



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 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

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

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

BARCODE



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 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
- 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 to find fun things to do after your event

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 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.

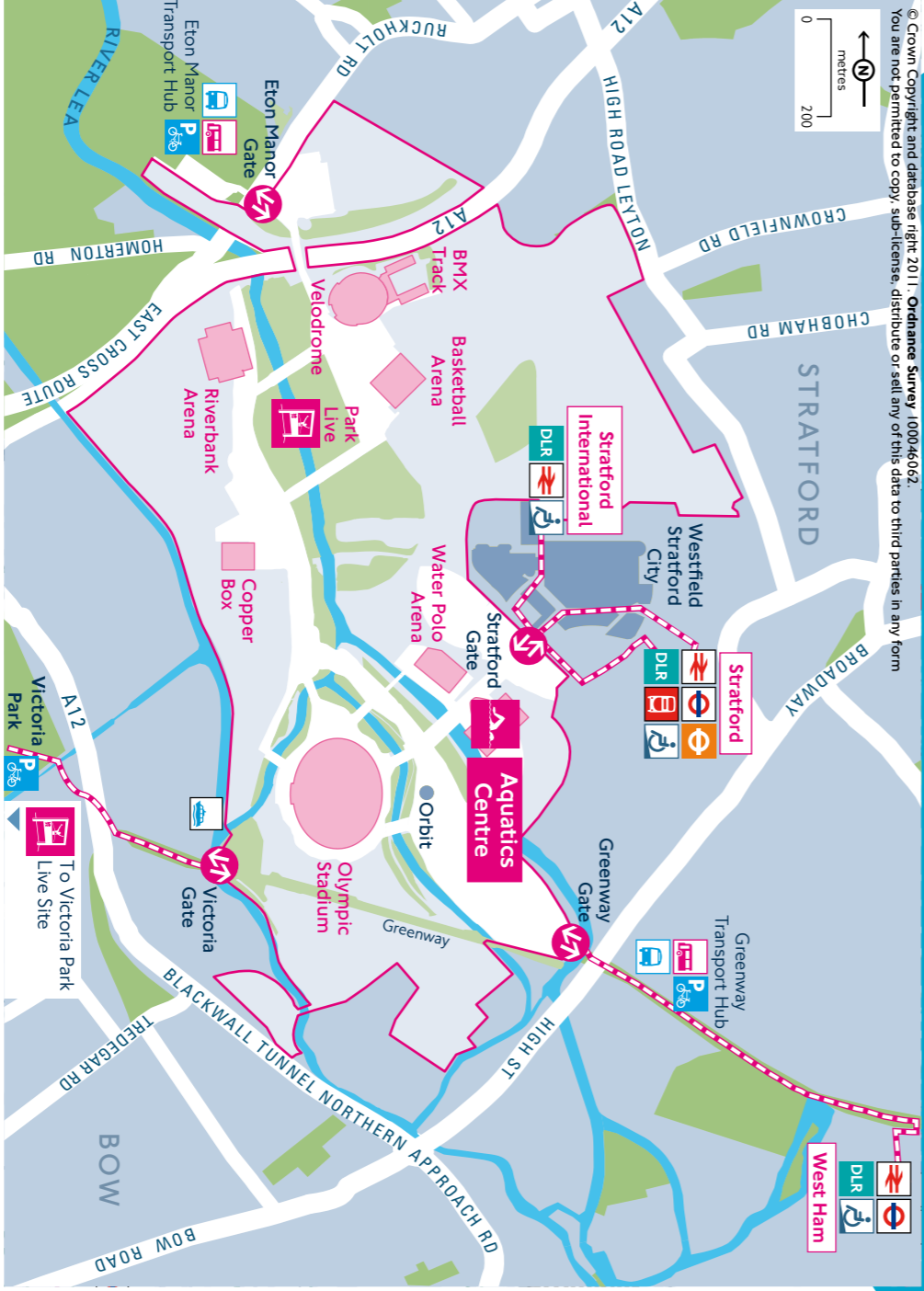
Arriving at the venue

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.

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!



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Key

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

Swimming

Speed, strength and stamina are key for athletes in the Swimming competition.

Events

- 50m Freestyle
- 100m Freestyle
- 200m Freestyle
- 400m Freestyle
- 800m Freestyle
- 1500m Freestyle
- 100m Backstroke
- 200m Backstroke
- 100m Breaststroke
- 200m Breaststroke
- 100m Butterfly
- 200m Butterfly
- 200m Individual Medley
- 400m Individual Medley
- 4 x 100m Freestyle Relay
- 4 x 200m Freestyle Relay
- 4 x 100m Medley Relay
- 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	10:00-13:00	10:00-12:50	10:00-11:40	10:00-12:15	10:00-13:05	10:00-12:10	10:00-12:50									
Evening	19:30-21:15	19:30-21:25	19:30-21:15	19:30-21:20	19:30-21:35	19:30-21:05	19:30-20:50	19:30-21:00								

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

The history

Evidence of people swimming for sport dates all the way back to Ancient Egypt and Ancient Greece. Now hugely popular around the world as a leisure activity and a competitive sport, Swimming has featured at every modern Olympic Games and remains a real crowd-pleaser.

