

Daily News Sport

One World, One Dream

The Beijing Games will show from the 8th to 24th August 2008, the world what the Olympic Games really are: a gathering of young people who share the same goal and the same enthusiasm for sport. As well as inviting the finest athletes in the world to compete against each other, the Games will also provide a stage for China to present itself to the world during 16 days and 17 nights of sporting celebration. Here are some details about olympic history, technology and participants.

Beijing 2008



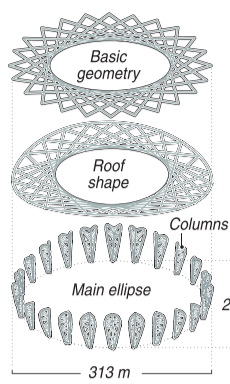
BEIJING NATIONAL STADIUM

Envisioned as the iconic centerpiece for the Beijing Olympics, the \$500-million "Bird's Nest" National Stadium was designed to be an architectural expression of China's pride and burgeoning confidence

STRUCTURE

The intricately arranged steel roof is a single saddle-shaped structure, weighing 49,600 tons

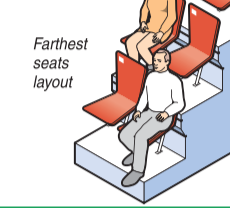
Although the pattern of the steel structure might appear random, it follows a complex set of rules which defines its geometry



The stadium is supported by 24 main columns of 1,000 tons each, spaced in a huge base ellipse

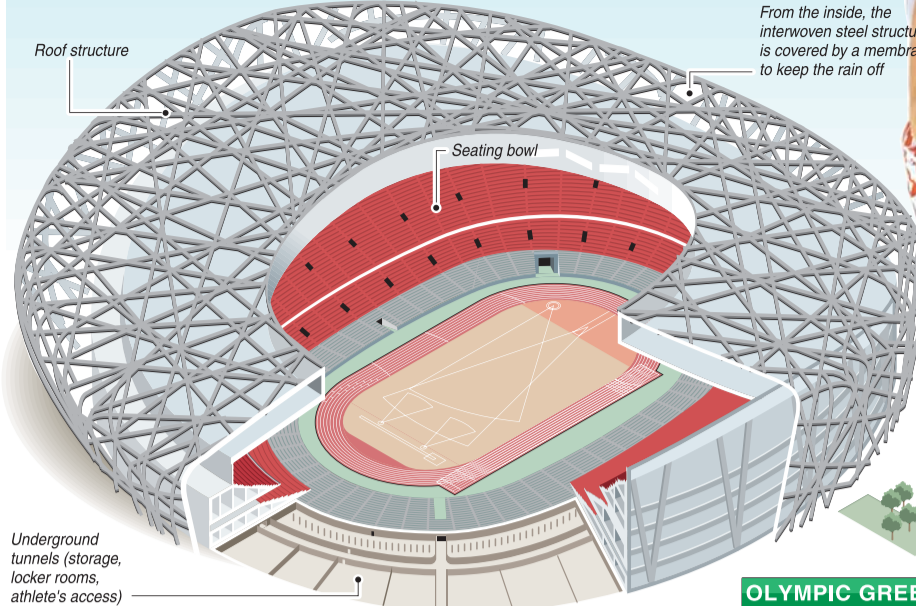
SEATING

Seating was designed to ensure that 91,000 spectators will be as close as possible to the action with clear sight lines



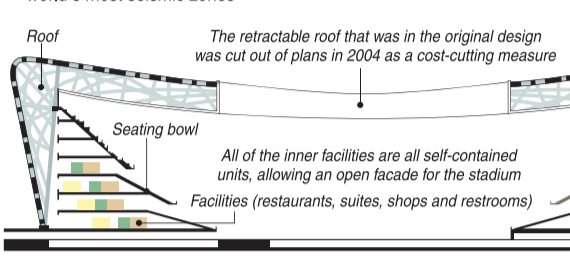
INSIDE "BIRD'S NEST"

There is no sign yet of where the Olympic cauldron will be placed. That, along with details of the opening ceremony, are among the best-kept secrets in China

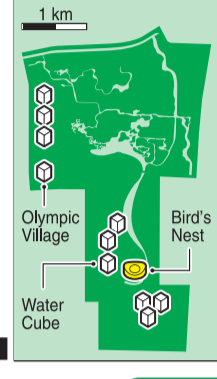


GENERAL LAYOUT

The seating bowl and roof structure are split into two separate elements to earthquake-proof the stadium, since Beijing is located in one of the world's most seismic zones



