Quest for Gold

Krisalis Software Ltd
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KRISALIS
SOFTWARE LTD.

IMPORTANT

1) NO MORE GAMES

Much work has gone into making Quest for Gold, but software piracy is slowly destroying the games industry, with many companies going out of business and projects of this depth and detail becoming less viable. If you enjoy entertainment software of this quality then please have a sense of responsibility.

Any fool can copy software... It takes a little more intelligence not to

2) VIRUS

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Any discs found to be faulty due to an original defect will be replaced. Send your details and the disc(s) only to Krisalis Software Ltd.

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Krisalis Software Ltd
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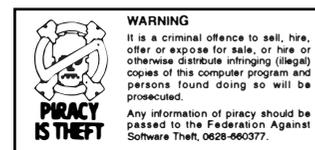
Quest for Gold

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Quest for Gold is a complete Track and Field simulation. The game 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 the squad must compete in are:-

100m Sprint
110m Hurdles
Javelin
High Jump
Long Jump

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

LOADING

Insert Quest for Gold disc in the machine, with the disc protection tab set to the "Write" position. From the desktop click on application GOLD on drive, 0.

You will be first presented with the title screen. Click the mouse button to proceed.

You will then be asked whether you wish to play training only, arcade or a full simulation.

TRAINING ONLY

You have five weeks in which to train your squad and bring them to peak performance to then make final selection of entrants for each event. In this mode you will not have to play the arcade section it will then run automatically, the performance of each athlete solely dependant on you earlier training techniques.

ARCADE ONLY

In this mode you will be presented with a ready trained squad of athletes, all of average identical skills. This functions as a pseudo practice mode. Your athletes will never reach world class standard, but will be good enough for you to progress some way into the game.

FULL SIMULATION

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

Click on the appropriate icon for the game type you want.

COUNTRY SELECTION

You will next be presented with a selection of all the teams available to be trained.

Click on the direction arrows to cycle the flag until the country you wish to choose is on the highlight position at the bottom of the flag circle. Now click on next trainer if you wish another player to compete or click on done if all players have identified their countries. The countries selected have their flags displayed along the bottom of the screen. Click on the clear icon if you wish to restart the selection procedure.

If you have chosen to play arcade only you will now proceed to the competition. See arcade section otherwise you will enter the training section .

TRAINING SECTION

If you have selected to play this mode you will have five weeks to bring your squad to their peak performance before the competition.

The first player will be presented with a clipboard showing his country's ten athletes. You can use the keyboard to edit the trainee's name at this point.

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

Agility
Speed
Power
Stamina

Different events will require different combinations of these attributes to achieve peak performance. It is up to your skill and judgement to decide the relative importance of each.

Click on the icon for each attribute to see an overall bar chart of all the squad for that particular skill. Click again to return.

Click on the ATHLETE box to view the currently selected athlete attributes in bar graph form. You may edit the athletes name using the keyboard at this point. Click again to return.

Click on the SQUAD box to view the entire teams statistic profile for all attributes. Click again to return.

On the right hand side of the clipboard are displayed ten different training methods. Each is designed to improve certain attributes. Use your skill and judgement to decide on the relative effects of each on the athletes four attributes. Each training type may be adjusted in three different ways:-

Frequency (F)
Intensity (I)
Time (T)

Frequency is how often in the week the athlete will repeat this exercise.

Intensity is how the athlete will work on this exercise type.

Time is how long the athlete will spend in each session on this exercise.

Select the athlete you wish to train by clicking on his name then clicking the mouse pointer in the bar. You may drag the bar higher or lower to increase or decrease the value for these variables for this week. When you are satisfied with the training regime for that week, click on another athlete to set his training schedule.

When player one is satisfied with his teams training schedule for week one click on the "DONE" box to either a) allow the other player to set up their training schedules for week one or b) proceed to the next week if all players have completed this procedure.

When the next week is displayed you will notice that some of the attributes for each

athlete have changed colour:-

Red indicates a decline in this attribute for this athlete since last week. i.e. your training schedule for the previous week was either too extreme or too mild to benefit this attribute.

Yellow indicates no change from last week.

Green indicates an improvement over last week.

Repeat this procedure for all players for all athletes for all five weeks. At this point you must make a final selection of which athlete you are going to enter for each event.

The clipboard now 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 select the same athlete for more than one event.

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

Once player one has entered for all five events click on the DONE box to allow any 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.

You will now enter into the competition proper.

Note: Please bear in mind that a level below 30 on any of the attributes will automatically lead to the athletes disqualification.

TRAINING HINTS

Speed

Two types of training: reaction time & speed.

The speed training has to be considered in close relation with **endurance (stamina)**, **flexibility (agility)** and **strength (power)** training.

Acceleration: is a gradual increase from a rolling start through jogging to maximum effort with a rest comprising a walk or slow jog.

Hollow running: series of sprinting followed by jogging.

Repetition running: running of a fixed distance at constant speed and a recovery period long enough to maintain the form.

Agility

Agility is underestimated by

many athletes but it is essential for most sports. The lack of agility leads to poor performance and deficient technique and can be the cause for muscular pain. A gain in agility is achieved by stretching the muscle beyond its habitual length.

Static stretching: slow and sustained stretch of the muscle, holding it for a few seconds. It is regarded as the most effective means to gain agility.

Ballistic stretches: involves a balancing or swinging movement of several body parts in order to reach further. If it is too vigorous, it can be harmful.

Aerobic endurance (Stamina)

Endurance is the capacity to perform an activity for a long period of time.

Fartlek running: Fartlek is the Swedish word for speed climb. It is regarded as one of the

most effective ways of gaining aerobic endurance (stamina).

