

# ANCIENT OLYMPIC GAMES

BY EDIE, SOPHIE H AND SOPHIE W



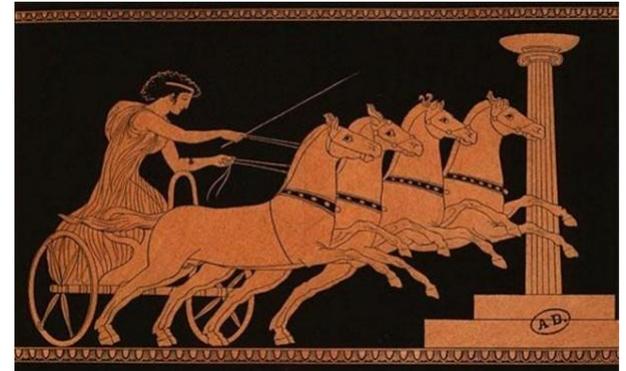


THE ANCIENT OLYMPICS WERE DESIGNED TO TRAIN THE MEN FOR BATTLE, DESPITE THE RULE CAUSING ALL WARS AND BATTLES TO STOP AND ALLOW PASSAGE FOR THOSE WHO WANTED TO SEE THE GAMES. THE ANCIENT OLYMPIC GAMES HAS THEIR SPORTING AND RELIGIOUS EVENTS SPREAD OUT ACROSS THE COURSE OF FIVE DAYS.

---

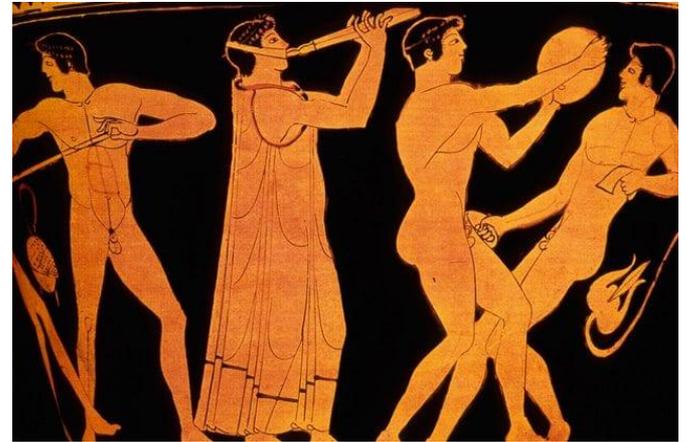
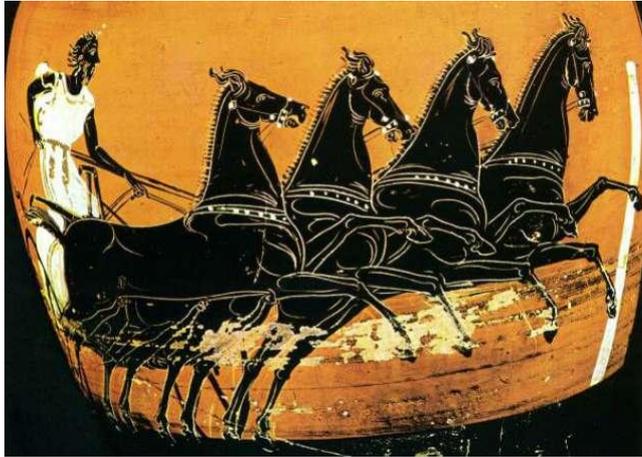
# Day one

IN THE MORNING OF DAY ONE THE ATHLETES AND THEIR TRAINERS WENT TO THE COUNCIL BUILDING IN OLYMPIA. AFTER THAT THE COMPETITORS WOULD GO TO THE ALTIS A SACRED OLIVE-GROVE AND GO TO ONE OF THE MANY ALTARS. THE MEN WOULD MAKE OFFERINGS TO A GOD ZEUS, HERMES, APOLLO, OR HERCULES. AND THEY WOULD PRAY FOR VICTORY. THEN THE FIRST DAY THE COMPETITORS COMPETED IN THE RUNNING, WRESTLING AND BOXING FOR BOYS. THE AFTERNOON WAS FREE FOR CONTESTANTS TO EXPLORE OLYMPIA ESPECIALLY EXCITING WAS THE TEMPLE OF ZEUS WITH THE FAMOUS STATUE OF ZEUS, CONSIDERED OF THE SEVEN WONDERS OF THE ANCIENT WORLD.



