

**Heptathlon****DATA SHEET 1*****Jackie Joyner-Kaysee, Olympic Games, Seoul, 1988***

<b>Event</b>	<b>Performance</b>	<b>Points</b>
100 m hurdles	12.69 secs	1172
High jump	1.86 m	1054
Shot put	15.80 m	915
200 m	22.56 secs	1123
Long jump	7.27 m	1264
Javelin	45.66	776
800 m	2 mins 08.51 secs	987

**Heptathlon****DATA SHEET 2*****Top 10 Heptathlon performances***

<b>Mark</b>	<b>Athlete</b>	<b>Nationality</b>	<b>Venue</b>	<b>Year</b>
7291	Jackie Joyner-Kersey	United States	Seoul	1988
7032	Carolina Klüft	Sweden	Osaka	2007
7007	Larisa Turchinskaya	Soviet Union	Bryansk	1989
6985	Sabine Braun	Germany	Götzis	1992
6946	Sabine John	East Germany	Potsdam	1984
6942	Ghada Shouaa	Syria	Götzis	1996
6935	Ramona Neubert	East Germany	Moscow	1983
6889	Eunice Barber	France	Arles	2005
6859	Natalya Shubenkova	Soviet Union	Kiev	1984
6858	Anke Vater-Behmer	East Germany	Seoul	1988

(Accurate as at August 2007)

## Heptathlon

### *Formulae for Points*

## DATA SHEET 3

### (a) TRACK events

$$P = a b - M^c$$

( $M$  is time for event,  
in seconds)

	<i>a</i>	<i>b</i>	<i>c</i>	units
100 m hurdle	9.23076	26.7	1.835	sec
200 m	4.99087	42.5	1.81	sec
800 m	0.11193	254	1.88	sec

### (b) FIELD events

$$P = a M - b^c$$

( $M$  is distance thrown  
or jumped)

	<i>a</i>	<i>b</i>	<i>c</i>	units
High jump	1.84523	75	1.348	cm
Long jump	0.188807	210	1.41	cm
Shot put	56.0211	1.5	1.05	m
Javelin	15.9803	3.8	1.04	m

**Heptathlon****DATA SHEET 4*****World Athletics Championships, Osaka, 2007***

<b>Name</b>	<b>100 m hurdles (s)</b>	<b>High jump (m)</b>	<b>Shot put (m)</b>	<b>200 m (s)</b>	<b>Long jump (m)</b>	<b>Javelin (m)</b>	<b>800 m (s)</b>
<b>Caroline Klüft</b> (SWE)	13.15	1.95	14.81	23.38	6.85	47.98	132.56
<i>Points</i>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Lydmila Blonska</b> (Ukr)	13.25	1.92	14.44	2.09	6.88	47.77	136.68
<i>Points</i>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Kelly Sotherton</b> (UK)	13.21	1.86	14.14	23.40	6.68	31.90	131.58
<i>Points</i>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Jessica Ennis</b> (UK)	12.97	1.89	11.93	23.15	6.33	38.07	131.39
<i>Points</i>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>