

# 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!

## Top tips

### Arriving at the venue

Aim to be at the venue entrance at least one hour before your session starts. If you're going by train, allow extra time for the shuttle journey from the station (around 15 minutes) and the walk to the venue entrance (15-20 minutes) – and come in comfortable footwear.

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

If you have a seated ticket, please make your way to the stands once you've gone through security screening (around 10-minute walk). Or if you have a standing ticket, head to the spectator viewing area to catch some live action on the big screen (15-20 minute walk). Speak to a member of staff if you have any accessibility needs.

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)



- 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 entrance at least one hour 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 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 Park 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 This is an outdoor venue with no shelter so check the weather forecast and come prepared, whether that means bringing a sun hat or rain jacket
- 10 Come in comfortable footwear – Eton Dorney is a big venue and there's lots to explore



London 2012 Olympic Games  
Official spectator guide



# Rowing

Eton Dorney





# Plan your travel

## Getting to Eton Dorney

Please bear in mind there's no drop-off area or spectator parking at or near the venue, except for pre-booked Blue Badge spaces. Parking restrictions will be enforced.

You can travel to Eton Dorney by park-and-ride – book this service in advance at [london2012.com/travel](http://london2012.com/travel)

If you'd prefer to take the train, you can use the Games Travelcard sent to you with your ticket for free travel on National Rail between London and Slough or Windsor & Eton Riverside on the day of your event, as well as on public transport in London zones 1–9:

**Slough** ➡ – around 30-minute journey from London Paddington

**Windsor & Eton Riverside** ➡ – around one-hour journey from London Waterloo

If you're coming from the north or west of the venue, the recommended station is Maidenhead. The Games Travelcard does not cover journeys to Maidenhead station.

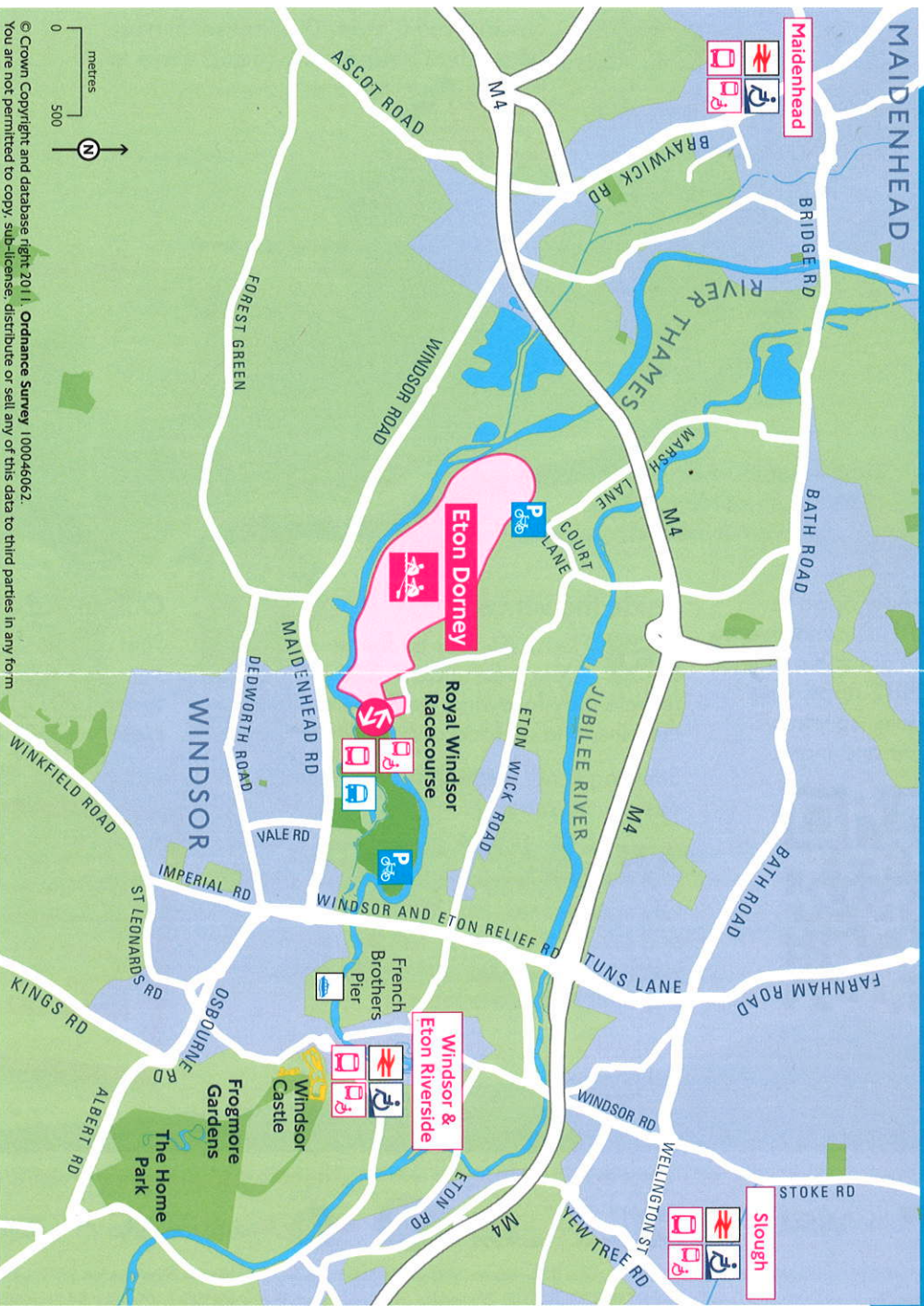
A free shuttle will run from all stations to the spectator hub at Royal Windsor Racecourse (around 15-minute journey). From there, it's a 15-20 minute walk to the venue entrance – please follow the signs and directions from staff.

