

# Olympic flame



**The Olympic flame was introduced at Amsterdam in 1928 to burn from start to finish of the Games**

Since 1936 the torch has been lit and carried by relay from the site of ancient **Olympia** in Greece, where the stadium was dominated by an altar to Zeus on which burned a sacred flame. Women wearing ancient Greek robes preside at the lighting ceremony, using the sun's rays reflected off a mirror – not entirely true to the original spirit of the Games, which were for men only. Women who defiled the sacred valley of Olympia were hurled into a gorge to their deaths