

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!

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 early

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 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

Arriving at the Olympic Park

Aim to be at the Olympic Park early so you have plenty of time to go through airport-style security screening and get to the Velodrome.

The gates to the Olympic Park open at 7.30am. 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 Velodrome.

Arriving at the venue

You should aim to arrive at the Velodrome 75 minutes before your session. The Olympic Park is very big so it could take a while to get there once you've gone through security screening.

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 Velodrome.

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/paralympics to find fun things to do after your event



BARCODE

Cycling - Track
Velodrome, Olympic Park



London 2012 Paralympic 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/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

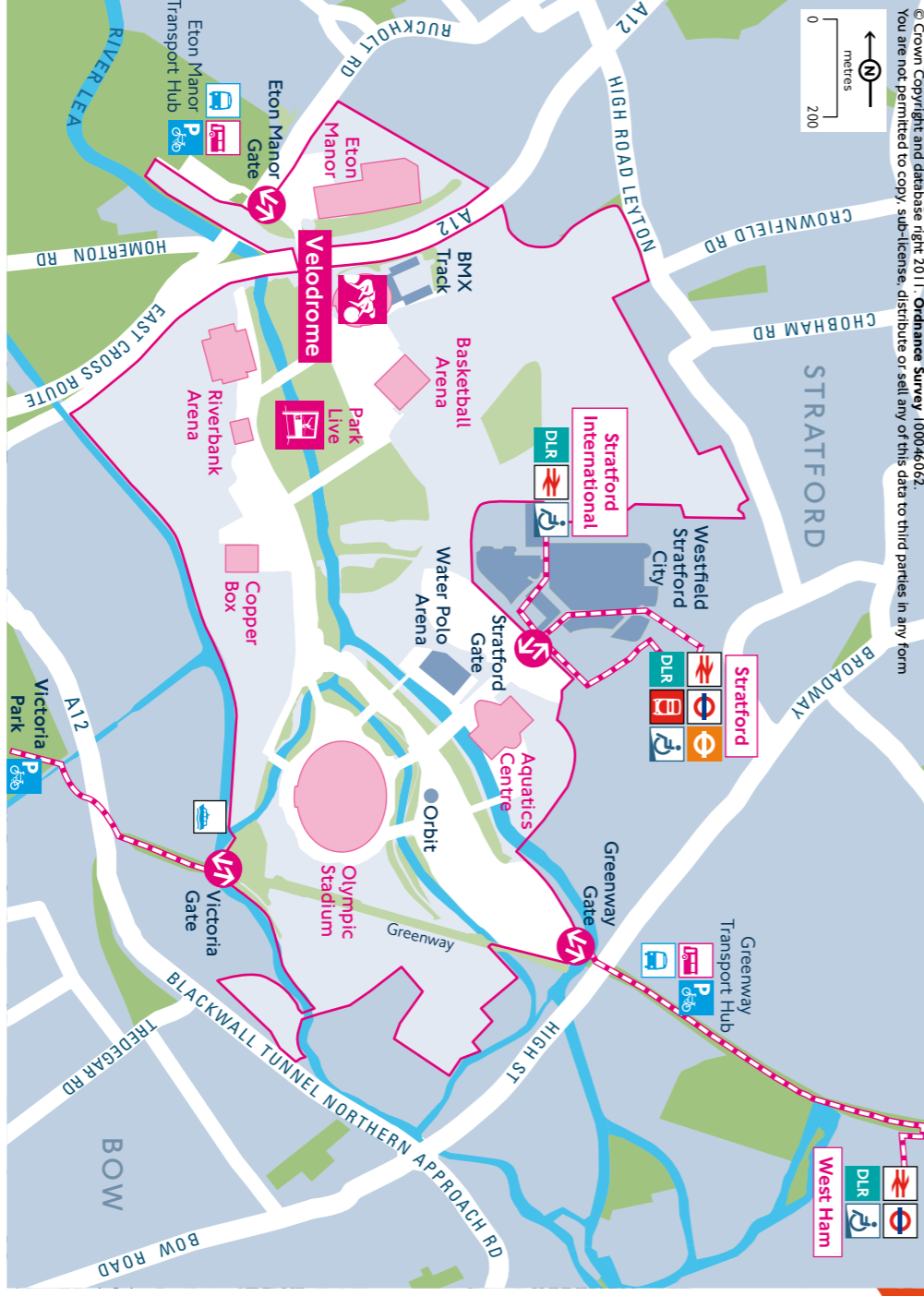
Accessible travel

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



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Key

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

Cycling - Track

The 18 Track Cycling events at the Paralympic Games are true tests of speed, endurance and teamwork.

Events

- ♂ 500m – C1/2/3
- ♂ 500m – C4/5
- ♂ ♀ Kilo – B
- ♂ ♀ Kilo – C1/2/3
- ♂ ♀ Kilo – C4/5
- ♂ ♀ Pursuit – B
- ♂ ♀ Pursuit – C1/2/3
- ♂ ♀ Pursuit – C1
- ♂ ♀ Pursuit – C2
- ♂ ♀ Pursuit – C3
- ♂ ♀ Pursuit – C4
- ♂ ♀ Pursuit – C5
- ♂ ♀ Sprint – B
- ♂ ♀ Team Sprint – C1-C5

- ♂ Men's event ♀ Women's event
- ♂ ♀ Mixed event

While you're watching

Please ask a member of staff if you wish to leave the Velodrome during a race. Draughts caused by open doors can affect the athletes' performance.



