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OLYMPICS



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Ryan Lochte (left) took home five gold medals from the world championships in Shanghai last year, and Baltimore area native Michael Phelps collected eight golds from the Beijing Games in 2008. The rivalry continues when the U.S. Olympic swimming team hits the water in London, and Phelps already has announced he will retire after the games.

SWIMMING

Duel in the pool

Phelps, Lochte are taking rivalry to sport's biggest stage

By KELLY PARSONS
THE WASHINGTON TIMES

Michael Phelps wasn't even supposed to swim in this event. After winning eight gold medals at the 2008 Olympics, Phelps said he was forever dropping the grueling 400-meter individual medley from his program. But four years later, he stood at the base of the starting block at the 2012 Olympic Trials in Omaha, Neb., preparing to take it on again.

To his immediate right stood Ryan Lochte, the up-and-comer who has been Phelps' biggest threat since they left Beijing.

Separately, they represent one-half of the biggest rivalry in swimming, possibly the entire 2012 Olympic Games. Together, they are the future of the sport to which they've devoted their youth.

With his Florida Gator-blue capped head lowered as he shook out his pre-event jitters, Lochte paid no mind to the banners displaying his name in the stands directly behind him or to the posters heralding his face.

Right next to him, Phelps' ears were still swallowed up by enormous red headphones. He didn't hear the PA announcer call out his name or the cheers from the raucous crowd of 13,000 strong.

Not more than five minutes later, the race would be finished, the first spot on the U.S. Olympic swim team won. But the race — and their relationship — always had been about more than just winning.

"[I think it is] probably going to be one of the biggest rivalries ever," Lochte told reporters two days earlier. "I honestly think we could change the sport!"

They dove in.

One more chance

Fifteen-year-old Michael Phelps was the youngest swimmer on the 2000 U.S. Olympic team by almost two years. The naive teenager, who even forgot to tie his suit before an event, failed to medal in his first international trip. But as his coach Bob Bowman put it, they were just happy to be there.

That Phelps is a long-faded memory. Now 27, he announced shortly upon



Michael Phelps (top) and Ryan Lochte figure to dominate the headlines in swimming and just may generate the biggest buzz in the entire London Games.

returning from Beijing that he will retire once this year's Olympic Games are over. Phelps will put to rest a career that has earned him 16 Olympic medals, six current world records and international fame.

Expectations are high for Phelps after Beijing. His are even loftier. And though he declines to specify them, Phelps still has dreams he wants to realize.

"There comes an end to everything, and for me and my career, I never want to look back and say, 'What if I did this one way and that one way?'" Phelps said. "I want to do everything I ever wanted to do before I retire."

"Two years after Beijing it was pretty clear that I wasn't doing everything that I could do."

Phelps hit a rough patch in the months following his rise to superstardom in 2008. After a photo in which Phelps appeared to be smoking marijuana was published in 2009, USA Swimming handed its golden boy a three-month suspension.

At the 2011 FINA world championships in Shanghai, Phelps saw routine success. But others, Lochte included, began catching up.

So Phelps has spent the past year and a half zeroed in, preparing for the end of a 16-year career.

He will swim seven events in his fourth and final Olympics and needs to medal in just three to become the most decorated Olympian of all time. He also will have four chances to become the first Olympian to win the same event (200 IM, 400 IM, 100 fly, 200 fly) in three straight games.

But even if he falls short of those ambitions, the contributions he's already made to the sport can't be erased. Phelps said he's spent his career trying to take swimming "to a new level."

As far as one U.S. Olympic teammate is concerned, Phelps has achieved that goal.

"He is a huge part of the reason that swimming is what it is today," Brendan Hansen said. "He broke barriers and walls

for us that I don't think any other athlete could have ever done ... he put swimming in superstar status."

New kid on the block

It's almost impossible to pass a magazine stand without seeing Ryan Lochte's face on the cover. That's because USA Swimming's new "it" boy finally decided to stop spending his career in the shadows.

Lochte will compete in his third Olympics and try to add to his six medals. He won two gold medals in Beijing, setting a pair of world records in the process.

But he still wasn't satisfied. When he arrived home from Beijing, Lochte made drastic lifestyle changes and adjusted his training routine. He's increased his weight training, even engaging in strongman competitionlike workouts. He cut out junk food. Right away, he saw it pay off in the pool.

Like a masochist, Lochte thrives on having nothing left to give after a workout. It's those kinds of results that have allowed Lochte to approach this year's games with a different mindset. He refuses to be second-best.

"I feel like this is my time," Lochte said. "Whenever I go on the blocks, no matter what it is or who it is, I always feel like I can win."

There's a reason for that unabashed confidence. In Shanghai last year, Lochte took home five golds. He beat Phelps and set the world record in the 200-meter IM.

His recent rise to stardom has been helped by cover stories and photo shoots for Vogue, Men's Health and GQ magazines. He's done commercials for Gatorade and Gillette.

But despite Lochte's recently found fame, with the potential for more after the 2012 Olympics, that's far from his biggest motivator. Instead, it's just a welcome byproduct of doing what he loves.

"Once I start thinking about the money, thinking about how many golds or medals, that's when I feel like swimming will probably no longer be fun for me," Lochte said. "I told myself I'll quit swimming once I stop having fun, and right now I'm having a blast."

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RIVALRY

From page E2

Their worlds collide

Phelps is sure to experience obstacles as he attempts to make Olympic history in the final swim meet of his career. But expect the biggest of them to be his teammate.

Phelps and Lochte have been squaring off since the 2004 Olympics in Athens, and Phelps always had had the upper hand.

That has changed.

Phelps conceded that Lochte has “destroyed” him in major meets lately. Lochte is hoping to see similar results in London. Both have said they don’t pay attention to what the other is doing; that the only things they can control are their own races. Simply watch them swim against

each other to see that’s far from the truth.

“Ryan and Michael, when they’re next to each other, they are so focused on racing each other,” Bowman said following the 200-meter freestyle final at the Olympic Trials. “Tonight, Michael got ahead and he was like, ‘Well, I’m ahead of Ryan, I’m OK.’ And then Ryan is just waiting to make his move. And he makes his move, and they do the cat-and-mouse stuff, and in the process of that they forget to swim fast.”

Lochte’s coach, Gregg Troy, channels the rivalry-induced pressure into a motivational tool.

“Two of the best ever go head-to-head, they’re both in their prime. One guy is going to win, and one is going to lose,” Troy said. “It makes you realize where you’re at. You can’t get comfortable and overconfident at this level.”

Phelps and Lochte are not the best of friends. Not by any means. But the respect they have for one another’s ability shines with every midrace glance across the pool.

Sometimes when they’re not swimming, Phelps and Lochte will pair up for a game of spades, often taking on Olympic teammates Cullen Jones and Ricky Berens in friendly competition.

But once they return to the pool deck, it’s back to business.

“When Ryan and I get in the pool, sure, I don’t want him to win, he doesn’t want me to win,” Phelps said. “But out of the pool ... we can joke around and have fun and we can relax. It’s kind of like when we step on the pool deck, that’s our field — our battlefield.”

A bright future

In typical Phelps fashion, he jumped out to an early lead in the 400-meter IM at the Olympic Trials, leading after the first two laps. After all, the world’s most famous Olympian isn’t completely satisfied unless he can set the pace.

But just like he’s been doing for the past four years, Lochte, a “back-halfer,” caught up.

The heat from the flames shooting up around the perimeter of the pool deck was palpable. The crowd roared as Phelps and Lochte went stroke for stroke approaching the final 100 meters.

In a moment that defined the rest of the trials, and likely the future of the 2012 Olympics, Lochte took a lead in the freestyle he wouldn’t relinquish. For most of the last length, Phelps swam at Lochte’s feet, taking in the unfamiliar sight of someone else between him and the wall at a race’s end.

“[He is obviously] great competition,” Bowman said after the race. “He just kicked our [rear].”

It would be the only head-to-head matchup he took from Phelps during the

Olympic Trials, as Lochte came in second to Phelps in the 200-meter IM and the 200-meter freestyle finals in the days that followed.

But by snatching the first Olympic team spot from the hands of a guy who’s not used to coming in second, Lochte forced the swimming world to pay attention. Lochte’s words proclaiming it was “his time” could no longer be shrugged off as unproven arrogance.

“Does it bother me? If it does, it’s used as motivation,” Phelps said about his rival’s outspoken confidence. “I let the swimming do whatever talking it needs to, has to, will do. ... That’s how I’ve always had my career, and that’s how I’m going to finish it.”

After a quick handshake following Lochte’s victory, the two hung face to face on their shared lane rope, eyes glued on the scoreboard above. Lochte raised his hand to acknowledge the cheering crowd as his name was again announced over the public address system. A straight-faced Phelps looked on, ripping the goggles off his head.

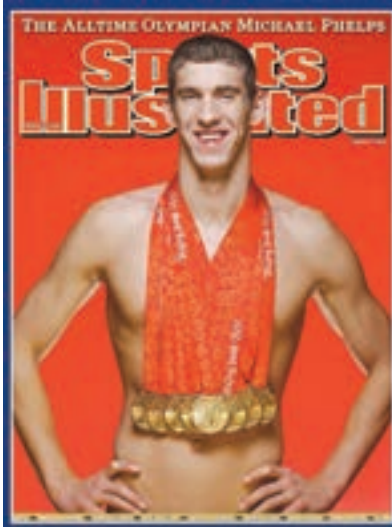
Phelps and Lochte will race again in the 200- and 400-meter IM in London. The world will be watching. Because when those two swim, everybody benefits.

“Because of who Ryan is and because of who Michael is and because of what they have accomplished, there has never been this much exposure for swimming,” U.S. Olympic team member Tyler Clary said. “Would I be sitting here without what those two have done in the past? I don’t know.”

The Phelps-Lochte story will end before the London Games come to a close. The final chapter likely will be one of them standing on the tallest platform with “The Star-Spangled Banner” playing in the background.

But there’s also another story caused by all the commotion; one about a sport forever changed by an attention-grabbing rivalry.

And that tale is just beginning.



ASSOCIATED PRESS PHOTOGRAPHS

Michael Phelps (above) made waves throughout the Beijing Games in 2008 when he brought home eight gold medals, a feat that was prominently displayed on a cover for Sports Illustrated. His first Olympics came as a 15-year-old in 2000. Ryan Lochte (below), who will turn 28 on Aug. 3, has yet to achieve Phelps’ level of Olympic greatness, but he isn’t lacking in confidence.



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ASSOCIATED PRESS

Portsmouth, Va., native LaShawn Merritt, who defeated Jeremy Wariner for the gold medal in the 400 meters in Beijing, tested positive for two steroids found in a male-enhancement product.

TRACK & FIELD

Up to speed again

By NATHAN FENNO
THE WASHINGTON TIMES

For Merritt, a \$6 purchase turned into a costly mistake

In October 2009, LaShawn Merritt walked into a 7-Eleven in a few minutes from his home in Suffolk, Va., after an evening at a nightclub. He paid cash for a box of condoms and had the clerk add a packet of four blue pills behind the counter called ExtenZe.

In red capital letters, the packet shouted "LARGER" and "size, pleasure, performance." The male enhancement pills, with "Doctor approved" written in the corner, cost \$6.

Merritt had seen late-night commercials for the product ("Go long with ExtenZe," retired football coach Jimmy Johnson urged in one), according to an arbitration panel's report, and hoped to experience the claimed benefits with the woman he was dating.

"I spent \$6," Merritt said, "and it cost me millions of dollars."

