

Jumps Decathlon Scoring Tables

| Points | Standing Long Jump | Stand Triple Jump | 2 Hops Step & Jump | 2 Hops 2 Step & Jump | 2 Hops 2 Steps & 2 Jumps | 5 Spring Jumps | Stand 4 Hops & Jump | Run 4 Hops & Jump | 25 metre Hop in seconds | 5 Stride Long Jump |
|--------|--------------------|-------------------|--------------------|----------------------|--------------------------|----------------|---------------------|-------------------|-------------------------|--------------------|
| 100 | 3.73m | 10.51m | 13.00m | 15.54m | 19.15m | 17.06m | 17.67m | 23.77m | 2.07 | 7.28 |
| 99 | — | 10.43m | 12.90m | 15.46m | 18.99m | 16.91m | 17.52m | 23.62m | — | — |
| 98 | 3.65m | 10.36m | 12.80m | 15.39m | 18.84m | 16.76m | 17.37m | 23.46m | 2.08 | — |
| 97 | — | 10.28m | 12.69m | 15.31m | 18.69m | 16.61m | 17.22m | 23.31m | — | 7.26m |
| 96 | 3.58m | 10.21m | 12.59m | 15.08m | 18.54m | 16.45m | 17.06m | 23.16m | 3.00 | — |
| 95 | — | 10.13m | 12.49m | 15.01m | 18.38m | 16.40m | 16.96m | 23.01m | — | — |
| 94 | 3.50m | 10.05m | 12.39m | 14.88m | 18.23m | 16.25m | 16.86m | 22.85m | 3.01 | 7.23m |
| 93 | — | 9.98m | 12.29m | 14.78m | 18.08m | 16.15m | 16.76m | 22.70m | — | — |
| 92 | 3.42m | 9.90m | 12.19m | 14.68m | 17.93m | 16.00m | 16.61m | 22.55m | 3.02 | — |
| 91 | — | 9.82m | 12.09m | 14.57m | 17.77m | 15.84m | 16.45m | 22.35m | — | 7.21m |
| 90 | 3.35m | 9.75m | 11.98m | 14.47m | 17.62m | 15.79m | 16.35m | 21.99m | 3.03 | — |
| 89 | — | 9.68m | 11.88m | 14.37m | 17.47m | 15.64m | 16.25m | 21.79m | — | — |
| 88 | 3.27m | 9.60m | 11.78m | 14.27m | 17.32m | 15.54m | 16.15m | 21.64m | 3.04 | 7.18m |
| 87 | — | 9.52m | 11.68m | 14.17m | 17.17m | 15.39m | 16.00m | 21.48m | — | — |
| 86 | 3.20m | 9.44m | 11.58m | 14.07m | 17.01m | 15.23m | 15.84m | 21.33m | 3.05 | — |
| 85 | — | 9.37m | 11.48m | 13.96m | 16.91m | 15.18m | 15.74m | 21.18m | — | 7.16m |
| 84 | 3.12m | 9.29m | 11.37m | 13.86m | 16.76m | 15.03m | 15.64m | 21.03m | 3.06 | — |
| 83 | — | 9.22m | 11.27m | 13.76m | 16.66m | 14.93m | 15.54m | 20.80m | 3.07 | 7.13m |
| 82 | 3.04m | 9.14m | 11.17m | 13.66m | 16.50m | 14.83m | 15.44m | 20.65m | 3.08 | — |
| 81 | — | 9.06m | 11.07m | 13.56m | 16.35m | 14.68m | 15.34m | 20.42m | 3.09 | 7.11m |
| 80 | 2.97m | 8.99m | 10.97m | 13.46m | 16.20m | 14.57m | 15.23m | 20.26m | 4.00 | — |
| 79 | — | 8.91m | 10.87m | 13.36m | 16.10m | 14.42m | 15.08m | 20.11m | 4.02 | 7.08m |
