

CHARLES UNIVERSITY IN PRAGUE

Faculty of Physical Education and Sport

DEVELOPMENT OF SWIMMING IN GREECE

Bachelor thesis

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Abstract

Title: Development of swimming in Greece

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Thesis Aim: In my bachelor thesis i will research about Development of Swimming in Greece. I start in my work from the Ancient Greece and im describing how began swimming in that years. Then I'm writing about middle years which is include about the Ancient Olympic Games from 776 BC to 393 AD which includes all the information about it how was it, also its the organization of Olympic Competitions. And the final part is the modern years which start from the Olympic Games on 1896 till our days. In these parts includes all the information's about the Olympic Games and the important people which help to evolution the swimming to have it so interesting and so important in our life. Also on it, it's so interesting part of Olympic Games of 2004, and there its all the information's on this subject.

Key words: Greece, Swimming Federeation, Frontcrawl, Backstroke, Breast stroke, Butterfly, Competitions.

Abstraktní

Název: Vývoj plavání v Řecku

Autor: Panagiotis Dilmperakis

Cíl práce: Ve své bakalářské práci se zabývám vývojem plavání v Řecku. Práce mapuje časové období od antického Řecka do současnosti. V mé práci kladu důraz na období počátku starověkých Olympijských her (776 př.nl. až do roku 393 nl.) ve kterých se zaměřuji na organizaci olympijských soutěží v Řecku. Závěrečná část popisuje období od novodobých Olympijských her v roce 1896 až do roku 2010.

Klíčová slova: Řecko, plavání, federace, kraul, znak, prsa, butterfly.

Declaration

I declare that this Bachelor Thesis has been based entirely on my own individual work. All the information used for the development of this Bachelor.

Thesis has been taken from the list of literature that exists in the end of this Thesis.

In Prague, 2011

Panagiotis Dilmperakis

In Prague, (Date)

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Dedication

To my family who is always there for me when it's needed.

To my supervisor Daniel Jurák.

To all the great professors whom I had the luck to be taught from.

To the persons that helped me with my Bachelor thesis.

Acknowledgement

Until this moment of my life many people helped me and I will always appreciate what they did for me.

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I want to thank, Mr. Daniel Jurák, my supervisor for my Bachelor Thesis. He is an incredible person and a great Professor. His cooperation with me in the preparation of my thesis was very effective and triggered me to think and finally to learn many things about swimming and history of swimming.

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1. Preface

The sports, the more important symbol of Ancient Greek culture, constitute without doubt, one from the most live bequests of Ancient world to modern. Wherever went the Greeks, to the colonies or to the removed Hellenistic kingdoms, every time they took with them the love for education and the culture. They did exercises and they stressed with passion the physical exercise as means of education. The all world recognize that Greece is the homeland of sports and that the Ancient Greeks worshipped the bodily effort as long as no other population, for this and the history of exercising in the Ancient Greek world had and has world interest.

The swimming is a sport of movement in to the water.

The history of swimming is absolutely interwoven with the history of same life, like the first people beings of our planet presented itself in the primordial oceans before trip in the land. Biggest and one from the seven Wise men of antiquity, Thales the Miletus by Plutarch said: “the beginning all living is the water” and “Most excellent water” praise the poet Pindar.

Each person passes the first months of existence protected in his own small and exclusively aquatic world. It is natural therefore to practice the aquatic element so much big charm on to the person. The first information on the swimming, that brought in the light the archaeological studies and researches, us comes from depths of centuries, from the prehistoric years. The Greeks were population that was delivered in the swimming for reasons of recreation but also fitness for this reason the swimming as a sport, is from the oldest and most usual.

Egyptians murals the 3rd BC Millennium they present swimmers in various attitudes and the style that the prehistoric person swam according to the clues that we have, is “dogfish”, while pictures the 2nd BC Millennium they make us suppose that the person achieved he removes his arm from water and swims a type of crawl, while other 1000 roughly BC they present swimmers that swim with prostrate swimming.

Representations of swimmers are also found in the Assyrian sculptures. The sea as fable, as a very old subject, reminds always Greece, because her mythology contains a wealth from names of Gods, Monster and Heroes that are connected together.

Venus, Neptune, Amphitrite, Nereid's, Oceanides, Sirens, Nereus, Glaucus, Circe, Calypso, Odysseus.

In Ancient Athens and Sparta, the swimming constituted part of basic education of young persons, as well as part of military education and for this they said: “It swims what is necessary and same the free persons”, as they prove literary testimonies.



Picture 1: Thomas Eakins (1844 -1916), *La Baignade*, 1885, *Swimming*

2. Ancient Years

2.1 Ancient Greece

The Ancient Greeks, as residents of country that were gone around by sea, were particularly familiarized with the swimming art, as show the researches of archaeologists.

At Minoan season (2.000 - 1.450 BC) in Crete it is certified that Minoans – Crete they dealt with various sports and other natural activities. Between beloved there, it was the swimming without fighting character, where we draw information from murals, embossed representations in stone vessels, at the excavations of English archaeologist Arthur Evans, in 1900 until 1924 in palace of Knossos.¹

Later, the period of Mycenaean of Culture (1.600 - 1.100 BC), breast-stroke and front-crawl swimmers are portrayed. We could see it on amphorae and murals from the 1.600 BC which discovered Errikoy Sliman in 1876 in the space of Mycenae.²

Homer epics (Iliad and Odyssey) constitute the Ancient epics of European literature and a world treasure the literary and historical memory, that stamped entire the intellectual creation the Greek but also western culture. The appeal for the exercising is diffuse and in Iliad and in the Odyssey. We meet also detailed descriptions in the two epics. In the Odyssey, the Hostage praises the swimming faculties of Odysseus which, when his boat was sunk, accomplished she reaches swimming up to the island of Feakes (Corfu)³ and in Iliad Achilles, describing the type of swimming, anterior and spreader.⁴

A crater of 5th century BC it presents young person's they swim⁵, while in a vessel of 4th century BC, that is found in Louvre, depicts three swimmers, from which the

¹ Archeological Museum of Crete

² Mycenaean Culture, IEE, volume A, pp.232-252

³ Odyssey (translation Sidery)

⁴ Iliad (translation Popyla)

⁵ Archeological Museum of Athens

one of them makes plunge with the head and this way of dive was said by Ancient “κάρα δελφινίζειν” - kara delfinizein that’s mean head in the water.⁶

Also Ancient relative testimonies, written and pictorial, certify to us that in the antiquity with the swimming they was not only practiced the men but also the women (mural of Knossos).⁷

The swimming in Ancient Greece is certain that it was useful as means of maintenance of natural situation. Characteristic example constitutes Tisandros from Naxos of Sicily 6th century BC, who got used it swims round the capes of island.⁸

2.2 Ancient Sparta

In Ancient Sparta the 7th century⁹, had a lot wars and the men has to be ready every time. For this reason subjugated to train the bodies only in Spartans society¹⁰ this training start at a young age and they swam a lot of hours per day in the river Eurota. By this way swimming was in their life.^{11,12}

In the historical years, Ancient Sparta, the exercise and the exercising of girls, constituted part of their education; with a view to they acquire robust bodies and robust children¹³. For this reason they passed a lot of hours under the supervision of experts, learning to swim in the banks of Eurotas.¹⁴

In Ancient Athens there was the teacher Solon at the 6th century BC¹⁵ who teaches aristocrats some sport specialization but the swimming was not included into the program.

⁶ Museede Louvre. Paris 91c112 (Archeological Museum Louvre)

⁷ J.Krausse, Die Gymnastic, V. Olivova, Sports, pp.52-53

⁸ Phylostratos Gymnastic 43

⁹ Laws of Lycurgus, C. Mosse "social and political equality" History, pp.24

¹⁰ Ploytarhos, Agysilaos, A26, K. Iroyntos "Sports and Society" pp.47

¹¹ Plato, Laws, A.633 b-c

¹² K. Iroyntos, Sports, pp.42

¹³ Xenophon, Spartans Society, I.3-4, Ploytarhos, Lykooyrgos, 14

¹⁴ N. Gialloyris "the woman in Ancient Greece" Contribution in education, in technology, in policy and the sports" National Olympic Academy, 1990, pp.82

¹⁵ Isokrates Areopagitikos, 44-45

On the contrary, the educational system did not forecast anything relative with the education of girls, but remarkable is that Aristotle¹⁶, Plato¹⁷, Xenophon¹⁸ and Pythagoras¹⁹ supported the athletic pastime of women.