The decision that nearly kept Merritt from the London Olympics, drained his finances and almost destroyed his opportunity to challenge Michael Johnson's world record in the 400 meters came in a flash, like the blur on the home video Merritt's mother, Brenda Stukes, took when he was in second grade. In the video, Merritt zipped around a family dinner asking folks, including older brother Antwan, if they wanted to race. Merritt didn't realize he was acting out his future career.

Fourteen months had passed since Merritt blew past heavy favorite Jeremy Wariner to win the 400 at the Beijing Olympics with the fifth-best time in history. Merritt recently returned from a cruise. Training was over. The man who wants to be normal but whose legs won't allow that hoped for a break.

If Merritt had checked the back of the packet, where the 39 ingredients include

horny goat weed and velvet deer antler, he would've noticed 50 mg of dehydroepiandrosterone (better known as DHEA), a notorious anabolic steroid, and 10 mg of pregnenolone, another steroid, resided in each blue pill. Both lurk in the World Anti-Doping Association's nine-page alphabet soup of banned substances.

"He was not thinking about track," the 50-page arbitration report said. "His mindset when purchasing the product was thinking about having sex with a woman."

Over the next six months, Merritt made similar purchases as often as twice each month at 7-Eleven. Merritt's routine, according to store clerk Leslie James' testimony in the panel's report, was to buy a bottle of jungle juice and lottery ticket, step outside, then return for condoms and ExtenZe. But on March 22, 2010, Merritt was stunned to learn he failed three drug tests in the previous six months. At first, Merritt believed acne medication was the culprit, but the DHEA was revealed, Merritt finally looked at an ExtenZe label and, soon after, his name was inextricably linked to "doping" and "male enhancement." He had never failed a drug test before.

Merritt was suspended 24 months. Nike stopped his endorsement contract. He was prohibited from receiving U.S. Olympic Committee grants or using its training centers. And Rule 45 of the International Olympic Committee's charter, adjusted in 2008, made any athlete suspended more than six months for

doping ineligible for the next Olympics.

Doug Logan, then USA Track and Field's chief executive officer, excoriated Merritt in a news release after the suspension was announced: "He has now put his entire career under a cloud and in the process made himself the object of jokes. ... Personally, I am disgusted by this entire episode." Logan never spoke to Merritt.

Frustration and humiliation bubbled over. Labeled a drug cheat, Merritt felt helpless. How could a late-night purchase at 7-Eleven transform his career into a punchline?

Then Merritt thought about resting in his misery. Thought about moving forward. Thought about Antwan.

★★★

Before each race, Merritt kisses two fingers, then points them at the sky. He says a quick prayer: Give me strength. Somewhere, Antwan is watching and hears each prayer, Merritt believes. Not once did Antwan get to watch Merritt compete on the track. So, each race, Merritt runs for both of them.

Ten years before Merritt's ill-fated 7-Eleven visit, Antwan plunged from the window of an eighth-floor dormitory at Shaw University in Raleigh, N.C., and later died. Just 18, Antwan wrote music, gave his little brother \$10 for each home run he hit and arranged races between Merritt and older friends in Portsmouth streets. Antwan wanted to be an architect.

"He never got a chance," Merritt said, "to even start a dream."

The circumstances of Antwan's death remain clouded. Five men were charged, and later acquitted by a jury, of involuntary manslaughter. Two were convicted of simple assault and sentenced to 10 days in jail.

Prosecutors alleged Antwan jumped from the window to escape the five men who came to his room to continue a dispute. An altercation on a basketball court started the problem, Merritt believed. He wonders if Antwan was thrown from the window.

"You're standing in this room with all these people between you and the door," Wake County prosecutor Howard Cummings told the jury during the 2000 trial of three of the men, according to the Associated Press. "You've already been beaten senseless. What is your only alternative but to get out? ... What would you expect a teenager to do?"

Justice? Far from it, Merritt thought.

All he could do was move forward.

★★★

The blue pills landed Merritt on Norfolk State University's lonely track.

Not knowing when, or if, he could compete again, Merritt enrolled in the university's business management program. At a football combine in Virginia Beach, he sprinted 40 yards in 4.19 seconds and thought about trying for the NFL as a wide receiver. He thought about playing professional baseball, the sport he adored as a child when stolen bases came easier than his smile. But, mostly, Merritt trained.

Two hours in the morning. Another hour in the afternoon. Six, sometimes seven days

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Merritt finally looked at an ExtenZe label and, soon after, his name was inextricably linked to "doping" and "male enhancement." He had never failed a drug test before.

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MERRITT

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each week. Dwayne Miller was there. The coach who didn't think Merritt was anything special when he first saw him run in 11th grade had never faced a challenge like this: preparing a runner for the unknown. Perspectives on track and life changed. Everything felt tenuous. Uncertainty fueled the workouts' intensity.

Extra time in the weight room. More abdominal work. A nap. Stretching. Make pasta to last for a couple of days. Sleep. Then live the same day again. There wasn't money for much else. Friends chipped in to help Merritt pay bills.

Merritt felt locked down, sick of the same workouts on the same track. Many nights, Merritt wondered what the point was as he eyed his shrinking bank account.

The first bit of good news came in October 2010. The North American Court of Arbitration for Sport panel noted while Merritt's "negligence was on the high end" for not reading the ExtenZe label, the situation was "truly exceptional." It reduced Merritt's suspension from 24 to 21 months, effective the date of his first positive test, leaving him free July 27, 2011. The panel also urged Merritt be allowed to compete in the Olympics, since the ban would punish him beyond what was provided in the World Anti-Doping Association's code.

"Any argument to the contrary," the panel said, "is mere skulduggery."

Two days after the suspension was lifted, Merritt finished the 400 in 44.74 seconds at the Diamond League meet in Stockholm. The first race in 22 months was rough and well off his personal best of 43.75 in Beijing but, he felt, was close enough to prove the ExtenZe didn't enhance his on-track performance.

There is one enhancement. Before Merritt takes any new supplement, he calls Howard L. Jacobs, the California attorney he retained to fight the suspension.

★★★

A phone call from Kimberly Holland, Merritt's longtime agent, woke him last October. Jacobs was on the line, too.

A ruling from the Court of Arbitration for Sport in Lausanne, Switzerland, came down, they told him. The U.S. Olympic Committee and U.S. Anti-Doping Agency, among several national federations, challenged Rule 45 earlier that year. Voices turned downcast. You won't be able to compete in London, they told Merritt.

In his home with pictures of Antwan, Merritt felt his heart drop. Then he started trying to figure out the next move.

This amused Holland. Look outside, she said. Ashton Kutcher is there. The joke finally sunk in for Merritt: Kutcher hosted a television show about practical jokes called "Punk'd."

Merritt could run in the Olympics. Feeling like a man released from jail, he sprinted around the house in celebration.

The court's three-man panel judged Rule 45, prohibiting athletes suspended more than six months for doping from competing in the next Olympics, "invalid and unenforceable." The rule punished athletes twice for the same offense, according to the panel, and, violated the International Olympic Committee's own statute.

He and Antwan were unleashed, finally, to chase Johnson's record of 43.18 seconds in one of sport's great tests of speed and endurance. This isn't the raw, unadulterated challenge of the 100. Yes, natural speed matters, but so does strategy and race pattern and the competition in your head. Years before you can back into the blocks, whisper a prayer, kiss two fingers and point to the sky and stare down the track with an honest, no-kidding shot at the record.

Already holding the fifth-fastest time in history, Merritt replaced Miller with speed czar Loren Seagrave earlier this year and trained at the IMG Academy in Bradenton, Fla. After the switch, Merritt won the U.S. Olympic trials in 44.12 seconds, the world's fastest time this year. Merritt never beat Antwan in a race, and now no one can seem to take down Merritt.

Talk about breaking Johnson's record comes easily, almost nonchalantly, to Merritt, who engaged the services of a public relations firm to help pursue an acting career after the Olympics. It's more matter-of-fact than arrogant: The 26-year-old sees this as a natural progression when you break down the percentages, the long, solitary days on Norfolk State's track merging with the time he needs in each segment of the race.

"I'm more physically ready. I'll be mentally ready," Merritt said. "It was taken away from me."

He meant the career he nearly lost but could just as easily be talking about the brother he did lose, the one pushing him forward.



ASSOCIATED PRESS

Justin Gatlin signaled his victory in the 100-meter final at the U.S. Olympic trials in June, covering the distance in 9.80 seconds. Gatlin, 30, is competing again after serving a four-year suspension from the U.S. Anti-Doping Agency for testing positive for steroids.

TRACK & FIELD

Roads to redemption

By CARLA PEAY
THE WASHINGTON TIMES

He knelt at the starting line, his composed features showing no hint of emotion. One way or another, it would be over in less than 10 seconds — the most important time in Justin Gatlin's long road to redemption.

Those seconds would determine whether one of the fastest men in Olympic history would have a chance to reclaim that title, or if he would wind up as just another aging athlete trying to recapture past glory.

As the gun sounded, Gatlin ran the best race of his life. He finished in 9.80 seconds to win gold at the U.S. Olympic track and field trials and cement his return as one of the best American sprinters.

"I wasn't too hyped, wasn't too calm," Gatlin, 30, said immediately after the race. "It felt just right. I went out there and gave it my all, and I have a lot more left in the tank."

Gatlin's road to redemption has been filled with roadblocks, including a drug suspension, a significant weight gain and a period of depression during four soul-searching years away from the sport he loved.

Gatlin began as a hurdler before his coaches at the University of Tennessee convinced him that he had the speed to become a world-class sprinter. Gatlin made the change.

After winning six NCAA titles, he left Tennessee to turn pro.

A member of the 2004 Olympic team, Gatlin won gold at the Summer Games in Athens. He defeated his teammate and defending Olympic champion Maurice Greene, who took the bronze. Gatlin also won a bronze in the 200 meters and picked up a silver as a member of the 4x100 meter relay team.

Career in decline

Gatlin also won gold at the 2005 World Championships in Helsinki, but in 2006, his career came to an abrupt halt.

Gatlin tested positive for a substance

Gatlin overcame depression; Gay's body sound again

described by the U.S. Anti-Doping Agency (USADA) as a testosterone precursor.

Gatlin protested the results and claimed his innocence, but it was a fight he seemed to know he would not win.

Gatlin ultimately reached an agreement with USADA and accepted an eight-year ban, as opposed to the lifetime ban USADA had planned to levy. In August 2007, the suspension was reduced to four years.

In the meantime, Gatlin was lost.

"I got to the point where I said, 'I don't care anymore,'" Gatlin recalled. "I was depressed about life. I felt like I wasn't worth much."

Ironically, it was Dennis Mitchell, another world-class sprinter and now one of Gatlin's coaches, who went through a similar situation and helped Gatlin rebound.

Mitchell won bronze in the 100 meters and gold in the 4x100 meter relay in the 1992 Games in Barcelona. He also won silver in the 4x100 relay in the 1996 Games in Atlanta. Mitchell also received a two-year ban by the International Association of Athletics Federations for elevated testosterone in 1998. He would race internationally just once more, at the 2001 World Championships before retiring and becoming a coach.

"Dennis has done a remarkable job with [Gatlin]," Greene said.

"I'm not surprised at all at Justin's success. He's a very talented guy, and very coachable."

Gatlin's next task is to challenge Usain Bolt of Jamaica, who set a world record (9.58) in winning the gold at the 2008 Olympics in Beijing.

"We all have our eyes on that prize we want to get at the end," Gatlin said. "I don't

think I would come back to a sport where I'm OK getting second or third."

Return of Tyson Gay

The stage was set for a showdown in Beijing. The best American sprinter, Tyson Gay, was going to challenge Bolt for the title of world's fastest man.

