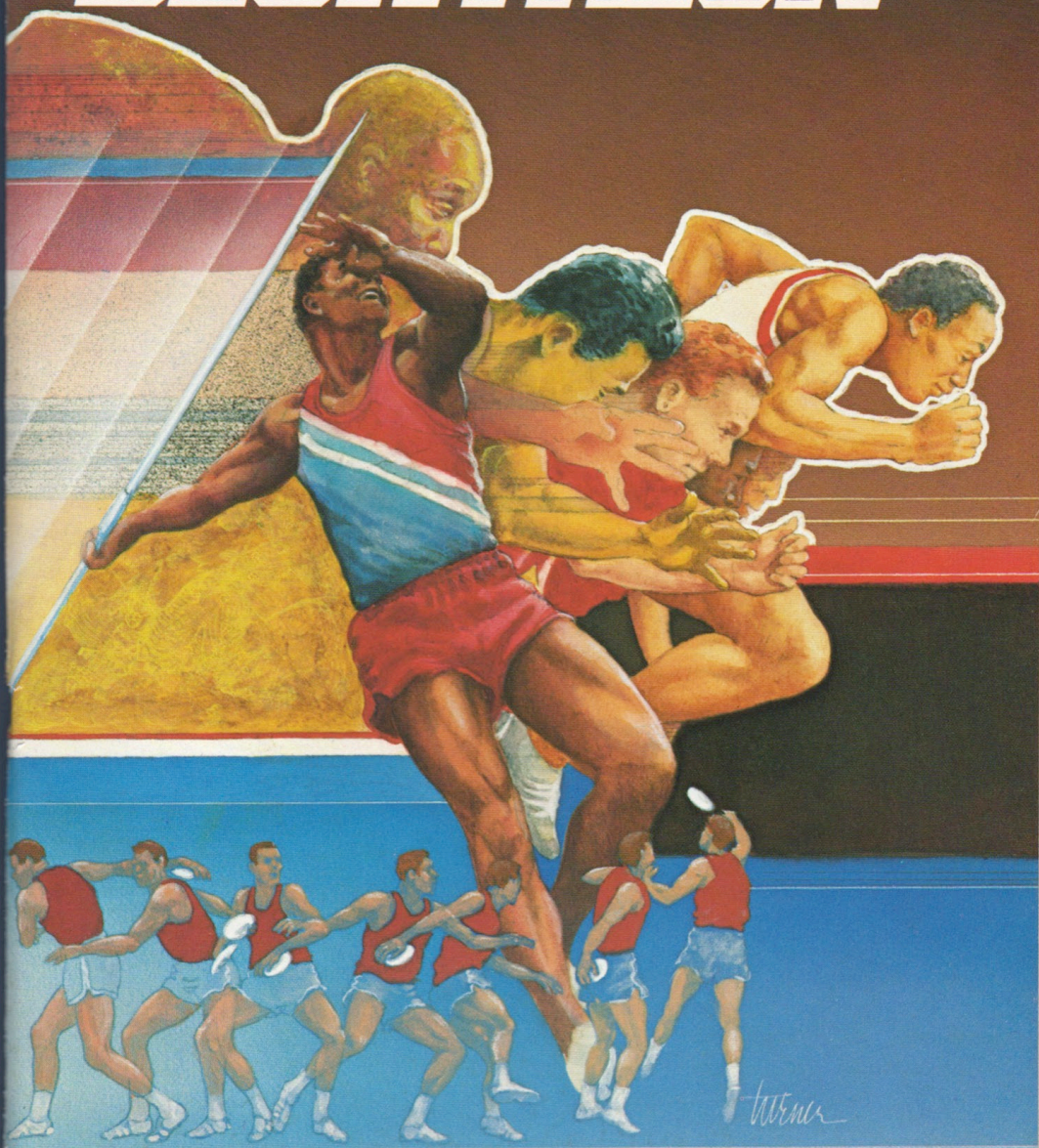


IBM

Personal Computer
Entertainment Series

MICROSOFT DECATHLON



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Continued on inside back cover



*Personal Computer
Entertainment Series*

MICROSOFT DECATHLON

Produced by Microsoft
Written by Timothy W. Smith

First Edition (April 1982)

Changes are periodically made to the information herein; these changes will be incorporated in new editions of this publication.

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Notes:

To Be a Champion!

Here's your chance to become a champion in the greatest of all athletic competitions—the Decathlon!

The Decathlon has been called the truest test of an athlete. It demands excellence in ten different events that cover running, jumping, and throwing.

In Microsoft Decathlon, you'll compete just as if you were in the actual sports event. You'll run the 100-meter dash, leap the long jump, hurl the shot put, jump the high jump, and dash for 400 meters. Then you'll compete in the 110-meter hurdles, the discus throw, the pole vault, the javelin throw, and the 1500-meter run.

Each event is presented with animated graphics. You can use the keyboard to manipulate the figures on the screen. To win, you'll need a good sense of timing, fast reflexes, and excellent coordination.

Up to six athletes may compete. You are awarded points for each event, based on how your performance matches world champion standards. The competitor who earns the most points in the greatest number of events wins the gold medal and the title of World's Greatest Athlete!

The Right Hardware

To play Microsoft Decathlon you must have an IBM Personal Computer with at least 64K bytes of memory, a monitor attached to the IBM Color/Graphics Adapter, and one or two diskette drives.

The Microsoft Decathlon Diskette

Your Microsoft Decathlon diskette contains a high quality copy of the Decathlon program.

When using the diskette, you will want to take the following precautions:

- Always place the diskette back in the jacket after use.
- Never touch the diskette surface through the diskette window.
- Keep the diskette away from sources of magnetism such as stereo speakers, or heat such as direct sunlight.
- Use felt tip pens rather than ball point pens when writing on diskette labels.

Notes:



When the drive is in a state where it will not accept data, the drive will display the following message:

If your IBM Personal Computer is OFF and ON the System Mode Switch and message is displayed, the drive is already OK, press the **DEL** key while holding down the **CTRL** and **ALT** keys.

Diskette Replacement

Your Microsoft Decathlon diskette is guaranteed to be error free. If it fails to work properly when first opened, consult your IBM Personal Computer dealer.

The Microsoft Decathlon Diskette

Your Microsoft Decathlon Diskette contains a high quality copy of the Decathlon program.

