附件3

**兰州工商学院第十届青年教师教学竞赛**

**选手竞赛时间细目表**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **场次** | **序号** | **进备赛室** | **出备赛室** | **进竞赛室** | **出竞赛室** | **进反思室** | **出反思室** |
| 10.16上午 | 1（文科1、理工1、思政专项1） | 08:20 | 08:50 | 09:00 | 09:20 | 09:20 | 09:50 |
| 2 | 08:40 | 09:10 | 09:20 | 09:40 | 09:40 | 10:10 |
| 3 | 09:00 | 09:30 | 09:40 | 10:00 | 10:00 | 10:30 |
| 4 | 09:20 | 09:50 | 10:00 | 10:20 | 10:20 | 10:50 |
| 中场休息10分钟 |
| 5 | 09:50 | 10:20 | 10:30 | 10:50 | 10:50 | 11:10 |
| 6 | 10:10 | 10:40 | 10:50 | 11:10 | 11:10 | 11:40 |
| 7 | 10:30 | 11:00 | 11:10 | 11:30 | 11:30 | 12:00 |
| 8 | 10:50 | 11:20 | 11:30 | 11:50 | 11:50 | 12:20 |
| 9 | 11:10 | 11:40 | 11:50 | 12:10 | 12:10 | 12:40 |
| **场次** | **序号** | **进备赛室** | **出备赛室** | **进竞赛室** | **出竞赛室** | **进反思室** | **出反思室** |
| 10.16下午 | 10 | 13:30 | 14:00 | 14:00 | 14:20 | 14:20 | 14:50 |
| 11 | 13:50 | 14:20 | 14:20 | 14:40 | 14:40 | 15:10 |
| 12 | 14:10 | 14:40 | 14:40 | 15:00 | 15:00 | 15:30 |
| 13 | 14:30 | 15:00 | 15:00 | 15:20 | 15:20 | 15:50 |
| 14 | 14:50 | 15:20 | 15:20 | 15:40 | 15:40 | 16:10 |
| 中场休息10分钟 |
| 15 | 15:20 | 15:50 | 15:50 | 16:10 | 16:10 | 16:40 |
| 16 | 15:40 | 16:10 | 16:10 | 16:30 | 16:30 | 17:00 |
| 17 | 16:00 | 16:30 | 16:30 | 16:50 | 16:50 | 17:20 |
| 18 | 16:20 | 16:50 | 16:50 | 17:10 | 17:10 | 17:40 |
| 19 | 16:40 | 17:10 | 17:10 | 17:30 | 17:30 | 18:00 |
| **场次** | **序号** | **进备赛室** | **出备赛室** | **进竞赛室** | **出竞赛室** | **进反思室** | **出反思室** |
| 10.17上午 | 1 | 08:20 | 08:50 | 09:00 | 09:20 | 09:20 | 09:50 |
| 2 | 08:40 | 09:10 | 09:20 | 09:40 | 09:40 | 10:10 |
| 3 | 09:00 | 09:30 | 09:40 | 10:00 | 10:00 | 10:30 |
| 4 | 09:20 | 09:50 | 10:00 | 10:20 | 10:20 | 10:50 |
| 中场休息10分钟 |
| 5 | 09:50 | 10:20 | 10:30 | 10:50 | 10:50 | 11:10 |
| 6 | 10:10 | 10:40 | 10:50 | 11:10 | 11:10 | 11:40 |
| 7 | 10:30 | 11:00 | 11:10 | 11:30 | 11:30 | 12:00 |
| 8 | 10:50 | 11:20 | 11:30 | 11:50 | 11:50 | 12:20 |
| **场次** | **序号** | **进备赛室** | **出备赛室** | **进竞赛室** | **出竞赛室** | **进反思室** | **出反思室** |
| 10.17下午 | 9 | 13:30 | 14:00 | 14:00 | 14:20 | 14:20 | 14:50 |
| 10 | 13:50 | 14:20 | 14:20 | 14:40 | 14:40 | 15:10 |
| 11 | 14:10 | 14:40 | 14:40 | 15:00 | 15:00 | 15:30 |
| 12 | 14:30 | 15:00 | 15:00 | 15:20 | 15:20 | 15:50 |
| 中场休息10分钟 |
| 13 | 15:00 | 15:30 | 15:30 | 15:50 | 15:50 | 16:20 |
| 14 | 15:20 | 15:50 | 15:50 | 16:10 | 16:10 | 16:40 |
| 15 | 15:40 | 16:10 | 16:10 | 16:30 | 16:30 | 17:00 |
| 16 | 16:00 | 16:30 | 16:30 | 16:50 | 16:50 | 17:20 |