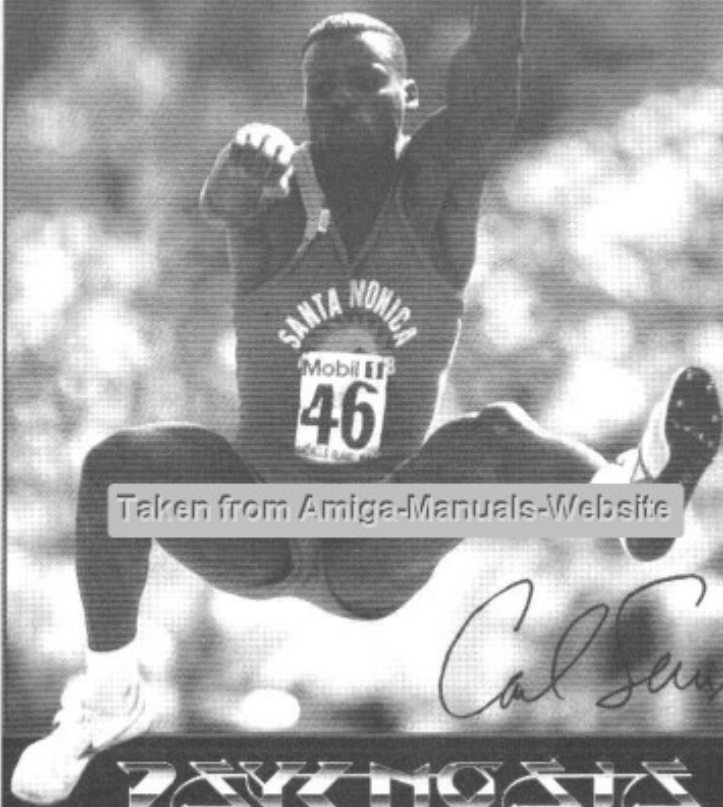


*Carl Lewis*

CHALLENGE™



Taken from Amiga-Manuals-Website

*Carl Lewis*

HYPERMART

ENGLISH

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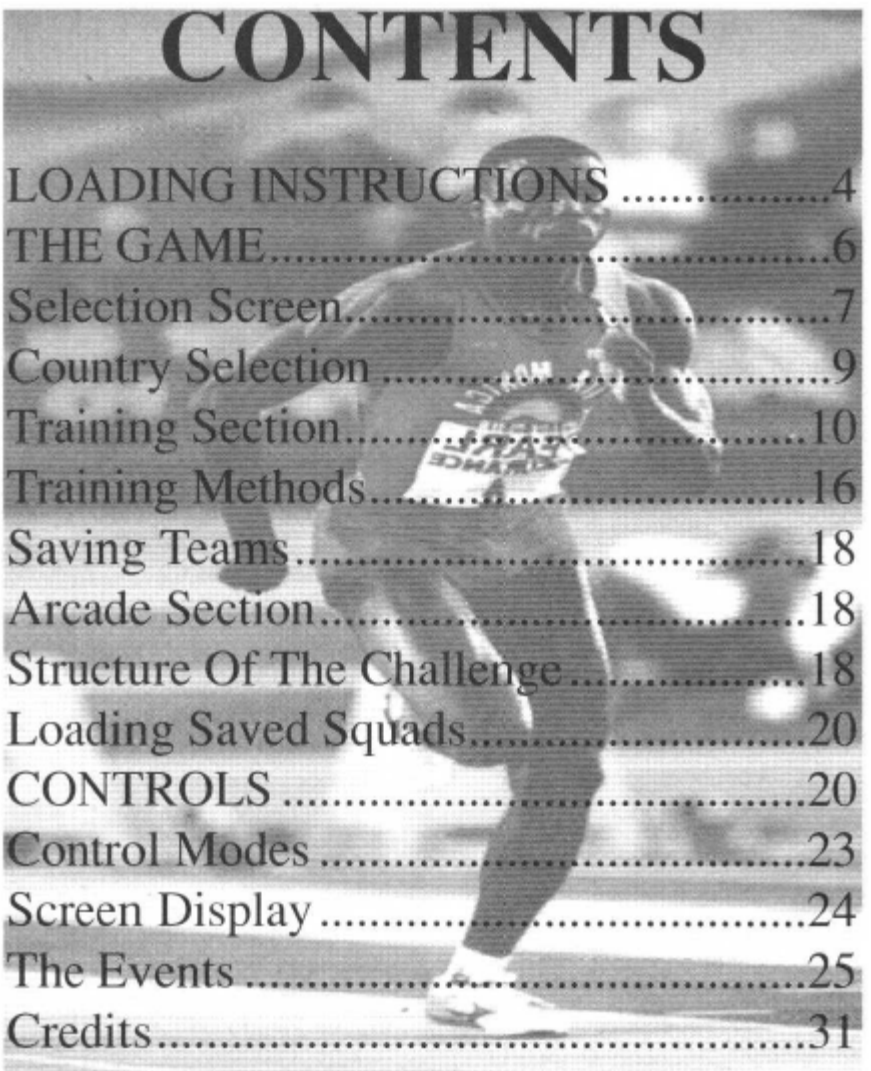
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# THE Carl Lewis CHALLENGE