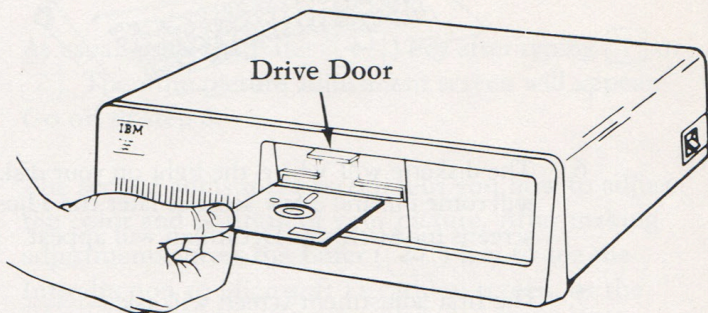
When you first diskette you will want to take the following steps:

- Check the diskette for damage before using it.
- Never touch the diskette surface through the diskette window.
- Avoid the use of diskettes in areas of high humidity or where dust or lint may be present.
- Use only the diskette that has been properly sealed in its original package.

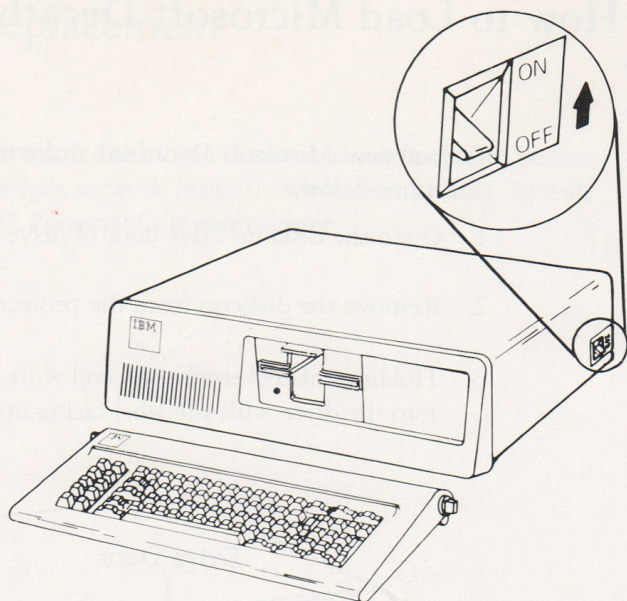
How to Load Microsoft Decathlon

To load your Microsoft Decathlon diskette, follow the directions below.

1. Open the diskette drive door of drive A.
2. Remove the diskette from the protective jacket.
3. Holding the diskette by the end with the label, insert it into the drive with the label facing up.




4. When the diskette is in as far as it will go, close the diskette drive door.
5. If your IBM Personal Computer is OFF, turn ON the System Unit Switch and monitor. If the computer is already ON, press the **DEL** key while holding down the **CTRL** and **ALT** keys.



6. The diskette will whirr, the light on your diskette drive will come on, and a few seconds later the adjustment screens for Microsoft Decathlon will appear.
7. The first adjustment screen will ask:

Are you using a color display?

Answer by typing YES or NO, then press the Enter () key.

If you answered NO, the picture adjustment screen will appear. Go on to step 8.

If you answered YES, a screen with two blocks of text will appear. You will be able to read one block of text, but the other one will be blurry. Follow the directions in the readable text:

I need to know what type of display device you are using. Press the **1** key if this text is more readable than the text below.

or

Press the **2** key if this text is more readable than the text above. That will tell me what type of display device you are using.

As usual, press the Enter (**↵**) key after typing **1** or **2**. Then the picture adjustment screen will appear. Go on to step 8.

8. The second adjustment screen tells you how to adjust the color and position of your picture. After making adjustments, press the Enter (**↵**) key to see the Introduction to Microsoft Decathlon screen, or the **ESC** key to skip the Introduction and begin playing.

How to Exit Microsoft Decathlon

While you are playing Microsoft Decathlon, you should leave the diskette in the diskette drive, unless the program or this manual tells you to remove it.

When you want to leave the program (whether or not the game is finished), open the diskette drive door and remove the diskette from the diskette drive.

To Backup Your Microsoft Decathlon Diskette


No matter how careful you are, diskettes sometimes are damaged and the programs ruined. Therefore, one of the first things you should do is make a backup copy of the diskette.

With Microsoft Decathlon, you can make one copy of the diskette, to be used only for your personal backup. Any other use of the extra copy violates copyright laws.

To make a backup copy, follow these instructions:

1. Remove the silver write-protect tab from the diskette. Save the tab—you will put it back on later.
2. Insert the diskette into drive A, close the drive door, and turn ON the IBM Personal Computer System Unit Switch and monitor. When the program is loaded, the first adjustment screen will appear with the following question:

Are you using a color display?

Answer by typing YES or NO, then press the Enter () key.

If you answered NO, the picture adjustment screen will appear. Go on to step 3.

If you answered YES, a screen with two blocks of text will appear. You will be able to read one block of text, but the other one will be blurry. Follow the directions in the readable text:

I need to know what type of display device you are using. Press the **1** key if this text is more readable than the text below.

or


Press **2** if this text is more readable than the text above. That will tell me what type of display device you are using.


As usual, press the Enter (**↵**) key after typing **1** or **2**. When the picture adjustment screen appears, go on to step 3.

3. When the next screen (the picture adjustment screen) appears, press the **B** key, rather than following the instructions shown on the screen.
4. You will then be given instructions for inserting the blank diskette. After you have inserted the diskette and pressed Enter (**↵**), the message **DISK BACKUP IN PROGRESS** will appear.

Note that if you are using a single-drive machine, you will be asked to switch back and forth between the blank diskette and the original several times. This is necessary because only part of the program is copied each time the blank diskette is inserted.

5. When the backup is complete, the screen will indicate **BACKUP COMPLETE**. You can now remove the backup diskette from the diskette drive and put it aside to use in case the original diskette is damaged. If you are using a single-drive machine, reinsert the original diskette.

The original diskette should now be in the diskette drive. Press the Enter () key to return to the beginning of the program. You can now readjust the program (starting with step 7 on page 6) and begin to play.

