



-----D-Pad  
Move in the direction pressed.

-----A Button:  
Select option

-----B Button:  
Main Menu

-----L Button:  
Nothing

-----R Button  
Nothing

-----Start/Pause Button:  
Brings up the in-game menu.

-----Select  
Nothing

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-----Menus-----  
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-----Championship  
Start your game; from here you can choose a sport.

-----Practice  
Train for the championship in here.

-----Resume  
Continue your saved game.

-----Options

- Game Setup  
-Adjust run-up: Speaks for its self  
-Colour Flash: Turn the flashing colors on or off  
-Run Mode: Change the way you run here  
-Watch CPU: Watch the CPU before starting  
-Wind: Turn the wind on or off

- Sound Setup  
-Speech: Turn the speech on or off  
-Music Volume: Change the volume of the music  
-SFX Volume: Change the volume of the SFX  
-Test Music: Test the music of the game

- View Records  
-World Records: World Records set by people around the world  
-Personal Bests: See your best scores  
-Reset WR: Reset the World Records  
-Reset PB: Reset your Personal Best scores

- Credits  
View the credits of the people who made the game.

-----Multiplayer

Here you can play with a friend on the tracks.

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-----3. Walkthrough-----  
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-----100 Meters  
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100m is a test of raw speed - perhaps the most important quality of a decathlete.

-----Controls

-D-Pad: Nothing. Press Up on the set command to rise up. Press Right or Left to dip forward.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-----Tutorial

At the "Set" command, rise by Up on the D-Pad. At the start signal, you should react as quickly as possible and press the A or B button. When running continue A and B alternatively to gain speed, you should try to maintain the speed through out the whole race. Press Right or Down on the D-Pad to dip forward, if the dip is correctly timed, you can reduce your time by a few 1/100's.

-----Strategies

All that you can really do is to follow the tutorial. Go up on the "Set" command, then press the A and B button's as fast as you can alternatively, you'll become really fast and you should win - you would have a better chance to win if you dip at the right time.

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-----Long Jump  
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-----Controls

-D-Pad: Press Up to jump. Press Down before pressing Up for more height.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-L&R Buttons: Move backwards or forwards the start position.

-----Tutorial

A well-performed run-up is the key to a good long jump. Try to hit the board as close to its front line as possible. The faster you run, the longer the strides. Therefore, even if you start from the same position the resulting take-off position may differ if you do not run in a consistent way. Press Up on the D-Pad to jump when your foot hits the ground, if your timing is good, the loss of speed is minimized. You can gain more height if you lower your body by pressing Down just before pressing Up to jump (The shorter the time between pressing Down and Up, the higher and longer the jump).

-----Strategies

If you step in front of the line it'll be a foul, move your step back about a foot and it should be perfect. The faster you are the bigger the stride; try to be as fast as you can when running. Make sure you press Down just before pressing Up to jump, this will help your jump.

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-----Shot Put

-----Controls

- D-Pad: Nothing.
- A&B Buttons: Start moving.

-----Tutorial

Of course strength is essential in the short put. For maximum effect, the force must be applied sequentially - legs first then the upper body. So technique is obviously important. Press A or B to start moving, when you have reached the crouch position, press B as soon as your legs begins to move backward (the better the timing, the more horizontal speed is applied to the shot). Continue to press B as quickly as possible to add even more horizontal speed. As soon as your foot touches the ground, switch to press A instead (the better the timing, the more vertical speed is applied to the shot), continue to press A as quickly as possible to add even more vertical speed.

-----Strategies

Timing is essential here, if you don't time your shot right you will not get it very far. Be careful not to press A after the shot has been released or you will over step and commit a foul.

-----High Jump

-----Controls

- D-Pad (Before starting): Press Up or Down to move the bar.
- D-Pad: Press down to lower your body. Press Up to jump.
- A&B Buttons: Start. If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.
- L&R Buttons: Move backwards or forwards the start position.

-----Tutorial

Running speed is not nearly as important in high jump as in long jump. Much more important is a powerful take-off that lifts the athlete as high as possible. The run-up consists of 8 running strides. As a beginner you should always start as close to the bar as possible (default start position). Press the A or B Buttons to start moving. You can gain more speed by pressing the A or B buttons alternatively. Press Down to lower your body just before the 8th foot-down, then press Up as quickly as possible to jump.

-----Strategies

When running do not press A and B, instead keep running at the minimum speed. The shorter the time between pressing Down and Up, the higher the jump will be (this is the most important factor of the jump), if you want better performance press Up the instant the foot hits the ground (this will allow you to jump higher). If you move back your start position, make sure you take the proper amount of strides and your timing

-----400 Meters

The 400m race is a grueling test of sprint endurance.

-----Controls

- D-Pad: Nothing. Press Up on the set command to rise up. Press Right or Left to dip forward.
- A&B Buttons: If you press repeatedly you will jog. To run press the A and B

buttons alternatively to run fast.

-----Tutorial

At the "Set" command, rise by Up on the D-Pad. At the start signal, you should react as quickly as possible and press the A or B button. When running continue A and B alternatively to gain speed, you should try to maintain the speed through out the whole race. Try to find a relaxed minimum running style that will let you stay at near maximum speed but will not exhaust you as much as an outright 100m sprint pace. Press Right or Down on the D-Pad to dip forward, if the dip is correctly timed, you can reduce your time by a few 1/100's.

-----Strategies

All that you can really do is to follow the tutorial. Go up on the "Set" command, then press the A and B button's as fast as you can alternatively, you'll become really fast and you should win - you would have a better chance to win if you dip at the right time. Press A and B strictly alternatively, A wrong press will actually slow you down so try to run in a controlled way even if you are very tired.

