



Weightlifting

ExCel – South Arena 3



London 2012 Olympic Games Official spectator guide

Plan your travel

Getting to and from ExCel

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 ExCel. The recommended stations are:

For arrival

Custom House DLR – around 10-minute walk
West Silvertown DLR – around 15-minute walk

For departure

Prince Regent or Pontoon Dock DLR – follow staff directions

London will be very busy so leave plenty of time to get to ExCel 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 and cycling routes on the website.

Been to ExCel before? The venue will be operating differently during the Games so please follow signs and directions from staff. There is no spectator parking at or near the venue, 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/visitorsshop

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

Custom House (arrival) and Prince Regent (departure) are the recommended stations with step-free access and 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 **You can arrive at ExCel up to 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 venue 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 ExCel** 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 If you have any questions on the day, just **ask a member of London 2012 staff** or visit an information point

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!

ExCel is a multi-sport venue made up of five different arenas, each with its own unique spectator zone.

Arriving at ExCel

You can arrive at ExCel up to two hours before your session starts. When you get there, you'll be asked to go through airport-style security screening. With thousands of people arriving at the same time, it will be very busy so expect to 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 ExCel. Go to london2012.com/security for the full list, which includes water and other liquids.

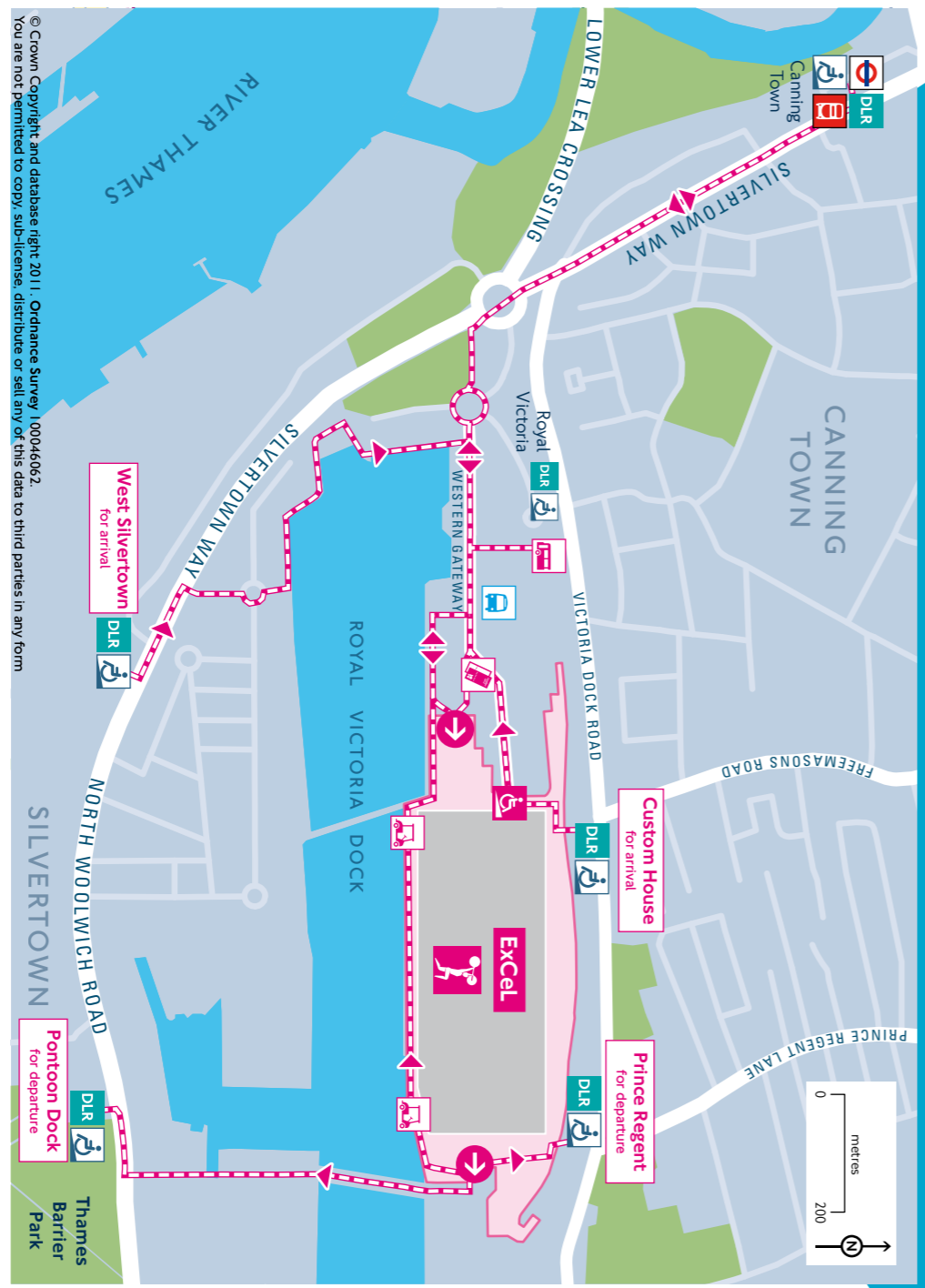
You'll need to have your ticket ready to be checked at the entrances to both ExCel and South Arena 3. There's no readmission.

