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.

Remember your tickets!

Everyone needs a ticket for entry

Aim to arrive early – gates will open 90 minutes before competition starts

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

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

You can bring one small backpack or a handbag. If you can manage without one, even better – it will help speed up security checks

Check the London 2012 website for the latest information before you travel

There’s a wide variety of healthy and tasty food inside the venue

You can pay by Visa (debit, credit or prepaid) or cash (£) only

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!

Make sure you come in suitable footwear – especially if you have a standing ticket

Plan your travel

London 2012 Olympic Games
Official spectator guide

Triathlon
Hyde Park
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 the Olympic 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 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

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

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

Welcome

Official spectator guide

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

1. Check the London 2012 website for the latest information before you travel.
2. Remember your tickets!
3. Aim to arrive early – gates will open 90 minutes before competition starts
4. You’ll need to go through airport-style security when you arrive so make sure you’ve checked the London 2012 website for security information before you depart
5. If you can manage without one, even better – it will help speed up security checks
6. Spectator access route
7. Bars and restaurants
8. Leave plenty of time to exit the park once the event is over
9. There’s no shelter in the venue so please check the weather forecast, whether that means bringing a sun hat or rain jacket – we are in the UK after all!
10. Games Mobility

Inside the venue you can use our free Games Mobility scheme, which includes a restricted range of mobility equipment and a limited number of wheelchairs (subject to availability)

Plan and book your journey at london2012.com/travel and check it before you set off as things may change.

You can also use the Games Travelcard to travel to events where it is provided.

Note

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.

Note

2. 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.

Key

- Bond Street
- Recommended station for spectators
- Spectator access route
- National Rail
- London Underground
- Bus station
- Coach station
- Station with step-free access and staff assistance
- Live Site
- London 2012 Superstore
- National Rail platforms are step-free.
- Underground platforms are not step-free.
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)

The history

The precise origins of Triathlon are unknown: some say that the sport began in France around the 1920s, others that it really developed in the United States during the early 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; Germany and Australia in 2008; and Germany and Australia in 2008.

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 six athletes in the pool for each race (men and women). The six Olympic Triathlons have been won by athletes from six different countries: Canada and Switzerland in 2000; New Zealand and Austria in 2004; Germany and Australia in 2008. The six Olympic Triathlons have been won by athletes from six different countries: Canada and Switzerland in 2000; New Zealand and Austria in 2004; Germany and Australia in 2008. The six Olympic Triathlons have been won by athletes from six different countries: Canada and Switzerland in 2000; New Zealand and Austria in 2004; 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 transitions, 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 across the UK at London 2012. In recognition of Visa’s long-standing 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. In recognition of Visa’s long-standing 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. In recognition of Visa’s long-standing 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.

The session timetable

<table>
<thead>
<tr>
<th>Date</th>
<th>Morning/afternoon</th>
<th>09:00-11:30</th>
<th>11:30-14:00</th>
<th>14:00-17:30</th>
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<td>28 Jul</td>
<td>Morning/afternoon</td>
<td>08:30-10:30</td>
<td>10:45-12:15</td>
<td>12:30-15:00</td>
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<tr>
<td>29 Jul</td>
<td>Morning/afternoon</td>
<td>09:00-10:30</td>
<td>10:45-12:15</td>
<td>12:30-15:00</td>
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<tr>
<td>30 Jul</td>
<td>Morning/afternoon</td>
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<td>10:45-12:15</td>
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<tr>
<td>31 Jul</td>
<td>Morning/afternoon</td>
<td>09:00-10:30</td>
<td>10:45-12:15</td>
<td>12:30-15:00</td>
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<tr>
<td>1 Aug</td>
<td>Morning/afternoon</td>
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<td>10:45-12:15</td>
<td>12:30-15:00</td>
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<tr>
<td>2 Aug</td>
<td>Morning/afternoon</td>
<td>09:00-10:30</td>
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<td>12:30-15:00</td>
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<tr>
<td>3 Aug</td>
<td>Morning/afternoon</td>
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<td>12:30-15:00</td>
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<tr>
<td>4 Aug</td>
<td>Morning/afternoon</td>
<td>09:00-10:30</td>
<td>10:45-12:15</td>
<td>12:30-15:00</td>
</tr>
</tbody>
</table>

Course map

- Swim: 1 lap
- Cycle: 7 laps
- Run: 4 laps

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 long-standing 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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