

- Key**
- North Greenwich**
 - Recommended station/pier for spectators
 - Event area during the Olympic Games
 - Venue entrance or exit
 - Spectator access route
 - National Rail
 - London Underground
 - River services
 - Bus station
 - Station/pier with stepfree access and staff assistance
 - Cycle parking
 - Shuttle bus pick-up/drop-off



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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 the venue up to two hours before your session starts. When you get there, 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 for the full list, which includes water and other liquids.

Make sure you're in your seat at least 10 minutes before the session start time shown on your ticket to see the technical official and athlete processions – we wouldn't want you to miss out!

Unless your session is the first of the day, you'll only be able to enter the arena inside the venue after all spectators from the previous session have left. There's no readmission.

Games Mobility

When you arrive 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

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 up to two hours before** your session starts
- 4 The transport system and venue 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 venue** 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 If you have any questions on the day, just ask a member of London 2012 staff** or visit an information point



BARCODE

Gymnastics

Artistic
Trampoline

North Greenwich Arena



London 2012 Olympic Games Official spectator guide



Plan your travel

Getting to North Greenwich Arena

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 North Greenwich Arena. The recommended stations are:

North Greenwich – around 2-minute walk

Charlton – free shuttle service (10-minute journey)

There are direct train services to Charlton station from Charing Cross, Cannon Street and London Bridge in central London.

Or why not take the scenic route and go by boat? From North Greenwich Pier, it's just a 5-minute walk to the venue – and your Games Travelcard entitles you to one-third off the cost of river services.

London 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 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 the venue before? It will be operating differently during the Games so please follow the signs and directions from staff. There is no spectator parking, 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 already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/bluebadge

North Greenwich, Charlton and North Greenwich Pier have step-free access, with staff assistance available. The shuttle service running from Charlton station is also accessible.



Gymnastics - Artistic

Events

- Team
- Individual All Around

Individual Apparatus:

- Floor Exercise
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bars
- Uneven Bars
- Balance Beam

- 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	11:00-13:10	09:30-12:45														
Afternoon	15:30-17:40	14:45-18:00	16:30-19:30	16:30-18:40	16:30-19:35	16:30-18:30			14:00-16:15	14:00-16:20	14:00-17:05					
Evening	20:00-22:10	20:00-21:30														

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

The history

The grace, strength and skill of Olympic gymnasts have been astonishing audiences since the Olympic Games in Ancient Greece, although the term 'Artistic Gymnastics' was not coined until the 19th century. Between its appearance at the Athens 1896 Games and the 1920s, the sport evolved into what we now recognise as modern Gymnastics.

The basics

Along with events to find the best teams and the best all-around performers, artistic gymnasts battle for gold on individual apparatus. Men compete on the floor, pommel horse, rings, vault, parallel bars and horizontal bars, while women compete on the vault, uneven bars, balance beam and floor.

Scores are given by a panel of judges, taking into account the degree of difficulty and the quality of the execution.



Gymnastics - Trampoline

Events

- Individual Trampoline 3 August
- Individual Trampoline 4 August

- 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							14:00-16:15	14:00-16:15								

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

The history

Devised in the 1930s at the University of Iowa, the first modern trampoline was initially used as a training tool for tumblers, astronauts and athletes. Its popularity as a sport grew to such an extent that the first ever Trampoline World Championships were held in London as early as 1964. The sport made its Olympic debut at Sydney 2000.

