

In the discus event the athletes threw a disk-shaped object for distance. The discus itself was made of stone or, later, iron, lead, or bronze.



discus

To increase their distance, the athletes held weights. They swung them above their heads on takeoff and threw them behind them before landing.



long jump

The javelin was a wooden rod with one end sharpened. The athletes held a leather strap placed around the rod that helped them to throw the javelin farther.



javelin

Two- and four-horse chariot races as well as horse riding races made up the equestrian events. The owners of the chariots or horses, not the participants, won.



equestrian events

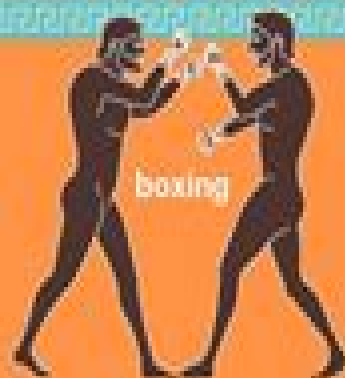
ANCIENT OLYMPIC GAMES

The Olympic Games began in Olympia, Greece, in 776 bc and took place every four years until ad 393. They were held in honor of Zeus. At the first Games, athletes competed in only one running event held on a single day. However, over the years other events were added, and the Games eventually were expanded to five days.



running events

There were four running events, all of which consisted of a predetermined number of laps in the stadium. In one race the athletes wore armor and carried a shield.



boxing

The athletes wrapped their hands and wrists in leather. Later they added metal on their knuckles. An athlete won when his opponent was knocked out or gave up.



wrestling

The athletes fought with bare hands while standing up. An athlete won after he forced his opponent's hip, shoulder, or back to the ground three times.



pankration

The pankration was a combination of wrestling and boxing. The only rules were that an athlete could not bite his opponent or gouge at his eyes or nose.

The Ancient Olympic Games

Edward Marwick Plummer



The Ancient Olympic Games:

The Ancient Olympics Nigel Spivey, 2012-06-14 The word athletics is derived from the Greek verb to struggle for a prize After reading this book no one will see the Olympics as a graceful display of Greek beauty again but as war by other means Nigel Spivey paints a portrait of the Greek Olympics as they really were fierce contests between bitter rivals in which victors won kudos and rewards and losers faced scorn and even assault Victory was almost worth dying for and a number of athletes did just that Many more resorted to cheating and bribery Contested always bitterly and often bloodily the ancient Olympics were not an idealistic celebration of unity but a clash of military powers in an arena not far removed from the battlefield

A Brief History of the Olympic Games David C. Young, 2008-04-15 For more than a millennium the ancient Olympics captured the imaginations of the Greeks until a Christianized Rome terminated the competitions in the fourth century AD But the Olympic ideal did not die and this book is a succinct history of the ancient Olympics and their modern resurgence Classics professor David Young who has researched the subject for over 25 years reveals how the ancient Olympics evolved from modest beginnings into a grand festival attracting hundreds of highly trained athletes tens of thousands of spectators and the finest artists and poets [The Ancient Olympic Games](#) Charles River Charles River Editors, 2018-02-03 Includes pictures Includes ancient accounts about the Games Includes a bibliography for further reading The most important thing in the Olympic Games is not winning but taking part the essential thing in life is not conquering but fighting well Epictetus Many are the sights to be seen in Greece and many are the wonders to be heard but on nothing does Heaven bestow more care than on the Eleusinian rites and the Olympic games Pausanias While they are still well known the Olympic Games of Ancient Greece are more relevant today than most people know and the ways in which athletic sports pervade contemporary culture is comparable only to the spirit of athleticism in Hellenic Greece Today a large section of the media industry is devoted exclusively to sports and in some nations sports even figures as a critical component of their identity In America the Super Bowl could be considered a holiday of sorts and of course today's Olympic Games capture the attention of millions and millions of people around the world for two weeks The Ancient Olympic Games were all these things and then some It was a ritualized spectacle of great cultural importance in Greece as well as an international communion that celebrated both diversity and unity but most importantly it was an ode to the strength of the human body and a paean to the vigor of the human spirit For over a thousand years from the 8th century BC to the 4th century AD competitors and spectators traveled from all over Europe and Asia Minor to attend the legendary contests bringing with them not only their passion for athletics but also their poetry music arts and ideas The ancient historian Strabo captured the spirit well when he described the Olympics the glory of the temple persisted on account both of the festal assembly and of the Olympian Games in which the prize was a crown and which were regarded as sacred the greatest games in the world The temple was adorned by its numerous offerings which were dedicated there from all parts of Greece Despite their international character the Ancient