OLYMPIC GREEN



Andrey Kirilenko, Russians Olympic basketball player



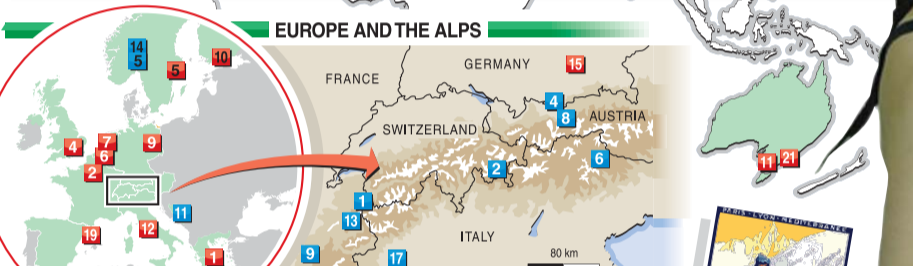
Australian Olympic swimmer Stephanie Rice

China's Olympic champions Guo Jingjing (L) and Wu Minxia



PAST OLYMPICS HOSTS

Since their origins in Athens in 1896, the modern Olympics have grown to become a global spectacle hosted by many cities around the world



SUMMER GAMES			WINTER GAMES		
1 Athens 1896	12 Rome 1960	1 Paris 1900	1 Chamonix 1924		
2 Paris 1900	13 Tokyo 1964	2 St. Moritz 1928	2 St. Moritz 1928		
3 St. Louis 1904	14 Mexico 1968	3 Lake Placid 1932	3 Lake Placid 1932		
4 London 1908	15 Munich 1972	4 Garmisch-Partenkirchen 1936	4 Garmisch-Partenkirchen 1936		
5 Stockholm 1912	16 Montreal 1976	2 St. Moritz 1948	5 Oslo 1952		
6 Antwerp 1920	17 Moscow 1980	6 Cortina d'Ampezzo 1956	6 Cortina d'Ampezzo 1956		
7 Paris 1924	8 Los Angeles 1984	7 Squaw Valley 1960	7 Innsbruck 1964		
8 Amsterdam 1928	9 Seoul 1988	8 Innsbruck 1964	8 Innsbruck 1964		
9 Berlin 1936	10 Barcelona 1992	9 Grenoble 1968	9 Grenoble 1968		
10 London 1948	21 Sydney 2000	10 Sapporo 1972	10 Sapporo 1972		
11 Helsinki 1952	1 Athens 2004	8 Innsbruck 1976	11 Sarajevo 1984		
11 Melbourne/Stockholm 1956		3 Lake Placid 1980	12 Calgary 1988		
		11 Sarajevo 1984	12 Calgary 1988		
		12 Calgary 1988	13 Albertville 1992		
		13 Albertville 1992	14 Lillehammer 1994		
		14 Lillehammer 1994	15 Nagano 1998		
		15 Nagano 1998	16 Salt Lake City 2002		
		16 Salt Lake City 2002	17 Turin 2006		
		17 Turin 2006			



Olympic Gold Medal

OLYMPIC ANTI-DOPING

Anti-doping controls at the Beijing Games will be the most extensive ever implemented, says International Olympic Committee (IOC) vice president Thomas Bach

STEROIDS

Anabolic (body-building) steroids mimic the effects of the male sex hormone testosterone by stimulating the muscle and bone cells to make new protein. Athletes are able to train harder, longer and more frequently

DESIRED EFFECTS

- Increases male hormones testosterone and epitestosterone
- Increases muscle bulk, strength and power
- Improves competitiveness and endurance

SIDE EFFECTS

- Psychological changes
- Liver damage
- Cardiovascular problems
- Bone growth (especially jaw and teeth)
- Hair loss
- Deepening of the voice
- Impotence
- Facial hair in women
- Breast development in men

OTHER CATEGORIES

Other main categories of drugs banned by the World Anti-Doping Agency (WADA)

STIMULANTS

Increase alertness, competitiveness and aggression. Help combat fatigue

DIURETICS

Helps to eliminate fluid from the body. Reduces weight and dilutes urine making it difficult to detect other drugs

HUMAN GROWTH HORMONE (HGH)

Stimulates muscle and tissue growth

ERYTHROPOIETIN (EPO)

Boosts red blood cells, which enhances the body's capacity to use oxygen

BETA-BLOCKERS

Decrease the heart rate and stop trembling in sports such as shooting

BLOOD DOPING (method)

Artificially increasing red blood cells. Blood is taken from a competitor, stored, then reinserted nearer competition

TESTING PROCEDURE

Procedure for testing athletes' urine for traces of banned substances based on official British athletics body process

Athlete is notified of test in writing and must sign document

Doping Control Officer (DCO) then accompanies athlete to the testing office

Athlete selects a sealed jar for sample

Athlete must expose midriff and provide sample in full view of the DCO

Athlete chooses, checks and opens a sealed doping kit containing two bottles marked A and B