Aristotle preferred the swimming in the sea from sweet water because it considered him more beneficial because the density of marine water.²⁰

Even stated that the salt water allows greater retention of swimmers than in fresh water.²¹

One of the most important things that children should know before they learn reading and writing was to swim. Indicative is the relative report that “οι γαρ Αθηναίοι ευθύς εκ παίδων κολυμβάν και γράμματα επιδιδάσκοντο” – (Gar Athenaiοi eftheis ek paidon kolymban kai grammata edidaskonto) that’s mean the children learn swimming, writing and reading together.²²

The importance attached to the swimming showed that who knew how to swim had a big rating in the society.

Plato thought unworthy of anyone to assume power when he did not know swimming and when the Athenians wanted to describe someone as uneducated, they said: "He does not know letters and swimming".²³

¹⁶ Aristotle, Policy, H.1335p.15-17

¹⁷ Plato, Policy, 445d.Plato Laws

¹⁸ Xenophon, Symposium, II9

¹⁹ Iamblichus, Pythagorean Life, xxxi,209

²⁰ Aristotle, Problems, KG13

²¹ Aristotle, Problems KG14

²² Parimiografos, R. Padrucco, Lo Sport, p.353

²³ Platon, laws G.689d

2.3 Herodotus

The father of history Herodotus²⁴ says the famous swimmer Scylla, from shades of Halkidiki, which was followed without the will of the hordes of Xerxes on his way to southern Greece and served in the Persian fleet, managed to escape and reach the Greek ships, swam after 80 stages, about 16 km.²⁵

Also the same historian informs us, that the Great Alexander which was head of Greek soldiers in the India during a military enterprise he had to dive into the river and to swim to the opposite side but he did not know how and considered himself cowardly²⁶ because he was not able to save his soldiers. At famous naval battle of Salamis, the victims of the Greeks were too low because who ever found them in the sea when their ship sank, they swam and came out unharmed to neighboring shores.²⁷

Thucydides, referring to the ability of the Greeks and the skill in the sea reports that the Peloponnesian captured Athenian trireme, at the duration of Peloponnesian war, all of the marines achieved to escape.²⁸ The same historian inform us that at the exclusion of Spartans in Sfaktiria from the navy of Athens, certain Spartans swimmers supplied excluded transporting foods and portable water in sheepskin swimming underwater.²⁹

The most famous example of Ancient swimming achievement describes Moysaios in his epic at Hero and Leandros. It is the swimming passage of Hellespond from Leandro the sake of love of Iro.³⁰

Despite the fact that the Ancient Greeks developed the art of swimming and were capable swimmers we know that there were no information about swimming races even in local or nationwide level till the 2nd century.

From the historian Pausanias on the 2nd century we know that swimming competition which was in the sea was taken place each year in Hermione of Argolis for the value of Dionysus of Melanaigidos. Who won he got a rewards.³¹

²⁴ Herdotus, hystory, 8.89 & 6.44

²⁵ Herodotus, Hystoria 8.8 Πανσανίας, X.19Αθηναίοι

²⁶ Ploutarhos, Alexandros 58.6

²⁷ Arrianos, Alexandrou Anavasis, B.21

²⁸ Thukididis, Hystoria, 4.25,4

²⁹ Thukididis, Hystoria, 4.26.8

³⁰ Museus Grammatikos, To Kath' Iro kai Leandron, Athina, 1905

2.4 Cold Shower

In Ancient Greece the most promising place for swimming exercise was the shores of the sea and rivers. Swimming pools or (kolymvithrai) like the Ancients called it was not wide used. Limited open swimming tanks were sometimes used in gyms for the athletes.

Tanks (pools), however, have survived from Ancient Greece, the 'fonts' of our sources, there are not many. A pool of the 5th century BC has brought to light by excavations by German archaeologist Ernst Curtius at Olympia. Where it is a outdoor reservoir, dimensions of roughly 24 x 16 meters and depth of 1,60 meters. Of course, they have been also found in other parts, as in Zakros and Knossos Crete, Tylisos, Delphi, Corinthus and Kos.³²

Report about swimming in reservoirs makes Plato, which gives us valuable information how the people learned to swim in the supine position in Ancient Greece.³³

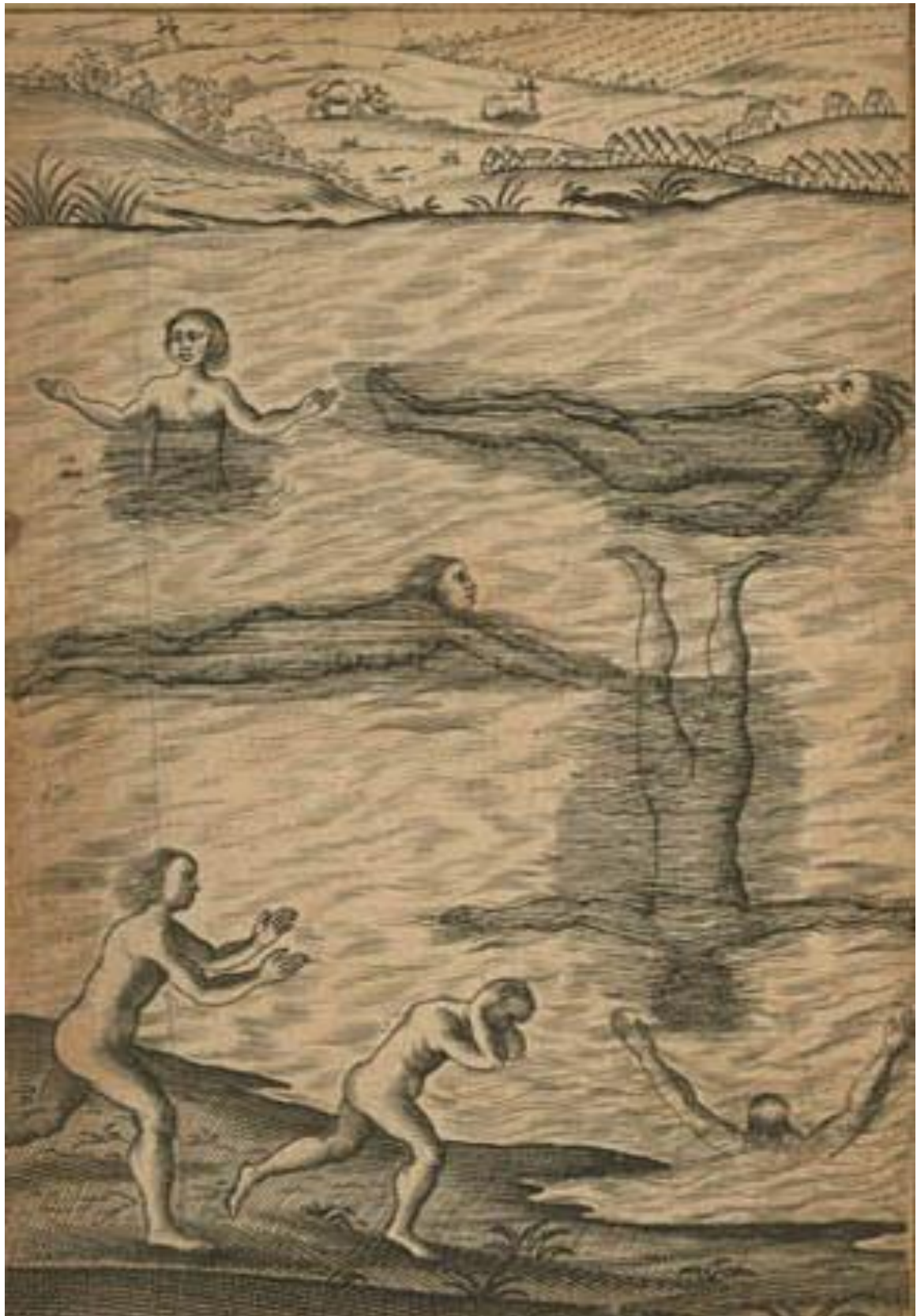
The presence of the pool does not mean that there were swimming races. The "fonts" was, above all, places for exercise and training. With the cold shower they got stronger and harden their bodies, so they believed they are stronger and they could train harder and more effectively. Another important purpose served by these reservoirs was relaxation of the athletes after training.³⁴

