

**DECATHLON - Records & Best Performances**

Ideal total: **10,567** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	NATION	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.					
Decathlon	9045 (4703/4342)				Ashton Eaton	USA	Eugene	29.08.2015	
	10.23/-0.4 - 7.88/0.0 - 14.52 - 2.01 - 45.00 // 13.69/-0.2 - 43.34 - 5.20 - 63.63 - 4:17.52								
100m	10.12	+0.9	<b>WDB</b>	1,066	Damian Warner	CAN	Götzis AUT	25.05.2019	8,711
	10.12	+0.2	<b>WDB</b>	1,066	Damian Warner	CAN	Tokyo JPN	04.08.2021	9,018
LJ	8.28	+1.2		1,133	Damian Warner	CAN	Götzis AUT	29.05.2021	8,995
SP	18.03			977	Michael Smith	CAN	Kuala Lumpur MAS	17.09.1998	8,144
<i>Did not finish</i>	18.32			995	Brian Oldfield (*)	USA	Columbus OH	16.04.1971	DNF
HJ	2.28			1,071	Derek Drouin	CAN	Santa Barbara USA	07.04.2017	7,150
400m	45.00		<b>WDB</b>	1,060	Ashton Eaton	USA	Beijing CHN	28.08.2015	9,045
<b>Day 1</b>	4743				Damian Warner	CAN	Götzis AUT	29.05.2021	8,995
	10.14/+0.7 - 8.28/+1.2 - 14.31 - 2.09 - 47.90								
<i>Wind assisted</i>	4747		<b>WDB</b>		Dan O'Brien	USA	New York	12.06.1991	8,844
	10.23/w(NWI) - 7.96/NWI - 16.06 - 2.08 - 47.70								
110mH	13.36	+0.9	<b>WDB</b>	1,059	Damian Warner	CAN	Götzis AUT	30.05.2021	8,995
DT	55.87			993	Bryan Clay	USA	Carson	24.06.2005	8,506
PV	5.70			1,132	Tim Bright	USA	Seoul KOR	29.09.1988	8,216
JT	78.29			1,016	Leonel Suárez	CUB	La Habana	18.03.2016	8,347
1500m	3:48.2		<b>WDB</b>	1,042	Paul Cummings	USA	Provo	08.10.1976	6,850
<b>Day 2</b>	4455				Dave Johnson	USA	New Orleans	27.06.1992	8,649
	14.05/+0.4 - 45.84 - 5.10 - 59.98 - 4:36.01								
<b>Runs</b>	3944		<b>WDB</b>		Ashton Eaton	USA	Beijing CHN	29.08.2015	9,045
	10.23/-0.4 - 45.00 - 13.69/-0.2 - 4:17.52								
<b>Jumps</b>	3012		<b>WDB</b>		Zachery Ziemek	USA	Eugene	20.06.2021	8,471
<i>Wind assisted</i>	7.74/+2.3 - 2.14 - 5.55								
<i>Regular wind</i>	2985				Tom Pappas	USA	Stanford	22.06.2003	8,784
	7.96/+1.8 - 2.17 - 5.20								
<b>Throws</b>	2734				Bryan Clay	USA	Helsinki FIN	10.08.2005	8,732
	16.25 - 53.68 - 72.00								

**HEPTATHLON - Records & Best Performances**

Ideal total: **7,745** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	NATION	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.					
Heptathlon	7291 (4264/3027)				Jackie Joyner-Kersey	USA	Seoul KOR	24.09.1988	
	12.69/+0.8 - 1.86 - 15.80 - 22.56/+1.6 // 7.27/+0.7 - 45.66 - 2:08.51								
100mH	12.58	+0.4		1,189	Kendell Williams	USA	Doha WAT	02.10.2019	6,415
HJ	1.95			1,171	Akela Jones	BAR	Norwalk USA	13.04.2016	6,307
	1.95			1,171	Yorgelis Rodríguez	CUB	London GBR	05.08.2017	6,594
	1.95			1,171	Tyra Gittens	TTO	College Station USA	13.05.2021	6,418
SP	16.30			948	Jane Frederick	USA	Roma ITA	31.08.1987	6,502
200m	22.30	0.0	<b>WHB</b>	1,150	Jackie Joyner-Kersey	USA	Indianapolis USA	15.07.1988	7,218
<b>Day 1</b>	4367		<b>WHB</b>		Jackie Joyner-Kersey	USA	Indianapolis USA	15.07.1988	7,218
	12.71/-0.9 - 1.93 - 15.65 - 22.30/0.0								
LJ	7.27	+0.7	<b>WHB</b>	1,264	Jackie Joyner-Kersey	USA	Seoul KOR	24.09.1988	7,291
JT	54.76			953	Suzie Ray	USA	Houston USA	31.05.1983	5,599
<i>New JT (1.4.99)</i>	53.01			919	Ashtin Zamzow	USA	Austin USA	28.03.2019	6,148
800m	2:02.97			1,070	Anna Hall	USA	Götzis AUT	28.05.2023	6,988
<b>Day 2</b>	3027		<b>WHB</b>		Jackie Joyner-Kersey	USA	Seoul KOR	24.09.1988	7,291
	7.27/+0.7 - 45.66 - 2:08.51								
<b>Runs</b>	3323		<b>WHB</b>		Anna Hall	USA	Götzis AUT	28.05.2023	6,988
	12.75/+0.7 - 22.88/+0.1 - 2:02.97								
<b>Jumps</b>	2330		<b>WHB</b>		Tyra Gittens	TTO	College Station USA	14.05.2021	6,418
	1.95 - 6.96/+2.0								
<b>Throws</b>	1835				Jane Frederick	USA	Potsdam GDR	20.07.1984	6,678
<i>(Pre 1.4.1999)</i>	15.91 - 52.74								
<i>New JT model</i>	1727				Chantae McMillan	USA	Eugene USA	30.06.2012	6,188
<i>(Post 1.4.1999)</i>	15.02 - 50.24								

(\*) - This was his only know Decathlon. Oldfield was a WR holder of SP. Not valid as ADB.