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-----110 Meters Hurdles

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110m hurdles requires not only raw speed. Rhythm and timing is essential qualities for a good hurdler.

-----Controls

-D-Pad: Nothing. Press Up on the set command to rise up. Press Right or Left to dip forward.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-----Tutorial

At the "Set" command, rise by Up on the D-Pad. At the start signal, you should react as quickly as possible and press the A or B button. Continue to press A and B alternately as quickly as you can to gain speed. Press Up to clear the hurdle at the last foot-down before the clearance. The shorter the time Up is held, the lower and faster the clearance (try to touch Up lightly). The timing of pressing Up is also important, for perfect timing, Up should be pressed just as the foot hits the ground. Press Right or Down on the D-Pad to dip forward, if the dip is correctly timed, you can reduce your time by a few 1/100's.

-----Strategies

Try to run as low as possible over the hurdles (the lower the clearance, the shorter the time spent in the air and faster the race). Practice your timing (it's essential to getting a good score).

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-----Discus Throw

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-----Controls

-D-Pad: Nothing.

-A&B Buttons: Start swinging.

-----Tutorial

In discus throwing rotation speed is built up. The rotational speed of the

discus is then transformed to horizontal and vertical speed at the time of the release. Press A or B to start swinging the discus. When your right foot is lifted off the ground, press B - continue to press B as quickly as possible to add horizontal speed to the discus. As soon as your foot touches the ground, switch to press A instead. The better the timing, the more vertical speed is applied to the discus (continue to press A to add even more vertical speed).

-----Strategies

Be careful not to press the A button after the discus has been released or you will over step and commit a foul. Timing is of great importance here; time everything right and you should win.

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-----Pole Vault

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Pole Vault is the most technically demanding event of the decathlon.

-----Controls

-D-Pad: Press Right to take off. Press Up to go up.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-----Tutorial

Just like the long jump, the run-up is the most important aspect of the event. The running speed is converted to "lift" by the strong elastic pole. Press A and B alternatively to run. If you are too far away from the white mark, you will not make it. Press Right just as the pole hits the bottom of the box to take off. The better the timing, the more power is applied through the pole. Press Up to swing your body upward.

-----Strategies

When running, adjust your running speed to be able to plant the pole in the box properly. When in the air, to gain additional height, press Up or Left to make a final push just as you release your grip from the pole. You should practice this a lot to get a better score.

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-----Javelin Throw

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-----Controls

-D-Pad: Press Left to draw back the javelin. Press Down for better running speed at the three foot-downs. Press Right twice to throw the javelin.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-----Tutorial

Press A and B alternately to run. The run-up speed is not really a crucial factor for the length of the throw. Press Left to draw back the javelin as you start to prepare for the throw. After the javelin has been drawn back, you cannot control the running speed with A and B. Press Down to at the three succeeding foot-downs to minimize the speed loss, the better you time the Down presses, the less running speed you lose. As the foot is planted after the fourth stride, the javelin is thrown by two quick Right presses (The first Right press should be timed with the foot-down). The second Right press will add vertical speed to the javelin by the final arm action. The shorter the time between the first press and the second press, the higher and longer the throw.

-----Strategies

Timing is everything - that's all I can add (I used most of the strategies in the tutorial).

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-----1500 Meters  
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-----Controls

-D-Pad: Nothing. Press Down to change lane. Press Right to make a fast rush. Press Right or Left to dip forward.

-A&B Buttons: If you press repeatedly you will jog. To run press the A and B buttons alternatively to run fast.

-----Tutorial

Don't wait for the set command; it's not practiced in the 1500m. At the start signal, you should react as quickly as possible and press the A or B buttons to start running. Continue to press A and B alternately as quickly as you can to gain speed. Don't waste energy by going for maximum intensity. You will be able to keep a near maximum speed at a rather low pressing intensity. To overtake an opponent you have to switch lanes temporarily, Press and hold Down while running to switch lane. If necessary, press and hold down Right to make a fast rush (this will deplete energy dramatically, and the rush should be avoided from being used). Press and hold Up to switch back to the inner lane. Press Right or Down on the D-Pad to dip forward, if the dip is correctly timed, you can reduce your time by a few 1/100's.

-----Strategies

Just follow the tutorial, the last lap should be tiring you out from all the button pressing, but it's not very long to go.

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-----4. FAQ-----  
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If you have any questions e-mail me (The link is at the bottom and follow The guidelines)

1. I don't understand your guide, what do I do!?

A: Sometimes I might have gone a little bit further, just try to go on with the game, if you still don't know what to do, e-mail me and I'll revise the section(s).

2. What's the best team to play as?

Honestly, I don't know. I haven't tried all the teams; they're all basically the same anyway.

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-----5. Guide Disclaimer-----  
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-----Sites that are allowed-----  
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Sites that are allowed to use my guide are:

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- <http://www.ign.com>
- <https://www.neoseeker.com>

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-----E-Mailing Me-----  
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- No Spam/flaming/pathetic hacking attempts
- Must not be answered in the Guide already (Make sure you look carefully)
- Make sure it's about this game. I have enough Spam as it is.
- Using proper grammar and spelling might enhance your chances of being  
answered.
- Comments/Criticism/Something that should/needs on the guide be changed are  
allowed.

My E-mail: [Devis0r@hotmail.com](mailto:Devis0r@hotmail.com)

=====  
-----Credits-----  
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- Athletic Designs for making the game.

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