³¹ Pausanias, 11.35

³² K. Tournovitis, Pisines, 2001 pp.7,8,12

³³ Platon, Politiki, Z529c

³⁴ J.Krause, Die Gymnastic, p.630, V.Olivova, Sports, p.125



Picture 2: The first swimmer Scribe (*De Arte Natandi*, the Latin tome penned by Everard Digby in 1587)

3. The Ancient Olympic Games 776 BC to 393 AD

Lysias reports: “Για άλλα πολλά και ένδοξα έργα αξίζει να μνημονεύσουμε τον Ηρακλή ...”(For many other glorious works worth mention Hercules...), who was first that fought in decathlon (from Greek word ten and feat, that means “competition”) and when the competitions began he dedicated to Greece because of the love which he felt to Greece. In past, when all the cities were brought hostile the one to the other, when that reversed the tyrants and persecuted the outlaws, introduced in the most beautiful part of Greece, Ancient Olympia, races where the bodies of exercisers, demonstrated the great donation of wealth and culture, as a result of all this being grouped in the same spot, to see and hear some other consider the concentration of the authority here of harmony among the Greeks.³⁵ The presence of Hercules confirmed by Pausanias, who says that Hercules celebrated races when conquered Iliad.³⁶

However the swimming was not included in the official sports of Ancient Olympic Games.³⁷ The first registered Pan-Hellenic Holy competitions³⁸, that were named Olympic Games, became for first time 776 BC. (8th century), in Ancient Olympia - Greece, the Greeks were assembled here not only by the mainly Hellenic land, the islands of Aegean, west part of M. Asia, the cities of Down Italy and Sicily but also from the most remote cities of Mediterranean and Black Sea, travelling weeks entire in order to assist in the feasts and fights.³⁹

With this competitions, is connected the name king of Iphitos (the God of Sun) he was the first who had established the system of truce⁴⁰, which means interruption of each martial enterprise at the duration of the games.⁴¹

³⁵ Λογιοί Λισία, Ολυμπιακός 1-3

³⁶ Pausanias, v.8.3

³⁷ Ioanna X.Koulourea «Ολυμπιακοί Αγώνες»

³⁸ Isokrates, Panigirikos, 43

³⁹ D. Young, The Olympic Myth of Greek Amateur Athletics, Chicago 1984, pp.125

⁴⁰ Th. Giannakis «Ολυμπιακή Εκεχρία», στο Athlitiko Pneuma, ΥΠΕΠΘ, Αθήνες 2003, pp.11

⁴¹ Pausanias, v.4-5-6.

The sports were 10 for adults: 1. Street (race)⁴²: Stage Street (192, 27 m)⁴³ - Channel Street⁴⁴ - Soft Street⁴⁵ - Dolichos Street⁴⁶ - Rifleman Street⁴⁷ - Torch Race⁴⁸, 2. Wrestling⁴⁹, 3. Boxing⁵⁰, 4. Pankration⁵¹, 5. Jump⁵², 6. Disk⁵³, 7. Jewelin⁵⁴, 8. Pentathlon⁵⁵, 9. Chariot⁵⁶, 10. Race Course⁵⁷ and 3 for the children: Street of stage, Fight and Boxing.⁵⁸

3.1 The organization of Olympic Competitions

The competitions became in period of full moon. The terms of the competitions was started in the end of July and finished in the beginning of September.⁵⁹

The competitions became with base special rules and when the athletes didn't follow the rules they had very strict sanctions. Responsible people for these events were the “ελληνοδίκες” (ellinodikes) so it means the committee. The women were not participated.⁶⁰

The bad historical events that took place in Greece, had as impact in athletically ideal the Ancient Olympic Games with result progressive fall, something that was worsened progressively from the 146 AD, when Greece was subjugated in Roman state.⁶¹

Then were acceptable Romans to participate in the Olympic Games. Then the Olympic Games renamed "duels" and from 105 BC official kept this name for the Olympic Games until 330 AD with the founding of Byzantium. During Roman

⁴² Omiros, Iliada A58&Ψ140, Pindaros, Pythinios, IX.158-164

⁴³ Pausanias v.8.6

⁴⁴ Aisxilos, Agamemnon,344

⁴⁵ Filostratos, Gymnastikos, 7

⁴⁶ Filostratos, Gymnastikos, 11

⁴⁷ Filostratos, Gymnastikos, 7 (Εκδόσεις Κιτρινιάρη, σημ.20)

⁴⁸ Platon, Politeia A 327 α – 328 α

⁴⁹ G. Sakellarakis, «OI Olympiakoi Agones stin Arxaia Ellada», Athina 1982, sel.19-20

⁵⁰ J. Mouratidis, Greek Sports, pp.36-38

⁵¹ Filostarotos, Gymnastikos 11

⁵² Pausanias, VI. 3.4 & Odyssia Θ.103

⁵³ N. Gardiner, Greek Athletics, p.313

⁵⁴ Iliada, B773-774

⁵⁵ Filostratos Gymnastikos, 3& H.Lee “Pentathlon”, pp.41-55

⁵⁶ H.Stampoulis, Athlitismos, Parartima 1.

⁵⁷ H. Stampoulis, Athlitismos, Parartima 1.

⁵⁸ Aristotelis, Athinon Politeia, α.42.3

⁵⁹ H. Lee, The program, pp.14-25 & 101-102

⁶⁰ Pyndaros, Olympionikos, III στ.12

⁶¹ S.Giatsis, Istorla, σελ.149

period, it became the foundation of athletic guilds something as the athletic associations.⁶² By the historical informations which there are, in that period women can take part in Sports.⁶³

The last Olympic Games were on 393 AD. The Olympic Games ban by Theodosius A because he believed the Olympic Games as a pagan events. The Ancient Olympic Games kept for 1.170 years.⁶⁴

In the centuries that followed up to the period of Medieval, it was not any progress in the swimming, even the period of Knights, the swimming was one of the seven dexterities in order to nominate a new Knight.⁶⁵

Afterwards the fall of Byzantium, begins a new historical period for the Greeks. Greece passes four centuries of slavery, in Turkey. Nevertheless, the exercising of Greeks was part of military life soldier, after it dowered them with force - speed - agility.⁶⁶

The Olympic Games were interrupted for 15 centuries, but many were the factors which prompted and they contributed in the resurgence of History of Olympic Games. In t o climate of Rebirth, the 15th -16th of century was increased the interest of Europe for the Ancient culture and at extension for the sports.



Picture 3: Swimmer, personification of the Orontes River. Bronze, 2nd century CE

⁶² C. Forbes, "Athletic Guilds", p.239

⁶³ H. Lee "Women", pp.110

⁶⁴ Kedrigou Georgiou, Sinopsis Istorikon, pp. 121.621

⁶⁵ Kleanthis Palaiologos Kolimvisi, Megali Egkiklopaidia tou Athlitsismou, pp.398

⁶⁶ Stratigou Makrigianni «Apomnimoneumata», Ekdoseis Karavia

4. Modern Years

The one to the other cities in Europe they founded faculties of swimming and the only way to spread is to establish the commission of swimming pools and to start the competitions, for this reason at the decades 1850 - 1860 began to founded official athletic clubs. In Greece in 1837, we meet the first handbook, called “Summary of Gymnastics”, in which Gymnastikos Georgios Pagos, person with love for the Natural Education and with classic education categorizes and analyzes in particular chapter “Περί του ψυχρολουτείν και κολυμβάν” (Peri psychroloytein and kolymban) the previously known types of swimming: a) “κολυμβάν” (kolymban) on breast, that we call it now Breaststroke, b) “κολυμβάν επί τα νώτα”(kolymban epi nota), that we call it now Backstroke.⁶⁷

In this season swimming in Greece, still has not taken significance competition and Greeks swam for entertainment only.

4.1 Olympia

In Greece the competitions began with A’ Olympia, in 1859, when defined by Evangelos Zappa to become Olympic Athletic Games.⁶⁸

In 1865 afterwards the death of Evangelos Zappa, defined the Committee Olympia’s of Bequests.

