

1985 TAC NATIONAL MASTERS DECAHLON
SAN DIEGO, CA.

		100M	LJ	16 #	HJ	400M	39"	2K	PV	800G	1500M	1982 IAAF
			SP				HH	DT		JT		
30	ANDREW HECKER	12.26 528	5.60 544	6.68 193	1.60 493	57.53 512	18.14 572	19.96 222	2.29 300	21.07 161	4:51.50 456	3951
30	PETER SCHMALENBERGER	12.16 548	5.60 514	9.33 410	1.65 540	55.59 580	18.79 526	24.86 351	2.74 448	20.93 346	4:36.05 549	4812 (3RD)
31	WILL FREEMAN	11.58 670	6.25 660	11.16 543	1.85 725	56.56 545	15.76 721	34.66 576	4.60 957	44.27 553	5:58.04 743	6143 (1ST)
31	RICHARD F. KURTZ	12.84 408	5.00 371	7.84 292	1.60 493	59.77 439	20.94 392	26.81 399	3.90 780	30.14 332	5:59.30 138	4044 (5TH)
31	FOOTS WILLIAMS	12.71 426	5.18 415	9.67 435	1.45 344	56.60 544	19.54 474	30.28 480	2.13 244	37.11 447	5:17.55 318	4127 (4TH)
34	JOHN GREEN	11.63 659	6.06 617	12.43 628	1.75 634	54.64 615	DNF 0	38.48 655	3.50 672	46.58 586	4:56.78 426	5492 (2ND)
			1276	1904	2538	3153	3153	3808	4480	5066	5492	

1955 TAC NATIONAL MASTERS DECATHLON
SAN DIEGO, CA.

	1955 TAC NATIONAL MASTERS DECATHLON										1962 IAAF				
	100 M	150 M	400 M	800 M	1500 M	5000 M	10000 M	20000 M	50000 M	100000 M	1500 M	5000 M	10000 M	50000 M	100000 M
35	MIKE DAVIS	12.60 463	6.05 615	10.12 469	1.75 634	57.64 508	17.95 586	34.56 574	3.70 728	45.25 567	5:01.44 420	5544	(3RD)		
35	AL LIPSCOMB	12.20 540	4.97 363	8.87 375	1.55 444	57.39 517	16.27 724	28.72 445	1.68 75	31.55 356	5:26.81 274	4113			
36	WARREN CUMMINGS	13.18 356	5.19 418	10.84 521	1.60 493	61.28 393	20.62 409	29.92 472	3.70 728	43.03 536	5:57.78 144	4340			
37	HARRY McDONALD	13.69 274	4.98 366	9.96 457	1.45 344	67.57 223	20.75 443	30.46 434	2.89 495	41.88 59	6:01.85 129	3694			
38	JIM ROSE	12.88 408	4.72 301	10.21 475	1.45 344	60.96 413	20.96 392	28.90 449	3.20 587	33.89 395	6:01.56 111	3865			
38	BILL SEVILLA	13.19 356		WITHDREW											
38	REX HARVEY	11.76 621	6.20 648	11.93 594	1.75 634	52.49 699	16.15 735	27.64 638	4.45 920	46.38 583	4:26.89 415	6507	(1ST) **		
39	JIM BALL	13.15 356	4.53 254	10.38 438	1.45 344	60.80 447	18.98 513	26.14 383	3.04 540	32.77 377	5:32.11 250	3912			
39	MATTI KILPELAWEN	12.65 444	5.24 430	9.55 426	1.60 493	57.74 545	17.48 622	30.52 416	3.44 655	47.21 553	5:42.04 207	4821	(5TH)		
39	GORDON REITER	12.30 520	6.16 640	9.43 418	1.70 518	54.03 618	18.96 515	29.46 412	2.29 300	43.59 544	4:27.99 613	5228	(4TH)		
39	DAVE ROBINSON	11.86 619	6.26 662	12.36 623	1.65 510	53.38 663	16.04 745	40.30 691	3.70 728	50.22 636	4:35.42 553	6450	(2ND) **		

1985 TAC NATIONAL MASTERS DECATHLON
SAN DIEGO, CA.

1962 IAAF
WORLD 1984 AGE FACTORS

	16 #										TOTAL
	100 M.	LJ	SP	HJ	400M	1H	2.0 K	PV	800 G	1500M	
88	11.76 .9538	4.20 1.0864	11.93 1.0883	1.75 1.0343	52.49 .9204	14.15 .8949	37.64 1.0453	4.45 1.0355	46.38 1.1296	4:56.89 9:18.4	7543 (210)
	11.22 752	6.73 763	12.98 663	1.81 689	48.32 883	14.46 908	39.34 672	4.60 957	52.39 665	4:39.64 5:57.1	
89	11.86 .9483	6.26 1.0983	12.36 1.1004	1.65 1.0388	53.38 .9142	14.04 .8808	40.30 1.0512	3.70 1.0401	50.22 1.1482	4:35.42 9:04.7	7578 (1ST)
	11.25 745	6.87 794	13.60 702	1.71 597	48.80 860	14.13 947	42.36 731	3.84 728	57.66 732	4:09.18 7:42	
35	12.60 .9706	6.05 1.0523	10.12 1.0534	1.75 1.0210	57.64 .9394	17.95 .9402	34.56 1.0278	3.70 1.0219	45.25 1.0772	5:01.44 9:18.8	6175 (4TH)
	12.23 534	6.36 684	10.66 508	1.78 662	54.15 634	16.88 670	35.52 594	3.78 728	48.74 616	4:36.97 5:45	
39	12.30 .9483	6.16 1.0983	9.43 1.1004	1.70 1.0388	54.03 .9142	18.96 .8808	29.46 1.0512	2.29 1.0401	43.59 1.1482	4:27.99 9:04.7	6325 (3RD)
	11.67 650	6.76 770	10.37 488	1.76 643	49.40 832	16.70 686	30.96 496	2.38 331	50.05 634	4:02.46 7:55	
39	12.65 .9483	5.24 1.0983	9.55 1.1004	1.60 1.0388	57.74 .9142	17.48 .8808	30.52 1.0512	3.44 1.0401	44.21 1.1482	5:42.04 9:04.7	5882 (5TH)
	12.00 580	5.75 518	10.50 497	1.66 550	52.79 687	15.40 847	32.08 520	3.57 692	50.76 643	5:09.45 3:58	

1985 TAC NATIONAL MASTERS DECATHLON
SAN DIEGO, CA.

	16"										36"		2.0K		800G		1500M	IAAF (3)
	100M	LJ	SP	HJ	400M	HH	DT	PV	JT									
41	WILLIAM J. BUSBY	12.88	5.53	9.36	1.50	60.37	17.78	28.14	3.70	47.77	5:17.92	4794	IAAF (3)					
		408	498	412	394	421	584	431	728	602	316							
		.9375	1.1228	1.1398	1.0552	.9021	.8808	1.0796	1.0517	1.1872	.8931							
		12.08	6.20	10.66	1.58	54.46	15.84	34.38	3.89	56.71	4:43.94		AGE FACTOR					
		564	648	508	473	622	764	483	777	720	500		6059 (2ND)					
41	CORNELIUS MCCORMICK JR	12.44	4.73	12.54	1.55	57.07	17.06	36.50	Ø	42.28	5:14.41	4522	IAAF (4)					
		482	304	635	444	528	656	615	Ø	525	333							
		.9375	1.1228	1.1398	1.0552	.9021	.8808	1.0796	1.0517	1.1872	.8931							
		11.67	5.31	14.29	1.63	51.49	15.03	39.40	Ø	50.19	4:40.80		AGE FACTOR					
		650	446	746	521	740	845	674	Ø	635	520		5777 (4TH)					
41	JOHNSTON EWING	13.79	4.80	Ø	1.65	59.90	19.58	22.48	3.04	27.52	5:26.92	3417	IAAF					
		258	321	Ø	540	465	474	290	540	286	273							
		.9375	1.1228	1.1398	1.0552	.9021	.8808	1.0796	1.0517	1.1872	.8931							
		12.93	5.38	Ø	1.74	54.04	17.25	24.26	3.19	31.67	4:51.98							
		390	463	Ø	625	638	670	336	584	375	453		4504					
41	JIM SHOEMAKER	12.74	4.79	9.72	1.40	59.05	19.97	23.30	2.29	35.66	5:26.45	3699	IAAF					
		426	319	489	293	462	449	312	300	414	275							
		.9375	1.1228	1.1398	1.0552	.9021	.8808	1.0796	1.0517	1.1872	.8931							
		11.95	5.37	11.07	1.47	53.27	17.59	25.15	2.40	44.33	4:51.56		AGE FACTOR					
		591	460	537	364	618	613	339	338	525	455		4910 (5TH)					
41	DENNIS STEMPEL	12.56	5.73	10.51	1.60	62.96	18.89	31.82	3.35	46.72	5:43.04	4796	IAAF (2)					
		463	544	477	493	344	519	515	630	588	203							
		.9375	1.1228	1.1398	1.0552	.9021	.8808	1.0796	1.0517	1.1872	.8931							
		11.78	6.43	11.97	1.68	56.80	16.64	34.35	3.52	55.46	5:06.37		AGE FACTOR					
		626	699	597	569	537	611	570	678	704	374		6045 (3RD)					
42	HENRY A. HOPKINS	12.79	5.49	11.05	1.65	58.64	17.16	31.26	3.80	40.90	5:02.16	5268	IAAF (1)					
		426	489	535	540	475	647	502	754	504	396							
		.9322	1.1355	1.1680	1.0675	.8962	.8717	1.1029	1.0537	1.2078	.8850							
		11.93	6.23	12.90	1.76	52.56	14.96	34.47	4.02	49.39	4:27.42		AGE FACTOR					
		595	655	658	643	696	753	572	812	625	606		6715 (1ST)					

