

Gymnastics - Rhythmic

Wembley Arena



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

Please aim to be at Wembley Arena 90 minutes 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.

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 venue.

Games Mobility

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

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 You may have to wait in an outdoor area before the session starts – so check the weather forecast and come prepared**, whether that means bringing a sun hat or rain jacket
- 4 Aim to arrive at the venue 90 minutes before your session starts**
- 5 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
- 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 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**
- 8 There's a wide variety of healthy and tasty food** inside the venue
- 9 You can pay by Visa (debit, credit or prepaid) or cash (£) only**
- 10 If you have any questions on the day, just ask a member of London 2012 staff** or visit an information point



London 2012 Olympic Games Official spectator guide



Plan your travel

Getting to Wembley 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 Wembley Arena. The recommended stations are:

Wembley Park – around 10-minute walk

Wembley Central – around 20-minute walk

Wembley Stadium – around 5-minute walk

London will be very busy so leave plenty of time to get to your 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 Wembley Arena before? This venue will be operating differently during the Games so please follow the signs and directions from staff.

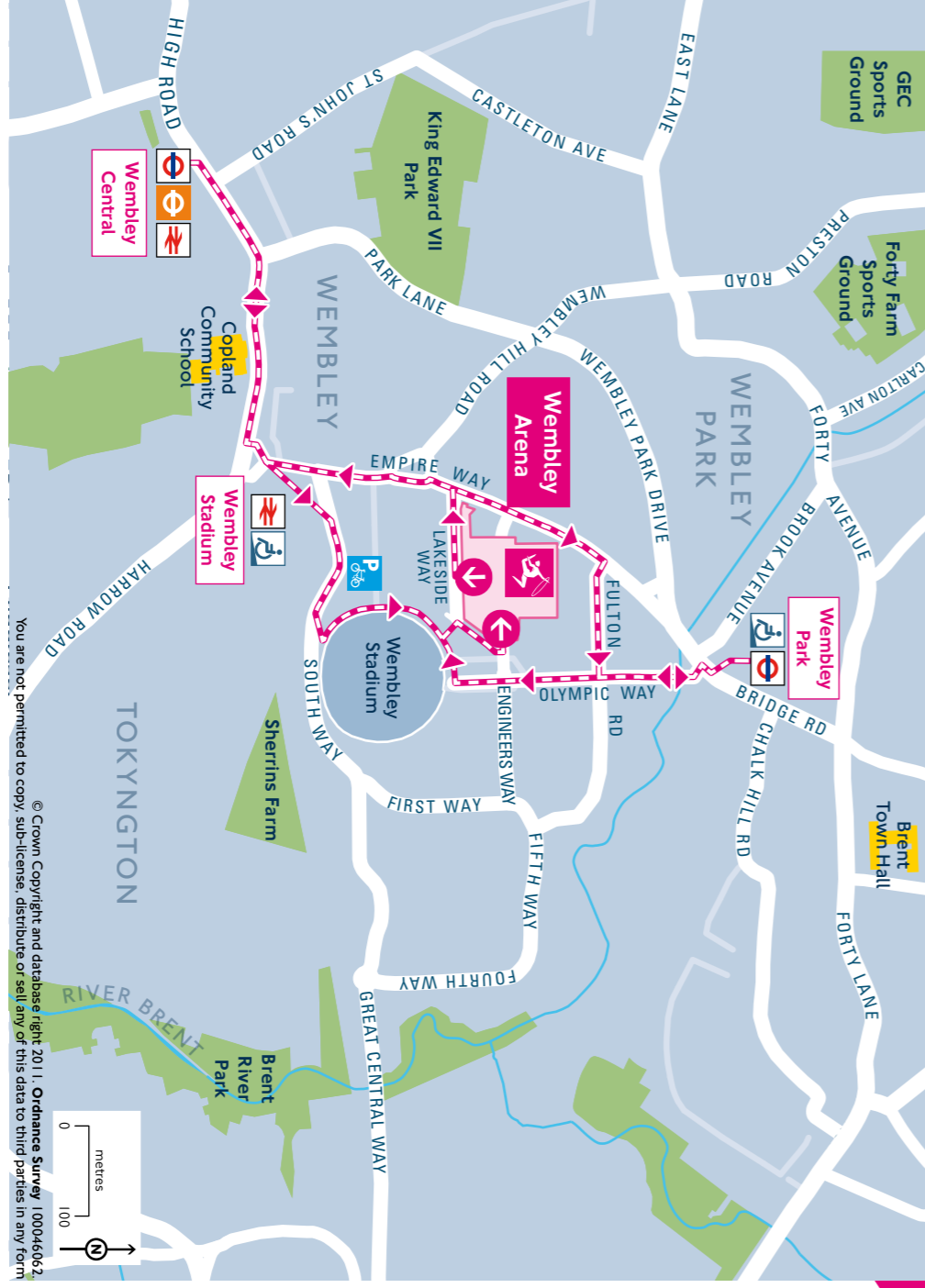
There is no spectator parking at the venue, except for pre-booked Blue Badge spaces.

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

Wembley Park and Wembley Stadium stations have step-free access and staff assistance available.



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Key

- | | | | |
|--|-------------------------------------|--|--|
| | Wembley Park | | London Underground |
| | Recommended station for spectators | | London Overground |
| | Event area during the Olympic Games | | Station with step-free access and staff assistance |
| | Venue entrance or exit | | Cycle parking |
| | Spectator access route | | National Rail |

Gymnastics - Rhythmic

Grace and beauty will be on show throughout the four days of the Rhythmic Gymnastics competition.

Events

- Individual All-Around
- Group
- 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													12:00-16:10	12:00-16:10	13:30-16:05	13:30-15:10

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

The history

Rhythmic Gymnastics first appeared during the 19th century. Having evolved to incorporate elements from classical ballet, German muscle-building techniques and Swedish exercise systems, it's one of the most beautiful spectacles on the Olympic programme.

The discipline made its Olympic debut at the Los Angeles 1984 Games, and a Group event was added to the programme at Atlanta 1996.

The basics

One of just two women-only disciplines in the Olympic Games (the other is Synchronised Swimming), Rhythmic Gymnastics is a combination of gymnastics and dance.

Individual competitors perform short routines to music using handheld equipment – hoop, ball, clubs and ribbon – while competitors in the Group event perform one routine with five balls and another with three ribbons and two hoops. Scores are awarded in three categories: difficulty, artistry and execution.

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



While you're watching

As a courtesy to the gymnasts, please remain seated during performances. Use of flash photography or devices with bright lights is not permitted.

Wembley Arena



Key

- Venue entrance or exit
 - Spectator flow
 - N5** Seating block
 - Toilets
 - Baby changing facilities
 - Ticket resolution office
 - Lift
 - Pushchair and wheelchair storage
 - London 2012 Shop
 - Food and drink
 - Drinks
 - Information, Games Mobility and lost and found
- If medical attention is required, please inform a member of staff

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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