The first athletic Swimming Competitions 1859, in Greece, marked as a failure, but the first proclamation of competition included in the program swimming and it was this first time from the constitution of Greek Kingdom that became reason for the swimming. The styles of program were:

- Διακολύμβηση - Diakolymbisis
- Καταδύσεις - Diving
- Υποκολύμβηση - Hypokolymbisis
- Περικολύμβηση - Perikolymbisis
- Ιστοβασία - Histovasia

⁶⁷ Zounas E., Η Εξελικσι, pp.64

⁶⁸ P. Samaras, Η Αναβιοσι, pp.24 & K. Georgiadis, « Η Αναβιοσι», pp.9

Existed pecuniary sums as rewards, for the athletes that occupied the first places, Diakolymbisis: reward 25drachma, Dives: reward 50drachma, Hypokolymbisis: reward 25drachma, Perikolymbisis: reward 40drachma and Histobasia: reward 50drachma.

Of course, we do not know these regulations of styles and what they meant these curious types of swimming.

After these competitions followed B' Olympia 1870⁶⁹, which included once again swimming competitions, but also this time did not become the swimming styles. Followed C' Olympia 1875⁷⁰ and D' Olympia 1888-1889⁷¹ in the Central Gym of Zappeion Palace, where in these games was established the uniform of athletes.

4.2 Olympic Games

The Olympic Games became object of study for the educators of that season.

The resurgence of Olympic Games is owed in Gallo educator Pierre de Coubertin to 1892.⁷² Decision was taken from International Congress of Gymnastics of Associations in Paris in 1894 with initiative of Dimitrios Bikela⁷³ and the First Modern Olympic Games became in 1896 in Athens from 25 March until 3 April in the Panathenaic Stage. The games become each four-year period, in different city each time. Each country participated in the beginning only with amateur athletes, while today only with champions.

The same year, in 1893, are founded in Athens National Gymnastic Association and the National Group Piraeus in Piraeus, which is activated in the swimming and trained swimmers.

That season in the swimming was given the accent in the distance and in the resistance and not in the speed. The initial style were freestyle – crawl stroke and breaststroke.

⁶⁹ K. Georgiadis, «H Anaviosi» pp.95

⁷⁰ X. Koulouri, Athlitismos, pp.92

⁷¹ X. Koulouri, Athlitismos, pp.92-93

⁷² X.Koulouri, Athlitismos, pp.179

⁷³ P. Linardos, D. Vikelas, pp.9

One year before the modern Olympic Games, in 1895, Ioannis Chrysafis, Educator of Exercising and Coach National Gymnastic of Association, organized the Pan-Hellenic competitions “Tinia”. There was also swimming included in these competition and the mainly stroke they use was front crawl. The swimmers swam on distance 200 m and the winners were Antonis Pepanos and Solon Xenopoylos of Gymnastics of Company Patras.⁷⁴

4.3 Olympic Games in Athens

The swimming is present in Modern Olympic Games of Athens in 1896 that was included as particular sport and from then became one from the dearest sports.⁷⁵

In Olympic Games 1896, the styles of swimming are carried out in the sea and more concretely in the stunt of Zeas. The swimming competition observed 20.000 spectators at the place called Piraeus. The program of games included four distances 100 m, 500 m, 1200 m and the swimmers could swim any style they want. In Olympic Games of Athens in 1896, in the sport of swimming, participated only men.

Alfred Hajos from Hungary was an athlete who won on the Olympic Games of 1896. He swam on the events of 100 m and 1200 m freestyle. On this Olympic Games he could compete only two of the events, which was impossible for him to adequately recuperate. Nevertheless he won on both of them. Hajos became one of two only Olympians to win a medal in both the athletic and artistic competitions. Also in 1924 won silver medal for architecture. The 500 m freestyle was by Paul Neumann from Austria with record more than a minute and a half.

They took part 8 Greek swimmers. In the navy swimming between of the soldiers of the Martial Navy, overcame Yannis Malokinis from Spetses with record 2 minutes and 20 seconds, that served in the crew of Warship “Hydra”, and he conquered the unique golden medal in the 100 m front-crawl and the silver P. Chazapis from Andros. silver medal took also Yannis Andreoy in 1200 m, front-crawl, Antonis Pepanos in the 500 m Front- crawl and Stathis Chorafas in the 100 m front-crawl, who took cupreous medal in 1200 m and in the 500 m front-crawl. Following this success, the Greek government passed the first law on sports issues, on 10 July 1899,

⁷⁴ P. Linardros, S. Deloutolas, Tinia 1895, Tinos 2002 & Hr.Koulouri, Athlitismos, pp.285- 286

⁷⁵ I. Xrysafis, Oi Sinxronoi, pp.309, K. Georgiadis «H Anaviosio» pp.123-124, D. Wallechinsky, The complete Book, pp.Ixx-xx

where the law has played a crucial role in the development of Sport and Physical Education teaching.⁷⁶

In 1896 were the first time where the people heard the National Anthem of Greece. While the blue and white flag waving in total eight times, since then you do not ignore only the medal, but also the Greek attendance in final Swimming. There in Zea began the spring of Greek swimming.

In 1897 was founded the Σ.Ε.Γ.Α.Σ (S.E.G.A.S.) (Contact of Greek Gymnastics of Athletic Associations)⁷⁷, where its history is connected with the history of Greek Sports of newer season. Noteworthy that in the S.E.G.A.S was also the Cypriot Athletic Associations at the duration of English domination of island.

The establishment of the federation came as a continuation and need for better organization of sport. With the revival, commissioning and successful performance in the first Athens Olympic Games led the authorities to expand the idea of Olympism to become more local in different parts of the country. After that in 1899 there were growing the numbers of clubs to 104 throughout the Greece.

In 1898, from Pireus pharmacist Panagiotis Nastos published the first Greek book about swimming and this constitutes a big turning-point for the development of Sports in our country.

4.4 Zappeia

In 1901, in Athens, became Zappeies Olympics (that today are called “Mesoolympics”, because conduct in the intermediary of Olympic Games), international swimming competitions with attendance of many athletes were included in the official Olympic Guide, until 1972. Through them it appeared the need for the most organized preparation of athletes but also games.⁷⁸

In 1906, became again in Athens Mesoolympics and this competitions are not included in the list of Δ.Ο.Ε (D.O.E), as well as annual swimming competitions “Pelopeia” and were carried out in the jetty of Melantias. The swimmers competed in all the disciplines we wrote before such as front - crawl in 100, 200, 400, 1600 m and

⁷⁶ X. Koulouris, *Athlitismos*, pp.109-110 & X. Koulouris, *Athlitismos*, pp.141

⁷⁷ G. Gianitsiotis, «*Syllogoi*», pp.54

⁷⁸ Th. Giannakakis, «*Zapeies*», σελ.586-591

relay race for 400 m. This competition was given new impulse in the Olympic Movement of success for next competitions.⁷⁹

In 1914, the Swimming department of Gymnastic of Association Iraklis, organized the 1st Naval swimming competition in Thermaiko stunt – Thessalonica.⁸⁰

However the entanglement of states in the Balkan wars and later in A' World War does not become anyone swim activity and cuts the thread of Olympic competitions. Afterwards the end of War, in 1918, and with newly established henceforth Greek State began slowly to help all the Gymnastics Associations. By this way had been founded many more associations until 200 clubs. From those 15 were in Piraeus and 2 in Faliron, which deal clearly with the naval sports – swimming and this way gave training to the new athletes.⁸¹

In the beginning of decade 1920, National Gymnastic Association, was very active in the swimming in Pan-Hellenic level.

In 1922, after the war between Greek and Turkey, the Hellenism of East left to Greece, the competitions in Turkey continue and particularly the swimmers of Panionios club, Karampatis, Tsigkonis, Karagiannopoylos, they supported Greek swimming in this competition.

Also Iraklis Thessalonica organizes the first Naval Competition of Northerner Greece with swimming competitions of speed and resistance.