## LOADING INSTRUCTIONS

### PC Version

**Note:** Should you wish to play *The Carl Lewis Challenge* with a mouse, remember to load your mouse driver before loading the main program (refer to your mouse documentation for details). However, the keyboard may be used exclusively if no mouse driver is present.

Boot your computer as usual. At the DOS prompt insert Disk One of *The Carl Lewis Challenge* into drive A. Type **A:** and hit return, then type **CARL**, hit return and follow on-screen instructions.

### **PC Hard Disk Installation**

Boot your computer as usual. At the DOS prompt insert Disk One of *The Carl Lewis Challenge* into drive A.

Type **A:** and hit return, then type **INSTALL**, hit return and follow on-screen instructions.

### **PC Loading Instructions from Hard Disk (after installation) :**

Boot your computer as usual. At the DOS prompt type **CD CARL** and hit return, then type **CARL** and follow on-screen instructions.

Please Note: To run *The Carl Lewis Challenge* from your hard drive requires the Key Disk (Disk 1) to be present in a floppy drive.

### **Amiga Version**

Switch your computer on. Insert Kickstart disk if necessary. When Workbench is requested insert disk 1 of *The Carl Lewis Challenge*.

Insert disk 2 when prompted.

### **Atari ST Version**

Insert disk 1 of *The Carl Lewis Challenge*. Switch on the monitor/TV then your computer.

Insert disk 2 when prompted.

# THE Carl Lewis CHALLENGE

## THE GAME

*The Carl Lewis Challenge* allows you to manage a full squad of world class athletes and follow them through international competition. You may elect to control their training methods, their competition performance or both. Up to four people can play, each managing their own squad of athletes. The events in which the squads compete are:

100M sprint  
110M hurdles  
Javelin  
High Jump  
Long Jump

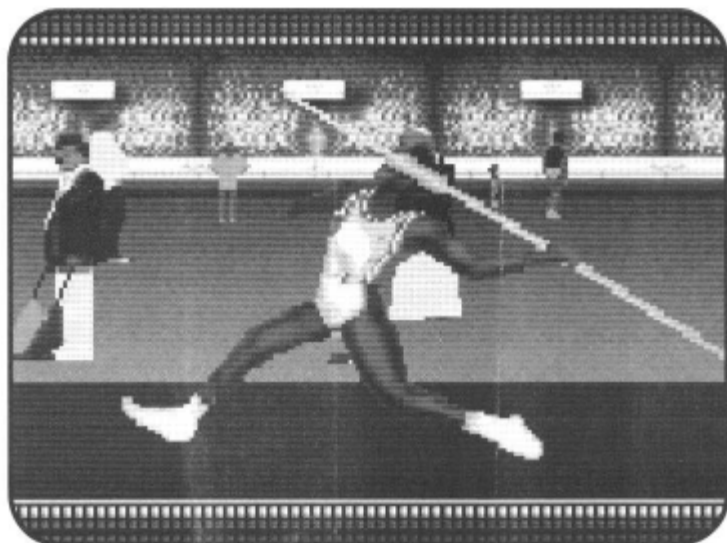
In the weeks leading up to competition, you must skillfully train your athletes to bring them to peak performance, ready to compete against the best in the world.