| 78 | 2.89m | 8.83m | 10.76m | 13.25m | 16.00m | 14.32m | 14.93m | 19.96m | 4.03 | — |
| 77 | — | 8.76m | 10.66m | 13.15m | 15.84m | 14.22m | 14.83m | 19.81m | 4.04 | 7.06m |
| 76 | 2.81m | 8.68m | 10.56m | 13.05m | 15.69m | 14.07m | 14.73m | 19.58m | 4.05 | 7.03m |
| 75 | — | 8.61m | 10.46m | 12.95m | 15.54m | 13.96m | 14.63m | 19.43m | 4.06 | 7.01m |
| 74 | 2.74m | 8.53m | 10.36m | 12.85m | 15.39m | 13.86m | 14.47m | 19.20m | 4.07 | 6.95m |
| 73 | 2.69m | 8.45m | 10.26m | 12.75m | 15.23m | 13.71m | 14.32m | 19.04m | 4.08 | 6.90m |
| 72 | 2.66m | 8.38m | 10.15m | 12.64m | 15.13m | 13.61m | 14.22m | 18.89m | 4.09 | 6.85m |
| 71 | 2.64m | 8.30m | 10.05m | 12.49m | 15.03m | 13.51m | 14.12m | 18.74m | 5.00 | 6.80m |
| 70 | 2.61m | 8.22m | 9.95m | 12.42m | 14.88m | 13.41m | 14.02m | 18.59m | 5.01 | 6.75m |
| 69 | 2.59m | 8.15m | 9.85m | 12.34m | 14.73m | 13.25m | 13.86m | 18.44m | 5.02 | 6.70m |
| 68 | 2.56m | 8.07m | 9.75m | 12.19m | 14.63m | 13.10m | 13.71m | 18.28m | 5.04 | 6.62m |
| 67 | 2.53m | 8.00m | 9.65m | 12.09m | 14.47m | 13.00m | 13.61m | 18.13m | 5.05 | 6.55m |
| 66 | 2.51m | 7.92m | 9.55m | 11.98m | 14.32m | 12.90m | 13.51m | 17.98m | 5.06 | 6.47m |
| 65 | 2.48m | 7.84m | 9.44m | 11.88m | 14.22m | 12.80m | 13.41m | 17.75m | 5.07 | 6.40m |
| 64 | 2.46m | 7.77m | 9.34m | 11.78m | 14.07m | 12.69m | 13.30m | 17.60m | 5.08 | 6.32m |
| 63 | 2.43m | 7.69m | 9.24m | 11.68m | 13.96m | 12.59m | 13.20m | 17.37m | 5.09 | 6.24m |
| 62 | 2.41m | 7.61m | 9.14m | 11.58m | 13.81m | 12.49m | 13.10m | 17.22m | 6.00 | 6.17m |
| 61 | 2.38m | 7.54m | 9.04m | 11.48m | 13.71m | 12.34m | 12.95m | 17.06m | 6.01 | 6.09m |
| 60 | 2.36m | 7.46m | 8.94m | 11.37m | 13.56m | 12.19m | 12.80m | 16.91m | 6.02 | 6.01m |
| 59 | 2.33m | 7.39m | 8.83m | 11.27m | 13.41m | 12.03m | 12.64m | 16.76m | 6.03 | 5.94m |
| 58 | 2.31m | 7.31m | 8.73m | 11.17m | 13.25m | 11.88m | 12.49m | 16.53m | 6.05 | 5.86m |
| 57 | 2.28m | 7.23m | 8.63m | 11.07m | 13.10m | 11.78m | 12.39m | 16.38m | 6.06 | 5.79m |
| 56 | 2.26m | 7.16m | 8.53m | 10.97m | 12.95m | 11.68m | 12.29m | 16.15m | 6.07 | 5.71m |
| 55 | 2.23m | 7.08m | 8.45m | 10.87m | 12.60m | 11.58m | 12.19m | 16.00m | 6.08 | 5.63m |
| 54 | 2.20m | 7.01m | 8.38m | 10.76m | 12.64m | 11.48m | 12.09m | 15.84m | 6.09 | 5.56m |
| 53 | 2.18m | 6.93m | 8.30m | 10.66m | 12.49m | 11.37m | 11.98m | 15.69m | 7.00 | 5.48m |
| 52 | 2.15m | 6.85m | 8.22m | 10.56m | 12.34m | 11.27m | 11.88m | 15.54m | 7.01 | 5.41m |
