



# Diving

Aquatics Centre, Olympic Park

## London 2012 Olympic Games Official spectator guide



# Plan your travel

## Getting to the Olympic Park

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1-9 on the day of your event, including to and from the Olympic Park. The recommended stations are:

**Stratford** – around 15-minute walk

**Stratford International** – around 15-minute walk

**West Ham** – around 25-minute walk

London will be very busy so leave plenty of time to get to the Olympic Park and be prepared for crowds. Plan and book your journey at [london2012.com/travel](http://london2012.com/travel) and check it before you set off as things may change.

Or why not take the active option and get on your bike? There's secure cycle parking in Victoria Park (around 15-minute walk to Victoria Gate), and outside Eton Manor Gate and Greenway Gate. You'll also find walking and cycling routes on our website.

There is no spectator parking at the Olympic Park, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at [tfl.gov.uk/visitorshop](http://tfl.gov.uk/visitorshop)

## Accessible travel

If you've reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to [london2012.com/bluebadge](http://london2012.com/bluebadge)

Stratford and Stratford International stations have step-free access, with staff assistance available.

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at [london2012.com/accessibility](http://london2012.com/accessibility)

## BARCODE



# Top tips

# Welcome

This guide includes handy tips to help you get to your event and make the most of your Olympic experience. So have a good read – and don't forget to bring it on the day!

## Arriving at the Olympic Park

Aim to be at the Olympic Park two hours before your session starts. When you get there, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the Olympic Park. Go to [london2012.com/security](http://london2012.com/security) for the full list, which includes water and other liquids.

You'll need to have your ticket ready to be checked at the entrances to the Olympic Park and the Aquatics Centre.

## Arriving at the venue

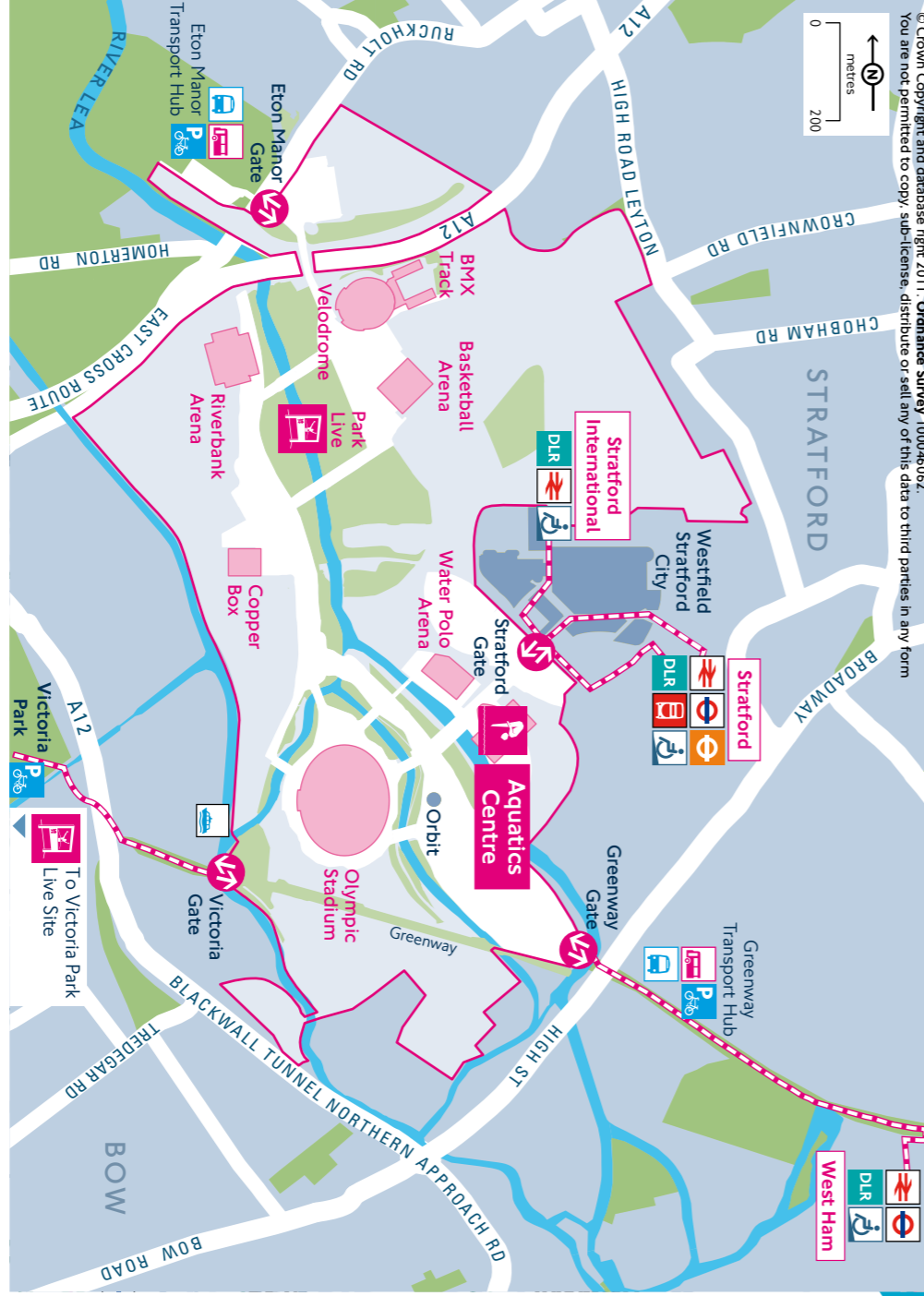
You should aim to arrive at the Aquatics Centre up to 90 minutes before your session starts to make sure you don't miss any of the action. The build-up to competition will begin the moment doors open so get to your seat and enjoy the show!

