


# Heptathlon / Decathlon

PARIS 2024

Stade de France (Decathlon Aug 2-3, Heptathlon Aug 8-9) Event  Medal 



## FORMAT

Combined track and field events – seven disciplines for women, ten for men – across two-day period. Athletes earn points for performance in each discipline



Day 1

Day 2

### Heptathlon best performances


1	100m Hurdles	12.54s	12.12s
2	High Jump	2.02m	2.10m
3	Shot Put	20.79m	22.63m
4	200m	22.30s	21.34s
5	Long Jump	7.27m	7.52m
6	Javelin	60.90m	72.28m
7	800m	2m 01.84s	1m 53.28s

### World record



### Heptathlon


**Damian Warner** (CAN). Gold medallist at Tokyo 2020




### Decathlon best performances

1	100m	10.12s	9.58s
2	Long Jump	8.45m	8.95m
3	Shot Put	19.17m	23.56m
4	High Jump	2.30m	2.45m
5	400m	45.00s	43.03s
6	110m hurdles	13.36s	12.80s
7	Discus	57.70m	74.35m
8	Pole Vault	5.76m	6.24m
9	Javelin	79.80m	98.48m
10	1500m	3m 58.7s	3m 26.0s

### World record

**Nafissatou Thiam** (BEL). Two-time Olympic champion 



Bar lengths representative of points awarded to each record

Heptathlon			
Olympic record	Jackie Joyner-Kersey (USA)	Seoul 1988	7,291
World record	Jackie Joyner-Kersey (USA)	Seoul 1988	7,291
Decathlon			
Olympic record	Damian Warner (CAN)	Tokyo 2020	9,018
World record	Kevin Mayer (FRA)	Talence 2018	9,126