

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

Please arrive at the Olympic Park early so you have plenty of time to go through airport-style security screening and get to the Riverbank Arena. The gates to the Olympic Park open at 7am.

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 Riverbank Arena. With thousands of visitors arriving at the same time, there may be queues.

Arriving at the venue

You should aim to arrive at the Riverbank Arena 60 minutes before your session. The Olympic Park is very big so it could take up to 30 minutes to get to the venue once you've gone through security screening.

Unless your session is the first of the day, you'll only be able to enter the seating area after all spectators from the previous session have left.

There's no readmission to the Olympic Park or the Riverbank Arena.

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 The Riverbank Arena is an outdoor venue with no shelter so check the weather forecast and come prepared

4 Aim to arrive early – the gates to the Olympic Park are open from 7am

5 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

6 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



7 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

8 There's a wide variety of healthy and tasty food and drink inside the venue

9 You can pay by Visa (debit, credit or prepaid) or cash (£) only

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



BARCODE

Hockey
Riverbank Arena, 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 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.

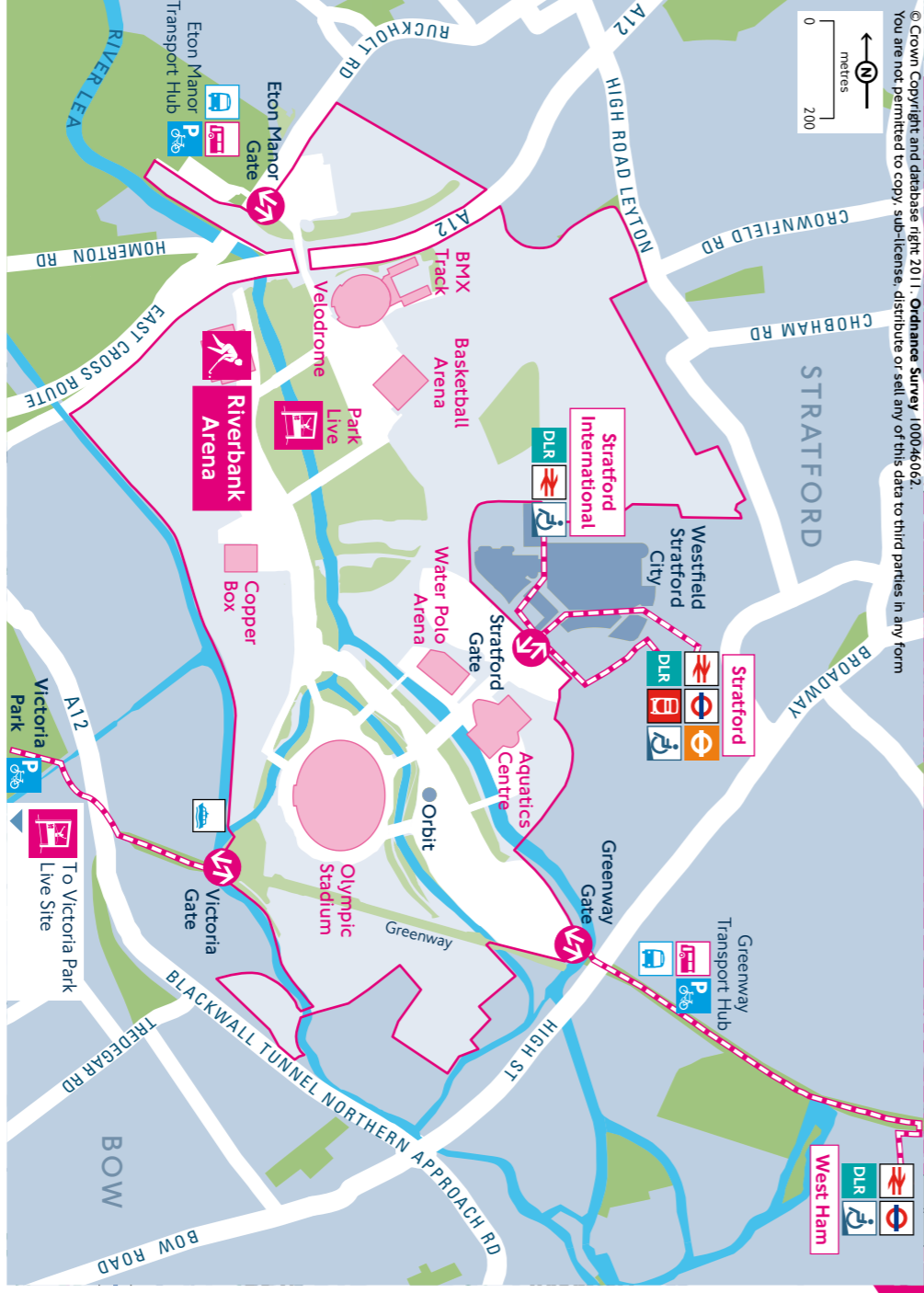
For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

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



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Key

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

Hockey

Riverbank Arena

A long-time Olympic favourite, Hockey demands speed, stamina and incredible hand-eye coordination.

Sports info

Medal events	2
Athletes per team	16
Athletes per team on pitch	11
Total athletes	384 (12 teams in each 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		08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-12:15	08:30-13:30	08:30-13:30	08:30-13:30	08:30-13:30	
Afternoon		13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	13:45-17:30	15:30-17:30	15:30-17:30	15:30-17:30	15:30-17:30	
Evening		19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	19:00-22:45	20:00-22:00	20:00-22:00	20:00-22:30	20:00-22:30	

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

Did you know?

