



# Cycling - Track

Velodrome, 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

- 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

## 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 Velodrome.

## Arriving at the venue

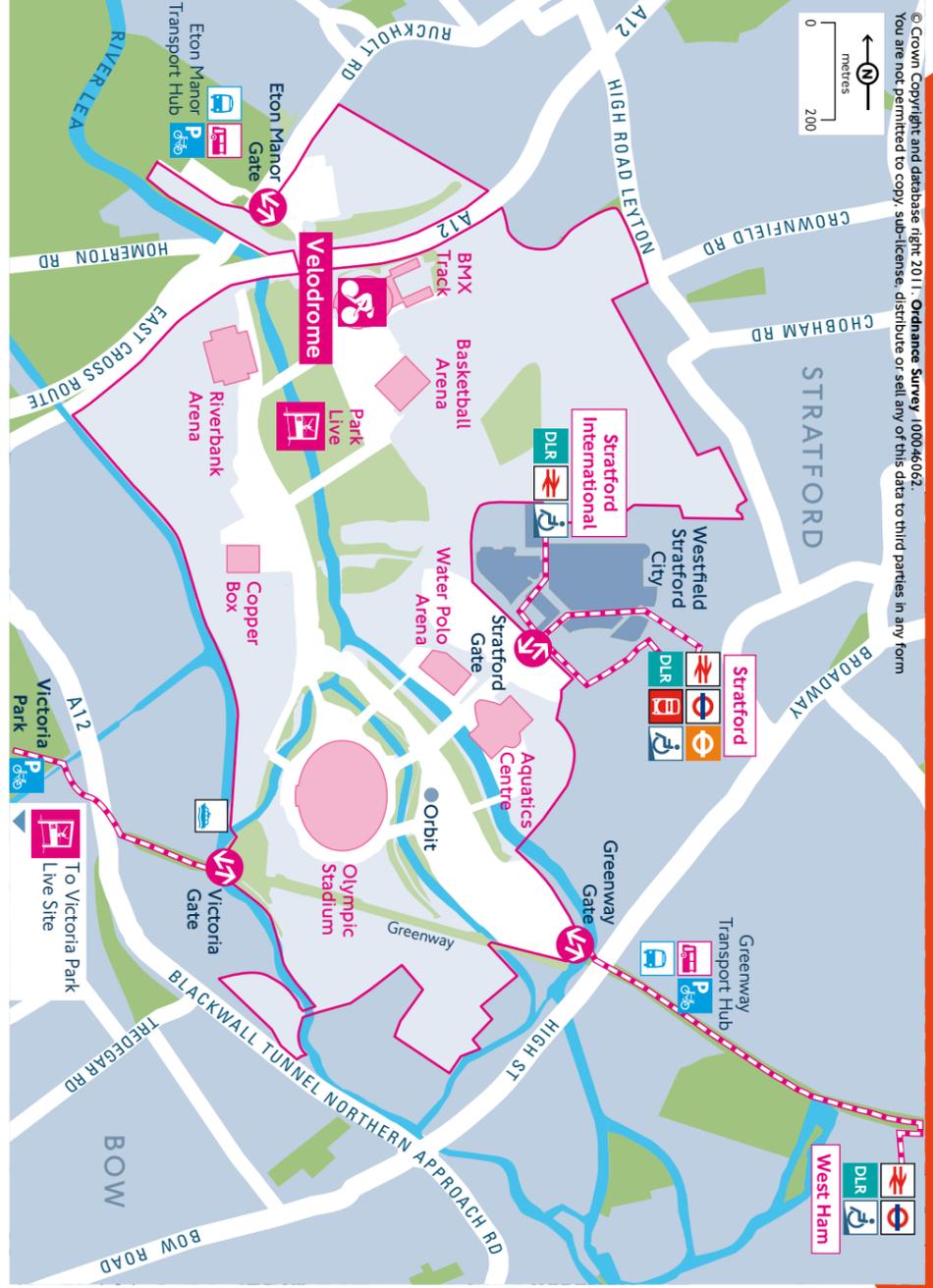
You should aim to arrive at the Velodrome 75 minutes before your session starts to make sure you don't miss any of the action. The build-up to competition will begin the moment doors open so get to your seat and enjoy the show!

The Olympic Park is very big so bear in mind it could take up to 30 minutes to get to the Velodrome once you've gone through security screening.

There's no readmission to the Olympic Park or the Velodrome.

# 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!



**Key**

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



# Cycling - Track

## Velodrome

There are 10 Track Cycling golds up for grabs over six action-packed days in the Velodrome.

### Events

- Team Sprint
- Team Pursuit
- Keirin
- Omnium
- Sprint
- 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								10:00-11:30	10:00-11:25		10:00-11:30					
Afternoon						16:00-18:30	16:00-18:55	16:00-18:40	16:00-19:05	16:00-18:55	16:00-18:30					

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

### While you're watching

Please ask a member of staff if you wish to leave the Velodrome during a race. Draughts caused by open doors can affect the athletes' performance.

### The history

Currently enjoying a boom in popularity, Track Cycling has featured at every Games but one since the first modern Olympic Games in 1896. It featured in the UK as early as 1870, when large crowds were drawn to races held in England on indoor wooden tracks that closely resembled the velodromes of today.

### Did you know?

Track bikes have a fixed wheel and no brakes: riders stop by putting pressure on the pedals.

### The basics

There are 10 Olympic Track Cycling events (five for men, five for women) that between them test speed, endurance and teamwork. The Sprint consists of a series of three-lap races, with riders racing head-to-head. The Keirin features up to seven riders sprinting for victory, after following a pacing motorcycle at the beginning of the race.

There are two team events: the Team Sprint, which is actually similar to a time trial, and the Team Pursuit, held over 16 laps for men and 12 laps for women. Finally, there's the Omnium. Making its Olympic debut at London 2012, the Omnium features individual riders competing against each other across six different disciplines on the track.

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

### While you're watching

Please don't use flash photography or laser pointers.



### Key

- Venue entrance and exit
- Accessible entrance or exit
- 101** Seating block
- Toilets
- Accessible toilets
- Spectator medical
- London 2012 Shop
- Food and drink
- Ramp
- Pushchair and wheelchair storage
- Information, ticket resolution office, Games Mobility and lost and found

**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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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/18. Email [info@enquiries.london2012.com](mailto:info@enquiries.london2012.com). Phone +44 (0)845 267 2012. This guide is also available to download in English and French at [london2012.com](http://london2012.com)



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