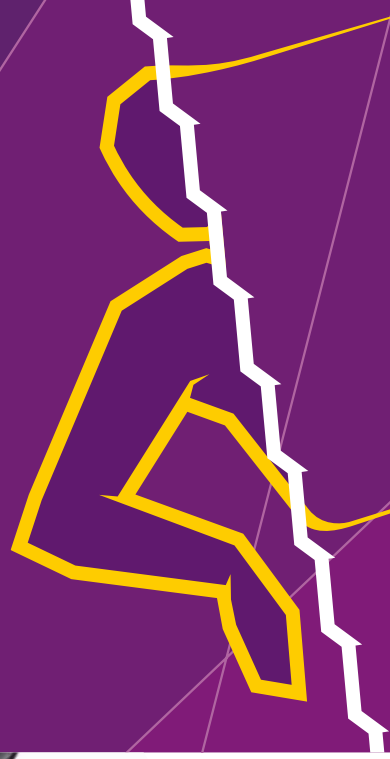


Marathon Swimming 10km

Hyde Park



London 2012 Olympic Games Official spectator guide



Plan your travel

Getting to Hyde Park

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 recommended stations for Hyde Park:

- Bond Street** – 20-minute walk
- Edgware Road** – 20-minute walk
- Green Park** – 25-minute walk
- Hyde Park Corner** (for arrival only) – 5-minute walk
- Knightsbridge** – 25-minute walk
- Marble Arch** (for arrival only) – 15-minute walk
- Paddington** – 20-minute walk
- Victoria** – 20-minute walk

London will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey at london2012.com/travel and check it before you set off as things may change. You'll also find plenty of walking routes on the website.

Been to Hyde Park before? The area will be operating differently during the Games so please follow the signs and directions from staff.

There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces. Cycle parking will be provided at various locations outside the venue.

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

Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/bluebadge

Green Park is the recommended accessible station. See the London 2012 website for more information.



Top tips

- 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 early** – gates will open 90 minutes before competition starts
- 4 Central London will be very busy so leave plenty of time to get to the venue and be prepared to wait** – it may also take a while to exit the park once the event is over
- 5 You'll need to go through airport-style security when you arrive so make sure you've read the list of prohibited and restricted items** at london2012.com/security
- 6 You can bring one small backpack or a handbag.** 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 There's no shelter in the venue so check the weather forecast and come prepared,** whether that means bringing a sun hat or rain jacket
- 10 Make sure you come in comfortable footwear** – especially if you have a standing ticket

Arriving at the venue

Please arrive early – gates will open 90 minutes before competition starts. Don't forget the time you'll need to walk from the station to the venue entrance.

The build-up to the race will begin the moment gates open, so get to your spot and enjoy the show.

When you get to the venue, you'll be asked to go through airport-style security screening. With thousands of people arriving at the same time, there may be a queue.