| 51 | 2.13m | 6.78m | 8.15m | 10.46m | 12.19m | 11.17m | 11.78m | 15.39m | 7.02 | 5.33m |
| 50 | 2.10m | 6.70m | 8.07m | 10.36m | 12.03m | 11.07m | 11.67m | 15.23m | 7.03 | 5.25m |

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| Points | Standing Long Jump | Stand Triple Jump | 2 Hops Step & Jump | 2 Hops 2 Step & Jump | 2 Hops 2 Steps & 2 Jumps | 5 Spring Jumps | Stand 4 Hops & Jump | Run 4 Hops & Jump | 25 metre Hop in seconds | 5 Stride Long Jump |
|--------|--------------------|-------------------|--------------------|----------------------|--------------------------|----------------|---------------------|-------------------|-------------------------|--------------------|
| 49 | 2.08m | 6.62m | 8.00m | 10.26m | 11.88m | 10.97m | 11.17m | 15.08m | 7.04 | 5.18m |
| 48 | 2.05m | 6.55m | 7.92m | 10.15m | 11.73m | 10.87m | 11.07m | 14.93m | — | 5.13m |
| 47 | 2.03m | 6.47m | 7.84m | 10.05m | 11.58m | 10.76m | 10.97m | 14.78m | 7.05 | 5.07m |
| 46 | 2.00m | 6.40m | 7.77m | 9.95m | 11.42m | 10.66m | 10.82m | 14.63m | — | 5.02m |
| 45 | 1.98m | 6.32m | 7.69m | 9.85m | 11.27m | 10.56m | 10.66m | 14.47m | 7.07 | 4.97m |
| 44 | 1.95m | 6.24m | 7.61m | 9.75m | 11.17m | 10.46m | 10.51m | 14.32m | — | 4.92m |
| 43 | 1.93m | 6.17m | 7.54m | 9.65m | 11.07m | 10.36m | 10.36m | 14.17m | 7.08 | 4.87m |
| 42 | 1.90m | 6.09m | 7.46m | 9.55m | 10.97m | 10.26m | 10.21m | 14.02m | — | 4.82m |
| 41 | 1.87m | 6.01m | 7.39m | 9.44m | 10.87m | 10.15m | 10.05m | 13.86m | 7.09 | 4.77m |
| 40 | 1.85m | 5.94m | 7.31m | 9.34m | 10.76m | 10.05m | 9.90m | 13.71m | — | 4.72m |
| 39 | 1.82m | 5.86m | 7.23m | 9.24m | 10.66m | 9.95m | 9.75m | 13.56m | 8.00 | 4.67m |
| 38 | 1.80m | 5.79m | 7.16m | 9.14m | 10.56m | 9.85m | 9.60m | 13.41m | — | 4.62m |
| 37 | 1.77m | 5.71m | 7.08m | 9.04m | 10.46m | 9.75m | 9.44m | 13.25m | 8.01 | 4.57m |
| 36 | 1.75m | 5.63m | 7.01m | 8.94m | 10.36m | 9.65m | 9.34m | 13.10m | — | 4.52m |
| 35 | 1.72m | 5.56m | 6.93m | 8.83m | 10.26m | 9.55m | 9.24m | 12.95m | 8.02 | 4.47m |
| 34 | 1.70m | 5.48m | 6.85m | 8.73m | 10.15m | 9.44m | 9.14m | 12.80m | — | 4.41m |
| 33 | 1.67m | 5.41m | 6.78m | 8.63m | 10.05m | 9.34m | 9.04m | 12.64m | 8.03 | 4.36m |
| 32 | 1.65m | 5.33m | 6.70m | 8.53m | 9.95m | 9.24m | 8.94m | 12.49m | — | 4.31m |
| 31 | 1.62m | 5.25m | 6.62m | 8.43m | 9.85m | 9.14m | 8.83m | 12.34m | 8.04 | 4.26m |
| 30 | 1.60m | 5.18m | 6.55m | 8.33m | 9.75m | 9.04m | 8.73m | 12.19m | — | 4.21m |