## THE SELECTION SCREEN

---

Following the introduction sequence, you will be asked which section of the game you wish to play: The Training Section, the Arcade Section or Full Simulation.

Please Note: PC Version - The cursor keys move the pointer, return selects icons.



## **TRAINING ONLY**

In the Training Section, you have five weeks in which to train your squad and bring them to peak performance before selecting entrants for each of the five events. In this mode the arcade section runs automatically, the performance of each member of your squad solely dependent on your earlier training decisions.

## **ARCADE ONLY**

In this mode you are presented with a ready trained squad of athletes, all of average skill. This functions as a pseudo practice mode. Your athletes won't be world class standard, but they will be good enough for you to progress some way into the game and gain practice.

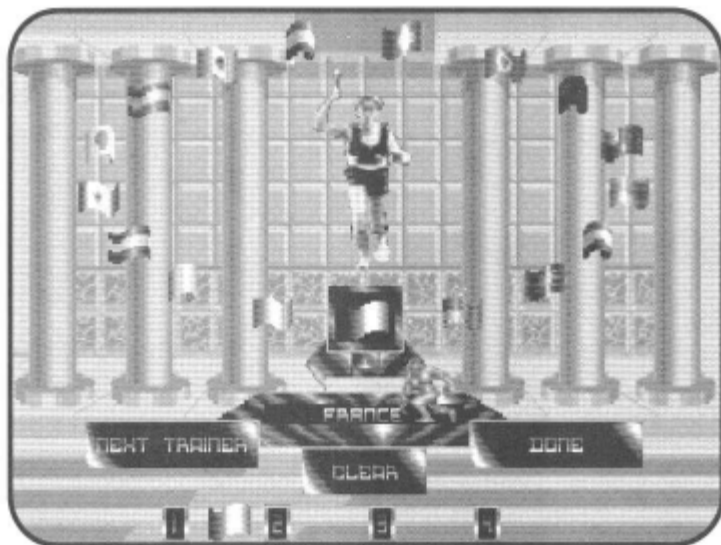
## **FULL SIMULATION**

By controlling both sections of the game you have the opportunity to create a squad of ultimate athletes and bring home gold medals.

Once this selection has been made the game automatically loads the training section so that you may enhance your squad of athletes.

Click on the appropriate icon for the game type you wish to play.

## COUNTRY SELECTION



Once you have chosen which type of game you wish to play, each player selects a country to represent.

Click on the direction arrows below the flame bearer to cycle through the flags. To select a country, rotate the flags until the desired banner is highlighted at the bottom of the circle.

Click on NEXT TRAINER, if you wish another player to compete, or DONE, if all players have identified their countries.

The selected countries' flags are displayed along the bottom of the screen. Clicking on the CLEAR icon will restart the selection procedure.

If you have chosen to play Arcade only you will now proceed to the competition, otherwise you will enter the Training section.