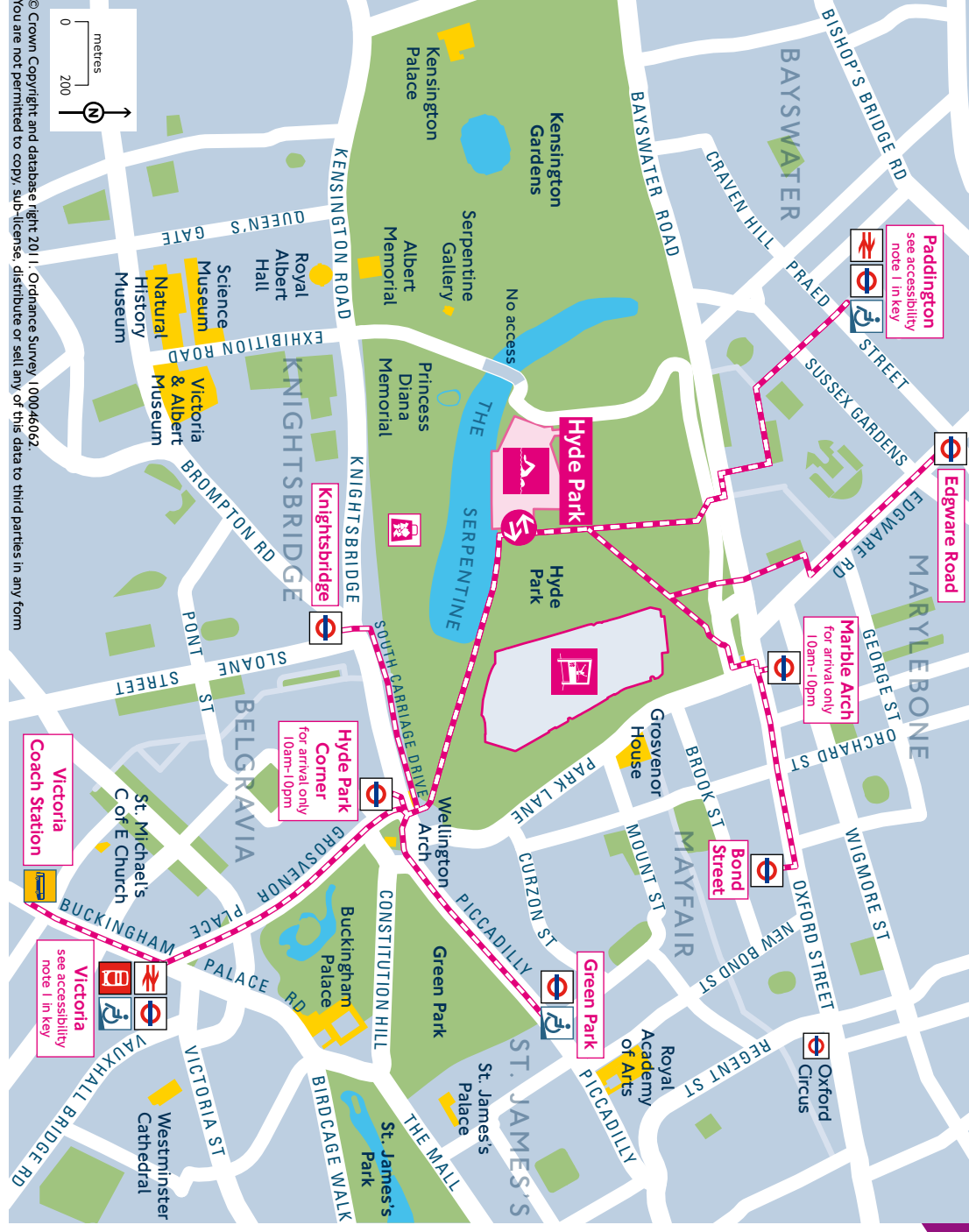
One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

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

There's no readmission to the venue.

Games Mobility

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



Key

- Spectator access route
- Recommended station for spectators
- Event area during the Olympic Games
- Venue entrance and exit
- Coach station
- Station with step-free access and staff assistance
- Live Site
- London 2012 Superstore
- National Rail
- London Underground
- Bus station

1 National Rail platforms are step-free. Underground platforms are not step-free. There will be no departures from Hyde Park Corner and Marble Arch stations between 10am and 10pm. If you are coming via these stations, remember you will need to find an alternative route home.

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Marathon Swimming 10km

The Marathon Swimming 10km is arguably the most challenging Swimming event of them all, with swimmers racing for up to two hours in water of around 18–21°C, without the aid of wetsuits.

Sports info

Medal events	2
Women's event	9 August
Men's event	10 August
Total athletes	50 (25 men, 25 women)

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
Afternoon												12:00-15:00	12:00-15:00			

The Victory Ceremonies will take place after each event

The history

Having made its debut at the Beijing 2008 Olympic Games, Marathon Swimming 10km is the most recent Swimming event to have been added to the Olympic programme. But its roots can be traced back to ancient times – open-water swimming also featured in the first three modern Olympic Games.

Dutchman Maarten van der Weijden and Russia's Larisa Ilchenko won the first Marathon Swimming 10km gold medals at Beijing 2008.

The basics

At London 2012, Marathon Swimming athletes will race over the 10km course in the Serpentine lake in Hyde Park, home to the famous Serpentine Swimming Club. In both the men's and women's events, they will swim six laps of the course marked out by buoys, passing through a timing gate after each lap that records lap times.

A feeding pontoon will be positioned on the lake, where coaches will stand to hand athletes drinks on the end of long poles as they swim past. Deciding whether to stop to fuel up or swim on to save time is a key tactical decision. At the finish, swimmers must pass through a timing gate and slap the overhead board to record their overall time.

Find out more about the Marathon Swimming 10km – pick up an official London 2012 daily or souvenir programme at the event.

Did you know?

