

MICROSOFT®  
DECATHLON

# MICROSOFT® DECATHLON



For Apple® II

MICROSOFT®  
DECATHLON



With Microsoft® Decathlon, you have the chance to become an Olympic champion in the greatest of all athletic competitions.

In Microsoft Decathlon, you'll participate just as if you were in actual competition. Each Decathlon game includes these events: 100-meter dash, shot put, 400-meter dash, discus throw, javelin throw, long jump, high jump, 110-meter high hurdles, pole vault and 1500-meter run.

Every event is presented with extraordinary animated graphics. You must interact with the animation in real time, using the keyboard (and game paddles in Apple® version) to control the figures on the screen. To emerge the victor, you need a good sense of timing, fast reflexes and good coordination.

Microsoft Decathlon lets you enjoy the excitement of Olympic competition any day, using your personal computer. The exceptional graphics make you feel like you are in actual competition. The ten different events keep you interested even after you've played the game a hundred times. You won't learn one "trick" for a perfect score.

You can compete against up to five other players on the Apple II. When others aren't available, you still can have fun playing Decathlon by yourself. Decathlon provides a practice mode to help you build skills in each event.

**The Creator:** Decathlon was developed for Microsoft by Timothy Smith.

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0485 Part No. 010-022-006

MICROSOFT CORPORATION  
10700 NORTHUP WAY  
BELLEVUE, WASHINGTON 98004

# MICROSOFT® DECATHLON

For Apple® II, II+, IIc, and IIe

System Requirements:

Apple II and II+: 64K memory, 13- or 16-sector disk,  
one disk drive, game paddles or joysticks

Part No. 010-022-008

010022.100

Apple IIc: 64K memory, one disk drive,  
game paddles or joysticks

Apple IIe: 64K memory, 13- or 16-sector disk,  
one disk drive, game paddles or joysticks

# MICROSOFT®



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*<http://www.cvxmelody.net/AppleUsersGroupSydneyAppleIIDiskCollection.htm>*

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- \* And secondly, so we can keep you up-to-date with the most recent advances on your particular software program.

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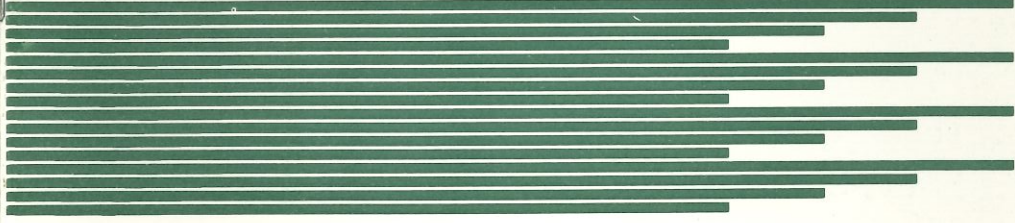
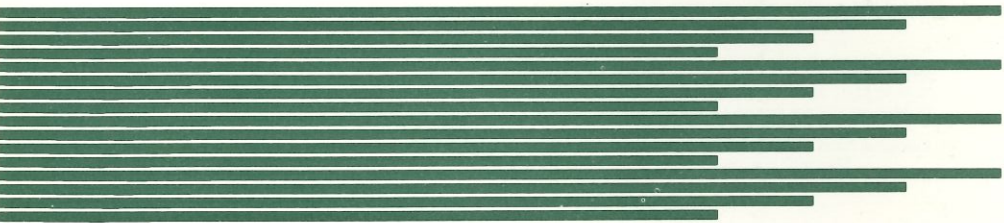
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## Contents: Information You'll Need

- Owner Information
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- Microsoft Customer Hotline
- Product Registration
- Product Upgrade Plan
- Disclaimer of Liability
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- Software Replacement Plan
- Hardware Limited Warranty
- Hardware Replacement Plan
- License Agreement
- Product Registration Card

## Owner Information

Complete for your own records

Name of product \_\_\_\_\_

Date of purchase: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Version number (if applicable) \_\_\_\_\_

Your address as you recorded it on your product registration card

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Post Code \_\_\_\_\_

Country \_\_\_\_\_ Phone( \_\_\_\_\_ ) \_\_\_\_\_

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We'll replace your Microsoft product free of charge if it proves defective.

Our Product Support staff is ready to assist you if you have a question concerning one of our products.

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- answering technical questions about the product and how it works
- supplying enhancement information in the form of application notes

If you have a question or problem concerning your Microsoft product, we recommend these steps:

1. Study the product documentation. Often, you'll find the answer to a question there.
2. Consult your dealer. If you can't find the answer in the product documentation, ask the dealer from whom you purchased the product.
3. Call the Microsoft Product Support Department at (02) 452 5088. Ask to speak with the Product Support staff. Before you make the call, gather all information pertaining to the problem.

## Product Registration

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Registration of your product gives you access to:

1. Microsoft Product Replacement Plan that allows you to replace defective products, for a small charge.
2. Microsoft Product Upgrade Plan that allows you to buy new versions of certain software products as they are released, at a fraction of the cost of the original product.
3. Puts you on our mailing list for future information and updates.

Details of these services are described in the following sections.

## Product Upgrade Plan

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Microsoft periodically releases new versions of certain software products, incorporating new or improved features. The Microsoft Product Upgrade Plan enables you to purchase an enhanced version of your Microsoft product at a fraction of its regular price.

When a new version of a product is released, registered product owners are notified via a product upgrade notice. The notice details the enhancements made in the new version, the upgrade price, and ordering information.

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2. Mail the defective diskette to Microsoft's Customer Service Department.
3. Include your payment if out-of-warranty.

To obtain an RA number, call the Customer Service Department at Microsoft. Be ready to furnish the following information:

1. What is the product?
2. Reason you are returning it?

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5. TERM: This license is effective until terminated. You may terminate it by destroying the program and documentation and all copies thereof. This license will also terminate if you fail to comply with any term or condition of this Agreement. You agree upon such termination to destroy all copies of the program and documentation.

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# MICROSOFT® DECATHLON



For Apple II and IIe

# **Microsoft<sup>TM</sup> Decathlon**

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**for the Apple<sup>®</sup> II and Apple II Plus**

**Written by Timothy W. Smith**

**Produced by Microsoft Corporation**

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# Microsoft™ Decathlon

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## To Be an Olympic Champion!

