



Welcome

This guide includes handy tips to help you get to your event and make the most of your Olympic experience. Have a good read – and don't forget to bring it on the day!

Arriving at the venue

We recommend you arrive at Millennium Stadium up to two hours before your session starts. Your ticket will show you which gate to use.

When you get to the entrance, you'll be asked to go through security checks. With thousands of people arriving at the same time, there may be a queue.

Please avoid bringing a bag. If you are carrying a small bag it will be searched and may delay your entry to the venue. Large bags will not be permitted inside the venue and there are no storage facilities available.

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/security for the full list, which includes water and other liquids.

Remember, once you enter a venue you will not be able to leave and re-enter.

Did you know?

Since it opened in 1999, Millennium Stadium has welcomed an average 1.3 million visitors per year. With a capacity of more than 74,000, the venue is Wales' national stadium.

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 Check the weather forecast and come prepared,** whether that means bringing a sun hat or rain jacket – we are in the UK after all!
- 4 The transport system and venue will be very busy so leave plenty of time to travel and be prepared to wait**
- 5 We recommend you arrive up to two hours before your session starts**
- 6 Please avoid bringing a bag and remember there's no storage available** at the venue
- 7 You'll need to go through security checks** when you arrive so make sure you've **read the list of items that aren't allowed inside the venue** at london2012.com/security
- 8 There's a wide variety of healthy and tasty food** inside the venue
- 9 You can pay by Visa (debit, credit or prepaid) or cash (£)**
- 10 It may take a while to exit the venue and begin your journey home** after your session, so please be patient

BARCODE

London 2012 Olympic Games Official spectator guide



Plan your travel

Getting to Millennium Stadium

We're not providing any spectator parking at the venue except for pre-booked Blue Badge spaces, so we suggest you go by public transport. The recommended station is:

Cardiff Central 🚆 – around 5-minute walk

You can also go by park-and-ride. This service must be booked online and paid for in advance – go to london2012.com/travel for details.

Chartered coach parking is also available and must be pre-booked online.

It will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey on 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.

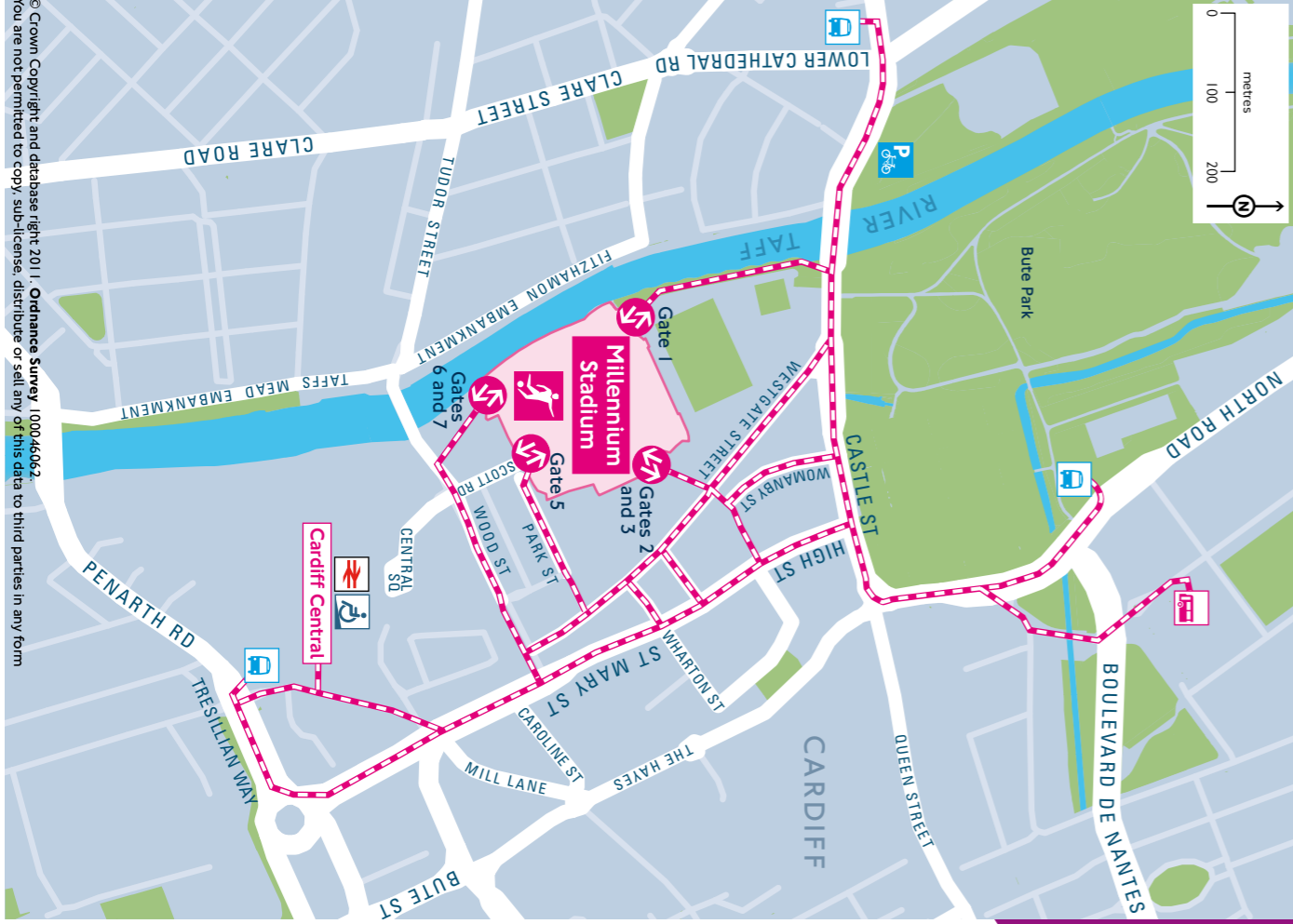
Been to Millennium Stadium before? The venue will be operating differently during the Games, with extensive road closures and parking restrictions in place around the stadium.

