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STUDENT EDITION

FRIDAY, JULY 23, 2021



TOKYO OLYMPICS

SPECIAL EDITION

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'Citius, Altius, Fortius Communis'



Traditions and values set over 12 centuries have kept the Olympic flame burning bright, reflecting on the true spirit of the Games - together, even in adversity. Even as Tokyo gears up for the big ceremony today, **TIMES NIE** digs into the past to see how the Games have withstood the test of time to represent power, resilience and unity

FASTER, HIGHER, STRONGER - TOGETHER

This year, the International Olympic Committee (IOC) amended its 'Faster, Higher, Stronger' motto to include the word 'Together', highlighting the need for solidarity during difficult times such as the Covid-19 pandemic. It is a move to adapt the motto to our times. The original motto, the Latin 'Citius, Altius, Fortius', was adopted by the founder of the modern Games, Pierre De Coubertin, in the 19th century, having borrowed it from his friend Henri Didon, a Dominican priest, who taught sports close to Paris. The new motto is 'Citius, Altius, Fortius - Communis'

THE RINGS



The five interlocking blue, yellow, black, green and red rings, known as the Olympic rings, were designed in 1913 by Coubertin. The rings stand for the union of the five continents: Europe, Africa, Asia, America, and Oceania, and the meeting of athletes from across the world at the Games. The rings made their debut at the 1920 Antwerp Games.

THE HYMN



The Olympic Hymn was first used in the opening ceremony of the first Olympic Games in 1896 in Athens, Greece. The lyrics were written by Greece's national poet, Kostis Palamas, and set to music by Spyros Samaras. In the following Olympics, the host nations had their own anthems. In 1956, the original hymn was used again. In 1958, the IOC declared it the official hymn. Since then, it has been a part of the opening and closing ceremonies.

FLAME AND TORCH RELAY

A few months before the opening of each Olympic Games, a flame is lit at Olympia in Greece. It is the start of the



torch relay. The flame is carried to the host city to light the Olympic cauldron. The flame was first used in modern times at the 1928 Games at Amsterdam. The torch is usually carried by runners. But over time, it has travelled on a boat, canoe, camels and aircraft. In 2000, an underwater flare was taken across the Great Barrier Reef to Sydney.

EMBLEM

Ichimatsu moyo, a traditional Japanese chequered pattern, is the emblem of the Tokyo Games. Designed in indigo blue, it is a combination of three varieties of rectangular shapes. It represents different countries, cultures and ways of thinking and reflects 'Unity in Diversity'.



THE TRUCE

The Olympic truce was adopted at the first Ancient Olympic Games in 776 BC. Put into effect seven days before the Games began, it allowed athletes and others to travel to the host city and back in total safety. The modern Games revived the truce at the 1992 Barcelona Games with the support of the UN. The truce emphasises the importance of the Games in bringing the world together in a peaceful competition. This year, it came into effect on July 21, 2021 and will remain till September 12, which is a week after the Paralympic Games end.

MASCOTS

Olympic mascots have been a key part of the Games since 1968. They embody the spirit of the Games and stand for the values, history and culture of the host city. They also lend a festive atmosphere. Mascots were first introduced at the 1972 Munich Olympics.

The official mascot of the 2020 Tokyo Games is Miraitowa. Mirai means 'future' and Towa means 'eternity' in Japanese. Miraitowa has a blue indigo ichimatsu-pattern, resembling the Tokyo 2020 Games Emblem.



FOUR SPORTS TO DEBUT IN TOKYO OLYMPICS

SKATEBOARDING

After being included in the Olympic programme, skateboarding is all set to make its debut at the Tokyo Games this year. Medals will be awarded under two categories: Park and Street. While in the Park, skaters will be required to showcase their skills and execute tricks in a dome-shaped bowl, in the Street discipline, players will have to overcome real-life obstacles like the stairs, handrails, etc. Participants will be judged on difficulty level, originality and execution.



