

DAY 1

DECATHLON

		<u>Estimated</u>	<u>Announced</u>	<u>Actual</u>
100 meters (____) x 5 min./heat	START		-----	
	END		-----	
Long Jump (____) x 4.5 min./comp.	START			
	END		-----	
Shot Put (____) x 2 min./comp.	START			
	END		-----	
High Jump (____) x 10 min./comp.	START			
	END		-----	
400 meters (____) x 5 min./heat	START			
	END		-----	

HEPTATHLON

100 meter hurdles (____) x 5 min./heat	START		-----	
	END		-----	
High Jump (____) x 10 min./comp.	START			
	END		-----	
Shot Put (____) x 2 min./comp.	START			
	END		-----	
200 meters (____) x 5 min./heat	START			
	END		-----	

DAY 2

DECATHLON

		<u>Estimated</u>	<u>Announced</u>	<u>Actual</u>
110 meter hurdles (____) x 5 min./heat	START		-----	
	END		-----	
Discus Throw (____) x 3 min./comp.	START			
	END		-----	
Pole Vault (____) x 15 min./comp.	START			
	END		-----	
Javelin Throw (____) x 3 min./comp.	START			
	END		-----	
1500 meters (____) x 10 min./heat	START			
	END		-----	

HEPTATHLON

Long Jump (____) x 4.5 min./comp.	START		-----	
	END		-----	
Javelin Throw (____) x 3 min./comp.	START			
	END		-----	
800 meters (____) x 10 min./heat	START			
	END		-----	

Combined Events -- High Jump Progressions

1.10	3' 7¼"	1.11	3' 7¾"	1.12	3' 8"
1.13	3' 8½"	1.14	3' 8¾"	1.15	3' 9¼"
1.16	3' 9½"	1.17	3' 10"	1.18	3' 10½"
1.19	3' 10¾"	1.20	3' 11¼"	1.21	3' 11½"
1.22	4' 0"	1.23	4' ½"	1.24	4' ¾"
1.25	4' 1¼"	1.26	4' 1½"	1.27	4' 2"
1.28	4' 2¼"	1.29	4' 2¾"	1.30	4' 3¼"
1.31	4' 3½"	1.32	4' 4"	1.33	4' 4¼"
1.34	4' 4¾"	1.35	4' 5"	1.36	4' 5½"
1.37	4' 6"	1.38	4' 6¼"	1.39	4' 6¾"
1.40	4' 7"	1.41	4' 7½"	1.42	4' 7¾"
1.43	4' 8¼"	1.44	4' 8¾"	1.45	4' 9"
1.46	4' 9½"	1.47	4' 9¾"	1.48	4' 10¼"
1.49	4' 10½"	1.50	4' 11"	1.51	4' 11½"
1.52	4' 11¾"	1.53	5' ¼"	1.54	5' ½"
1.55	5' 1"	1.56	5' 1¼"	1.57	5' 1¾"
1.58	5' 2¼"	1.59	5' 2½"	1.60	5' 3"
1.61	5' 3¼"	1.62	5' 3¾"	1.63	5' 4¼"
1.64	5' 4½"	1.65	5' 5"	1.66	5' 5¼"
1.67	5' 5¾"	1.68	5' 6"	1.69	5' 6½"
1.70	5' 7"	1.71	5' 7¼"	1.72	5' 7¾"
1.73	5' 8"	1.74	5' 8½"	1.75	5' 8¾"
1.76	5' 9¼"	1.77	5' 9¾"	1.78	5' 10"
1.79	5' 10½"	1.80	5' 10¾"	1.81	5' 11¼"
1.82	5' 11½"	1.83	6' 0"	1.84	6' ½"
1.85	6' ¾"	1.86	6' 1¼"	1.87	6' 1½"
1.88	6' 2"	1.89	6' 2¼"	1.90	6' 2¾"
1.91	6' 3¼"	1.92	6' 3½"	1.93	6' 4"
1.94	6' 4¼"	1.95	6' 4¾"	1.96	6' 5"
1.97	6' 5½"	1.98	6' 6"	1.99	6' 6¼"
2.00	6' 6¾"	2.01	6' 7"	2.02	6' 7½"
2.03	6' 8"	2.04	6' 8¼"	2.05	6' 8¾"
2.06	6' 9"	2.07	6' 9½"	2.08	6' 9¾"
2.09	6' 10¼"	2.10	6' 10¾"	2.11	6' 11"
2.12	6' 11½"	2.13	6' 11¾"	2.14	7' ¼"
2.15	7' ½"	2.16	7' 1"	2.17	7' 1½"
2.18	7' 1¾"	2.19	7' 2¼"	2.20	7' 2½"
2.21	7' 3"	2.22	7' 3¼"	2.23	7' 3¾"
2.24	7' 4¼"	2.25	7' 4½"	2.26	7' 5"
2.27	7' 5¼"	2.28	7' 5¾"	2.29	7' 6"

