

DECATHLON

Sarangapani Kamalakkanan Lakshmanan

This event is Men Athletes' ultimate all-round test covering the whole range of athletic disciplines



A Ten event contest



Spread over Two days



First Day



First Event
100 Meters

Second Event—Long Jump



Third Event—Shot Put



Fourth Event
High Jump



Fifth Event
400 Meters



Second Day



First Event
110 Meters Hurdles

Second Event
Discus Throw



Third Event
Pole Vault



Fifth Event
1500 Meters



Fourth Event
Javelin Throw

Points earned according to the performance are added together and the winner is the Man who accrues the most points

