

WORLD ASSOCIATION OF VETERAN ATHLETES

Pentathlon Point Scoring Table

1980

EVENT	AGE	SCORING TABLE	SCORING RATE for IMPROVEMENT	PERF. for 1000 pts	4th Best Hannover (65+ - 3rd)	1st. Place Hannover	WORLD RECORD 1979	
Long Jump	1A	3.60M	3 pts per cm.	6.94M	6.32M	6.91M	7.43M	
	1B	3.60M	3.5 Pts. per cm	6.46M	5.92M	6.16M	6.68M	
	2A	3.50M	4 pts. per cm	6.00M	5.76M	6.08M	6.23M	
	2B	3.28M	4.5 pts. per cm	5.51M	5.25M	5.90M	6.03M	
	3A	3.00M	5 pts per cm	5.00M	4.93M	5.03M	5.30M	
	*3B	3.00M	5.5 pts per cm	4.82M	4.95M	5.16M	5.16M	
	*4A	2.57M	6 pts per cm	4.24M	4.07M	4.57M	4.57M	
	4B	2.57M	7 pts per cm	4.00M	3.25M	3.60M	4.25M	
JAVELIN 800g	(1A)	17M	20 pts per M	67.00M	61.06M	78.98M	78.98M	
	(1B)	17M	25 " " "	57.00M	55.10M	64.70M	64.70M	
	(2A)	17M	30 " " "	50.34M	51.94M	56.18M	56.18M	
	(2B)	17M	35 " " "	45.58M	43.82M	46.70M	55.10M	
	(3A)	17M	35 " " "	45.58M	39.76M	51.66M	54.08M	
	* (3B)	17M	40 " " "	42.00M	37.08M	40.16M	44.82M	
	600g	(4A)	15M	45 " " "	37.24M	29.42M	37.02M	40.24M
		(4B)	13M	50 " " "	33.00M	22.52M	27.64M	29.32M
200 METRES	1A	32.4s	1 pt per .01sec	22.4sec	22.95s	22.50s	21.9 sec.	
	1B	33.0sec	1 " " " "	23.0sec	23.68s	23.55s	22.3 sec.	
	2A	34.0sec	1 " " " "	24.0sec	24.62s	23.99s	23.6 sec.	
	2B	35.0sec	1 " " " "	25.0sec	25.91s	24.92s	23.6 sec.	
	3A	36.0sec	1 " " " "	26.0sec	27.50s	26.51s	24.9 sec.	
	3B	38.0sec	1 " " " "	28.0sec	28.65s	27.24s	27.24 sec.	
	4A	40.0sec	1 " " " "	30.0sec	30.87s	28.62s	28.62 sec.	
	4B	42.0sec	1 " " " "	32.0sec	34.08s	32.92s	29.5 sec.	
DISCUS 2kg	(1A)	15M	28 pts per M	50.72M	47.80M	54.22M	67.00M	
	(1B)	15M	32 " " "	46.26M	43.50M	48.16M	50.70M	
	1.6kg	(2A)	15M	30 " " "	48.34M	44.94M	46.86M	54.26M
		(2B)	15M	34 " " "	44.42M	41.80M	49.34M	50.54M
	1kg	(3A)	15M	34 " " "	44.42M	41.26M	47.24M	53.42M
		(3B)	15M	36 " " "	42.78M	41.14M	50.42M	51.42M
		(4A)	15M	40 " " "	40.00M	37.58M	39.44M	39.44M
		(4B)	13M	44 " " "	35.72M	30.44M	31.34M	34.30M
1500 M	1A	6:46.8	6 pts per sec.	4:00.0	4:03.7	4:00.8	3:52.0	
	1B	6:56.8	6 " " "	4:10.0	4:15.1	4:09.6	4:03.2	
	2A	7:06.8	6 " " "	4:20.0	4:25.5	4:17.0	4:14.0	
	2B	7:16.8	6 " " "	4:30.0	4:41.0	4:34.5	4:20.7	
	3A	7:36.8	6 " " "	4:50.0	4:53.1	4:32.5	4:31.3	
	3B	8:06.8	6 " " "	5:20.0	5:11.6	5:06.4	4:49.1	
	4A	8:36.8	6 " " "	5:50.0	5:37.0	5:24.2	5:19.4	
	4B	9:06.8	6 " " "	6:20.0	6:53.6	5:43.0	5:30.1	

In Effect APRIL 1, 1980

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WORLD ASSOCIATION OF VETERAN ATHLETES

