

THE SPORTS BOOK



THE GAMES • THE RULES • THE TACTICS • THE TECHNIQUES

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THE SPORTS

BOOK



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KEY Featured alongside each sport in this book is a series of icons. These either place them in a sporting category (corresponding to the chapter in which they are featured), or provide at-a-glance information about the way the sport is contested and won, how long it lasts, and whether they are contested by individuals, groups, or teams.

SPORTS CATEGORIES



ATHLETICS



GYMNASTICS



TEAMSPO RTS



RACKETSPORTS



COMBATSPORTS



WATERSPO RTS



WINTERSPO RTS



TARGETSPORTS



ANIMALSPORTS



MOTORSPO RTS



SPORTSON
WHEELS



EXTREMESPO RTS



TIMED EVENT

Sports that are contested and decided on the basis of the fastest completion time.



DISTANCE EVENT

Sports that are contested and decided on the basis of the farthest distance gained.



SCORING EVENT

Sports for which the number of points or goals scored decides the outcome.



JUDGED EVENT

Sports in which the performances of competitors are marked by judges.



TIME PERIOD

Provided for sports, such as team games, that take place over a set period.



TEAM AND INDIVIDUAL SPORTS

These icons indicate whether the sport featured is primarily played individually or in teams.

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INTRODUCTION

008

The sports of “running,” “jumping,” and “throwing” have developed significantly since the Ancient Greeks first established their Games at Olympia. Back then there was only one event, the Stadion race—now there are literally hundreds of sports to choose from. So it’s not surprising that you might not know all the rules to all the sports you come across.

The Sports Book is the answer. Whichever page you land on—basketball or badminton, karate or korfbal (look it up)—you’ll find all the information you need to be completely up-to-date on the rules, the statistics, the gear, and what’s legal and what’s not.

There are more than 200 sports in the book— team sports, racket sports, combat sports, water sports, winter sports, target sports, sports on wheels, motor sports, animal sports, extreme sports—and more than enough information to make you the instant expert on almost any competition you’re likely to encounter.

For each and every sport in the book, there are “Need2know” panels for quick, essential facts and info. Player profiles give an overview of the necessary physical characteristics and skills. Game play panels contain information on key aspects of the game, players, rules, and techniques. Stat central has tables

featuring the latest sports statistics, including player records, and results from major championships and the Olympic Games. Sidelines present amusing and fascinating facts and numbers. Background information panels outline the story behind each sport, including news on the sport's stars and competitions, and insights and anecdotes. It's all there.

Whether you're channel-surfing in hi-def on digital TV, have sports-crazy kids who ask you questions you can't answer, or are training hard and thinking of turning pro, The Sports Book will show you how to play, how to enjoy, and how to win.



The image features a bold graphic design with horizontal stripes. The top half is a solid red field. Below this is a thin white stripe, followed by a thin orange stripe, and then a thin dark blue stripe. The middle section is a solid black field containing the text 'OLYMPIC GAMES'. 'OLYMPIC' is in a solid white, bold, sans-serif font. 'GAMES' is in a white, bold, sans-serif font with a double outline. Below the black field is a thin yellow stripe, followed by a thin light blue stripe, and the bottom half is a solid red field.

OLYMPIC GAMES

THE OLYMPIC IDEAL

ANCIENT GAMES

By roughly 500 BCE, athletic festivals were being held throughout Greece. The most famous of these was the Olympic Games, which were held every four years at Olympia, in honour of Zeus. Events in these early games included short, middle, and long-distance races, pentathlon, boxing, and wrestling. Most events required athletes—who were male—to compete in the nude.

THE MODERN OLYMPICS

Rome conquered Greece in the 2nd century BCE, and eventually abolished the Olympic Games. But in 1892, Frenchman Pierre de Coubertin—building on the ideas of others—started to campaign for the resurrection of the event. He gave a talk to the Union des Sports Athlétiques in Paris, urging them to support his vision, and emphasizing the potential of the Olympic Games to unite nations around the world under a common cause. He continued his championing of the Olympics at the Congress of Paris—a conference on international sport—in 1894. The result was an emphatic vote in favor of the revival of the Games. The organization of the event was placed in the hands of the International Olympic Committee (IOC). The first president of the IOC was the Greek Demetrius Vikelas, one of de Coubertin's most vocal supporters.