Please follow the signs and directions from staff on the day and make sure you use the correct walking route for the gate number shown on your ticket.

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

Cardiff Central station has step-free access, with staff assistance available.



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Key

- Cardiff Central**
- Recommended station for spectators
- Event area during the Olympic Games
- Spectator access route
- Venue entrance and exit
- National Rail
- Station with step-free access and staff assistance
- Park-and-ride shuttle bus pick-up/drop-off
- Cycle parking
- Chartered coach parking

Football

The passion and drama of Football have made it one of the most popular spectator sports in the world, and it is one of the biggest competitions at London 2012.

Session timetable

Day	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Wed 25 Jul	Thu 26 Jul	Fri 27 Jul	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
City of Coventry Stadium Coventry	Afternoon/evening 17:00 - 21:45	19:45 - 21:45		12:00 - 16:45	14:30 - 19:15		19:45 - 21:45	17:00 - 21:45		19:30 - 21:30						13:00 - 15:00			
Hampden Park Glasgow	Afternoon/evening 17:00 - 21:45	12:00 - 16:45		17:00 - 21:45				14:30 - 16:30		12:00 - 14:00									
Millennium Stadium Cardiff	Afternoon/evening 16:00 - 20:45	19:45 - 21:45		14:30 - 19:15			14:30 - 16:30	17:00 - 21:45		17:00 - 19:00	19:30 - 21:30						19:45 - 21:45		
Old Trafford Manchester	Afternoon/evening 17:00 - 22:00				12:00 - 17:00		17:15 - 19:15	17:00 - 19:00			12:00 - 14:00		19:45 - 21:45	19:45 - 21:45					
St James' Park Newcastle	Afternoon/evening 14:30 - 19:15				17:00 - 21:45		14:30 - 19:15	14:30 - 16:30		14:30 - 16:30									
Wembley Stadium London	Afternoon/evening 17:00 - 21:45				17:00 - 21:45		19:45 - 21:45	17:00 - 19:00			14:30 - 16:30		17:00 - 19:00	17:00 - 19:00		19:45 - 22:15		15:00 - 17:30	

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

*Session features two matches

Men's event Women's event

Sports info

Medal events	2
Athletes per team	18
Athletes per team on pitch	11
Total athletes	504 (16 men's teams, 12 women's teams)



The history

Football was introduced as an Olympic medal sport at the London 1908 Games, 22 years before the first FIFA World Cup. Great Britain won the gold medal in 1908, then successfully defended its title four years later in Stockholm. The sport has featured at every Olympic Games since, with the exception of Los Angeles 1932.

