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A R E N A

INSTRUCTIONS

## POLE VAULT

The POLE VAULT is identical to the HIGH JUMP event in number of jumps, number of attempts and setting bar height. There are runway markers provided and the JUMP KEY should be hit to start the vault. We give you considerable lee-way in starting your vault. If you time the JUMP KEY correctly the computer will "flash" the screen and the vault will start at the correct location. As you reach the top of your flight you must hit the JUMP KEY again to release the pole. The critical techniques in the event are to accelerate into the take-off area and then keep momentum up on the ENERGY KEYS until you have cleared the bar and you are dropping to the mat.

## THE POINTS SYSTEM

As in a traditional decathlon event, points are awarded on the following merit system:

POINTS	100m	Long Jump	High Jump	Shot Put	Pole Vault	Javelin
200	14.1	4.28	1.25	6.62	1.94	22.30
300	13.5	4.69	1.40	7.86	2.25	28.00
400	13.0	5.11	1.50	9.17	2.57	34.10
500	12.5	5.54	1.60	10.55	2.90	40.59
600	12.0	5.98	1.71	12.01	3.24	47.56
700	11.5	6.43	1.82	13.55	3.60	55.09
800	11.1	6.90	1.93	15.19	3.97	63.17
900	10.7	7.39	2.05	16.92	4.36	71.81
1000	10.3	7.90	2.17	18.75	4.78	81.00

## SELECTION PAGE ICON OPTIONS

All these icons are selected by pointing the mouse at the required icon and a double click on either button.

### "SAVE" – STORE THE CURRENT GAME TO DISK

It is possible to save up to 6 part-complete plays of ARENA on the ARENA WORK DISK. The ARENA WORK DISK will be of a totally non-standard format and can only be read or written by the ARENA program. When you first come to save a play of ARENA have a blank or overwritable disk available and this disk must then be dedicated as the ARENA WORK DISK, this disk does not need to be formatted first. You cannot then use this disk for any other purpose until you reformat it.

When you have selected this option you will have to select a number in the range 1 – 6 by pressing a numeric key 1–6. This is the identity under which the current play will be saved.

### "LOAD" – LOAD A PREVIOUSLY SAVED GAME

This will allow you to load a previously saved play from disk. It is the reverse of SAVE with a play stored under the identity 1–6 being reloaded from the ARENA WORK DISK.

# A R E N A

## INSTRUCTIONS

*To Libby*

## LONG JUMP

You are allowed six attempts to record a good jump. You use the ENERGY KEYS to pick up speed on the runway. As you approach the board keeping an eye on the PROGRESS BAR, you need to reach maximum speed. You must be ready to time your jump; the closer you get to the board the better chance you have. Hitting the JUMP KEY will move you into the jump sequence instantly and should be timed to coincide with your arrival on the board. During the jump sequence the use of the ENERGY KEYS needs to be maintained right up to the point of landing. You will lose a considerable amount of distance if you do not keep up the ENERGY KEY rate through to the point where you hit the sand.

## SHOT PUT

Again you will be allowed six attempts to record a best. You commence this event standing at the back of the circle. You have to build up power as you go into the hop position, you then hop across the circle. As you move across the circle hitting the jump key starts the PUT. You need to leave this as late as possible to record the maximum distance. You can however foul the circle by touching the edge. During all this you have to maintain the key rate on the ENERGY KEYS. As you start to put the shot another strike on the JUMP KEY is required to release the shot, this should be done to coincide with the arm extending to release the shot, the later you can leave this the more effect it will have. Once the shot is in flight the ENERGY KEY rate has to be kept up to maintain the optimum flight path.

## JAVELIN

Turns and number of attempts as above. The key to success in the JAVELIN event is speed on the runway, using the ENERGY KEYS, and starting the throw at the last possible second using the JUMP KEY. You have to avoid the foul throw by not transgressing the end of the runway. You must keep up the ENERGY KEY rate during the throw. Again further distance may be gained by "helping" the javelin along during its flight using the ENERGY KEYS.

## GETTING STARTED

Please refer to the 'Loading Instructions' sheet. This is packed separately in the product box.

## STARTING A NEW PLAY

If you have just loaded ARENA and the selection screen as on the inside front cover of the box has been revealed to you, then you are ready to select either "NEW" (start a new game) or "LOAD" (load a previously saved game from disk) as required. Please refer to the appropriate section of this manual for further guidance. These are the only two valid icons when the game is first loaded from disk. On returning from one of these options you will now be in a position to proceed and select your first event.

## HOW TO SELECT AN EVENT

To select an event you simply point the mouse pointer at the event required and double click either of the mouse buttons. The events which have been completed are edged with a red rectangle and cannot be selected, those which are available to compete in are edged with a blue rectangle. You may select the events in any order you wish.

## KEYBOARD TECHNIQUE

The keyboard is the only way to play ARENA. There are three key groups to learn. Speed or strength can be built up by "pounding" two groups of keys alternately, from now on referred to as the "ENERGY KEYS". The groups are any of (A), (S), (Z), (X), for the left side and any of (;), ('), (.), (/) for the right side. The program only counts in alternate pairs so watch your co-ordination to maintain a right-left, right-left... sequence. To trigger a jump, throw, vault or put, the space bar has to be hit. From here on the space bar will be referred to as the "JUMP KEY". The recorded level of power and/or speed will be shown on the power slide in the top left hand corner of all displays. It will show levels ranging from 0 to 9 as illustrated on the left.

## FEATURES GENERAL TO ALL EVENTS

There are two icons in the top right hand corner of the screen, they are "QUIT EVENT" and "PAUSE".

If you position the mouse pointer in the "QUIT EVENT" icon and double click either of the mouse buttons, the event will be immediately terminated and all scores to date for that event will be deleted from the score table. All the completed events will retain their scores and status.

Double clicking either of the mouse buttons whilst the pointer is in the PAUSE icon will suspend the execution of the program and the screen will fade. ARENA can be restarted by again pointing into the PAUSE icon and double clicking either of the mouse buttons.

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QUIT  
EVENT

PAUSE