6. If, for any reason, this backup attempt was unsuccessful, the computer will indicate **BACKUP FAILED**. Press the Enter () key to return to the beginning of the program (with single-drive machines, make sure the original diskette is in the drive), and then repeat the backup process. If you have further difficulties, try a different diskette.
7. When one good copy has been completed, no additional copies of either diskette may be made. If a second backup is attempted, the computer will respond with **HAS ALREADY BEEN PERFORMED**.
8. The next time you take the original diskette out of the drive, put the write-protect tab back on. The tab should cover the notch on the left side of the diskette, when you are holding the diskette as if you were placing it in the drive.

How Microsoft Decathlon Is Scored

In the Decathlon, competitors aren't scored against each other, but are rated on a points scored basis. The official points table used to rate performances is based on the current world record in each event. A performance equal to the world record would earn a score of approximately 1000. A lesser performance would result in a lesser score.

Microsoft Decathlon is scored the same way. You win points for your performance in each event and the competitor with the most points at the end of the Decathlon is the winner. In those events in which you are allowed more than one attempt, you will be scored according to your best performance.

You don't have to score highest in every event to win the Decathlon, but remember that each poor performance must be made up in other events.

It's possible to get more than 1000 points in an event, but it doesn't happen very often. Bruce Jenner's record-setting performance in 1976 totalled 8617 points for the ten events. You can also get a score of zero for an event—if you miss all three tries at the pole vault, for example.

Bruce Jenner, of the United States, earned the "World's Greatest Athlete" title in 1976 with a record-breaking 8617 points. Sweden's representative earned the first "World's Greatest Athlete" title in 1912 with a total of 6161 points.

At the end of each Microsoft Decathlon, the names and scores of the two highest decathletes are saved on the diskette. On a new diskette, Bruce Jenner's scores have been recorded along with the highest scores in the 1912 Decathlon. If you beat either of them, the program gives you the chance to substitute your name and scores on the

diskette. For example, if you beat Bruce Jenner, you become number 1, he becomes number 2, and Sweden's scores are no longer saved. Here, then, is your original competition:

Event	Jenner-1976	Sweden-1912
100-Meter Dash	819 10.94 sec	622 11.8 sec
Long Jump	865 722 cm (23' 8 1/4")	697 642 cm (21' 3/4")
Shot Put	809 15.35 m (50' 4 1/4")	608 12.14 m (39' 10")
High Jump	882 203 cm (6' 8")	634 175 cm (5' 9")
400-Meter Dash	922 47.51 sec	655 53.6 sec
110-Meter Hurdles	866 14.84 sec	645 17.2 sec
Discus Throw	873 50.04 m (164' 2")	610 36.29 m (119' 1")
Pole Vault	1005 480 cm (15' 9")	558 310 cm (10' 2")
Javelin Throw	862 68.52 m (224' 9")	638 50.4 m (165' 4")
1500-Meter Run	714 4 min. 12.61 sec	494 4 min. 45.0 sec
Total Points	8617	6161




(Note: 2.54 cm = 1 inch; 1 m = 3.281 feet)

A running total of all competitors' scores is stored in a "standings table." You can view the standings at several points during the games. The standings table is set up for a maximum of six competitors. If there is room in the standings table, the two highest scorers recorded so far will be included when standings are displayed.

Note that when six people are playing Microsoft Decathlon there is not room in the standings table to include the two highest scorers recorded on the diskette. Since the gold, silver, and bronze medals are awarded on the basis of points listed only in the standings table, it is possible to win a gold or silver medal without breaking the record held by one of the two highest scorers. If you do set a new record, however, you can still save your score on the diskette.

Following the awards ceremony at the end of the games, the final standings will be displayed. If you have set a new scoring record and wish to have your name and scores saved on the diskette, you will be able to record them at that time (see page 47).

Getting Started

The first two screens you see when you load Microsoft Decathlon help you indicate to the computer which monitor type you are using and adjust the color and position of your picture. These screens are described on pages 6-7. The second screen tells you to press the Enter () key to see the Introduction, or  to skip the Introduction and begin playing. If you press the Enter () key to see the Introduction, the screen will announce:

Microsoft Decathlon
for the IBM Personal Computer
COPYRIGHT 1982 BY TIMOTHY W. SMITH
COPYRIGHT 1982 BY IBM CORPORATION


Then the following text will be displayed:

The decathlon is the ultimate athletic competition which determines the world's best all-round athlete. Each athlete must compete in ten different track and field events. For each event, points are awarded to the competitors based on their best performances—measured in time, distance, or height. The competitor who earns the most points wins the gold medal and the title of "World's Greatest Athlete"!



The current holder of the title is USA's Bruce Jenner who earned a record-breaking total of 8,617 points in Montreal in 1976.

If you wish to take practice runs, jumps, or throws, you must do so now before the decathlon begins.

Press  to continue.

When you press the  key, you will see this question:

Do you want to practice any event before the decathlon begins?

Here, obviously, you have two choices: YES or NO. If you choose NO (by typing NO or N, then pressing the Enter () key), the Decathlon will begin and you will proceed event by event through the competition. If you choose YES (by typing YES or Y, then pressing the Enter () key), you will be able to practice any of the events of the Decathlon as many times as you wish and in any order.

Practice Sessions

You may practice any or all of the events before beginning the Decathlon. However, if you wish to practice, you must do so before the Decathlon begins. Once you have actually begun the competition, you can't practice.

You are given the opportunity to select practice sessions immediately after the title screen and the instructions appear. If you reply YES to "Do you want to practice any event before the decathlon begins?" the computer will inquire:

WHICH EVENT DO YOU WANT TO PRACTICE?

1. 100-METER DASH
2. LONG JUMP
3. SHOT PUT
4. HIGH JUMP
5. 400-METER DASH
6. 110-METER HURDLES
7. DISCUS THROW
8. POLE VAULT
9. JAVELIN THROW
10. 1500-METER RUN

Type the number of the event you wish to practice, then press the Enter (↵) key. For instructions, refer to the section for that particular event.

Note: At any time during the Microsoft Decathlon program, you can press the CTRL and BREAK keys to return to the practice menu.


Play the selected event as you would in actual competition. If in actual competition you get three trials in an event, you will be given three trials during practice. If it's one try in the competition, it's one try in the practice session, too.


After you have completed the selected event, the computer will advise you of your performance:

That performance would be worth xx points in the decathlon.

It will also ask again:

Do you want to practice any event before the decathlon begins?

Answer YES (and press the Enter () key) to continue practicing. You will be shown the event menu again so you can select the event you want to practice.


When you have practiced as much as you wish, answer NO (and press the Enter () key) in response to the question. Microsoft Decathlon will automatically begin.