Athlete divides sample between the two bottles leaving a small amount in the original sample jar

Athlete checks the two doping bottles are sealed

The DCO checks the urine in the sample jar for acidity and specific gravity

DCO records the sample on a form and asks the athlete to declare all medicines and supplements taken over the past week

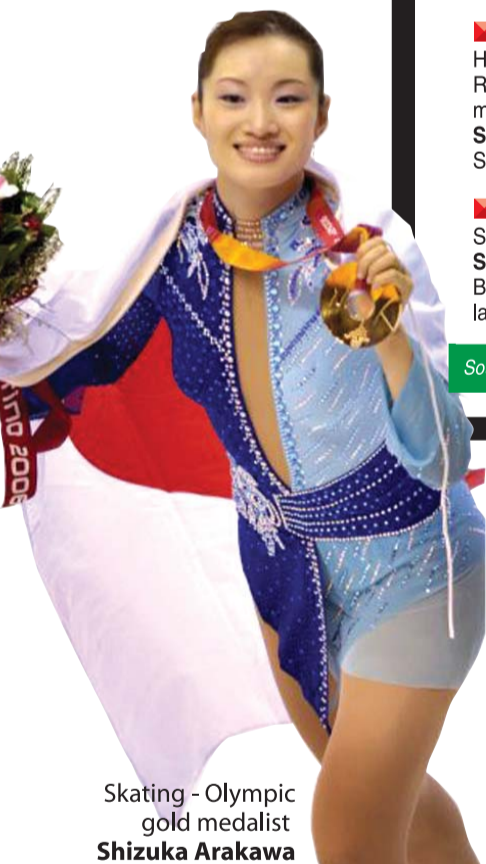
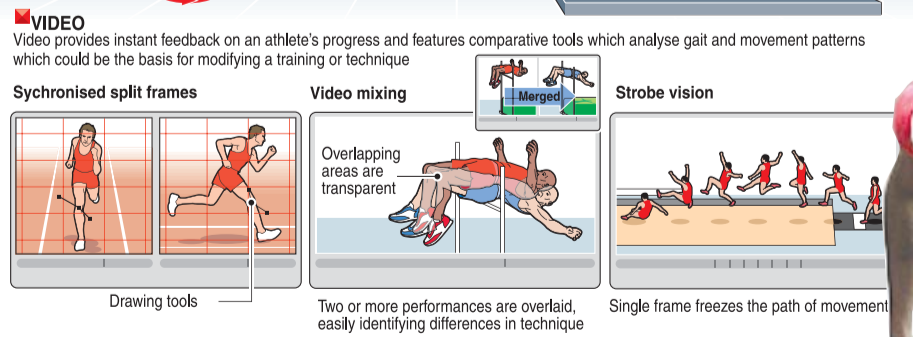
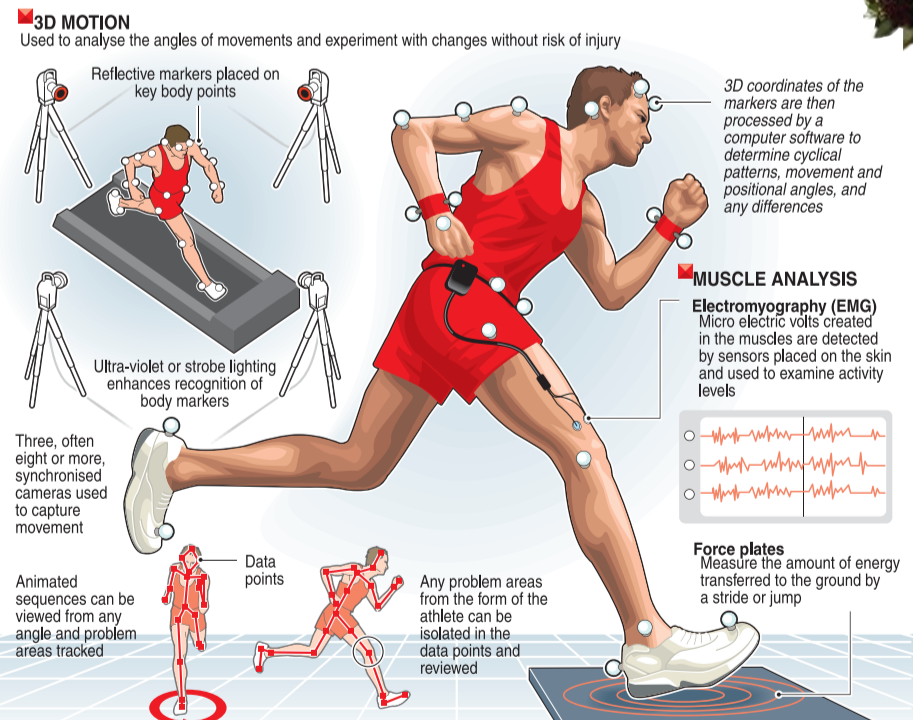
Athlete checks the form and signs it

