

EVENTS YOU CAN'T MISS

You can't watch everything. So here's a list of the best of the best.



SUNDAY, AUG. 7

It's a big night in the pool as the two biggest names in American swimming hit the water. Katie Ledecky, 19, will go for gold in an event she dominates (400 freestyle). And Michael Phelps is expected to join the men's 4 x 100 freestyle relay in its gold medal race. **NBC primetime (live)**

TUESDAY, AUG. 9

The five-woman U.S. gymnastics team — Simone Biles, Gabby Douglas, Aly Raisman, Madison Kocian and Laurie Hernandez — will attempt to win its second straight team gold after the "Fierce Five" rolled in the 2012 London Games. **NBC primetime (on tape delay)**

Michael Phelps will get his first shot at individual gold in Rio in the 200 butterfly. **NBC primetime (live)**

THURSDAY, AUG. 11

In 2004, it was Carly Patterson. In 2008, it was Nastia Liukin. In 2012, it was Gabby Douglas. Can Simone Biles give the U.S. its fourth straight women's all-around gymnastics gold? She's the odds-on favorite. **NBC primetime (tape delay)**

FRIDAY, AUG. 12

It's the last time you'll see Phelps in the water for an individual competition, hoping to win gold in the 100 butterfly for his fourth straight games. Heavily favored Ledecky will race for gold in the 800 free. **NBC primetime (on tape delay)**

SUNDAY, AUG. 14

Usain Bolt looks to claim the title of world's fastest man by winning the 100 meter sprint for the third straight games. **NBC primetime**

THURSDAY, AUG. 18

Ashton Eaton looks to claim his second straight gold in the men's decathlon. This is the second and final day of the competition, which concludes with the 1,500 meters under the Rio Olympic Stadium lights. **NBC primetime (on tape delay)**

FRIDAY, AUG. 19



It's the women's soccer gold medal match and few would expect it not to include the U.S. women's team, gold medalists in the past three Olympic Games. **4:30 p.m. NBCSN**

American wrestler Jordan Burroughs sits atop the Olympic rankings in the 74kg freestyle. If he meets expectations, he'll wrestle for back-to-back golds. **3 p.m. CNBC**

SATURDAY, AUG. 20

No team has been more dominant at the Olympics over the past 20 years than the U.S. women's basketball team, winning five straight golds. It's hard to imagine they won't reach the gold medal game. **2:30 p.m. NBC**

SUNDAY, AUG. 21



While this U.S. men's basketball team is not the Dream Team, it's still an impressive group of players led by Kevin Durant, Carmelo Anthony, Clay Thompson and Draymond Green. Short of an upset, they'll play for gold. **2:45 p.m. NBC**

OPENING CEREMONY

Traditionally, the best-kept secret of any Olympic Games is who will light the cauldron. But there's no sports figure in Brazil more iconic than Pele, the soccer legend. Anyone else would be a shocker. The opening ceremonies will start at 7 p.m. but will be aired on NBC on a one-hour delay (so tune in at 8). The ceremonies will take place in Maracanã Stadium. Expect to see some Brazilian celebs, including the country's most popular woman Gisele Bündchen (and maybe a sighting of her husband Tom Brady).

WHERE TO WATCH ON TV

NBCUniversal's TV and digital networks will show a record 6,755 hours of Olympic action. Rio is only one hour ahead of the Eastern time zone, allowing for much to be shown live. NBC will broadcast more than 260 hours, including the opening and closing ceremonies and extensive coverage of swimming, gymnastics and track and field. There will be a total of 2,084 hours televised across NBCU networks, including NBC Sports Network, MSNBC, CNBC, USA, Bravo, The Golf Channel, NBC Soccer Channel, NBC Basketball Channel, Telemundo and NBC Universo. NBC will stream every event live online.



Rio de Janeiro, Brazil

FACTS & FIGURES

First-timer: Rio de Janeiro is the first city in South America to host the Olympics.
Sports: There are 28 sports and 42 disciplines.
Sports venues: 37 competition venues, including five soccer stadiums located outside of Rio de Janeiro
Medal events: 306 medal events
Two new sports: Golf and rugby sevens
Athletes: Around 10,500
Countries: Athletes from 205 countries, as well as a team of refugees competing under the Olympic flag.