Playing Microsoft Decathlon

Once you are ready to begin the Decathlon, the computer will ask:

How many athletes will be competing (1-6)?


As many as six athletes may compete in the Decathlon, or you may play by yourself. If fewer than five people play, the top two scorers recorded on the diskette (originally Jenner and Sweden's) will be included in the standings. If five people play, only the top scorer on the diskette will be included in the standings. You will find that Microsoft Decathlon develops an entirely different character when played with several competitors. Try it!

Type the appropriate number of players and press the Enter () key. If you select more than one player, the computer will notify you that:

Each athlete should have a different first name.

It will then request:

Name of athlete #1:

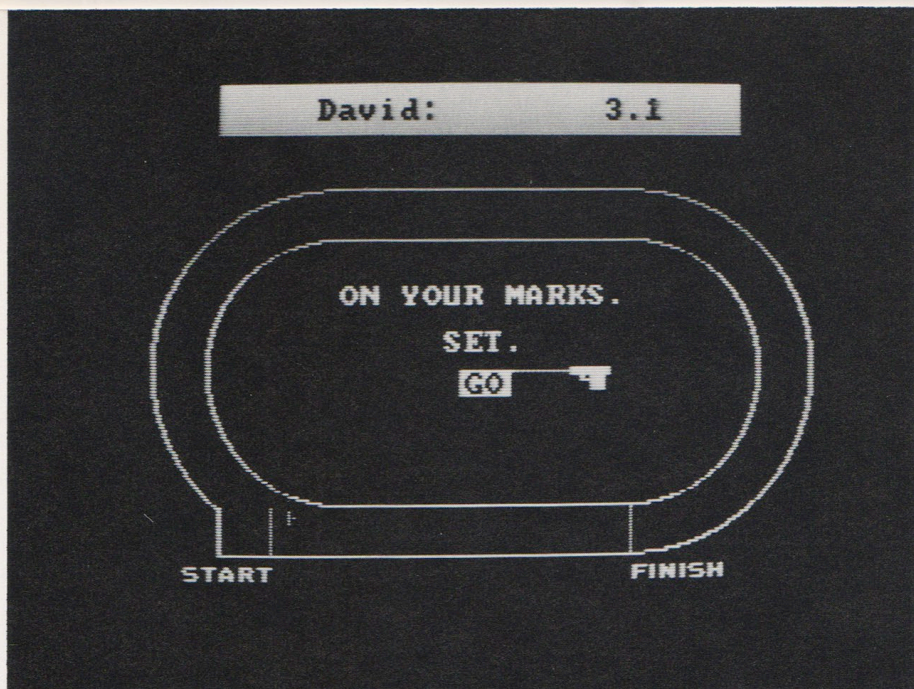
Type in the names of the players as prompted (Jill, Jack, Joe), pressing the Enter () key after each name. Player names must be at least two letters long to be accepted. (The order in which you name the players is not important, because the computer determines the order in which players will compete.)

After you have named all the athletes, the computer will ask each one

Which country do you wish to represent (1-32)?

and will display the 32 possible choices. Your choice of country will have no effect on your score.

Type the number of your chosen country and press the Enter (↵) key. After countries have been chosen, the computer will automatically proceed to the first event: The 100-Meter Dash.



The First Event: The 100-Meter Dash

The object of this event is to "run" (pressing two keys alternately) as fast as you can, from the start to the finish line. You will run the 100-Meter Dash just once, and your score will be based on your time in that one run. Up to two athletes may compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two.

The computer will notify you:

Attention Name 1:

You will be running in lane 1.

Please go to the starting line.

Use the 1 and 2 keys for running.

Move to the starting line by alternately pressing the 1 and 2 keys at the top left of the keyboard. You must touch the starting line before the computer will proceed with the event.

The computer will then display:

Attention Name 2:

You will be running in lane 2.

Please go to the starting line.

Use the [] and [] keys for running.

The second runner should now move to the starting line by alternately pressing the [] and [] keys.

As soon as both players are in position (or one, if only one athlete is competing), the starter's gun will appear in the middle of the screen, followed by the warning:

**ON YOUR MARKS.
SET.**

If all is well, the starting gun will fire, displaying a GO flag.

As soon as you see the flag, start running toward the finish line just as quickly as you can, alternating between the [1] and [2] keys, or between the [] and [] keys, as appropriate. Your time will be recorded and displayed by the computer.

If you don't see the GO flag, you will probably see this message instead:

**You started before the gun was fired.
If you make 2 more false starts you will be
disqualified.**

This message indicates that you started running before the starting pistol was fired. The computer will start the race again; be careful not to make another false start.

After you reach the finish line, the computer will ask you to:

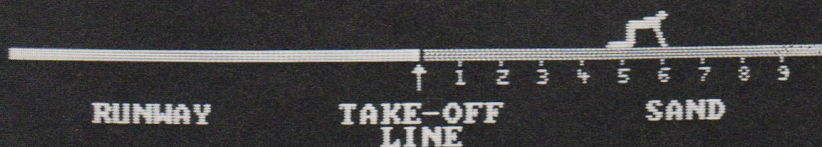
Press **ESC** to continue **?** for standings.

Pressing the **?** key will display a table of each player's scores in all events to date (since this is the first event, there will only be scores for the first two runners in this event). See "How Microsoft Decathlon Is Scored," page 12, for an explanation of the score. After the standings are displayed, press **ESC** to proceed.

If you don't wish to see the standings at this point, just press **ESC** to proceed. If there are more than two competitors, the next two will be announced for the dash. If just two players are competing, pressing **ESC** will display the standings just as **?** does.

The dash will be repeated up to two times as necessary so all the athletes can compete. After everyone has completed the event, press **ESC** to display all the scores, then press **ESC** again to proceed to the next event: The Long Jump.

You jumped at a 13 degree angle
for a distance of 461 cm.



The Long Jump

In the Decathlon Long Jump, you will take a running start from off the left side of the screen, plant your take-off foot just before the take-off line, then release your jump at an angle to jump as far as possible.

Each athlete gets three attempts at the Long Jump, with each player's final score showing his/her best performance. You will use three keys to control your jump:

the

the key

the Enter () key

Your timing in pressing each of these keys, plus the approach speed you select, will determine your performance in the Long Jump.

After the Long Jump is announced by the computer, you will see the message:

Attention Name:

You may now take your first trial.