DECATHLON POINT-SCORING TABLE (1980)

Day 1

EVENT	AGE	SCORING BASE	SCORING RATE FOR IMPROVEMENT	PERF. FOR 1000 pts.	4th Best Hannover (3rd.-65 up)	1st. Place Hannover	WORLD RECORD 1979	
100M	1A	16.0sec	20 pts. per .10s	11.0sec	11.30s	110.95s	10.7 sec.	
	1B	16.5	20 " " "	11.5s	11.69s	11.25s	11.1 sec.	
	2A	17.0sec	20 " " "	12.0s	12.10s	11.69s	11.4 sec.	
	2B	17.5sec	20 " " "	12.5s	12.59s	12.32s	11.6 sec.	
	3A	18.0s	20 " " "	13.0s	13.27s	12.74s	11.8 sec.	
	3B	18.6s	20 " " "	13.6s	13.82s	13.10s	12.8 sec.	
	4A	19.5s	20 " " "	14.5s	14.98s	13.80s	13.80 sec.	
	4B	20.5s	20 " " "	15.5s	15.97s	15.59s	14.3 sec.	
Long Jump	1A	3.60M	3 pts. per cm	6.94M	6.32M	6.91M	7.43M	
	1B	3.60M	3.5 pts. per cm	6.46M	5.92M	6.16M	6.68M	
	2A	3.50M	4 " " "	6.00M	5.76M	6.08M	6.23M	
	2B	3.28M	4.5 " " "	5.51M	5.25M	5.90M	6.03M	
	3A	3.00M	5 " " "	5.00M	4.93M	5.03M	5.38M	
	* 3B	3.00M	5.5 " " "	4.82M	4.95M	5.16M	5.16M	
	* 4A	2.57M	6 " " "	4.24M	4.07M	4.57M	4.57M	
	4B	2.57M	7 " " "	4.00M	3.25M	3.60M	4.25M	
Shot put 16 lb. 12 lb.	(1A)	4.66M	75 pts per M	18.00M	14.63M	18.30M	19.77M	
	(1B)	4.66M	85 " " "	16.43M	14.22M	15.14M	17.71M	
	(2A)	(2A)	6.00M	100 " " "	16.00M	12.86M	16.22M	17.56M
		(2B)	4.66M	100 " " "	14.66M	13.36M	14.29M	15.75M
	(3A)	4.66M	100 " " "	14.66M	13.85M	15.05M	16.40M	
	(3B)	4.00M	100 " " "	14.00M	13.07M	13.80M	14.18M	
	4 kg	(4A)	4.00M	125 " " "	12.00M	11.54M	12.24M	12.81M
		(4B)	4.00M	150 " " "	10.67M	10.37M	10.80M	10.80M
High Jump	1A	1.13M	13 pts per cm	1.90M	1.83M	1.89M	2.05M	
	1B	1.08M	15 " " "	1.75M	1.78M	1.81M	1.83M	
	2A	1.03M	15 " " "	1.70M	1.58M	1.70M	1.73M	
	2B	1.03M	18 " " "	1.59M	1.45M	1.50M	1.69M	
	* 3A	.98M	20 " " "	1.48M	1.45M	1.51M	1.57M	
	* 3B	.98M	24 " " "	1.40M	1.40M	1.47M	1.47M	
	* 4A	.95M	28 " " "	1.31M	1.30M	1.40M	1.40M	
	4B	.95M	35 " " "	1.24M	1.00M	1.25M	1.30M	
400M	1A	76 sec	4 pts. per .10s	51 sec	50.74s	49.57s	49.5 sec.	
	1B	78 sec	4 " " "	53 sec	52.68s	52.12s	51.7 sec.	
	2A	81 sec	4 " " "	56 sec	55.52s	52.28s	52.28 sec.	
	2B	84 sec	4 " " "	59 sec	61.96s	58.23s	54.56 sec.	
	3A	87 sec	4 " " "	62 sec	62.99s	61.30s	59.1 sec.	
	3B	90 sec	4 " " "	65 sec	66.15s	63.19s	63.19 sec.	
	4A	93 sec	4 " " "	68 sec	78.64s	69.76s	64.6 sec.	
	4B	96 sec	4 " " "	71 sec	82.68s	73.18s	68.5 sec.	