# Day Two

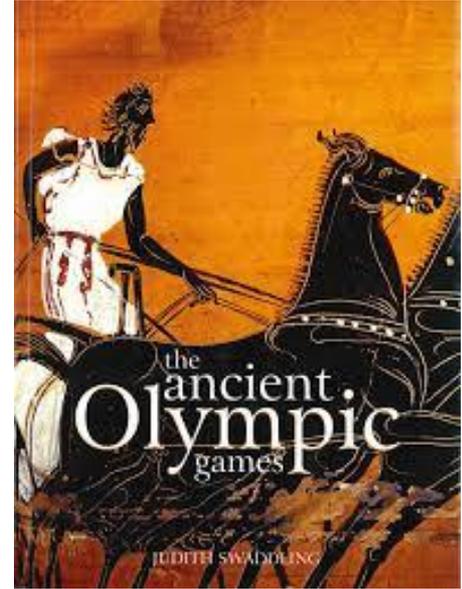
DAY TWO BEGAN WITH HORSES, RIDERS AND CHARIOTS INTO THE HIPPODROME, OR HORSE RACING ARENA. THIS DAY WAS THE DAY OF CHARIOT AND HORSE RACES. THE CHARIOT RACES WERE ONE OF THE MOST EXCITING AND DANGEROUS EVENTS OF THE GAMES. THERE WERE BOTH FOUR HORSE CHARIOT AND TWO HORSE CHARIOT RACES WITH DISTANCES RANGING FROM 2.5 MILES UP TO 8 MILES. HORSE RACES WERE JUST AFTER THE CHARIOT RACES AND WERE OFTEN MUCH SHORTER IN LENGTH. IN THE AFTERNOON THE COMPETITIONS MOVED TO THE STADIUM FOR THE PENTATHLON, WHICH INCLUDED FIVE EVENTS: RUNNING, WRESTLING, LONG JUMP, DISCUS AND JAVELIN. THE FIRST ATHLETE TO WIN THREE EVENTS WAS CROWNED THE VICTOR. AT THE END OF THE DAY CROWDS GATHERED AT THE SHRINE OF THE HERO PELOPS, WINNER OF THE FIRST CHARIOT RACE. FUNERAL CEREMONIES WERE REENACTED AROUND THE ALTAR AND SPECIALLY WRITTEN HYMNS WERE SUNG IN HONOR OF VICTORS. THE DAY ENDED WITH FEASTS AND CELEBRATIONS.



# Day Three

ON DAY THREE THE MOST IMPORTANT RELIGIOUS EVENT BEGAN, THE SACRIFICE TO ZEUS. CROWDS WOULD GATHER AT THE ENTRANCE TO THE ALTUS, WITH AMBASSADORS FROM EVERY GREEK STATE BRINGING A SYMBOL FROM THEIR CITY. THESE WOULD BE SHARED OUT AT THE CELEBRATIONS. WHEN THE HELLANODIKAI ARRIVED THE PROCESSION STARTED, BEGINNING TO CIRCLE THE ALTUS PASSING THE TEMPLE OF HERA, PELOP'S TOMB, THE TEMPLE OF RHEA AND THE GREEK STATES TREASURE HOUSES. THE PROCESSION ENDED WHEN THEY REACHED THE TEMPLE OF ZEUS. THE PRIESTS WOULD THEN MAKE ANIMAL SACRIFICES HERE.

AFTER THE RELIGIOUS EVENTS HAD FINISHED A LONG DISTANCE RACE WAS DONE, NAMED THE DOLICHOS. IT'S LENGTH DIFFERED BETWEEN 225 TO 275 MILES. AFTER CAME THE SPRINTS WHICH WERE AROUND 630 FEET IN DISTANCE, THE SPRINTS WERE ALSO KNOWN AS STADES. THE SPRINTS WOULD FINISH AT THE WEST END OF THE STADIUM, THIS WAY ALLOWING THE COMPETITORS TO FACE THE ALTUS. IN THE EVENING A FEAST WOULD BE HELD FOR ATHLETES THEIR FAMILIES, AND OTHER GUESTS. THEY WOULD EAT THE FOODS THE GREEK CITY REPRESENTATIVES HAD BOUGHT AT THIS TIME.



# Day Four

THE FOURTH DAY WAS CENTRED AROUND THE CONTACT SPORTS, WITH THE FIRST OF THE DAY BEING WRESTLING. THE WRESTLERS WOULD DO EVERYTHING POSSIBLE TO MAKE THEIR OPPONENT FALL THREE TIMES AND THEREFORE WIN THE MATCH. WRESTLING IN THE ANCIENT OLYMPICS WOULD HAVE NO ROUNDS. AT MIDDAY THE BOXING BEGAN. BOXERS WERE OFTEN SEVERELY WOUNDED AND IN RARE CASES WOULD BE KILLED IN THE RING. MANY OF THE BOXERS WOULD CONCENTRATE ON THEIR FOOTWORK AS THIS WAS ESSENTIAL TO AVOID TOO MANY PUNCHES TO THE HEAD.