SURFING



Surfing will make its debut this year and will continue to be a part of the mega sporting event for good. The competition will be held under men's and women's categories, which will include preliminary heats and head-to-head knockout rounds. Commitment and degree of difficulty, innovations, manoeuvres, flow, speed and power will be some of the skills that a player will be judged on.

Every four years, the Olympic Games become bigger and better with new games being added into the programme. With 339 medal events in the line-up, the Tokyo Games will see four new disciplines making its debut this time. The baseball and softball will see a one-off return (just for Tokyo Games). Here's a look at the four new sports...

SPORT CLIMBING



A trending sport among the youth, sport climbing was made popular in the 1980s. Its inclusion in the Olympic for the first time this year will be the right kind of boost the discipline is looking for. The event, to be held at Tokyo's Aomi Urban Sports Park, will have three disciplines: speed, bouldering and lead. All three will be combined to determine the overall winner in both men's and women's sections.

KARATE

The sport that was born in Japan, will make its Olympics debut in Tokyo. It was inducted because of its rich history and popularity. The competitions will be conducted in two disciplines: Kata and Kumite. Athletes demonstrate their techniques in Kata, while Kumite has weight classes and are judged on the basis of the results of head-to-head fights. The competition will be held in three weight classes for men and women at the Nippon Budokan. Karate will not feature in the next Games in Paris.





History, trivia and fun facts

What's the origin story of Olympic Games? What do the 5 circles in the Olympic logo represent? What is the Games motto? Who wrote the Olympic hymn? From ancient Greece to Tokyo 2020, here is everything you need to know to brush up your knowledge on the Games. Happy reading

QUIZ TIME

Q: The Olympic torch is a tribute to the fire that burned throughout the ancient Greek Olympic Games honouring which goddess?

A: Hestia

Q: What are the five official Olympic values?

A: Joy of effort, fair play, respect for others, pursuit of excellence; and balance between body, will and mind.

Q: A race was held in the 1896 Olympic Games in honour of whom?

A: Pheidippides

Q: Where did Pheidippides run?

A: From Marathon, Greece to Athens

Q: The priestess of which Greek goddess was the only married woman permitted to watch the Ancient Greek Olympics?

A: Demeter

Q: Who won the first-known Olympics in ancient Greece?

A: Coroebus



Q: Which Roman emperor declared himself the winner of an Olympic chariot race even though he fell out of his chariot?

A: Nero

Q: The ancient Greeks sacrificed which animal at the conclusion of the earliest Olympic Games?

A: Oxen

Q: Which woman became the first Olympic athlete to win gold twice 20 years apart?

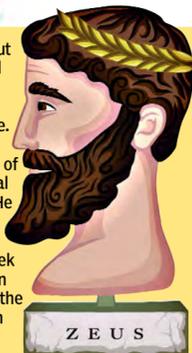
A: Brigit Fischer

Q: Who was the first Black athlete to win gold in the Winter Olympics?

A: Vonetta Flowers



In 776 BCE, about three thousand years ago, the first Olympic Games took place. Originally, the Games were part of a religious festival to honour Zeus. He was the god of the sky and the leader of the Greek gods who lived on Mount Olympus, the highest mountain in Greece.



The Olympics were one of four all-Greek (Pan Hellenic) Games. Even though the Games were named after Mount Olympus, they weren't played there. Instead, they were held in the religious sanctuary of Olympia near Greece's southwest coast. The land there was beautiful and rich with olive trees.

The Olympics became an integral part of ancient Greek society. Thousands of people from all over the Greek world congregated for the competition. The event was so popular that when the Persians invaded in 480BC, the allied Greek city states had to delay military preparations as so many men were at the Olympics!



All free male Greek citizens were entitled to participate in the ancient Olympic Games, regardless of their social status. Several emperors even took part. Women were not permitted to compete.

