

It all started with the ancient greek, koroibos was the first champion of the first olympics game in 776 B.C, the city-state in which Olympia is located. Every four years after that, in a measurement of time that the Greeks referred to as an Olympiad, Olympia became the host city for the ancient Games. In time, a large temple to Zeus, the leader of the Greek gods, was built in Olympia. The city became a sacred place that was used for religious festivals and for the athletic events that came to be associated with it.

The earliest ancient Olympic Games consisted of a single footrace called the *stade*, held on a single day. Added in 708 B.C.

The pentathlon consisted of five events: running, wrestling, discus throwing, javelin throwing, and long jumping.

They also had dangerous sport like wrestling and boxing.

By the fifth century B.C., the duration of the Games extended to take place over five days. In addition to the various competitions, an entire day was devoted to a sacrifice to Zeus of 100 oxen.

To the ancient Greeks, form was as important as placing first. Judges selected winners on a combined score of distance, grace, style, skill, speed, and precision. An olympic winner would be awarded with a leaf laurel and also be treated like a hero.

Greece was conquered by Rome. By A.D. 393, Roman emperor Theodosius I ended the Games, branding their *pagan* roots unfit for a Christian society. By then, the Games had already been taken over by professionals and national interests.

No event in history has had a longer unbroken record than the ancient Olympic Games, which were held continuously for nearly 12 centuries. Those ancient Olympic Games provided the inspiration and the model for today's Olympics. Many more events have been added, women are included, and team sports have become popular competitions, but the purpose of today's Games remain true to their basic origins: to provide an arena in which athletes can come together and compete in fellowship and peace. 