The swimming champions in teams between the years of 1923 - 1924 were the swimming club Peireus.⁸²

In 1925 again organizing Naval competitions with swimming competitions of short and long distance swimming, from Gymnastic Association of Iraklis Thessalonica.⁸³

In 1926 and 1927, became the first contact with the European athletic swimming and because of Greek champion Dionysios Basilopoylos. Who was the first who worked for the distribution of swimming in Greece and he was the first teacher who

⁷⁹ A. Tarasouleas, *Olympiakoi Agones 1906*, Athina 1984

⁸⁰ *Gymnastikos Syllogos Iraklis – Kolimvitiko tmima*

⁸¹ G. Giannitsiotis, «*Syllogoi*», σελ.56-57

⁸² Pannelinio Protathilma Kolimvisis OPEN – Wikipedia (website)

⁸³ *Gymnastikos Syllogos Iraklis* (website)

taught “Crawl” in Greece. The swimming champion’s for that year was the club National Piraeus.⁸⁴

Later Pan-Hellenic Gymnastic Association and Panachaikos Gymnastic Club, were the unions took the lead in trying to ΣΕΓΑΣ (SEGAS) for better organization of sport and includes official swimming Sport Federation as unique in Greece and in 1927 founded the Greek Fans Swimming Federation (ΕΚΟΦ) for the sports which is connected with the water.⁸⁵

In 1927 became the first Pan-Hellenic competitions, “Posidonias”, which organized swimming club Olympiacos Piraeus where athletes took part from the all the clubs and the title of Greek champion conquered National Piraeus in relay competition. Also, there was the first time the women took a part in these competitions.⁸⁶

In Greece in 1928 began for first time the Pan-Hellenic swimming open championship that is carried out by Greek Swimming Federation, in the bight Koymoyndoyroy (Toyrkolimano-Piraeus). The winner was again the swimming club National Piraeus.

In 1929 was established a new Athletic Group swimming club in Old Faliron, where the swimmers trained in the open sea. In the same year the Pan-Hellenic Championship won again the swimming club National Piraeus, but in this Championship Fotis Zografoy from Aris Thessalonica club won in the 100 m and in 200 m breast stroke.⁸⁷

Also, the Greek federation assigns in Iraklis the organisation of competitions of Championship of Notherner Greece and they participate continously in the Pan-Hellenic championships that were carried out in Athens and the swimmers who WON are Stanitsas, Koltsakis, Romanos, Moyzenidis, Karampatis, Kontaxakis Mayrimatis, Gallopoylos, Mitsoylis.⁸⁸

⁸⁴ Pannelinio Protathlima Kolimvisis OPEN – Wikipedia

⁸⁵ G.Giannitsiotis, «Syllogoi», pp.60 & SEGAS wikipedia, Parapompes: ATHLITIKI IXO /15-2-1951) Today is Calling (K.O.E.) (Greek Swimming Federation) .

⁸⁶ E. Almpandis, «Gynaika», pp.110

⁸⁷ Fotis Zografos, Hellenica (website)

⁸⁸ Gymnastikos Syllogos Iraklis

4.5 1930 – 1950

In the decade 1930, except of internal agitations in our country, a lot of new swimming clubs are activated in the swimming competitions and also for the first time they started rating in the Pan-Hellenic open championship. In this championship the winner was Olympiacos swimming club who continued to won until 1935. It also establishes the participation of women in official swimming competitions, but very few clubs in the state statutes.⁸⁹

The styles that the swimmers swim are: the *breaststroke* (the person moves in to the water, like precisely as the frog), *butterfly* (the swimmer is moved in order that it gives the impression of butterfly, as it springs in to the water), *front crawl* or *freestyle* (the body finds in level almost place with water, and the hands moves itself freely making circular movements), *backstroke* (the swimmer finds in position backstroke in to water, with his back in the surface of water) and are in effect as for the all sports, provisions and rules of swimming. The styles that are carried out are: For the men, 100 m, 200 m, 400 m, 1500 m, front crawl swimming, 4 x 200 m common and 4 x 100 m individual, 200 m butterfly and 100 m backstroke and so on. For the women is the same exactly, except 1500 m which women has 800 m.

In 1931, there is official National swimming team and take paer in competitions in Europe and in whole World.

In 1932, they were taken place for first time the style of long distance 3000 m from Palaio to the Neo Faliron and began the preparatory work for the manufacture swimming pool.

The Pan-Hellenic competitions 1935 were taken place in Mitilini with exceptional splendor from the Naval Group Mitilini. In 1936, in the Pan-Hellenic Championship of Swimming, in Piraeus, champion team won swimming Group Piraeus.

⁸⁹ Olympiakos Syndesmos Filathlon Peireus – Kolimvisi (Wikipedia – website)

4.6 Open swimming competition

In 1937 in the Pan-Hellenic Championship of swimming OPEN, which was carried out in Piraeus, champion team won Olympiacos Piraeus and our five Greek swimmers that took part in the Mediterranean competitions gained the general grades and brought down all the Greek records.

In the end of this decade we have reports on the swimming activities of Georgioy Ivanof, swimmer of Iraklis Thessalonica, which claims from other associations and takes part in swimming competitions mainly in front crawl.

The next year in 1938 in the Pan-Hellenic Championship of swimming that was carried out in the Palaio Faliron, champion team won A.O.P Faliron.

In 1939 constitute landmark for the history of swimming in Greece, also was inaugurated Olympic swimming pool of Zappeion and there became the first officially Pan-Hellenic Championship of Swimming, with Olympic rules.

Champion won A.O.P Faliron, where it maintained title and the next year in 1940.

For many years there was only one swimming pool in Greece and on this was developed all the sports which connected with water.

Because of B' of World war, was not carried out any activity on years 1941-1944.

In 1945, in the Pan-Hellenic Championship of Swimming gained the Athletic Group of Palaio Faliron, was carried out in swimming pool of Zappeion and maintained his title until 1948.

In 1946, the two associations N.C.Patron and A.C. P. Faliron were few days afterwards the Championship, at 22 September of 1946, in Patras (in Pier Saint Nikolaos) in one of friendly meeting swimming.⁹⁰

In 1947, was won the swimmer of N.O.Patron, E. Gasparinoy, in the 100 m breast stroke with record 1: 43, 3.

⁹⁰ Biblia gia thn Patra (website)

In Greece, became Pan-Hellenic competitions in 1949 (afterwards the end of Civilian War) and holder of Pan-Hellenic Championship was National Piraeus, in final that was carried out in Zappeion.

The part of the consolidated best swimming in Greece and any association with the swimmers individually or collectively strive for maximum effect and a better distinction.

4.7 Decade 1950-1959

In 1950 in the Pan-Hellenic Championship of Swimming, in Zappeio, champion team won A.O.P. Faliron, also was won the swimmer Roympen P. the A.O.P. Faliron in the 100 m front - crawl with record 1: 17,5.

At 1951 in Open Pan-Hellenic Championship of swimming, that was carried out in swimming pool of Zappeion, champion team was Panathinaikos, where maintained title until 1958, with better rendering in 1957, the swimmer Papasimakopoyloy (Panathinaikos) in the 400 m front - crawl with record 4: 54,3 and in 1500 m front - crawl with time 19: 39,0.

In 1958, the Panathinaikos was shared the Championship with the A.O.P. Faliron.

At 1952, Giorgos Sintorof swimmer of Panathinaikos club, finished first in the 400 m front crawl.⁹¹

In 1953, best swimmers of this year was Sintorof (first 400 m and 1500 m front crawl), Lelakis and Konstantaras.⁹²

In Athens at 1954, two swimmers G. Smyrlis and the D. Anargyros, they made perceptible presence, with Pan-Hellenic records and they took part in European Championship.

In Greece, till the end of 1950, the teaching of swimming was left in her chance, because the minimal number of coach in swimming pools searched simply for “talents”.

⁹¹Panathinaikos - Kolimvisi

⁹²Panathinaikos - Kolimvisi

Nevertheless, continue the individual successes with the swimmers: Mpena Kasfiki (Pan-Hellenic club), Nakeli, Mallidi (N.O.Mytilinis), Probatopoyloy, Basilopoyloy, Koyrachani Antonakaki, Kabatza, Tribiza, Papanastasioy (Olympiacos club), Mayrogiorgoy, Petroytsoy Sp., Petroytsoy M., Chatzikyriaki of (National Piraeus), Mproysali, Melanofidi, Zisimo Al. (A.O.P. Faliron), Palaiologos (N.O.Mytilinis), Zografos A. (Mars Thessalonica), Dimitriadi (Iraklis Thessalonica), Sintorof, Papasimakopoylo, Kolobo Kasikokosta of (Panathinaikos), Zacharopoylo (N.O.Patron).