1985 TAC NATIONAL MASTERS DEATHLON
SAN DIEGO, CA.

	100 M.	16#	200 M.	36"	20 K	500 G.	1500 M.					
	LJ	SP	HJ	400M	4H	DT	PV	JT				
45	HUGH ADAMS *	11.91	5.83	8.97	1.55	54.11	16.00 *	31.06	2.29	37.24	5:31.60	4875 (2)
	* Ran 3rd WHEELS	599	566	383	444	635	749	498	300	449	2:52	
		9167	1.1753	1.2623	1.1060	.8789	.8216	1.1792	1.0803	1.2740	.8:16	
		10.92	6.85	11.32	1.71	47.56	13.15	34.62	2.47	47.44	4:45.71	
		824	789	554	577	920	1073	617	361	598	4:49	6823 (240)
47	GARY L. BANE	12.96	5.39	8.16	1.55	60.48	17.16	26.98	3.44	38.90	5:40.80	4425 (9)
		390	465	318	444	417	647	403	655	474	2:2	
		9016	1.2034	1.3340	1.1333	.8678	.8286	1.2363	1.0952	1.3223	.8467	
		11.69	6.48	10.88	1.75	52.49	14.22	33.35	3.76	51.43	4:48.56	
		646	710	524	634	679	936	548	744	652	4:73	6566 (340)
48	ED OLEATA	12.13	5.34	10.92	1.45	54.99	16.32	34.56	3.54	36.34	5:00.76	5294 (1) **
		554	453	526	344	602	719	574	684	434	4:04	
		8943	1.1180	1.3730	1.1474	.8623	.8205	1.2619	1.1028	1.3479	.8394	
		10.85	6.50	14.99	1.66	47.42	13.40	43.78	3.90	48.98	4:11.46	
		841	715	788	550	917	1039	758	780	619	7:5	7732 (1st)

** RECALC

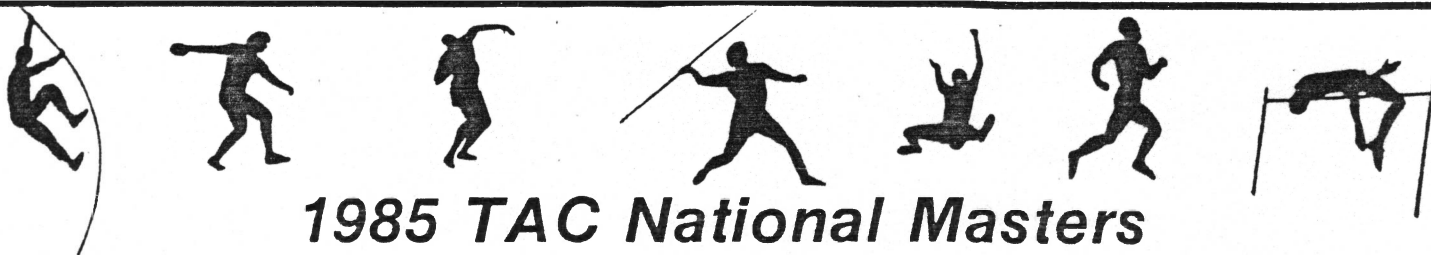
1985 TAC NATIONAL MASTERS DECATALON
SAN DIEGO, CA.

	800 G.													
	100 M.	12"	1.6 K	400M	HH	DT	PV	JT	1500M					
55	JERRY REISERER	13.58 2.90 .8462 11.50 6.87	LJ 4.83 3.29 1.3308 6.42 6.97	SP 9.94 456 1.2977 12.89 658	HJ 1.45 3.44 1.2575 1.82 6.98	400M 63.76 322 .8258 52.66 692	HH 18.27 562 7836 41.32 924	DT 32.14 522 1.2346 39.68 679	PV 2.74 448 1.1880 3.25 6.01	JT 36.33 434 1.5587 56.62 719	1500M 5:38.21 223 7:11.8 4:27.50 6:04		3930 (1) 6959 (1ST)	
56	HARRY HAWKE	15.01 75	WITHDREW											
57	DONALD C. GREY	16.21 Ø .8553 13.51 2.90	LJ 3.21 Ø 1.3669 4.38 2.15	SP 7.43 258 1.3644 10.13 470	HJ 1.15 24 1.2927 1.48 3.74	400M 84.24 Ø .8160 68.74 195	HH 27.00 188 7692 20.77 403	DT 20.06 225 1.2937 25.95 378	PV 2.13 244 1.2272 2.61 406	JT 21.58 172 1.6316 35.20 416	1500M 6:01.64 129 7:19.2 4:47.79 5:14		11900 3661 (5TH)	
58	TED ENSSLIN	13.71 258 .8271 11.34 7.24	LJ 4.163 2.79 1.3858 6.41 6.95	SP 8.60 353 1.4004 12.04 602	HJ 1.25 135 1.3111 1.63 5.21	400M 66.11 260 .8111 53.63 654	HH 20.33 426 7622 19.50 797	DT 24.76 349 1.3254 32.81 536	PV 2.44 351 1.2445 3.03 537	JT 24.60 231 1.6707 41.07 507	1500M 6:56.01 Ø 7:30 5:21.58 2:28		2642 (4) 5871 (4TH)	
59	JOCK JACOY	13.60 2.90 .8209 11.17 7.63	LJ 4.34 2.04 1.4051 6.09 6.24	SP 8.70 362 1.4384 12.51 633	HJ 1.30 1.89 1.3301 1.72 6.07	400M 66.13 259 .8067 53.35 665	HH 22.49 316 7553 16.99 461	DT 23.76 323 1.3586 32.28 525	PV 2.29 300 1.2623 2.89 4.95	JT 26.19 261 1.7117 44.82 561	1500M 5:49.00 179 7:67.0 4:17.69 6:05		26830 6139 (3RD)	
59	RICHARD J. NORDQUIST	13.67 2.74 .8209 11.23 7.49	LJ 4.28 1.88 1.4051 6.01 6.06	SP 10.10 468 1.4384 14.52 760	HJ 1.30 1.89 1.3301 1.72 6.07	400M 67.26 308 .8067 51.54 726	HH 18.46 549 7553 13.95 969	DT 28.46 438 1.3586 38.66 659	PV 2.44 351 1.2623 3.08 552	JT 32.34 369 1.7117 55.35 703	1500M 6:02.23 1:27 7:67.0 4:37.83 5:38		32610 6869 (2ND)	

1985 IAC NATIONAL MASTERS DECATHLON
SAN DIEGO, CA.

	30" 1.0 K										600 G.			
	100 M.	LJ	SP	HJ	400M	HH	DT	PV	JT	1500M				
63	CHUCK MCFATE	15.48 24 .7971 12.34 513	3.37 φ 1.4883 5.01 373	9.20 400 1.1970 11.01 533	1.35 242 1.4119 1.90 769	78.85 φ .7703 60.74 409	21.51 361 .7512 16.16 734	26.22 385 1.1217 29.41 461	1.68 75 1.3707 2.30 303	15.23 30 1.5793 24.05 221	9:18.03 φ .7285 6:46.53 φ	1517 (1)	4316 (320)	3880 (1) **
64	BOO MORCOM	14.57 142 .7914 11.54 679	4.79 319 1.5106 7.23 867	11.84 588 1.2211 14.45 756	1.46 354 1.4339 2.09 934	68.34 204 .7604 51.97 720	19.17 501 .7404 14.20 939	38.34 652 1.1498 44.08 764	3.64 711 1.4046 5.11 1077	31.52 356 1.6197 51.05 647	6:23.32 53 .7183 4:35.34 554	7937 (1ST)		2652 (2)
64	FRANK P. BOWLES	14.72 114 .7914 11.65 654	4.32 199 1.5106 6.52 719	11.10 539 1.2211 13.55 700	1.35 242 1.4339 1.93 796	69.11 186 .7604 52.56 696	20.41 420 .7404 15.12 836	31.50 508 1.1498 36.21 609	1.52 9 1.4046 2.13 244	31.20 350 1.6197 50.53 640	6:13.77 85 .7183 4:38.48 599	2652 (2)	6493 (2ND)	
65	JIM MINAH	16.19 φ .7857 12.73 426	3.46 φ 1.5337 5.30 444	11.64 575 1.2451 14.49 758	1.15 24 1.4566 1.67 560	92.22 φ .7508 69.24 183	29.61 58 .7299 21.62 356	32.86 537 1.1792 38.74 650	1.83 133 1.4436 2.64 416	27.91 293 1.6624 46.39 583	8:20.94 φ .7083 5:54.82 155	1620 (1)	4541 (1ST)	
68	HAM MORNINGSTAR	16.96 φ .7597 12.89 408	3.44 φ 1.6072 5.52 496	9.90 453 1.3255 13.12 672	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW	WITHDREW
80	WIN MCFADDEN 30" BOMETER HURDLES	18.07 φ .6707 12.12 556	3.10 φ 1.9885 6.16 640	7.36 252 1.7808 13.10 671	1.10 φ 1.9109 2.10 942	96.73 φ .6073 58.75 472	37.21 φ .5164 19.22 493	24.74 348 1.9163 47.40 825	φ φ 2.1813 φ φ	18.79 113 2.7465 51.60 654	10:46.24 φ φ 5:19.02 310	713 IAAF	1982 IAAF WITH 1984 AGE FACTORS 5563	2978 WANA
	WIN MCFADDEN	20.5 480	2.57 371	70m 4.0 504	95.33 525	96.71 φ	42.61 287	13 516	1:40 φ	13 289	9:04.8 φ			

