

# 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 arrive early – especially if you have a ticket for entrance B, where there will be no late admissions. Your ticket will show you which entrance to use.

Gates will open 90 minutes before competition starts, and the build-up to the race will begin the moment gates open.

When you get to the venue, 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](http://london2012.com/security) for the full list, which includes water and other liquids.

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](http://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 early** – gates will open 90 minutes before competition starts
- 4 Central London will be very busy so leave plenty of time to get to the venue and be prepared to wait** – it may also take a while to exit the park once the event is over
- 5 You'll need to go through airport-style security when you arrive so make sure you've read the list of prohibited and restricted items** at [london2012.com/security](http://london2012.com/security)
- 6 You can bring one small backpack or a handbag.** 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 There's no shelter in the 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 Make sure you come in suitable footwear** – especially if you have a standing ticket

London 2012 Olympic Games  
Official spectator guide



# Triathlon

Hyde Park



BARCODE

# Plan your travel

## Getting to Hyde 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 Hyde Park. The recommended stations are:

- Bond Street**  – 20-minute walk
- Edgware Road**  – 20-minute walk
- Green Park**  – 25-minute walk
- Hyde Park Corner**  (for arrival only) – 5-minute walk
- Knightsbridge**  – 25-minute walk
- Marble Arch**  (for arrival only) – 15-minute walk
- Paddington**   – 20-minute walk
- Victoria**     – 20-minute walk

Plan and book your journey at [london2012.com/travel](http://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 Hyde Park before? The area will be operating very differently on Triathlon competition days. Extensive road closures will restrict access from stations to the south and east of the venue, including Green Park, increasing walking times to the venue. Please follow signs and staff directions on the day.

There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces. Cycle parking will be provided at various locations outside the venue.

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](http://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](http://london2012.com/bluebadge)

Green Park is the recommended accessible station. See the London 2012 website for more information.



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## Key

### Bond Street

Recommended station for spectators

Event area during the Olympic Games

Venue entrance and exit

Spectator access route

National Rail

London Underground

Bus station

Coach station

Station with step-free access and staff assistance

Live Site

London 2012 Superstore

1 National Rail platforms are step-free. Underground platforms are not step-free.

There will be no departures from Hyde Park Corner and Marble Arch stations between 10am and 10pm. If you are coming via these stations, remember you will need to find an alternative route home.

# Triathlon

An exciting combination of swimming, cycling and running, Triathlon is one of the fastest growing sports in the world.

## Sports info

Medal events	2
Women's event	4 August
Men's event	7 August
Total athletes	110 (55 men, 55 women)

## 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/afternoon								09:00 - 11:40			11:30 - 14:00					

Gold medals will be decided and awarded in each session

## The history

The precise origins of Triathlon are unknown: some say that the sport began in France between the wars, others that it really developed in the United States during the late 1970s. Triathlon made its Olympic debut at the Sydney 2000 Games, when more than half a million spectators lined the streets to watch the competition.

The six Olympic Triathlons have been won by athletes from six different countries: Canada and Switzerland in 2000; New Zealand and Austria in 2004; and Germany and Australia in 2008.

## The basics

Triathlons combine swimming, cycling and running. At London 2012, the events begin with a 1,500m swim in the Serpentine; continue with a seven-lap, 40km bike ride around a course that takes in Buckingham Palace and the Wellington Arch; and end with a four-lap, 10km run around the Serpentine to the finish.

Transitions between the three elements are crucial in determining the final results. Athletes can gain or lose valuable time on their rivals when collecting their bike after the swim, for example, or when changing into running shoes after the cycling. A slow transition could make the difference between a place on the podium and a place in the chasing pack.

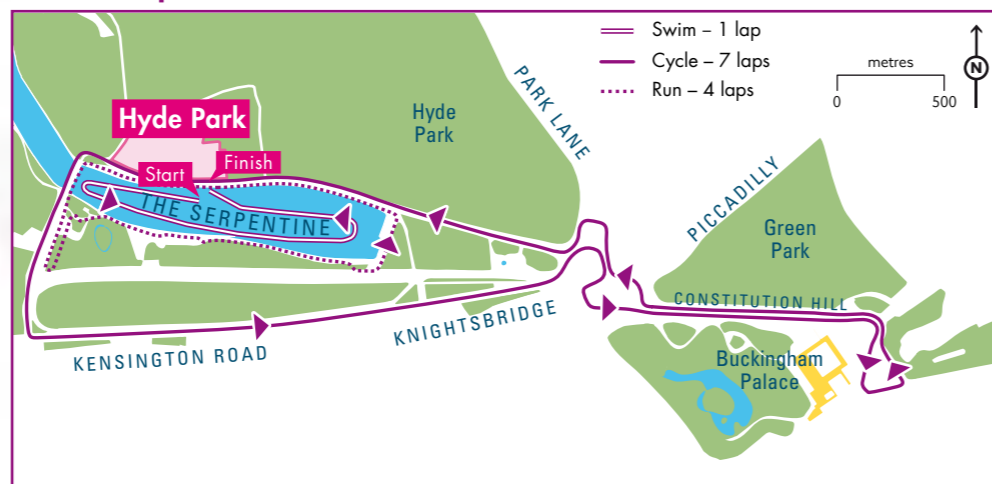
**Find out more about Triathlon** – pick up an official London 2012 daily or souvenir programme at the event.