What will be the speed of your runup (700-1000 cm/sec)?

Type the speed at which you wish to approach the take-off line, then press the Enter (↵) key.

Tip: Keep in mind that a faster approach can help you jump farther, but only if you can control the speed.

The computer will display the instructions:

Press the **SPACE BAR** to begin your approach.

Press the **X** key to plant your take-off foot.

Press the Enter (↵) key to jump.

You are now ready to start your attempt. Press the **SPACE BAR** once to begin your approach. It may take a few seconds for your figure to appear at the left of the runway. The computer will record your speed and your decreasing distance from the take-off line. You must press the **X** key to plant your foot before you reach the take-off line.

Then wait until you've moved to the angle at which you wish to jump and press the Enter (↵) key. If the jump is successful, the computer will announce your performance:

You jumped at a xx-degree angle for a distance of xx cm.

Press **ESC** to continue **?** for standings.

There are two possible errors that will disqualify an attempt.

FOOT FAULT: You stepped on the plasticine.

FACE FAULT: You fell flat on your face.

If you want to see the standings to date, press . Otherwise press . The computer will proceed to the next contestant and repeat the event. After each athlete completes one trial, there are second and third rounds, so each competitor has the opportunity to better his/her performance.

Once everyone has had three trials, press to see the current standings of all contestants. Then press again to proceed to the next event: The Shot Put.

Attention David (USA):

You may now take your first trial.

Hold down the **E** key to extend your arm with your triceps.

Hold down the **L** key to lift your arm with your shoulder muscles.



MOTION OF SHOT

0 CM/SEC VERTICALLY

0 CM/SEC HORIZONTALLY

The Shot Put

In the Shot Put, you will attempt to throw or "put" a 16-pound metal ball as far as you can, using an overhand throw.

Each player gets three attempts and each player's score is determined by his/her longest put.

After the computer announces the event, it will display:

Attention Name

You may now take your first trial.

Hold down the **E** key to extend your arm with your triceps.

Hold down the **L** key to lift your arm with your shoulder muscles.

As soon as you begin to apply muscle force to the shot, the shot will begin to move and it cannot be stopped. Use a combination of triceps and shoulder muscles to guide the shot outwards and upwards.

The shot moves in very slow motion to give you time to make adjustments in the muscle forces, but you should try to move the shot as quickly as possible to increase its distance. Holding a key down increases the speed; releasing it decreases the speed.

As always, use the **ESC** key to proceed or the **?** to check the standings.



FOAM PIT

SPEED = 520 cm/sec
DISTANCE = 1 m

The High Jump

The object of the High Jump is to lift yourself up and over a crossbar set at a given height, using no equipment to aid yourself. Each time one height is cleared, you will be offered the chance to jump at a greater height.

You will get three tries to clear each height. Your score is determined by the greatest height cleared.



After the jump is announced, the computer will display:

Attention Name:

You have 3 chances to clear the bar.

The crossbar has been placed at 135 cm.

Do you want to attempt this height?

135 cm is the lowest height you can jump. If you answer YES (and press the Enter () key), you will be given three chances to clear this height. If you wish to try a higher crossbar for your first attempt, answer NO (then press the Enter () key) and on your next turn the computer will offer you the next height, 150 cm. Once you have refused to jump at a particular height, you will not be given the chance to jump at that height again.

The computer will display the instructions:

Press the **SPACE BAR** to begin your approach.

Press the **X** key to plant your take-off foot.

Press the Enter (**↵**) key to jump.

You are now ready to start your attempt. Once you press the **SPACE BAR** and begin your approach, the computer will record your speed and your decreasing distance from the crossbar. As with the Long Jump, you may not come into view until a few seconds after you have begun your approach. You must press the **X** key to plant your foot before you reach the crossbar. Then wait until you've moved to the angle at which you wish to jump and press the Enter (**↵**) key.

Tip: You will want to jump at a greater angle (more quickly after you press the **X** key) than you did in the Long Jump, since your object here is height, not distance.

If your jump is successful, you will be informed:

Good Jump!

Press **ESC** to continue **?** for standings.

If your attempt fails, you will get a message such as:

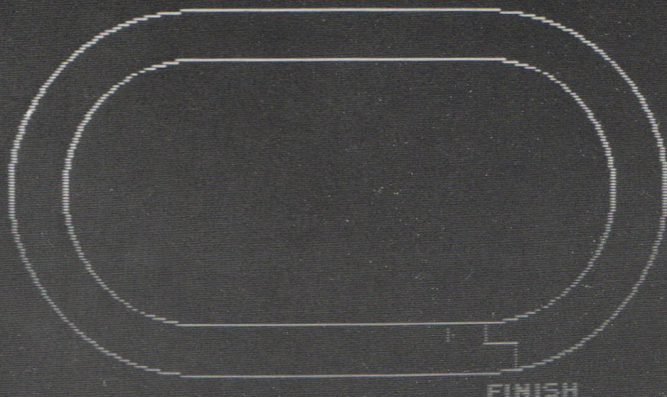
You fell flat on your face.

or

You failed to clear.

If you fail at the first attempt, you will be given two more chances on subsequent turns to clear that height. Once you clear one height, you will be offered the next height on your next turn and, again, you will have three chances to clear that height. (If you keep turning down higher jumps, the computer will eventually tell you that you must make an attempt.)

Attention David (USA):
You will be running in lane 1.
Please go to the starting line.
Use the **1** and **2** keys for running.



The 400-Meter Dash

Like the 100-Meter Dash, the object of the 400-Meter Dash is speed! In fact, the 400-Meter Dash is run just like the 100-meter version. Note that the starting positions are staggered in the 400-Meter so the person in the outside lane will run the same distance as the person in the inside lane.

You will run the 400-Meter Dash just once, and your score will be based on your time in that one run. Up to two athletes may compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two.

The computer will notify you:

Attention Name 1:

You will be running in lane 1.

Please go to the starting line.

Use the **1 and **2** keys for running.**

Move to the starting line by alternately pressing the **1** and **2** keys at the top left of the keyboard. You must touch the starting line before the computer will proceed with the event.

The computer will then display:

Attention *Name 2*:

You will be running in lane 2.

Please go to the starting line.

Use the [] and [] keys for running.