** 00.00



1985 TAC National Masters Decathlon & Heptathlon Championships

JULY 5-6, 1985

POINT LOMA COLLEGE
3900 Lomaland Drive, San Diego, California

- SPONSORS:** San Diego A.A., TAC, Miller & Schroeder Municipals, Inc.
- DIVISIONS:** 5 year age divisions for men and women age 30 and over.
- SITE:** Point Loma College Track. Host of 1984 British Olympic Team. New synthetic track with all runways and javelin approach also synthetic. ¼ inch spikes required.
- ENTRY FEE:** \$15.00 All entries must be postmarked by June 25, 1985.
- AWARDS:** TAC Championship medals to top three in each age group. T-shirt and patches to all participants.
- EVENT ORDER:** Oldest to youngest contestants starting with women.
- FRIDAY 10:00 a.m.** Men's Decathlon — 100m, LJ, SP, HJ, 400m
Women's Heptathlon — Hurdles, SP, HJ, 200m
- SATURDAY 9:00 a.m.** Men's Decathlon — HH, DT, PV, JT, 1500m
Women's Heptathlon — LJ, JT, 800m
- SCORING:** Men 30-39 — IAAF Scoring Tables
Men 40 & over — IAAF Scoring Tables supplemented by new age factors developed by Jim Weed. Everyone competes equally regardless of age.
All Women — WAVA Scoring Tables
- TRAVEL COORDINATOR:** Sports Travel International — *The Original U.S. Masters Travel Agent*
4869 Santa Monica Avenue, San Diego, CA 92107
(619) 225-9555
Call collect early for best prices on flights and lodging accommodations.



DETACH AND MAIL

Please Print

Name: _____ Birthdate: / /

Address: _____ Age as of 7/6/85: _____

City: _____ State: _____ Zip: _____

Phone: () _____ TAC # _____ Male Female

Club Affiliation: _____ I request additional lodging information.

Please attach expected performances for seeding purposes.

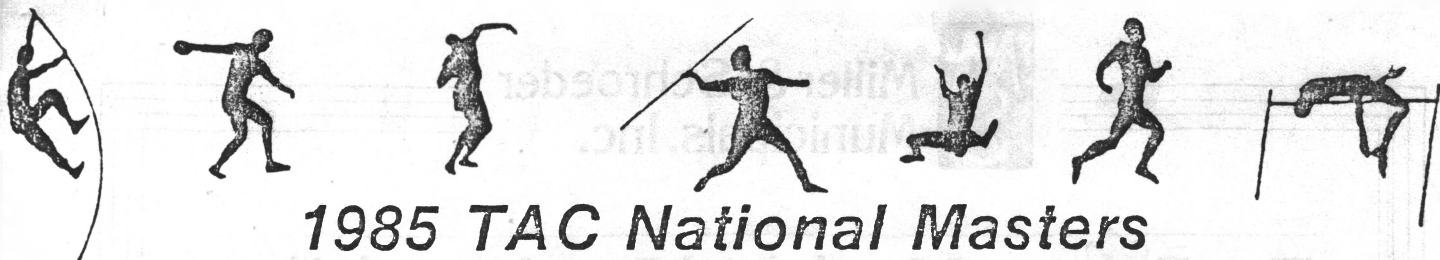
MAKE CHECKS PAYABLE TO: San Diego Athletic Association

The following release must be signed for entry to be accepted:

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed: _____ Date: _____

SEND ENTRY WITH CHECK TO: Ed Oleata
P.O. Box 2822, La Jolla, CA 92038
(619) 459-2311 (work)



1985 TAC National Masters Decathlon & Heptathlon Championships

27.33
19.5
7-53



JULY 5-6, 1985

POINT LOMA COLLEGE

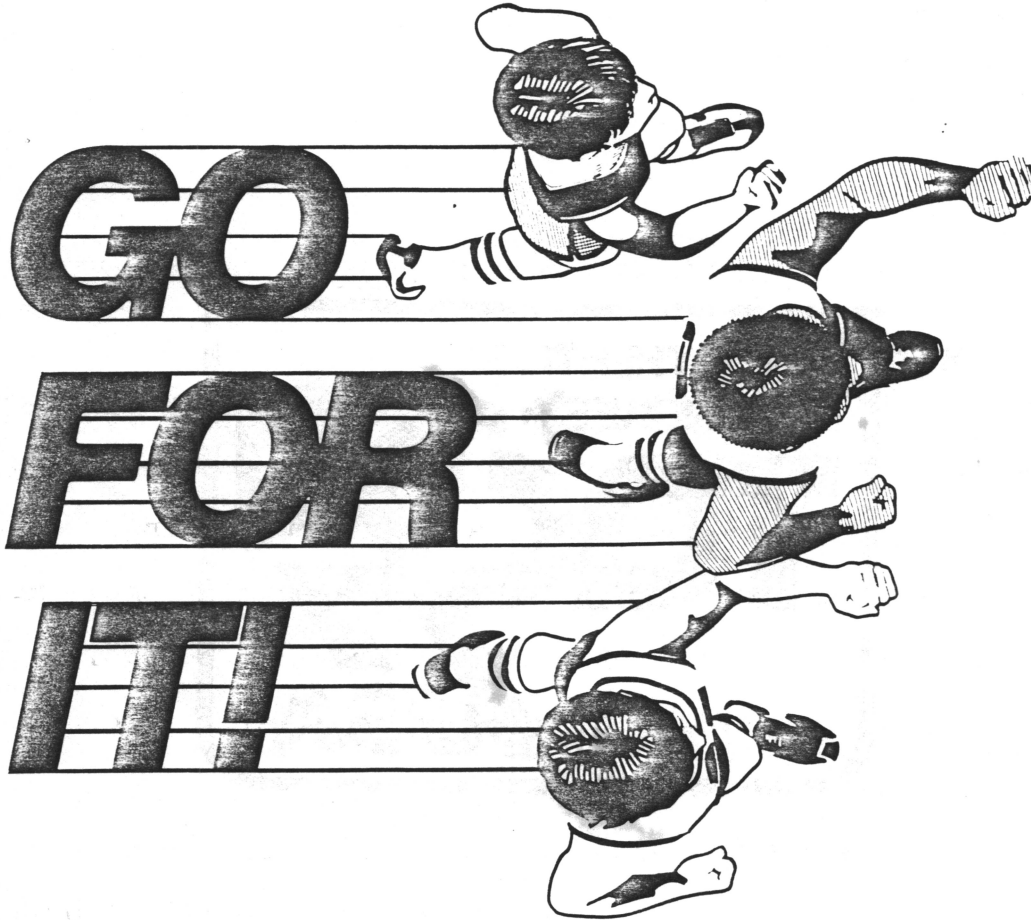
3900 Lomaland Drive, San Diego, California





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(619) 488-8885
Open Coordinator
Roger Depriest
(619) 268-5111

WELCOME MASTERS DECATHLETES AND HEPTATHLETES

The city of San Diego, the San Diego Athletic Association and the Point Lome Nazarene College welcomes all of you to the 1985 TAC masters multi-event championships.

The decathlon and heptathlon is a special challenge, the ultimate in athletic skills. You all are highly specialized individuals and belong to an elite group, especially as National masters.

Enjoy and good luck to all of you during your competition here on the track that overlooks the "pacific".