It 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](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.

## 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)

Slough, Windsor & Eton Riverside and Maidenhead stations all have step-free access and staff assistance available. Accessible shuttles will run from these stations to a drop-off point outside the venue entrance.



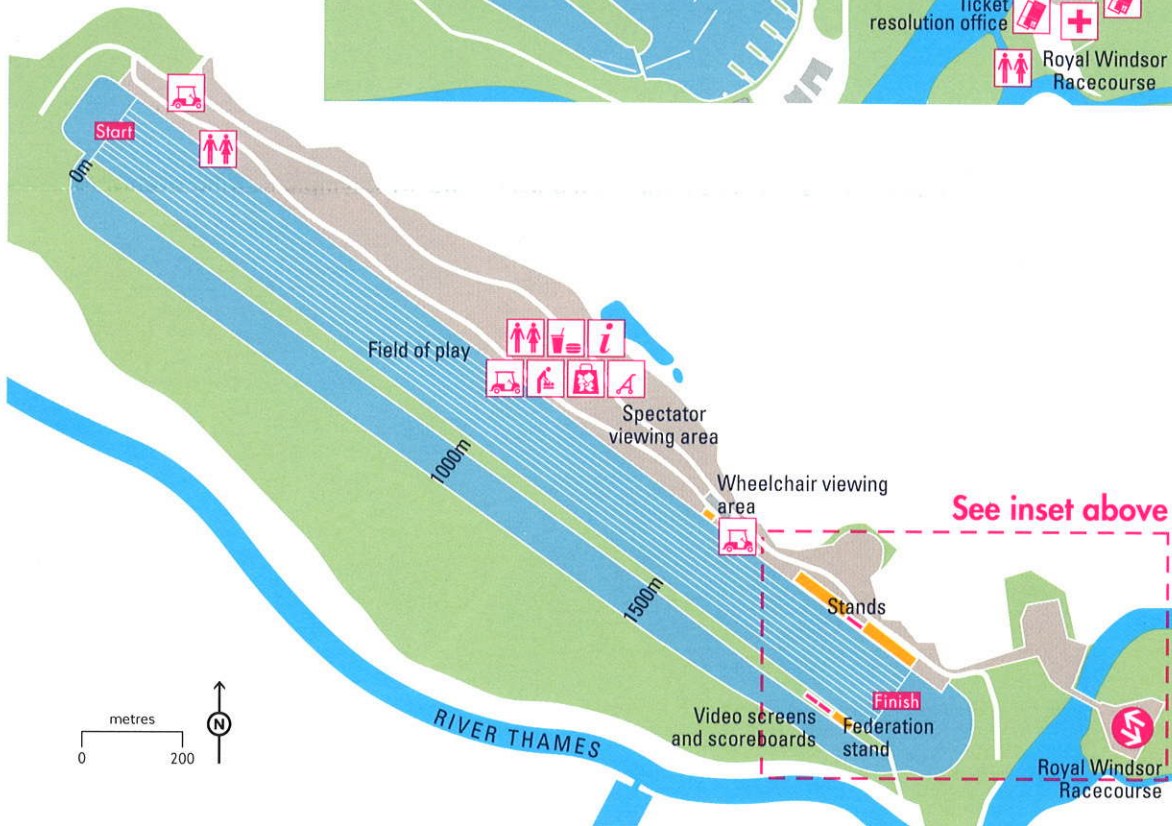
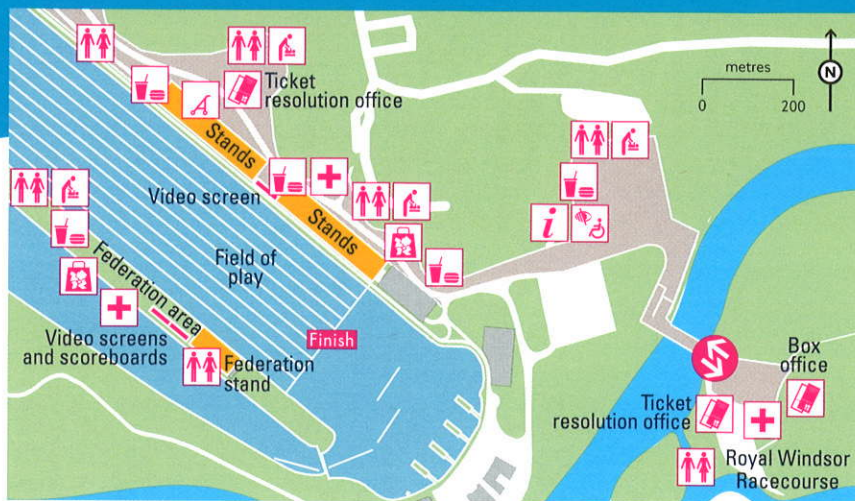
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## Key