## **TRAINING SECTION**

---

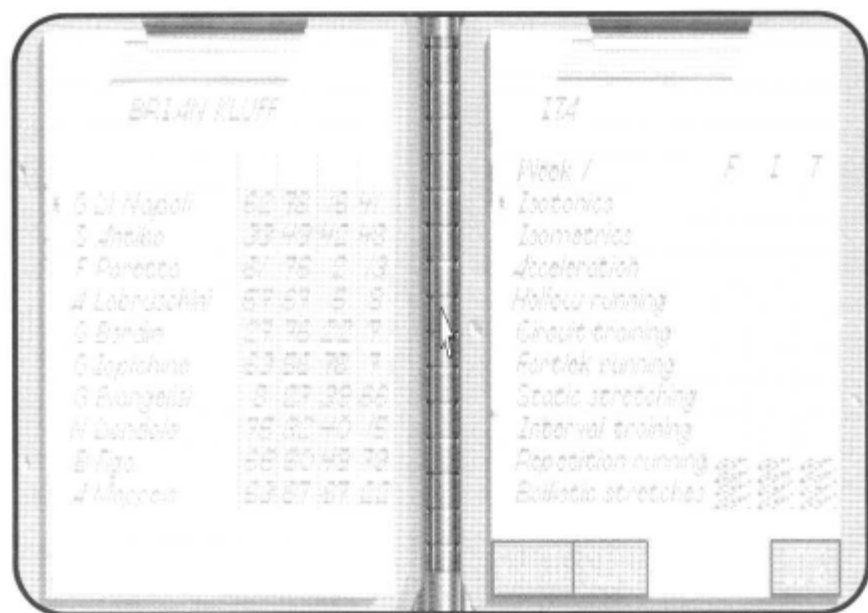
You have five weeks in which to bring your squad to their peak performance before the competition.

You are presented with a clipboard showing your country's top ten athletes. At this point you may use the keyboard to edit the trainer's name, should you wish to do so.

Each athlete has four attributes ranging from 0 (poor) to 99 (excellent). These attributes are :

**Agility**  
**Speed**  
**Power**  
**Stamina**

These are listed alongside the athlete's names in the above order.



Different events require different combinations of these attributes to achieve peak performance. It is up to you to decide the relative importance of each.

Click on each attribute icon to view a bar chart of your squad's skills. Click again to return.

Click on the ATHLETE box to view the currently selected athlete's attributes in bar graph form. You may edit the athlete's name using the keyboard at this point. Also, Carl Lewis appears on-screen to give useful hints. Click again to return.

Click on the **SQUAD** box to view the entire team's statistic profile for all attributes. Click again to return.

On the right hand side of the clipboard ten training methods are shown. Each is designed to improve certain attributes. Use your skill and judgement to decide which training methods will enhance your athletes' four attributes (see **Training Methods**). Each training method may be adjusted in three different ways :

|                  |            |
|------------------|------------|
| <b>Frequency</b> | <b>(F)</b> |
| <b>Intensity</b> | <b>(I)</b> |
| <b>Time</b>      | <b>(T)</b> |

Frequency is how often an athlete repeats an exercise during the week.

Intensity is how hard the athlete works on an exercise.

Time is how long the athlete spends on an exercise in each session.

Select the athlete you wish to train, by clicking on their name. Then, by dragging the mouse pointer in the bar, increase or decrease the value of the variables for the current week. When you are satisfied with the training agenda, click on another athlete to set their training schedule.

When you have completed your training schedule for the week, click on DONE to allow other players to set up their programme. When all players have completed their schedules, the game proceeds to the next week.

When the next week is displayed, you may notice that some of the athletes' attributes have changed colour :

Red indicates a decline in an attribute. This usually denotes that the week's training was either too extreme or too mild to benefit the athlete.

The screenshot shows a game interface with two main panels. The left panel is titled "BRIAN KLUFF" and displays a table of athlete performance data. The right panel is titled "ITA" and lists events: "100m Hurd Jav High Long". A mouse cursor is visible over the right panel.

