7,5	16.37	7.55	1.56	16.57	7.25	1.51
29	7,0	16.46	7.50	1.54	16.66	7.20	1.49
30	6,5	16.55	7.45	1.52	16.75	7.15	1.47
31	6,0	16.64	7.40	1.50	16.84	7.10	1.45
32	5,5	16.73	7.35	1.48	16.93	7.05	1.43
33	5,0	16.82	7.30	1.46	17.02	7.00	1.41
34	4,5	16.91	7.25	1.44	17.11	6.95	1.39
35	4,0	17.00	7.20	1.42	17.2	6.90	1.37
36	3,5	17.09	7.15	1.40	17.29	6.85	1.35

37	3,0	17.18	7.10	1.38	17.38	6.80	1.33
38	2,5	17.27	7.05	1.36	17.47	6.75	1.31
39	2,0	17.36	7.00	1.34	17.56	6.70	1.29
40	1,5	17.45	6.95	1.32	17.65	6.65	1.27
41	1,0	17.54	6.90	1.30	17.74	6.60	1.25

Ayollar uchun

№	Ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/a)			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	14.24	8.30	2.00	14.34	8.10	1.98
2	20,5	14.33	8.25	1.98	14.43	8.05	1.96
3	20,0	14.42	8.20	1.96	14.52	8.00	1.94
4	19,5	14.51	8.15	1.94	14.61	7.95	1.92
5	19,0	14.60	8.10	1.92	14.70	7.90	1.90
6	18,5	14.69	8.05	1.9	14.79	7.85	1.88
7	18,0	14.78	8.00	1.88	14.88	7.80	1.86
8	17,5	14.87	7.95	1.86	14.97	7.75	1.84
9	17,0	14.96	7.90	1.84	15.06	7.70	1.82
10	16,5	15.05	7.85	1.82	15.15	7.65	1.80
11	16,0	15.14	7.80	1.80	15.24	7.60	1.78
12	15,5	15.23	7.75	1.78	15.33	7.55	1.76
13	15,0	15.32	7.70	1.76	15.42	7.50	1.74
14	14,5	15.41	7.65	1.74	15.51	7.45	1.72
15	14,0	15.50	7.60	1.72	15.60	7.40	1.70
16	13,5	15.59	7.55	1.7	15.69	7.35	1.68
17	13,0	15.68	7.50	1.68	15.78	7.30	1.66
18	12,5	15.77	7.45	1.66	15.87	7.25	1.64
19	12,0	15.86	7.40	1.64	15.96	7.20	1.62
20	11,5	15.95	7.35	1.62	16.05	7.15	1.60
21	11,0	16.04	7.30	1.60	16.14	7.10	1.58
22	10,5	16.13	7.25	1.58	16.23	7.05	1.56
23	10,0	16.22	7.20	1.56	16.32	7.00	1.54
24	9,5	16.31	7.15	1.54	16.41	6.95	1.52
25	9,0	16.40	7.10	1.52	16.50	6.90	1.50
26	8,5	16.49	7.05	1.5	16.59	6.85	1.48
27	8,0	16.58	7.00	1.48	16.68	6.80	1.46
28	7,5	16.67	6.95	1.46	16.77	6.75	1.44
29	7,0	16.76	6.90	1.44	16.86	6.70	1.42
30	6,5	16.85	6.85	1.42	16.95	6.65	1.40
31	6,0	16.94	6.80	1.40	17.04	6.60	1.38
32	5,5	17.03	6.75	1.38	17.13	6.55	1.36
33	5,0	17.12	6.70	1.36	17.22	6.50	1.34
34	4,5	17.21	6.65	1.34	17.31	6.45	1.32
35	4,0	17.30	6.60	1.32	17.40	6.40	1.30
36	3,5	17.39	6.55	1.3	17.49	6.35	1.28
37	3,0	17.48	6.50	1.28	17.58	6.30	1.26