Here's your chance to become an Olympic Champion in the greatest of all athletic competitions—the Decathlon!

The Decathlon has been called the truest test of an athlete. It demands excellence in ten different events that cover running, jumping, and throwing.

In Microsoft™ Decathlon, you'll compete just as if you were in the actual sports event. You'll run the 100-meter dash, leap the long jump, hurl the shot put, jump the high jump and run the 400-meter dash. Then you'll compete in the 110-meter hurdles, the discus throw, the pole vault, the javelin throw, and the 1500-meter run.

Each event is presented with animated graphics. You must use the keyboard to manipulate the figures on the screen. To win, you'll need a good sense of timing, fast reflexes, and excellent coordination.

Up to six athletes can compete. You are awarded points for each event, based on how your performance matches up to world champion standards. The competitor who earns the most points in the majority of events wins the gold medal and the title of World's Greatest Athlete!

## The Author

Microsoft Decathlon was written by Timothy W. Smith of Plymouth, MI.

## The Right Hardware

To play Microsoft Decathlon, you must have either an Apple® II or Apple II Plus computer with at least 32K of memory, a monitor, one disk drive, and a pair of game controller paddles. For instructions on installing controller paddles, consult your *Apple II Reference Manual*.

## Microsoft Decathlon Disk

Your Microsoft Decathlon disk contains a high-quality copy of the Decathlon program from Microsoft.

When using the disk, take the following precautions:

1. Always place the disk back in the jacket after use.
2. Never touch the disk surface through the disk window. It exposes the magnetic surface of the disk.
3. Keep the disk away from sources of magnetism such as stereo speakers, or heat such as direct sunlight.
4. Use felt-tip pens rather than ball-point pens when writing on disk labels.

## To Backup Your Decathlon Disk

No matter how careful you are, disks are sometimes damaged and the programs ruined. So, the first thing you should do is make a backup copy of the disk.

With Microsoft Decathlon, you can make a single copy of the disk for backup purposes. This copy should be used for your personal backup purposes only. Any other use of the extra copy is in violation of copyright laws.

The backup process requires two disk drives. To make a backup copy, follow these instructions:

1. Remove the silver write-protect tab from the Decathlon disk.
2. Insert the disk into drive 1 and load the program, according to the instructions on page 6. When the program is loaded, the opening frame of the program will appear on the screen.
3. Press the asterisk key (\*).
4. Place a blank disk in drive 2. Press **RETURN**.
5. When the copy process begins, the words **DISK BACKUP IN PROCESS** will appear on the screen.
6. When the backup is complete, the screen will indicate **BACKUP COMPLETE**. You now have a copy of your Decathlon program that has been verified by the computer to be a good copy. In the event that your original Decathlon disk is damaged, you will have immediate access to the backup disk.
7. If, for any reason, the first backup attempt was unsuccessful, the computer will indicate **BACKUP FAILED**. Repeat the backup process. If you have further difficulties, try a different disk.
8. When one verified good copy has been completed, no additional copies of either disk can be made. If a second backup is attempted, the computer will respond with **BACKUP HAS ALREADY BEEN PERFORMED**.
9. Replace the write-protect tab on your original Microsoft Decathlon disk.

## How Microsoft Decathlon Is Scored

In the Decathlon, competitors aren't scored against each other, but are rated on a points-scored basis. The official points table used to rate performance is based on the current world record in each event. A performance equal to the world record would get a score of approximately 1000. A lesser performance would result in a lesser score.

Microsoft Decathlon is scored in the same way. You earn points for your performance in each event, and the competitor with the most points at the end of the Decathlon is the winner. In those events in which you are allowed more than one attempt, you will be scored according to your best performance.

You don't have to score highest in *every* event to win the Decathlon, but remember that each poor performance must be made up in other events.

It's possible to get *more* than 1000 points in an event, but it doesn't happen very often. Bruce Jenner's world record-shattering performance in the 1976 Olympics totalled 8618 points for the ten events.

These are the points earned by Jenner in Montreal when he set the current Olympic Decathlon world record:

Event	Score	Performance
100-Meter Dash	819	10.94 seconds
Long Jump	865	722 cm (23' 8¼")
Shot Put	810	15.36 m (50' 4½")
High Jump	882	203 cm (6' 8")
400-Meter Dash	922	47.51 seconds
110-Meter Hurdles	866	14.84 seconds
Discus Throw	873	50.04 m (164' 2")
Pole Vault	1005	480 cm (15' 9")
Javelin Throw	862	68.53 m (224' 10")
1500-Meter Run	714	4 minutes 12.61 seconds
Total Points	8618	

When playing alone, you'll want to see just how close to 10,000 you can get! When you're competing against others, the main object, just as in the Olympics, is to accumulate more points than anyone else and be declared the gold medal winner.

## How to Load Decathlon

There are three methods of loading Microsoft Decathlon, depending on the type of computer you have. Follow the instructions for your particular model.

### Apple II with Autostart ROM

1. Open the disk drive door of drive 1.
2. Remove the Microsoft Decathlon disk from the protective jacket.
3. Holding the disk on the end that contains the Decathlon label, insert it into the drive with the label facing up. The disk edge with the small silver tab wrapped over it should point to the left.
4. When the disk clicks into place, close the disk drive door.
5. Turn on your computer and monitor.
6. The light on your disk drive will come on, the disk will whirr, and a few seconds later the title screen for Microsoft Decathlon will appear.

### Apple II without Autostart ROM

1. Turn on your computer and monitor.
2. Remove the Microsoft Decathlon disk from the protective jacket. Open the disk drive door of drive 1.
3. Holding the disk on the end that contains the Decathlon label, insert it into the drive with the label facing up. The disk edge with the small silver tab wrapped over it should point to the left.
4. When the disk clicks into place, close the disk drive door.
5. Press the **RESET** key on the back right corner of the keyboard unit. Then, type **6 CONTROL K** and press **RETURN**. The disk will boot automatically.
6. The light on your disk drive will come on, the disk will whirr, and a few seconds later the title screen for Microsoft Decathlon will appear.