The women athletes swimmers that are presented officially in swimming competitions and won: Kabbadia, Bella Ines, Bella Natasa, Papadaki, Kontogianni, Nikolaidoy (Olympiacos), Chatziargyri, Konstantinidoy, Roympesi, Roympen, (A.O.P. Faliron), Kosma (Mars Thessalonica), Dimitrios, Panagiotis (N.O.Boloy), Soysi of (Panathinaikos), Gasparinatoy (N.O.Patron), Poriasi (N.O.Kalamon).⁹³

In 1959 functioned the first swimming pool in Faculty of Naval Cadets in Chatzikyriakeio Piraeus and Champion Greece in the swimming won team of A.O.P. Faliron, in Zappeio. Were won the swimmers P. Chatzikyriakis of National Piraeus with record 1: 00, 2 in the 100 m front - crawl, G. Kasidokostas of (Panathinaikos) with records 2: 49, 9 in the 200 m butterfly.

4.8 Decade 1960-1969

Crisis passed the department of swimming in the beginning of this decade.

In this year Greek nations Championships, team which won was Olympiacos in Zappeio. Also were won the swimmers D. Kolobos of (Panathinaikos) in the 100 m backstroke with record 1: 12, 2 in the 200 m backstroke the N. Zacharopoylos (N.O.Patron) with record 2: 48, 6 and the swimmer Neofytoy (N.O.Kalamakioy) in the 400 m front - crawl and record 6: 13,1.

While in Championships of Greek Region won the swimmers Kioykas Dimitris, Kyriakos Kosmidis, Panagiotis Giannakopoylos, Karen Ntaoympier from Thessalonica and Siblings Koskina, Papadakis, Koytoymanis, Mpaxebaneli, Iliopoyloy, Kostantinidoy from Piraeus and from the competitions of Championship of Notherner

⁹³ K. Palaiologou, Kolimvisis, Megali Egkiklopaidia tou Athlitismou, pp.420

Greece won Ant. Kypriotis, Gr. Moyroyzis, Th. Tzoymas, G. Kazinieris, P. Chasekiogloy and the swimmers brothers Andrikopoyloy, Laskari, Papathanasioy and Tsirigkanoy.⁹⁴

In 1963 the Pan-Hellenic Championship of Swimming won Panathinaikos, in Zappeion. From the men swimmers were won Mpiternas, Chrysostomoy, Loyis and from the women swimmers Georgiadoy, Lombardoy, Sotirioy.⁹⁵

At 1964 Pan-Hellenic Championship of swimming won once more again the Panathinaikos, in Zappeion.

On 1965-66 are also carried out local Regional championships of swimming in the Pan-Hellenic championships of swimming, champion Greece are the Panathinaikos, in Zappeion.

In 1967 the swimming department of Greece continued passing crisis, because political agitations (as other European countries), but in the Pan-Hellenic Championship of swimming was won Olympiacos, in Zappeion.

In 1968 the Pan-Hellenic Championship of swimming OPEN won Panathinaikos, in Zappeion and the swimmers who won were Lombardoy, Sotirioy, Antonogiannaki and Blantoysi and also those swimmers won in the Mediterranean competitions.⁹⁶

At 1969 the Pan-Hellenic records from Olympiacos Association of Sports fans Piraeus, which conquers the top in the Pan-Hellenic Championship of swimming that is carried out swimming pool in Zappeion. In this year the athletes which were the best for the Greek swimming were Karydis, siblings Koskina, Papadakis, Koytoymanis, Mpaxebaneli, Iliopoyloy, Konstantinidoy.⁹⁷

On the same year there were international swimming competitions that were carried out and Olympiacos S.F.P. it brought down 13 Pan-Hellenic records, who does not have more rival.

⁹⁴ Kolimvitiki Omospondia Ellados – Greek Swimming Federation

⁹⁵ Panathinaikos - Kolimvisi

⁹⁶ Panathinaikos - Kolimvisi

⁹⁷ Olympiakos Syndesmos Filathlon Peiraus – Kolimvisi (Wikipedia- website)

Were established the Balkan competitions of swimming of Men and Women, which constituted turning-point in the organization and growth of competition swimming.⁹⁸

4.9 Decade 1970 – 1979

The decade begins with one year landmark for the Greek swimming, also the Olympic swimming pool functions at all the duration of year with heated water.

At 1970 in Pan-Hellenic swimming competition, record of medals continues conquering Olympiacos, in Zappeion, who maintains the title of Champion until 1982.

The swimmers of Olympiacos swam in one international meeting and were won first time on 86 swimming clubs that took part, in a total of 1.000 swimmers.⁹⁹

1971 were established the Balkan competitions of Young person's.¹⁰⁰

At 1972 in international Swimming meeting, the swimmers won Olympiacos again first.

In 1973 is organized and realized for first time the World Championship of sports which connected with the water, with managing beginning the FINA and includes all the sports of swimming, dives, synchronized swimming and water polo, each two years. From 1978 - 1998, the World Championship took place each four years, but from 2001 and afterwards, the championship has been judged each two years. Greece does not take part in this championship.

In 1974 afterwards the political developments of state and Greece acquires Democracy, the state is reorganized in all the sectors with particular accent in the Sports, because they are manufactured enough new swimming pools for the training of new swimmers.

At 1975 in Greece, leading swimmer won Nikos Morfis.

On this year's 1978 – 1979 come out graduates coaches of swimming from E.A.Σ.A (E.A.S.A) which coaches before was just athletes with good experience,

⁹⁸ Aquaticsnews – Kolimvisi Istoriko

⁹⁹ Olympiakos Syndesmos Fylathlon Peireus – Kolimvisi (Wikipedia – website)

¹⁰⁰ Aquaticsnews- Istoriko

which undertake the coach leadership of Gymnastics of Associations. By this way, was mainly created an almighty department of swimming, in the women, that took leading role in Pan-Hellenic competitions.

4.10 Decade 1980 – 1989

At 1980 before the Olympic competitions of Moscow, an athlete Ntia Kazaki, in the Pan-Hellenic championship of swimming brings down Pan-Hellenic record in the 200 m breast stroke. On the same year are carried out Balkan competitions of swimming in Volos with attendance of Greek swimmers, as Spyros Kapraloy.

Also 1981 Pan-Hellenic championship of swimming with appearance of two new swimmers of Charalampos Papanikolaoy and Manolis Kandri with amazing Pan-Hellenic records.

For first time, the Greek Champion Sofia Dara, swam in final championship.

In 1982 – 1983 was Pan-Hellenic championships, records had the swimmers of Ilysiakoy club, as Manolis Georgiadis that brings down Pan-Hellenic records in 15 styles and Olympiacos conquers the title of Champion in Thessalonica.

In 1984 - 1985 the Pan-Hellenic Championships of swimming, that were carried out in Ilissio and Olympiacos it conquers the title in both years.

On the year of 1986 crewing of swimmers of Greek National swimming of Team from Elli Roysaki, Kris Stibenson, Sofia Dara, Spyros Mpirma, Charalampos Papanikolaoy, Dimitri Alfantzi, Michalis Maoyssidis, Baia Margaritoy, Charoyla Margaritoy, Kapadopoulos Yannis and other many.¹⁰¹

On same year the Pan-Hellenic Championship of swimming, which was in Papastrateio - Piraeus, Olympiacos conquered the title of champion.

At 1987 Pan-Hellenic Championship of swimming OPEN, that was carried out in Kalamata, with champion Greece the PAOK Thessalonica.

The Balkan competitions that were carried out the same year, they were won Balkan Games medalists the swimmers of N.O.P. Faliron. Also Elli Royssaki, won 4th

¹⁰¹ Olympiakos Syndesmos Filanthlon Peireus – Kolimvisi (Wikipedia- website)

in the 200 m butterfly and Charalampos Papanikolaoy, 8th in the 400 m mixed individual.

On the same year were carried out the first bowl of Champions of Men and the Olympicos S.F.P., as the next year occupies the 9th place.

By this year the Pan-Hellenic Championships of Swimming are carried out henceforth with decision of K.O.E, in cities of Region in Greece.

In 1988 the Pan-Hellenic Championship of swimming OPEN, that was carried out in Thessalonica, champion was Olympiacos S.F.P. And the on this period, was World swimming competitions of Men which was many Greek athletes attendance.

