### Slide 1: Multi-event Athletes

- \*\*Multi-event Athletes\*\* - athletes who run, jump, and throw.

### Slide 2: Athletic Decathlon

- \*\*Athletic Decathlon\*\* - a competition for the most versatile track and field athletes.

- Consists of several events, where results are converted into points using a scoring table.

- The sum of these points determines the overall ranking in the competition.

### Slides 3 - 5: A Page from History

- \*\*Ancient Pentathlon\*\*:

- Held in Ancient Greece from around 708 B.C.

- Consisted of running, long jump, javelin throw, discus throw, and wrestling.

- To win, an athlete had to excel in three events; if necessary, an additional run and wrestling were held.

- \*\*Modern Versions\*\*:

- In 1851 in England: high jump, long jump, stone put, half-mile run, rope climbing.

- In 1880 in Germany: pole vault, long jump, stone throw.

- In 1884 in the USA: decathlon held in one day.

- \*\*Olympic History\*\*:

- Since 1912, the decathlon has been an Olympic event.

- In Stockholm, the pentathlon and decathlon for men were held.

- Jim Thorpe scored 8413 points, becoming the best athlete.

- \*\*Currently\*\*:

- At the Olympic Games: heptathlon (women) and decathlon (men).

- Indoor competitions: pentathlon (women) and heptathlon (men).

### Slide 6: Women's Multi-event



- \*\*Photo\*\*: [Adrianna Sułek](https://pomorska.pl/adrianna-sulek-i-ondrej-kopecky-wygrali-1-memorial-wieslawa-czapiewskiegow-bydgoszczy/ar/c2-16342045)

### Slide 7: Women's Heptathlon

- \*\*Events at outdoor stadium\*\*:

- \*\*Day 1\*\*:

- 100 meters hurdles

- High jump

- Shot put

- 200 meters

- \*\*Day 2\*\*:

- Long jump

- Javelin throw

- 800 meters

### Slide 8: Women's Pentathlon

- \*\*Held during indoor competitions\*\*:

- 60 meters hurdles

- High jump

- Long jump

- Shot put

- 800 meters

### Slide 9: Men's Multi-event



- \*\*Photo\*\*: [Men's Multi-event](https://eurosport.tvn24.pl/lekkoatletyka,128/lekkoatletyczne-ms-fenomenalny-rekord-swiata-w-dziesiecioboju,572669.html)

### Slide 10: Men's Decathlon

- \*\*Events for men at outdoor venue\*\*:

- \*\*Day 1\*\*:

- 100 meters

- Long jump

- High jump

- Shot put

- 400 meters

- \*\*Day 2\*\*:

- 110 meters hurdles

- Discus throw

- Javelin throw

- Pole vault

- 1500 meters

### Slide 11: Men's Heptathlon

- \*\*Held at indoor venues\*\*:

- \*\*Day 1\*\*:

- 60 meters

- Long jump

- High jump

- Shot put

- \*\*Day 2\*\*:

- 60 meters hurdles

- 1000 meters

- Pole vault

### Slide 12: How to Determine the Winner?

- \*\*Points from the table\*\*:

- Results are converted into points.

- First tables created in 1884 in the USA.

- In 1912, IAAF created official tables with points based on Olympic records.

- Tables were modified, last update in 2001.

### Slide 13: Who is Athletic Decathlon For?

- \*\*Versatility Requirement\*\*:

- A multi-event athlete must be fast, agile, strong, and enduring.

- Requires both physical and mental stamina as well as a competitive spirit.

### Slide 14: Task

- \*\*Create your dream multi-event\*\* (minimum of three events):

- \*\*Preferences\*\*: Justify your choices of events.

### Slides 15 - 18: Fun Facts

- \*\*Different Versions of Multi-event\*\*:

- Can include various numbers of events depending on location and category of athletes.

- Can include different sports, e.g., weightlifting (Olympic biathlon), modern pentathlon, triathlon.

- \*\*Notable Records\*\*:

- Ryszard Katus won a bronze Olympic medal in decathlon.

- Kevin Mayer set the world record in decathlon (9126 points).

- Sebastian Chmara set the Polish record in decathlon (8566 points) in 1998.

- Adrianna Sułek set the Polish record in heptathlon (6672 points) in 2022.

### Slide 19: Quiz

1. \*\*Ancient Pentathlon\*\*: 708 B.C., pentathlon

2. \*\*Past Competitions\*\*: Stone put

3. \*\*Duration\*\*: 2 days

4. \*\*Women's Heptathlon\*\*: 100 meters hurdles, long jump, high jump, shot put, 400 meters, 110 meters hurdles, discus throw, javelin throw, pole vault, 1500 meters

5. \*\*Decathlon Races\*\*: Shortest - 100 meters, longest - 1500 meters

6. \*\*Olympic Event\*\*: Since 1912

7. \*\*First Olympic Champion\*\*: Jim Thorpe

8. \*\*Olympic Medal for Poland\*\*: Ryszard Katus, bronze medal

9. \*\*Polish Record in Women's Heptathlon\*\*: Broken after 37 years

10. \*\*Traits of a Multi-event Athlete\*\*: Strength, agility, speed, physical and mental endurance