ATHENS



APRIL 6-15, 1896 GAMES OF THE I OLYMPIAD

It was initially intended that the Games be staged in Paris in 1900, in association with the World's Fair. However, it was decided that the first Olympics should be an event in its own right. It was brought forward to 1896 and moved to Athens. The revival of the ancient Games attracted athletes from 14 nations including Greece, Germany, France, and Great Britain.

SPORTING HIGHLIGHTS

- ➔ American James Connolly won the triple jump to become the first Olympic champion in more than 1,500 years.
- ➔ Having already gained three gymnastics titles, German athlete Carl Schumann added a fourth by taking the wrestling championship title.
- ➔ There was no event that the Greek hosts wanted to win more than the marathon race, because of its historical significance, and they got their wish. Spyridon Louis won the race by more than seven minutes.

14 Number of nations **241** Number of athletes
9 Number of sports **43** Number of events

STAR PROFILE ALFRED HAJOS

Alfred Hajos was 13 years old when he felt compelled to become a good swimmer after his father drowned in the River Danube. The first Olympic swimming contests, at the 1896 Athens Games, were held in the Bay of Zea in water with a temperature of only 55°F (13°C). Hajos won the 100 m and the 1,200 m freestyle on the same day. For the longer race, the nine entrants were transported by boat to the open water and left alone to swim back to shore.

PARIS



MAY 15-OCTOBER 28, 1900 GAMES OF THE II OLYMPIAD

24 Number of nations **997** Number of athletes
18 Number of sports **95** Number of events

STAR PROFILE ALVIN KRAENZLEIN

At the 1900 Games American Alvin Kraenzlein won the 60 m dash, 110 m hurdles, 200 m hurdles, and the long jump. His four individual gold medals remain the record for a track-and-field athlete at one Games, and he accomplished the feat over a period of only three days. Although a qualified dentist, Kraenzlein never practiced, preferring to become a track coach.

The 1900 Games were held in Paris as part of the *Exposition Universelle Internationale* or World's Fair. The exhibition organizers spread the events over five months, the length of the Fair, and de-emphasized their Olympic status. Women took part in the Games for the first time, although only in a limited number of events, including golf and tennis.

SPORTING HIGHLIGHTS

- ➔ American Ray Ewry won three gold medals in one day, yet he is almost unknown today because his unprecedented feats were performed in events that are no longer held: the standing high jump, standing long jump, and standing triple jump.
- ➔ Charlotte Cooper of Great Britain was the first female Olympic champion when she won the singles tennis event. She also won the mixed doubles tournament.

ST. LOUIS



JULY 1-NOVEMBER 23, 1904 GAMES OF THE III OLYMPIAD

12 Number of nations **651** Number of athletes
17 Number of sports **91** Number of events

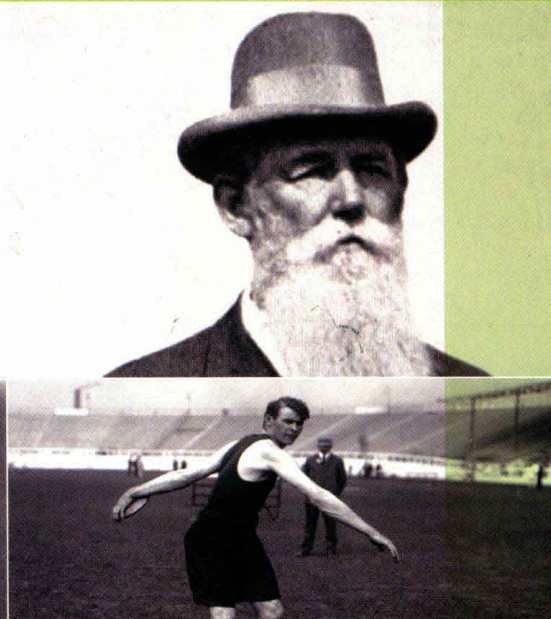
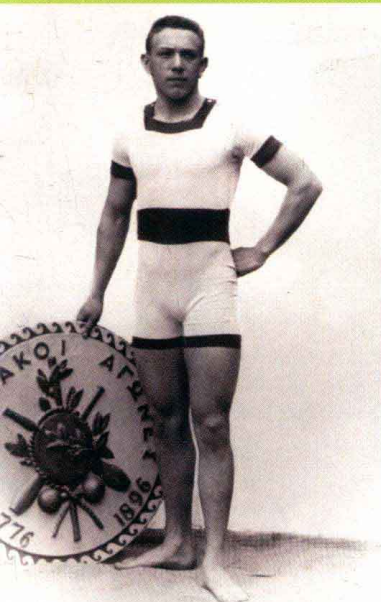
STAR PROFILE MARTIN SHERIDAN