Arriving at South Arena 3

After you've gone through security screening, please make your way directly to South Arena 3. It will take around 15 minutes to get there.

Unless your session is the first of the day, you'll only be able to enter the arena after all spectators from the previous session have left – so be prepared to wait.

Your Olympic experience will begin when you enter the spectator zone, which includes a whole host of fun stuff to see and do.



Key

- Spectator access route
- Recommended station for spectators
- Event area during the Olympic Games
- Venue entrance or exit
- Spectator flow
- Accessible entrance or exit
- Coach pick-up/drop-off
- London Underground
- Docklands Light Railway
- Games Mobility shuttle service
- Ticket box office
- Bus station
- Station with step-free access and staff assistance
- Park-and-ride shuttle bus pick-up/drop-off



Weightlifting

A test of pure strength, Weightlifting is the oldest and most basic form of physical competition.

Events

W 48kg	28 July
W 53kg	29 July
W 56kg	29 July
W 58kg	30 July
W 62kg	30 July
W 63kg	31 July
W 69kg	31 July
W 69kg	1 August
W 77kg	1 August
W 75kg	3 August
W 85kg	3 August
W 94kg	4 August
W +75kg	5 August
W 105kg	6 August
W +105kg	7 August

W Men's event W 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		10:00-14:00	10:00-14:00	10:00-14:00	10:00-14:00		10:00-14:00									
Afternoon	15:30-17:30	15:30-17:30	15:30-17:30	15:30-17:30	15:30-17:30		15:30-17:30	15:30-17:30	15:30-17:30	15:30-17:30	15:30-17:30					
Evening		19:00-21:00	19:00-21:00	19:00-21:00	19:00-21:00		19:00-21:00	19:00-21:00	19:00-21:00	19:00-21:00	19:00-21:00					

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

The history

Weightlifting featured at the first modern Olympic Games in 1896. After a number of absences from the Games in the early 1900s, the sport joined the Olympic programme for good at Antwerp in 1920, with women's events added in 2000.

Did you know?

The athlete presentation will begin around 15 minutes before the session start time shown on your ticket – get to your arena early so you don't miss out.

The basics

Competitors in Weightlifting are divided into 15 weight categories: eight for men and seven for women. Each event features two types of lift. In the snatch, the bar is lifted from the floor to above the head in one movement. By contrast, the clean and jerk is a two-stage action – the bar is first brought up to the shoulders before being jerked over the head.

Each lifter is allowed three attempts at the snatch and three attempts at the clean and jerk, and their best lift in each discipline counts towards their total. When a tie occurs, the athlete with the lower bodyweight is declared the winner. If two athletes lift the same total weight and have the same bodyweight, the winner is the athlete who lifted the total weight first.