The second runner should now move to the starting line by alternately pressing the [] and [] keys. As soon as both players are in position (or one, if only one athlete is competing), the starter's gun will appear in the middle of the screen, followed by the warning:

ON YOUR MARKS.

SET.

If all is well, the starting gun will fire, displaying a GO flag.

As soon as you see the flag, start running toward the finish line just as quickly as you can, alternating between the [1] and [2] keys, or between the [] and [] keys, as appropriate. Your time will be recorded and displayed by the computer.

If you don't see the GO flag, you will probably see this message instead:

You started before the gun was fired.

If you make 2 more false starts you will be disqualified.

This message indicates that you started running before the starting pistol was fired. The computer will start the race again; be careful not to make another false start.

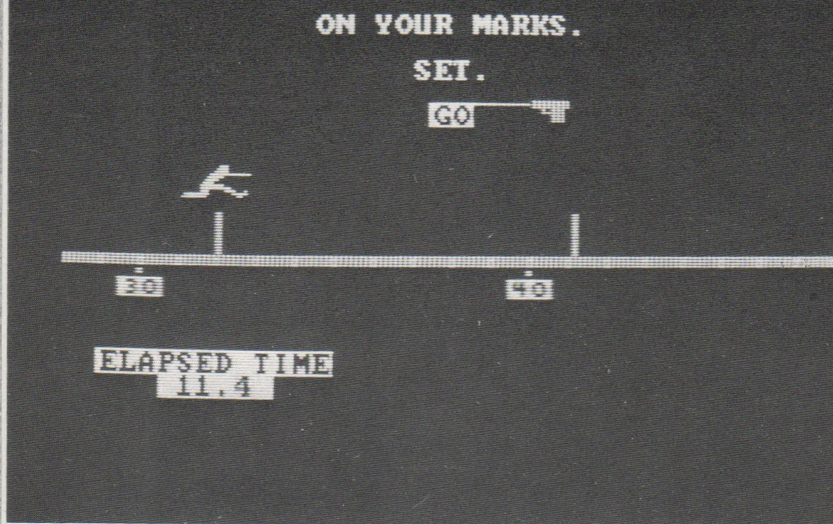
After you reach the finish line, the computer will ask you to:

Press [ESC] to continue [?] for standings.

Pressing the [?] key will display the standings table. After the standings are displayed, press [ESC] to proceed.

If you don't wish to see the standings at this point, just press **ESC** to proceed. If there are more than two competitors, the next two will be announced for the dash. If just two players are competing, pressing **ESC** will display the standings just as **?** does.

The dash will be repeated up to two times as necessary so all the athletes can compete. After everyone has completed the event, press **ESC** to display all the scores, then press **ESC** again to proceed to the next event: The 110-Meter Hurdles.



The 110-Meter Hurdles

In the 110-Meter Hurdles, you will run 110 meters, jumping 10 evenly-spaced hurdles along the way. Your object is not only speed but also accuracy in clearing the hurdles. Each athlete gets only one try and is scored according to his/her time on that try.

After the event is announced, the computer will display:

Attention *Name*:

Please go to the starting line.

Use the [] and [] keys for running and hurdling.

Once you are at the start, the starting gun will appear on the screen, along with the words:

ON YOUR MARKS.

SET.

Then the start gun will fire and you're off. (Unless you have a false start, in which case the computer will warn you that two more false starts will disqualify you.)

Once you have begun, alternate the two keys quickly, but with care. Pressing a key causes you to move forward. The longer a key is held down, the higher and longer your stride will be.

Use long strides for clearing hurdles, but try to take off and land as close to each hurdle as possible for maximum speed. Try to match your steps with the runner's between hurdles so you will be in a good position to take off and clear the next hurdle.

It is possible to knock down a hurdle, which not only slows you down but also threatens your run. If the official thinks you have purposely downed a hurdle, he will warn:

Warning: You will be disqualified if you run through another hurdle.

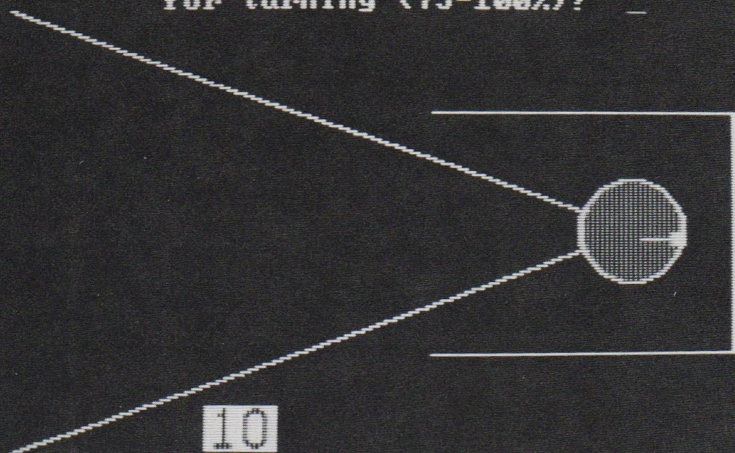
A second such offense generates the message:

You are disqualified.

You will receive a score of 0 for the event. However, you must finish your run, even if you are disqualified.

Your run is completed when you reach the 110-meter mark. Press for standings; to continue.

You may now take your first trial.
How much strength will you exert
for turning (75-100%)? _



The Discus Throw

For this event, the screen shows a top view of the discus-throwing area with you standing at the back of the throwing circle, throwing arm extended toward the field.

You must release the discus so it lands between the two lines that radiate from the throwing circle. Turning will allow you to gain throwing momentum. The farther you are able to throw the discus, the more points you will earn.

You will get three tries. Your score is determined by the length of your best throw.

Two keys control the action:

The begins the turn.


The Enter () key releases the discus.

Another factor that controls your performance is the strength you choose to exert in turning. After the event is announced, the computer will display:

Attention Name:


You may now take your first trial.


**How much strength will you exert for turning
(75-100%)?**

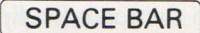

Type a number from 75 to 100 to determine how fast and how forcefully you will turn. Then press the Enter () key.

Tip: Although exerting more strength will allow you to sail the discus farther, it will also make controlling the direction of your throw more difficult. Until you master the discus, we suggest you use relatively low force.

The computer will now display:

Press the  **SPACE BAR** to begin turning.



Press the Enter () key to release the discus.

When you are ready, press the  **SPACE BAR** once and the figure on the screen will begin turning. The motion will be rapid, so be ready to press the Enter () key when you are in position to throw the discus.