Irish-American Martin Sheridan was the world's finest all-around athlete of his time. As well as winning the discus at the 1904 and 1908 Games, he won the Greek-style discus and took bronze for the standing long jump in 1908. He was at his best before world records were officially recognized, but between 1902-11 he set 15 "World Bests" in the discus.

The 1904 St. Louis Olympics organizers repeated all of the mistakes of 1900. The Olympic competitions, spread out over four and a half months, were lost in the chaos of a World's Fair. The general lack of interest was increased by the fact that out of the 94 Olympic events, only 42 included athletes from outside the US.

SPORTING HIGHLIGHTS

- ➔ One of the most remarkable athletes was the American gymnast George Eyser, who won six medals even though his left leg was made of wood.
- ➔ Irishman Thomas Kiely won an early version of the decathlon, completing all 10 events—100 m, 120 m hurdles, 800 m walk, 1,600 m, high jump, long jump, pole vault, shot putt, hammer, and 56 lb weight throw—in a single day.



Above (clockwise from left); champion swimmer Alfred Hajos; Alvin Kraenzlein, winner of four individual gold medals in one Games; shooter Oscar Swahn, who was 60 years old at the time of his first gold medal; and all-around Olympian Martin Sheridan.

LONDON



APRIL 27-OCTOBER 31, 1908 GAMES OF THE IV OLYMPIAD

22 Number of nations **2,008** Number of athletes
22 Number of sports **110** Number of events

STAR PROFILE OSCAR SWAHN

In 1908, Swedish shooter Oscar Swahn was already 60 years old when he won his first Olympic gold medal. He won the running deer single-shot event and took a second gold the next day in the team event. Swahn also earned a bronze medal in the running deer double-shot contest. After World War I, Swahn returned to compete in the Olympics at the age of 72 and won a silver medal.

The 1908 London Games were held in the White City Stadium, which had been constructed for the Franco-British exhibition earlier that year. The stadium was equipped with a running track and a velodrome, as well as having a large swimming pool with an adjustable diving board. Women took part in a limited, but increased, number of sports.

SPORTING HIGHLIGHTS

- ➔ When Italian Dorando Pietri entered the stadium at the end of the marathon he went in the wrong direction and collapsed. Officials helped him to reach the finish line, so he was disqualified, but his plucky effort made him famous.
- ➔ American standing jump specialist Ray Ewry added two more gold medals to take his total Olympic tally to eight, the most individual golds ever won.

STOCKHOLM



MAY 5–JULY 27, 1912

GAMES OF THE V OLYMPIAD

28 Number of nations **2,407** Number of athletes
14 Number of sports **102** Number of events

STAR PROFILE JIM THORPE

Jim Thorpe is often considered the greatest all-around athlete in history. But Thorpe's Olympic medals were taken back after it was revealed he had earlier been paid for playing minor league baseball—only amateur athletes were eligible for the Olympics. It was not until 1982 that the IOC reversed its decision and returned the medals, posthumously, to Thorpe's family.

The organization and sports facilities in Stockholm were both impeccable, making the V Games a model for future Olympic Games. Trailblazing technological innovations at the Stockholm Games included the photo finish for track-and-field events, and the electronic timer to back up the conventional stopwatch.

SPORTING HIGHLIGHTS

- American Jim Thorpe, of Native American and Irish descent, won the pentathlon and decathlon by huge margins. At the awards ceremony, the King of Sweden told Thorpe, "Sir, you are the greatest athlete in the world."
- Hannes Kolehmainen of Finland won the 5,000 m, 10,000 m, and the individual cross-country race. He also won a silver medal in the team cross-country race.



Above (clockwise from left): prolific all-rounder Jim Thorpe; tennis great Suzanne Lenglen; medal-winning speed skater Julius Skutnabb; long-distance champion Paavo Nurmi; and Johnny Weissmuller, Olympic swimmer and film star.

