

# Track and Field



## *Scoring Table for the Decathlon*



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## Scoring Table for the Decathlon



### Ten Events in Two Days

Decathlon competitors are awarded points according to the table shown below. The International Amateur Athletics Federation (IAAF) has revised the table on four occasions to take account, for example, of the introduction of glass fibre poles in the pole vault and of the extraordinary progress which has taken place in track and field events outside the decathlon program (i.e. 5,000 and 10,000 m) due to improved training methods.

A fair balance is struck between performances in the ten different events on the basis of a vast and ever-growing body of statistics. Performances which

score 1000 points represent the average time or distance recorded for the 100 best performances in the event concerned. Taking two world athletic records established in 1976, one finds only 130 points separating the record with the lowest rating according to the IAAF scoring table, that of the Cuban Alberto Juantorena in the 800 m with a time of 1 min 43.5 sec (points score 1078) and the record with the highest, that of Mac Wilkins (USA) in the discus with a distance of 70.86 m (points score 1208). A top-class athlete can be expected to score an average of 800 points in each event.

#### SCORING TABLE FOR THE DECATHLON

	<b>600</b>	<b>700</b>	<b>800</b>	<b>900</b>	<b>1000</b>	<b>1100</b>
100 m	12.0	11.5	11.1	10.7	10.3	10.0
400 m	55.1	52.5	50.2	48.0	46.0	44.2
1500 m	4:28.4	4:14.5	4:2.0	3:50.6	3:40.2	3:30.7
110 m hurdles	17.8	16.6	15.5	14.6	13.7	13.0
high jump	1.71 m	1.82 m	1.93 m	2.05 m	2.17 m	2.29 m
long jump	5.98 m	6.43 m	6.90 m	7.39 m	7.90 m	8.42 m
pole vault	3.24 m	3.60 m	3.97 m	4.36 m	4.78 m	5.21 m
shot put	12.01 m	13.55 m	15.19 m	16.92 m	18.75 m	20.66 m
discus	35.77 m	40.72 m	45.99 m	51-58 m	57.50 m	63.73 m
javelin	47.56 m	55.09 m	63.17 m	71.81 m	81.00 m	90.74 m

*Bruce Jenner (USA), the man who really focused public interest on the decathlon*