- Slough** Recommended station for spectators
- Event area during the Olympic Games
- Venue entrance and exit
- Park-and-ride shuttle bus pick-up/drop-off
- Cycle parking
- Shuttle bus pick-up/drop-off
- Accessible shuttle bus pick-up/drop-off
- National Rail
- River services
- Station with step-free access and staff assistance



# Eton Dorney



## Walking times

Shuttle drop-off point to venue entrance – around 15-20 minutes

Venue entrance to spectator stands – around 10 minutes

Venue entrance to spectator viewing area – around 15-20 minutes

## Key

- Venue entrance and exit
- Toilets and accessible toilets
- Baby changing facilities
- Information and lost and found
- Ticket resolution office or box office
- Games Mobility
- Games Mobility shuttle service
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink

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)

















# Rowing

Rowing is renowned for its competitors' extraordinary displays of strength and stamina, as athletes push themselves through the pain barrier.

## Events

-   Single Sculls
-   Pair
-   Double Sculls
-   Lightweight Double Sculls
-  Four
-  Lightweight Four
-   Quadruple Sculls
-   Eight
-  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	09:30-14:10	09:30-11:50	09:30-11:10	09:30-12:40	09:30-13:10	09:30-13:10	09:30-13:10	09:30-13:10								

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

## The history

Although its history dates back centuries, Rowing only came of age as a competitive sport in the last 200 years. It has featured at every Games since making its debut on the Olympic programme at Paris 1900.

## Did you know?

The youngest ever Olympic champion is thought to be a French boy who coxed for a Dutch pair at the first Rowing competition at Paris 1900. The boy, aged no more than 12, took part in the Victory Ceremony – but then was never seen again!

## The basics

The 14 Olympic Rowing events, for men and women, range from the Single Sculls, featuring solo rowers, to the Eight, contested by teams of eight rowers plus a cox. All events are held over a 2,000 metre course, with the competition taking a total of eight days.

All Rowing events at London 2012 begin with the heats, from which the best boats will qualify for the next round. Boats that do not qualify automatically from the heats get a second chance to qualify through the repechage round. The best boats eventually progress through the various stages and into the finals of each event, which decide the medallists.

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



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