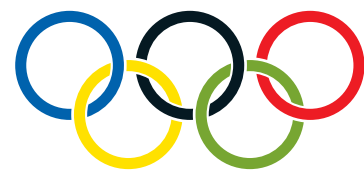


# Seven days in Beijing



Today

Mon

Tue

Wed

Thu

Fri

Sat

**STARS OF THE DAY**

The world's eyes will be on American swimmer Michael Phelps in his first final as he bids for a record eight golds, but compatriot Ryan Lochte could still spoil the party in the individual medley. America's basketball 'dream team' meet Yao Ming's China. On the British front, former world champion Nicole Cooke competes in the cycling road race and the Murray brothers, below, are in action in the men's doubles

**14-year-old Tom Daley, below, already a star of the Games, goes into action alongside partner Blake Aldridge in the 10m synchro dive with a genuine chance of a medal. In boxing, gold hope Frankie Gavin is out so welterweight Billy Joe Saunders, a Romany gypsy, now carries British hopes**

Despite the absence of Zara Phillips, the GB equestrian team are still favourites to take the team title. In the individual competition, William Fox-Pitt, below, is one of the leading contenders while Mary King is representing her country at her fifth successive Games. Twenty-year-old fencer Alex O'Connell, who attended the same independent school in Brentwood, Essex, as Frank Lampard, could cause an upset in the sabre class. Richard Faulds and Steve Scott are among the medal prospects in the double trap

**Expect a steady stream of medals throughout the week not just for Michael Phelps but also for Katie Hoff, below. The American female swimmer could win up to six golds and competes in the 4x200m freestyle relay today. At 49, France's Jeannie Longo has competed in every Games since women's cycling was introduced in 1984. She has a gold, two silvers and a bronze to her name and goes in the time trial**

Great Britain flag carrier Mark Foster, below, making his fifth appearances in the Games at the age of 37 – despite announcing his 'retirement' two years ago – will be hopeful of achieving his first Olympic medal in the men's 200m breaststroke final. Sarah Ayton and Sarah Webb have maintained the traditional 'three blondes in boat' routine this time – Pippa Wilson is the third member of the crew now – and the world champions will be a strong unit in the Yngling

**Kelly Sotherton, a former HSBC debt collector, has her best opportunity to improve on the bronze medal she won in Athens, with defending champion Carolina Klüft out of the heptathlon. The biggest star of the day, however, could be in the over 100kg judo category where 19-year-old France's Teddy 'The Teddy Bear' Riner, below, already one of his country's most famous sportsmen, is bidding to beat Satoshi Ishii of Japan to gold**

All eyes on the track as the world's fastest men – Jamaican Usain Bolt, the current world record-holder; Asafa Powell, who previously held that honour; and world champion Tyson Gay, below – go for 100m gold. For British sport, this could be a pivotal day: Bradley Wiggins and Chris Hoy cycle in the velodrome, Ben Ainslie aims to win the Finn class, for a third gold, and the men's rowing four look to repeat the success of 2000 and 2004



**WHAT TO WATCH... ALL TIMES BST**

**1am Equestrian** Britain look to pick themselves up after a poor start in the team and individual eventing dressage  
**3am Swimming** Michael Phelps goes in his first final, the 400m individual medley. The men's 400m freestyle will also be decided  
**3am Basketball** The US dream team will meet Yao Ming's China  
**6am Sailing** Ben Ainslie and the blondes in a boat return to the fray in the Finn and Yngling  
**7am Cycling** Nicole Cooke goes for gold in the road race  
**10am Tennis** Singles and doubles contests begin, with the Murray brothers in action  
**2pm Hockey** Britain's women meet defending champions Germany  
 BBC1 2AM-11AM; 7PM-8PM  
 BBC2 11AM-5.30PM  
 Eurosport 24 hours non-stop coverage

**1am Equestrian** Team and individual eventing cross country  
**3am Swimming** The Phelps fest continues, but keep an eye out for Liam Tancock in the 100m  
**3.30am Hockey** Olympic champions in 1988, Britain's men take on Pakistan  
**6am Sailing** Bryony Shaw has an excellent chance of gold in the women's windsurfing RS:X  
**6.30am Boxing** Billy Joe Saunders attempts to make up for Frankie Gavin being sent home in the welterweight division  
**7.30am Diving** It's the moment Tom Daley and Blake Aldridge have been waiting for with the 10m synchro final  
 BBC1 12.50AM-NOON; 12.45PM-5.15PM; 7PM-8PM  
 BBC2 NOON-12.45PM; 5.15PM-6PM  
 Eurosport 24 hours non-stop coverage

**12.15am Equestrian** William Fox-Pitt leads the way in the team eventing jumping  
**2am Shooting** 2000 champion Richard Faulds, left, is in form and tipped for the men's double trap  
**3am Badminton** Athens heroes Nathan Robertson and Gail Emms have drawn the No2 seeds, from China, in the first round of the mixed doubles  
**3am Swimming** By our calculations, Phelps should be up to his third gold by the end of the day  
**9am Rowing** Katherine Grainger leads out our women's quadruple sculls crew hoping to come back with a medal  
 BBC1 1.20AM-NOON; 12.45PM-5.15PM; 7PM-8PM  
 BBC2 NOON-12.45PM; 5.15PM-6PM  
 Eurosport 24 hours non-stop coverage