ANTWERP



APRIL 20–SEPTEMBER 12, 1920

GAMES OF THE VII OLYMPIAD

29 Number of nations **2,626** Number of athletes
22 Number of sports **154** Number of events

STAR PROFILE SUZANNE LENGLEN

Suzanne Lenglen of France was one of the greatest women tennis players of all time. Between 1919–26, she lost only one match. In the 10 sets it took her to win the 1920 Olympic title, she lost only 4 games. Lenglen teamed with Max Decugis to win another gold medal in mixed doubles and with Elisabeth d'Ayen to win a bronze in the women's doubles.

After much debate about whether or not athletes should be admitted from those countries held responsible for the Great War, the IOC excluded delegates from the Central Powers. Spectators witnessed the last tug-of-war, along with a number of other events that were also discontinued, including weight throwing, the 3,000 m walk, and the 400 m breaststroke.

SPORTING HIGHLIGHTS

- Hawaii's Duke Kahanamoku won his second consecutive swimming title in the 100 m freestyle, and broke his own world record.
- Italian fencer Nedo Nadi won the individual foil and sabre titles, and led the Italians to victory in all three team events, collecting a record five fencing gold medals at the same Games.

CHAMONIX



JANUARY 25-FEBRUARY 5, 1924 1ST OLYMPIC WINTER GAMES

16 Number of nations **258** Number of athletes
6 Number of sports **16** Number of events

STAR PROFILE JULIUS SKUTNABB

Finnish speed skater Julius Skutnabb competed in his first world championship in 1914. At the first Winter Games, aged 34, he took part in every speed skating event. He won a silver medal in the 5,000 m race and a gold in the 10,000 m, finishing 3 seconds ahead of fellow Finn, Clas Thunberg. Based on his results in the individual races, Skutnabb took a bronze in the combined.

In 1922 a meeting of the French Olympic Committee decided to organize an International Winter Sports Week in Chamonix in 1924. (The IOC did not sanction Winter Games until 1926.) Sadly, the well-organized competitions were beset by poor weather conditions. The Nordic countries demonstrated their dominance in all five disciplines including ice hockey and bobsled.

SPORTING HIGHLIGHTS

- ➡ American Charles Jewtraw was the first Winter Olympic champion. He won the gold medal in the first event, which was 500 m speed skating.
- ➡ Finnish speed skater Clas Thunberg won 3 gold medals, a silver, and a bronze. Norway's Thorleif Haug won the 18 km and 50 km cross-country skiing races, and the Nordic combined event.

PARIS



MAY 4-JULY 27, 1924 GAMES OF THE VIII OLYMPIAD

At the 1924 Paris Games, the Olympic motto, "*Citius, Altius, Fortius*," ("Swifter, Higher, Stronger") was introduced, as was the closing ceremony ritual of raising three flags: the flag of the IOC, the flag of the host nation, and the flag of the next host nation. The number of competing nations leapt from 29 to 44, signaling widespread acceptance of the Olympic Games.

SPORTING HIGHLIGHTS

- ➡ American Johnny Weissmuller won two gold medals in swimming and a bronze in water polo all on the same day.
- ➡ Finnish athlete Ville Ritola won the 10,000 m, breaking his own world record. He also won gold in the 3,000 m steeplechase, along with two silver medals in the 5,000 m and 10,000 m cross-country races, finishing behind Nurmi.

44 Number of nations **3,089** Number of athletes
17 Number of sports **126** Number of events

STAR PROFILE PAAVO NURMI

At the Paris Games, Finnish athlete Paavo Nurmi performed one of the greatest feats in Olympic history. First he won the 1,500 m, then with just a two-hour break, he won the 5,000 m as well. Two days later, Nurmi won the 10,000 m cross-country, earning a team gold at the same time. The next day, he won another gold in the 3,000 m team race, bringing his total haul to five gold medals.

AMSTERDAM



MAY 17-AUGUST 12, 1928 GAMES OF THE IX OLYMPIAD

46 Number of nations **2,883** Number of athletes
14 Number of sports **109** Number of events

STAR PROFILE JOHNNY WEISSMULLER

At the Amsterdam Games, American swimmer Johnny Weissmuller won the 100 m freestyle, as well as being a member of the winning 200 m relay team. He is rated by many pundits as the greatest swimmer of all time. Later in life, Weissmuller transferred his sporting success to the silver screen, portraying Tarzan in 12 films between 1932-48.