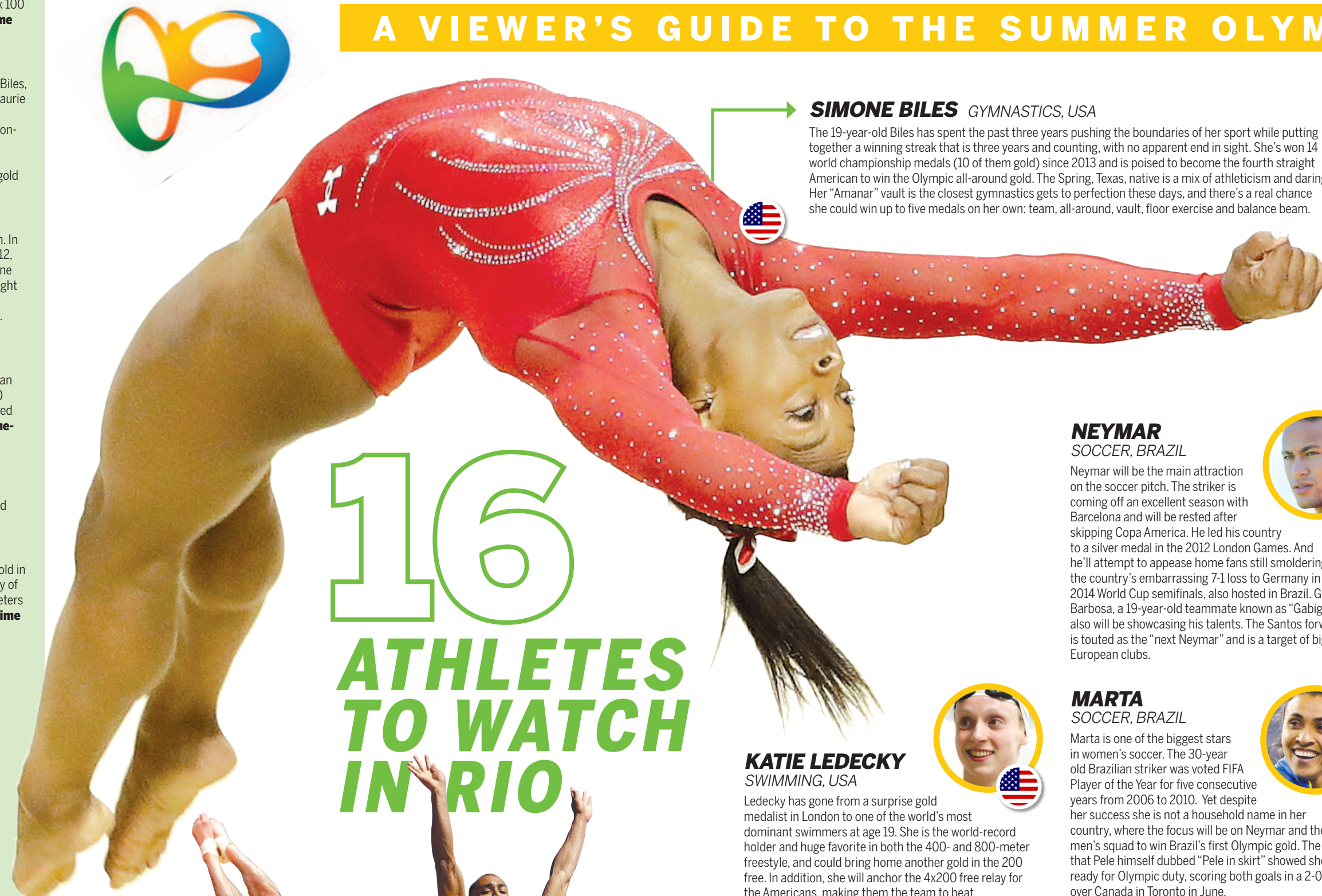
THE MEDALS

A total of 2,488 medals have been produced for the Rio Games, including 812 gold, 812 silver and 864 bronze. One side of the medal features Nike, the Greek goddess of victory. On the other is the Rio logo surrounded by laurel leaves — a symbol of victory in ancient Greece. The name of the event for which the medal was won is engraved by laser along the outside edge.