But Gay's body refused to cooperate. At the trials, Gay pulled his hamstring in the qualifying round of the 200 meters and never made it to the final. By the time he reached Beijing, a hobbled Gay did not make it past the semifinals in the 100 meters. The highly anticipated showdown never took place.

A fubbed baton exchange between Gay and Darvis Patton in the 4x100 relay kept the U.S. team from advancing to the final, and a disappointed Gay left China without making it onto the medal stand.

A 100- and 200-meter specialist since his high school days, Gay won the Kentucky High School State Championships in the 100 and placed second in the 200 before attending Barton County Community College in Kansas. He followed his track coach from Barton to the University of Arkansas, where he became the NCAA champion in the 100 meters.

Gay qualified for the 2004 Olympic trials, making it to the semifinals in the 100 meters. He turned pro the following year and competed in the 2005 World Championships in Helsinki but didn't medal.

It would be a different story in the 2007 World Championships in Osaka, Japan. Gay won gold medals in the 100, the 200 and the 4x100 meter relay.

Gay's 9.69 is topped only by Bolt as the American record holder in the 100 meters.

After putting the hamstring injury and the disappointment of Beijing behind him, Gay was ready to focus on the 2012 Olympics in London — and finally taking on Bolt.

But again, Gay's body had other ideas

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2012  LONDON

Dive into some lesser-known sports



MIKE HARRIS

Who cares about the rest of it?

Well, lots of people do. A whole lot. Into the millions, maybe the billions. Maybe for some Americans, the Olympics are nothing but swimming and track with some basketball and gymnastics thrown in. For the rest of the world? There's that and so much more.

The variety of sports, the exceptionally high level at which they're contested and the passion of the fans who don't call the USA home are part of what makes the Olympics so much fun. You see stuff you don't see every day, and you see it performed as well as it can be performed.

Sure, the swimming and basketball and track and field and gymnastics are fun, too.

There's nothing wrong with watching those sports played by the best in the world, and there's nothing wrong with rooting for the home country.

But if that's the entirety of your Olympic view, do yourself a favor during the London Games and expand your worldview, even if you have to surf some of the secondary channels to find the other sports.

There are 26 sports that will be contested in London. The average person probably can't name half. Check some of them out.

About 90 percent of my coverage in Sydney centered on the aforementioned Big Four. That is, after all, what most of the readership was interested in. But the highlight of the trip was taking some time to watch a few of the other sports.

The venues in Sydney were laid out well, and most were close together. You could get to multiple events easily. A popular "game" played by some reporters was the "media decathlon." The goal was to see at least 10 events in the same day.

It was a long day. It was a fun day. It started early with swimming preliminaries. Don't hate. I couldn't totally ignore the Big Four. It ended with the 100-meter dashes, always a highlight of an Olympics (and, yes, another Big Four).

In between? That's where it got fun.

There was tennis, one set of a doubles match featuring Venus and Serena Williams. I can't begin to remember the opponents. The Williams sisters were so much fun to watch. There I go being all American again.

How about team handball? Can't be rah-rah USA there because Team USA hasn't qualified since Atlanta in 1996 when it had to be in because it was the host country. I'm not totally sure which team I saw or what I saw. There's a team handball explainer elsewhere in this section. I didn't understand the game, but the fans there sure did, and they were into it big time. A small building in what would qualify as a weak auxiliary gym in the states became a building that was as loud as any I'd ever heard.

Of course, that lasted about a half-hour. The next stop was for table tennis. A men's match was in progress between a player from Sweden and one from China. Trust me, you've never seen anything quite like it.

The points were long and grab-your-seat intense. Yes, you can work up a sweat playing table tennis. The building, which held about 5,000, was packed. When the Swedish player won a point, it was like a party in the stands complete with horns, chants and flag-waving. When the Chinese player won a point, the other side celebrated just as hard and was just as loud. When the match finally

ended, with the Swedish player pulling out the victory, I felt like I needed a nap.

No time to rest. A men's field hockey match between India and Pakistan awaited. Yes, men do play field hockey. Yes, they play it pretty well. Especially in India and Pakistan, two countries that don't like each other very much. The crowd, faces contorted with a wide variety of emotion as the ball flew to and fro on the pitch, was as much fun to watch as the game.

Other events in the "media decathlon" included synchronized diving, baseball and gymnastics. I learned some physics while watching synchronized diving. Regardless of their weight, two divers will fall at the same speed. It was much more fun than standard diving. Competitors were judged not only on how well they dove, but on how well they dove in sync with their partner.

I did not see shooting. Not sure how much you can actually "see" with that anyway, but I wanted to try. The competitors each take 150 shots at moving targets in skeet shooting, and a U.S. entrant told me in Atlanta it usually took a perfect score of 150 to get into a "shoot-off" for a medal. Seriously? You can't miss once?

These people are good, no matter what the sport. Take advantage of the opportunity to see them. You won't be disappointed.



PHOTOGRAPHS BY BARBARA L. SALISBURY/THE WASHINGTON TIMES

Bethesda native Julie Zetlin, shown practicing at the Katie Fitzgerald Youth Recreation Center in Darnestown, will be the first U.S. rhythmic gymnast to compete in the Olympics since the 2004 Athens Games. The 22-year-old won gold at the Pan-American Games last year, but her expectations for London are tempered: No U.S. gymnast has medaled in the sport at the Olympics.

RHYTHMIC GYMNASTICS

Hoop-la for a unique event

By NATHAN FENNO
THE WASHINGTON TIMES

When Julie Zetlin travels, so does her hoop. Perplexed looks and questions come, too. Is that a hoop for a new dress? A giant engagement ring? Are you a hula-hooper?

"I'm not a circus freak, I promise," Zetlin said. "I'm not part of Ringling Brothers. I'm a rhythmic gymnast."

The explanation from the 22-year-old from Bethesda, who will become the first U.S. rhythmic gymnast to compete in the Olympics since 2004, elicits a predictable reaction.

Oh, rhythmic gymnastics. Like Will Ferrell prancing around, red ribbon in tow, in "Old School" in a last-ditch bid to save his fraternity? Zetlin hears this all the time.

"Let's just put it this way, I don't run around going like this," said Zetlin, swinging her arms wildly, "and flailing my arms and legs everywhere."

Zetlin's objective is 'upping the game'

In a sport dominated by Russians that has never attained the popularity of its artistic cousin in the U.S., Zetlin is something of a pioneer.

She doesn't expect to medal in London; no U.S. gymnast has in the sport.

Instead, Zetlin views her Olympics trip as "upping the game" for rhythmic gymnastics in the U.S.

"The history of rhythmic gymnastics is too short in the U.S.," said Olga Kutuzova, Zetlin's coach at Capital Rhythmics in Darnestown since she was 9 years old. "But now more and more kids are attracted to this sport and newspapers are talking about it."

The sport is built around four apparatuses: ball, ribbon, clubs and hoop. Flexibility is crucial with the ball along with the rest of the elements, balance matters with the batonlike clubs, turns and spinning are key with the

ribbon, and the hoop is a combination of each. Each routine is performed to music, which, for Zetlin, ranges from English rockers Muse to Ricky Martin.

One of Zetlin's leotards — accented with Swarovski rhinestones — costs upward of \$1,600. She uses four.

While the sport can sell out Verizon Center-sized arenas in Europe and lands Russian athletes on billboards, Zetlin moves forward without financial support from the U.S. Olympic Committee and enough money from USA Gymnastics to cover a quarter of her expenses.

Zetlin's mother, Zsuzsi, a Hungarian junior national champion in the sport, pulled her hyper, dance-loving 4-year-old from an artistic gymnastics program after two weeks and ushered her into the rhythmic world.

Height and age are prized in the sport, in stark contrast to the artistic world. Zetlin is


5-foot-6 and believes the years of patience needed to hone the rhythmic skills (the gymnasts tend to peak in the mid-20s while, for example, Gabby Douglas of the U.S. artistic team is 14 years old) has dampened the sport's U.S. growth.

But Zetlin, who claimed gold at the Pan-American Games last year, doesn't expect her career to continue much longer. Zetlin has torn the meniscus twice in her right knee and had surgery to repair the latest damage four months before she earned a wild-card berth to the 2011 World Rhythmic Gymnastic Championships in Montpellier, France. Before each routine, she felt like she was going to be sick. The knee may need to be cleaned out again. Each day, Zetlin's body reminds her time is limited.

That's now how she sees rhythmic gymnastics in the U.S.

"I think we've been stuck in a level for a little while," Zetlin said. "I'm kind of the one crossing the boundary line."

"I'm not a circus freak, I promise," Zetlin said. "I'm not part of Ringling Brothers. I'm a rhythmic gymnast."

2012  LONDON



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Austria (white shirt) and Macedonia squared off in this qualifying match for the 2013 men's world championship, but the birthplace of team handball is Denmark, which is credited with founding the sport in 1906. The Danes are the two-time defending men's European champions.

TEAM HANDBALL

Exciting sport mostly unknown to America

By Tom Schad
THE WASHINGTON TIMES

The best way to understand team handball is to take a bus to the outskirts of Copenhagen. Follow the group of tall blonds in blue jerseys to the modest arena across the street. Smell the sausage. Drink the Carlsberg. Soak it all in.

It won't make much sense at first — the thousands of roaring Danes, the chicken mascots signing autographs, the strange man at half-court singing the same power ballad over and over again. But it's not supposed to make sense. Not yet.

Even the most diehard American sports fan couldn't tell you the first thing about team handball. It's the only Olympic sport in which Team USA will not be represented by either gender at the 2012 Games, and that's nothing new. The last time an American handball team qualified for the Olympics was 1996 in Atlanta, when it received an automatic bid as the host nation.

But in Denmark, where bikes outnumber cars and pigs outnumber people, team handball thrives. The Danish women's national team has won three of the past four Olympic gold medals. The men are two-time defending European champions. Men's national team coach Ulrik Wilbek said that among the Scandinavian country's 5.5 million inhabitants, more than 3.1 million tuned in to watch it win its most recent European championship.

"We have been at the top level from the very start," Wilbek said. "Handball is simply part of Danish mass culture."

The best way to describe the sport is water polo on land, a hybrid sport with elements of hockey, soccer, basketball and lacrosse. Each team has six outfield players and a goalie. Players can take no more than three dribbles or three seconds before passing. Offenses run set plays around a semicircular crease in front of the goal, and defenses protect the crease using a zone scheme similar to basketball.

According to the International Handball Federation, team handball is played by 800,000 teams across 183 countries. And according to Chairman

of USA Team Handball Jeff Utz, it is the second-largest grossing revenue sport at this summer's Olympics.

"The only reason people aren't excited about the sport is they haven't seen the sport," he said. "It could

during the Olympics, it's probably on MSNBC or CNBC at 2 a.m. ... after rowing," said Bryan Cothorn, the president/goalkeeper of the area's prominent handball club, the D.C. Diplomats.

But in Denmark, children start playing a version of team handball called "total handball" as early as age 2. It doesn't have many rules, according to Finn Jensen of the Danish Handball Federation, but it gets kids used to throwing and catching a handball. The federation also released a story-based training program, allowing children 4 and younger to journey through an imaginary world of trolls and forests — and practice basic handball skills in the process.

Those who avoid the childhood craze can easily pick up the sport whenever they choose. Danish schoolyards often revolve around street handball, a minimalist version of the sport, and beach handball also is becoming popular. As of 2010, 885 handball associations were scattered across the country.

"Once you get the basic rules straight it is a very easy game to follow," Jensen said. "The number of goals and the very few interruptions create a great flow to the game — a flow that keeps the spectators and TV viewers on their toes."

