



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 Olympic Park

Aim to be at the Olympic Park two 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/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 Water Polo Arena.

Arriving at the venue

You should aim to arrive at the Water Polo Arena up to 90 minutes before your session starts to make sure you don't miss any of the action.

The Olympic Park is very big so bear in mind it could take up to 30 minutes to get to the Water Polo Arena once you've gone through security screening, depending on where you enter.

Unless your session is the first of the day, you'll only be able to enter the seating area after all spectators from the previous session have left. There's no re-admission to the Olympic Park or the Water Polo Arena.

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 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 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/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** 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 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 to find fun things to do after your event



BARCODE

London 2012 Olympic Games Official spectator guide



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/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.

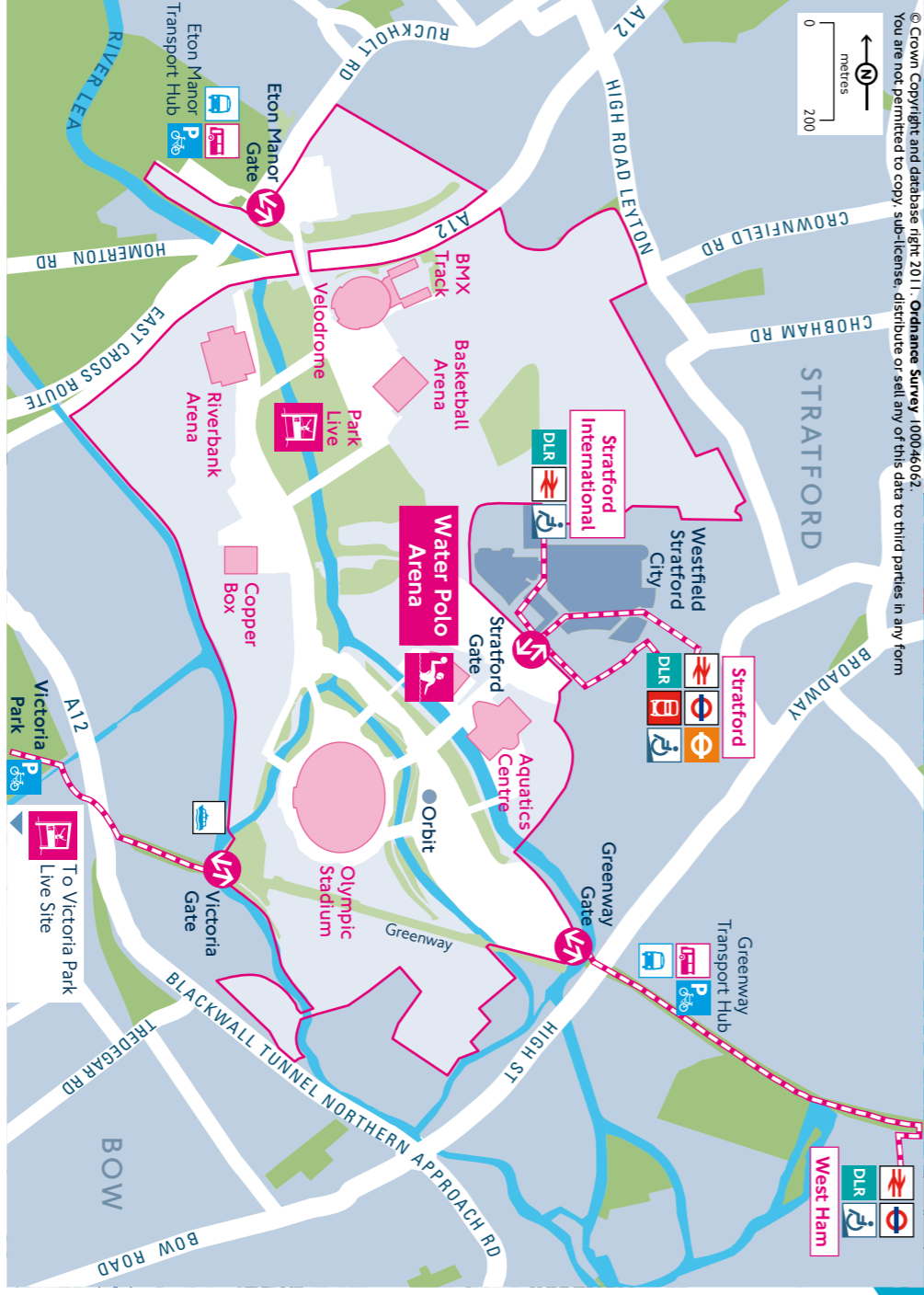
For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Accessible travel

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



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Key

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

Water Polo

A fast, tough and demanding sport, Water Polo has featured at every Olympic Games since Paris 1900.

Sports info

Medal events	2
Athletes per team	13
Athletes per team in water	7
Total athletes	260
(12 men's teams, 8 women's teams)	

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
Morning		10:00-12:40		10:00-12:40		10:00-12:40		10:00-12:40		10:00-12:40						10:20-13:00
Afternoon		14:10-16:50	14:10-16:50	14:10-16:50	14:10-16:50	14:10-16:50	14:10-16:50	14:10-16:50	14:50-17:30	14:10-16:50	14:10-16:50	14:30-17:10	14:30-17:10	14:20-17:00		14:30-17:40
Evening		18:20-21:00	18:20-21:00	18:20-21:00	18:20-21:00	18:20-21:00	18:20-21:00	18:20-21:00	18:20-21:40	18:20-21:00	18:20-21:00	18:40-21:20	18:40-21:50	18:30-21:10		

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

The history

Water Polo developed during the 19th century as an aquatic version of rugby, played informally in rivers and lakes. The version of the game that survives today is closer to Handball.

Water Polo is popular on both sides of the Atlantic, and there were originally different styles of play in Europe and America. Eventually, the rules became formalised, which in turn helped the sport gather popular momentum. A total of 12 nations competed at the Antwerp 1920 Olympic Games.

Did you know?

Around 700 Water Polo balls will be used during the London 2012 competition.



The basics

Played by teams of seven in a pool with a goal at each end, Water Polo is a thrilling spectacle. Matches are divided into four periods of eight minutes, and each team has just 30 seconds to attempt to score before the ball is returned to the opposition.

Players are not allowed to touch the sides or the bottom of the pool during play, and can end up swimming as far as three miles during a match.

The men's and women's competitions at London 2012 both begin with a group stage: the teams are divided into two groups, and each team plays every other team in its group. From here, the competitions progress through quarter-final and semi-final rounds before the top two teams go head-to-head for the gold.

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

Did you know?

Only the goalkeeper may handle the ball with two hands.

Water Polo Arena



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 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 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



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/48. 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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