### Apple with the Language Card or DOS 3.3

1. Insert the BASIC disk supplied with your Language Card or with DOS 3.3 into drive 1.
2. Turn on your computer and monitor. The disk will boot automatically.
3. The computer will instruct you to  
  
INSERT BASIC DISK AND HIT RETURN
4. Press **RETURN** and remove the BASIC disk.
5. Holding the Microsoft Decathlon disk on the end that contains the Decathlon label, insert it into the drive with the label facing up. The disk edge with the small silver tab wrapped over it should point to the left.
6. When the disk clicks into place, close the disk drive door.
7. Press **RETURN**.
8. The light on your disk drive will come on, the disk will whirr, and a few seconds later the title screen for Microsoft Decathlon will appear.

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#### Note

Microsoft Decathlon does not run under Apple DOS, as it contains its own operating system on the disk. Therefore, it is impossible to display a CATALOG of the contents of the disk as you can under Apple DOS. Decathlon can only be accessed by booting the program itself.

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## Getting Started

Once you have loaded Microsoft Decathlon, you are ready to begin play. Immediately after the disk is loaded, the screen will display:

MICROSOFT CORPORATION  
presents  
MICROSOFT DECATHLON  
COPYRIGHT 1981 BY TIMOTHY W. SMITH  
ALL RIGHTS RESERVED.

The theme song will accompany the following introduction:

THE OLYMPIC DECATHLON IS THE ULTIMATE ATHLETIC COMPETITION WHICH DETERMINES THE WORLD'S BEST ALL-ROUND ATHLETE. EACH ATHLETE MUST COMPETE IN TEN DIFFERENT TRACK AND FIELD EVENTS IN ONLY TWO DAYS' TIME. FOR EACH EVENT, POINTS ARE AWARDED TO THE COMPETITORS BASED ON THEIR BEST PERFORMANCES—MEASURED IN TIME, DISTANCE OR HEIGHT. THE COMPETITOR WHO EARNS THE MOST POINTS WINS THE GOLD MEDAL AND THE TITLE OF "WORLD'S GREATEST ATHLETE"!

THE OLYMPIC DECATHLON WORLD RECORD IS CURRENTLY HELD BY USA'S BRUCE JENNER WHO EARNED A TOTAL OF 8,618 POINTS IN THE 1976 OLYMPIC GAMES IN MONTREAL.

IF YOU WISH TO TAKE PRACTICE RUNS, JUMPS, OR THROWS, YOU MUST DO SO NOW BEFORE YOU BEGIN THE DECATHLON.

PRESS **ESC** TO CONTINUE.

As prompted, press the **ESC** key and you will see this message:

ARE YOU READY TO BEGIN THE DECATHLON?

Here, obviously, you have two choices: YES or NO. If you choose YES (by typing YES or Y, then pressing **RETURN**), Microsoft Decathlon will begin and you will proceed event by event through the competition. If you choose NO (by typing NO or N, then pressing **RETURN**), you will be given the opportunity to practice any of the events of the Decathlon individually, as many times as you wish and in any order.

## Practice Sessions

If you wish, you can practice any or all of the events individually. However, if you wish to practice, you must do so before the Decathlon begins. Once you have actually begun the competition, you can't practice.

You are given the opportunity to select practice sessions immediately after the title screen and the instructions appear. If you reply YES to DO YOU WANT TO PRACTICE?, the computer will inquire:

WHICH EVENT DO YOU WANT TO PRACTICE?

1. 100-METER DASH
2. LONG JUMP
3. SHOT PUT
4. HIGH JUMP
5. 400-METER DASH
6. 110-METER HURDLES
7. DISCUS THROW
8. POLE VAULT
9. JAVELIN THROW
10. 1500-METER RUN

Type the number of the event you wish to practice, then press **RETURN**. For instructions, refer to the section for that particular event.

Play the selected event as you would in actual competition. If in actual competition you get three trials in an event, you will be given three trials during practice. If it's one try in the competition, it's one try in the practice session, too.

After you have completed the selected event, the computer will advise you of your performance:

THAT PERFORMANCE WOULD BE WORTH \_\_\_\_ POINTS IN THE DECATHLON.

It will ask:

ARE YOU READY TO BEGIN THE DECATHLON?

Answer NO (and press **RETURN**) to continue practicing. You will be shown the event menu again so you can select the event you want to practice.

When you have practiced as much as you wish, answer YES (and press **RETURN**) in response to the question. Microsoft Decathlon will automatically begin.

## Playing Microsoft Decathlon

Once you are ready to begin the Decathlon, the computer will ask:

HOW MANY ATHLETES WILL BE COMPETING (1-6)?

As many as six athletes can compete in the Decathlon, or you can play by yourself. Since your score is measured against the "perfect score," it isn't necessary to have competition. But Microsoft Decathlon develops an entirely different character when played with several competitors. Try it!

Type the appropriate number and press **RETURN**. If you select more than one player, the computer will notify you that:

EACH ATHLETE SHOULD HAVE A DIFFERENT FIRST NAME.

It will then request:

NAME OF ATHLETE 1:

Type in the names of each of the players as prompted (Jill, Jack, Joe), pressing **RETURN** after each name. Player names must be at least two letters long to be accepted. (The order in which you name the players is not significant, since the computer determines the order in which players will compete.)

After you have named all of the athletes, the computer will automatically proceed to the first event: The 100-Meter Dash.

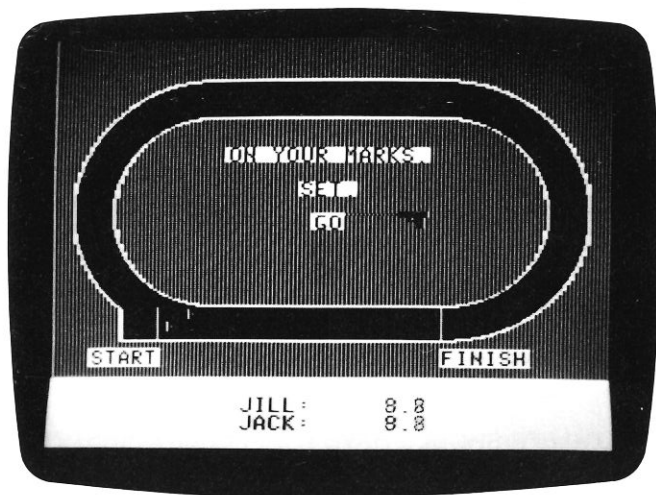
---

### Note

Never press the **RESET** key while playing Decathlon. The program may not always recover. If pressing **RESET** causes your computer to display an asterisk followed by a blinking cursor, type **3 D O G RETURN** to continue playing. If you have an Autostart ROM in your Apple, no action will be necessary.