Jock Jocoy
Jock Jocoy
President



MEET OFFICIALS

MEET DIRECTOR

Robert Holzinger

STARTER

DR. Howard Hunt

ACCUTRACK OPERATOR

Jim Waters

IMPLEMENT WEIGH-IN

Dick Straub

FINISH JUDGES

Mark Belger

Robert Holzinger

Dan Lieberman

Dennis Selby

ANNOUNCER

Ken Bernard

SCORER

Mark Belger

LONG JUMP

Jeff Rigdon (Head)

Dennis Selby

Michael Oleata

Dick Glasgow

SHOT PUT

Dick Straub (Head)

Dr. Howard Hunt

Dan Lieberman

HIGH JUMP

Robin Williams

Jeff Rigdon

DISCUS (main field)

Dick Straub (Head)

Tom Brown

Timmie Brown

DISCUS (lower field)

Jeff Rigdon (Head)

Joe Horn

Tim Murphy

Pole Vault

Joe Horn

Bob Sieben

Javelin

Dick Straub (Head)

Robin Williams

Dan Lieberman

RECORDS

Bob Gilmore

Heptathlon Coordinator

Evelyn Freeman

PARTICIPANT

<u>NAME</u>	<u>AGE</u>	<u>HOME TOWN</u>
Win McFadden	80	San Diego, California
Ham Morningstar	68	Flint, Michigan
Jim Minah	65	Santa Barbara, California
Leonard G. Wray	64	Shawnee, Oklahoma
Frank P. Bowles	64	Greeley, Colorado
Boo Morcom	64	Wilmot Flat, New Hampshire
Chuck McFate	63	Valley Center, California
Jock Jocoy	59	Del Mar, California
Richard J. Nordquist	59	Talent, Oregon
Ted Ensslin	58	Porterville, California
Harry Hawke	56	San Diego, California
Donald C. Grey	57	Norfolk, Virginia
Jerry Reiserer	55	Wichita, Kansas
Allen H. Norris	54	Amarillo, Texas
Dave Douglass	53	Playa del Rey, California
Franklin D. Brown Jr.	51	Des Moines, Iowa
Woody Grover	51	San Diego, California
Hector Cisneros	51	Austin, Texas
Ray Fitzhugh	50	Irvine, California
Mark Bodley	50	Los Banos, California
Jerry K. Stanners	50	Bakersfield, California
Don Zimmerman	49	Speedway, Indiana
Ed Oleata	48	La Jolla, California
Gary L. Bane	47	Santa Barbara, California
John W. Forsyth	46	Medford, Oregon
Hugh Adams	45	Selma, California
Henry A. Hopkins	42	Plainfield, Indiana
William J. Busby	41	Thomasville, North Carolina
Cornelius McCormick Jr.	41	Laguna Hills, California
Jim Shoemaker	41	Overland Park, Kansas
Dennis Stempel	41	Chico, California
Johnston Ewing	41	Memphis, Tennessee

PARTICIPANT

<u>NAME</u>	<u>AGE</u>	<u>HOME TOWN</u>
Gordon Reiter	39	Ballwin, Missouri
Jim Ball	39	Huntington Beach, California
Dave Robinson	39	San Diego, California
Rex J. Harvey	39	Des Moines, Iowa
Matti Kilpelainen	39	Canton, Michigan
Bill Sevilla	38	Huntington Beach, California
Jim Rose	38	Gulfport, Mississippi
Harry McDonald	37	Olathe, Kansas
Raymond Colombo	36	Lacey, Washington
Warren Cummings	36	Escondido, California
Al Lipscomb	35	Santee, California
Mike Davis	35	New Lenox, Illinois
John S. Green	34	Aurora, Colorado
Mark Salzman	33	Fircrest, Washington
Stan Goodell	33	Rogue River, Oregon
Will Freeman	31	Grinnell, Iowa
John G. Turek	31	Ontario, California
Foots Williams	31	Beverley Hills, California
Richard F. Kurtz	31	Riverside, California
Andrew Hecker	30	Saratoga, California
D. Peter Schmalenberger	30	La Jolla, California
Alice Leicht	52	San Diego, California
Penny Gilkey	33	Rogue River, Oregon
Suzanne Hopkins	33	Plainfield, Indiana

TIME SCHEDULE

MEN'S DECATHLON

FRIDAY

10:00 am 100 meters 50+
 11:00 am 30 thru 49
 Long Jump, Shotput
 High Jump and 400 to follow

SATURDAY

8:00 am Hurdles
 Discus, Pole Vault
 Javelin and 1500
 to follow

WOMAN'S HEPTATHLON

FRIDAY

9:45 am Hurdles
 Shotput, high Jump and
 200 meters to follow

SATURDAY

8:00 am Long Jump
 Javelin throw and
 800 meters to follow

AGE DIVISIONS

Sub-Masters	A	30-34
	B	35-39
Masters	1A	40-44
	1B	45-49
	2A	50-54
	2B	55-59
	3A	60-64
	3B	65-69
	4A	70-74
	4B	75-79
	5A	80-84

IMPLEMENT WEIGHTS

<u>MEN</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
30-49	16 lb.	2 kg (college)	800 gm
50-59	12 lb.	1.616 kg (H.S. Boys)	800 gm
60 +	8 lb.	1.00 kg (H.S. Girls)	600 gm
<u>WOMEN</u>			
30-49	4 kg (8lb 13oz)	1.00 kg	600 gm
50 +	3 kg (6lb 10oz)	1.00 kg	400 gm

HURDLE SPECIFICATIONS

<u>MEN</u>	<u>Distance of Race</u>	<u>Hurdle Height</u>	<u>Distance to 1st hurdle</u>	<u>Distance between</u>	<u>Last Hurdle to finish</u>
30-39	110 m	39"	45'	30'	46'
40-49	110 m	36"	45'	30'	46'
50-59	110 m	33"	45'	30'	46'
60-69	110 m	30"	45'	30'	46'
70 +	100 m	30"	42' 8 1/2"	27' 10 1/2"	34' 5"
<u>WOMEN</u>					
30-39	100 m	33"	42' 8 1/2"	27' 10 1/2"	34' 5"
40 + TAC	100 m	30"	42' 8 1/2"	27' 10 1/2"	34' 5"
WAVA	80 m	30"	39' 4"	26' 3"	39' 4"

Competitors Instructions

1. This may be the toughest decathlon competition many of you will ever face because we only have ONE long jump runway, shot, discus and javelin throwing area. The most important thing about this competition is to get through the long jump the first day and the discus the second day with NO delay. Have your steps measured out and be ready to go when your flight is called to compete.
2. You will be assigned the same heat and lane for the 100 and the hurdles. You will be assigned heat and lane for the 400 and 1500 by the clerk as you finish the other events and are ready to run.
3. You will compete in the same flight in the long jump, shot put and discus. Javelin throwers will be grouped into flights as they finish the pole vault. Three trials in each field event. All throws will be measured in meters.
4. Weigh in your implements friday morning before the 100. Implements will be left at the track overnight for use saturday.
5. Your performances and scores will be placed on the master scoreboard as soon as time allows. Please do not bother the officials. They are doing the best job they can.
6. One false start allowed. You are disqualified on the second.
7. Good luck to all. Enjoy yourselves and have a good time.

Pole Vault (Bar Raises)

High Jump (Bar Raises)

METERS	Foot-Inches	Points	Meters	Foot-Inches	Points
1.07	3-6¼	0	1.50	4-11	1
1.15	3-9	24	1.70	5-7	83
1.20	3-11¼	79	1.90	6-4	160
1.25	4-1	135	2.10	6-10½	233
1.35	4-5	242	2.30	7-6½	303
1.45	4-9	344	2.50	8-2½	371
1.50	4-11	394	2.70	8-10	436
1.55	5-1	444	2.90	9-6	498
1.60	5-3	493	3.00	9-10	528
1.65	5-5	540	3.10	10-2	558
1.70	5-7	588	3.20	10-6	587
1.75	5-9	634	3.30	10-10	615
1.80	5-11	680	3.40	11-2	644
1.85	6-1	725	3.50	11-6	672
1.90	6-2¼	769	3.60	11-11	700
1.95	6-5	813	3.70	12-1½	728
2.00	6-6¾	857	3.80	12-5½	754
			3.90	12-9½	780
			4.00	13-1½	807
			4.10	13-5½	832
			4.20	13-9½	859
			4.30	14-1½	884
			4.40	14-5½	909
			4.50	14-9½	932
			4.60	15-1	959

Flights for the Long Jump, Shot Put and Discus will be composed of contestants as they competed in heats for the 100 meters and hurdles. They are as follows:

Flight One Heats 1, 2, and 3 (10 contestants)

Flight Two Heats 4, 5, and 6 (10 contestants)

Flight Three Heats 7,8,9 & 10 (12 contestants)

Flight Four Heats 11,12, & 13 (12 contestants)