Interval training: a sequence of periods of running and resting that can vary in length.

Muscular endurance (Strength, Power)

Muscular endurance is the capacity to cope with the continuous use of muscles or groups of muscles. The only way to improve it is by repeating the action as often as possible, which for the athlete is rather boring. That is why there are training methods which make it more exciting for the athlete, such as:

Circuit training: (also good for aerobic endurance) It is a variety of routines that are sequentially executed, so the training is not only more entertaining but also complete, since all the muscles which require training are exercised.

Strength is the force the muscles can exercise against resistance or the combination of muscles required to achieve certain tasks. All strength training consists basically in concentrating the muscle against resistance. Too much or inadequate training to improve strength can result, more than in any other kind of training, in serious injury (especially if trying to progress too quickly - ie. overloading).

Isotonics: when the muscle contracts there is a noticeable movement (eg. press ups, weight lifting).

Isometrics: when the muscle contracts, there is no noticeable movement but tension is still developed.

ARCADE SECTION

If you have chosen to play MANAGEMENT only you will now be taken through each event and you may watch your athlete compete. Press the 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 COMPETITION

There are five EVENTS. Each event is divided into a series of HEATS ending up in the finals where the medals are won. Each player must achieve a QUALIFICATION time or distance in order to progress to the next stage of the game.

You will first be requested to choose your control method. There are two types;

Each event is played one heat at a time before progressing to the next event. Once he has qualified for each of these events, he will then play the second heat of the competition and so on. Qualification requirements are always tougher on later heats. To ultimately win a medal you must qualify for the finals then finish 3rd (bronze) 2nd (silver) or 1st (The Quest for Gold).

CONTROL OF YOUR ATHLETE

If you have chosen to play ARCADE only you will have 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 training skills and your arcade ability during each event.

You will first be requested to choose your control method. There are two types;

1) speed control
2) rhythm control

1) SPEED CONTROL

Move the mouse or joystick from left to right, ensuring it is firmly placed on a solid surface such as a desk or table. The athletes performance will depend on how quickly you are able to change the direction of the mouse from left to right. There is an indicator showing your speed response.

2) RHYTHM CONTROL

Using the mouse your athlete's response will depend on how accurately you are able to time mouse button presses to an on screen gauge. This gauge features an oscillating pendulum. You must press the middle mouse button when the indicator reaches the mid point of the gauge to achieve maximum boost. The boost is proportional to your accuracy. Being too far out in your timing may result in an athlete actually losing speed.

Move the mouse left or right to select your choice of control method and click the left mouse button to proceed. Each player must select their own individual control method at this time for the entire game.

The first event will then begin. You will see an introduction screen announcing the next event. Click a mouse button to proceed (you may have to wait for the disk drive to finish). You will then see a list of entrants for this heat of this event. Human entrants compete one at a time starting with player 1. The human entrant is highlighted in RED. Qualification time (or distance) for this heat is shown in the bottom right hand corner. Click a mouse button to begin this heat.

SCREEN DISPLAYS

The screen displays a view of the track surrounded by an electronic scoreboard which will give you all the information you require. At the screen base is displayed the trainer's name and nationality. The bottom right hand corner displays the required qualification time (or distance) in RED. You must equal or beat this in order to stay in the game. There is also a scanner showing relative positions of the athlete and objects in the event (e.g. hurdles, finishing line etc.). Along the sides of the track display grow the speed bars, giving you feedback on your control expertise. The top scoreboard will display result information.

THE EVENTS

Performance in each event is a complex interaction of the athlete attributes and mouse skill. Poor attributes will hinder even the most adept arcade player, and 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 wiggle your mouse fast as possible, or watch the rhythm gauge and press the middle mouse button in order to speed up your athlete. It is NOT NECESSARY TO BEAT THE OTHER ATHLETES. You must merely beat the clock. At the end of the race the computer will show an action replay of the race (press and hold mouse button to skip this). Then follows the result table and scoring. Scores are allocated according to how much you have beaten the qualification requirement. There is also a bonus if you achieve a world record.

2) 110m Hurdles

This functions identically to the sprint, with the exception that the left mouse button allows the athlete to jump. Watch the scanner to anticipate the next hurdle.

3) Javelin

This event allows you 3 attempts at qualification per heat. If you do not achieve the required distance in any of the three attempts then you are disqualified from the event.

Your athlete will require a run up, a throw commencement point then an angle of throw. You must control each of these.

RUN UP Use your selected method of control to increase the run up speed.

START THROW Click left mouse button to commence the throw. The scanner gives a rough guide to this point. Continue to increase speed.

ANGLE Once the athlete has completed the throw sequence an angle indicator will automatically start to rise - click the left mouse button when the desired angle is reached.

The flight of the javelin will then be displayed.

Note that if the athlete releases the javelin after crossing the throw line , the throw will be judged FOUL and not counted.(Either start the sequence sooner or slow down your run up)

4) High Jump

The event requires control of RUN UP, TAKEOFF ANGLE and LEG FLIP

RUN UP Use your selected control method to achieve optimum run up speed.

TAKEOFF ANGLE Press and hold the left mouse button to begin takeoff. The angle display will increase until the button is released. Keep increasing speed. If you do not start the angle gauge you will have a foul jump.

LEG FLIP Click the left mouse button again to flip the ath-

letes legs up at the top of the jump arc - this will aid clearance height.

You have three attempts to qualify.

5) Long Jump

This requires a run up then a takeoff angle.

RUN UP Use your selected control method to build-up on run up.

TAKEOFF ANGLE Press and hold the left mouse button to initiate takeoff - release the button when the desired angle is achieved.