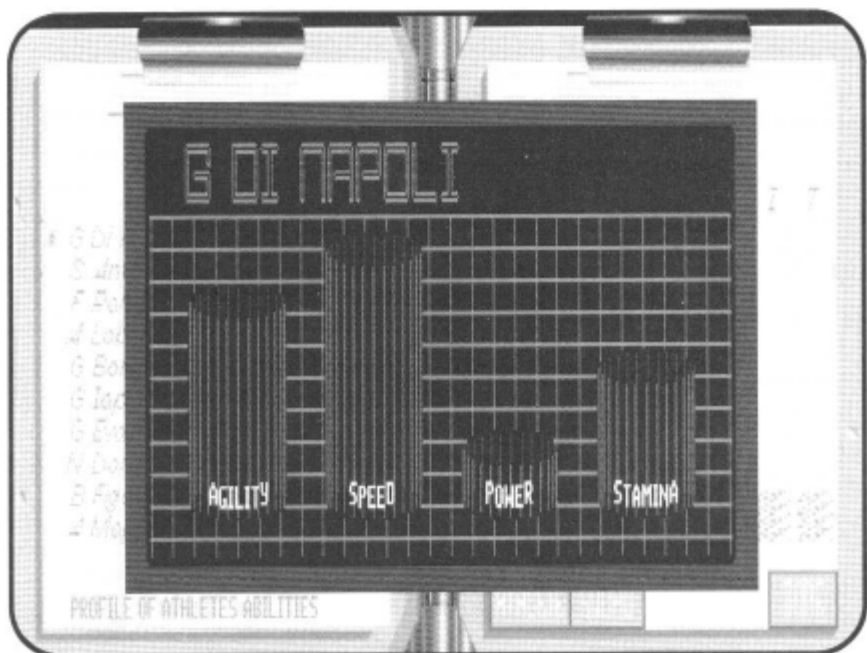
| Athlete       | Score 1 | Score 2 | Score 3 | Score 4 | Score 5 |
|---------------|---------|---------|---------|---------|---------|
| G Di Napoli   | 62      | 72      | 3       | 70      |         |
| S Jacobi      | 33      | 48      | 40      | 50      |         |
| F Paretto     | 61      | 70      | 12      | 7       |         |
| A Lebruschini | 57      | 67      | 6       | 2       |         |
| G Bordin      | 57      | 75      | 22      | 7       |         |
| G Iapichino   | 53      | 55      | 75      | 22      |         |
| G Evangelisti | 5       | 55      | 38      | 70      |         |
| N Donadeo     | 75      | 27      | 40      | 22      |         |
| B Figa        | 55      | 50      | 45      | 30      |         |
| A Mappala     | 53      | 57      | 57      | 25      |         |

ENTER ATHLETE FOR THIS EVENT

Green indicates an improvement over the previous week.

Repeat the training schedule for all athletes for all players for the full five weeks.

The clipboard changes to display the Selection Screen. Replacing the training types are the five event names. Click on the corresponding box to enter a particular athlete for an event.



You may enter the same athlete for more than one event.  
If an athlete has very low attributes, it is likely that they will not be able to compete as they may fail the team fitness test.

Use the bar graph displays to aid you in your choices.

When you have entered for all five events, click on the DONE box to allow subsequent players to choose their entrants.

**Note:** if you click on DONE before entering all events, the computer will make a random selection for you. This is not advisable!

## TRAINING METHODS

| Method           | Result                                                                                                                     |
|------------------|----------------------------------------------------------------------------------------------------------------------------|
| Isotonics        | Very tough weight training, the more you work, the harder the exercise gets.<br>Most beneficial to: Power, Speed & Agility |
| Isometrics       | Resistance weight training: Push against weights without actually lifting them.<br>Most beneficial to: Power               |
| Acceleration     | From a standing start accelerate to top speed as quickly as possible.<br>Most beneficial to: Power, Speed & Agility        |
| Hollow Running   | A fast sprint followed by a recovery period and a second fast sprint.<br>Most beneficial to: Stamina                       |
| Circuit Training | Continuous muscle exercises for whole body.<br>Most beneficial to: Stamina<br>Power & Agility                              |

| Method              | Result                                                                                                                  |
|---------------------|-------------------------------------------------------------------------------------------------------------------------|
| Fartlek Running     | <p>Informal (not overseen or timed) fast &amp; slow outdoor running.</p> <p>Most beneficial to: Stamina &amp; Speed</p> |
| Static Stretching   | <p>Tough stretching exercises.</p> <p>Most beneficial to: Agility</p>                                                   |
| Interval Training   | <p>Formal fast &amp; slow running.</p> <p>Most beneficial to: Stamina</p>                                               |
| Repetition Running  | <p>A fast run followed by a long recovery then another fast run.</p> <p>Most beneficial to: Stamina &amp; Speed</p>     |
| Ballistic Stretches | <p>Rhythm &amp; momentum stretches, use body momentum to stretch muscles.</p> <p>Most beneficial to: Agility</p>        |

## **SAVING YOUR TEAMS**

---

At the end of the training stage you are asked to insert a previously formatted, write-enabled disk on which to save your team.