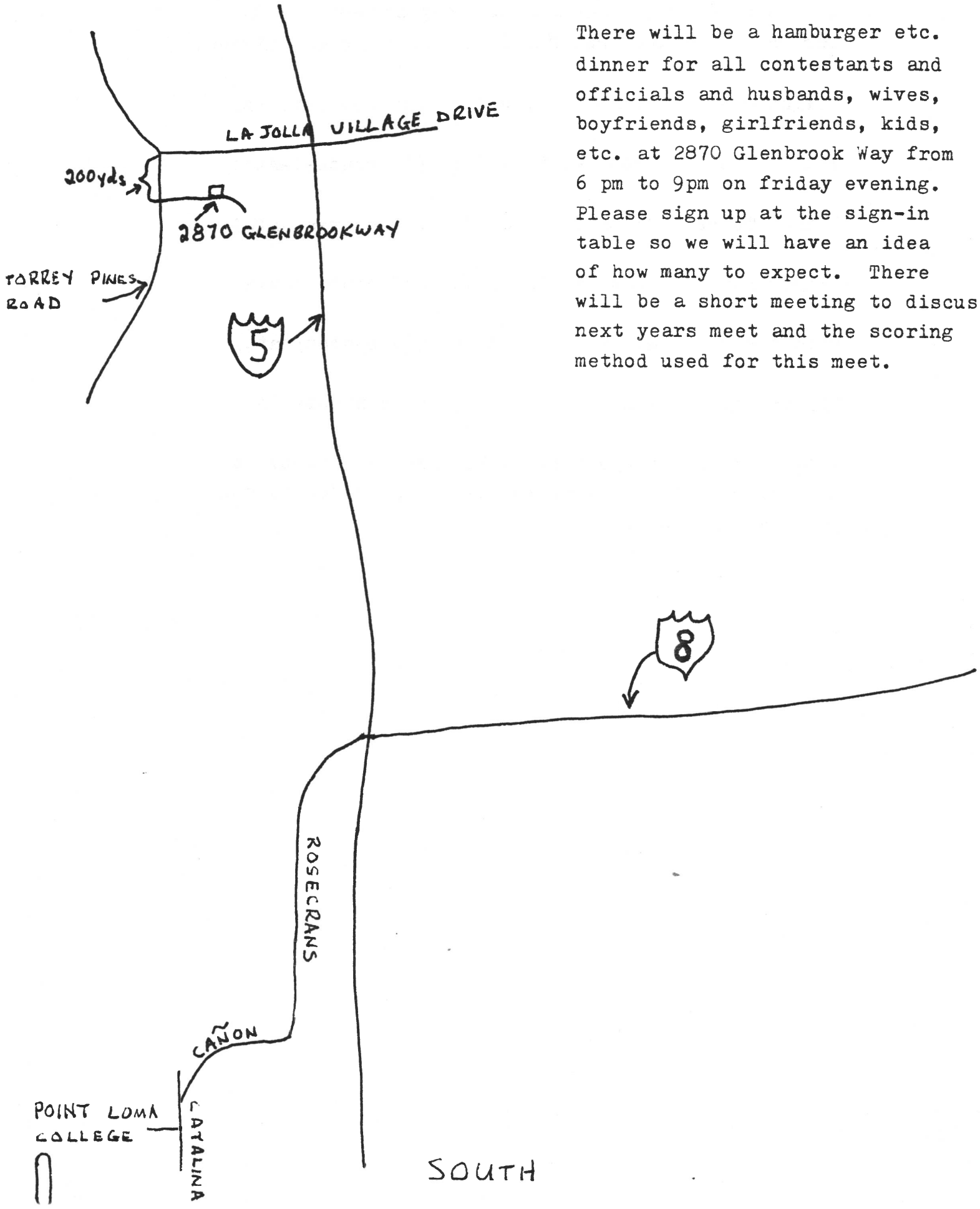
Flight Five Heats 14,15, & 16 (9 contestants)

Flight Six Heat 17 (4 contestants)

Flights four, five and six will throw the discus on the lower field. A vehicle will be provided to drive you down and back.

NORTH

There will be a hamburger etc. dinner for all contestants and officials and husbands, wives, boyfriends, girlfriends, kids, etc. at 2870 Glenbrook Way from 6 pm to 9pm on Friday evening. Please sign up at the sign-in table so we will have an idea of how many to expect. There will be a short meeting to discuss next years meet and the scoring method used for this meet.



SOUTH

100 Meters

Heat 1

Lane	Name	Age	Place	Time
1	Win McFadden	80		
3	Jim Minah	65		
5	Ham Morningstar	68		

Heat 2

1	Leonard Wray	64		
3	Frank Bowles	64		
5	Boo Morcom	64		
7	Chuck McFate	63		

Heat 3

1	Jerry Reiserer	55		
3	Jock Jocoy	59		
5	Richard Nordquist	59		

Heat 4

1	Donald Grey	57		
3	Harry Hawke	56		
5	Ted Ensslin	58		

Heat 5

1	Allen Norris	54		
3	Dave Douglass	53		
5	Franklin Brown	51		
7	Ray Fitzhugh	50		

Heat 6

1	Mark Bodley	50		
3	Jerry Stanners	50		
5	Woody Grover	51		
7	Hector Cisneros	51		

Heat 7

1	Don Zimmerman	49		
3	Gary Bane	47		

Heat 8

1	Hugh Adams	45		
3	Ed Oleata	48		
5	John Forsyth	46		

100 Meters

Lane	Name	Age	Place	Time
Heat 9				
1	Johnston Ewing	41		
3	Henry Hopkins	42		
5	William Busby	41		
Heat 10				
1	Cornelius McCormick	41		
3	Dennis Stempel	41		
5	Jim Shoemaker	41		
Heat 11				
1	Raymond Colombo	36		
3	Bill Sevilla	38		
5	Jim Rose	38		
7	Harry McDonald	37		
Heat 12				
1	Jim Ball	39		
3	Gordon Reiter	39		
5	Mike Davis	35		
7	Warren Cummings	36		
Heat 13				
1	Matti Kilpelainen	39		
3	Rex Harvey	39		
5	Dave Robinson	39		
7	Al Lipscomb	35		
Heat 14				
1	Stan Goodell	33		
3	Mark Salzman	30		
5	Peter Schmalenberger	30		
Heat 15				
1	Richard Kurtz	31		
3	Foots Williams	31		
5	John Turek	31		
Heat 16				
1	Will Freeman	31		
3	John Green	34		
5	Andrew Hecker	30		
Heat 17				
1	Bruce Reed	26		
3	Martin Merianos	23		
5	Wes Hayes	19		
7	George Katsapis	29		

PREVIOUS USA - NATIONAL MASTERS DECATHLON DIVISION CHAMPIONS

(Ten year age divisions first four meets)

(Sub-master and five year age divisions from 1976 to present)

Honolulu March 11 & 12, 1972

40-49	Brayton Norton	5503
50-59	Richmond Morcom	4951
60 +	Bud Deacon	

Santa Maria August 2 & 3, 1974

40-49	Bruce Hescoock	5987
50-59	Pete Fetter	3722
60 +	Bud Deacon	3749

Gresham July 10 & 11, 1976

30-34	Robert Gent	4766
35-39	Hugh Adams	5546
40-44	Bruce Hescoock	5803
45-49	Harry Hawke	4743
50-54	Jon Hutchinson	3773
55-59	Richmond Morcom	5224
60-64	Claude Hills	2471
65-69	Bud Deacon	2111
70-74	No Entrants	
75-79	No Entrants	

Merced August 5 & 6, 1978

30-34	Ken Roberts	6048
35-39	Dennis Stempel	5948
40-44	Hal Smith	5226
45-49	Bill Arnold	4545
50-54	Al Brenda	4347
55-59	Richard Parkinson	2958
60-64	No Entrants	
65-69	Bud Deacon	2179
70-74	A.J. Puglizevich	1620
75-79	Herb Anderson	1479

Denver June 28 & 29, 1980

30-34	Mike Davis	5932
35-39	Dennis Stempel	5655
40-44	Ed Oleata	5155
45-49	Larry Fuerst	4378
50-54	Jerry Donley	3750
55-59	Martin Legett	2948
60-64	Robert Hunt	3289
65-69	Gilberto Gonzales	2868
70-74	A.J. Puglizevich	1541
75-79	Herb Anderson	1408
80-84	Buell Crane	594

Gresham July 3 & 4, 1982

30-34	John Green	6574
35-39	Dennis Stempel	5553
40-44	Steve Pauly	5094
45-49	Jim Weed	4424
50-54	Al Brenda	4036
55-59	Richard Nordquist	3604

WAVA Scoring Tables

60-64	Bob Hunt	6650
65-69	No Entries	
70-74	Claude Hills	8307
75-79	No Entries	
80-84	No Entries	

Honolulu April 16 & 17, 1973

Lee Thomas	3410
Orville Gillett	4008
Bud Deacon	3447

Santa Maria July 4 & 5, 1975

Bruce Hescoock	5999
Pete Fetter	3540
Bud Deacon	2301

Santa Barbara June 4 & 5, 1977

Doug Wells	6212
John Dobroth	5020
Jim Weed	5171
Harry Hawke	4472
No Entrants	
Jim Minah	2389
No Entrants	
Bud Deacon	2554
Stan Herrmann	1106
John Whittemore	995

San Diego July 14 & 15, 1979

Warren Cummings	5614
Dennis Stempel	5900
Ed Oleata	5525
Bruce Hescoock	5552
Harry Hawke	4601
Bob Hunt	3031
Bill Burke	1600
Bud Deacon	2233
A.J. Puglizevich	1270
No Entries	

San Antonio June 6 & 7, 1981

Lloyd Sigler	6849
Richard Legas	6746
Wolfgang Linkmann	6784
Hector Cisneros	4099
Frederick Gallardo	4085
Richard Nordquist	3732

WAVA

John Alexander	7977
Gilberto Gonzales	7202
A.J. Puglizevich	4800
Herb Anderson	6844
No Entries	

Merced July 2 & 3, 1983

Jeff Hines	6549
Kenneth Roberts	5596
Dave Thoreson	5730
Gary Bane	5085
Harvey Schellenberg	5399
Richard Nordquist	3627

WAVA

Robert Hunt	6375
No Entries	
Gilberto Gonzales	8341
A.J. Puglizevich	1812
No Entries	

Indianapolis July 7 & 8, 1984

30-34	Mike Davis	5912
35-39	Rex Harvey	6537
40-44	Henry Hopkins	5202
45-49	Dale Lance	5519
50-54	Leon Trout	4728
55-59	Jock Jocoy	3298
		WAVA
60-64	Frank Bowles	6482
65-69	Ham Morningstar	5079
70-74	Gilberto Gonzales	8715
75-79	No Entries	
80-84	A.E. Pitcher	4587

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

IAAF Scoring Tables (1962)

SUBMASTERS A (30-34)