At the first few modern Games, Swimming events were held in open water. At Paris 1900, for instance, they took place in the River Seine. However, the rules were formalised at the London 1908 Games, when the Olympic Swimming competition was held in a pool for the first time.

The basics

There are four strokes used in Olympic competition: freestyle (essentially, front crawl), backstroke, breaststroke and butterfly. All four strokes feature in the Individual Medley and Medley Relay events.

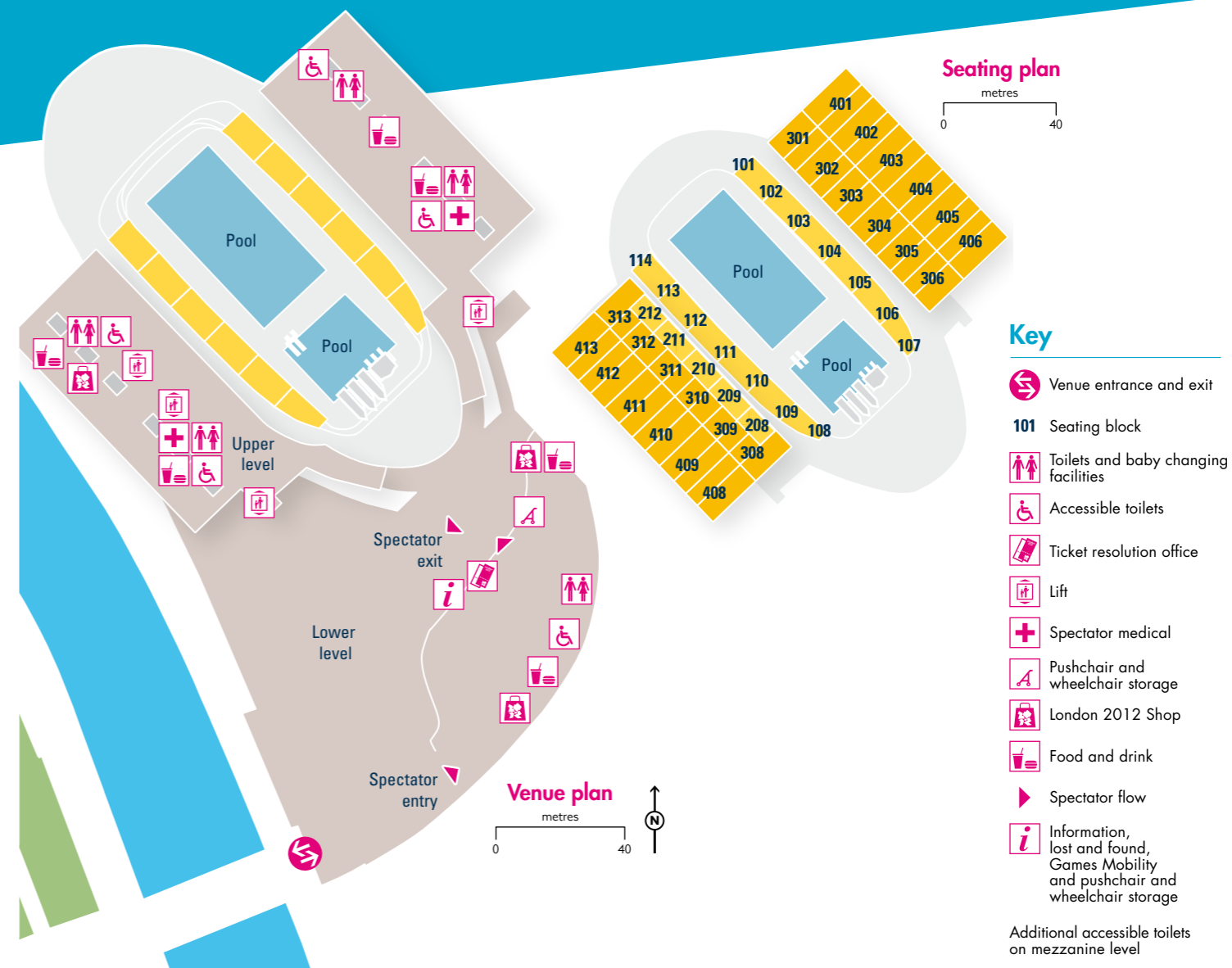
The 32 Swimming events at the Aquatics Centre are held over a variety of distances, from 50 metres (one length of the pool) all the way up to 1,500m. All events begin with heats, with the best swimmers from the qualifying rounds eventually racing for gold in the final.

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

Did you know?

The Paris 1900 Games featured an underwater Swimming event, where competitors earned points for the length of time they were underwater and the distance they swam.

Aquatics Centre



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 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

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/41. 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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