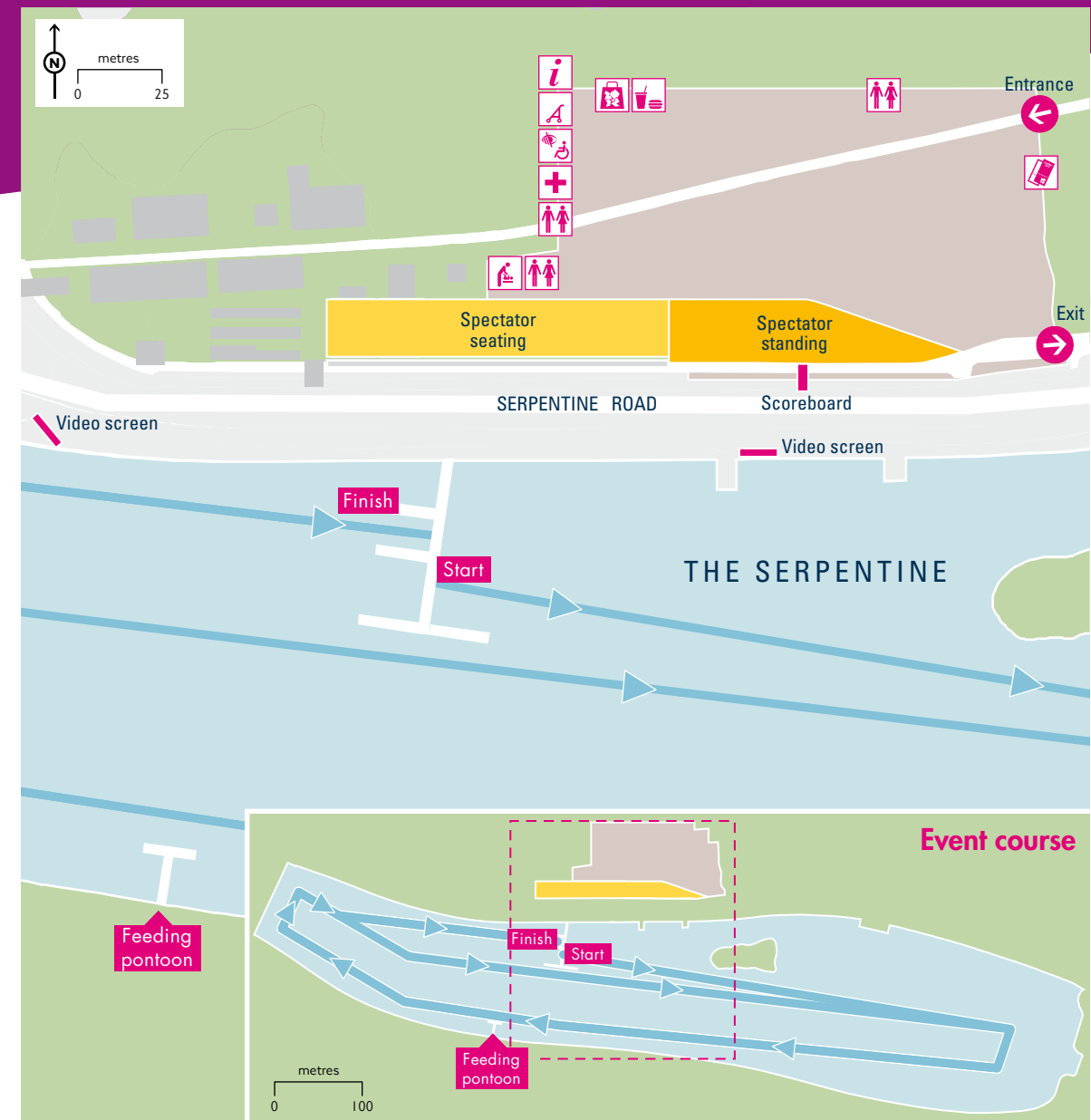
The Serpentine has hosted a 100-yard (91.4-metre) swimming race every Christmas morning since 1864. Known as the Peter Pan Cup, it is only open to members of the Serpentine Swimming Club.

While you're watching

Please be quiet at the start of the race and during the Victory Ceremony.



Hyde Park



Key

- Venue entrance or exit
- Toilets and accessible toilets
- Baby changing facilities
- Information and lost and found
- Ticket resolution office
- Games Mobility
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Marathon Swimming 10km course
- Spectator area

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



Inside the venue

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, 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

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



Delivering a memorable Olympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/OSG/35. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download in English and French at london2012.com



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