Ancient Greek Olympic Events

Running

The running contests are the Stade race where they run around the Olympia track once (200 metres). The diaulos is the stade race but doubled, where the runners run 2 stades (400 metres). The dolichos is where the runners run 7-24 stades! (700-2400 metres).

Jumping

Athletes used a stone or lead weights called halteres to increase the distance of a jump. They held onto the weights during the jump and then jettisoned them backwards.

Discus Throw

The discus was originally made of stone until later when it was made of iron, lead or bronze. They try to throw it as far as they can, the technique is similar used today!

Wrestling

Wrestling is highly valued as military exercise. You fight your opponent until they get tired and then you pin them to the ground to win.

Boxing

Boxers strapped himantes around their hands to strengthen their their punches and steady their fingers. These straps were weak to start off with and then they got tougher and then weaker. At their strongest they could disfigure someone’s face! The aim is to fight the best over 2 minute rounds and at the end the judges determine the winner by who won the most over the rounds.

Pankration

This was a sport which combined wrestling and boxing. This was considered to be the toughest sport. Greeks believed this to be the combat Theseus used to defeat the Minotaur in the labyrinth.

Equestrian Events

This was the horsy side of sport! These are horse racing and chariot racing on a wide, open sport field. There is also obstacle based courses as well for the jockey to guide his horse through.