PICS: ISTOCK

CHRONOLOGY



From 776 BC to 393 AD, the Ancient Olympic Games were an intrinsic part of a religious festival.

The four-year gaps between the Olympic Games came to be known as Olympiads.

The first Olympic champion listed was Coroebus of Elis, a cook, who won the sprint race.

The last recorded Ancient Games were of 393 AD, under emperor Theodosius I.

1896: The first modern Olympic Games began.

1912: Five continents come together.

1900: Women made an entry, breaking a wall of barriers and prejudices. The first games that they participated in were tennis and golf.

1904: Medals make a mark. Gold, silver and bronze medals were awarded for the first time.

1924: Winter games began.

1984: Professional athletes get entry. Before that only amateur athletes could participate.



2004: The Games in Athens saw 19 new sports being added. These were rowing, badminton, baseball, basketball, boxing, canoe/kayak, equestrian sports, football, handball, hockey, judo, modern pentathlon, softball, taekwondo, table tennis, archery, triathlon, sailing and volleyball. This meant a total of 301 events!

In chariot racing, the horse owners were declared Olympic champion, and not the riders. Anyone was allowed to own a horse and Kyniska, daughter of King Archidamos of Sparta, subsequently became the first female Olympic victor. Her four horses won in the 396BC and 392BC Olympiads.



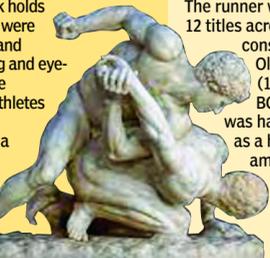
A separate festival called the Heraean Games, dedicated to the goddess and wife of Zeus, Hera, was created for women. These Games were also held in Olympia, and featured young girls competing in a footrace on a track one sixth shorter than the men's equivalent.



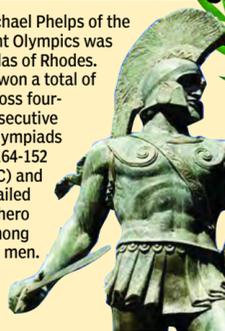
Among the various horse races was the 'kalpe' where the rider would jump off their mare and run alongside them for the last lap. Each event was intended to train men for war, which was perhaps best personified by the 'hoplitodromos' race, where athletes had to complete between two and four lengths of the stadium wearing a full set of hoplite armour.



The most brutal sport was 'pankration'. This event was a combination of wrestling and boxing, where neck holds and strangling were permitted, and only biting and eye-gouging were forbidden. Athletes could resign through waving a finger in the contact sports, but death was still commonplace.



The Michael Phelps of the Ancient Olympics was Leonidas of Rhodes. The runner won a total of 12 titles across four consecutive Olympiads (164-152 BC) and was hailed as a hero among men.



For the first 12 ancient Olympics, the only event was a short footrace of about 190m — or one length of the stadium — called a 'stade'. Eventually, the Games expanded from one day to five, as a total of 18 events were added to the programme. The earliest additions were running events of different lengths, as well as wrestling, pentathlon, boxing and for the wealthiest competitors, chariot racing.



Like its modern equivalent, the ancient pentathlon included five different events. These were discus, long jump (using weights from a standing jump), javelin, running, and wrestling. The Ancient Olympic Games officially came to an end around 394 AD, when Roman emperor Theodosius I outlawed pagan celebrations. The first modern Olympic Games took place 1503 years later, at Athens in 1896.

There were no gold, silver, and bronze medals on offer at the Ancient Games. In fact, prizes were awarded only to the winners, which began with a wreath made from the leaves of the sacred olive trees at Olympia. The ancient Greeks didn't rely on good will to ensure fair competition during this often brutal period in history. Athletes who broke rules during the Olympics were publicly whipped and slapped with hefty financial fines.