| 29 | 1.57m | 5.10m | 6.47m | 8.22m | 9.65m | 8.94m | 8.63m | 12.03m | 8.05 | 4.16m |
| 28 | 1.54m | 5.02m | 6.40m | 8.12m | 9.55m | 8.83m | 8.53m | 11.88m | — | 4.11m |
| 27 | 1.52m | 4.95m | 6.32m | 8.02m | 9.44m | 8.73m | 8.43m | 11.73m | 8.06 | 4.06m |
| 26 | 1.49m | 4.87m | 6.24m | 7.92m | 9.34m | 8.63m | 8.33m | 11.58m | — | 4.01m |
| 25 | 1.47m | 4.80m | 6.17m | 7.82m | 9.24m | 8.53m | 8.22m | 11.42m | 8.07 | 3.96m |
| 24 | 1.44m | 4.72m | 6.09m | 7.72m | 9.14m | 8.43m | 8.12m | 11.27m | — | 3.91m |
| 23 | 1.42m | 4.64m | 5.99m | 7.61m | 9.04m | 8.33m | 8.02m | 11.12m | — | 3.86m |
| 22 | 1.39m | 4.57m | 5.89m | 7.51m | 8.94m | 8.22m | 7.92m | 10.97m | 8.09 | 3.80m |
| 21 | 1.37m | 4.49m | 5.79m | 7.41m | 8.83m | 8.12m | 7.82m | 10.82m | — | 3.75m |
| 20 | 1.34m | 4.41m | 5.68m | 7.31m | 8.73m | 8.02m | 7.72m | 10.66m | — | 3.70m |
| 19 | 1.29m | 4.26m | 5.58m | 7.21m | 8.63m | 7.92m | 7.61m | 10.51m | 9.00 | 3.65m |
| 18 | 1.26m | 4.19m | 5.48m | 7.11m | 8.53m | 7.82m | 7.51m | 10.36m | — | 3.60m |
| 17 | 1.24m | 4.11m | 5.38m | 7.01m | 8.43m | 7.72m | 7.41m | 10.21m | — | 3.55m |
| 16 | 1.21m | 4.03m | 5.28m | 6.90m | 8.33m | 7.61m | 7.31m | 10.05m | 9.01 | 3.50m |
| 15 | 1.19m | 3.96m | 5.18m | 6.80m | 8.22m | 7.51m | 7.21m | 9.90m | — | 3.45m |
| 14 | 1.16m | 3.88m | 5.07m | 6.70m | 8.12m | 7.41m | 7.11m | 9.75m | — | 3.40m |
| 13 | 1.14m | 3.80m | 4.97m | 6.60m | 8.02m | 7.31m | 7.01m | 9.60m | 9.02 | 3.35m |
| 12 | 1.11m | 3.73m | 4.87m | 6.50m | 7.92m | 7.21m | 6.90m | 9.44m | — | 3.25m |
| 11 | 1.09m | 3.65m | 4.77m | 6.40m | 7.82m | 7.11m | 6.80m | 9.29m | — | 3.14m |
| 10 | 1.06m | 3.58m | 4.67m | 6.29m | 7.72m | 7.01m | 6.70m | 9.14m | 9.03 | 3.04m |
| 9 | 1.04m | 3.50m | 4.57m | 6.19m | 7.61m | 6.90m | 6.60m | 8.99m | — | 2.94m |
| 8 | 1.01m | 3.42m | 4.47m | 6.09m | 7.51m | 6.80m | 6.50m | 8.83m | — | 2.84m |
| 7 | 0.99m | 3.35m | 4.36m | 5.99m | 7.41m | 6.70m | 6.40m | 8.68m | 9.04 | 2.74m |
| 6 | 0.96m | 3.27m | 4.26m | 5.89m | 7.31m | 6.60m | 6.29m | 8.53m | — | 2.64m |
| 5 | 0.93m | 3.20m | 4.16m | 5.79m | 7.21m | 6.50m | 6.19m | 8.38m | — | 2.53m |
| 4 | 0.91m | 3.12m | 4.06m | 5.68m | 7.11m | 6.40m | 6.09m | 8.22m | 9.05 | 2.43m |
| 3 | 0.88m | 3.04m | 3.96m | 5.58m | 7.01m | 6.29m | 5.99m | 8.07m | — | 2.33m |
| 2 | 0.86m | 2.97m | 3.86m | 5.48m | 6.90m | 6.19m | 5.89m | 7.92m | — | 2.21m |
| 1 | 0.60m | 2.89m | 3.75m | 5.38m | 6.70m | 6.09m | 5.79m | 7.77m | 9.06 | 2.13m |