If the discus lands within the 40-degree sector, you will get the message:

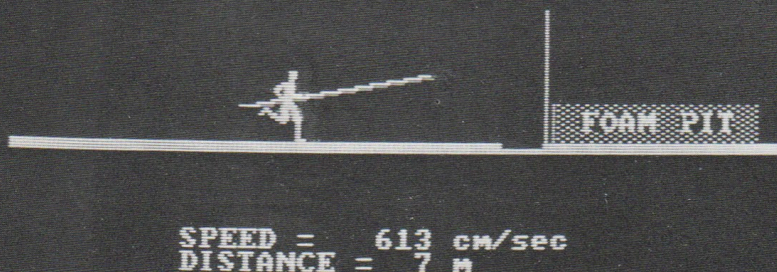
Good Throw

You have thrown the discus **xx** meters.

Press  **ESC** to continue  **?** for standings.

An attempt will be disqualified if:

1. You release the discus too soon or too late.
2. You step outside the circle (this happens if you wait too long to release the discus).



The Pole Vault

The Pole Vault requires more skill, in both actual and computer competition, than any other event in the Decathlon. You must make a running approach, plant the pole in the small vault box, raise yourself using the pole, push yourself over the crossbar, then release the pole to fall into the foam landing area.

After the Pole Vault has been announced, the computer will display:

Attention Name:

You have 3 chances to clear the bar.

The crossbar has been placed at 360 cm.

Do you want to attempt this height?

As with the High Jump, you have the option of answering either YES or NO here, then pressing the Enter () key. If you answer YES, you will attempt the vault at 360 cm. If you answer NO, you will be offered the next height, 375 cm. Remember that you can always go forward but never backward, and that your final score will be based on the greatest height you have vaulted.

If you answer YES, the computer will ask two questions:

At what height do you wish to grip the pole
(350-490 cm)?

What will be the length of your runup
(20-80 meters)?

Your answers to both these questions will affect your performance. You will want to grip the pole high enough to allow you to go over the crossbar. However, the shorter the grip, the less momentum you will need to vault successfully.

Length of runup determines the maximum speed you will be able to build up; the farther you run the more speed you will attain. It is best to choose a short runup, so your fingers won't tire and slow down, causing you to lose speed. The minimum speed necessary to vault a certain height, holding the pole correctly, can only be determined through trial and error.

Once you've made these decisions, you're ready to begin.

The computer will now tell you which keys to use:

Use the [] and [] keys for running.

Use the [1] key to plant the pole.

Use the [2] key to pull to a handstand.

Use the Enter ([↵]) key to push off from the pole.

As always, use the [1] and [2] keys at the top left of the keyboard.

The pole vault will be easier to master if you think of it as four steps.

Step One

Alternately press the **[I]** and **[J]** keys to run toward the pit. Notice that each time you press one of these keys, your speed increases and your distance from the pit decreases. (As with other events, you may have to run for a few seconds before your figure appears on the runway.) The faster you alternate between the two keys, the more your speed increases. If you stop pressing them, your speed will drop back to zero. Continue to run while performing Step Two.

Step Two

Press the **[1]** key to plant the end of the pole in the vaulting box, the low area just in front of the crossbar. You must press this key at the right time to place the pole in the vaulting box, while continuing to run.

If you are successful at getting the end of the pole into the box, the pole will begin to carry you upward. Now you can stop running.

Step Three

Press the **[2]** key to pull yourself up into a handstand on the pole.

Tip: You will want to delay pressing the **[2]** key as long as possible, but will need to press it before your feet go under the crossbar.

Step Four

Press the Enter (**[↵]**) key to push off from the pole.

Tip: Timing here is also important. You will want to delay as long as possible, but still let go before the pole begins to tilt toward the crossbar.

If your pole vault is successful, you will be informed:

Successful vault!

Press **[ESC]** to continue.

After you press **ESC** the computer will offer you the next height (15 cm higher) and you proceed through the vault again.

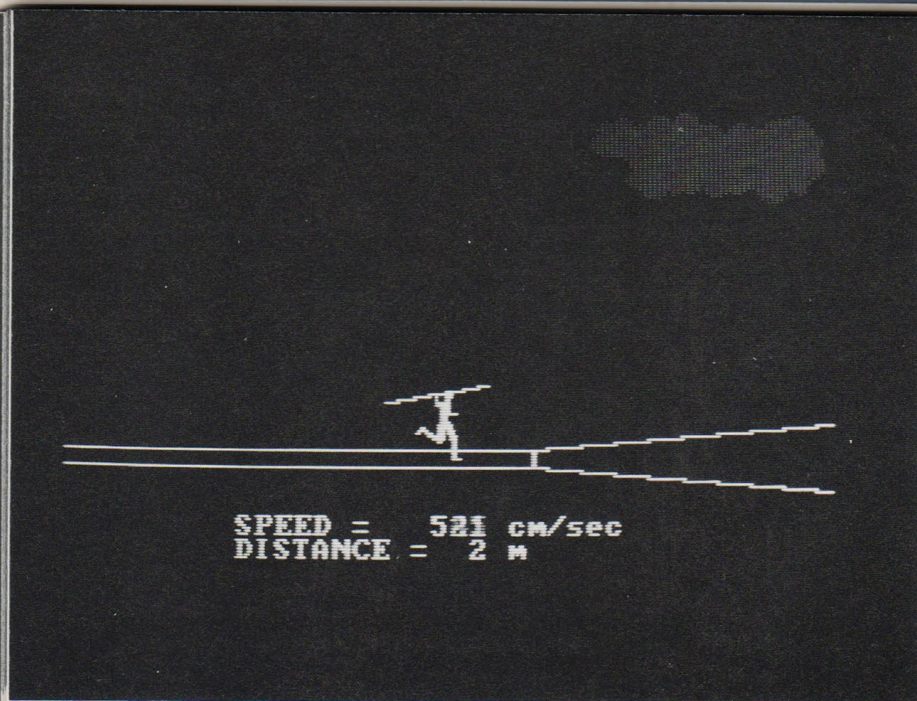
However, if you don't succeed in your first vault (and don't be surprised if you fail your first attempt), the computer will tell you where your mistake is. For example:

Not enough forward momentum

or

Vault aborted—you missed the vaulting box.