---

## The First Event: The 100-Meter Dash



The object of this event is to “run” (alternately pressing two keys) as fast as you can from the start to the finish line. You will run the 100-Meter Dash just once, and your score will be based on your time in that one run. Up to two athletes can compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two.

The computer will notify you:

ATTENTION NAME 1:  
YOU WILL BE RUNNING IN LANE 1.  
PLEASE GO TO THE STARTING LINE.  
USE THE **1** AND **2** KEYS FOR RUNNING.

Move to the starting line by alternately pressing the **1** and **2** keys. You must move to the starting line before the computer will proceed with the event.

The computer will then display:

ATTENTION NAME 2:  
YOU WILL BE RUNNING IN LANE 2.  
PLEASE GO TO THE STARTING LINE.  
USE THE **←** AND **→** KEYS FOR RUNNING.

The second runner should now also move to the starting line by alternately pressing the **←** and **→** keys.

When both players are in position (or one, if only one athlete is competing), the starter’s gun will appear in the middle of the screen, followed by the warning:

ON YOUR MARKS.  
SET.

If all is well, the starting gun will fire, displaying a GO flag.

As soon as you see the flag, start “running” toward the finish line just as quickly as you can, alternating between the **1** and **2** keys or between the **←** and **→**, as appropriate.

Your time will be monitored and displayed by the computer.

If you don’t see the GO flag, you will probably see this message instead:

YOU STARTED BEFORE THE GUN WAS FIRED  
IF YOU MAKE TWO MORE FALSE STARTS  
YOU WILL BE DISQUALIFIED.

This message indicates that you started running before the starting pistol was fired. The computer will start the race again; be careful not to make another false start.

After you reach the finish line, the computer will ask you to:

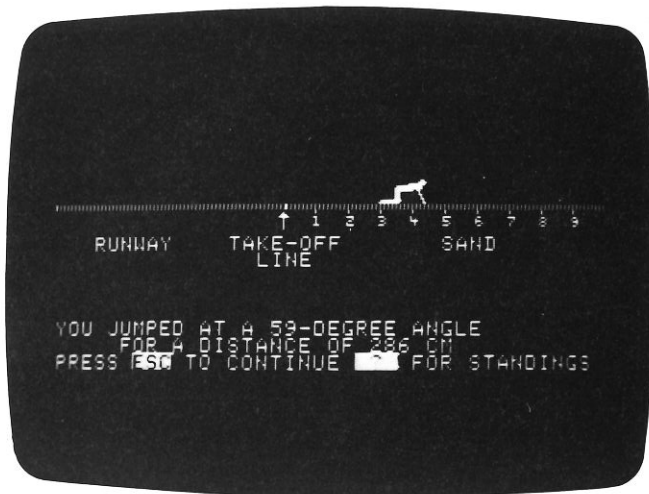
PRESS **ESC** TO CONTINUE; **?** FOR STANDINGS.

Pressing the **?** key will display a table of each player’s scores on all events to date (since this is the first event, there will only be scores for the first two runners in this event). After the standings are displayed (see “How Microsoft Decathlon Is Scored,” page 4, for an interpretation of the score), press **ESC** to proceed.

If you don’t wish to see the standings at this point, just press **ESC** to proceed. If there are more than two competitors, the next two will be announced for the dash. If just two players are competing, pressing **ESC** will display the standings just as **?** does.

The dash will be repeated up to three times, if necessary, to accommodate all of the athletes. After everyone has completed the event, press **ESC** to display all of the scores. Then press **ESC** again to proceed to the next event: The Long Jump.

## The Long Jump



In the Microsoft Decathlon Long Jump, you will take a running start from off the left side of the screen, plant your take-off foot just before the take-off line, then release your jump at an angle to jump as far as possible.

Each athlete gets three attempts at the Long Jump, with each player's final score reflecting his/her best performance. You will use three keys to control your jump:

the **SPACE BAR**  
the **X** key  
the **RETURN** key

Your timing in pressing each of these keys, plus the approach speed you select, will determine your performance in the long jump.

After the Long Jump is announced by the computer, you will see the message:

```
ATTENTION NAME:  
YOU MAY NOW TAKE YOUR FIRST TRIAL.  
WHAT WILL BE THE SPEED OF YOUR RUNUP  
(700-1000 CM/SEC)?
```

Type the speed at which you wish to approach the take-off line, then press **RETURN**.

### Tip

Keep in mind that a faster approach can help you jump farther, but only if you can control the speed.

The computer will display the instructions:

```
PRESS THE SPACE BAR TO BEGIN YOUR APPROACH.  
PRESS THE X KEY TO PLANT YOUR TAKE-OFF FOOT.  
PRESS THE RETURN KEY TO JUMP.
```

You are now ready to start your attempt. Press the **SPACE BAR** once to begin your approach. It may take a few seconds for your figure to appear at the left of the runway. The computer will monitor your speed and your decreasing distance from the take-off line. You must press the **X** key to plant your foot before you reach the take-off line. Then wait until you've moved to the angle at which you wish to jump and press **RETURN**. If the jump is successful, the computer will evaluate your performance:

```
YOU JUMPED AT A ____-DEGREE ANGLE FOR A DISTANCE OF  
____ CM.  
PRESS ESC TO CONTINUE; ? FOR STANDINGS.
```

There are two possible errors or "faults" you can commit that will disqualify an attempt:

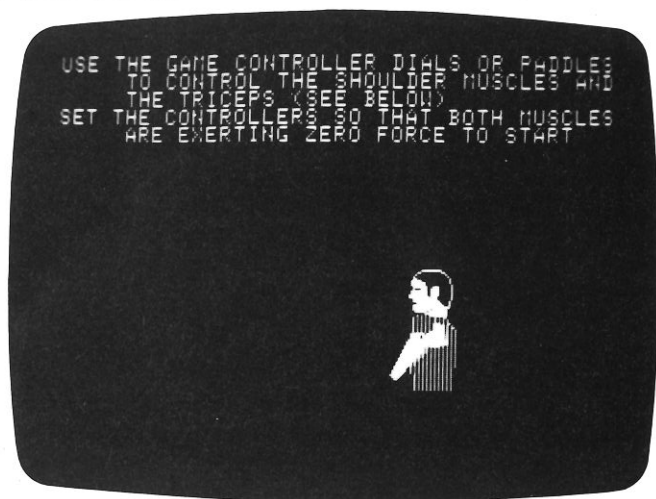
FOOT FAULT:  
YOU STEPPED ON THE PLASTICINE.