London 2012 is the first Olympic Games where the hockey pitch isn't green. Pink is used for the area surrounding the pitch and blue for the field of play – making it easy to spot the yellow ball.

The history

Men's Hockey made its Olympic debut at the London 1908 Games, but the first women's Olympic Hockey competition wasn't held until Moscow 1980. The influence of the British Empire on the development of Hockey is seen in the dominance of countries such as India, Australia and Pakistan at the Olympic Games.

Did you know?

Hockey gets its name from the French word 'hocquet', which means 'shepherd's crook'.

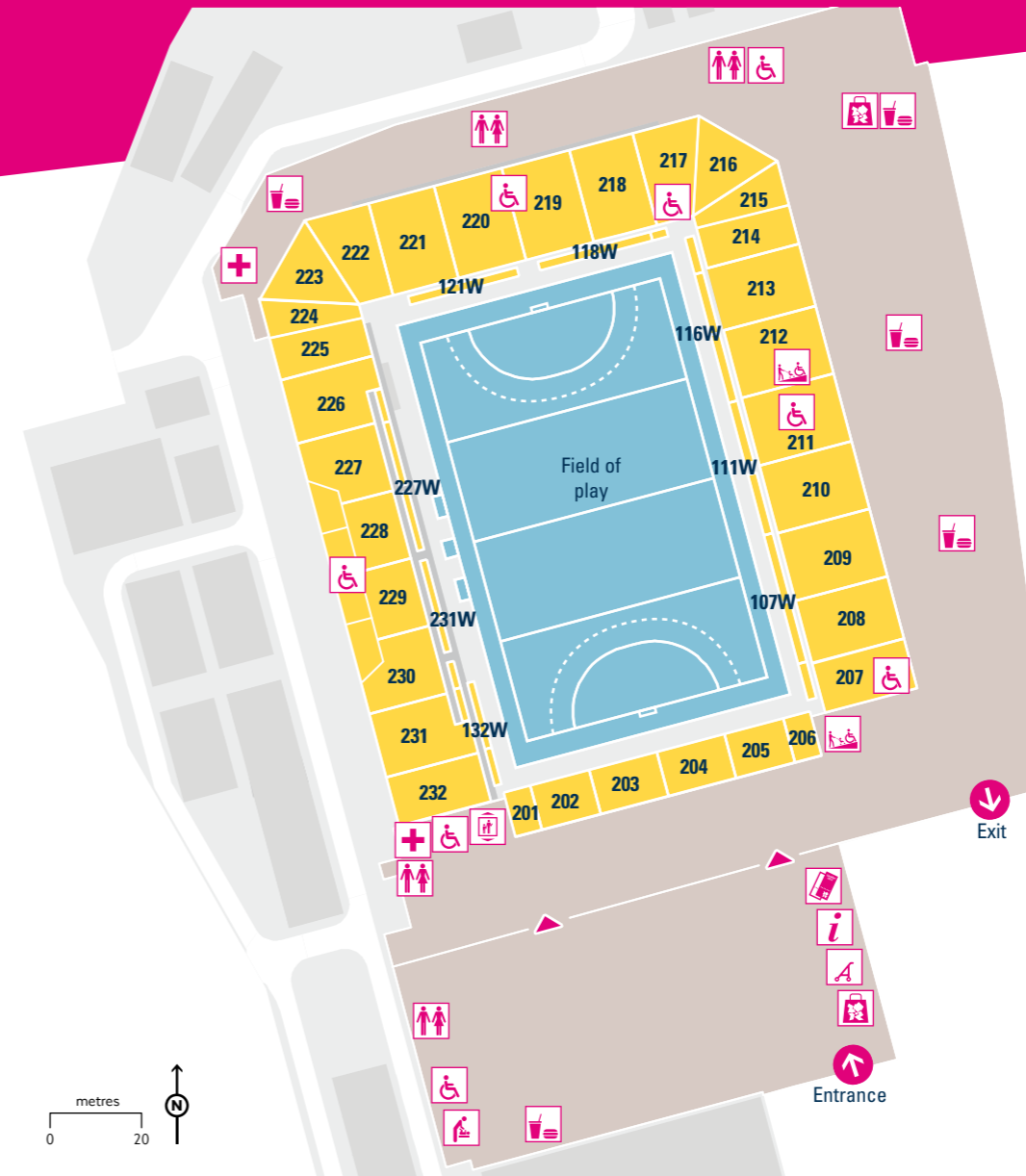
The basics

Teams of 11 players (plus five substitutes) compete against each other on a pitch measuring 91.4 x 55 metres. Players use their sticks to advance a hard ball towards their opponents' goal, in matches played over two halves of 35 minutes each.

Until the 1970s, Hockey was always played on grass. However, top-level matches now take place on water-based synthetic-turf pitches, which allow the ball to roll more smoothly and quickly.

Both the men's and women's Olympic Hockey competitions begin with a preliminary phase: the 12 teams in each event are divided into two pools of six, and each team plays every other team in its pool. The two best teams from each pool qualify for the semi-finals, with the winners then going head-to-head for the gold.

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



Key

- Venue entrance or exit
- Spectator flow
- 201** Seating block
- 107W** Accessible seating
- Toilets
- Accessible toilets
- Baby changing facilities
- Ticket resolution office
- Pushchair and wheelchair storage
- Lift
- Spectator medical
- London 2012 Shop
- Food and drink
- Ramp
- Information, Games Mobility and lost and found



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/33. 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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