Combined Events Pole Vault Progressions

2.15	7' ½"				2.20	7' 2½"
2.25	7' 4½"				2.30	7' 6½"
2.35	7' 8½"				2.40	7' 10½"
2.45	8' ½"				2.50	8' 2½"
2.55	8' 4¼"				2.60	8' 6¼"
2.65	8' 8¼"				2.70	8' 10¼"
2.75	9' ¼"				2.80	9' 2¼"
2.85	9' 4¼"				2.90	9' 6¼"
2.95	9' 8"				3.00	9' 10"
3.05	10' 0"				3.10	10' 2"
3.15	10' 4"				3.20	10' 6"
3.25	10' 8"				3.30	10' 10"
3.35	10' 11¾"				3.40	11' 1¾"
3.45	11' 3¾"				3.50	11' 5¾"
3.55	11' 7¾"				3.60	11' 9¾"
3.65	11' 11¾"				3.70	12' 1½"
3.75	12' 3½"				3.80	12' 5½"
3.85	12' 7½"				3.90	12' 9½"
3.95	12' 11½"				4.00	13' 1½"
4.05	13' 3½"				4.10	13' 5¼"
4.15	13' 7¼"				4.20	13' 9¼"
4.25	13' 11¼"				4.30	14' 1¼"
4.35	14' 3¼"				4.40	14' 5¼"
4.45	14' 7¼"				4.50	14' 9"
4.55	14' 11"				4.60	15' 1"
4.65	15' 3"				4.70	15' 5"
4.75	15' 7"				4.80	15' 9"
4.85	15' 11"				4.90	16' ¾"
4.95	16' 2¾"				5.00	16' 4¾"
5.05	16' 6¾"				5.10	16' 8¾"
5.15	16' 10¾"				5.20	17' ¾"
5.25	17' 2¾"				5.30	17' 4½"
5.35	17' 6½"				5.40	17' 8½"
5.45	17' 10½"				5.50	18' ½"
5.55	18' 2½"				5.60	18' 4½"
5.65	18' 6½"				5.70	18' 8¼"
5.75	18' 10¼"				5.80	19' ¼"
5.85	19' 2¼"				5.90	19' 4¼"
5.95	19' 6¼"				6.00	19' 8¼"

DAY 1

INDOOR PENTATHLON

Estimated

Announced

Actual

55/60 meters
(____) x 5 min./heat

START
END

High Jump
(____) x 10 min./comp.

START
END

Shot Put
(____) x 2 min./comp.

START
END

Long Jump
(____) x 4.5 min./comp.

START
END

800 meters
(____) x 8 min./heat

START
END

INDOOR HEPTATHLON

55/60 meters
(____) x 5 min./heat

START
END

Long Jump
(____) x 4.5 min./comp.

START
END

Shot Put
(____) x 2 min./comp.

START
END

High Jump
(____) x 10 min./comp.

START
END

DAY 2

INDOOR HEPTATHLON

55/60 meter hurdles

(____) x 5 min./heat

START

END

Pole Vault

(____) x 15 min./comp.

START

END

1000 meters

(____) x 10 min./heat

START

END

DAY 1

INDOOR HEPTATHLON

55/60 meters

(____) x 5 min./heat

START

END

Long Jump

(____) x 4.5 min./comp.

START

END

Shot Put

(____) x 2 min./comp.

START

END

High Jump

(____) x 10 min./comp.

START

END

DAY 2

INDOOR HEPTATHLON

55/60 meter hurdles (____) x 5 min./heat	START		-----	
	END		-----	

Pole Vault (____) x 15 min./comp.	START			
	END		-----	

1000 meters (____) x 10 min./heat	START			
	END		-----	

INDOOR PENTATHLON

Estimated

Announced

Actual

55/60 meters (____) x 5 min./heat	START		-----	
	END		-----	

High Jump (____) x 10 min./comp.	START			
	END		-----	

Shot Put (____) x 2 min./comp.	START			
	END		-----	

Long Jump (____) x 4.5 min./comp.	START			
	END		-----	

800 meters (____) x 8 min./heat	START			
	END		-----	