FACE FAULT:  
YOU FELL FLAT ON YOUR FACE.

If you want to see the standings to date, press **?**. Otherwise press **ESC**. The computer will proceed to the next contestant and repeat the event. After each athlete completes one trial, there is a second round and a third round, so each competitor has the opportunity to better his/her performance.

Once everyone has had three trials, press **ESC** to see the current standings of all contestants. Then press **ESC** again to proceed to the next event: The Shot Put.

## The Shot Put



In the Shot Put, you will attempt to throw or "put" a 16-pound metal ball as far as you can, using an overhand throw.

Each player gets three attempts and each player's score is determined by his/her longest put.

After the computer announces the event, it will display

ATTENTION NAME:  
YOU MAY NOW TAKE YOUR FIRST TRIAL.

PRESS **[RETURN]** FOR INSTRUCTIONS.

On occasion you may be instructed to

TURN DIAL ON EITHER GAME CONTROLLER FOR INSTRUCTIONS

instead of pressing **[RETURN]**. Do not be confused if you receive this request. It simply means that the game controllers must be manipulated to enable the program to proceed. In this case, simply readjusting the game controllers will clear the system and provide your instructions.

Perform the action that is requested by the computer. You will then be told how to perform the Shot Put:

USE THE GAME CONTROLLER DIALS OR PADDLES TO CONTROL THE SHOULDER MUSCLES AND THE TRICEPS (SEE BELOW).

SET THE CONTROLLERS SO THAT BOTH MUSCLES ARE EXERTING ZERO FORCE TO START.

Take a little time to figure out which muscle is associated with each game controller, and how turning each dial affects the amount of force applied. When you are ready, turn the dials so that both muscle forces are reset to zero.

The computer will then display:

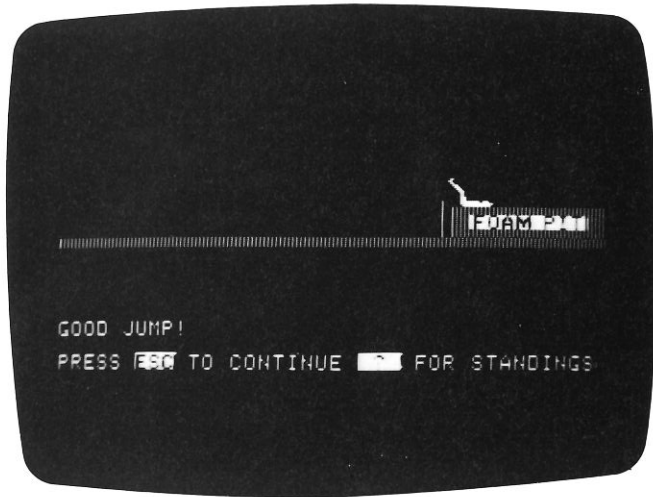
YOU MAY BEGIN WHEN READY.

As soon as you begin to apply muscle force to the shot, the shot will begin to move and it cannot be stopped. Use a combination of triceps and shoulder muscles to guide the shot outward and upward. The triceps pull the arm open, exerting a force on the shot perpendicular to the forearm. The shoulder muscles raise the upper arm, exerting a force on the shot in the direction of the forearm.

The shot moves in very slow motion to give you time to make adjustments in the muscle forces, but you should try to move the shot as quickly as possible to increase its momentum. Holding a key down increases the speed; releasing it decreases the speed.

As always, use the **[ESC]** key to proceed to the next competitor or the **[?]** key to check the standings.

## The High Jump



The object of the High Jump is to propel yourself up and over a crossbar set at a given height, using no equipment to aid yourself. Each time one height is successfully cleared, you will be offered the chance to jump at a greater height.

You will get three tries to clear each height. Your score is determined by the greatest height cleared.

After the jump is announced, the computer will display:

```
ATTENTION NAME:  
YOU HAVE 3 CHANCES TO CLEAR THE BAR.  
THE CROSSBAR HAS BEEN PLACED AT THE HEIGHT OF 135 CM.  
DO YOU WANT TO ATTEMPT THIS HEIGHT?
```

135 cm is the lowest height you can jump. If you answer YES (and press **RETURN**), you will be given three opportunities to clear this height. If you wish to try a higher crossbar for your first attempt, answer NO (then press **RETURN**). On your next turn the computer will offer you the next height, 150 cm. Once you have declined to jump at a particular height, you will not be given the chance to jump at that height again.

```
PRESS THE SPACE BAR TO BEGIN YOUR APPROACH.  
PRESS THE X KEY TO PLANT YOUR TAKE-OFF FOOT.  
PRESS THE RETURN KEY TO JUMP.
```

You are now ready to start your attempt. Once you press the **SPACE BAR** and begin your approach, the computer will monitor your speed and your decreasing distance from the crossbar. As with the Long Jump, you may not come into view until a few seconds after you have begun your approach. You must press the **X** key to plant your foot before you reach the crossbar. Then wait until you've moved to the angle at which you wish to jump and press **RETURN**.

---

### Tip

You will want to jump at a much greater angle (more quickly after you press the **X** key) than you did in the Long Jump, since your object here is height, not distance.