Despite the lack of an American team, millions of Americans will have the opportunity to see team handball for the first time at this summer's Olympics. NBC will broadcast portions of matches on six days beginning July 29. Maybe a little airtime is all the sport needs.

"I walked out [of my first handball match] and said, 'I've never seen this sport, I can't believe we don't have this in the United States,'" Utz said. "It's an easy sell over here."

Yet there's still no substitute for the original. Denmark is credited with founding team handball in 1906 and will forever be the sport's home. To truly appreciate it, take a bus to the outskirts of Copenhagen, stand among the handball faithful and soak up the distinct culture you can't find anywhere else.

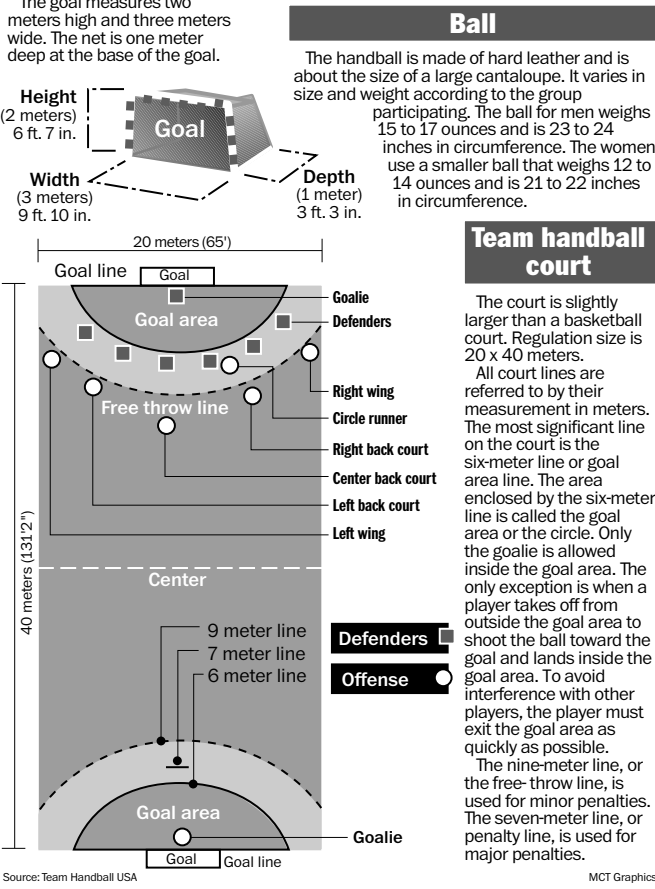
Oh, and don't forget to drink the Carlsberg.

TEAM HANDBALL

Olympic handball
The game is played in two 30-minute halves with a 10-minute intermission. There are no timeouts except for injuries.

Goal
The goal measures two meters high and three meters wide. The net is one meter deep at the base of the goal.

Ball
The handball is made of hard leather and is about the size of a large cantaloupe. It varies in size and weight according to the group participating. The ball for men weighs 15 to 17 ounces and is 23 to 24 inches in circumference. The women use a smaller ball that weighs 12 to 14 ounces and is 21 to 22 inches in circumference.



Source: Team Handball USA THE WASHINGTON TIMES

be one of the top four sports in our country. I genuinely believe that."

Perhaps it could. But a sport has to be relevant before it can be considered prominent, and in the United States today, team handball is neither. Many fans still confuse it with wall ball, the playground game that involves slapping a blue racquetball up against a wall. Most others remember it as that funny European game they half-played in their middle school PE classes.

"Basically if it's on TV, it's during the Olympics. And if it's on TV

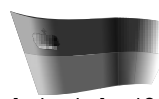
AMBASSADORS

Fans of the Olympics in the Washington area won't just be cheering for Team USA. Athletes from more than 200 countries are expected to compete at the London Games, and flags from just about all of those nations fly somewhere in D.C. We checked in with ambassadors around the District to find out who they and their countrymen will be supporting the next 2½ weeks.



GREAT BRITAIN
Ambassador
Sir Peter Westmacott

"As an island nation, we take great pride in our sailing prowess. Ben Ainslie is already our most successful Olympic sailor, having taken gold, at three straight games and silver in Atlanta in 1996. Cycling too. We won 14 cycling medals in Beijing, including eight gold. Sir Chris Hoy was the star four years ago: the first Briton since 1908 to win three gold medals in a single Olympic Games."



LIECHTENSTEIN
Ambassador Claudia Fritsche

"The two female athletes, Julia Hassler [swimming] and Stephanie Vogt [tennis] are very popular in Liechtenstein. They are not favorites to win medals, but we will be behind them 100 percent in spirit. ... We are really happy that our team can be a part of such a great global tradition and look forward to seeing our athletes represent Liechtenstein."



CHILE
Ambassador Felipe Bulnes

"Our citizens are especially supporting gymnast Tomas Gonzalez, who is one of the favorites this year. He has been competing internationally and we believe will get very good results. Other athletes are swimmer Kristel Kobrich and arc shooter [archer] Denise van Lamoen. Both have been participating in various world championships. Ms. Van Lamoen will be our flagship."



KAZAKHSTAN
Ambassador Eran Idrissov

"Kazakhstan has been traditionally strong in boxing, weight lifting, Greco-Roman and freestyle wrestling and judo. To name a few, Kazakhstan will be represented by its weight lifter, Ilya Ilyin, who is an Asian champion and a three-time world champion. We [also] place high hopes on Team Kazakhstan's captain and two-time world champion, Serik Sapiyev [boxing]."



AUSTRALIA
Ambassador Kim Beazley

"Australia's 100-meter freestyle world champion, James Magnussen, is my pick. I expect he will stand head and shoulders above all his rivals. I want to witness Magnussen's signature combination of grace, skill and power in the final stages of the 100-meter freestyle, hopefully leading to gold."



CYPRUS
Ambassador Pavlos Anastasiades

"Well let's hope that [tennis player Marcos Baghdatis] does well. He's, I guess, our most well-known athlete. He does us proud. There's a Cypriot athlete that does very well in skeet [shooting], Georgios Achilleos. If we see him winning a medal, that'd be great. Cyprus has never won an Olympic medal. I hope London will be the first Olympics that a Cypriot athlete will have the privilege to get on the podium, whoever that might be."



CANADA
Ambassador Gary Doer

"Clara Hughes is the only Olympic athlete to win multiple medals in both the Summer and Winter Olympics, having won two medals in cycling in the 1996 Summer Games, and four speedskating medals in the Winter Olympics from 2002 to 2010 [including a gold in 2006]. This year, she will return to cycling, and if she wins a medal will become the most decorated Canadian Olympian of all time."



ISRAEL
Ambassador Dr. Michael B. Oren

"I will be rooting for Israel in these London Games. This is the 60th anniversary of an Israeli Olympic presence, as well as our 15th appearance at the games. This year, we have close to 40 Olympians, with a strong female presence, participating in 18 events, including rhythmic gymnastics, tennis, shooting, swimming, sailing, and our best sport, judo. In fact, the first Israeli Olympic medal was won by female athlete Yael Arad in 1992, when she received the silver medal for judo. We look forward to seeing our competitors stand on the podium receiving medals in London. It brings us great pride and joy to see so many talented and driven athletes representing our tiny country."



MEXICO
Ambassador Arturo Sarukhan

"I am of course rooting for Team Mexico and for every single athlete in our national delegation, who I know will give their all in their respective competitions. There are several athletes that might get to the podium, but our best shots are probably Paola Espinosa in the diving competition, Maria Espinoza in taekwondo and there are a couple of other good possibilities in boxing, athletics, as well as our male soccer team."

THE WASHINGTON TIMES



ASSOCIATED PRESS

Canadian Ambassador Gary Doer touts Clara Hughes for the London Games. Hughes has won cycling medals in the Summer Olympics and speedskating medals in the Winter Olympics.

2012  LONDON

OLYMPIC VIEWING

A guide to the games on TV

By DAVID BAUDER
ASSOCIATED PRESS

The Summer Olympics Opening Ceremony takes place Friday, but the first of 5,535 hours that NBC is showing of the games began Wednesday with qualifying rounds in women's soccer. With so many different options, viewers need a road map to make sense of it all.

NBC is promising that every competition in London will be available to U.S. consumers live, with the bulk of them seen online.

The centerpiece of coverage will be NBC's prime-time, 8 p.m. to midnight on most evenings, with Bob Costas as host. Given the time difference with England, all of the events will be shown on a tape-delayed basis, although particularly rabid fans will have the opportunity to see each of these events online during the day.

Costas will give people an overview of the day's big stories. But the prime-time package is not designed to offer a complete picture of the games. As in the past, NBC will be heavy on personal stories to make nonsports fans interested in strangers they will see competing

in sports they rarely follow — with the obvious exception of known personalities such as Michael Phelps. And if you want badminton or boxing, you'll have to turn elsewhere: The prime-time hours generally are concentrated on swimming, diving, gymnastics, and track and field.

New to NBC this year is the amount of coverage presented during the business day, starting at 10 a.m. following the "Today" show.

The cable and satellite networks avoid prime-time hours to funnel those viewers into NBC. Except for those hours and the overnight in London, a viewer could expect to see competition on NBC and cable the rest of the day.

The NBC Sports Network, for example, is on the air from 4 a.m. to 7 p.m. ET on Sunday, the second full day of the competition. The cable and satellite outfit did not exist during the last Olympics and will show 292 hours of competition this year. It is being positioned as the home of U.S. team sports. The centerpiece of Sunday's coverage, for example, is the U.S. men's basketball team's game against France.

While producers want the NBC



ASSOCIATED PRESS

The centerpiece of NBC's Olympic coverage will feature Bob Costas as host of an 8 p.m.-to-midnight show on most evenings.

Sports Network to form an identity as a home of U.S. team sports, the truth is that NBC, NBC Sports and MSNBC are airing so much

competition that they will lack clearly focused identities.

The best way to keep track of their daytime schedules is to keep checking NBCOlympics.com.

As it has in the past, the CNBC business network is positioned as the home of Olympic boxing, including women's boxing for the first time. The competition will be focused weekdays on the hours between the close of financial markets and the beginning of TV prime time.

Between July 28 and Aug. 3, Bravo will air the Olympics tennis competition.

The amount of hours available to Spanish-speaking viewers through Telemundo also are being sharply increased, and the network promises a broader look at the range of competitions than it has in the past. Still, swimming, basketball and soccer will be the sports the network concentrates upon.

Through cable and satellite providers, NBC also is running specialty channels devoted to the basketball and soccer competitions. For the first time, the Olympics will also be presented in 3-D with a special channel available to viewers with

this technical capability.

With all that coverage on television, NBC will be offering even more online. That represents a change in philosophy; the network once worried that making competitions available online could cut into the number of people who want to watch on television. Now NBC's leaders believe all of the online competition will compel viewers to want to watch more online.

The NBC Olympics Live Extra App gives fans a variety of options, including live streams of what is being shown on the TV networks. Online channels also will be set up to offer coverage of every single Olympic competition taking place, and the Gold Zone will have rapidly-moving coverage of the day's most compelling live events.

To satisfy cable and satellite operators, NBC is requiring viewers to prove that they have a cable or satellite subscription in order to access the online options. This requires a username and password from the companies, so interested viewers would be advised to set those up before the games start to avoid missing out.