2016 RIO GAMES

A VIEWER'S GUIDE TO THE SUMMER OLYMPIC GAMES AUGUST 5 - 21



SIMONE BILES GYMNASTICS, USA

The 19-year-old Biles has spent the past three years pushing the boundaries of her sport while putting together a winning streak that is three years and counting, with no apparent end in sight. She's won 14 world championship medals (10 of them gold) since 2013 and is poised to become the fourth straight American to win the Olympic all-around gold. The Spring, Texas, native is a mix of athleticism and daring. Her "Amanar" vault is the closest gymnastics gets to perfection these days, and there's a real chance she could win up to five medals on her own: team, all-around, vault, floor exercise and balance beam.

NEYMAR SOCCER, BRAZIL

Neymar will be the main attraction on the soccer pitch. The striker is coming off an excellent season with Barcelona and will be rested after skipping Copa America. He led his country to a silver medal in the 2012 London Games. And he'll attempt to appease home fans still smoldering from the country's embarrassing 7-1 loss to Germany in the 2014 World Cup semifinals, also hosted in Brazil. Gabriel Barbosa, a 19-year-old teammate known as "Gabigol," also will be showcasing his talents. The Santos forward is touted as the "next Neymar" and is a target of big European clubs.

MARTA SOCCER, BRAZIL

Marta is one of the biggest stars in women's soccer. The 30-year-old Brazilian striker was voted FIFA Player of the Year for five consecutive years from 2006 to 2010. Yet despite her success she is not a household name in her country, where the focus will be on Neymar and the men's squad to win Brazil's first Olympic gold. The woman that Pele himself dubbed "Pele in skirt" showed she is ready for Olympic duty, scoring both goals in a 2-0 victory over Canada in Toronto in June.

KATIE LEDECKY SWIMMING, USA

Ledecky has gone from a surprise gold medalist in London to one of the world's most dominant swimmers at age 19. She is the world-record holder and huge favorite in both the 400- and 800-meter freestyle, and could bring home another gold in the 200 free. In addition, she will anchor the 4x200 free relay for the Americans, making them the team to beat.

USAIN BOLT TRACK & FIELD, JAMAICA

Amid uncertainties at these Rio Games, there's one sure thing: Bolt's bravado and self-confidence. It's what is expected from the world's fastest man and greatest showman. As for his pursuit of a triple Olympic treble, Bolt adamantly responds: "I'm not going to lose one of the golds, for sure." When letting his guard down, Bolt sounds less invincible. Bolt's preparations for the defense of his Olympic titles (100, 200 and 4x100-meter relay) have been far from smooth, with a hamstring injury forcing him out of the Jamaican trials. But he's still a favorite in what he expects will be his last Olympics.

ALLYSON FELIX TRACK & FIELD, USA

The defending Olympic gold medalist in the 200 missed her chance at a 200-400 Olympic double when she fell short of the final qualifying spot by .01 seconds in the U.S. trials last month. It was her signature event, and one that became more challenging when she suffered a severe ankle injury in April that prevented her from running the correct direction around the track until just before the trials. But she'll be in Rio for the 400, giving the sport some much-needed star power.

JORDAN BURROUGHS WRESTLING, USA

Burroughs' charismatic personality, electric wrestling style and savvy use of social media has made him the face of the sport and one of the biggest stars the U.S. will send to Rio. The 2012 gold medalist is a whiz online, with over 230,000 followers on Instagram, 170,000 on Facebook and over 140,000 on Twitter (@alliseeisgold) attracted in part to his family-friendly persona. He's especially popular in wrestling-mad Iran, which sent him a traditional Persian blanket after the recent birth of his second child — even though Iranian Hassan Yazdani is one of Burroughs' biggest rivals. Anything short of a gold medal would be a disappointment for a sport looking to expand its reach. For Burroughs, another gold would define his legacy as not only the most popular wrestler in U.S. history, but one of its best.