---

If your jump is successful, you will be informed:

```
GOOD JUMP!
```

If your attempt failed, you will get a message such as:

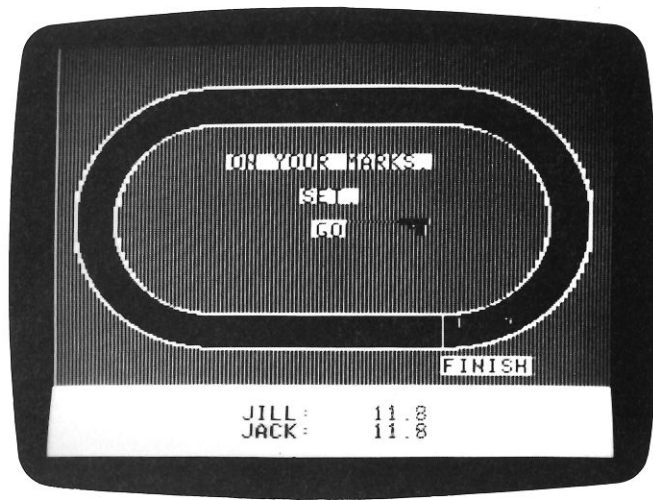
```
YOU FELL FLAT ON YOUR FACE
```

or

```
YOU FAILED TO CLEAR
```

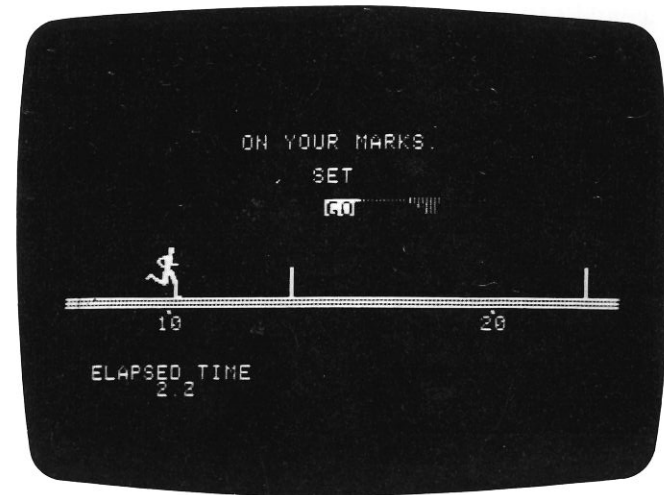
If you fail the first attempt, you will be given two additional chances on subsequent turns to clear that height. Once you successfully clear one height, you will be offered the next height on your next turn and, again, you will have three opportunities to clear that height. (If you keep turning down higher jumps, the computer will eventually tell you that you must make an attempt).

## The 400-Meter Dash



Like the 100-Meter Dash, the object of the 400-Meter Dash is speed! In fact, the 400-Meter Dash is run just like the 100-Meter version. You can use the instructions for the 100-Meter Dash on page 12. Note that the starting positions are staggered in the 400-Meter, so the person in the outside lane will run the same distance as the person in the inside lane.

## The 110-Meter Hurdles



In the 110-Meter Hurdles, you will run 110 meters, jumping 10 evenly-spaced hurdles along the way. Your object is speed and accuracy in clearing the hurdles. Each athlete gets only one try and is scored according to his/her time on that attempt.

After the event is announced, the computer will display:

ATTENTION NAME:  
PLEASE GO TO THE STARTING LINE.  
USE THE GAME CONTROLLER BUTTONS FOR RUNNING AND  
HURDLING.

Your manipulation of the game controller buttons determines your score. The buttons are located on the sides of the game controller paddles. Alternately press the buttons to move to the starting line. Once you are at the start, the starting gun will appear on the screen, along with the words:

ON YOUR MARKS.  
SET.

Then the start gun will fire and you're off. (Unless you have a false start, in which case the computer will warn you that two more false starts will disqualify you.)

Once you have begun, alternate the two buttons quickly, but with care. Pressing a button causes you to stride forward. The longer a button is held down, the higher and longer your stride will be.

Use long strides for clearing hurdles, but try to take off and land as close to each hurdle as possible for maximum speed. Try to synchronize your steps with the runner's between hurdles so you will be in a good position to take off and clear the next hurdle.

It is possible to knock down a hurdle, which not only slows you down but also threatens your run. If the official thinks that you have intentionally downed a hurdle, he will warn:

WARNING: YOU WILL BE DISQUALIFIED IF YOU RUN THROUGH ANOTHER HURDLE.

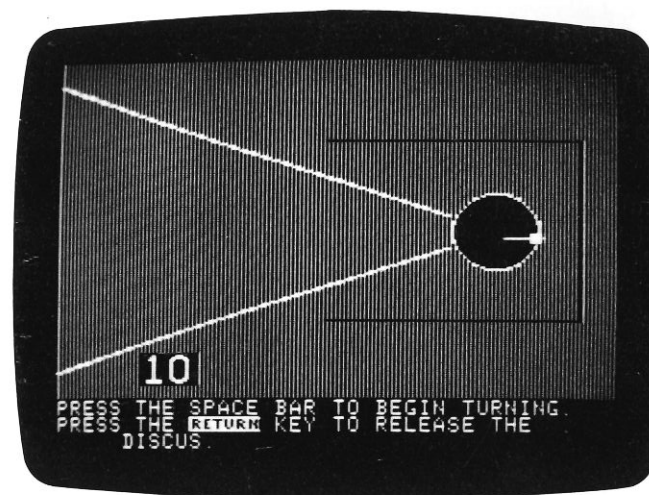
A second offense results in the notification:

YOU ARE DISQUALIFIED.

You will receive a score of 0 for the event. However, you must complete your run anyway.

Your run is completed when you reach the 110-meter mark. Press **[?]** for standings; press **[ESC]** to continue.

## The Discus Throw



For this event, the screen shows a top view of the discus-throwing area with you standing at the back side of the throwing circle, throwing arm extended toward the field.

You must release the discus so it lands between the two lines that radiate from the throwing circle. Turning will allow you to gain throwing momentum. The farther you are able to throw the discus, the more points you will earn.

You will get three tries. Your score is determined by the length of your best throw.

Two keys control the action:

The **[SPACE BAR]** initiates the turn.

The **[RETURN]** key releases the discus.

