

Official Decathlon Formulas

For a given performance, the point score (P) is calculated using one of the following equations

- Track events $P = a * (b - T) ** c$ [T = Time in seconds; e.g. 10.43 for 100 metres]
- Jumps $P = a * (M - b) ** c$ [M = Measure in centimetres; e.g. 808 for LJ]
- Throws $P = a * (D - b) ** c$ [D = Distance in metres; e.g. 16.69 for Shot]

a, b and c are parameters whose values are listed below

** is the mathematical sign meaning "multiplied by "*

*** is the mathematical sign meaning "raised to the power of".*

note:

- the value of P must be rounded down to a whole number after calculation!
- all times are automatic (for hand times add 0.24sec (100m, 110mH) / 0,14sec (400m))

	a	b	c	
Decathlon	100m	25,4347	18,00	1,81
	Long Jump	0,14354	220,00	1,40
	Shot Put	51,39	1,50	1,05
	High Jump	0,8465	75,00	1,42
	400m	1,53775	82,00	1,81
	110m Hurdles	5,74352	28,50	1,92
	Discus Throw	12,91	4,00	1,10
	Pole Vault	0,2797	100,00	1,35
	Javelin Throw	10,14	7,00	1,08
	1500m	0,03768	480,00	1,85
Heptathlon	60m	58,0150	11,50	1,81
	Long Jump	0,14354	220,00	1,40
	Shot Put	51,39	1,50	1,05
	High Jump	0,8465	75,00	1,42
	60m Hurdles	20,5173	15,50	1,92
	Pole Vault	0,2797	100,00	1,35
	1000m	0,08713	305,50	1,85

Source: IAAF