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	09:30-12:30	09:30-12:30	09:30-12:35	09:30-12:15							
Afternoon	14:00-17:50	14:00-17:10	14:00-16:15	14:00-16:00							

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

The history

The first Track Cycling races at the Paralympic Games took place at Atlanta in 1996. At London 2012, Track Cycling features more medal events than at any previous Games and, together with Road Cycling, makes up the third largest sport on the Paralympic programme.

Did you know?

Pilot cyclists, who ride with cyclists with visual impairments, may be ex-professional athletes provided they have not held a professional licence in the past three years and have stopped earning a living as a professional cyclist.

The basics

Track cyclists compete in a variety of individual and team races called time trials, individual pursuits and sprints. They either race against the clock for the fastest time or go head-to-head in contests.

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

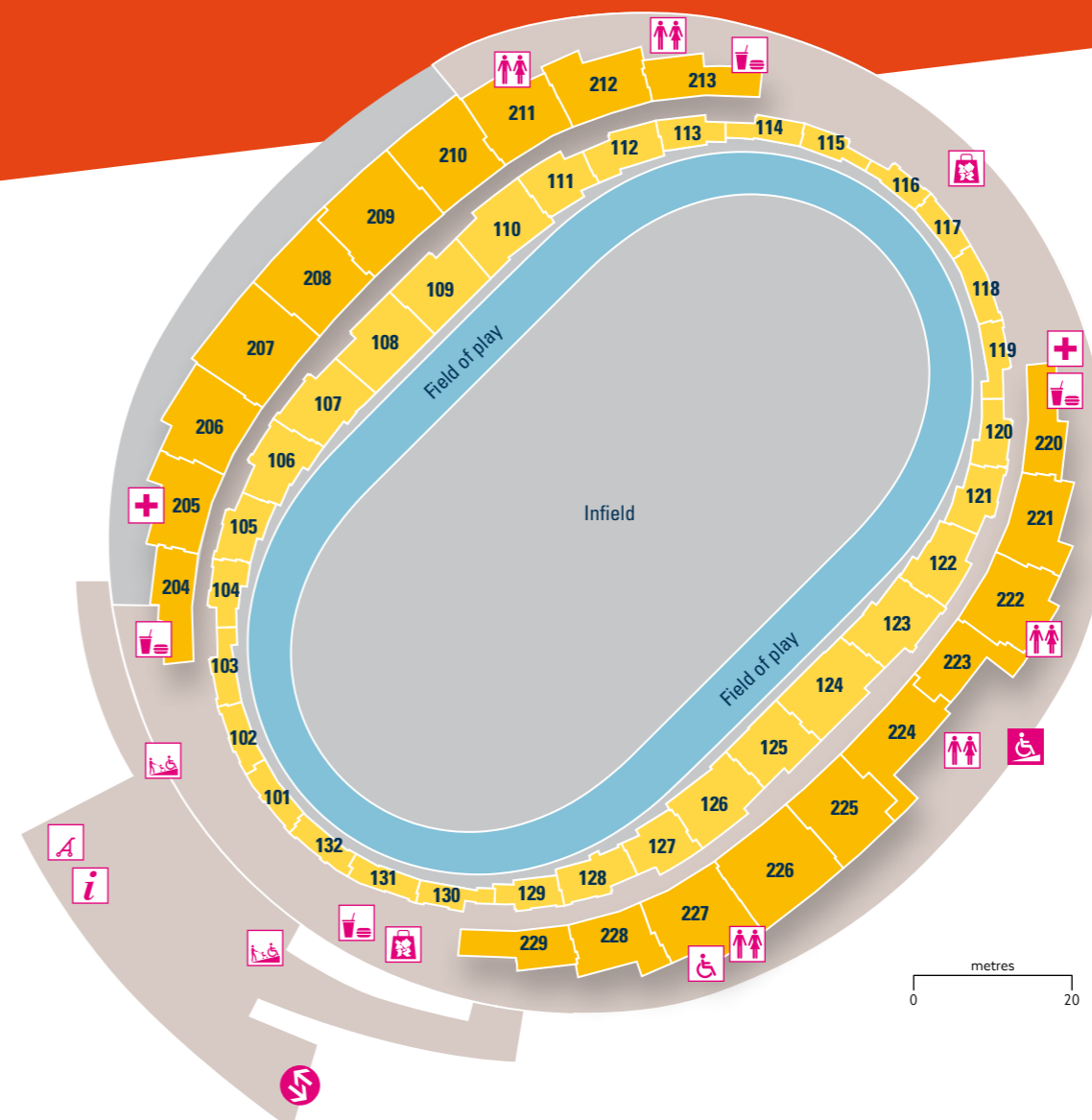
There are six classifications used in Paralympic Track Cycling. The B class covers visually impaired athletes who compete on a tandem with a guide (or 'pilot') riding at the front. Classes C1-C5 cover athletes with a physical impairment – the lower an athlete's class number, the greater the impact of their impairment on their ability to cycle.

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

While you're watching

Please don't use flash photography or laser pointers.

Velodrome



Key

- Venue entrance and exit
- Accessible entrance or exit
- 101** Seating block
- Toilets
- Accessible toilets
- Spectator medical
- London 2012 Shop
- Food and drink
- Ramp
- Pushchair and wheelchair storage
- Information, ticket resolution office, Games Mobility and lost and found

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/05. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics



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