

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!

Top tips

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 North Arena 2. There's no readmission.

Arriving at North Arena 2

After you've gone through security screening, please make your way directly to North Arena 2. 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.

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 range 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

Wrestling

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 – around 10-minute walk
West Silvertown – around 15-minute walk

For departure

Prince Regent or **Pontoon Dock** – 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/visitorshop

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



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
- Ticket box office
- Games Mobility shuttle service
- London Underground
- Docklands Light Railway
- Bus station
- Station with step-free access and staff assistance
- Park-and-ride shuttle bus pick-up/drop-off

Wrestling

A fixture on the Olympic programme since the ancient Games, Wrestling is a tactical, body-to-body confrontation involving strength and physical and mental skills.

Greco-Roman

Events

55kg	5 August
74kg	5 August
60kg	6 August
84kg	6 August
120kg	6 August
66kg	7 August
96kg	7 August

Men's event

Freestyle

Events

48kg	8 August
63kg	8 August
55kg	9 August
72kg	9 August
55kg	10 August
74kg	10 August
60kg	11 August
84kg	11 August
120kg	11 August
66kg	12 August
96kg	12 August

Men's event Women's event

Did you know?

Before point scoring was introduced, Wrestling matches continued until one competitor was finally forced to the ground. The longest contest in Olympic history occurred at Stockholm 1912, when a middleweight match went on for an amazing 11 hours. Today, the maximum contest time, including overtime, is six minutes (Greco-Roman) and seven minutes 30 seconds (Freestyle).

Session timetable: Greco-Roman

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
Afternoon									13:00-15:45	13:00-15:45	13:00-15:45					
Evening									17:45-20:15	17:45-20:15	17:45-20:15					

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

Session timetable: Freestyle

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																08:30-11:15
Afternoon												13:00-15:45	13:00-15:45	13:00-15:45	13:00-15:45	12:45-15:15
Evening												17:45-20:15	17:45-20:15	17:45-20:15	17:45-20:15	

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

The history

Wrestling was first held at the ancient Olympic Games in 708 BC and was among the most popular sports on the programme.

Greco-Roman Wrestling, as it became known, was then included at the first modern Olympic Games in Athens in 1896 where organisers hoped it would give a flavour of the Ancient Greek Games. Freestyle Wrestling was introduced eight years later at St Louis 1904, while women's Freestyle joined the Olympic programme at Athens 2004.



The basics

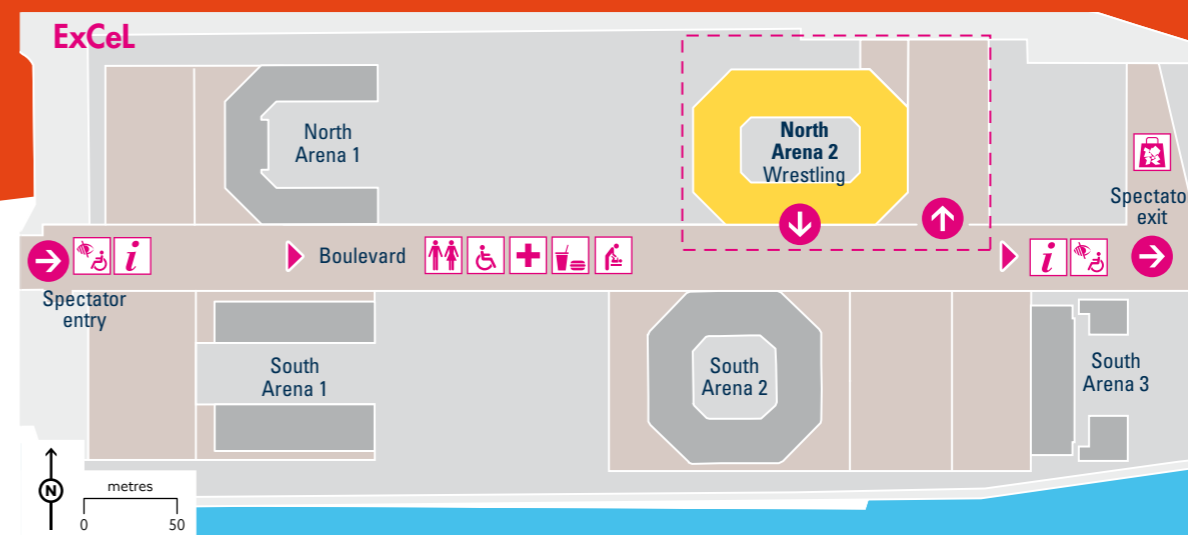
In Greco-Roman Wrestling, athletes are only allowed to use their arms and upper bodies to attack their opponents' upper bodies.

In Freestyle Wrestling, competitors may use their full body to attempt moves and holds on their opponents' upper and lower body. Wrestlers aim to pin their opponents' back to the ground, or to score points by throwing their opponent or taking them down.

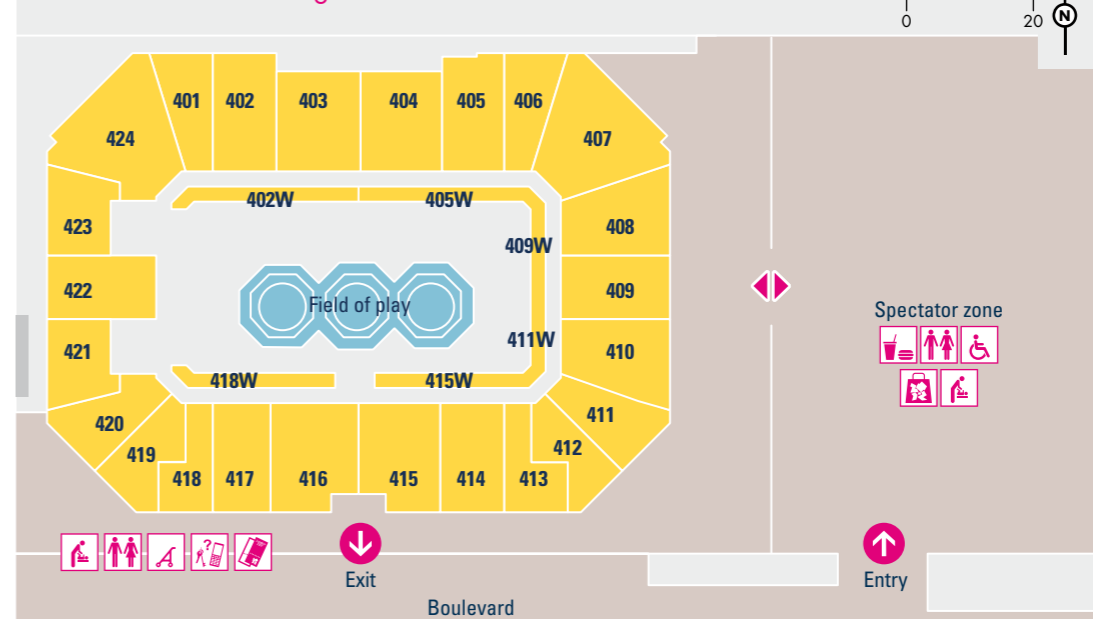
The rules in women's Freestyle are similar to those used in men's Freestyle, but with some key variations – for example, double head-locks are forbidden.

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

ExCeL - North Arena 2



North Arena 2 - Wrestling



Key

- Venue entrance or exit
- Spectator flow
- 401 Seating block
- 402W 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



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/50. 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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