If you miss your first attempt at any given height, you will be offered a second and third try at vaulting that height. If you fail in all three attempts at any given height, you will be scored according to the greatest height you vaulted. If you don't scale the lowest height, your score will be zero.



The Javelin Throw

In the Javelin Throw, you will run up to the arc line (from off the left side of the screen, as usual), tilting the javelin into throwing position as you approach, and hurl it the greatest distance you can.

You will get three trials and your score will be determined by your best trial.

After the javelin throw has been announced, the computer will display:

Attention *Name*:

You may now take your first trial.

Use the and keys for running.

Press the key to tilt the javelin into throwing position.

Press the Enter () key to throw it.

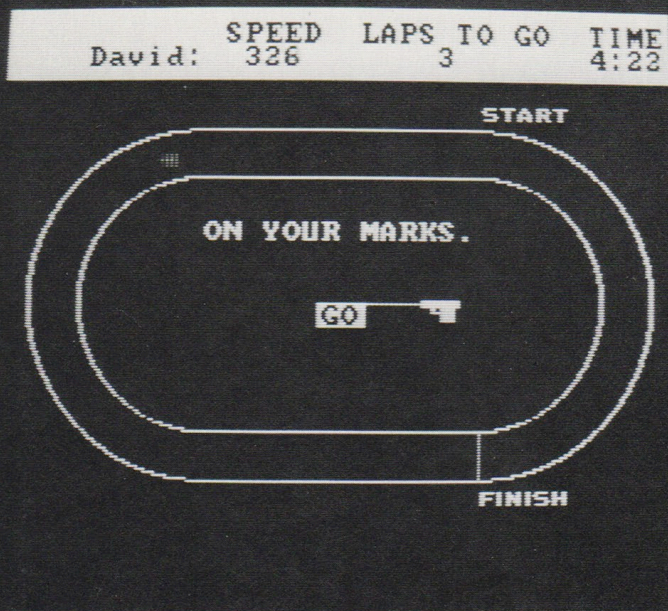
When you are ready, begin by alternating the and keys. The computer will record your distance from the arc line and speed of approach.

As you approach the arc line, press the **T** key to begin tilting the javelin into position.

Tip: Pressing the **T** key in the Javelin Throw begins a motion which cannot be slowed down or halted. So don't press **T** until you are close to the position from which you want to release the javelin.

Once the javelin is tilted to the position you want (you'll do better once you know the position you want—that comes with experience), press the Enter (**↵**) key to release it. You can keep running until you press the Enter (**↵**) key, but remember that *you must release the javelin before you cross the arc* or the attempt will be disqualified.

All athletes take their first trial, then their second and third trials. Each athlete's best throw determines his/her score.



The 1500-Meter Run

The 1500-Meter Run is more than a sprint—it requires four laps around the track—but your object here is still speed. And since your fingers might not survive four laps of left foot/right foot, this race uses different control keys than the 100- and 400-Meter races.

You will run the 1500-Meter just once, and your score will be based on your time in that run.

As with the other running events, up to two athletes may compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two. The lane you are running in determines which control keys you will use.

The computer will notify one player:

Attention *Name*:

You will be starting in lane 1.

Please go to the starting line.

Use the **[Z]** , **[S]** , **[W]** , and **[A]** keys to guide yourself around the track.

If you are assigned to lane 1, the **A** key will move you left on the screen, the **S** key right, the **W** key up, and the **Z** key down. The direction each key moves you can easily be remembered if you notice the relationship of these four keys to each other on the keyboard. Pressing one of these keys causes you to start moving. You do not have to hold the key down; you will continue moving until you bump into the edge of the track.

Pressing a key that is different from the direction you are moving will turn you 45 degrees towards the direction of that key. To make a 90-degree turn, press a key twice. If you press a key whose direction is exactly opposite the direction you are moving, you will stop.

If more than one athlete is competing, the computer will notify another player:

Attention Name:

Please go to the starting line.

Use the **.**, **;**, **P** and **L** keys to guide yourself around the track.

While the keys are different from those of the runner in lane 1, the relationship remains the same. **.** is down, **;** is right, **P** is up, and **L** is left.

Moving to the starting line will give you an opportunity to get acquainted with your keys, since you have to go almost halfway around the track to get there.

Once both players are at the starting line, the computer will tell you:

ON YOUR MARKS

Then the starting gun will be fired and you're off!

(Note that the SET warning is not given.) If you try to start before the GO gun is fired, you will be advised of a false start and the race will be restarted. Run the four laps as smoothly as you can; as long as you don't bump into anything, your running speed will increase. Bumping into the sides or the other runners will decrease your speed.

The computer will record your speed, laps to go, and time elapsed.

When both athletes have completed the 1500 meters (or one, if only one is competing), the computer will display the usual:

Press for standings to continue.

If more than two athletes are competing, pressing will set the track for the next two runners. The 1500-Meter Run will be repeated up to two times as necessary so all the athletes can compete.

After everyone has finished the run, press one final time. The computer will now reveal the winners of the gold, silver, and bronze medals!

The Winners!

When you press **ESC** at the end of the 1500-Meter Run, the winners of the Microsoft Decathlon will be announced.

A few seconds later the computer will display the final standings of all the athletes.

If you were skillful enough to beat Bruce Jenner's or Sweden's records, now is the time to save your name and scores on the diskette:

1. Leaving the IBM Personal Computer System Control Switch and monitor turned ON, take the diskette out of the diskette drive.
2. Take the write-protect tab off the diskette, saving the tab to be replaced later.
3. Put the diskette back in the diskette drive and close the door.
4. Press **ESC** to record the change and continue with the program.

Your name and scores will now be included when the two highest scorers are shown. The next time you take the diskette out of the drive, remember to replace the write-protect tab.

The computer will now give you the opportunity to begin Decathlon again.

If you wish to end your session at the computer, turn off the IBM Personal Computer or simply remove the diskette from the drive.

Notes:

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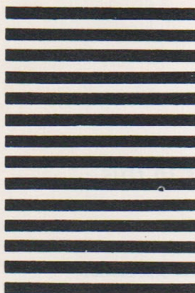
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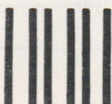
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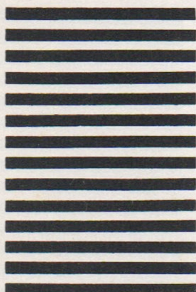
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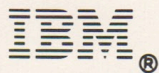
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