## **ARCADE SECTION**

---

If you chose to play TRAINING only, you are taken through each event, however, you may only watch your athletes compete. Press a mouse button at the end of each stage to proceed. Your athletes will all perform according to their statistics calculated in the management section. You cannot influence them during the competition - you must now sit in the grandstand and cross your fingers. The Control Section therefore does not apply.

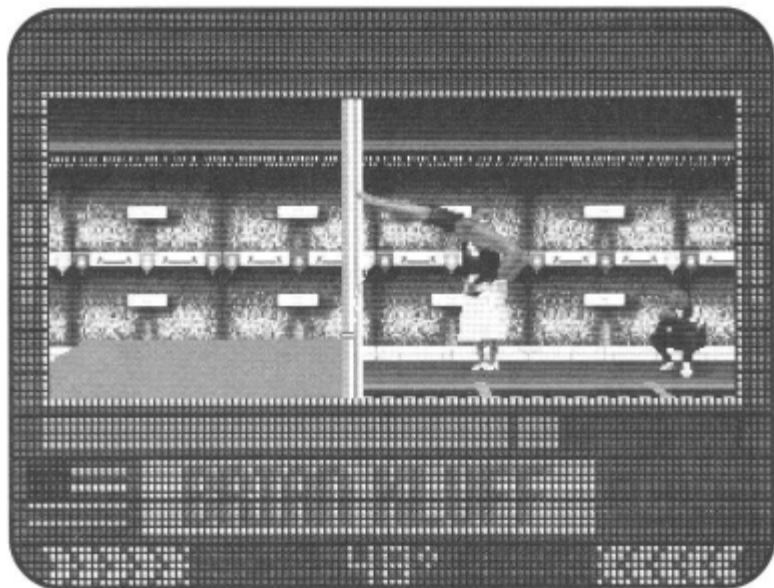
## **STRUCTURE OF THE CHALLENGE**

---

There are five EVENTS. Each is divided into a series of HEATS, ending up in the finals where medals can be won. Each player must achieve a QUALIFICATION time or distance

in order to progress to the next stage of the game.

Each event is played one heat at a time before progressing to the next event. If you fail to qualify, then that athlete is out of that event for the rest of the game. You may, however, continue in the other events. Qualification requirements are always tougher in later heats. To ultimately win a medal, you must qualify for the finals, then finish 3rd (bronze), 2nd (silver) or 1st (gold).



## LOADING SAVED SQUADS

---

At the beginning of the competition you are asked if you wish to load a squad previously saved in the Training Section.

Should you select to load a saved squad, insert a save-game disk and your saved statistics are loaded.

## CONTROLS

If you have chosen to play ARCADE only, you are provided with a series of standard (average) athletes with which to compete.

If you have chosen to play the FULL SIMULATION, your athletes will compete based on a combination of your training skills and your arcade ability during each event.

However, you must first select a control method. There are three types :

- 1) Speed Control**
- 2) Rhythm Control**
- 3) Gearing Control**

These can be utilised via two input devices :

- i) Joystick (Amiga/ST )                      or                      i) Keyboard (PC)
- ii) Mouse

### **MOUSE : Speed Control**

Moving the mouse left and right provides athletes speed. The quicker you move your mouse, the quicker your athlete moves.

The Left Mouse Button is the Action command, controlling your athlete's throws and jumps.

### **MOUSE: Rhythm and Gearing**

The Right Mouse Button is the Movement button.

The Left Mouse Button is the Action command, controlling your athlete's throws and jumps.