Olympic Games belonged exclusively to the Greeks even though prior to Alexander the Great Ancient Greece consisted mostly of small city states that warred constantly with each other. The Olympic Games served to assemble them and allow them to appreciate the commonality of their customs, gods, language and other cultural characteristics, the very things that made them Greek. The historian Pausanias explained just how important the games were to the Greeks and their sense of pride by discussing one of the Olympics' best athletes, Sotades. At the ninety-ninth Festival, he was victorious in the long race and proclaimed a Cretan, as in fact he was. But at the next Festival, he made himself an Ephesian, being bribed to do so by the Ephesian people. For this act, he was banished by the Cretans.

The Ancient Olympic Games The History and Legacy of Antiquity's Most Famous Sports Competitions examines the origins of the games, highlights the competitions and looks at the history and legacy of the events that spawned today's modern Olympics. Along with pictures depicting important people, places and events, you will learn about the Ancient Olympics like never before in no time at all.

The Ancient Olympic Games Jhonny Núñez, 2025-12-23 Bright, bold and dynamic artwork bring to life the origins of the Olympic Games. Find out about the legend behind the games, the original events and the excitement that filled Olympia during the Olympic Festival. See how the competitors used to train and learn about each of the original events that took place, including chariot racing, wrestling, the discus, javelin and boxing. Get the Olympic buzz from all the excitement of the hippodrome, Olympic ceremonies and celebrations, and learn about the importance of the Heraia, the competition for women organised by women.

The Ancient Olympic Games Judith Swaddling, 2004 Between 776 BC and AD 395 the ancient Olympic Games were held every four years. Tracing the mythological and religious origins of the games, this history shows a detailed model of the sports complex and covers the sponsorship and training of the athletes.

The Naked Olympics Tony Perrottet, 2004-06-08 What was it like to attend the ancient Olympic Games? With the summer Olympics return to Athens, Tony Perrottet delves into the ancient world and lets the Greek Games begin again. The acclaimed author of *Pagan Holiday* brings attitude, erudition and humor to the fascinating story of the original Olympic festival, tracking the event day by day to re-create the experience in all its compelling spectacle. Using firsthand reports and little-known sources, including an actual Handbook for a Sports Coach used by the Greeks, *The Naked Olympics* creates a vivid picture of an extravaganza performed before as many as forty thousand people, featuring contests as timeless as the javelin throw and as exotic as the chariot race. Peeling away the layers of myth, Perrottet lays bare the ancient sporting experience, including the round-the-clock bacchanal inside the tents of the Olympic Village, the all-male nude workouts under the statue of Eros and history's first corruption scandals involving athletes. Featuring sometimes scandalous cameos by sports enthusiasts, Plato, Socrates and Herodotus, *The Naked Olympics* offers essential insight into today's Games and an unforgettable guide to the world's first and most influential athletic festival. Just in time for the modern Olympic games to return to Greece this summer for the first time in more than a century, Tony Perrottet offers up a diverting primer on the Olympics of the ancient kind. Well researched, his sources are as solid as sources

come It s also well written Perhaps no book of the season will show us so briefly and entertainingly just how complete is our inheritance from the Greeks vulgarity and all The Washington Post *Welcome to the Ancient Olympics!* Jane Bingham,2008 This title discusses topics such as the ancient Olympic events what the stadium looked like and ancient Olympic ceremonies