100m	11.2		Doug Wells	Santa Barbara	1977
Long Jump	6.81m	22' 4 1/2"	Lloyd Sigler	San Antonio	1981
Shotput 16#	15.47	50' 9"	Doug Wells	Santa Barbara	1977
High Jump	1.88	6' 2"	Mark Salzman	Merced	1983
400m	51.4		John Green	Gresham	1982
1st Day Points		3287	Ken Roberts	Merced	1978
110m HH 39"	15.0		Lloyd Sigler	San Antonio	1981
Discus 2kg	47.66	156' 4"	Doug Wells	Santa Barbara	1977
Pole Vault	4.59	15' 3/4"	Jeff Hines	Merced	1983
Javelin 800g	53.54	175' 8"	Mark Salzman	Merced	1983
1500m	4:32.5		Lloyd Sigler	San Antonio	1981
2nd Day Points		3344	John Green	Gresham	1982
Total Points		6849	Lloyd Sigler	San Antonio	1981

SUBMASTERS B (35-39)

100m	11.4		Kenneth Roberts	Merced	1983
Long Jump	6.69m	21' 11 1/2"	Richard Legas	San Antonio	1981
Shotput 16#	12.58	41' 3 1/4"	Rex Harvey	Indianapolis	1984
High Jump	2.01	6' 7 1/4"	John Dobroth	San Antonio	1981
400m	52.8		Richard Legas	San Antonio	1981
	52.8		Bob McIntyre	Gresham	1982
1st Day Points		3307	John Dobroth	Santa Barbara	1977
110m HH 39"	15.4		Richard Legas	San Antonio	1981
Discus 2kg	40.76	133' 9"	Rex Harvey	Indianapolis	1984
Pole Vault	4.40	14' 5 1/4"	Rex Harvey	Indianapolis	1984
Javelin 800g	66.35	217' 8"	Richard Legas	San Antonio	1981
1500m	4:34.0		Gordon Reiter	Indianapolis	1984
2nd Day Points		3454	Richard Legas	San Antonio	1981
Total Points		6746	Richard Legas	San Antonio	1981

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

IAAF Scoring Tables (1962)

DIVISION 1A (40-44)

100m	11.3		Jake Coss	Santa Maria	1974
Long Jump	6.46	21' 2 1/4"	Dave Thoreson	San Antonio	1981
Shotput 16#	14.37	47' 1 3/4"	Wolfgang Linkman	San Antonio	1981
High Jump	1.91	6' 3 1/4"	Dave Thoreson	San Antonio	1981
400m	54.2		Fay Bradley	San Antonio	1981
1st Day Points		3407	Wolfgang Linkman	San Antonio	1981
110m HH 36"	15.2*		Wolfgang Linkman	San Antonio	1981
Discus 2kg	44.42	145'	Wolfgang Linkman	San Antonio	1981
Pole Vault	4.17	13' 8 1/4"	Dave Thoreson	Merced	1983
Javelin 800g	53.86	176' 8"	Wolfgang Linkman	San Antonio	1981
1500m	4:22.0		Fay Bradley	San Antonio	1981
2nd Day Points		3377	Wolfgang Linkman	San Antonio	1981
Total Points		6784	Wolfgang Linkman	San Antonio	1981
* 39" HH					

DIVISION 1B (45-49)

100m	11.8		Dale Lance	Indianapolis	1984
Long Jump	6.27	20' 7"	Gary Miller	Indianapolis	1984
Shotput 16#	12.40	40' 8 1/4"	Harry Hawke	Santa Maria	1975
High Jump	1.65	5' 5"	Bruce Hescoock	San Diego	1979
	1.65	5' 5"	Dale Lance	Indianapolis	1984
400m	53.9		Gary Miller	Indianapolis	1984
1st Day Points		2822	Gary Miller	Indianapolis	1984
110m HH 36"	15.9		Dale Lance	Indianapolis	1984
Discus 2kg	38.76	127' 2"	Harry Hawke	Gresham	1976
Pole Vault	3.96	13' 0"	Bruce Hescoock	San Diego	1979
Javelin 800g	50.26	164' 11"	Bruce Hescoock	San Diego	1979
1500m	4:42.0		Ed Oleata	Indianapolis	1984
2nd Day Points		2934	Bruce Hescoock	San Diego	1979
Total Points		5552	Bruce Hescoock	San Diego	1979

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

IAAF Scoring Tables (1962)

DIVISION 2A (50-54)

100m	12.3		Pete Fetter	Santa Maria	1974
Long Jump	5.73	18' 9 1/2"	Harvey Schellenberg	Merced	1983
Shotput 12#	13.25	43' 5 3/4"	Harry Hawke	San Diego	1979
High Jump	1.70	5' 7"	Harvey Schellenberg	Merced	1983
400m	57.6		Josh Culbreath	Indianapolis	1984
1st Day Points		2739	Harvey Schellenberg	Merced	1983
110m HH 33"	16.9		Harvey Schellenberg	Merced	1983
	16.9		Leon Trout	Indianapolis	1984
Discus 1.6kg	42.14	138' 3"	Harry Hawke	San Diego	1979
Pole Vault	4.0	13' 1 1/4"	Jerry Donley	Denver	1980
Javelin 800g	43.22	141' 9"	Harvey Schellenberg	Merced	1983
1500m	4:53.0		John Hepner	Gresham	1982
2nd Day Points		2660	Harvey Schellenberg	Merced	1983
Total Points		5399	Harvey Schellenberg	Merced	1983

DIVISION 2B (55-59)

100m	12.4		Carroll Grimes	San Antonio	1981
Long Jump	5.96	19' 6 1/2"	Richmond Morcom	Gresham	1976
Shotput 12#	11.20	36' 9"	Richmond Morcom	Gresham	1976
High Jump	1.52	4' 11 3/4"	Richmond Morcom	Gresham	1976
400m	57.8		Robert Hunt	Gresham	1976
1st Day Points		2475	Richmond Morcom	Gresham	1976
110m HH 33"	17.9		Richmond Morcom	Gresham	1976
Discus 1.6kg	33.12	108' 8 1/4"	Richard Parkinson	Merced	1978
Pole Vault	3.96	12' 11 3/4"	Richmond Morcom	Gresham	1976
Javelin 800g	38.18	125' 3"	Martin Legett	Denver	1980
1500m	5:06.6		Joe Mallon	Gresham	1976
2nd Day Points		2725	Richmond Morcom	Gresham	1976
Total Points		5200	Richmond Morcom	Gresham	1976

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

WAVA Scoring Tables (1980)

DIVISION 3A (60-64)

100m	12.5		John Alexander	San Antonio	1981
Long Jump	4.84	15' 10 1/2"	John Alexander	San Antonio	1981
Shotput 8#	13.43	44' 3/4"	Richard Parkinson	San Antonio	1981
High Jump	1.45	4' 9"	Frank Bowles	San Antonio	1981
400m	59.0		John Alexander	San Antonio	1981
1st Day Points		4646	John Alexander	San Antonio	1981
110m HH 30"	17.5		Robert Hunt	Merced	1983
Discus 1.0kg	39.80	130' 7"	John Alexander	San Antonio	1981
Pole Vault	3.06	10' 1/2"	Bud Deacon	Santa Maria	1974
Javelin 600g	38.36	125' 10"	Richard Parkinson	San Antonio	1981
1500m	5:13.8		Bud Deacon	Honolulu	1972
2nd Day Points(IAAF)		2154	Bud Deacon	Honolulu	1972
Total Points		7977	John Alexander	San Antonio	1981

DIVISION 3B (65-69)

100m	13.3		Gilberto Gonzales	Denver	1980
Long Jump	4.27	14' 1/4"	Gilberto Gonzales	Denver	1980
Shotput 8#	11.75	38' 6.5"	Ham Morningstar	Indianapolis	1984
High Jump	1.34	4' 4 3/4"	John Dick	Merced	1978
	1.34	4' 4 3/4"	Ham Morningstar	Indianapolis	1984
400m	66.5		Gilberto Gonzales	San Antonio	1981
1st Day Points		4145	Gilberto Gonzales	San Antonio	1981
110m HH 30"	19.6		Ted Hatlon	Santa Barbara	1977
Discus 1.0kg	35.16	115' 4"	John Dick	Santa Barbara	1977
Pole Vault	2.87	9' 5"	Bud Deacon	Santa Barbara	1977
Javelin 600g	31.52	103' 5"	John Dick	Santa Barbara	1977
1500m	5:45.6		Bud Deacon	San Diego	1979
2nd Day Points(IAAF)		1770	Bud Deacon	Santa Barbara	1977
Total Points		7202	Gilberto Gonzales	San Antonio	1981

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

WAVA Scoring Tables (1980)

DIVISION 4A (70-74)

100m	13.3		Gilberto Gonzalez	Merced	1983
Long Jump	4.59	15' 3/4"	Gilberto Gonzalez	Merced	1983
Shotput 8#	11.43	37' 6"	Gilberto Gonzalez	Indianapolis	1984
High Jump	1.32	4' 4"	Gilberto Gonzalez	Indianapolis	1984
400m	68.6		Gilberto Gonzalez	Indianapolis	1984
1st Day Points		5178	Gilberto Gonzalez	Merced	1983
110m HH 30"	19.7		Gilberto Gonzalez	Merced	1983
	19.7		Gilberto Gonzalez	Indianapolis	1984
Discus 1.0kg	31.32	102' 9"	Gilberto Gonzalez	Indianapolis	1984
Pole Vault	2.50	8' 2 1/2"	Gilberto Gonzalez	Merced	1983
Javelin 600g	32.20	105' 8"	Gilberto Gonzalez	Indianapolis	1984
1500m	6:52.2		Claude Hills	Gresham	1982
2nd Day Points		3851	Claude Hills	Gresham	1982
Total Points		8715	Gilberto Gonzalez	Indianapolis	1984

