

Welcome

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

Arriving at the Olympic Park

Aim to be at the Olympic Park up to 2.5 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/paralympics/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 Stadium.

Arriving at the venue

The Stadium will open two hours before your session starts, but the build-up will begin the moment doors open so get to your seat early 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 Stadium once you've gone through security screening. Your ticket will show you which bridge to use as you approach the Stadium.

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

After your session, make the most of the brilliant facilities around the Stadium – grab a bite to eat or something to drink before heading off to explore the rest of the Olympic Park.

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 up to 2.5 hours before your session starts

4 It 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/paralympics/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 around the venue

8 You can pay by Visa (debit, credit or prepaid) or cash (£) only

9 The Stadium is an open-air venue so 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/paralympics to find fun things to do after your event



BARCODE

Athletics

Olympic Stadium, Olympic Park



London 2012 Paralympic Games Official spectator guide

Paralympic Games



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/paralympics/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.

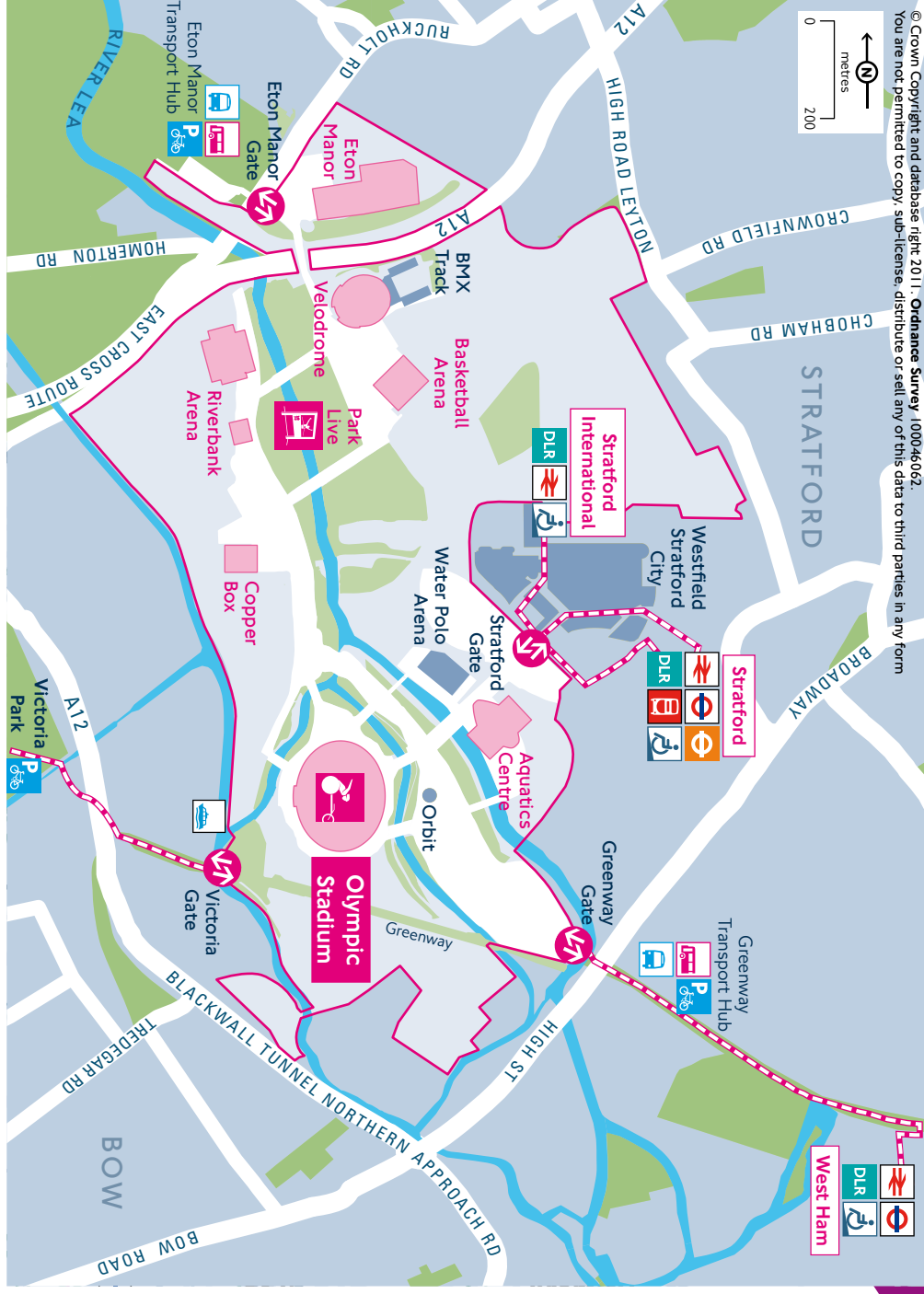
For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Accessible travel

