

DECATHLON SCORING 1st DAY

		ATHLETE											
100 METER DASH	Time	Points											
LONG JUMP	Distance - 1 st Attempt												
	Distance - 2 nd Attempt												
	Distance - 3 rd Attempt												
	Points	Total Points											
SHOT PUT	Distance - 1 st Attempt												
	Distance - 2 nd Attempt												
	Distance - 3 rd Attempt												
	Points	Total Points											
HIGH JUMP	5'8" - (615)												
	5'10"-(660)												
	6'0" - (705)												
	6'2" - (750)												
	6'4" - (795)												
	6'6" - (840)												
	6'7" - (865)												
	6'8" - (880)												
	6'9" - (910)												
	6'10"-(925)												
	6'11"-(950)												
	7'0" - (965)												
	7'1" - (990)												
	7'2" - (1010)												
	7'3" - (1035)												
		Points	Total Points										
400 METER RUN	Time - 1 st 100												
	Time - 2 nd 100												
	Time - 3 rd 100												
	Time - 4 th 100												
	TOTAL TIME												
	Points	Total Points											
1ST DAYS TOTAL POINTS													

DECATHLON SCORING 2nd DAY

		ATHLETE												
110 METER HIGH HURDLES	Time													
	Points	Total Points												
DISCUS	Distance - 1 st Attempt													
	Distance - 2 nd Attempt													
	Distance - 3 rd Attempt													
	Points	Total Points												
POLE VAULT	11'0" - (630)	1 st Attempt - Clear (0), Miss (X), or PASS (P)	2 nd Attempt - Clear (0), Miss (X), or UNNECESSARY (-)	3 rd Attempt - Clear (0), Miss (X), or UNNECESSARY (-)										
	11'6" - (675)													
	12'0" - (715)													
	12'4" - (745)													
	12'8" - (770)													
	13'0" - (795)													
	13'4" - (820)													
	13'8" - (850)													
	14'0" - (875)													
	14'4" - (900)													
	14'8" - (925)													
	15'0" - (950)													
	15'4" - (975)													
	15'8" - (1000)													
	16'0" - (1025)													
	16'3" - (1040)													
	16'6" - (1060)													
	16'9" - (1075)													
17'0" - (1095)														
		Points	Total Points											
JAVELIN	Distance - 1 st Attempt													
	Distance - 2 nd Attempt													
	Distance - 3 rd Attempt													
	Points	Total Points												
1500 METER RUN	Time	points												
FINAL POINTS														