

# **USTFCCA Advanced Combined Events Symposium**

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# **Combined Event Athlete Norms and Point Derivation Analysis**

Cliff Rovelto

Head Track & Field Coach

Kansas State University

# I. Combined Event Athlete Norms

## A. Anthropometry

### 1. Decathlon: Top Ten in World Rankings

1995

Height: 6' 2 1/2" (5' 11 1/2" – 6' 5")

Weight: 186 lbs (174 – 211 lbs)

2004

Height: 6' 3 1/2" (5' 10 3/4" – 6' 6")

Weight: 192 lbs (181 – 205 lbs)

### Four Most Recent World Record Holders

Height: 6' 1 1/2"

Weight: 192 lbs

## 2. Heptathlon: Top Ten in World Rankings

1995

Height: 5' 10 1/4" (5' 6" – 6' 2 3/4")

Weight: 149 lbs (137 – 178 lbs)

2004

Height: 5' 9 1/4" (5' 3 3/4" – 6' 2")

Weight: 141 lbs (117 – 180 lbs)

Carolina Klüft

Height: 5' 10"

Weight: 145 lbs

## B. Chronological Age

### 1. Decathlon: Top Ten in World Rankings

1995

26.4 (23 – 32) Years

#1 – 29

2004

27.2 (23 – 34) Years

#1 - 30

## 2. Heptathlon: Top Ten in World Rankings

1995

26.2 (21 – 31) Years

#1 – 22, #2 - 26

2004

25.7 (21 -32) Years

#1 – 21, #2 - 28

## C. Geographic Orientation

### 1. Decathlon: Top Ten in World Rankings

1995

West – 6 (2 – USA)

Eastern Europe - 4

2004

West – 6 (2 – USA)

Eastern Europe – 4 (1 trained in west)

# 1. Heptathlon: Top Ten in World Rankings

1995

Eastern Europe - 7

West – 3 (1 – USA)

2004

West – 6 (1 – USA)

Eastern Europe – 4 (1 trained in west)

## D. Competitions

### 1. Decathlon: Top Ten in World Rankings

1995

How Many? Ave: 3

Range: 2 – 5

Beginning? Only 2 earlier than Gotzis

2004

Ave: 3

Range: 2 – 5

Only 1 earlier than Gotzis

## 2. Heptathlon: Top Ten in World Rankings

1995

How Many? Ave: 2

Range: 1 – 4

Beginning? Only 1 earlier than Gotzis

Diane Guthrie-Gresham (Jamaica)

Penn Relays – only 2 meets

2004

Ave: 3.5

Range: 3 – 5

4 earlier than Gotzis

## II. Point Derivation Analysis

### A. Origin (1990)

### B. Rationale

1. Template for direction of training program
2. Assist in goal setting process

### C. Heptathlon

1. 2006 NCAA Heptathlon – Top Eight

	<u>Average</u>	<u>Johnson, NCAA Champion, 5939</u>
Sprints	32.6%	33.9%
Jumps	30.1%	30.8%
Throws	23.0%	21.7%
Endurance	14.3%	13.6%

2. 1997 World Championships, Athens (Top Ten Average)

Sabine Braun, 6739

Sprints	31.0%	30.2%
Jumps	30.2%	31.0%
Throws	24.8%	26.0%
Endurance	14.0%	12.8%

3. 2001 World Championships, Edmonton (Top Six Average)

Yelena Prokhorova, 6694

Sprints	31.2%	30.1%
Jumps	29.8%	31.7%
Throws	25.4%	24.1%
Endurance	13.6%	14.1%

4. Women's World Record – Jackie Joyner Kersee, 7291

Sprints 31.2%

Jumps 29.8%

Throws 25.4%

Endurance 13.6%

5. 2005 World #1 – Carolina Klüft, 7001 PR

Sprints 31.1%

Jumps 31.8%

Throws 23.8%

Endurance 13.3%

## D. Decathlon

### 1. 2006 NCAA Decathlon – Top Eight

	<u>Average</u>	<u>Arnold, NCAA Champion, 7870</u>
Sprints	32.6%	32.5%
Jumps	31.6%	31.4%
Throws	26.6%	27.1%
Endurance	9.2%	9.0%

### 2. 1993 World Championships, Stuttgart (Top Ten Average)

		<u>Dan O'Brien, 8817</u>
Sprints	32.1%	32.4%
Jumps	31.6%	32.5%
Throws	27.7%	27.4%
Endurance	8.7%	7.7%

### 3. 1997 World Championships, Athens (Top Ten Average)

Tomas Dvorak, 8837

Sprints	32.5%	32.9%
Jumps	31.3%	30.4%
Throws	28.1%	28.7%
Endurance	8.1%	8.0%

### 4. Average of Past Four World Record Holders

Sprints	32.1%	(31.5 – 32.6)
Jumps	31.6%	(30.7 – 32.3)
Throws	28.3%	(27.7 – 29.6)
Endurance	8.1%	(7.7 – 8.9)

### III. Sum of Decathlon / Heptathlon Individual Event PR's vs Score

A. Open vs Combined Event PR's

B. Training Age influenced

C. What does this tell us?

## D. Decathlon

### 1. Differentials for Past Four World Record Holders

Daly Thompson	422
Dan O'Brien	534
Tomas Dvorak	147
Roman Sebrle	278
Average	345

### 2. US Additions

#6 All Time	Bryan Clay	(8820)	555
#9 All Time	Tom Pappas	(8784)	390
	Average		473

## E. Heptathlon

1. Jackie Joyner-Kersey WR 7291

Differential = 363

2. Top Four Place Finishers at 2004 Olympic Games, Athens

			<u>Differentials</u>
Carolina Klüft	(83)	6952	62 (203)
Austra Skujyte	(79)	6435	164
Kelly Sotherton	(79)	6424	255
Shelia Burrell	(72)	6296	258
Average			185 (220)