Did you know?

The men's competition is an under-23s event, although each country is allowed to include three older players in its team. There are no age restrictions for the women's competition.

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

The basics

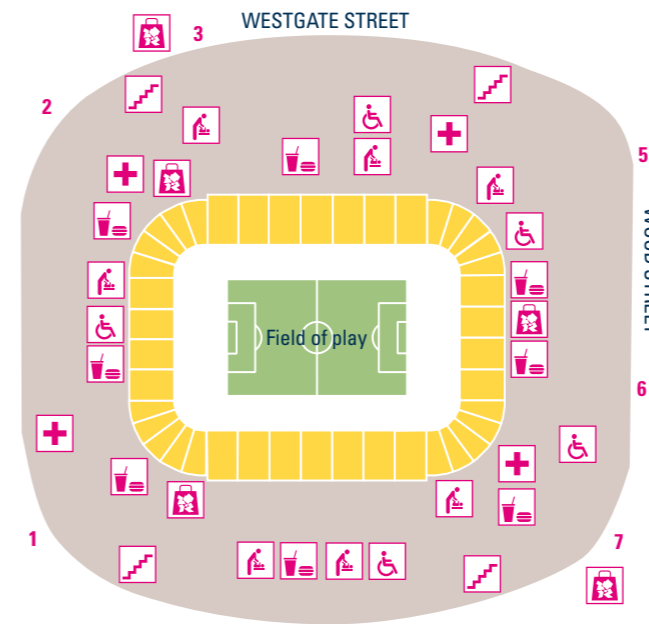
The aim of Football, to score more goals than the opposition, is both simple and universally known. Teams of 11 players compete across two 45-minute halves, with extra time and penalty shootouts used to decide drawn matches during the knockout stages of the competition.

At London 2012, both the men's and women's events begin with a group stage. The teams are divided into groups of four (three groups in the women's tournament, four groups for the men), and the best eight teams qualify for the quarter-finals.

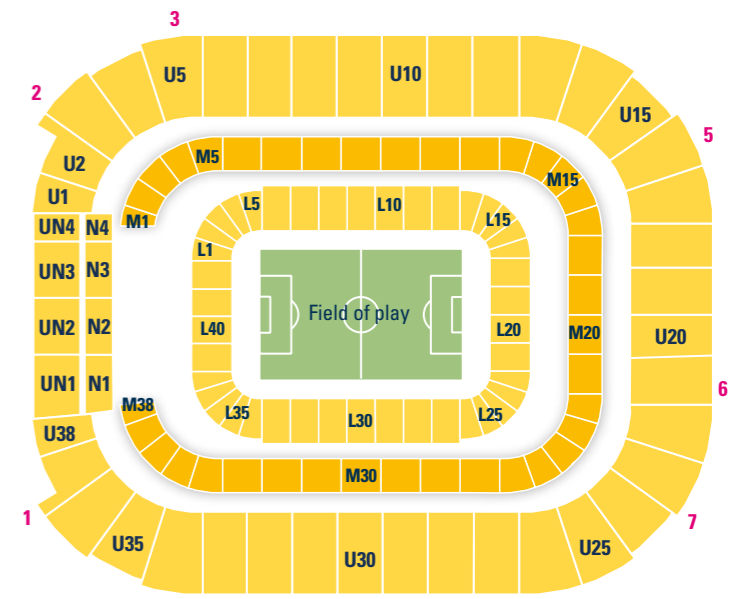
From here, the competitions are played in a knockout format: the two winning semi-finalists play for the gold medal, and the two losing semi-finalists compete for the bronze.

Millennium Stadium

Level 3 (entrance level)

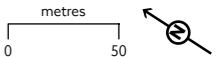


Seating plan



Key

U10 Seating block	Ticket box office	Facilities (food and drink/toilets) are available around each concourse
1 Entrance	Stairs	
Accessible toilets	Spectator medical	
Baby changing facilities	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 the venue

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 this venue.

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/25. 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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