## **Amiga & ST**

### **JOYSTICK: Speed Control**

Moving the joystick left and right gives athletes speed. The faster you waggle it, the faster your athlete moves.

The fire button on the joystick is the Action command, controlling your athlete's throws and jumps.

### **JOYSTICK: Rhythm and Gearing**

The Fire Button is the Movement command.

The up direction on the joystick is the Action command, controlling your athlete's throws and jumps.

## **PC Only**

### **KEYBOARD CONTROLS : Speed Control**

Stabbing left and right cursor keys gives athletes speed.

The up cursor key is the Action command, controlling your athlete's throws and jumps.

The down cursor key is the Movement Command

## **KEYBOARD CONTROLS : Rhythm and Gearing**

The left cursor key is the Movement command.

The up cursor key is the Action command, controlling your athlete's throws and jumps.

The down cursor key is the Movement Command

### **CONTROL MODES**

---

**1) Speed Control.** Your athlete's performance depends on how quickly you are able to alternate between the left/right controls on your selected input device. An indicator shows your speed .

**2) Rhythm Control.** Using your chosen input device, your athlete's performance depends on your timing of button presses in relation to an on-screen gauge. The gauge features an oscillating pendulum. Press the Movement button when the pendulum reaches mid-point of the gauge to achieve maximum boost. The boost is proportional to your accuracy. Miss-timing may result in your athlete actually losing speed.

**3) Gearing Control.** Using the marks below the scanner, you time the Action button press to each of the marks. Failure to hit the marks results in athletes losing speed, or not jumping or throwing at the correct time.

**Note:** Once each player has selected a control method they remain with it for the duration of the challenge.

The first event is announced. Click a button to proceed (you may have to wait for the disk drive to finish). A list of entrants for this heat is displayed. Human entrants compete one at a time, beginning with Player One. The qualification time (or distance) for this heat is displayed in the bottom right hand corner of the screen. Click a button to begin this heat.

In track events, ensuing players compete against recordings of previous human player's efforts.

## **SCREEN DISPLAY**

---

The screen displays a view of the track, surrounded by an electronic scoreboard which gives you all the information you require. The trainer's name and nationality is shown at the bottom of the screen. The bottom right hand corner displays qualification times or distance. You must equal or beat this in order to qualify. There is also a scanner showing positions of athletes and objects (hurdles, finishing line, etc) in the event. Along the side of the track grow the speed bars, showing you the result of your control expertise. The top scoreboard displays results.

## THE EVENTS

---

Performance in each event is a complex combination of athlete attributes and player skill. Poor attributes will hinder even the most adept arcade player while excellent attributes will aid a poor arcade player.

### 1) 100M SPRINT

You are required to equal or beat the qualification time. There are always four entrants, one of which is your athlete (highlighted). When the starter begins the race, follow the procedure for the control mode selected (see Control). It is not necessary to beat the other athletes until the final - you must merely beat the clock. At the end of the race, an Action Replay of the race is shown (press and hold the Action command to skip this). Results and scores follow. Scores are awarded for beating qualification requirements. There is also a bonus if you achieve a world record!

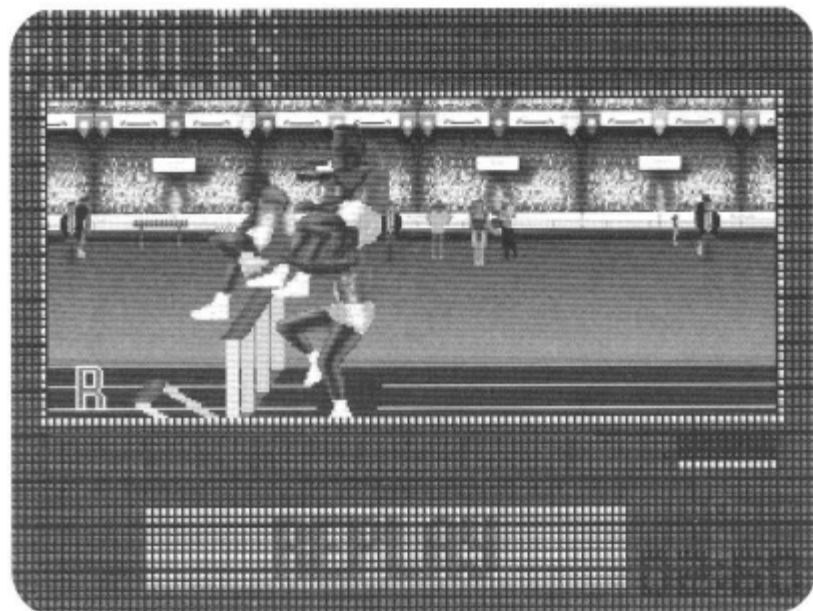
If you fail to achieve the required qualification time, your participation in this event is over, you will not be permitted to continue in the other heats. Other players may still compete in this heat.