DIVISION 4B (75-79)

100m	15.5		Herb Anderson	Merced	1978
Long Jump	3.92	12' 10 1/4"	Herb Anderson	Merced	1978
Shotput 8#	9.38	30' 9 1/4"	Herb Anderson	Merced	1978
High Jump	1.25	4' 1 1/4"	Herb Anderson	San Antonio	1981
400m	75.4		Herb Anderson	San Antonio	1981
1st Day Points		3770	Herb Anderson	San Antonio	1981
110m HH 30"	25.5		Herb Anderson	San Antonio	1981
100m HH 30"	23.1		Herb Anderson	Denver	1980
Discus 1.0kg	26.76	87' 9 1/2"	John Whittemore	Santa Barbara	1977
Pole Vault	1.60	5' 3"	Herb Anderson	Denver	1980
Javelin 600g	29.12	95' 6 1/2"	Herb Anderson	San Antonio	1981
1500m	7:05.5		Herb Anderson	San Antonio	1981
2nd Day Points		3074	Herb Anderson	San Antonio	1981
Total Points		6844	Herb Anderson	San Antonio	1981

TAC/USA MASTERS NATIONAL DECATHLON CHAMPIONSHIPS
MEET RECORDS

WAVA Scoring Tables (1980)

DIVISION 5A (80-84)

100m	17.0		Arling E. Pitcher	Indianapolis	1984
Long Jump	3.11	10' 2 1/2"	Buell Crane	Denver	1980
Shotput 8#	9.05	29' 8 1/4"	Buell Crane	Denver	1980
High Jump	1.17	3' 10"	Buell Crane	Denver	1980
400m	91.0		Arling E. Pitcher	Indianapolis	1984
1st Day Points(IAAF)	434		Buell Crane	Denver	1980
100m HH 30"	26.1		Arling E. Pitcher	Indianapolis	1984
Discus	17.30	56' 9 1/4"	Arling E. Pitcher	Indianapolis	1984
Pole Vault	1.70	5' 7"	Arling E. Pitcher	Indianapolis	1984
Javelin	21.03	69'	Buell Crane	Denver	1980
1500m					
2nd Day Points(WAVA)	1881		Arling E. Pitcher	Indianapolis	1984
Total Points(WAVA)	4587		Arling E. Pitcher	Indianapolis	1984

U.S. MASTERS DECATHLON AGE FACTOR TABLES

to be used in conjunction with 1962 IAAP decathlon scoring tables

AGE	100m	L.J.	16# S.P.	12#	8#	H.J.	400m	AGE
30	1.0000	1.0000	1.0000	.8053		1.0000	.9728	30
31	.9940	1.0126	1.0102	.8177		1.0042	.9659	31
32	.9880	1.0203	1.0207	.8305		1.0084	.9592	32
33	.9821	1.0307	1.0314	.8437		1.0126	.9525	33
34	.9763	1.0414	1.0423	.8573		1.0169	.9459	34
35	.9706	1.0523	1.0534	.8714		1.0210	.9394	35
36	.9649	1.0634	1.0648	.8860		1.0256	.9330	36
37	.9593	1.0748	1.0764	.9010		1.0299	.9266	37
38	.9538	1.0864	1.0883	.9166		1.0343	.9204	38
39	.9483	1.0983	1.1004	.9327		1.0388	.9142	39
40	.9428	1.1104	1.1128	.9494		1.0432	.9082	40
41	.9375	1.1228	1.1398	.9667		1.0552	.9021	41
42	.9322	1.1355	1.1680	.9846		1.0675	.8962	42
43	.9270	1.1484	1.1979	1.0032		1.0800	.8904	43
44	.9218	1.1617	1.2293	1.0226		1.0929	.8846	44
45	.9167	1.1753	1.2623	1.0427		1.1060	.8789	45
46	.9091	1.1892	1.2972	1.0636		1.1195	.8733	46
47	.9016	1.2034	1.3340	1.0853		1.1333	.8678	47
48	.8943	1.2180	1.3730	1.1080		1.1474	.8623	48
49	.8871	1.2329	1.4143	1.1316		1.162	.8569	49
50	.8800	1.2482	1.4582	1.1563		1.1768	.8516	50
51	.8730	1.2639	1.4821	1.1820		1.1921	.8463	51
52	.8661	1.2800	1.5069	1.2090		1.2078	.8411	52
53	.8594	1.2965	1.5325	1.2372		1.2238	.8359	53
54	.8527	1.3134	1.5589	1.2667		1.2404	.8308	54
55	.8462	1.3308	1.5863	1.2977		1.2573	.8258	55
56	.8397	1.3486	1.6147	1.3302		1.2748	.8209	56
57	.8333	1.3669	1.6441	1.3644		1.2927	.8160	57
58	.8271	1.3858	1.6746	1.4004		1.3111	.8111	58
59	.8209	1.4051	1.7063	1.4384		1.3301	.8067	59
60	.8148	1.4250	1.7450	1.4785	1.1319	1.3497	.8016	60
61	.8088	1.4455	1.7796	1.5209	1.1525	1.3700	.7909	61
62	.8029	1.4666	1.8154	1.5658	1.1748	1.3905	.7805	62
63	.7971	1.4883	1.8526	1.6134	1.1970	1.4119	.7703	63
64	.7914	1.5106	1.8915	1.6640	1.2211	1.4339	.7604	64
65	.7857	1.5337	1.9320	1.7178	1.2451	1.4566	.7508	65
66	.7768	1.5574	1.9742	1.7753	1.2711	1.4801	.7414	66
67	.7682	1.5819	2.0184	1.8368	1.2972	1.5043	.7322	67
68	.7597	1.6072	2.0645	1.9027	1.3255	1.5293	.7233	68
69	.7514	1.6333	2.1129	1.9734	1.3538	1.5552	.7145	69
70	.7432	1.6603	2.1635	2.0497	1.3847	1.5820	.7060	70
71	.7353	1.6881	2.2166	2.1320	1.4157	1.6097	.6977	71
72	.7275	1.7169	2.2725	2.2213	1.4481	1.6383	.6896	72
73	.7199	1.7468	2.3312	2.3183	1.4834	1.6681	.6816	73
74	.7124	1.7776	2.3930	2.4243	1.5190	1.6989	.6699	74
75	.7051	1.8096	2.4585	2.5404	1.5580	1.7309	.6586	75
76	.6980	1.8428		2.6681	1.5973	1.7642	.6476	76
77	.6910	1.8771		2.8094	1.6404	1.7987	.6371	77
78	.6841	1.9128		2.9665	1.6840	1.8346	.6268	78
79	.6773	1.9499		3.1421	1.7320	1.8720	.6169	79
80	.6707	1.9885		3.3399	1.7808	1.9109	.6073	80
81	.6643	2.0286			1.8345	1.9515	.5980	81
82	.6579	2.0703			1.8893	1.9938	.5889	82
83	.6517	2.1140			1.9499	2.0380	.5801	83
84	.6455	2.1592			2.0119	2.0842	.5793	84
85	.6395	2.2066			2.0780	2.1326	.5708	85

U.S. MASTERS DECATHLON AGE FACTOR TABLES

to be used in conjunction with 1962 IAAF decathlon scoring tables

AGE	Pole Vault	800 gm Javelin	600 gm	1500meter	200meter	AGE
30	1.0000	1.0000		.9369	1.0000	30
31	1.0043	1.0146		.9332	.9920	31
32	1.0086	1.0295		.9296	.9842	32
33	1.0130	1.0449		.9259	.9765	33
34	1.0174	1.0608		.9223	.9689	34
35	1.0219	1.0772		.9188	.9614	35
36	1.0264	1.0941		.9152	.9540	36
37	1.0309	1.1116		.9117	.9468	37
38	1.0355	1.1296		.9082	.9396	38
39	1.0401	1.1482		.9047	.9326	39
40	1.0447	1.1674		.9013	.9256	40
41	1.0517	1.1872		.8931	.9188	41
42	1.0587	1.2078		.8850	.9121	42
43	1.0658	1.2290		.8771	.9054	43
44	1.0730	1.2511		.8693	.8989	44
45	1.0803	1.2740		.8616	.8924	45
46	1.0877	1.2977		.8541	.8861	46
47	1.0952	1.3223		.8467	.8798	47
48	1.1028	1.3479		.8394	.8736	48
49	1.1105	1.3744		.8323	.8675	49
50	1.1183	1.4020		.8252	.8615	50
51	1.1327	1.4308		.8183	.8532	51
52	1.1474	1.4608		.8115	.8451	52
53	1.1625	1.4920		.8049	.8371	53
54	1.1810	1.5246		.7983	.8293	54
55	1.1880	1.5587		.7918	.8216	55
56	1.2104	1.5943		.7855	.8140	56
57	1.2272	1.6316		.7792	.8066	57
58	1.2445	1.6707		.7730	.7993	58
59	1.22623	1.7117		.7670	.7922	59
60	1.2807	1.7540	1.4690	.7610	.7851	60
61	1.3102	1.7998	1.5041	.7499	.7782	61
62	1.3384	1.8475	1.5407	.7390	.7715	62
63	1.3707	1.8977	1.5793	.7285	.7648	63
64	1.4046	1.9508	1.6197	.7183	.7582	64
65	1.4436	2.0070	1.6624	.7083	.7517	65
66	1.4813	2.0664	1.7073	.6986	.7388	66
67	1.5211	2.1295	1.7547	.6892	.7263	67
68	1.5630	2.1966	1.8049	.6800	.7143	68
69	1.6073	2.2680	1.8579	.6711	.7026	69
70	1.6542	2.3442	1.9142	.6624	.6914	70
71	1.7112	2.4258	1.9741	.6539	.6804	71
72	1.7723	2.5132	2.0377	.6457	.6699	72
73	1.8380	2.6071	2.1057	.6376	.6596	73
74	1.9087	2.7084	2.1783	.6298	.6497	74
75	1.9850	2.81776	2.2561	.6221	.6400	75
76	2.0677	2.9364	2.3396	.6146.	.6262	76
77	2.1576	3.0655	2.4296	.6073	.6129	77
78	2.2557	3.2064	2.5268	.6002	.6002	78
79	2.3520	3.3609	2.6321	.5933	.5880	79
80	2.4813	3.5311	2.7465	.5865	.5764	80
81	2.6118		2.8714	.5798	.5651	81
82	2.7569		3.0081	.5733	.5543	82
83	2.9191		3.1585	.5669	.5439	83
84	3.1016		3.3247	.5607	.5339	84
85	3.3083		3.5056	.5546	.5242	85

