



London 2012 Olympic Games  
Official spectator guide

## Plan your travel

### Getting to Lee Valley White Water Centre

There's no spectator parking at or near the venue, except for pre-booked Blue Badge spaces.

If you're coming from London, you can use your Games Travelcard for free travel by National Rail to and from the recommended station, and on public transport in London zones 1-9 on the day of your event. If you're coming by rail on 29 July, bear in mind that trains run less frequently on Sundays.

The recommended station is:

**Chestnut** – around 25-minute walk through Lee Valley Regional Park to the venue

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 at [london2012.com/travel](http://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.

You can also travel by park-and-ride – this service must be booked in advance on our website and drops you off a few minutes' walk from the venue entrance.

### 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](http://london2012.com/bluebadge)

Chestnut has step-free access, with staff assistance available. A free accessible shuttle will run from the station to the venue.

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)



## 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 venue two hours before** your session starts
- 4 **Trains 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 the Park** at [london2012.com/security](http://london2012.com/security)
- 6 **You can bring one small backpack or a handbag.** 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 **This is an outdoor venue with no shelter so check the weather forecast and come prepared** – whether that means bringing a sun hat or rain jacket
- 10 **Make sure you come in comfortable footwear** for the walk from the station to the venue

BARCODE

## 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 venue

Aim to be at Lee Valley White Water Centre two hours before your session starts.

Don't forget the time it will take to walk from the station to the venue entrance – and come in comfortable footwear. When you get to the venue, you'll be asked to go through airport-style security screening.

With thousands of people 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 venue. Go to [london2012.com/security](http://london2012.com/security) for the full list, which includes water and other liquids.

After you've gone through security, it's a 5-minute walk to the spectator stands. The build-up to competition begins the moment gates open so get to your seat early and enjoy the show!

A Games Mobility shuttle service is available inside the venue for spectators with accessibility requirements.

There's no re-admission to the venue.



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### Key

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

# Canoe Slalom

Canoe Slalom consistently thrills spectators with its spectacular, non-stop action on powerful, unforgiving white water.

## Events

Canoe Single (C1)

Canoe Double (C2)

Kayak Single (K1)

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
Afternoon		13:30-17:40	13:30-17:30	13:30-15:55	13:30-16:10	13:30-17:00										

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

## Did you know?

Lee Valley White Water Centre was the only new London 2012 venue to be open to the public before the Games. Its 250-metre course drops 5.5m from start to finish – red gates must be negotiated upstream, and green gates downstream.

## The history

Modelled on slalom skiing, the first Canoe Slalom competition was held in Switzerland in 1932. The sport was staged on flat water during its early days, but was later switched to white water rapids.

Canoe and kayak racing became full medal sports at the Berlin 1936 Games, but Canoe Slalom didn't make its debut until Munich 1972 and only became a permanent part of the Olympic programme at the Barcelona 1992 Games.

At London 2012, 82 athletes will be competing for four gold medals.

## The basics

Canoe Slalom competitions feature athletes in either canoes or kayaks racing timed runs down a white water course containing up to 25 gates. Touching a gate adds a two-second time penalty to the run; missing a gate incurs a 50-second penalty. The fastest runs take about 90 seconds.

In Canoe Single (for one person) and Canoe Double (for two people) events, competitors use single-bladed paddles; in Kayak Single, competitors use paddles with blades at both ends. While the boats used in Canoe Sprint are long and streamlined, Canoe Slalom boats are small, light and agile – allowing for easier movement through the rapids.

All athletes run the course twice in the heats, and the results from the better of these two runs determine which athletes qualify for the semi-final. The semi-final and the final of each event consist of one run only.

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

# Lee Valley White Water Centre



## Key

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



**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 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, 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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