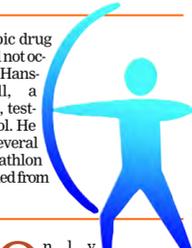
12 Modern Games facts

At least one of the Olympic Rings' colours appears in every national flag. Baron Pierre de Coubertin, founder of the modern Olympic Movement, conceived of the five-ringed symbol. He specifically chose the different colours — blue, green, yellow, black, and red — because at least one of those colours appear on all the national flags of the world.



Following the 1979 invasion of Afghanistan by former USSR, the 1980 Moscow Olympics saw 66 nations boycott the Games.

The first Olympic drug suspension did not occur until 1968. Hans-Gunnar Liljenwall, a Swedish pentathlete, tested positive for alcohol. He purportedly drank several beers before the pentathlon and was thus suspended from the competition.



Only three modern Olympic Games have been cancelled. The games were cancelled due to World War I (1916) and World War II (1940, 1944).



The Olympic Torch Relay is not an ancient tradition. The Torch Relay has its roots in the controversial 1936 Berlin Olympics. Carl Diem, chief organiser of the Olympic Games, conceived of the relay as a propaganda tool for the Nazi Party. The relay passed through Greece, Bulgaria, Yugoslavia, Hungary, Austria and Czechoslovakia, who would all succumb to Nazi rule within 10 years.



The US, or more specifically CBS, first televised the Olympics during the 1960 Rome Games. The 1904 St Louis, 1932/1984 LA and Atlanta 1996 Games mean that the US has hosted the Olympics more than any other country. London holds the record of being the only city to have hosted the event 3 times — 1908, 1948 and 2012.

The youngest Olympian in the modern era is Greek gymnast Dimitrios Loundras, who competed in the 1896 Athens Olympics at the age of 10. Other young Olympian facts: At age 13, springboard diver Marjorie Gestring was the youngest female individual gold medalist in history, while 14-year-old Kusuo Kitamura (swimming) is the youngest male individual gold medalist.

In the opening ceremony, the athlete procession has to be led by the Greeks and ended by the host team with all others go in alphabetical order as labelled by the host country's language.

In 1924 in Chamonix, France, the first Winter Games were held. The year 1912 saw the last Olympic gold medals made entirely out of gold.

Gold medals are mostly made of silver. Despite the popular belief that the gold medal is composed of pure gold, today's Olympic gold medal is made almost entirely from silver with approximately 6 grams of gold to meet the standard laid out in the Olympic Charter.

The host city designs the Olympic medals for their Games. Each must be at least 60mm in diameter and 3mm thick. The gold medals must be covered in 6g of gold and silver medals must contain 92.5% silver.





THE PRIDE OF INDIA

To be called an Olympian is no mean feat. An Olympic medalist is the icing on the cake. A lot of hopes are pinned on the 228-member Indian contingent. We give a big shout-out to all those who have made the cut in these rather difficult times. After all, participation, not winning, is the underlying motto of the Games. Here's a look at some of the qualifiers...

Photo: GETTY IMAGES

ARCHERY | JULY 23 - 31

Four Indian archers will be aiming for success at the 2020 Games, to end India's medals drought in archery. **Deepika Kumari**, the World No. 1 in women's recurve individual, is India's biggest medal hope. She is currently in top form and claimed three gold medals at World Cup stage 3 in Paris in June. Atanu Das, Pravin Jadhav were impressive in the World Championships, and could bring home medals in the men's recurve, individual and team events, along with veteran archer Tarundeep Rai.

EQUESTRIAN JULY 23 - AUGUST 7

Fouaad Mirza is the first Indian equestrian to qualify for the Games in 20 years. He sealed his quota in the event after topping the group in the individual event category at the South East Asia and Oceanic qualifiers in November 2019. He secured his entry with a good performance in the long eventing competition in Baborowko, Poland. India was earlier represented in equestrian by Indrajit Lamba at the 1996 games, and Imtiaz Anees in 2000.