FRIDAY, JULY 27

NBC
7:30 p.m.-Midnight Opening Ceremony

SATURDAY, JULY 28

NBC
5 a.m.-6 p.m. Swimming - Qualifying Heats; Men's Cycling - Road Race (LIVE); Beach Volleyball - Qualifying Round (LIVE); Women's Volleyball - U.S. vs. South Korea (LIVE); Women's Basketball - U.S. Game (LIVE); Rowing - Qualifying Heats

8 p.m.-Midnight Swimming - Gold Medal Finals; Men's and Women's 400M Individual Medley; Men's 400M Freestyle and Women's 4x100M Freestyle Relay; Men's Gymnastics - Team Competition; Beach Volleyball - U.S. Qualifying Round

12:30 a.m.-1:30 a.m. Women's Weightlifting - Gold Medal Final; Table Tennis - Qualifying Round

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Soccer - U.S. vs. Columbia (LIVE); Beach Volleyball - Qualifying Round (LIVE); Women's Volleyball - Qualifying Round (LIVE); Equestrian - Eventing Dressage; Women's Fencing - Individual Foil Gold Medal Final; Shooting - Men and Women's 10M Air Rifle Gold Medal Finals; Men's Archery - Team Gold Medal Final; Women's Handball - Qualifying Round

BRAVO

7 a.m.-3 p.m. Tennis - Early Rounds (LIVE)

MSNBC

7 a.m.-5 p.m. Women's Soccer - Qualifying Round (LIVE); Beach Volleyball - Qualifying Round (LIVE); Women's Handball - Qualifying Round; Badminton - Qualifying Round; Table Tennis - Qualifying Round

CNBC

8:30 a.m.-11:30 a.m. Boxing - Elimination Bouts (LIVE)

3:30 p.m.-6:30 p.m. Boxing - Elimination Bouts (LIVE)

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Women's Basketball - Qualifying Round, Australia vs. Britain (LIVE)

NBC OLYMPIC SOCCER CHANNEL

7 a.m.-8 p.m. Women's Soccer - Qualifying Round: Japan vs. Sweden (LIVE), New Zealand vs. Brazil (LIVE), U.S. vs. Columbia (LIVE), France vs. South Korea (LIVE), Canada vs. South Africa; Britain vs. Cameroon

TELEMUNDO

8 a.m.-5 p.m. Opening Ceremony; Swimming - Qualifying Heats; Women's Volleyball - Qualifying Round; Beach Volleyball - Qualifying Round; Boxing - Elimination Bouts

Midnight-2:30 a.m. Swimming - Gold Medal Finals; Men's Gymnastics - Team Competition

SUNDAY, JULY 29

NBC
7 a.m.-6 p.m. Women's Gymnastics - Team Competition; Swimming - Qualifying Heats; Women's Cycling - Road Race (LIVE); Beach Volleyball - Qualifying Round (LIVE); Men's Volleyball - U.S. vs. Serbia (LIVE); Men's Water Polo - U.S. vs. Montenegro (LIVE); Rowing - Qualifying Heats

7 p.m.-Midnight Women's Gymnastics - Team Competition; Swimming Gold Medal Finals; Women's 100M Butterfly, Women's 400M Freestyle, Men's 100M Breaststroke and Men's 4x100M Freestyle Relay; Women's Diving - Springboard Synchronized Gold Medal Final

12:35 a.m.-1:35 a.m. Canoeing - Whitewater Qualifying Heats

NBC SPORTS NETWORK

Olympic schedule

	July							August											
	25 Wed.	26 Thurs.	27 Fri.	28 Sat.	29 Sun.	30 Mon.	31 Tues.	1 Wed.	2 Thurs.	3 Fri.	4 Sat.	5 Sun.	6 Mon.	7 Tues.	8 Wed.	9 Thurs.	10 Fri.	11 Sat.	12 Sun.
Opening (O), Closing (C)			O																C
Archery				1	1				1	1									
Athletics (track and field)									2	5	7	5	4	4	5	8	8	1	
Badminton									1	2	2								
Basketball																	1	1	
Beach volleyball															1	1			
Boxing															3		5	5	
Canoe/kayak																			
• Slalom						1	1	2											
• Sprint															4	4		4	
Cycling																	2		
• BMX																			
• Mountain bike																	1	1	
• Road				1	1			2											
• Track									2	2	1	1		3					
Equestrian															1				
• Dressage																			
• Eventing							2									1			
• Jumping																			
Fencing				1	1	1	1	2	1	1	1	1							
Football																	1	1	
Gymnastics																			
• Artistic						1	1	1	1			3		4					
• Rhythmic																		1	1
• Trampoline										1	1								
Handball																		1	1
Hockey																			
Judo				2	2	2	2	2	2	2									
Modern pentathlon																		1	1
Rowing									3	3	4	4							
Sailing													2		2	1	1	1	1
Shooting				2	2	1	1	1	1	2	2	1							
Aquatics																			
• Swimming				4	4	4	4	4	4	4	4								
• Swimming marathon																			
• Swimming, synchronized															1		1		
• Diving				1	1	1	1					1		1		1		1	
Table tennis								1	1						1				
Taekwondo																			
Tennis												2	3						
Triathlon											1								
Volleyball																			
Water polo																			1
Weightlifting				1	2	2	2	2		2	1	1		1					
Wrestling																			
• Freestyle															2	2	2	3	2
• Greco-Roman															2				

Source: The London Organizing Committee of the Olympic Games and Paralympic Games Ltd.

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NBC OLYMPIC SOCCER CHANNEL

7 a.m.-11 p.m. Men's Soccer - Qualifying Round: Egypt vs. New Zealand (LIVE), Brazil vs. Belarus (LIVE), Senegal vs. Uruguay (LIVE), Britain vs. United Arab Emirates (LIVE), Mexico vs. Gabon, Japan vs. Morocco, South Korea vs. Switzerland, Spain vs. Honduras

TELEMUNDO

7 a.m.-7 p.m. Men's Soccer - Qualifying Round: Mexico vs. Gabon, Spain vs. Honduras, Senegal vs. Uruguay; Swimming - Qualifying Heats; Men's Basketball - Qualifying Round; Boxing - Elimination Bouts; Beach Volleyball - Qualifying Round; Men's Volleyball - Qualifying Round; Tennis - Early Rounds

Midnight-2:30 a.m. Women's Gymnastics - Team Competition; Swimming - Gold Medal Finals

MONDAY, JULY 30

NBC
10 a.m.-5 p.m. Swimming - Qualifying Heats; Beach Volleyball - Qualifying Round (LIVE); Women's Volleyball - U.S. vs. Brazil (LIVE); Women's Water Polo - U.S. vs. Hungary (LIVE); Rowing - Qualifying Heats; Canoeing - Whitewater Qualifying Heats

8 p.m.-Midnight Swimming - Gold Medal Finals; Men's 200M Freestyle, Men's 100M Backstroke, Women's 100M Backstroke and Women's 100M Breaststroke; Men's Gymnastics - Team Gold Medal Final; Men's Diving - Platform Synchronized Gold Medal Final

12:35 a.m.-1:35 a.m. Swimming - Semifinals; Canoeing - Whitewater Qualifying Heats

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Basketball - U.S. vs. Angola (LIVE); Beach Volleyball - Qualifying Round (LIVE); Women's Volleyball - Qualifying Round (LIVE); Equestrian - Eventing Cross Country (LIVE); Boxing - Elimination Bouts; Men's Shooting - 10M Air Rifle Gold Medal Final

BRAVO

7 a.m.-3 p.m. Tennis - Early Rounds (LIVE)

MSNBC

9 a.m.-6 p.m. Women's Basketball - Qualifying Round (LIVE); Women's Water Polo - Qualifying Round (LIVE); Weightlifting - Gold Medal Finals; Table Tennis - Qualifying Round; Badminton - Qualifying Round; Men's Field Hockey - Qualifying Round; Women's Handball - Qualifying Round

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Women's Basketball - Qualifying Round: Russia vs. Brazil (LIVE), Angola vs. U.S. (LIVE)

TELEMUNDO

9 a.m.-3 p.m. Swimming - Qualifying Heats; Beach Volleyball - Qualifying Round; Women's Volleyball - Qualifying Round; Tennis - Early Rounds; Boxing - Elimination Bouts

Midnight-2:30 a.m. Swimming - Gold Medal Finals; Men's Gymnastics - Team Gold Medal Final; Men's Diving - Platform Synchronized Gold Medal Final

TUESDAY, JULY 31

NBC

10 a.m.-5 p.m. Swimming - Qualifying Heats; Beach Volleyball - Qualifying Round (LIVE); Men's Volleyball - U.S. vs. Germany (LIVE); Men's Water Polo - U.S. vs. Romania (LIVE); Men's Canoeing - Whitewater, C-1 Gold Medal Final (LIVE); Rowing - Semifinals

8 p.m.-Midnight Women's Gymnastics - Team Gold Medal Final; Swimming - Gold Medal Finals: Men's 200M Butterfly, Men's 4x200M Freestyle Relay, Women's 200M Freestyle and Women's 200M Individual Medley; Women's Diving - Platform Synchronized Gold Medal Final

12:35 a.m.-1:35 a.m. Swimming - Semifinals; Beach Volleyball - Qualifying Round

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Soccer - U.S. vs. North Korea (LIVE); Men's Basketball - U.S. vs. Tunisia (LIVE), France vs. Argentina (LIVE); Equestrian - Eventing, Team Jumping Gold Medal Final (LIVE); Individual Jumping Final (LIVE); Beach Volleyball - Qualifying Round (LIVE); Men's Water Polo - Qualifying Round (LIVE); Boxing - Elimination Bouts (LIVE); Men's Shooting - Skeet Gold Medal Final

BRAVO

7 a.m.-3 p.m. Tennis - (LIVE); Singles Early Rounds and Doubles Quarterfinals

MSNBC

9 a.m.-6 p.m. Women's Field Hockey - U.S. vs. Argentina (LIVE); Men's Basketball - Qualifying Round (LIVE); Women's Soccer - Qualifying Round (LIVE); Weightlifting - Gold Medal Finals; Women's Table Tennis - Semifinal; Men's Handball - Qualifying Round; Badminton - Qualifying Round

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL

2012 LONDON

WEDNESDAY, AUGUST 1

NBC

10 a.m.-5 p.m. Swimming - Qualifying Heats; Beach Volleyball - Qualifying Round (LIVE); Women's Volleyball - U.S. vs. China (LIVE); Women's Water Polo - U.S. vs. Spain (LIVE); Cycling - Individual Time Trial Rowing - Gold Medal Finals; Men's Canoeing - Whitewater, K-1 Gold Medal Final

8 p.m.-Midnight Swimming - Gold Medal Finals; Men's 200M Breaststroke, Men's 100M Freestyle, Women's 200M Butterfly and Women's 4x200M Freestyle Relay; Men's Gymnastics - All-Around Gold Medal Final; Beach Volleyball - Qualifying Round; Men's Diving - Springboard Synchronized Gold Medal Final

12:35 a.m.-1:35 a.m. Swimming - Semifinals; Women's Table Tennis - Singles Gold Medal Final

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Basketball - U.S. Game (LIVE); Men's Soccer - Qualifying Round (LIVE); Beach Volleyball - Qualifying Round (LIVE); Men's Field Hockey - Qualifying Round; Women's Shooting - 25M Pistol Gold Medal Final

BRAVO

7 a.m.-3 p.m. Tennis - Early Rounds (LIVE)

MSNBC

9 a.m.-6 p.m. Men's Soccer - Qualifying (LIVE); Women's Basketball - Qualifying; Boxing - Elimination Bouts (LIVE); Weightlifting - Gold Medal Finals; Women's Sabre - Gold Medal Final; Men's Table Tennis - Singles Quarterfinals; Women's Handball - Qualifying Round Badminton - Qualifying Round

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Women's Basketball - Qualifying Round; Australia vs. Brazil (LIVE), Britain vs. Russia (LIVE)