Effective APRIL 1, 1980

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WORLD ASSOCIATION OF VETERAN ATHLETES

DECATHLON POINT-SCORING TABLE (1980)

Day 2

EVENT	AGE	SCORING BASE	SCORING RATE IMPROVEMENT	FOR PERF. FOR 1000 pts.	4th best Hannover (3rd.-65+)	1st. Place Hannover	World Record 1979
110 m Hurd	(1A)	32sec	6 pts per .10s	15.33s	15.95s	15.04s	14.4 sec.
99.6cm	(1B)	33 sec	6 " " "	16.33s	16.11s	14.86s	14.7 sec.
91.4cm	(2A)	35 sec	6 " " "	16.83s	17.56s	15.94s	15.1 sec.
	(2B)	35 sec	6 " " "	18.33s	20.64s	17.08s	16.6 sec.
84 cm	(3A)	36 sec	6 " " "	19.33s	20.44s	18.73s	17.5 sec.
	* (3B)	37.5 s	6 " " "	20.83s	20.12s	19.81s	? 18.9 sec.
76.2cm	(4A)	40 sec	6 " " "	23.33s	24.21s	23.99s	22.7 sec.
	(4B)	42 sec	6 " " "	25.33s	---	27.15s	21.9 sec.
Discus	(1A)	15M	28 pts per Metre	50.72M	47.80M	54.22M	67.00M
2kg	(1B)	15M	32 " " "	46.26M	43.50M	48.16M	50.70M
1.6kg	(2A)	15M	30 " " "	48.34M	44.94M	46.86M	54.26M
	(2B)	15M	34 " " "	44.42M	41.80M	49.34M	50.54M
1kg	(3A)	15M	34 " " "	44.42M	41.26M	47.24M	53.42M
	(3B)	15M	36 " " "	42.78M	41.14M	50.42M	51.42M
	(4A)	15M	40 " " "	40.00M	37.58M	39.44M	39.44M
	(4B)	13M	44 " " "	35.72M	30.44M	31.34M	34.30M
Pole Vault	1A	1.40M	3.5 pts per cm	4.26M	3.60M	4.20M	4.80M
	1B	1.40M	4 " " "	3.90M	3.80M	4.10M	4.57M
	2A	1.40M	4.5 " " "	3.63M	3.10M	3.40M	4.27M
	2B	1.40M	4.75 " " "	3.51M	--	3.10M	4.12M
	3A	1.40M	5 " " "	3.40M	2.10M	3.20M	3.90M
	3B	1.40M	5.5 " " "	3.22M	2.60M	3.30M	3.60M
	4A	1.40M	6.5 " " "	2.94M	1.70(2nd)	1.90M	2.79M
	4B	1.40M	8 " " "	2.65M	-	-	2.09M
Javelin	(1A)	17M	20 pts per M	67.00M	61.06M	78.98M	78.98M
	(1B)	17M	25 P " " "	57.00M	55.10M	64.70M	64.70M
800 gm	(2A)	17M	30 " " "	50.34M	51.94M	56.18M	56.18M
	(2B)	17M	35 " " "	45.58M	43.82M	46.70	55.10M
	(3A)	17M	35 " " "	45.58M	39.76M	51.66M	54.08M
600 gm	* (3B)	17M	40 " " "	42.00M	37.08M	40.16M	44.82M
	(4A)	15M	45 " " "	37.24M	29.42M	37.02M	40.24M
	(4B)	13M	50 " " "	33.0M	22.52M	27.64M	29.32M
1500M	1A	6:46.8	6 pts per sec	4:00.0	4:03.7	4:00.8	3:52.0
	1B	6:56.8	6 " " "	4:10.0	4:15.1	4:09.6	4:03.2
	2A	7:06.8	6 " " "	4:20.0	4:25.5	4:17.0	4:14.0
	2B	7:16.8	6 " " "	4:30.0	4:41.0	4:34.5	4:20.7
	*3A	7:36.8	6 " " "	4:50.0	4:53.1	4:32.5	4:31.3
	3B	8:06.8	6 " " "	5:20.0	5:11.6	5:06.4	4:59.1
	4A	8:36.8	6 " " "	5:50.0	5:37.0	5:24.2	5:19.4
	4B	9:06.8	6 " " "	6:20.0	6:53.6	5:43.0	5:30.1

*Revised, Effective April 1, 1980

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THAT CERTAIN FEELING

By Wilf Morgan

Everybody knows what being exhausted feels like, and people involved in athletics know the feeling more than most. For instance a weightlifter hoisting a record poundage overhead can drain himself of nervous energy with an effort that lasts only a few seconds. At the other end of the scale a long distance runner who hammers away on the road for several hours feels exhausted with the steady run-down of physical energy. In short, the body has a number of energy sources and an athlete draws upon different ones according to the requirements of his sport or event.