Photo: TOI

HOCKEY | JULY 24 - AUGUST 6

The supremely fit, World No. 4 men's team is led by **Manpreet Singh** with PR Sreejesh as the goalkeeper. The women's team, ranked World No. 10, is led by star **Rani Rampal** and has goalkeeper Savita, along with Deep Grace Ekka, Nikki Pradhan, Gurjit Kaur, Udita, Nisha, Neha, Sushila Chanu Pukhrambam, Monika, Navjot Kaur, Salima Tete, Navneet Kaur, Lalremsiami, Vandana Katariya and Sharmila Devi.

Photo: GETTY IMAGES

GYMNASTICS JULY 24 - AUGUST 8

Pranati Nayak, the second Indian woman gymnast to represent India at the Olympics, is all set to put her best foot forward. She qualified after the 2021 Asian Championships was called off. In 2019, the 26-year-old won a bronze at the Asian Artistic Gymnastics Championships.



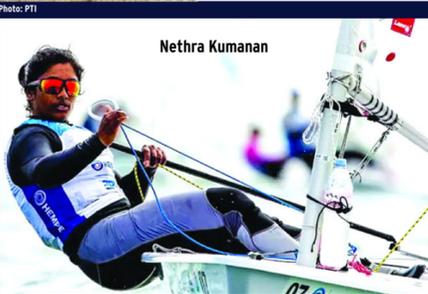
Abhishek Verma

SHOOTING | JULY 24 - AUGUST 2

Hopes are pegged on the 15-member squad. **Saurabh Chaudhary** (men's 10m air pistol) could open the account for India with **Abhishek Verma**. World No. 1 Elavvenil Valarivan, Apurvi Chandela (women's 10m air rifle), Manu Bhaker (women's 25m pistol and 10m air pistol), Rahi Sarnobat and Yashaswini Singh Deswal are worth watching. Anjum Moudgil and Tejaswini Sawant (women's rifle 3 positions) Divyansh Singh Panwar and Deepak Kumar (10m air rifle), Sanjeev Rajput and Aishwary Pratap Singh Tomar (men's 50m rifle 3 positions), Angad Veer Singh Bajwa and Mairaj Ahmad Khan in men's skeet make up the squad.

SWIMMING | JULY 24 - AUGUST 1

The swimming contingent has three Indians in the medals race, two of whom made the cut. A record-breaking qualification time of 1:56:38 seconds in the men's 200m butterfly event won **Sajan Prakash** a place in the Olympics, his second so far. **Srihari Nataraj** will be debuting in the Games in the 100m backstroke. **Maana Patel** is the first female swimmer from India to qualify. She will be competing in the 100m backstroke. She won her place under the universality quota, after no other female swimmer qualified in the category.



Nethra Kumanan

SAILING | JULY 25 - AUGUST 4

For the first time ever, four sailors will represent India at the Games. They will be competing in three categories. **Nethra Kumanan** is the first Indian woman sailor to participate in the Games in laser radial class. She qualified for the Games at the Mussanah Open Championship, which is an Asian Olympic qualifying event. Vishnu Saravanan, competing in laser standard, and KC Ganapathy and Varun Thakkar in the 49er, got through at the qualifiers in Oman.

Photo: TOI

ROWING JULY 23 - 30

Arjun Lal Jat and **Arvind Singh** qualified after finishing second in the finals of the Asia-Oceania Continental Qualifying Regatta in Tokyo. The duo will be the only Indian rowers at the Games, as India did not participate in other Olympic qualifiers due to the Covid-19 pandemic.



Photo: PTI

Photo: GETTY IMAGES

WEIGHTLIFTING JULY 24 - AUGUST 4

India has sent a single entry, **Mirabai Chanu** for weightlifting. The world No. 2 and former world champion is among the favourites to win a medal for India. Mirabai scored 4133.6172 points to come second behind Chinese Hou Zhihui 4926.4422 in the rankings published by the IWF, which helped her qualify for the Games.