NBC OLYMPIC SOCCER CHANNEL

9:30 a.m.-12:30 a.m. Men's Soccer - Qualifying Round; Brazil vs. New Zealand (LIVE); Spain vs. Morocco (LIVE); Britain vs. Uruguay (LIVE); Egypt vs. Belarus; Mexico vs. Switzerland; Japan vs. Honduras; South Korea vs. Gabon; Senegal vs. United Arab Emirates

TELEMUNDO

9 a.m.-5 p.m. Men's Soccer - Qualifying Round; Mexico vs. Switzerland, Brazil vs. New Zealand, Britain vs. Uruguay; Swimming - Qualifying Heats; Tennis - Early Rounds; Boxing - Elimination Bouts

Midnight-2:30 a.m. Swimming - Gold Medal Finals; Men's Gymnastics - All-Around Gold Medal Final; Men's Diving - Springboard Synchronized Gold Medal Final

THURSDAY, AUGUST 2

NBC

10 a.m.-5 p.m. Swimming - Qualifying Heats; Beach Volleyball - Qualifying Round (LIVE); Men's Volleyball - U.S. vs. Brazil (LIVE); Men's Water Polo - U.S. vs. Britain (LIVE); Cycling - Track Gold Medal Finals (LIVE); Rowing - Gold Medal Finals; Canoeing - Whitewater, Men's C-2 Gold Medal Final (LIVE)

8 p.m.-Midnight Women's Gymnastics - All-Around Gold Medal Final; Swimming - Gold Medal Finals; Women's 200M Breaststroke, Women's 100M Freestyle, Men's 200M Backstroke and Men's 200M Individual Medley; Beach Volleyball - Qualifying Round; Women's Rowing - Eights Gold Medal Final

12:35 a.m.-1:35 a.m. Women's Canoeing - Whitewater, K-1 Gold Medal Final; Men's Table Tennis - Singles Gold Medal Final

NBC SPORTS NETWORK

4 a.m.-8 p.m. Men's Basketball - U.S. Game (LIVE); Beach Volleyball - Qualifying Round (LIVE); Men's Volleyball - Qualifying Round; Women's Field Hockey - U.S. vs. Australia (LIVE); Boxing - Elimination Bouts (LIVE); Men's Table Tennis - Singles Semifinal; Men's Shooting - Double Trap Gold Medal Final; Women's Archery - Individual Gold Medal Final

BRAVO

7 a.m.-3 p.m. Tennis (LIVE); Singles Quarterfinals and Doubles Semifinals

MSNBC

9 a.m.-6 p.m. Men's Basketball - Qualifying Round; Men's Water Polo - Qualifying Round (LIVE); Women's Field Hockey - Qualifying Round (LIVE); Men's Handball - Qualifying Round; Badminton - Semifinals; Women's Judo - Gold Medal Final; Equestrian - Dressage Qualifying

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Men's Basketball - Qualifying Round; Australia vs. China (LIVE), Argentina vs. Tunisia (LIVE), Spain vs. Britain (LIVE)

TELEMUNDO

9 a.m.-3 p.m. Swimming - Qualifying Heats; Boxing - Elimination Bouts; Men's Volleyball - Qualifying Round; Tennis - Singles Quarterfinals and Doubles Semifinals; Beach Volleyball - Qualifying Round; Men's Basketball - Qualifying Round

Midnight-2:30 a.m. Women's Gymnastics - All-Around Gold Medal Final; Swimming - Gold Medal Finals

FRIDAY, AUGUST 3

NBC

10 a.m.-5 p.m. Swimming - Qualifying Heats; Track and Field - Women's 10,000M Gold Medal Final (LIVE), Qualifying Rounds; Beach Volleyball - Elimination Round (LIVE); Women's Water Polo - U.S. vs. China (LIVE); Men's Gymnastics - Trampoline Gold Medal Final (LIVE); Rowing - Gold Medal Final

8 p.m.-Midnight Swimming - Gold Medal Finals; Men's 100M Butterfly, Men's 50M Freestyle, Women's 200M Backstroke and Women's 800M Freestyle; Track and Field - Men's Shot Put Gold Medal Final; Women's Diving - Springboard Qualifying; Women's Volleyball - U.S. vs. Serbia; Cycling - Track Gold Medal Final

12:35 a.m.-1:35 a.m. Track and Field - Qualifying Rounds; Badminton - Mixed Doubles Gold Medal Final

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Basketball - U.S. Qualifying Game (LIVE); Women's Soccer - Quarterfinals (LIVE); Beach Volleyball - Elimination Round (LIVE); Women's Volleyball - Qualifying Round; Boxing - Elimination Bouts; Men's Archery - Individual Gold Medal Final; Men's Shooting - 50M Prone Rifle Gold Medal Final

BRAVO

7 a.m.-3 p.m. Tennis - Singles Semifinals (LIVE)

MSNBC

9 a.m.-6 p.m. Men's Gymnastics - Trampoline Qualifying (LIVE); Weightlifting - Gold Medal Finals Women's Handball - Qualifying Round; Equestrian - Dressage Qualifying; Badminton - Men's and Women's Singles Semifinals, Mixed Doubles Bronze Medal; Table Tennis - Team Competition

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Women's Basketball - Qualifying Round, Russia vs. Australia (LIVE)

NBC OLYMPIC SOCCER CHANNEL

7 a.m.-7 p.m. Women's Soccer - Quarterfinals

TELEMUNDO

9 a.m.-3 p.m. Swimming - Qualifying Heats; Track and Field - Qualifying Rounds; Women's Volleyball - Qualifying Round; Tennis - Singles Semifinals; Beach Volleyball - Elimination Round; Boxing - Elimination Bouts

Midnight-2:30 a.m. Swimming - Gold Medal Finals; Track and Field - Gold Medal Finals; Women's Diving - Springboard Qualifying

SATURDAY, AUGUST 4

NBC

9 a.m.-6 p.m. Track and Field - Men's 10,000M Gold Medal Final (LIVE) and Qualifying Rounds; Women's Tennis - Gold Medal Final (LIVE); Beach Volleyball - Elimination Round (LIVE); Men's Volleyball - U.S. vs. Russia (LIVE); Men's Water Polo - U.S. vs. Serbia (LIVE); Cycling - Track Gold Medal Final; Rowing - Gold Medal Finals; Women's Gymnastics - Trampoline Gold Medal Final

8 p.m.-Midnight Swimming - Gold Medal Finals; Men's and Women's 4x100M Medley Relay, Women's 50M Freestyle and Men's 1500M Free; Track and Field - Gold Medal Finals; Women's 100M, Women's Heptathlon and Men's Long Jump; Beach Volleyball - Elimination Round; Women's Diving - Springboard Semifinals

12:30 a.m.-1:30 a.m. Track and Field - Gold Medal Finals; Women's Badminton - Singles Gold Medal Final

NBC SPORTS NETWORK

4 a.m.-8 p.m. Men's Basketball - U.S. Qualifying Game (LIVE); Women's Triathlon (LIVE); Men's Tennis - Doubles Gold Medal Final (LIVE); Beach Volleyball - Elimination Round (LIVE); Women's Field Hockey - U.S. vs. New Zealand (LIVE); Equestrian - Jumping Qualifying Round; Cycling - Track Events; Men's Weightlifting - Gold Medal Final

MSNBC

7 a.m.-6 p.m. Men's Soccer - Quarterfinals (LIVE); Men's Water Polo - Qualifying Round; Women's Badminton - Doubles Gold Medal Final and Singles Bronze Medal; Men's Track and Field - 20K Walk

CNBC

8:30 a.m.-11:30 a.m. Boxing - Elimination Bouts (LIVE)

3:30-6:30 p.m. Boxing - Elimination Bouts (LIVE)

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Men's Basketball - Qualifying Round; Tunisia vs. France (LIVE), China vs. Brazil (LIVE), Britain vs. Australia (LIVE)

NBC OLYMPIC SOCCER CHANNEL

7 a.m.-7 p.m. Men's Soccer - Quarterfinals

TELEMUNDO

9 a.m.-6 p.m. Men's Soccer - Quarterfinals; Beach Volleyball - Elimination Round; Track and Field - Qualifying Rounds; Boxing - Elimination Bouts; Men's Basketball - Qualifying Round

Midnight-2:30 a.m. Swimming - Gold Medal Finals; Track and Field - Gold Medal Finals; Women's Diving - Springboard Semifinals

SUNDAY, AUGUST 5

NBC

6 a.m.-6 p.m. Women's Marathon (LIVE); Beach Volleyball - Quarterfinals (LIVE); Men's Tennis - Gold Medal Final (LIVE); Women's Volleyball - U.S. vs. Turkey (LIVE); Women's Water Polo - Quarterfinal (LIVE); Women's Basketball - U.S. vs. China (LIVE); Cycling - Track Gold Medal Final; Equestrian - Team Jumping Gold Medal Final, Round 1

7 p.m.-Midnight Gymnastics - Individual Event Gold Medal Finals; Men's Floor Exercise, Men's Pommel Horse and Women's Vault; Track and Field - Gold Medal Finals; Men's 100M, Women's 400M, and Women's Triple Jump; Women's Diving - Springboard Gold Medal Final; Beach Volleyball - Quarterfinals

NBC SPORTS NETWORK

4 a.m.-7 p.m. Tennis - Mixed and Women's Doubles Gold Medal Final (LIVE); Beach Volleyball - Quarterfinals (LIVE); Women's Weightlifting - Super Heavyweight Gold Medal Final; Women's Volleyball - Qualifying Round; Cycling - Track Events (LIVE); Men's Field Hockey - Qualifying Round (LIVE); Men's Badminton - Singles and Doubles Bronze Medal and Doubles Gold Medal Final

MSNBC

7 a.m.-6 p.m. Women's Water Polo - Quarterfinals (LIVE); Wrestling - Greco Roman Gold Medal Finals; Synchronized Swimming - Duet Qualifying Round; Men's Field Hockey - Qualifying Round; Men's Table Tennis - Team Quarterfinals; Women's Handball - Qualifying Round

CNBC

8:30 a.m.-11:30 a.m. Boxing - Elimination Bouts (LIVE)

3:30 p.m.-5:30 p.m. Boxing - Elimination Bouts (LIVE)

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Women's Basketball - Qualifying Round, Britain vs. Brazil (LIVE)

TELEMUNDO

9 a.m.-6 p.m. Women's Marathon; Women's Volleyball - Qualifying Round; Beach Volleyball - Quarterfinals; Men's Tennis - Gold Medal Final; Boxing - Elimination Bouts

Midnight-2:30 a.m. Track and Field - Gold Medal Finals; Gymnastics - Individual Event Gold Medal Finals; Women's Diving - Springboard Gold Medal Final

MONDAY, AUGUST 6

NBC

10 a.m.-5 p.m. Track and Field - Qualifying Rounds; Men's Volleyball - U.S. vs. Tunisia (LIVE); Men's Water Polo - U.S. vs. Hungary (LIVE); Cycling - Track Gold Medal Final (LIVE); Equestrian - Team Jumping Gold Medal Final; Synchronized Swimming - Duet Qualifying Round; Canoeing - Sprint Qualifying Heats

8 p.m.-Midnight Gymnastics - Individual Event Gold Medal Finals; Men's Still Rings, Men's Vault and Women's Uneven Bars; Track and Field - Gold Medal Finals; Men's 400M, Men's 400M Hurdles and Women's Pole Vault; Beach Volleyball - Quarterfinal; Men's Diving - Springboard Qualifying