IBTIHAJ MUHAMMAD FENCING, USA

Fencing might have finally found an athlete whose story transcends the sport. Muhammad will make history by becoming the first American athlete to wear a hijab — a Muslim head scarf — while competing in the Olympics. Her Olympic goal — beyond winning a medal, of course — is to be a positive role model for the Muslim-American community. She joins two-time Olympic gold medalist Mariel Zagunis on an American team that might be as strong as it's ever been in fencing.

CHLOE DYGERT CYCLING, USA

The 19-year-old Dygert is one of bike racing's bright young stars, sweeping the junior road race and time trial at last fall's world championships. That showing piqued the interest of USA Cycling, and suddenly she was tapped to join its powerhouse women's pursuit squad for the Rio Games. After winning the world title in record time, they're now the heavy favorites for Olympic gold. The team won silver in 2012 and hopes Dygert is the missing piece it needs to take gold.

MACKENZIE BROWN ARCHERY, USA

The lowdown on American archer Mackenzie Brown: She knits, line dances, used to be a competitive swimmer — backstroke was her specialty — and shoots arrows while listening to country music to hone her concentration. Then there's this: The 21-year-old from Flint, Texas, may just be the archer to interrupt the dominance of South Korea, the nation that's captured seven of the last eight Olympic gold medals in the women's individual event heading into Rio. She's attempting to become the first U.S. woman to win Olympic gold since Luann Ryan in 1976.

CLARESSA SHIELDS BOXING, USA

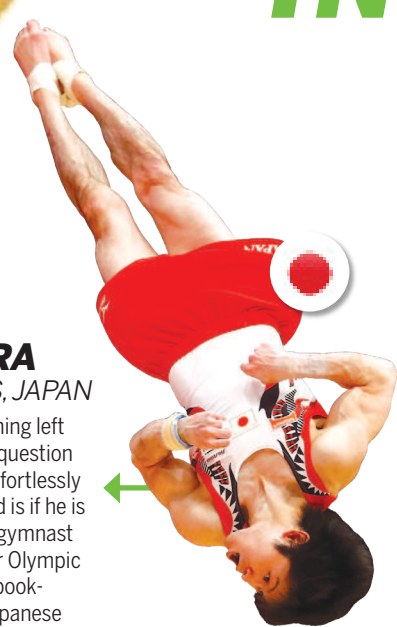
Entering Rio, Shields, 21, is determined to make the world take notice in her second Olympics. She hasn't lost a bout since striking gold in London, improving her record to 74-1, and has won her sport's last two world championships. She's an in-your-face female middleweight champion with furious fists and a menacing competitive demeanor. Outside of the ring, Shields' generous smile broadens when she talks about her passions: boxing, children and the calling she feels to lift both. She's used what clout she has to help her hometown of Flint, Michigan, pull through its ongoing water crisis. — *The Washington Post*

GWEN JORGENSEN TRIATHLON, USA

Inspired by Barb Lindquist, at one time the world's top-ranked triathlete and a former Olympian, Jorgensen gave the triathlon a shot in 2010 and learned quickly she was a natural. She was hooked in no time and qualified for the London Games, where she was a favorite. A flat tire on the bike doomed her to a 38th-place finish and fed her fire to make amends in Rio. The sport's two-time defending world champion, she had an unprecedented unbeaten streak stretching from May 2014 and April 2016 that produced a dozen consecutive first-place finishes.

BREAKDOWN AND PHOTOS BY THE ASSOCIATED PRESS

16 ATHLETES TO WATCH IN RIO



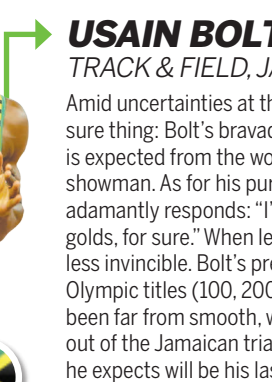
KOHEI UCHIMURA GYMNASTICS, JAPAN

Uchimura has nothing left to prove. The only question surrounding the effortlessly elegant 27-year-old is if he is the greatest male gymnast of all time. Another Olympic all-around title to book-end the one the Japanese captured in London four years ago would settle the debate for now and perhaps for good. Yet Uchimura is far less concerned with adding to his ever-growing collection of personal bing — he's won a record six world championships to go with that Olympic gold — and more focused on helping his country return to the top of the podium.