Manika Batra

TENNIS | JULY 24 - AUGUST 1

Sania Mirza will be the first female athlete to represent India at four Olympics. The 34-year-old qualified via her protected ranking. Competing in the women's doubles category, she will partner with Olympic debutant Ankita Raina. Sumit Nagal qualified in the men's singles category, after a series of injuries and withdrawals by other players led to the lowering of the cut-off mark to qualify.



Sania Mirza

TABLE TENNIS | JULY 24 - AUGUST 6

It was a long and hard wait for these Indian paddlers who qualified for the Games. **Manika Batra** and **Sutirtha Mukherjee** qualified in the women's singles category. **Sathiyam Gnanasekaran** and **Achanta Sharath Kamal** qualified in men's singles. The **Sharath-Manika** duo, who won mixed doubles bronze at the Commonwealth Games, will be our medal hopeful in Tokyo.



Photo: TOI

FENCING JULY 24 - AUGUST 1

Bhavani Devi became the first Indian fencer to qualify for the Olympics. The sabre fencer from Chennai booked her slot for Tokyo 2020 through the Adjusted Official Ranking (AOR) method at the Budapest Sabre World Cup, Hungary, an Olympic qualifying event, in March.



Photo: TOI

DID YOU KNOW? Former Indian hockey star, **Balbir Singh**, holds the record for most goals scored in an Olympic final. Singh achieved this feat when he struck five goals against Netherlands during the final of the 1952 Helsinki Olympics

JUDO | JULY 24 - JULY 31

Sushila Devi Likmabam will compete in women's extra-lightweight 48kg category. With 989 points and seventh Asian ranking, she is the highest-ranked Asian judoka outside top 18 Game Quota (OGQ) rankings list.



BOXING | JULY 24 - AUGUST 8

Medal expectations are high from the nine boxers. The iconic **Mary Kom** will be eyeing a second Olympic medal. Aggressive **Amit Panghal** in 52kg category, two-time Olympian **Vikas Krishan** (69kg) are seen as sure-shot winners. **Ashish Kumar** (75kg), **Satish Kumar** (91kg), and **Manish Kaushik** (63kg), **Lovlina Borgohain** (women's, 69kg), **Simranjit Kaur** (women's, 60kg), and **Pooja Rani** (women's, 75kg) make up the rest of the squad.

GOLF | JULY 29 - AUGUST 7

Aditi Ashok, with a ranking of 45, is all set for her second Olympics. **Anirban Lahiri** took the last spot in the qualification but is in his best form in over 6 years. **Udayan Mane**, the second-highest ranked Indian in the world, qualified for Tokyo on the basis of being first reserve, after Argentina's **Emiliano Grillo** announced his withdrawal.



Aditi Ashok

Photo: GETTY IMAGES

ATHLETICS | JULY 30 - AUGUST 8

Of the 25 athletes participating, the medal hopes rest on javelin thrower **Neeraj Chopra** and the 4x400m mixed relay squad. The women's team comprises **Dutee Chand** (women's 100m and 200m), **Kamalpreet Kaur** and **Seema Punia** (women's discus throw), **Annu Rani** (women's javelin throw), **Bhawna Jat** and **Priyanka Goswami** women's 20km race walking and **V Revathi**, **V Subha** and **S Dhanalakshmi** (4x100 m mixed relay). The men's team has **Avinash Sable** (3000m steeplechase), **MP Jabir** (400m hurdles), **M Sreesankar** (long jump), **Tajinderpal Singh Toor** (shot put), **Shivpal Singh** (javelin throw), **Sandeep Kumar**, **K T Irfan** and **Rahul Rohilla** (20km race) and **Gurpreet Singh** (50km walk race).