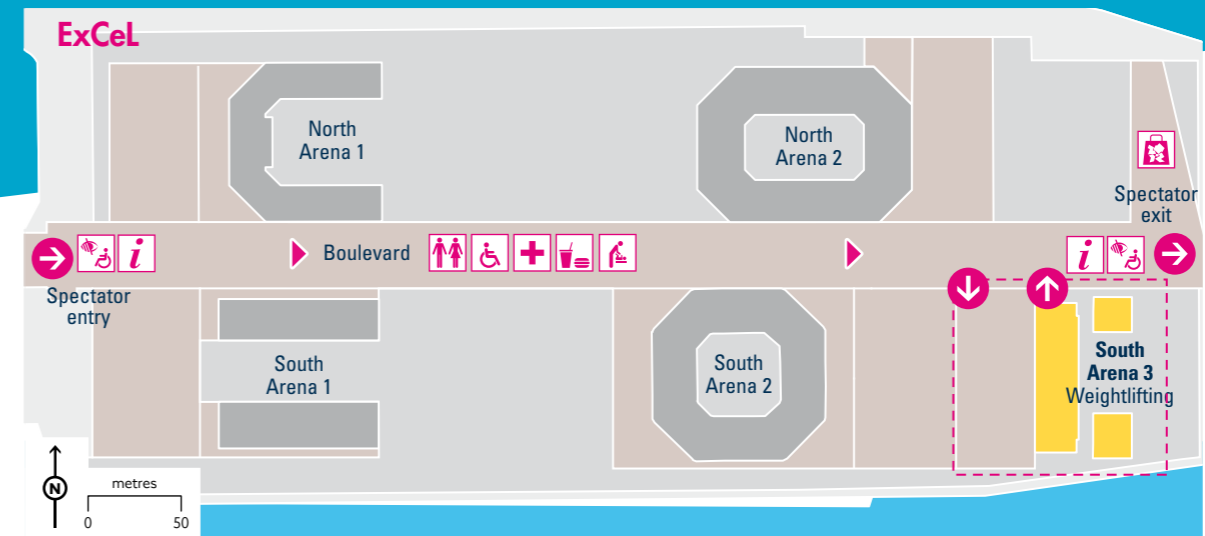
Find out more about Weightlifting – pick up an official London 2012 daily or souvenir programme at the event.

While you're watching

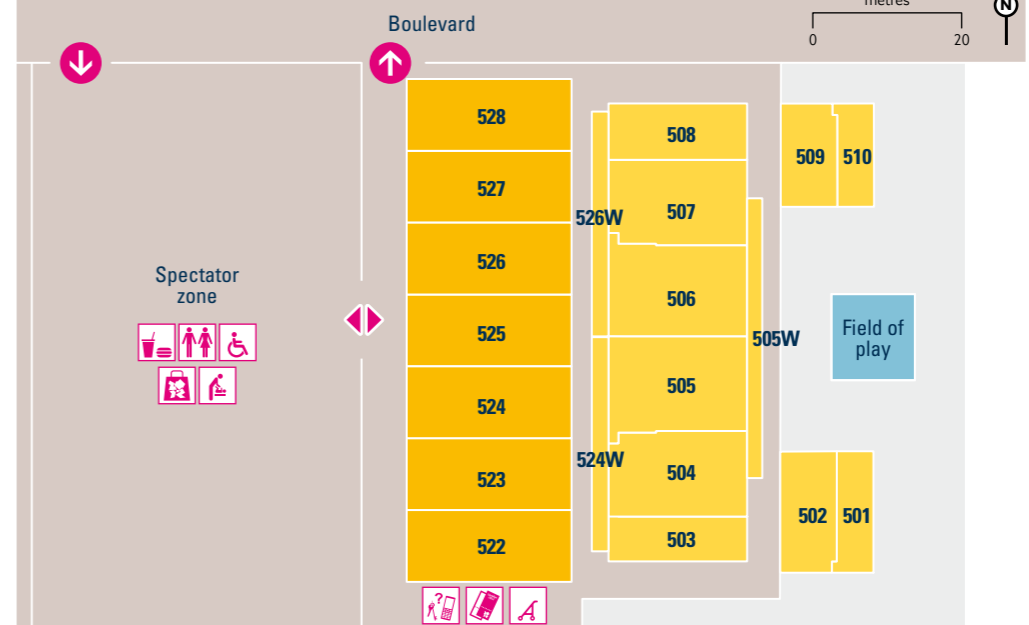
Please remain seated until a break in competition. Flash photography is not permitted.



ExCeL - South Arena 3



South Arena 3 - Weightlifting



Key

- Venue entrance or exit
- Spectator flow
- 501 Seating block
- 505W Accessible seating
- Toilets
- Accessible toilets
- Baby changing facilities
- Information
- Games Mobility
- Ticket resolution office
- Lost and found
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink

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 ExCeL

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 anywhere in ExCeL.

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



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