38	2,5	17.57	6.45	1.26	17.67	6.25	1.24
39	2,0	17.66	6.40	1.24	17.76	6.20	1.22
40	1,5	17.75	6.35	1.22	17.85	6.15	1.20
41	1,0	17.84	6.30	1.20	17.94	6.10	1.18

Ayollar uchun

№	Ball	Uzunlikka va uch hatlab, balandlikka va langarcho'p bilan sakrovchilar uchun			Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon 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'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	21,0	14.14	8.40	2.20	14.54	9.20	2.02
2	20,5	14.23	8.35	2.18	14.63	9.15	2.00
3	20,0	14.32	8.30	2.16	14.72	9.10	1.98
4	19,5	14.41	8.25	2.14	14.81	9.05	1.96
5	19,0	14.50	8.20	2.12	14.90	9.00	1.94
6	18,5	14.59	8.15	2.10	14.99	8.95	1.92
7	18,0	14.68	8.10	2.08	15.08	8.90	1.90
8	17,5	14.77	8.05	2.06	15.17	8.85	1.88
9	17,0	14.86	8.00	2.04	15.26	8.80	1.86
10	16,5	14.95	7.95	2.02	15.35	8.75	1.84
11	16,0	15.04	7.90	2.00	15.44	8.70	1.82
12	15,5	15.13	7.85	1.98	15.53	8.65	1.80
13	15,0	15.22	7.80	1.96	15.62	8.60	1.78
14	14,5	15.31	7.75	1.94	15.71	8.55	1.76
15	14,0	15.40	7.70	1.92	15.80	8.50	1.74
16	13,5	15.49	7.65	1.90	15.89	8.45	1.72
17	13,0	15.58	7.60	1.88	15.98	8.40	1.70
18	12,5	15.67	7.55	1.86	16.07	8.35	1.68
19	12,0	15.76	7.50	1.84	16.16	8.30	1.66
20	11,5	15.85	7.45	1.82	16.25	8.25	1.64
21	11,0	15.94	7.40	1.80	16.34	8.20	1.62
22	10,5	16.03	7.35	1.78	16.43	8.15	1.60
23	10,0	16.12	7.30	1.76	16.52	8.10	1.58
24	9,5	16.21	7.25	1.74	16.61	8.05	1.56
25	9,0	16.30	7.20	1.72	16.70	8.00	1.54
26	8,5	16.39	7.15	1.70	16.79	7.95	1.52
27	8,0	16.48	7.10	1.68	16.88	7.90	1.50
28	7,5	16.57	7.05	1.66	16.97	7.85	1.48
29	7,0	16.66	7.00	1.64	17.06	7.80	1.46
30	6,5	16.75	6.95	1.62	17.15	7.75	1.44
31	6,0	16.84	6.90	1.60	17.24	7.70	1.42
32	5,5	16.93	6.85	1.58	17.33	7.65	1.40
33	5,0	17.02	6.80	1.56	17.42	7.60	1.38
34	4,5	17.11	6.75	1.54	17.51	7.55	1.36
35	4,0	17.20	6.70	1.52	17.60	7.50	1.34
36	3,5	17.29	6.65	1.50	17.69	7.45	1.32
37	3,0	17.38	6.60	1.48	17.78	7.40	1.30

38	2,5	17.47	6.55	1.46	17.87	7.35	1.28
39	2,0	17.56	6.50	1.44	17.96	7.30	1.26
40	1,5	17.65	6.45	1.42	18.05	7.25	1.24
41	1,0	17.74	6.40	1.40	18.14	7.20	1.22

Izoh: Taleb me'yorlarini topshirishda masobaqa usulida hamda masobaqa qoidalari asosida qabul qilinadi. Yagurish va yurish turlarida 1 marta dan urinish. Sakrash va uloqtirishlarida 3 marta dan urinish beriladi.

Kafedra mudiri:

N.Azizov