On the year 1989 there is international swimming meeting “ACROPOLIS” in Athens with attendance of many new athletes .

4.11 Decade 1990 – 1999

At 1990 in Pan-Hellenic Championship of Swimming OPEN that was carried out in Volos, champion team won Olympiacos and maintained his title until 1994. In the Balkan competitions of Men, first was Thodoros Gkriniazakis of Ilysiakoy.

In 1991 is International meeting “ACROPOLIS” in Athens. Also, was as carried out the European Championship of sports which connected with water, in Maroysi of Athens with attendance of many Greek Swimmers of Champions. And there is Pan-Hellenic Championship of Swimming, in Thessalonica, was winner Olympiacos.

In 1992 is Pan-Hellenic Championship of Adolescents of Young athlete. Also, in the Pan-Hellenic Championship of Swimming, in Maroysi, champion was Olympiacos.

In 1993 for first time in Greece is carried out Diasyllogiko Greek Cup, in the swimming, which is official organization of Swimming Federation in Greece and Olympiacos maintained the title of Champion in Maroysi. And one year after Olympiacos S.F.P. maintains the title.

In Greek Champion at 1995 won the Athletic Naval club Glyfadas, in the Pan-Hellenic championship of swimming that was carried out in Maroysi, after objection, EKOOF gave the title.¹⁰²

On the year of 1996 Olympiacos S.F.P., won Greek Champion of Swimming in Maroysi and new names staffs the Association, which were Magganas, Karystinoy, Zisimos, Mpitsakis, Demetis, Gianniotis, brothers Kabarnoy, Exarchoy, Sarakatsani, Dimoschaki, Lymperta.

On the year of 1997 Conquest Cup and (Diasyllogiko Greek Cup) by the Swimming team of Olympiacos, won the Champion in Greece.

In 1998 Diasyllogiko Greek Cup conquered Olympiacos, in Nauplium at 1999 in Maroysi.

In 1999 the Balkan competitions of Adolescents of Young athlete in 50 m swimming-pool, Zoi Dimoschaki occupied the 2nd with record 2: 08, 87.

Up to in 2000 Greece had nine qualifications in final, from the athletes of swimming.

¹⁰² Pannelinio Protathlima Kolimvisis OPEN (Wikipedia – website)



Picture 4: Hellenistic Vase painting, Greek 6th BC, Women bathing. Red-figured amphora, 525-520 BC.

4.12 Decade 2000 – 2009

In the beginning of this decade the Greek Swimmers conquers continuously titles. Three were extended in the international land with continuous attendances in big organizations, accompanied from record, as in Olympic, European, Mediterranean, and Balkan Competitions.

In 2000 the World Championship of Swimming on 25 m swimming-pool that was carried out in Athens, participated a lot of Greek Athletes. Also, this year in Greece was winner Olympiacos, in Maroysi.

In 2001 leading athletes of swimming elect Thanasis Thanopoylos with record in the 50 m front - crawl 22,71 and Tonia Machaira in 50 m backstroke with record 29,94 in competitions that were carried out in OAKA. Also Diasyllogiko Greek Cup conquered Olympiacos.

The national team of women participates in European and Balkan Competitions as well as in international meetings.

In 2002 the national Greek Team of Women in 4 x 100 m front - crawl it brought down record with the new one to be 3: 46,16, while the National Team of Men in 4 x 200 m front - crawl, it conquered cupreous medal.

In the swimming competitions in Delphi on 1500 m front - crawl, Marianna Lymperta brought down Pan-Hellenic record with the new one to be 16: 46, 31.

In 2002, it was one good year in the swimming for Greece, because were added still six discriminations for the Greek athletes. Also in Pan-Hellenic Championship in Thessalonica, was winner Olympiacos.

In 2003 the Pan-Hellenic Championship of 50 m swimming-pool, Zoi Dimoschaki conquered the 1st in the 200 m, 400 m and 800 m front - crawl. Also, in the European Championship of adolescents, Vasiliki Aggelopoyloy brought down Pan-Hellenic records in the 200 m butterfly with record 2: 10, 64 and 200 m Mixed Individual with record 4: 44,90. And at the same time was Pan-Hellenic Championship of swimming, in Glyfada, conquered first place Olympiakos.

In 2004 the Sport Event, which was carried out in the OAKA, were distinguished Martha Matsa in the 4th place in the 50 m front - crawl, Eirini Kabarnoy in the 1st place in the 100 m butterfly and Georgia Manolis in the 2nd place in 4 x 200 m front - crawl and Stella Mpoyimi in the 200 m backstroke with record 2: 14, 53.

In the Pan-Hellenic Championship that was carried out in Papastrateio of Piraeus, won Olympiacos and brought down Pan-Hellenic records the swimmers Eirini Karastergioy with record in 100 m backstroke 1:03, 26, Neri Niagkaoyra in the 50 m butterfly with record 27,41 and the National Team of Women in 4 x 200 m front - crawl with time 8: 13, 98. Also, Zoi Dimoschaki in the 400 m front - crawl occupied the 2nd place with record 2: 01, 50.

In Athens 2004 were Olympic Games after 108 years of first Modern Olympic Games return in the place that gives a birth, with completely different form. Here the professionalism of athletes is the sovereign reason. From 1896 and afterwards the Greek swimming has presence in 16 organizations of Olympic Games, without

however it conquers one of three places of pedestal. Of course up to the competition in 2004, did not exist even Greek qualification in final, however in Athens happened in six cases. The better place took Spyros Gianniotis, which was classified 5th in 1500 m front - crawl with record 15: 03, 69, while it was finalist (7th) in 400 m front - crawl with record 3: 48, 77, by this way it brought down the Pan-Hellenic record.

In these competitions were won, Andreas Zisimos 12th in the final classification, in 200 m front - crawl with record 1: 49, 76, Christos Papadopoylos was classified in the 39th place in final in the 100 m breast stroke with record 1:04,43, while Dimitris Magganas was excluded. Yannis Drymonakos was 21st in the 200 m butterfly and 9th in the 400 m mixed individual.

In final 400 m mixed individual, Yannis Kokkodis it occupied the 6th place with record 4: 18,60, while in the 200 m mixed individual it brought down Pan-Hellenic record with the new one to be 2: 01,57.

In 50 m front - crawl, the Apostle Tsagkarakis occupied the 24th place with record 22,72. In the 100 m butterfly, Sotiris Pastras were classified in the 31st place with record 54,20, Romanos Alyfantis in final the 200 m breast stroke it occupied the 33rd place with record 2: 18, 20 and Yannis Drymonakos was 21st in the 200 m butterfly. Also in this competitions Giorgos Diamantidis brought down the Pan-Hellenic record in the 800 m front - crawl with the new one to be 8: 00,07 and Antonis Gkiolympa in 200 m backstroke with record 2: 01,35.

The Greek swimmers were in good physical state, was classified: Neri Niaogkoyra in the 6th place in the 100 m front - crawl with record 54,81 and in the 50 m front - crawl it brought down Pan-Hellenic record 25,27, while Aggelopoyloy Baso was classified 8th in the 400 m mixed individual.

Were won Zoi Dimoschaki, in the 200 m front - crawl in the 27th with record 4: 17,60. In the 200 m breast stroke, Athina Tzabela classified the 31st with record 2: 40,18. Eirini Kabarnoy in 100 m butterfly classified the 19th with record 1: 00,43. Eirini Karastergiyoy was classified 30th in 200 m backstorke.

Finally, the 8th was the National team of swimming of men, in 4 x 200 m front crawl.

They were excluded in final styles 4 x 100 m front crawl the swimmers Neri Niaoygkara, Zoi Dimoschaki, Martha Matsa, Helen Kosti and 4 x 200 m. Front crawl the swimmers Zoi Dimoschaki, Marianna Lymperta, Evaggelia Tsagka, Georgia Manolis.

On the same year was carried out Grand Prix in Volos, with attendance of many Greeks Athletes, who were Zoi Dimoschaki in the 400 m front - crawl it occupied the 1st place with record 1: 59, 29 and Sotiris Pastras in the adolescents it occupied the 1st place in the 50 m butterfly with time 24,50.

In 2005 was winner Aris Grigoriadis, where he brought down the swimming records in Athens and Pan-Hellenic competitions in 100 m front - crawl with record 49,51.

