The Olmec

Sites:

San Lorenzo (Michael Coe, Richard Diehl, Ann Cyphers Guillén)
  large habitation site on plateau
  height of occupation 1150-900 B.C.
  important human modification of plateau
  important sculptures, drains

El Manatí (Ponciano Ortiz and María del Carmen Rodríguez)
  ceremonial site
  occupied before and during occupation of San Lorenzo
  water-logged deposits
  burial of offerings
  important sequence showing development of ceremonialism and rulership

La Venta (recent work by Rebeca González; early work by R. Heizer and others)
  large habitation site
  height of occupation 900-400 B.C.
  pyramids and plazas: establishing a typical Mesoamerican site plan
  sculptures