### Did you know?

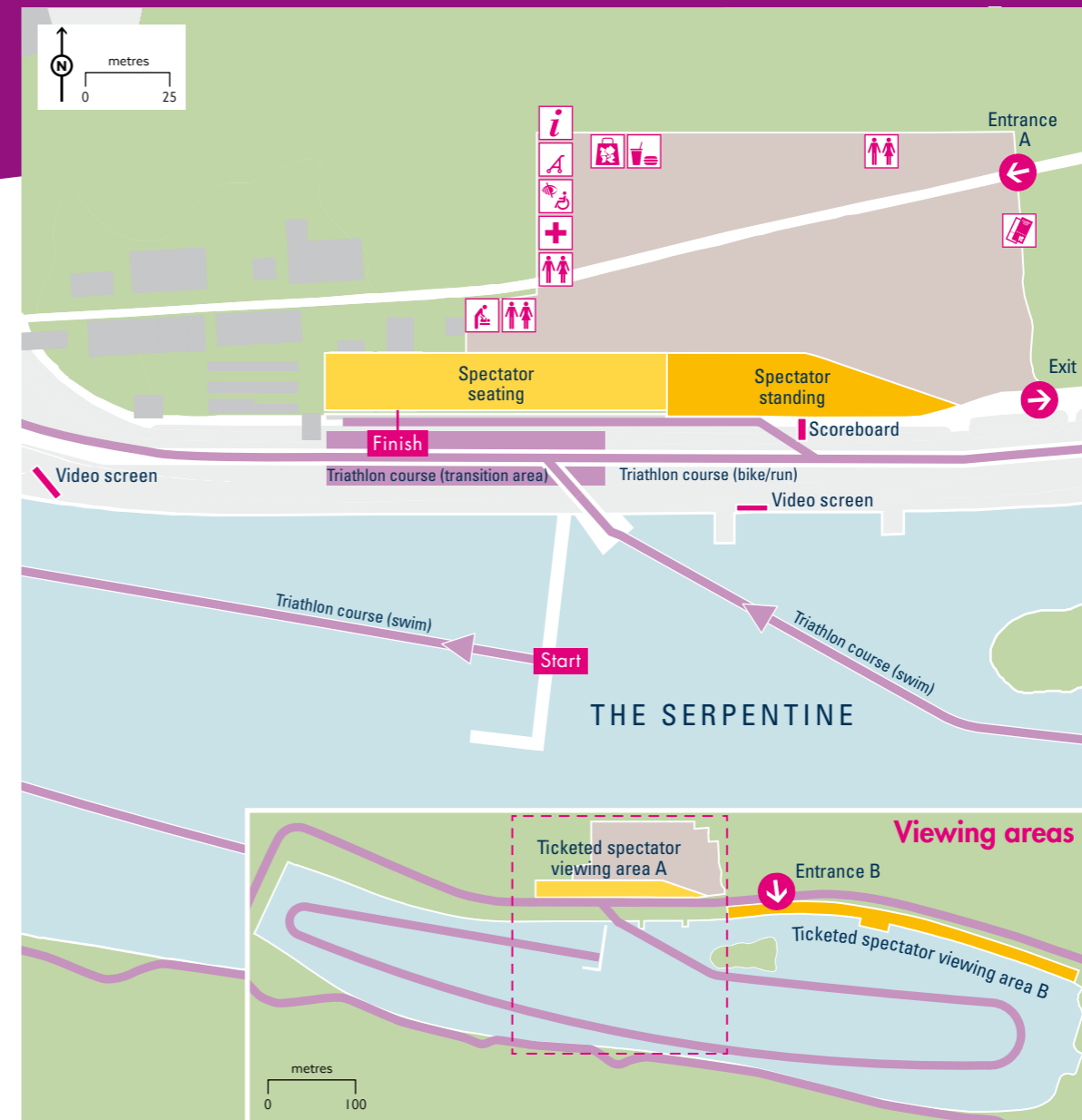
Both the men's and women's Triathlons will be conducted over the same distance, with the top competitors expected to finish in around 1hr 50mins (men) or 2hrs (women).

**While you're watching**  
Please be quiet at the start of the race and during the Victory Ceremony.

## Course map



## Hyde Park



## Key

- Venue entrance or exit
  - Toilets and accessible toilets
  - Baby changing facilities
  - Information and lost and found
  - Ticket resolution office
  - Games Mobility
  - Spectator medical
  - Pushchair and wheelchair storage
  - London 2012 Shop
  - Food and drink
  - Triathlon course
  - Spectator area
- Various facilities, including food, drink and toilets, are located in spectator area B



**Scan me now** or go to [london2012.com/mobileapps](http://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, 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](http://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](http://london2012.com/shop)

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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/46. Email [info@enquiries.london2012.com](mailto:info@enquiries.london2012.com). Phone +44 (0)845 267 2012. This guide is also available to download in English and French at [london2012.com](http://london2012.com)



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