Olympia Robin Waterfield,2018 In the northwestern corner of the great peninsula of the Peloponnese close to the meeting point of the Cladeus and Alpheus rivers lies a peaceful river valley overlooked by the steep sided Hill of Cronus Here between the eighth century BCE and the fourth century CE rival athletes competed for glory in the ancient Olympic Games Every four years and from every corner of the Mediterranean world from Samos to Syracuse and from Sparta to Smyrna they descended on this quiet corner of southern Greece sacred to Zeus seeking to excel in disciplines as diverse as sprinting boxing wrestling trumpet blowing and chariot and mulecart racing The victors of these ancient games may have been awarded crowns of olive leaves in recognition of their achievements but these original Olympics were no idealistic celebration of the classical aesthetic of grace and beauty shared by all of the participating Greek city states but often a bitterly contested struggle between political rivals Robin Waterfield paints a vivid picture of the reality of the ancient Olympic Games describes the events in which competitors took part explores their purpose rituals and politics and charts the vicissitudes of their remarkable thousand year history The Ancient Olympic Games Charles River Editors,2014 This book examines the origins of the games highlights the competitions and looks at the history and legacy of the events that spawned today s modern Olympics Along with pictures depicting important people places and events you will learn about the Ancient Olympics like never before in no time at all *The Ancient Olympics* Nigel Jonathan Spivey,2004 The word athletics is derived from the Greek verb to struggle or to suffer for a prize As Nigel Spivey reveals in this engaging account of the Olympics in ancient Greece suffer is putting it mildly Indeed the Olympics were not so much a graceful display of Greek beauty as a war fought by other means Nigel Spivey paints a portrait of the Greek Olympics as they really were fierce contexts between bitter rivals in which victors won kudos and rewards and losers faced scorn and even assault Victory was almost worth dying for the author notes and a number of athletes did just that Many more resorted to cheating and bribery Contested always bitterly and often bloodily the ancient Olympics were no an idealistic celebration of unity but a clash of military powers in an arena not far removed from the battlefield The author explores what the events were the rules for competitors training and diet the pervasiveness of cheating and bribery the prizes on offer the exclusion of barbarians and protocols on pederasty He also peels back the mythology surrounding the games today and investigates where our current conception of the Olympics has come from and how the Greek notions of beauty and competitiveness have influenced our modern culture As a Cambridge classicist and athletics coach Nigel Spivey is uniquely qualified to write this eye opening account of the Greek Olympics Anyone interested in the ancient world or in the Olympic games will be fascinated by this revealing history The Ancient Olympic Games Heinz Schöbel,1966 **The Ancient Olympic Games** Judith

Swaddling,2008-09-01 *The Ancient Olympics* ,1996 Four articles in Archaeology magazine for July August 1996 on the ancient Olympic Games *A Visitor's Guide to the Ancient Olympics* Neil Faulkner,2012-04-24 A guide to the ancient Olympics features a program of events transportation options as provided by passenger ferry and ox cart accommodations and dining options all as they would have appeared in 338 BC in the spectacle s early days *The Ancient Greek Olympics* Richard Woff,1999 Describes the history traditions and competitive events connected with the Olympic games held in ancient Greece **The Ancient Olympic Games** Nigel B. Crowther,2024 This article examines the ancient Olympic Games from their traditionally accepted beginnings in the eighth century BC to the fifth century AD Even though they were a conservative festival there were numerous changes over their one thousand year history The Olympics became the largest cultural gathering in Greece of any kind as sports permeated all levels of society The article uses a wide range of sources namely literature in the original Greek and Latin archaeology art and epigraphy Yet the amount of evidence available is sparse when contrasted with the rich vein of material available for the modern Games The article tries to avoid as best as possible using the modern Olympics and preconceived notions to interpret the ancient festival while pointing out the most important ancient and modern parallels and contrasts It discusses therefore from the revisionist point of view the sources the foundation myths qualifying eligibility the training period the sacred truce visitors the facilities the contests the winners the rewards the organisation the Roman period other relevant festivals and the last years of the Games It also examines the ancient Olympics from the point of view of both athletes and spectators **Athletics and Games of the Ancient Greeks** Edward Marwick Plummer,1898 **The Ancient Olympic Games** Judith Swaddling,British Museum,1980 **Ancient Olympic Games** Haydn Middleton,2008 What did Nike mean to the ancient Greeks Which Roman emperor won Olympic prizes for singing and acting Who became the first Olympic champion Find the answers to these questions and more as you read about the early Games from ancient Greece through the Roman Empire **The Ancient Olympic Games** Judith Swaddling,1987

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