The basics

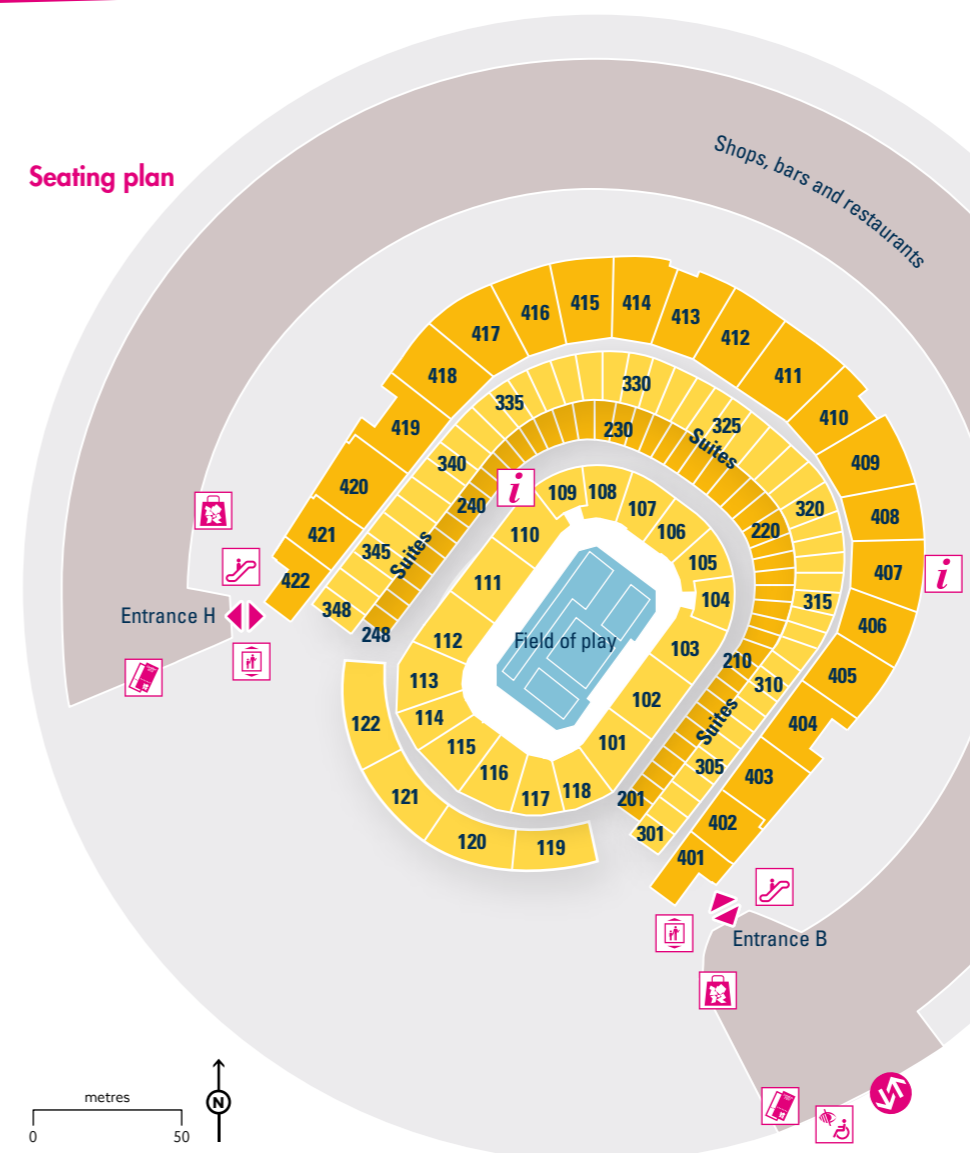
Gymnasts perform a series of routines involving 10 skills, which feature multiple somersaults and twists. Judges score routines based on difficulty, execution and flight time.

Each competition consists of two phases. Athletes perform two routines in the qualification round. The eight athletes with the best scores then advance to the final round, where they perform one more routine to determine the placings.

Find out more about Artistic and Trampoline Gymnastics – pick up an official London 2012 daily or souvenir programme at the event.

North Greenwich Arena

Seating plan



While you're watching
Please remain seated and keep noise levels down while routines are in progress. Mobile phones should be switched off or set to silent.
Use of flash photography or devices with bright lights is not permitted.

Key

- Main entrance and exit
- Venue entrance and exit
- 101 Seating block
- Ticket resolution office
- Games Mobility
- Lift
- Escalators
- London 2012 Shop
- Information, lost and found and pushchair and wheelchair storage

Spectator facilities (toilets, food and drink, etc) can be found around the concourse on each level

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



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