and staff assistance available. 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. 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. **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: at tfl.gov.uk/visitorshop Prince Regent or Pontoon Dock DR – follow staff directions West Silvertown For arrival For departure **Custom House PR** – around 10-minute walk **West Silvertown PR** – around 15-minute walk Accessible travel Plan your travel

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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

SEWAHT REVES

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

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West Silvertown

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NORTH WOOLWICH ROAD

SILVERTOWN

Thames Barrier Park

Custom House

commended static r spectators

Custom House (arrival) and Prince Regent (departure) are the recommended stations with step-free access

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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Venue entrance or exit

Bus statior

Event area during the Olympic Games

DLR

Docklands Light Railway

Games Mobility shuttle service 🥻 Ticket box office

London Underground

Spectator access route

Coach pick-up/drop-off

Accessible entra

nce or exit

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Station with step-free access and staff assistance Park-and-ride shuttle bus pick-up/drop-off

Spectator flow

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can **pay by Visa** it, credit or prepaid) There's a wide range of healthy and tasty food inside the venue (debit, credit or p or cash (£) only (debit, You

You can arrive at ExCel up to two hours before

your session starts

The transport system and venue will be very busy so **leave plenty of time to** travel and be prepared

you travel

for entry

Remember your tickets! Everyone needs a ticket

Check the London 2012 website for the latest information before

4

Melcome

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

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

Top tips

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!

be very busy so expect to queue.

3 3

8

Official spectator guide London 2012 Olympic Games

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 2. There's no readmission.

Arriving at South Arena 2

Once you've gone through security screening, please make your way directly to South Arena 2. It will take around 10 minutes to get there. Your Olympic experience will begin when you enter the spectator zone, which includes a whole host of fun stuff to see and do.

also take **to wait** – it may also take a while to exit the venue once your session is over

when you arrive so make sure you've **read the list** of items that aren't You'll need to go through london2012.com/security inside ExCeL at airport-style security allowed Ś

lap. If you can manage without one, even better – it will help speed up security checks Your bag must fit under your seat or on your \$

Check the weather 0

means bringing a sun hat or rain jacket – we are in the UK after all! forecast and come prepared, whether that

visit an information point If you have any questions on the day, just **ask a member of** London 2012 staff or 2

BARCODE



ExCeL – South Arena 2

Boxing





At the London 2012 Games, the ever-popular men's Boxing events are joined by a women's competition for the first time.

Events

Fly Weight (51kg)
🛽 Light Weight (60kg)
🛛 Middle Weight (75kg)
🛽 Light Fly Weight (49kg)
🛽 Bantam Weight (56kg)
🛽 Light Weight (60kg)
Light Welter Weight (64kg)
Welter Weight (69kg)
Middle Weight (75kg)
🛽 Light Heavy Weight (81kg)
Meavy Weight (91kg)
🛽 Super Heavy Weight (+91kg)

Men's event Women's event

C

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul		Mon 30 Jul	Tue 31 Jul				Sat 4 Aug		Mon 6 Aug		Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Afternoon					13:30- 16:30								16:30 - 18:00	13:30- 16:00		13:30- 16:00
Evening					20:30 - 23:30									20:30- 23:00		
Sessions	Sessions where gold medals will be decided and/or awarded are highlighted in bold															

The history

Boxing featured at the original Olympic Games in the 7th century BC, when opponents fought with strips of leather wrapped around their fists. Since the first modern Olympic Boxing competition in 1904, many of the sport's icons have made their names at the Games including Cassius Clay (later known as Muhammad Ali), George Foreman and Oscar de la Hoya, who all won Olympic gold.

Did you know?

Competitors at the London 2012 Games will get through 432 pairs of boxing gloves.

The basics

The London 2012 Boxing competition features 10 men's weight categories and three women's weight categories.

Men's bouts take place over three rounds of three minutes each, with women's bouts held over four rounds of two minutes. Boxers score points for every punch they land successfully on their opponent's head or upper body.

At the end of each round, boxers receive a score which is an average of the three judges' scores that are closest together.

At London 2012, all Boxing events are run in a knockout format. The winners of the two semi-finals in each weight category compete for the gold medal, with the losers of the two semi-finals each awarded a bronze.

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

While you're watching

If you've got a ringside seat, please remain seated during bouts.

OMEGA

ExCeL - South Arena 2





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.

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

Worldwide **Olympic Partners** (oca Cola







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.





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/08. 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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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