If you achieve the required performance, you proceed to the next event.

## 2) 110M HURDLES

This functions in a similar way to the sprint, with the exception that clicking the Action button commands athletes to jump.

Watch the scanner to anticipate hurdles.



### 3) JAVELIN

This event allows you three attempts to qualify per heat. If you do not achieve the required distance in any of the three attempts, you will be disqualified.

This event features a Run-Up, a Throw Commencement point, and an Angle for the throw. You must control each of these.

- |               |                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| RUN-UP :      | Use your selected method of control to increase the run-up speed.                                                                                               |
| START THROW : | Click the Action button to begin your throw. The scanner provides a rough guide to this point. Continue to increase speed using the run-up method.              |
| ANGLE:        | Once your athlete has completed the throw sequence, an angle indicator automatically start to rise. Click your Action button when the desired angle is reached. |

The resulting throw is displayed.

Note that if your athlete releases the javelin after crossing the

throw line, the throw will be judged FOUL and not counted. To negate this problem either start the sequence sooner, or slow your run-up to give you time to correct yourself.

There is no Action Replay for the Javelin.

#### **4) HIGH JUMP**

This event features Run-Up, Take-Off Angle and Leg Flip.

**RUN-UP :** Use your selected control method to achieve optimum Run-Up speed.

**TAKE-OFF :** Press and hold your Action button to begin take-off. The angle display increases until your Action button is released. Keep increasing your speed! If you do not activate the angle gauge your jump will be FOUL.

**LEG FLIP :** Click your Action button to flip your athlete's legs up at the top of the jump arc - this aids clearance.

You have three attempts to qualify.

There is no Action Replay for the High Jump.

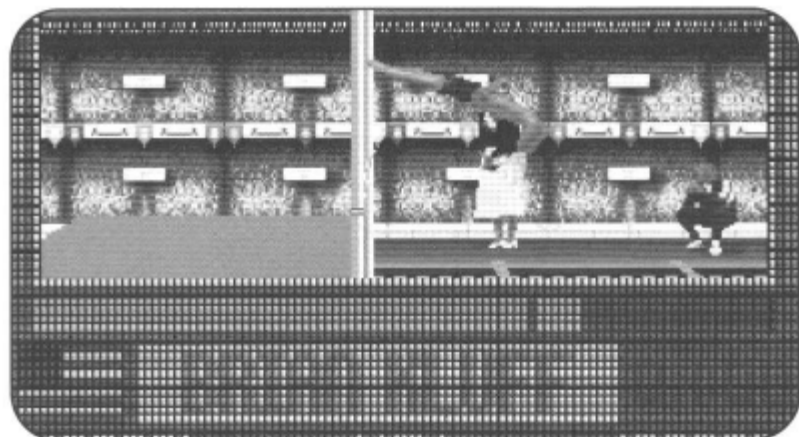
## 5) LONG JUMP

This features a Run-Up and a Take-Off Angle.

**RUN-UP :** Use you selected control method to achieve optimum run-up speed.

**TAKE-OFF :** Press and hold your Action button to begin take-off. Release your Action button when the desired angle is reached.

You have three attempts to qualify.  
There is no Action Replay for the Long Jump.



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