

# BAH - Bahamas



Last update: 30 Jul 2025

## DECATHLON - Records & Best Performances

Special collaboration of Yoshiaki Oikawa (ATFS/JPN)

Ideal total: 8,972 (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	8,226 (4,255/3,971)				Ken Mullings	Saint-Denis FRA	03.08.2024	
	10.60/+0.8 - 7.38/+0.8 - 14.19 - 2.02 - 49.43 // 13.70/+0.7 - 46.07 - 4.80 - 59.83 - 4:55.84							
100m	10.28	+1.5		1,028	Kendrick Thompson	Götzis AUT	27.05.2023	8,182
LJ	7.70	+1.2		985	Kendrick Thompson	Talence FRA	05.07.2025	8,177
SP Hepta Indoor	15.91			846	Ken Mullings	Champaign USA	26.01.2024	6,340
SP	15.43			816	Ken Mullings	Götzis AUT	18.05.2024	8,176
HJ Hepta Indoor	2.16			953	Ken Mullings	Glasgow GBR	02.03.2024	6,242
HJ	2.13			925	Ken Mullings	San Salvador ESA	03.07.2023	8,060
400m	47.22			947	Kendrick Thompson	Götzis AUT	27.05.2023	8,182
Day 1	4,417				Ken Mullings	Götzis AUT	18.05.2024	8,176
	10.45/+1.2 - 7.56/+0.4 - 15.43 - 2.03 - 49.61							
110mH	13.70	+0.7		1,014	Ken Mullings	Saint-Denis FRA	03.08.2024	8,226
DT	46.07			789	Ken Mullings	Saint-Denis FRA	03.08.2024	8,226
PV Hepta Indoor	4.95			895	Ken Mullings	Champaign USA	27.01.2024	6,340
PV	4.80			849	Ken Mullings	Götzis AUT	19.05.2024	8,176
	4.80			849	Ken Mullings	Saint-Denis FRA	03.08.2024	8,226
JT	64.93			812	Kendrick Thompson	Walnut USA	13.04.2023	8,015
1500m	4:36.46			703	Kendrick Thompson	Götzis AUT	01.06.2025	8,079
Day 2	3,971				Ken Mullings	Saint-Denis FRA	03.08.2024	8,226
	13.70/+0.7 - 46.07 - 4.80 - 59.83 - 4:55.84							
Runs	3,479				Kendrick Thompson	Götzis AUT	28.05.2023	8,182
	10.28/+1.5 - 47.22 - 14.40/+0.1 - 4:56.44							
Jumps	2,769				Ken Mullings	Champaign USA	27.01.2024	6,340
Hepta Indoor	7.52 - 2.14 - 4.95							
Jumps	2,630				Ken Mullings	Götzis AUT	19.05.2024	8,176
	7.56/+1.2 - 2.03 - 4.80							
Throws	2,264				Ken Mullings	Saint-Denis FRA	03.08.2024	8,226
	14.19 - 46.07 - 59.83							

## HEPTATHLON - Records & Best Performances

Ideal total: 5,914 (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	5,368 (3,089/2,279)				Carmel Major	Baton Rouge USA	06.06.1987	
	14.10/+2.2 - 1.53 - 10.94 - 25.09/+1.8 // 5.35/+1.3 - 45.52 - 2:18.21							
100mH Wind assisted	14.10	+2.2		964	Carmel Major	Baton Rouge USA	05.06.1987	5,368
100mH	14.35	+1.4		929	Aaliyah Evans	Port of Spain TTO	20.04.2025	4,625
HJ	1.77			941	Tanya Wildgoose	Auburn USA	15.05.1997	4,831
SP	11.83			650	Shaunae Miller-Uibo	Nassau BAH	05.07.2023	3,369
200m	25.09	+1.8		879	Carmel Major	Baton Rouge USA	05.06.1987	5,368
Day 1	3,116				Shaunae Miller-Uibo	Nassau BAH	05.07.2023	3,369
	14.60/+3.2 - 1.58 - 11.83 - 25.31/+1.5							
LJ	5.66	+1.0		747	Tanya Wildgoose	Auburn USA	16.05.1997	4,831
JT	53.10			920	Laverne Eve	Austin USA	07.04.1994	5,197
800m	2:18.21			848	Carmel Major	Baton Rouge USA	06.06.1987	5,368
Day 2	2,279				Carmel Major	Baton Rouge USA	06.06.1987	5,368
	5.35/+1.3 - 45.52 - 2:18.21							
Runs	2,691				Carmel Major	Baton Rouge USA	06.06.1987	5,368
	14.10/+2.2 - 25.09/+1.8 - 2:18.21							
Jumps	1,688				Tanya Wildgoose	Auburn USA	16.05.1997	4,831
	1.77 - 5.66/+1.0							
Throws	1,365				Carmel Major	Baton Rouge USA	06.06.1987	5,368
	10.94 - 45.52							