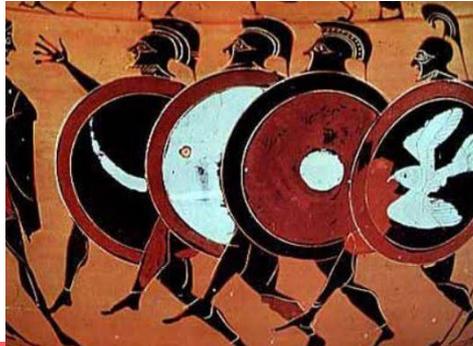
THE LAST CONTACT SPORT OF THE DAY WAS THE PAGRATION, A COMBINATION OF WRESTLING AND BOXING. THE WAY TO WIN THIS WAS TO FORCE YOUR OPPONENT TO GIVE UP AND SUBMIT. AFTER THIS CAME THE FINAL EVENT, THE HOPLITODROMOS, ALSO KNOWN AS THE RACE IN ARMOUR. COMPETITORS WOULD RUN TWO LENGTHS OF THE STADIUM IN HELMETS AND CARRYING THEIR SHIELDS. THIS FINAL SPORT OF THE DAY SERVED AS A REMINDER THAT ATHLETICS WERE DESIGNED TO PREPARE MEN FOR WAR.

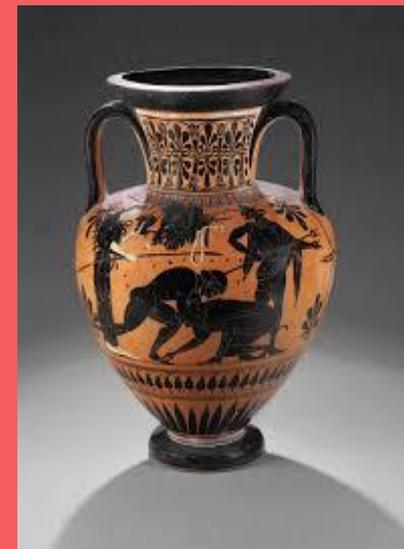
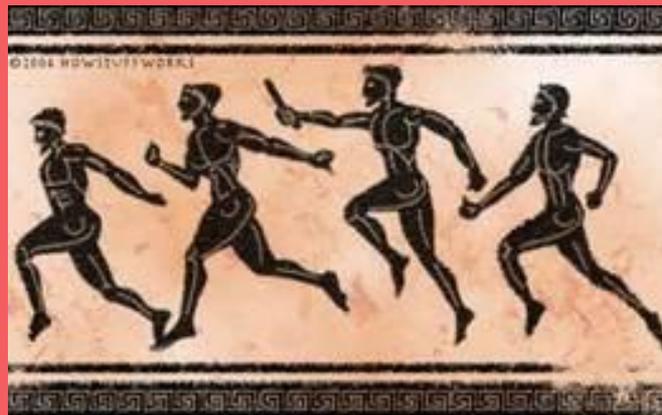
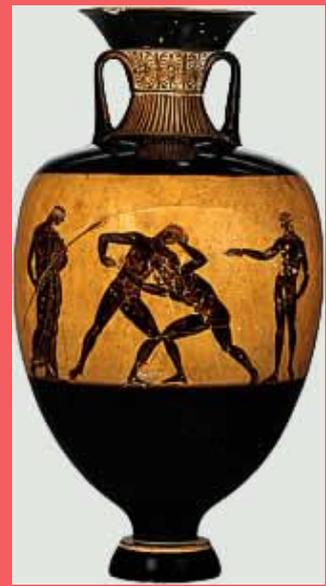
# Day Five

DAY 5 WAS THE FINAL DAY OF THE GAMES. THERE WAS NO EVENTS, THIS WAS THE DAY WHERE THE ATHLETES CELEBRATE THEIR ACHIEVEMENTS AND ACCOMPLISHMENTS OF THE LAST FOUR DAYS. SPECTATORS, TRAINERS AND ATHLETES MADE THEIR WAY, PROCESSION STYLE, TO TEMPLE OF ZEUS FOR THE FINAL TIME, WITH THE WINNERS LEADING THE WAY.

BEFORE THE FESTIVAL A BOY WAS CHOSEN TO CUT A LEAFY BRANCH FROM THE ANCIENT WILD OLIVE TREE SACRED TO ZEUS. THE LEAVES WERE THEN WOVEN INTO WREATHS. WHEN THE PROCESSION REACHED THE FRONT OF THE TEMPLE, THE WINNERS WOULD COME FORWARD AND THE HELLANODIKAI PLACED A WREATH ON THE HEAD OF EACH WINNER.

THE REST OF THE DAY AND EVENING WAS SPENT FEASTING. THERE WAS A BIG PUBLIC BANQUET AS WELL AS MANY PRIVATE PARTIES. THE PARTIES OFTEN LASTED ATE INTO THE NIGHT.





THE END!!!