The Olympic Park is very big so bear in mind it could take up to 30 minutes to get to the Aquatics Centre once you've gone through security screening, depending on where you enter.

There's no readmission to the Olympic Park or the Aquatics Centre.

- 1 Check the London 2012 website for the latest information** before you travel
- 2 Remember your tickets!** Everyone needs a ticket for entry
- 3 Aim to arrive at the Olympic Park two hours before** your session starts
- 4 The transport system and venues will be very busy so leave plenty of time to travel and be prepared to wait** – it may also take a while to exit the Olympic Park once your session is over
- 5 You'll need to go through airport-style security** when you arrive so make sure you've **read the list of items that aren't allowed inside the Olympic Park** at [london2012.com/security](http://london2012.com/security)
- 6 Your bag must fit under your seat or on your lap.** If you can manage without one, even better – it will help speed up security checks
- 7 There's a wide variety of healthy and tasty food** inside the venue
- 8 You can pay by Visa (debit, credit or prepaid) or cash (£) only**
- 9 Check the weather forecast and come prepared,** whether that means bringing a sun hat or rain jacket – we are in the UK after all!
- 10 The Olympic Park is very big – make sure you wear comfortable shoes** so you can explore. If you've got a smartphone, **switch on Wi-Fi** and visit [london2012.com](http://london2012.com) to find fun things to do after your event

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## Key

	Recommended station for spectators		London Underground		Park-and-ride shuttle bus pick-up/drop-off
	Event area during the Olympic Games		London Overground		Cycle parking
	Olympic Park entrance and exit		Docklands Light Railway		Coach pick-up/drop-off
	Spectator access route		River services		Live Site
	National Rail		Bus station		Games Mobility shuttle service will be available across the Olympic Park
	Station with step-free access and staff assistance		Station with step-free access and staff assistance		

# Diving

Diving requires acrobatic excellence and supreme coordination skills, as athletes dive from heights of up to 10 metres into the waters below.

## Events

- 3m Springboard
  - 10m Platform
  - Synchronised 3m Springboard
  - Synchronised 10m Platform
- Men's event   Women's event

## Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul	Sun 29 Jul	Mon 30 Jul	Tue 31 Jul	Wed 1 Aug	Thu 2 Aug	Fri 3 Aug	Sat 4 Aug	Sun 5 Aug	Mon 6 Aug	Tue 7 Aug	Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Morning/afternoon		15:00-16:00	15:00-16:15	15:00-16:05	15:00-16:05		14:30-17:00	14:30-15:50		10:00-11:40		10:00-11:35			10:00-11:55	
Evening									19:00-20:15	19:00-22:00	19:00-20:30	19:00-21:55	19:00-20:25	19:00-22:30	20:30-22:10	

Sessions where gold medals will be decided and/or awarded are highlighted in **bold**

## The history

Competitive Diving developed from gymnastics in the 18th century, when gymnasts in Sweden and Germany started performing tumbling routines into water.

Diving made its Olympic debut at St Louis 1904, where medals were awarded for men in the 10m Platform and the Plunge for Distance (a Diving long jump event, which never again appeared on the Olympic programme). Synchronised Diving made its first Olympic appearance at Sydney 2000.

## The basics

The eight Olympic Diving events – four for men, four for women – feature either a springboard, three metres above the pool, or a fixed platform set at a height of 10m. In both the individual and synchronised events, men complete a total of six dives and women complete five different dives.

Judges award scores out of 10 for each dive. The total score is adjusted to take into account the dive's degree of difficulty. In the synchronised events, pairs of athletes dive in tandem and are also assessed for their level of synchronisation.

**Find out more about Diving** – pick up an official London 2012 daily or souvenir programme at the event.

## While you're watching

Please be as quiet as possible from the moment the diver's name is announced until the diver is completely beneath the water. Flash photography is not permitted.

# Aquatics Centre

**Seating plan**  
metres 0 40

**Key**

- Venue entrance and exit
- 101** Seating block
- Toilets and baby changing facilities
- Accessible toilets
- Ticket resolution office
- Lift
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Spectator flow
- Information, lost and found, Games Mobility and pushchair and wheelchair storage

Additional accessible toilets on mezzanine level

Scan me now or go to [london2012.com/mobileapps](http://london2012.com/mobileapps) to find out about the official London 2012 apps, with sports results, spectator information and more.



## Inside the Olympic Park

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted in the Olympic Park, except in designated areas.

**VISA** In recognition of Visa's longstanding support of the Olympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

## Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Olympic, London 2012 Festival and other events taking place across the UK at [london2012.com/joinin](http://london2012.com/joinin)

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at [london2012.com/shop](http://london2012.com/shop)



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