In the Pan-Hellenic Championship of swimming, in the Metamorphosis, Aris Grigoriadis conquered the first place in the 100 m front - crawl, Aris Thessalonica with record 50, 23.

Also in the 400 m front - crawl men Gianniotis (Olympiacos) with 3: 49,93 , Magganas (Olympiacos) with 3: 52,43 and Diamantidis (Olympiacos) with 3: 55,32, won Olympiacos in the Pan-Hellenic competitions.

At the same time Romanos Alyfantis brought down the previous Pan-Hellenic record in the 200 m breast stroke with record 2: 16,47, Yannis Drymonakos in the 400 m mixed individual with record 4: 16,39 and Angelic Exarchoy in the 100 m breast stroke with record 1: 10,31 and in the 200 m breast stroke with record 2.29, 44.

The best swimmer of championship of 2005 was Spyros Gianniotis (Olympiacos) in the 400 m front - crawl with 3: 49,93 and 963 points, while better athlete was Neri Niaoygkara (Glyfada) in the 100 m front crawl with 55,75 and 957 points.

In 2006 attendance of swimmers Pantelantonakis Yannis and Makrinakis Manolis in National swimming Team in Greek National competitions. On the same time was swimming meeting in “ALEXANDRIA” Thessalonica with attendance of Greek Athletes which is Andrea Zisimoy and Vasilis Demeti.

The top team of 2006 on swimming was Olympiacos, as well next year of 2007 also.

In 2007 in the Pan-Hellenic Championship of 50 m swimming-pool that was carried out in Tripoli, Zoi Dimoschaki occupied the 2nd place in 50 m front - crawl and in final 200m front crawl it conquered the 1st place with record 4: 18,96 and 7th Pan-Hellenic Champion in the 50 m breast stroke is classified Aggeliki Exarchoy. In the Men Spyros Gianniotis occupied the first place in the 400 m front - crawl with record 3:49,66 and Xynadas Dimitris in the 50 m breast stroke who took the 4th place with 28,96

International Island Games Association, organized Nat West Island Games in Rhodes, with athletes from 25 islands of all world and the swimming competitions were carried out in the swimming-pool of Naval Group Rhodes, with attendance of many swimmers and between them the only Rhodian athlete of N.O.P (N.C.R) Dilmerakis Panagiotis that occupied the 31st place in the final classification, in 400 m mixed individual.¹⁰³

Also, in Greece, is carried out for first time, Grand Prix of swimming, that it's leading organizations of Swimming Federation, with the attendance of leading athletes.

As well swimming competitions of South-eastern Europe with attendance of swimmers Yannis Drymonakoy and Aris Grigoriadis which from them 7th place of final classification was Yannis Giannoylis in 4 x 200.

In Pan-Hellenic wintry championship of open categories, participated a lot of athletes with particular discriminations of Pastra and Paschalidoy

In 2008 is most important year of Greek swimming, because Yannis Drymonakos in 200 m butterfly conquered golden medal with record 1: 54,16 and success of champion Greece was continued with silver medal in the 400 m mixed individual with record 4: 14,72.

Also Aris Grigoriadis, occupied the first place in final 50 m backstroke with record 25,13 and in the 100 m backstroke it conquered silver medal and was winner Champions Europe and wrote with golden letters their names in the list of Greek athletes with the bigger discriminations and its going up in the higher step of pedestal.

¹⁰³ Rhodes Island Games 2007

At the same time, Drymonakos with record 1: 54,16 became the first Greek swimmer holder record Europe, while he is second behind unrivaled Michael Phelps.

In a feminine way presence, showed that it falls short in combination the level of men.¹⁰⁴

Also was carried out the 77th National Championship of Swimming in Ptolemaida of Men and Women, which were Romanos Alyfantis achieved Pan-Hellenic record in the 200 m breast stroke and Olympiacos conquered his 49th title.

As long as it concerns the individual discriminations, Aris Grigoriadis of Aris - Thessalonica was emerged better athlete while in the women dominated Heleni Kosti of Olympiacos.¹⁰⁵

Also, they were rewarded as leading swimmer Spyros Gianniotis and leading swimmer Marianna Lymperta.¹⁰⁶

In 2009 there is tourmanent of Swimming, “ACROPOLIS”, in Alimos – Athens. There excisted international discriminations of Greek champions as Kalargari Yannis in 50 m front - crawl with record 22,29, Giannioti Spyros, Fokaidi Antonios, Xynada Dimitri, Dimitriadi Stefanoy, Alyfanti Romanos and Maria Michalaka where marked Pan-Hellenic records in the 100 m breast stroke. Although Champion Greece won Olympiacos club .

Also in this year Zoi Dimoschaki, is one of the greatest Greek swimmers of last years, withdrew from the swimming in age of 24 years. By the way the Pan-Hellenic Championship of Adolescents of Young athlete, champion team won A.N.O. Argyroypolis.

¹⁰⁴ Giannis Drymonias (Wikipedia –website)

¹⁰⁵ Monimos Protathlitis o Olympiakos (website)

¹⁰⁶ Vraveusei Korifaion stin Kolimvisi 2008

4.13 The Year of 2010

In 2010 the Pan-Hellenic Championship that was completed in Corfu, Olympiacos it conquered once more the title, with 361 points.¹⁰⁷

The Greek swimmers participate in European Championship of swimming. In the Pan-Hellenic Championship Open Water of men and women and young athlete that was carried out in Chalcis, in the 13 June of 2010, in 5 km was first Spyros Gianniotis (Olympiacos) with record 56:14,38, in the adolescents Thanasis Chronis (N.O. Chalcis) with record 1:00:08,13, in the women was first M. Lymperta (Olympiacos) with record 1:00:36,04 and in Young athlete V. Pappa (AE. Chaidariou) with record 1:03:32,89 and in 10km. in the men Antonis Fokaidis (PAOK) with record 2:00:37,04 and also in the women K. Araoyzoy (PAOK) with record 2:01:08, 95¹⁰⁸

On Grand prix 2010 in Alexandria of Thessalonica, were carried out International competitions with attendances of athletes from Balkan states and all the Greek athletes from which of them won were Kalargaris Ioannis of G.S.Peristeriou in the 50 m and 100 m front - crawl with records 00:23,68 – 00:51,46.

Theocharidis Alexandros in 50 m backstroke with record 0: 28,12 also in 50 m. butterfly Markozis Kon/nos AE Chaidariou with record 00:25,50. In the women Matsa Martha of Aris of Thessalonica in 50 m front crawl with time 00: 26,70, Kostis Eleni of EOFPF in 100 m front - crawl with record 00:57,94, in 400 m front - crawl Iakobido Themida of KOPI with record 04:23,2 and in the 50 m backstroke Petradaki Aspasia of Aris of - Thessalonica with record 0:30,65.

On Grand prix “ACROPOLIS” in Alimos of Athens, 50 m swimming pool, won the first place the swimmers in the 50 m and 100 m front - crawl Kalargaris Ioannis of G.S.Peristeriou, in 200 m and 400 m front - crawl won Zisimos Andreas of OSFP.

In 50 m backstroke Theodoros Aristotelis of EOFPF, in 100 m backstroke Grigoriadis Aris of Aris club Thessalonica, in 50 m butterfly Koliopoylos Fotios of G.S.Peristeri. In 100 m butterfly Dimitriadis Stefanos of OSFP, and in the women in 50 m Matsa Martha of Aris club Thessalonica, in 100 m front - crawl Klikopoyloy

¹⁰⁷ O Olympiakos Protathlitis stin kolimvisi gia 15^η Diadoxiki Xronia

¹⁰⁸ Pannelinio Protathlima anoixtis Thalassias

Sofia of G.S. Peristeri, in 100 m front - crawl Eystathioy El. Of OSFP and in the 800 m front - crawl Araoyzoy Kalliopi of PAOK.¹⁰⁹

¹⁰⁹ Kolimvitiki Omsospondia Ellados- Episima Apotelesmata Agonon

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Xenophon,	Greek Symposium
Homer,	Iliad, Odyssey
Pausanias,	Greece Periigisis
Pindar,	victory celebrations: Olympic, Pythionikoi, Nemeonikoi, Isthmionikoi
Plato,	Politeia, Laws, Symposium
Plutarch,	On the boys' education, Parallel Lives, On Alexander's fate
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