The strength you choose to exert in turning also controls your performance. After the event is announced, the computer will display:

ATTENTION NAME:  
YOU MAY NOW TAKE YOUR FIRST TRIAL.  
HOW MUCH STRENGTH WILL YOU EXERT FOR TURNING  
(75-100%)?

Choose a number between 75 and 100 to determine how fast and how forcefully you will turn.

---

**Tip**

Although exerting more strength will allow you to sail the discus farther, it will also make controlling the direction of your throw more difficult. Until you master the discus throw, we suggest you use relatively low force.

---

The computer will now display:

PRESS THE **[SPACE BAR]** TO BEGIN TURNING.  
PRESS THE **[RETURN]** KEY TO RELEASE THE DISCUS.

When you are ready, press the **[SPACE BAR]** once and the figure on the screen will begin turning. The motion will be rapid, so be ready to press the **[RETURN]** key when you are in position to throw the discus.

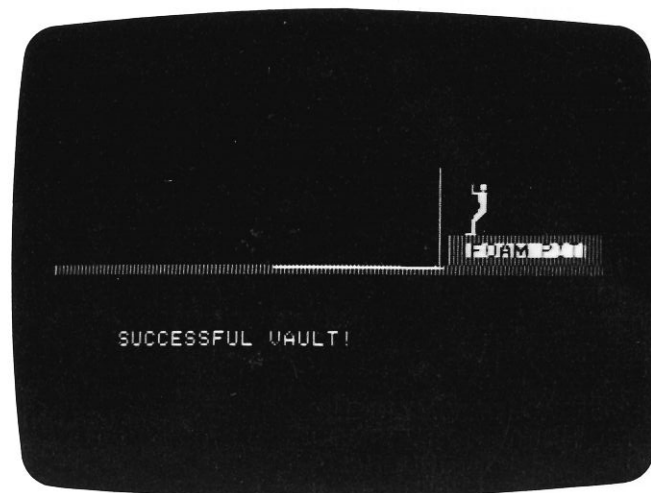
If the discus lands within the 40-degree sector, you will get the message:

GOOD THROW!  
YOU HAVE THROWN THE DISCUS \_\_\_\_ METERS.  
PRESS **[ESC]** TO CONTINUE; **[?]** FOR STANDINGS.

An attempt will be disqualified if:

1. You release the discus too soon or too late.
2. You step outside the circle (this happens if you wait too long to release the discus).

## The Pole Vault



The Pole Vault requires more skill, in both actual and computer competition, than any other event in the Decathlon. You must make a running approach, plant the pole in the small vault box, raise yourself using the pole, extend yourself over the crossbar, then release the pole to fall into the foam landing area.

After the Pole Vault has been announced, the computer will display:

ATTENTION NAME:  
YOU HAVE 3 CHANCES TO CLEAR THE BAR.  
THE CROSSBAR HAS BEEN PLACED AT A HEIGHT OF 360 CM.  
DO YOU WANT TO ATTEMPT THIS HEIGHT?

As with the High Jump, you have the option of answering either YES or NO here (followed by **[RETURN]**). If you answer YES, you will attempt the vault at 360 cm. If you answer NO, you will be offered the next height, 375 cm. Remember that you can always go forward but never backward. Your final score will be based on the greatest height you have vaulted.

If you answer YES, the computer will ask two questions:

AT WHAT HEIGHT DO YOU WISH TO GRIP THE POLE?  
(350-490 CM)  
WHAT WILL BE THE LENGTH OF YOUR RUNUP (20-80 METERS)?

Your answers to both these questions will affect your performance. You will want to grip the pole high enough to allow yourself to surmount the crossbar. However, the shorter the grip, the less force you will need to vault successfully.

Length of runup determines the maximum speed you will be able to build up; the farther you run, the more speed you attain. It is best to choose a short runup, so your fingers won't tire and slow down, causing you to lose speed. The minimum speed necessary to vault a certain height, holding the pole correctly, can only be determined through trial and error.

The computer will tell you which keys to use:

USE THE **←** AND **→** KEYS FOR RUNNING.  
USE THE **1** KEY TO PLANT THE POLE.  
USE THE **2** KEY TO PULL TO A HANDSTAND.  
USE THE **ESC** KEY TO PUSH THE POLE AWAY.

The Pole Vault will be easier to master if you think of it as four steps.

### Step One

Alternately press the **←** and **→** keys to run toward the pit. Notice that each time you press one of these keys, your speed increases and your distance from the pit decreases. (As with the other events, you may have to run for a few seconds before your figure appears on the runway.) The faster you alternate between the two keys, the more your speed increases. If you stop pressing them, your speed will drop back to zero. Continue to run while performing Step Two.

### Step Two

Press the **1** key to plant the end of the pole in the vaulting box, the low area in front of the crossbar. You must press this key at the right time to place the pole in the vaulting box, while continuing to "run."

If you succeed at getting the end of the pole into the box, the pole will begin to carry you upward. At this time you can stop running.

### Step Three

Press the **2** key to pull yourself up into a handstand on the pole.

---

#### *Tip*

You will want to delay pressing the **2** key as long as possible, but will need to press it before your feet go under the crossbar.

---

### Step Four

Press the **ESC** key to push off from the pole.

---

#### *Tip*

Timing here is also important. You will want to delay as long as possible, but still let go before the pole begins to tilt toward the crossbar.

---

If your vault is successful, you will be informed:

SUCCESSFUL VAULT!  
PRESS **ESC** TO CONTINUE

After you press **ESC**, the computer will offer you the next height (15 cm higher) and you will proceed through the vault again.

