INSTRUCTIONS

1 100m DASH Just concentrate on RUN button. The world record? It's great if four players can compete.

2 LONG JUMP Start by tapping RUN button. Jumping distance depends on your speed of approach run and timing of takeoff. Watch out for the angle of your jump!

3 JAVELIN THROW Accelerate with RUN button and decide the angle by pressing JUMP button. Good timing is the key to a good score.

4 110m HURDLES Dash with RUN button and jump over the hurdles with JUMP button. Keep it rhythmical!

5 HAMMER THROW Push RUN button, and the player will turn and start automatically. To get the angle of throwing, push JUMP button while watching the speed of turning. Better not lift it too high.

6 HIGH JUMP One push of RUN button will start approach run. Push JUMP button, but be careful of the takeoff point. You can change the angle as often as you like.