



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 2.5 hours before your session (or two hours before if you've got a ticket for the morning session on 9 August).

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 Stadium.

Arriving at the venue

The Stadium will open two hours before your session – bear in mind it could take up to 30 minutes to get there once you've gone through security screening.

Your ticket will show which bridge to use as you approach the Stadium. 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 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 2.5 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** 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 to find fun things to do after your event



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.

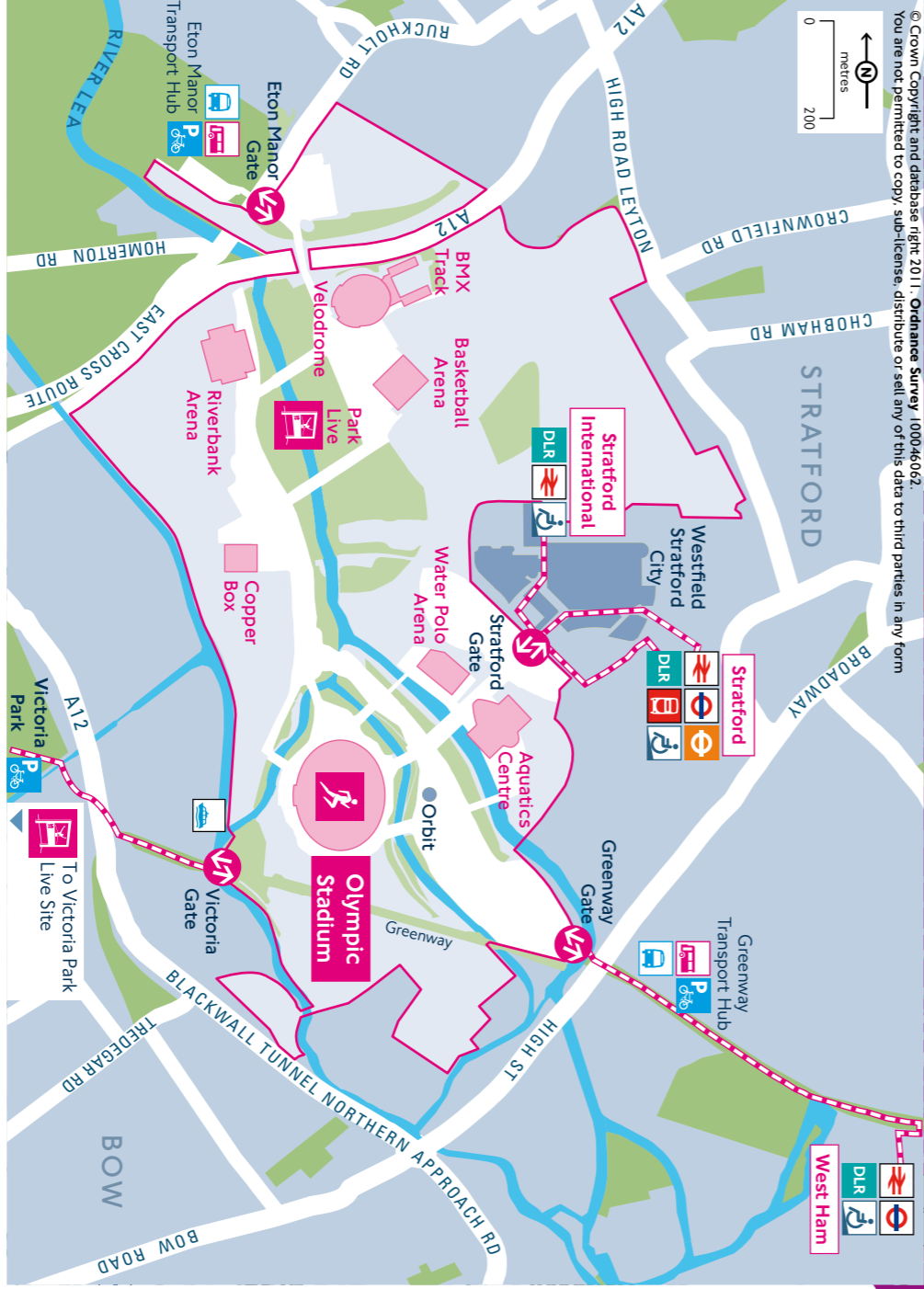
For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

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

	Stratford		London Underground		Park-and-ride shuttle bus pick-up/drop-off
	Recommended station for spectators		London Overground		Cycle parking
	Event area during the Olympic 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		

BARCODE

Athletics

In Athletics, competitors aim to run faster, throw further, jump higher and leap longer than their rivals.

Events

- 100m
- 200m
- 400m
- 800m
- 1500m
- 5000m
- 10,000m
- 100m Hurdles
- 110m Hurdles
- 400m Hurdles
- 3000m Steeplechase
- 4 x 100m Relay
- 4 x 400m Relay
- High Jump
- Long Jump
- Pole Vault
- Triple Jump
- Discus Throw
- Hammer Throw
- Javelin Throw
- Shot Put
- Decathlon
- Heptathlon
- 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
Morning							10:00-13:45	10:00-13:45		10:00-12:20	10:00-12:35	10:00-13:40	09:00-16:00			
Evening							19:00-21:55	18:50-22:05	18:50-21:55	18:50-21:40	18:50-21:20	18:00-21:55	18:30-22:10	19:00-21:40	18:45-21:30	

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

The history

No sport has a longer Olympic history than Athletics. Winners in running events from the Ancient Olympic Games have been recorded as far back as 776 BC, when athletes ran the length of the stadium in a race known as the 'stadion'.

Today, with 2,000 athletes competing in 47 events, Athletics is the largest single sport at the Games.

The basics

The 24 track events (12 for men, 12 for women) on the Athletics programme are held over distances ranging from 100m to 10,000m. Some events also feature obstacles, such as the 400m Hurdles and the 3000m Steeplechase. Most track events begin with one or more rounds of heats, with the best athletes eventually qualifying for the final.

The 16 field events fall into two categories: throwing and jumping. Field events at the Games start with a qualification stage, with the best athletes qualifying for the final.

There are also the combined events: Decathlon for men and Heptathlon for women. These are made up of a range of running, jumping and throwing elements (10 for men, seven for women), with points awarded for athletes' performances in each.

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



While you're watching

Please be as quiet as possible at the start of races.

Olympic Stadium



Key

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

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

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/02. 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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