Neeraj Chopra



Vinesh Phogat (R)



WRESTLING | AUGUST 1 - AUGUST 7

Vinesh Phogat is the World No. 1 and the top seed in women's 53kg category. Phogat and the very strong **Bajrang Punia**, competing in the men's freestyle 65kg, will be the genuine medal contenders for India this time. New comers **Anshu Malik** (women's freestyle 57kg) and **Sonam Malik** (women's freestyle 62kg) are tactically sound, with good attacking style. **Seema Bisla** (women's freestyle, 50kg), **Ravi Kumar Dahiya** (men's freestyle 57kg) and **Deepak Punia** (men's freestyle 86kg) make up the rest of the squad that is expected to win more than one medal.

LEGENDS OF THE OLYMPIC GAMES

As Olympics Tokyo 2020 takes off, we take a look at athletes who have been an integral part of the Games folklore over the past century

PAAVO NURMI | FINLAND - MIDDLE AND LONG-DISTANCE RUNNING

1920-1928: **9 GOLDS, 3 SILVERS**

Fondly known as the 'Flying Finn', Nurmi dominated the Games in the 1920s, winning nine gold medals and three silvers. At the 1924 Paris Games, Nurmi created history by becoming the first athlete ever to win five gold medals at a single Olympic Games. He would have won a sixth gold medal had the Finnish team officials not barred him from participating in the 10,000m, fearing for his health.



MARK SPITZ | AMERICA - SWIMMING

1968-1972: **9 GOLDS, 1 SILVER, 1 BRONZE**

Mark Spitz is among the most-phenomenal swimmers that America has produced. At the 1968 Olympic Games in Mexico City, he grabbed headlines when he confidently predicted that he would win six gold medals during the Games. Contrary to that, he won two gold medals and two individual silver medals that year. At the 1972 Games in Munich, Spitz did much better. He not only won gold medals but also set world records in 100 metre and 200 metre freestyle and the butterfly. He added three more gold medals as a member of the winning US men's relay team, making him the first athlete to win seven gold medals in a single Olympics.



SIMON BILES | AMERICA - GYMNASTICS

2016 TO PRESENT: **4 GOLDS, 1 BRONZE**

The reigning world and Olympic all-around gymnastics champion is regarded by many as the greatest gymnast in history. Simone became interested in gymnastics at age six. After a series of records, Biles tried to qualify for the 2012 London Olympics but was denied, as she was too young for it. She entered the 2016 Games in Rio de Janeiro as favourite, and rightly so! She lived up to expectations. She won the gold in the team event and also went on to win the individual all-around. She also won the floor and vault events, becoming the fifth female gymnast to claim four gold medals at a single Olympics. Biles also earned a bronze in the balance beam to bring her medal total to five. She continued to make history and is expected to attempt the most difficult vault, the Yurchenko double pike at the Games this year, a feat she already achieved at an earlier competition this year.



NADIA COMANECI | ROMANIA - GYMNASTICS

1976-1984: **5 GOLDS, 2 SILVERS, 1 BRONZE**

Nadia's talent was first discovered by her Romanian gymnastics coach when she was just six years old. She was the first gymnast to be awarded a perfect score of 10 in an Olympic event. At the 1976 Olympic Games in Montreal, Comaneci received not just one but seven perfect scores of 10 and won the gold medals for the balance beam, the uneven bars, and the all-around individual competition. She won a silver medal as a member of her team and a bronze medal for the floor exercises. At the 1980 Olympic Games, in Moscow, she won gold medals for the beam and floor exercises. She won a silver medal as a member of her team and tied with Maxi Gnauck of East Germany for second place in the all-around individual competition. She finally hung her shoes, retiring from the competition in 1984.



CARL LEWIS | AMERICA - TRACK AND FIELD ATHLETE

1984-1996: **9 GOLDS, 1 SILVER**

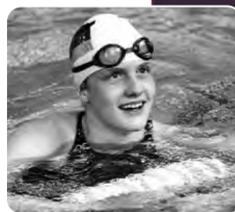
Lewis first qualified for the Olympics in 1980 but did not take part in it, because of the US boycott of the Moscow Games. At the 1984 LA Games, Lewis won gold medals in long jump and as an anchor runner in the US relay team. At the 1988 Games in Seoul, he cemented himself as the first athlete to win consecutive long-jump gold medals. Lewis was named the Sportsman of the Century by the International Olympic Committee.