However, if you don't succeed in your first vault (and don't be surprised if you fail your first attempt), the computer will tell you where your mistake is. For example:

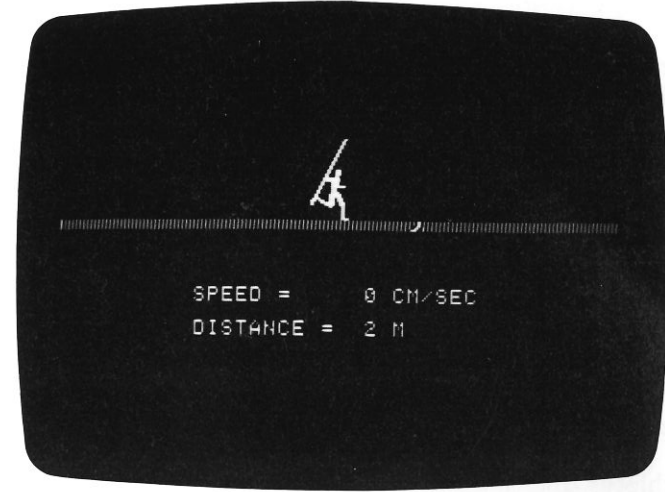
NOT ENOUGH FORWARD MOMENTUM

or

VAULT ABORTED—YOU MISSED THE VAULTING BOX

If you miss the first attempt at any given height, you will be offered a second and third try at vaulting that height. If you fail in all three attempts at any given height, you will be scored according to the greatest height you vaulted. If you don't scale the lowest crossbar, your score will be zero.

## The Javelin Throw



In the Javelin Throw, you will run up to the arc line (from off the left side of the screen, as usual), tilting the javelin into throwing position as you approach, and hurl it the greatest distance you can.

You will get three trials and your score will be determined by your best trial.

After the Javelin Throw has been announced, the computer will display:

ATTENTION NAME:  
YOU MAY NOW TAKE THE FIRST TRIAL.  
USE THE  AND THE  KEYS FOR RUNNING.  
PRESS THE  KEY TO TILT THE JAVELIN INTO THROWING POSITION.  
PRESS THE  KEY TO THROW IT.

When you are ready, begin by alternating the  and  keys. The computer will monitor your distance from the arc line and speed of approach.

As you approach the arc line, press the  key to begin tilting the javelin into position.

---

### Tip

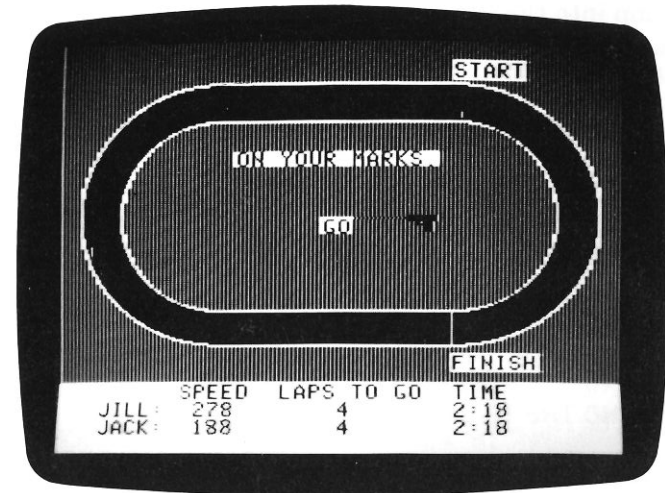
Pressing the **T** key in the Javelin Throw begins a motion which cannot be slowed down or halted. Don't press the **T** key until you are close to the position from which you want to release the javelin.

---

Once the javelin is tilted to the position you want (you'll do better once you *know* the position you want—that comes with experience), press the **RETURN** key to release it. You can keep running until you press **RETURN**, but remember that *you must release the javelin before you cross the arc or the attempt will be disqualified.*

All athletes take their first trial, then there is a round of second trials, and finally third trials. Each athlete's best throw determines his/her score.

## The 1500-Meter Run



The 1500-Meter Run is more than a sprint—it requires four fast laps around the Olympic track. And since your fingers might not survive four laps of left foot/right foot, this race uses different control keys than the 100- and 400-meter races.

You will run the 1500-Meter just once, and your score will be based on your time in that run.

As with the other running events, up to two athletes can compete at the same time. If more than two people are playing, the computer will assign you to groups of two. The lane you are running in determines which control keys you will use.

The computer will notify one player:

ATTENTION NAME:  
YOU WILL BE STARTING IN LANE 1.  
USE THE **Z** **S** **W** AND **A** KEYS TO GUIDE YOURSELF  
AROUND THE TRACK.

If you are assigned to lane 1, your run is controlled by the **A**, **S**, **W**, and **Z** keys. The **A** key will move you left on the screen, the **S** key right, the **W** key up, and the **Z** key down. The direction each key moves you can be easily remembered if you notice the relationship of these four keys to each other on the keyboard.

Pressing one of these keys causes you to start moving. You do not have to hold the key down; you will continue moving until you bump into the edge of the track.

Pressing a key that is different from the direction you are moving will turn you 45 degrees toward the direction of that key. To make a 90-degree turn, you would press the key twice. If you press a key whose direction is exactly opposite the direction you are moving, you will stop.

If more than one athlete is competing, the computer will notify another player:

ATTENTION NAME:  
PLEASE GO TO THE STARTING LINE.  
USE THE    AND  KEYS TO GUIDE YOURSELF  
AROUND THE TRACK.

While the keys differ from those of the runner in lane 1, the relationship remains the same.  is down,  is right,  is up, and  is left.

Moving to the starting line will give you an opportunity to get acquainted with your keys, since you have to go almost halfway around the track to get there. Once both players are at the starting line, the computer will tell you:

ON YOUR MARKS.

Then the GO gun will be fired and you're off! (If you try to start before the GO gun fires, you will be advised of a false start. The race will then be restarted.) Run the four laps as smoothly as you can; as long as you don't bump into anything, your speed will increase. Bumping into the sides or the other runner will decrease your speed.

The computer will monitor your speed, laps to go, and time elapsed.

When both athletes have completed the 1500 meters (or one, if only one is competing), the computer will display:

PRESS  FOR STANDINGS;  TO CONTINUE.

If more than two athletes are competing, pressing  will set the track for the next two runners. The 1500-Meter Run will be

repeated up to three times as necessary so all the athletes can compete.

After everyone has completed the run, press  one final time. The computer will now reveal the winner of the Decathlon!

THE WINNER OF THE  
GOLD MEDAL  
IS  
NAME

A few seconds later it will display the final standings of all the athletes. Once again, you will be asked to PRESS  TO CONTINUE.

The computer will now ask:

ARE YOU READY TO BEGIN THE DECATHLON?

Answer YES (and press ) to begin another Decathlon.  
Answer NO (and press ) to practice any of the events.  
(See page 9.)



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