Now, awhile ago I had a discussion with a marathon runner about states of exhaustion. He claimed that the feeling of exhaustion a marathon runner gets in a race is the most severe of any event in track and field. Well I wasn't going to stand for that was I? What about my event, the 400? I bided my time as he elaborated on the agonies of 'hitting the wall'.

"Well yes," I said, "I suppose completing a marathon is quite an achievement. Continuous running for two or three hours must be very tiring. But you know, the 400, that's a really tough race. I mean, when you move around that final bend and run into an oxygen debt, well that kind of sorts the men from the boys you know". Then the decisive thrust - "I doubt whether any of those long distance joggers have ever run fast enough to get into oxygen debt."

The barbs went home. I received a rapid and pointed invitation, to put it mildly, to put myself to the test and find out at first hand what the 'Long One' feels like.

"Well sure," I said, "anytime".

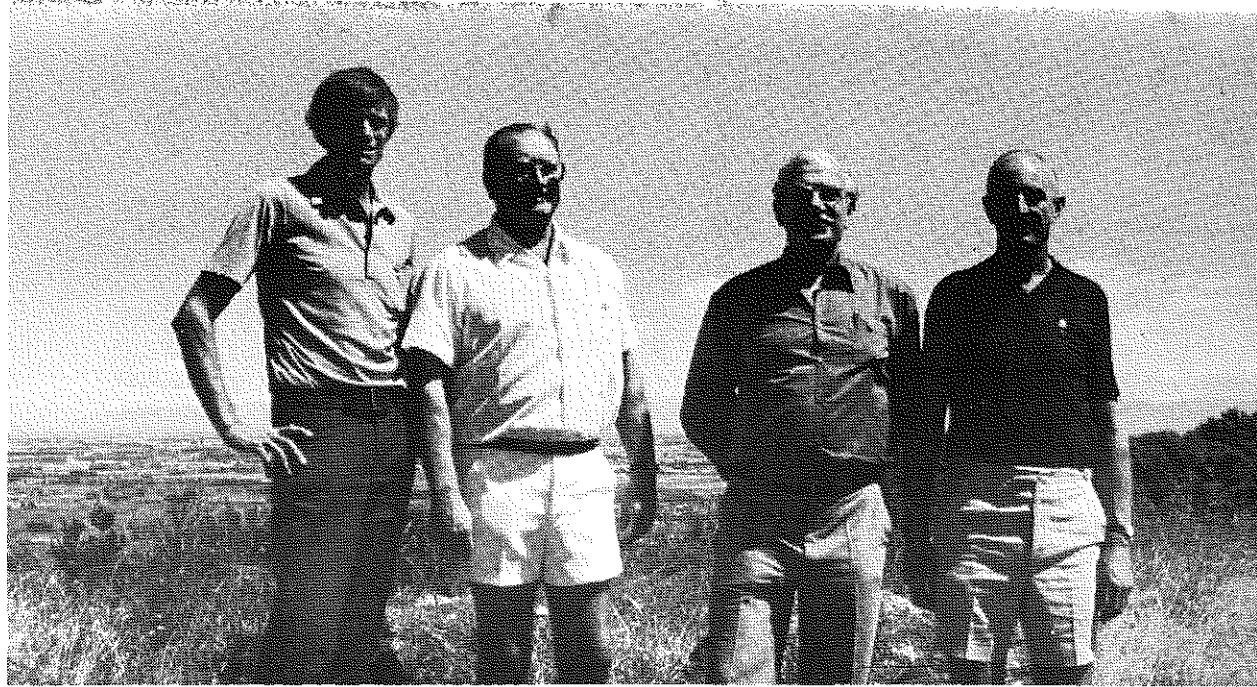
He didn't forget my loose tongued bit of braggadocio either. Within a few days he was on the phone with the news that there was a 20 mile road race coming up that would do for my examination. Well, the track season was over and I was at a loose end anyway, why not?

Now I must confess to having done some distance running. The odd 10,000 across the country, a few road relay legs of 3 or 4 miles, and on two occasions, a ten mile road race - (which I am pleased to tell you were both under the hour).

