

# **Olympics – a time retrospective**

**Mircea Pop**

*Universitatea Sports Club Cluj-Napoca, Master of Sports*

## **Abstract**

The major sporting event of the year 2008 is without any doubt the Olympics. There are two major time periods in the history of Olympics: the Ancient Olympics and the Modern Olympics. The Modern Olympics dates back from the year 1896. Today, as in Ancient time, the Olympics have a periodicity of four years. The time interval between Olympics has the name of Olympic time. In Ancient Olympics there were only few sporting competitions, athletics in majority. The winners of Ancient Olympics were considered heroes by their fellow citizens.

**Keywords:** Ancient Olympics, Modern Olympics, individual competitions, mixed competitions, heroes, Olympic spirit.