U.S. MASTERS DECATHLON AGE FACTOR TABLES

to be used in conjunction with 1962 IAAF decathlon scoring tables

AGE	110 mHH					DISCUS		DISCUS	AGE
	42"	39"	36"	33"	30"	2.0 kg	1.6 kg		
30	1.0000	1.0267	1.0476			1.0000	.7862		30
31	.9824	1.0081	1.0294			1.0054	.7978		31
32	.9654	.9902	1.0118			1.0109	.8097		32
33	.9490	.9730	.9948			1.0165	.8220		33
34	.9331	.9563	.9784			1.0221	.8347		34
35	.9178	.9402	.9625			1.0278	.8477		35
36	.9029	.9246	.9471			1.0336	.8612		36
37	.8885	.9095	.9322			1.0394	.8752		37
38	.8746	.8949	.9178			1.0453	.8896		38
39	.8611	.8808	.9038			1.0512	.9044		39
40	.8480	.8671	.8902			1.0572	.9198		40
41	.8389	.8576	.8808			1.0796	.9357		41
42	.8300	.8483	.8717			1.1029	.9522		42
43	.8213	.8392	.8627			1.1272	.9692		43
44	.8128	.8303	.8539			1.1526	.9869		44
45	.8045	.8216	.8453			1.1792	1.0053		45
46	.7963	.8131	.8369			1.2071	1.0243		46
47	.7883	.8047	.8286			1.2363	1.0440		47
48	.7804	.7965	.8205			1.2669	1.0646		48
49	.7357	.7884	.8156			1.2992	1.0860		49
50	.7289	.7604	.8048	.8220		1.3330	1.1082		50
51		.7729	.7971	.8140		1.3688	1.1314		51
52		.7654	.7896	.8062		1.4064	1.1555		52
53		.7579	.7823	.7985		1.4462	1.1807		53
54		.7507	.7750	.7910		1.4883	1.2071		54
55		.7435	.7603	.7836		1.5330	1.2346		55
56		.7365	.7610	.7763		1.5727	1.2635		56
57		.7297	.7541	.7692		1.6145	1.2937		57
58		.7229	.7474	.7622		1.6586	1.3254		58
59		.7163	.7408	.7553		1.7052	1.3586		59
60		.7098	.7343	.7486	.7856	1.7545	1.3936	1.0452	60
61		.7034			.7738	1.8067	1.4305	1.0695	61
62		.6971			.7623	1.8621	1.4693	1.0950	62
63		.6910			.7512	1.9211	1.5104	1.1217	63
64		.6849			.7404	1.9838	1.5537	1.1498	64
65		.6790			.7299	2.0508	1.5997	1.1792	65
66					.7197	2.1196	1.6484	1.2103	66
67					.7098	2.1930	1.7002	1.2430	67
68					.7002	2.2718	1.7553	1.2775	68
69					.6908	2.3564	1.8142	1.3140	69
70					.6817	2.4476	1.8771	1.3527	70
71					.6728	2.5461	1.9446	1.3936	71
72					.6609	2.6529	2.0171	1.4372	72
73					.6504	2.7690	2.0952	1.4836	73
74					.6411	2.8957	2.1796	1.5330	74
75					.6330	3.0346	2.2711	1.5859	75
76					.6259	3.1876	2.3706	1.6425	76
77					.6198	3.3567	2.4793	1.7033	77
78					.6145	3.5448	2.5983	1.7689	78
79					.6091	3.7552	2.7294	1.8396	79
80					.6034	3.9922	2.8744	1.9163	80
81					.5974	4.2611		1.9996	81
82					.4911	4.5689		2.0905	82
83					.4793	4.9245		2.1900	83
84					.4681	5.3402		2.2995	84
85					.4574	5.8326		2.4205	85

HEPTATHLON POINT-SCORING TABLE (1981)

<u>EVENT</u>	<u>AGE GROUP</u>	<u>BASE</u>	<u>POINTS FOR IMPROVEMENT</u>	<u>PERFORMANCE FOR 1000 POINTS</u>
<u>HURDLES</u>				
<u>100m</u>	35-39	27.33	75 pts per sec	14.0 sec.
<u>80m</u>	40-44	25.00	80 " " "	12.50
	45-49	25.00	85 " " "	13.23
	50-54	26.50	80 " " "	14.00
	55-59	26.50	90 " " "	15.38
	60-64	28.00	90 " " "	16.88
	65-69	28.00	100 " " "	18.00
<u>SHOT PUT</u>				
<u>4 kg</u>	35-39	3.50m	80 pts per M	16.00M
	40-44	3.50m	87 " " "	15.00M
	45-49	3.50m	95 " " "	14.03M
<u>3 kg</u>	50-54	3.50m	90 " " "	14.62M
	55-59	3.50m	100 " " "	13.50M
	60-64	3.50m	110 " " "	12.60M
	65-69	3.50m	125 " " "	11.50M
<u>HIGH JUMP</u>				
	35-39	1.01m	15 pts per cm	1.68M
	40-44	1.01m	17 " " "	1.60M
	45-49	1.01m	20 " " "	1.51M
	50-54	1.01m	23 " " "	1.45M
	55-59	.95m	25 " " "	1.35M
	60-64	.90m	28 " " "	1.25M
	65-69	.85m	30 " " "	1.19M
<u>200m</u>				
	35-39	41 sec	60 pts per sec	24.33 sec.
	40-44	41	65 " " "	25.60
	45-49	41	70 " " "	26.71
	50-54	41	80 " " "	28.5
	55-59	41	90 " " "	29.88
	60-64	45	80 " " "	32.5
	65-69	48	80 " " "	35.5
<u>LONG JUMP</u>				
	35-39	2.66M	3 pts per cm	6.00M
	40-44	2.66M	3.3 " " "	5.70M
	45-49	2.66M	3.7 " " "	5.37M
	50-54	2.66M	4.5 " " "	4.89M
	55-59	2.66M	6 " " "	4.33M
	60-64	2.60M	7 " " "	4.03M
	65-69	2.45M	8 " " "	3.70M
<u>JAVELIN THROW</u>				
<u>600g</u>	35-39	8.00M	24 pts per M	49.68
	40-44	8.00M	27 " " "	45.05
	45-49	8.00M	30 " " "	41.34
<u>400g</u>	50-54	8.00M	30 " " "	41.34
	55-59	8.00M	35 " " "	36.58
	60-64	8.00M	42 " " "	31.82
	65-69	8.00M	50 " " "	28.00
<u>800M</u>				
	35-39	4:15	8 pts per sec	2:10
	40-44	4:22	8 " " "	2:17
	45-49	4:29	8 " " "	2:24
	50-54	4:37	8 " " "	2:32
	55-59	4:45	8 " " "	2:40
	60-64	4:55	8 " " "	2:50
	65-69	5:10	8 " " "	3:15

SIR, YOU ARE THE GREATEST ATHLETE IN THE WORLD

King Gustav, of Sweden, as he
presented the decathlon gold
medal to Jim Thorpe----1912

I NEVER WORKED SO LONG AND SO HARD IN MY LIFE

Bob Mathias, London, 1948

I NEVER WANT TO GO THROUGH THIS AGAIN, NEVER!

Rafer Johnson, Rome, 1960

AS HE CROSSED THE LINE HIS LEGS GAVE WAY AND
THE TWENTY-FOUR YEAR OLD FROM COLOGNE COLLAPSED
ON THE TRACK.

Willi Holdorf, Tokyo, 1964

AVILOV HAD FOUR PERSONAL BESTS BUT KRATCHMER
AND JENNER EACH HAD SIX.

Montreal, 1976

THE ONLY OLYMPIC SPORT FOR A REAL MAN IS THE DECATHLON

"Real Men Don't Eat Quiche" 1982

I DO THE DECATHLON BECAUSE I FANCY IT. IT IS MY PLEASURE

Daley Thompson, Los Angeles, 1984