KRISTIN OTTO | GERMANY - SWIMMING

1988: **6 GOLDS**

Kristin joined a sports school in her locality at the age of 11 and that is where her gifted swimming skills came into notice. The German swimmer went on to become the first female athlete to win six gold medals at a single Olympic Games. In the year 1988 at the Olympic Games in Seoul, she took part in six events and won gold medals in every single one of them. Her wins included the 100 metre butterfly, 50 metre freestyle, 100 metre freestyle, and 100 metre backstroke. She was also part of the lead leg in her German team's 4 x 100 metre freestyle relay win and the backstroke leg in the 4 x 100 metre individual medley relay. Prior to this feat by Otto, no woman had won more than four gold at a single Game



IAN THORPE | AUSTRALIA - SWIMMING

2000-2004: **5 GOLDS, 3 SILVERS, 1 BRONZE**



The Australian athlete, considered the most-successful swimmer, began swimming professionally when he was 8 years old. Thorpe grabbed headlines during the 2000 Olympics in Sydney where he won the 400m freestyle gold (3:40.17) by breaking his own world record (3:40.59). Following this, he added gold for Australia in the relay events. Thorpe was fondly known as 'Thorpedo' because of his extraordinarily large feet, bearing similarities with flippers. At the 2004 Olympic Games in Athens, Thorpe added gold medals in the 200-metre and 400-metre freestyle events as well as a silver in the 4 x 200-metre freestyle relay and a bronze in the 100-metre freestyle, bringing his total tally to 8 Olympic medals.

MICHAEL PHELPS | AMERICA - SWIMMING

2004-2014: **23 GOLDS, 3 SILVERS, 2 BRONZE**

It all began when an extremely active Phelps was encouraged into swimming at the age of seven. Cut to now, Michael Phelps' records at the Olympic Games are nothing short of a miracle. Although at his first Olympics Games he returned empty-handed, he struck gold six times at Athens in 2004, four years later. He finished third in two other events, leaving Mark Spitz's 1972 Olympic record of seven swimming golds untouched. Ian Thorpe's comment that beating Spitz's record was "impossible" motivated him to win an incredible eight golds at Beijing 2008. In London 2012, Phelps expanded his collection to 18 golds, two silvers and two bronzes before retiring. He said, "I'm done. No more." Little did he know that was not the end. In 2014, he came out of retirement and at the age of 31, won five more golds and a silver in Rio. Records are meant to be broken, goes the saying. But it is safe to say, he will be a lone wolf at the top for some years, perhaps even decades, to come.



USAIN BOLT | JAMAICA - ATHLETICS

2008-2016: **8 GOLDS**

The 6-foot-5-inch lanky sportsman is widely considered the greatest sprinter of all time. Why wouldn't he? After all, the Jamaican sprinter won gold medals in three straight Olympic Games. At the 2008 Olympic Games, he became the first man since American Carl Lewis, in 1984, to win the 100 metre, 200 metre, and 4 x 100 metre relay in a single Olympic Games. Not only that, he is also the first man to set the world records of 9.69 sec, 19.30 sec, and 37.10 sec, respectively in all three events. Unfortunately, a failed drug test by one of his relay teammates led to the medal being stripped off from the relay race. At the 2012 Olympics in London, he defended his titles in the 100 metre and 200 metre events. He announced his arrival as the best sprinter in history when in the 2016 Olympic Games at Rio, he won gold medals in the 100 metre, 200 metre, and 4 x 100 metre relay events, becoming the first person to win golds in the two individual sprint events in three straight Olympics.