**3am Archery** Medal hope Alan Wills enters the fray  
**3am Swimming** China's Wu Peng tries to end Michael Phelps' dominance in the 200m butterfly. Don't hold your breath  
**3.15m Gymnastics** East meets West as China's and the US's women, led by Shawn Johnson, below, vie for team glory  
**6am Sailing** Men's and women's 470, men's 49er, men's and women's Laser, men's Finn, women's Yngling  
**8.30am Rowing** A good semi-final would set the men's four up nicely for gold  
**12.45pm Football** Ronaldinho and Brazil are in action against the hosts  
 BBC1 2.50AM-NOON; 12.45PM-5.15PM; 7PM-8PM  
 BBC2 NOON-12.45PM; 5.15PM-6PM  
 Eurosport 24 hours non-stop coverage

**1.30am Hockey** Britain's women play their third match, against New Zealand  
**3am Swimming** No medals for Phelps today but he does swim in the 200m individual medley heats, while Katie Hoff can add another gold in the relay  
**4am Gymnastics** American Paul Hamm withdraws from the competition and therefore will be unable to defend the all-round title  
**6am Sailing** Ben Ainslie and the 'three blondes in a boat' remain on course, we hope, for Finn and Yngling gold respectively  
**8.30am Rowing** British interest in men's and women's sculls semi-finals  
 BBC1 2.50AM-NOON; 12.45PM-5.15PM; 7PM-8PM  
 BBC2 NOON-12.45PM; 5.15PM-6PM  
 Eurosport 24 hours non-stop coverage

**2am Athletics** Kelly Sotherton (below) starts her heptathlon bid, plus the first heats of the 100m  
**2am Beach volleyball** Ideal viewing for students coming in from the pub  
**3am Swimming** David Davies will be trying to improve on the 1500m bronze he won in Athens  
**9am Tennis** If the Murrays have made it this far, they will be playing for a medal  
**9.30am Cycling** Chris Hoy heads the team sprint challenge  
**Noon Athletics** More track heats, including the 1,500m, and third and fourth rounds of the heptathlon  
 BBC1 1.50AM-NOON; 12.45PM-5.15PM; 7PM-8PM  
 BBC2 NOON-12.45PM; 5.15PM-6PM  
 Eurosport 24 hours non-stop coverage

**2am Athletics** Highlights of the day ahead include the men's 100m final (but don't worry, it doesn't start until 3.30pm)  
**6am Sailing** Finals in all the major events should bring medals for Britain  
**8.30am Rowing** Britain's men's four should figure in the final to defend their titles of Athens and Sydney  
**9am Tennis** Men's and women's singles finals  
**9.30am Cycling** Chris Hoy goes for individual glory, this time in the Keirin  
**11am Football** Brazil and Argentina should continue their inevitable passage through to the final from the last eight  
 BBC1 1.50AM-4.30PM; 5.30PM-8.15PM  
 Eurosport 24 hours non-stop coverage

**OLYMPIC SPORTS WE'D LIKE TO SEE BROUGHT BACK**

**Poodle-clipping** Received its only trial in 1900 but what a competition as Avril Lafoule won with 17 poodles in two hours. Marine barbers would surely flourish nowadays and Paris Hilton could be given the pooches afterwards

**Tug of War** Britain pipped America in 1908 and the two countries' obesity epidemics could set up a cracking clash of the heavyweights final now. Just think of all that extra practice British dads have had at their kids' sports days

**Cricket** Adam Glichrist says he would have loved to compete at the Olympics, where the sport featured in 1900. Why not use this as the major international Twenty20 contest? But after the 2007 World Cup fiasco, don't let the ICC organise it

**Rope climb** Only two climbers made it to the top of the rope at the 1896 Games, prompting the event to be dropped. On the other hand, this would surely be another minority sport at which Britain could excel and clean up

**Tumbling** Last seen in 1932, where American Rowland 'Flip' Wolfe, above, pioneered the backflip with double twist. A walk through the streets of any British city centre at midnight on a Saturday night would reveal an untapped talent pool

**Motor Boating** Discontinued in 1908 after poor British weather hampered racing, with the event transferred from Rome. Bring it back but participants must wear Hawaiian shirts, finish a cool box of beer and play Beach Boys CDs as they go

**Live pigeon shooting** Leon de Lunden won gold by bringing down 21 birds at Paris in 1900, and this would surely be ideal for reintroduction at London 2012 when the competition could be held in Trafalgar Square

**NUMBER OF THE DAY**

**229** height in cm of Yao Ming who turns out for China today in the basketball against the US

**28** number of different sports in which 10,708 competitors from 204 nations will be chasing 302 golds over the next two weeks

**154** micrograms per cubic metre of pollution recorded in the Beijing atmosphere (the WHO safe level is 50)

**1986** year in which boxing was banned in China. With that now reversed, flyweight Zou Shiming hopes to claim a first gold today

**187** days it took to complete London's 1908 Games, thanks to the usual rain, and figure skating being included in the summer Games

**2** number of golds won by Britain in the pentathlon/heptathlon. Kelly Sotherton looks to emulate Dame Mary Peters and Denise Lewis today

**36** years since Mark Spitz won seven golds in the pool at Munich, a record Michael Phelps will hope to break over the weekend

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