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



© Crown Copyright and database right 2011. Ordnance Survey 100046062. You are not permitted to copy, sub-license, distribute or sell any of this data to third parties in any form.

Key

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

Athletics

Speed, strength, power and stamina will all be on display during the Athletics competition.

Sports info

Medal events	166
Total athletes	1,100 (740 men, 360 women)

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11
Date	Thu 30 Aug	Fri 31 Aug	Sat 1 Sep	Sun 2 Sep	Mon 3 Sep	Tue 4 Sep	Wed 5 Sep	Thu 6 Sep	Fri 7 Sep	Sat 8 Sep	Sun 9 Sep
Morning		10:00-13:35	10:00-13:35	10:00-13:40	10:00-13:15	10:00-13:40	10:00-13:40	10:00-13:30	10:00-12:40	10:00-12:55	
Evening		19:00-21:50	19:00-22:20	19:00-22:25	19:00-22:50	19:00-22:00	19:00-23:00	19:00-22:50	19:00-22:30	19:00-22:45	

Gold medals will be decided and/or awarded in every session

Classification key

To ensure competition is fair, athletes are grouped into classes according to how much their impairment impacts on their event-specific performance.

Code	Classification
T	Athletes who compete on the track
F	Athletes who compete in the field
11-13	Athletes with a visual impairment*
20	Athletes with an intellectual impairment
31-38	Athletes with cerebral palsy (classes 31-34 use a wheelchair to compete)*
40-46	Athletes with a loss of limb or limb impairment*
51-58	Wheelchair racers or field athletes who throw from a seated position*

*Each athlete is given a two-digit number: the first indicates the nature of the athlete's impairment, while the second indicates the impact of the impairment on the athlete's event-specific performance (the lower the number, the greater the impact).

The history

Part of the first ever Paralympic Games at Rome 1960, Athletics has produced some of the most iconic images in the history of the Paralympic Movement – with legendary figures such as Chantal Petitclerc, Tanni (now Baroness Grey-Thompson) and Oscar Pistorius making their names before a worldwide audience.

Did you know?

In some classifications, for example T35-38 (athletes with cerebral palsy) and T42-46 (amputees), sprinters may choose not to use starting blocks. If an athlete loses his/her balance before the gun is fired, the starter may ask for a reset.

The basics

The Athletics competition is made up of track, throwing and jumping events. Some athletes compete in wheelchairs or throwing frames, others with prosthetic limbs, and others with the guidance of a sighted companion.

As well as having the greatest number of events and athletes at the Paralympic Games, Athletics also has the greatest number of classes.

