The first Olympic Games were held on 8th of July in 776 in Olympia. Since that date, the Games have been held regularly every four years and since then the winners have also registered. The first winner was a cooker named Koroibos.

The Olympic Stadium was in the notheast of Olympia. It forms a rectangle with sides of 213 and 31 meters. The track measured 600 feets, which was 192,27 meters. The ground was sprinkled with sand and race always started from the east side of stadium. The stadium had capacity of 45 000 people and some used to také their place the day before the race.

The first fourteen Olympics had only one discipline and that was running. The race was run at a distance of one stadium, which was 192,27 meters. Later was added an endurance run, which ran to 12 lengths of the stadium and also pentathlon. The pentathlon started with a run of one stadium, then there was a long jump. The third discipline was a discus throwing, which weighted 1,5-6 kilograms. The last two disciplines were javelin throw and wrestling. In wrestling the winner was the one, who threw the opponent first on the ground three times.

The Modern Olympic Games began on 6th April 1896 in Athens and lasted nine days. On these games competed 245 athletes from 14 countries. In these first games, it was possible to compete in nine sports. There were atletics, cycling, gymnastics, swimming, sport shooting, fencing, tennis, weightlifting and wrestling. And of these sports, there were a total of 43 disciplines.

Then other sports began to be added to the Olympic Games, which had to be voted on by the International Olympic Committee.

At the Olympics 2021 in Tokio will be a total of 38 sports and after eight years baseball and softball will reappear. At the Olympics will be around 50 disciplines.

Summer Olympic Games Winter Olympic Games

|  |  |  |
| --- | --- | --- |
| Skoky do vody |  | Krasobruslení |
| Maratonské plavání |  | Rychlobruslení |
| Plavání |  | Short Track |
| Synchronizované plavání |  | Lední hokej |
| Vodní polo |  | Curling |
| Basketbal 3v3 |  | Běh na lyžích |
| Basketbal |  | Alpské lyžování |
| Kánoj / kajak (rychlostní) |  | Skoky na lyžích |
| Kánoj / kajak (slalom) |  | Severská kombinace |
| BMX freestyle |  | Akrobatické lyžování |
| BMX závody |  | Snowboarding |
| Horská cyklistika |  | Biatlon |
| Silniční cyklistika |  | Saně |
| Dráhová cyklistika |  | Boby |
| Sportovní gymnastika |  | Skeleton |
| Moderní gymnastika |  |  |
| Trampolína |  |  |
| Plážový volejbal |  |  |
| Volejbal |  |  |
| Drezura |  |  |
| Všestrannost |  |  |
| Parkurové skákání |  |  |
| Volný styl |  |  |
| Řeckořímský zápas |  |  |
| Lukostřelba |  |  |
| Atletika |  |  |
| Badminton |  |  |
| Baseball |  |  |
| Box |  |  |
| Šerm |  |  |
| Pozemní hokej |  |  |
| Fotbal |  |  |
| Golf |  |  |
| Házená |  |  |
| Judo |  |  |
| Karate |  |  |
| Moderní pětiboj |  |  |
| Veslování |  |  |
| Rugby sedmičky |  |  |
| Jachting |  |  |
| Sportovní střelba |  |  |
| Skateboarding |  |  |
| Softball |  |  |
| Sportovní lezení |  |  |
| Surfing |  |  |
| Stolní tenis |  |  |
| Taekwondo |  |  |
| Tenis |  |  |
| Triatlon |  |  |
| Vzpírání |  |  |

Table Tennis

Table Tennis was originated in China from where it spread very popularlyto Great Britain, where it became a sport and began to compete in it.

Rules

Table Tennis is played with a ball with a diameter of 40mm and the table, which is divided in half by a net. You can play either singles or doubles. Table Tennis has been at the Olympics since 1988. In the match , the players také turns after two passes and the set is played , until the player gets 11 points. If the score is 10:10, it’s played until the player wins by two balls. For example once in my match, i managed to win a set of 27:25. And the match is played on three winning sets.

In history, the 20th century is called the golden age of Czechoslovak table tennis. At this time our players managed to bring a total of 29 medals from World Cups. Among our most famous players of that time were Váňa, Kettnerová and Andreadis.

Now in the Czech Republic are played a large number of competitions from district to the highest extra league and among the best teams are Havlíčkův Brod, Ostrava or El Nino. Now best table tennis players are Tregler, Jančařík, Širuček, Prokopcov and Gavlas.

Difference between Table Tennis and Ping Pong

Table Tennis is played with rakets which have red and blak rubber cover on both sides and the covers give the ball a spin.

Ping Pong si played with blue rakets that do not have on them, so they are only wooden.