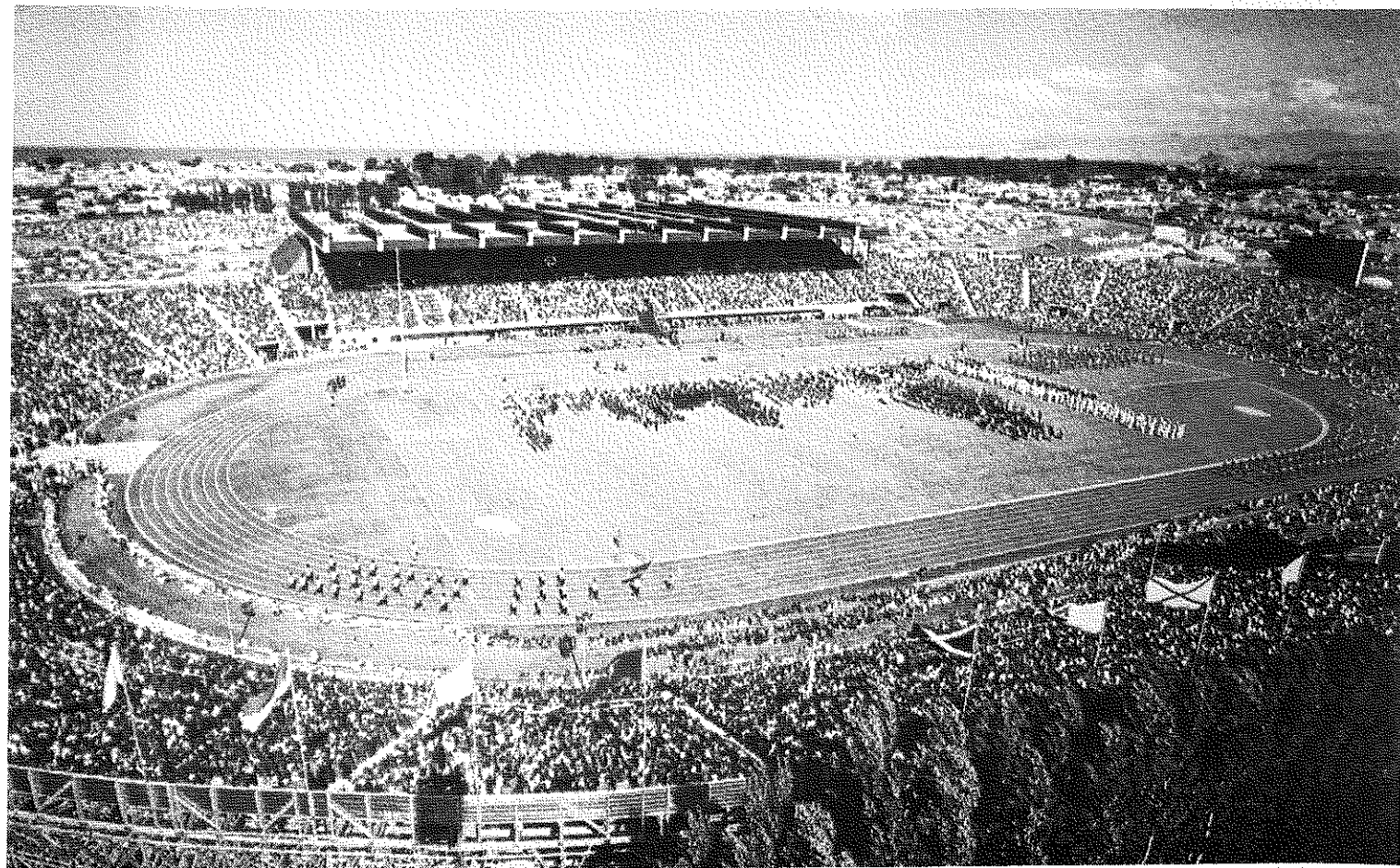
I had ten weeks to get ready. My plan was to do 30 miles a week to start with and move up to 50 later. This would include 15 every Sunday.

Things went well, no injury problems, reasonably good weather and continuously improving training times. A week before the race my 15 time was down to 1:36. I reckoned I was ready.

The
WORLD ASSOCIATION
of
VETERAN Athletes



Presidents of the first 4 World Championships relax on a fine day during their recent New Zealand visit.
(Right to Left) Don Farquharson, W.A.V.A. President & Toronto Championships 1975; Roland Jerneryd, W.A.V.A. Secretary & Gothenburg 1977; Hans Axmann, W.A.V.A. Executive Member and Hanover 1979 with John McDonald President of the Christchurch Championships 1981.



Queen Elizabeth II Stadium, Christchurch, New Zealand; Venue of the 4th World Association of Veteran Athletes Championships, January 8-14th, 1981.