12:35 p.m.-1:35 a.m. Track and Field - Gold Medal Finals; Cycling - Track Events

NBC SPORTS NETWORK

4 a.m.-8 p.m. Men's Basketball - U.S. vs. Argentina (LIVE); Women's Soccer - Semifinals (LIVE); Women's Boxing - Quarterfinals (LIVE); Women's Field Hockey - U.S. vs. South Africa (LIVE); Men's Volleyball - Qualifying Round; Men's Weightlifting - Gold Medal Final; Men's Shooting - 50M Three Positions Gold Medal Final and Trap Gold Medal Final

MSNBC

9 a.m.-6 p.m. Beach Volleyball - Quarterfinals (LIVE); Men's Basketball - Spain vs. Brazil (LIVE); Wrestling - Greco Roman Gold Medal Finals; Table Tennis - Team Semifinals

CNBC

5 p.m.-8 p.m. Men's Boxing - Quarterfinals

NBC OLYMPIC BASKETBALL CHANNEL

4 a.m.-7 p.m. Men's Basketball - Qualifying Round, Britain vs. China (LIVE), Spain vs. Brazil (LIVE), Argentina vs. U.S. (LIVE)

NBC OLYMPIC SOCCER CHANNEL

Noon-Midnight Women's Soccer - Semifinals

TELEMUNDO

9 a.m.-2 p.m. Track and Field - Qualifying Rounds; Men's Volleyball - Qualifying Round; Synchronized Swimming - Duet Qualifying Round; Beach Volleyball - Quarterfinals

Midnight-2:30 a.m. Track and Field - Gold Medal Finals; Gymnastics - Individual Event Gold Medal Finals; Men's Diving - Springboard Qualifying; Men's Boxing - Quarterfinals

TUESDAY, AUGUST 7

NBC

10 a.m.-5 p.m. Track and Field - Qualifying Rounds; Beach Volleyball - Semifinals (LIVE); Women's Volleyball - Quarterfinal (LIVE); Men's Diving - Springboard Semifinals; Women's Water Polo - Semifinals (LIVE); Cycling - Track Gold Medal Final (LIVE); Canoeing - Sprint Qualifying Heats

8 p.m.-Midnight Gymnastics - Individual Event Gold Medal Finals; Men's Parallel Bars, Men's High Bar, Women's Balance Beam and Women's Floor Exercise; Track and Field - Gold Medal Finals; Women's 100M Hurdles and Men's 1500M; Beach Volleyball - Semifinal; Men's Diving - Springboard Gold Medal Final

12:35 a.m.-1:35 a.m. Track and Field - Gold Medal Finals; Men's Weightlifting - Super Heavyweight Gold Medal Final

NBC SPORTS NETWORK

4 a.m.-8 p.m. Women's Basketball - Quarterfinals (LIVE); Men's Soccer - Semifinals (LIVE); Men's Triathlon (LIVE); Cycling - Track Events (LIVE); Equestrian - Team Dressage Gold Medal Final (LIVE); Synchronized Swimming - Duet Gold Medal Final; Men's Field Hockey - Qualifying Round

MSNBC

9 a.m.-6 p.m. Beach Volleyball - Semifinals (LIVE); Women's Volleyball - Quarterfinals (LIVE); Women's Water Polo - Semifinals (LIVE); Wrestling - Gold Medal Final; Women's Table Tennis - Team Gold Medal Final

CNBC

5 p.m.-8 p.m. Men's Boxing - Quarterfinals

NBC OLYMPIC BASKETBALL CHANNEL

9 a.m.-9 p.m. Women's Basketball - Quarterfinals

NBC OLYMPIC SOCCER CHANNEL

Noon-Midnight Men's Soccer - Semifinals

TELEMUNDO

9 a.m.-5 p.m. Men's Soccer - Semifinals; Men's Boxing - Quarterfinals; Track and Field - Qualifying Rounds; Men's Diving - Springboard Semifinals; Women's Volleyball - Quarterfinals; Synchronized Swimming - Duet Gold Medal Final; Beach Volleyball - Semifinals

Midnight-2:30 a.m. Track and Field - Gold Medal Finals; Gymnastics - Individual Event Gold Medal Finals; Men's Diving - Springboard Gold Medal Final

WEDNESDAY, AUGUST 8

NBC

10 a.m.-5 p.m. Track and Field - Qualifying Rounds; Men's Water Polo - Quarterfinal (LIVE); Cycling - Men & Women's BMX Qualifying (LIVE); Women's Beach Volleyball - Bronze Medal (LIVE); Equestrian - Individual Jumping Gold Medal Final; Canoeing - Sprint Gold Medal Final

8 p.m.-11:08 p.m. Track and Field - Gold Medal Finals; Women's 200M, Women's 400M Hurdles, Women's Long Jump and Men's 110M Hurdles; Women's Diving - Platform Qualifying; Women's Beach Volleyball - Gold Medal Final; Men's Volleyball - Quarterfinal,

12:05 a.m.-1:05 a.m. Track and Field - Qualifying Rounds; Men's Table Tennis - Team Gold Medal Final

NBC SPORTS NETWORK

6 a.m.-8 p.m. Men's Basketball - Quarterfinals (LIVE); Women's Field Hockey - Semifinals; Men's Handball - Quarterfinals (LIVE); Men's Table Tennis - Team Bronze Medal

MSNBC

9 a.m.-6 p.m. Men's Volleyball - Quarterfinals (LIVE); Men's Water Polo - Quarterfinals (LIVE); Women's Boxing - Semifinals; Women's Wrestling - Gold Medal Finals

CNBC

5 p.m.-8 p.m. Boxing - Elimination Bouts

NBC OLYMPIC BASKETBALL CHANNEL

9 a.m.-9 p.m. Men's Basketball - Quarterfinals

TELEMUNDO

9 a.m.-3 p.m. Men's Basketball - Quarterfinals; Track and Field - Qualifying Rounds; Men's Volleyball - Quarterfinals; Women's Beach Volleyball - Bronze Medal

Midnight-2:30 a.m. Track and Field - Gold Medal Finals; Women's Diving - Platform Qualifying; Women's Beach Volleyball - Gold Medal Final

THURSDAY, AUGUST 9

NBC

10 a.m.-5 p.m. Track and Field - Qualifying Rounds; Women's Diving - Platform Semifinals; Women's Water Polo - Gold Medal Final (LIVE); Women's Volleyball - Semifinal (LIVE); Men's Beach Volleyball - Bronze Medal (LIVE); Women's Swimming - Marathon; Canoeing - Sprint Gold Medal Final

8 p.m.-Midnight Track and Field - Gold Medal Finals; Decathlon, Men's Triple Jump, Men's 200M and Men's 800M; Women's Diving - Platform Gold Medal Final; Men's Beach Volleyball - Gold Medal Final; Men's Cycling - BMX Quarterfinals

12:35 a.m.-1:35 a.m. Track and Field - Gold Medal Final; Gymnastics - Rhythmic Qualifying

NBC SPORTS NETWORK

8 a.m.-8 p.m. Women's Soccer - Gold Medal Final (LIVE), Bronze Medal (LIVE); Women's Basketball - Semifinals (LIVE); Synchronized Swimming - Team Qualifying; Women's Wrestling - Gold Medal Finals; Men's Field Hockey - Semifinal

MSNBC

9 a.m.-6 p.m. Women's Basketball - Semifinals (LIVE); Women's Volleyball - Semifinal (LIVE); Women's Water Polo - Bronze Medal (LIVE); Equestrian - Individual Dressage Gold Medal Final (LIVE); Men's Field Hockey - Semifinal; Women's Handball - Semifinal

CNBC

5 p.m.-8 p.m. Women's Boxing - Gold Medal Finals

NBC OLYMPIC BASKETBALL CHANNEL

Noon-Midnight Women's basketball - Semifinals

NBC OLYMPIC SOCCER CHANNEL

8 a.m.-8 p.m. Women's Soccer - Gold Medal Final

TELEMUNDO

9 a.m.-3 p.m. Track and Field - Qualifying Rounds; Women's Volleyball - Semifinals; Women's Diving - Platform Semifinals; Synchronized Swimming - Team Qualifying Round; Men's Beach Volleyball - Bronze Medal

Midnight-2:30 a.m. Track and Field - Gold Medal Finals; Women's Diving - Platform Gold Medal Final; Beach Volleyball - Gold Medal Final

FRIDAY, AUGUST 10

NBC

10 a.m.-4 p.m. Men's Water Polo - Semifinals (LIVE); Gymnastics - Rhythmic Qualifying; Synchronized Swimming - Team Gold Medal Final; Wrestling - Freestyle Gold Medal Finals; Men's Swimming - Marathon; Canoeing - Sprint Qualifying Heats

8 p.m.-Midnight Track and Field - Gold Medal Finals; Men's 4x400M Relay, Men's Pole Vault, Women's 4x100M Relay and Women's 1500M; Men's Diving - Platform Qualifying Round; Cycling - BMX Gold Medal Finals

12:35 a.m.-1:35 a.m. Track and Field - Gold Medal Finals

NBC SPORTS NETWORK

8 a.m.-8 p.m. Men's Basketball - Semifinals (LIVE); Boxing - Semifinals (LIVE); Wrestling - Freestyle Qualifying Round; Women's Field Hockey - Gold Medal Final and Bronze Medal

MSNBC

10 a.m.-6 p.m. Men's Soccer - Bronze Medal (LIVE); Men's Volleyball - Semifinal (LIVE); Men's Water Polo - Semifinal; Wrestling - Freestyle Repechages; Men's Handball - Semifinal,

CNBC

5 p.m.-8 p.m. Boxing - Semifinals

2012 LONDON

OLYMPIC VENUES

Competitions will be held in a collection of brand-new facilities at Olympic Park in East London, and at other sites across the London area, as well as in four other English cities, in Cardiff and in Glasgow.

Olympic Park, center of activity

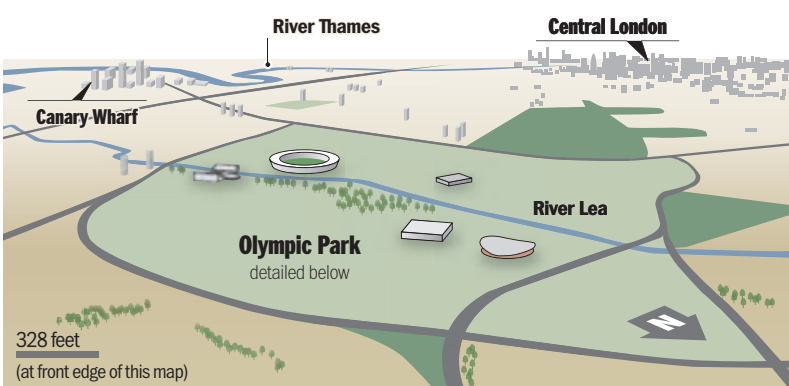
Covers 1.2 square miles in east London, including parts of neighborhoods of Bow, Homerton, Leyton and Stratford; next to Stratford City, a large mixed-use development

Estimated costs

\$14.6 billion to regenerate this area of East London, build new Olympic Park infrastructure and stage the Games; some say the total bill could exceed \$17.2 billion

Site facts

- Opening and closing ceremonies will be held in Olympic Stadium
- The River Lea is a tributary which joins the River Thames, and flows through Olympic Park
- The ArcelorMittal Orbit is a 377 foot tall sculpture with two observation platforms, near Olympic Stadium
- Parklands: The greenway includes 250 species of trees and plantings from around the world
- Olympic Village includes 2,818 new apartments set in 11 residential parcels