A and B samples are placed in a secure bag and taken to the laboratory

If banned substance is found in the A sample, the B sample can be tested at the athlete's request

TECHNOLOGY IN TRAINING

Behind every athlete vying to compete at Olympic events are technologies coaches and team managers use to help them improve their performance



Skating - Olympic gold medalist Shizuka Arakawa

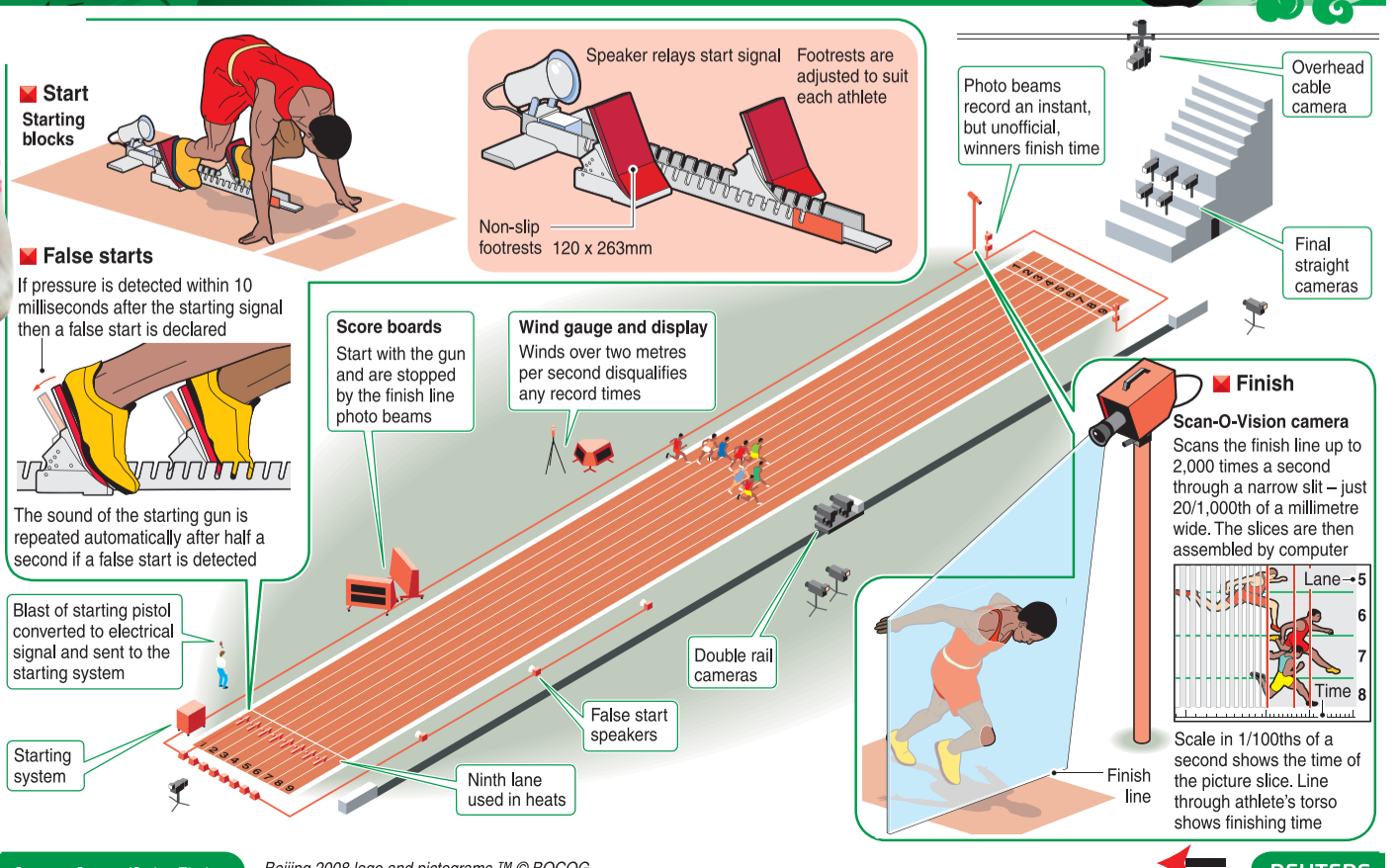


Beijing Olympic Fuwa mascots



110 metres hurdles China's Liu Xiang

TIMING THE 100 METRES



Source: Omega/Swiss Timing Beijing 2008 logo and pictograms © BOCOG

REUTERS