In 1928, female athletes were allowed to compete in the gymnastics and athletics events, resulting in more than double the number of female Olympians than in previous years. The Olympic flame was lit for the first time, and was housed in a tower in the stadium. Athletes from a record 28 different nationalities won gold medals during the Games.

SPORTING HIGHLIGHTS

- ➡ Australian rower Henry Pearce stopped midway through a quarter-final race to allow a line of ducks to cross in front of his boat. He went on to win the race, and, eventually, the gold medal.
- ➡ Percy Williams, of Canada, sprinted to victory in both the men's 100 m and 200 m races.

ST. MORITZ



FEBRUARY 11-19, 1928 II OLYMPIC WINTER GAMES

25 Number of nations **464** Number of athletes
4 Number of sports **14** Number of events

STAR PROFILE GILLIS GRAFSTRÖM

Gillis Grafström was one of figure skating's greatest innovators. Among his inventions were the spiral, change sit spin, and flying sit spin. He also won more Olympic medals than any figure skater in history. In 1920, the six judges gave Grafström a unanimous victory. In 1924, he edged Willy Böckl for a second gold medal, and in 1928, another narrow victory over Böckl secured his third.

At St. Moritz, the organizers were fortunate enough to be able to use existing sports facilities in a well-established ski resort. Athletes from 25 nations were full of praise for the organization of the Games. For the first time since World War I, German athletes were allowed to compete. As in Chamonix, Norway were the most successful team, winning six gold medals.

SPORTING HIGHLIGHTS

- Norwegian Sonja Henie caused a sensation by winning the women's figure skating at the age of 15. Her record as the youngest winner of an individual event stood for 74 years.
- Canada dominated the ice hockey tournament, winning their three matches 11-0, 14-0, and 13-0.

LAKE PLACID



FEBRUARY 4-15, 1932 III OLYMPIC WINTER GAMES

Despite the worldwide Depression, the third Winter Olympics went ahead. Unfortunately, they turned out to be a financial disaster for the organizers, who faced a huge loss. Only 252 athletes from 17 nations competed for medals and the credibility of the competitions was further undermined by the fact that more than half of these athletes were from the US or Canada.

SPORTING HIGHLIGHTS

- The French husband and wife team of Pierre and Andrée Brunet retained the pairs figure skating gold they had captured in 1928.
- Norwegian skier Johan Grøttumsbraaten became Olympic champion in the Nordic combined and successfully defended his 1928 St. Moritz title.
- Only four teams competed in the ice hockey competition, so the teams played each other twice to decide the competition. Canada beat the US team 2-1, and then drew 2-2 to secure overall victory.

17 Number of nations **252** Number of athletes
4 Number of sports **14** Number of events

STAR PROFILE EDDIE EAGAN

American Eddie Eagan holds a special place in Olympic history: he is the only person to win gold medals in both summer and winter sports. In 1920, Eagan defeated Sverre Sørsdal of Norway to win the light-heavyweight boxing at the Antwerp Olympics. Twelve years after his victory at the Summer Games, Eagan reappeared at the 1932 Lake Placid Winter Olympics as a member of the victorious four-man bobsled team.

LOS ANGELES



JULY 30-AUGUST 14, 1932 GAMES OF THE X OLYMPIAD

37 Number of nations **1,332** Number of athletes
14 Number of sports **117** Number of events

STAR PROFILE BOB VAN OSDEL

Duncan McNaughton and Bob Van Osdel were good friends and fellow high jumpers. At the 1932 Los Angeles Olympics, Van Osdel represented the US and McNaughton represented Canada. In the Olympic final, the battle for gold came down to a duel between the two friends. McNaughton cleared the bar at 6 ft 5½ in (1.97 m) to take gold, while Van Osdel missed, taking the silver medal.

Because the 1932 Olympics were held in the middle of the Great Depression and in the comparatively remote city of Los Angeles, half as many athletes took part as had in 1928. Nevertheless, the level of competition was extremely high and 18 world records were either broken or equaled. The 1932 Olympics were the first to last 16 days.

SPORTING HIGHLIGHTS

- American athlete "Babe" Didrikson won the javelin throw and the 80 m hurdles, and took silver in the high jump. She could have won more medals but women were restricted to competing in only three individual track-and-field events.
- American swimmer Helene Madison won the 100 m and 400 m freestyle and helped smash the world record in the 4x100 m freestyle team relay.