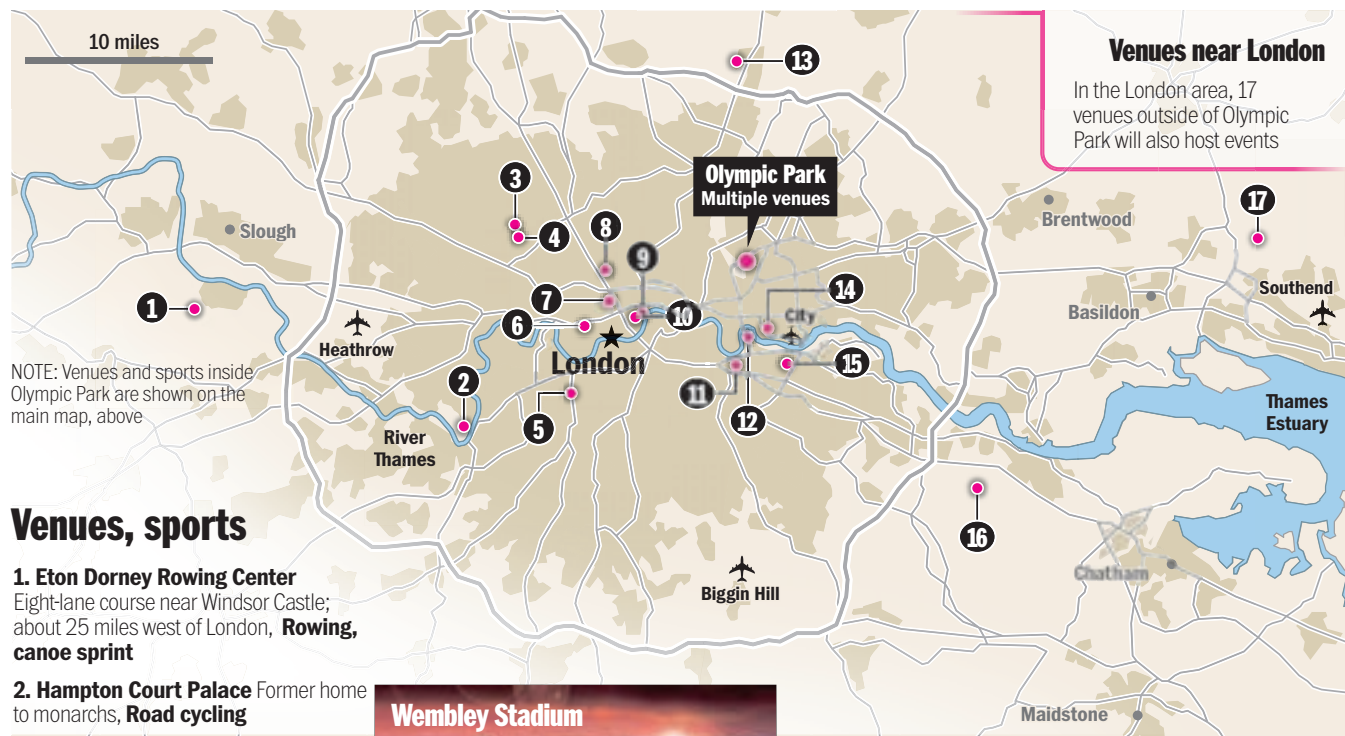
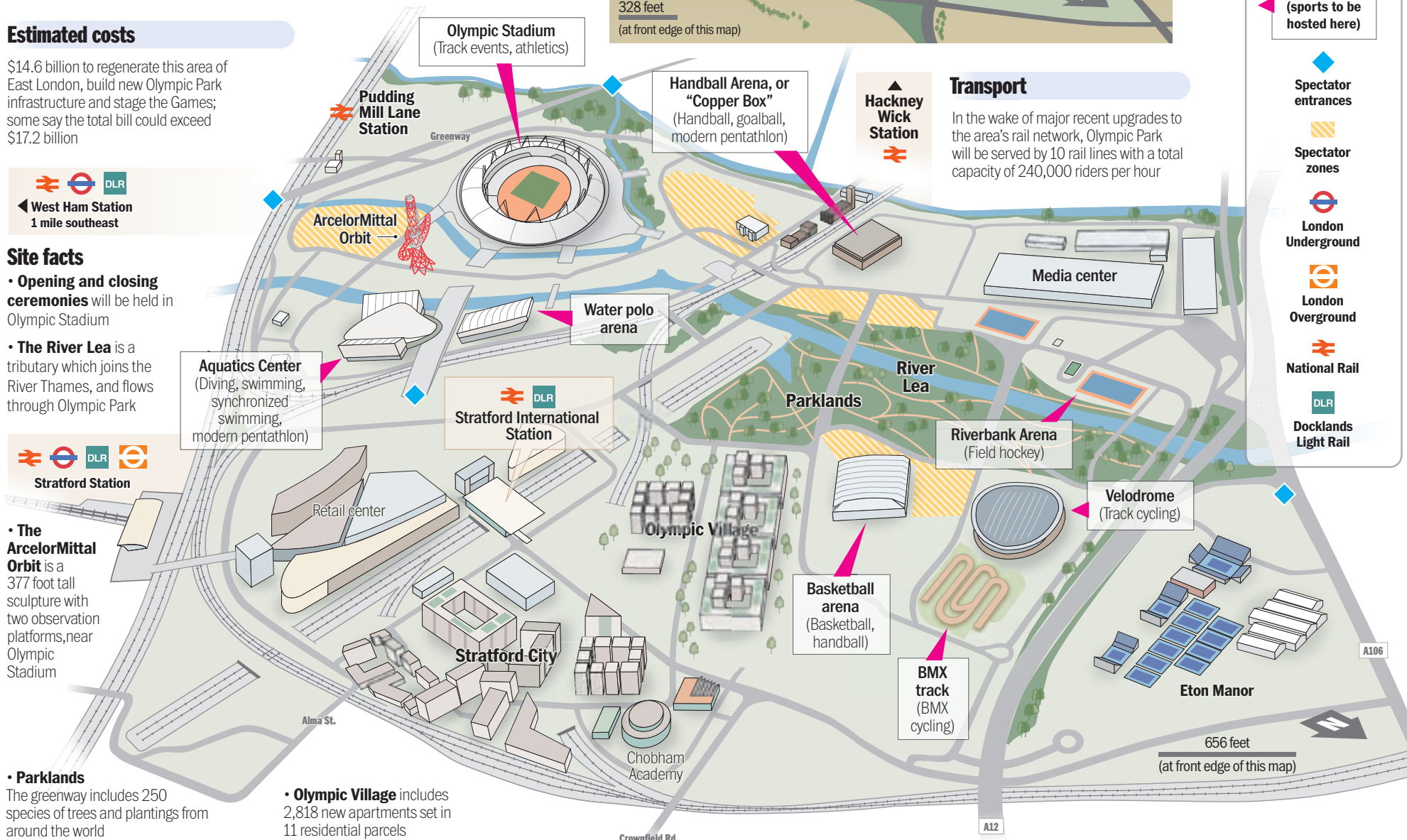


East side of the city

From Olympic Stadium, it's 3.7 miles to Central London, and 2.4 miles to the Canary Wharf financial district, in straight-line distances

KEY to main map

- Venue name (sports to be hosted here)
- Spectator entrances
- Spectator zones
- London Underground
- London Overground
- National Rail
- DLR
- Docklands Light Rail



Venues, sports

- Eton Dorney Rowing Center** Eight-lane course near Windsor Castle; about 25 miles west of London, **Rowing, canoe sprint**
- Hampton Court Palace** Former home to monarchs, **Road cycling**
- Wembley Arena** Multiuse arena; music venue, **Badminton, rhythmic gymnastics**
- Wembley Stadium** England's national stadium; 6 miles northwest of city center, **Soccer**
- Wimbledon** Famed lawn tennis center, **Tennis**
- Earl's Court** Exhibition and event center, **Volleyball**
- Hyde Park** One of the larger Royal Parks of London, **Triathlon, marathon swimming**
- Lord's Cricket Ground** Famous cricket facility in St. Johns Wood, **Archery**
- Horse Guard's Parade** Across from Buckingham Palace, **Beach volleyball**
- The Mall** Ceremonial route near Buckingham Palace, **Marathon, road cycling**
- Greenwich Park** Oldest of the Royal Parks, home to the Royal Observatory, **Equestrian events, modern pentathlon**
- North Greenwich Arena** The former Millennium Dome was redone with a new arena under the roof in 2007, **Artistic gymnastics, trampoline, basketball**
- Lee Valley White Water Center** 18.5 miles north of Olympic Park, **Canoe slalom**
- ExCeL** Exhibition and conference center, **Boxing, fencing, judo, table tennis, taekwondo, weightlifting, wrestling, boccia**
- Royal Artillery Barracks** Former home of the artillery regiment of the British Army, **Shooting**
- Brands Hatch** Motor and cycling racing circuit, **Paralympic road cycling**
- Hadleigh Farm** New biking course built at this educational working farm, **Mountain biking**
- Hampden Park** Scotland's national stadium, in south Glasgow, **Soccer**
- St. James' Park** Home of Newcastle United team, in Newcastle-upon-Tyne, **Soccer**
- Old Trafford** Home of Manchester United team **Soccer**
- City of Coventry Stadium** Home to Coventry City team, **Soccer**
- Millennium Stadium** National stadium of Wales, in the capital, Cardiff, **Soccer**
- Weymouth Bay/Portland Harbor** Home to a national sailing academy, **Sailing**



Wembley Stadium



Wimbledon



Olympic Stadium

Source: London 2012, BBC, U.K. Mapping Agency, Independent Olympic Site, Transport for London

Graphic: Robert Durrell

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ASSOCIATED PRESS

Sprinter Tyson Gay was sidelined for nearly a year after having surgery on his right hip in 2011.

SPRINTERS

From page E5

when a right hip injury slowed him and put his career in jeopardy. He had surgery in 2011 and was sidelined for nearly a year. "I had a lot of doubts," Gay said of the surgery. "I tried to tune them out. It was just everything I had to go through. I couldn't even jog until March." Gay would run only once before the Olympic trials in July in Eugene. In a cold and windy rain, Gay lined up in the blocks. As it was for Gatlin, the trials would be a make-or-break moment. The next 10 seconds could either revive or end the career for Gay, who will turn 30 on Aug. 9 during the London Games. "I knew it was going to be a dogfight,"

he said. "I knew I had to run my heart out just to make the team." Gay finished just 0.06 seconds behind Gatlin for the silver. Joining Gatlin and Gay in the men's 100 meters will be Ryan Bailey, 23, who placed third. Neither Gatlin nor Gay will compete in the 200 meters, but they will team up in the 4x100 relay. Gay called his runner-up finish bittersweet. "I always like to win, and I came in second," Gay said. "But at the end of the day, it was about making the team. I got to make sure I turn this little bit of a frown into a happy face. For me to start training in March and make the team is a beautiful accomplishment." **An Olympic showdown** The men's 100 meters in London will

feature not only two top American sprinters battling back from adversity, but also three top Jamaican sprinters. Bolt, 25, will be joined by teammates and rivals Asafa Powell, 29, a former world-record holder, and Yohan Blake, 22, the current world champion. Blake, Powell and Gay are the only sprinters who have defeated Bolt. Greene, who will be at the games as a commentator for Fox Sports and Euro Sports, says this is anybody's race. He said that unlike four years ago, Bolt is not a lock for the gold. The qualifying rounds of the men's 100 meters will be held Aug. 4, and the semifinals and final Aug. 5. "I don't think Usain is the Usain of China," Greene said. "He's not in that type of shape or form. I think it's going to be a closer race than everyone thinks."

"I knew it was going to be a dogfight," Gay said. "I knew I had to run my heart out just to make the team."