ASHTON EATON DECATHLON, USA

Ashton Eaton is a hot favorite to win another prize for most versatile athlete at the Olympics. Even with a tender right hamstring, Eaton won the U.S. trials with 8,750 points in the decathlon, well below the world record 9,045 he set in winning the world championships last year but also well clear of all his peers. Eaton warmed up for London in 2012 with a world record in the U.S. trials (9,039) and won the Olympic gold with 8,869. His aim now is to surpass 9,000 points at every major event.



RIO'S VENUES

A look at the venues that will attract the most attention and largest crowds in Rio.



Maracanã Stadium

Originally built to host the 1950 World Cup, the Maracanã Stadium will stage the opening and closing ceremonies and the gold medal matches of the men's and women's soccer tournaments. The venue was modernized for the 2014 FIFA World Cup.



Rio Olympic Stadium

The stadium that will host the track and field events and some soccer matches was originally built for the 2007 Pan American Games. Seating capacity has been expanded temporarily, and the running track has been completely modernized.



Olympic Aquatics Stadium

The Olympic Aquatics Stadium has two pools, one to host the swimming events and water polo finals and the other for warming up. It holds nearly 15,000 people. To reduce energy usage, 15,000 holes were drilled into the temporary facility for ventilation.



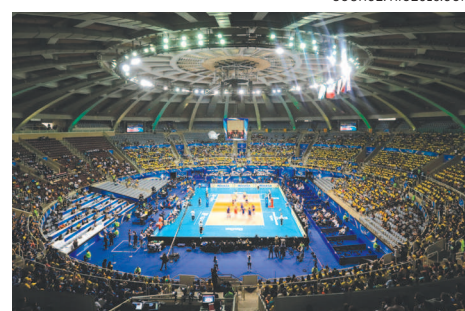
Carioca Arena 1

It's likely this is where the U.S. men's and women's basketball teams will play for gold. This multi-purpose facility spans more than 38,000 square meters. After the event, it will be part of the Olympic Training Centre, with facilities for 12 sports.



Rio Olympic Arena

Another venue originally constructed for use in the 2007 PanAm Games, the Rio Olympic Arena will stage artistic, rhythmic and trampoline gymnastic events. The facility has been home to some NBA games and UFC events in recent years.



Maracanãzinho

Considered the spiritual home of volleyball in Brazil, the Maracanãzinho will host those matches throughout the games. Volleyball rounds start Saturday and run through the length of the games, concluding with gold medal matches Aug. 21.

RATING THE NATIONS

Which nations, by medal count, are historically the fastest, highest and strongest?

THE FASTEST				THE HIGHEST				THE STRONGEST			
USA	295	218	169	USA	77	64	43	USA	165	130	135
Australia	49	52	59	Soviet Union	11	11	21	Soviet Union	143	94	75
E. Germany	42	34	24	Russia	11	11	11	Japan	69	38	48
Netherlands	21	18	18	Poland	6	7	2	Cuba	54	43	46
Hungary	19	19	12	Britain	5	11	6	China	47	25	28
Britain	17	36	38	E. Germany	5	6	4	Finland	44	46	53
Japan	17	17	25	Sweden	5	5	11	Russia	43	38	46
Soviet Union	15	25	32	Germany	4	3	5	Hungary	40	36	49
Jamaica	13	21	14	Romania	4	3	1	South Korea	38	38	44
China	10	15	7	W. Germany	4	2	0	Turkey	38	22	23

Includes track and field events with distances up to 400 meters and swimming events up to 200 meters.

Includes track and field events (high jump, pole vault, long jump, triple jump and similar) and trampoline.

Includes track and field throwing events, tug of war, judo, taekwondo, boxing, wrestling and weightlifting.