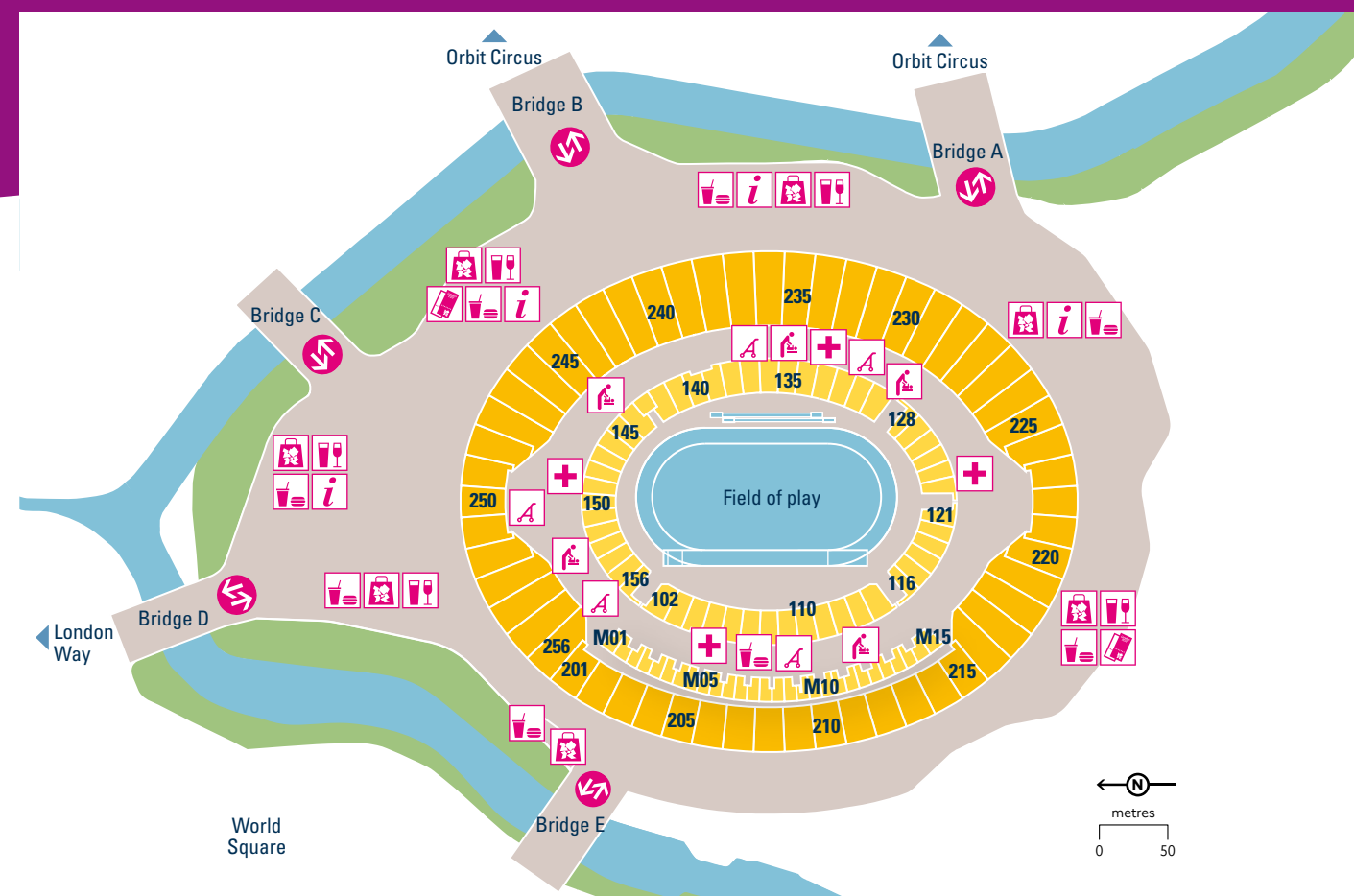
Find out more about Athletics – pick up an official London 2012 daily or souvenir programme at the event.

While you're watching

In the Long Jump and Triple Jump F11/12 events, athletes are directed down the runway by a guide. Please keep quiet during the approach runs as any noise may distract the athletes.



Olympic Stadium



Key

Ticket checking point	Ticket resolution office	Food and drink
Seating block	Spectator medical	Bar
Baby changing facilities	Pushchair and wheelchair storage	Toilets can be found around the concourse and inside the Stadium.
Information, lost and found and Games Mobility	London 2012 Shop	

Scan me now or go to london2012.com/paralympics/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 Paralympic 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 Paralympic, London 2012 Festival and other events taking place across the UK at london2012.com/paralympics/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 Paralympic 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/PSG/01. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics



All maps and information contained in this guide are subject to change. This guide and the official Emblems of the London 2012 Games are © London Organising Committee of the Olympic Games and Paralympic Games Ltd (LOCOG) 2012. All rights reserved. Printed at an environmentally aware ISO4001-certified printer on recycled paper.