

# Swimming

## WELCOME!

You are now part of the world's greatest sports event. The Rio 2016 Olympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **this venue opens one and a half hour before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information at [rio2016.com/en/venues](http://rio2016.com/en/venues)**
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list on [rio2016.com/en/venues](http://rio2016.com/en/venues)**
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- **This Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app on [rio2016.com/en/app](http://rio2016.com/en/app) and stay tuned to everything that happens during the Games**
- Bring your energy and support. Let's make it an unforgettable party!

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## LEARN MORE ABOUT RIO

Nature, culture, and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites, installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its 30 years of support to the Olympic Games, only Visa (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

It is no exaggeration to say swimming exists since the Stone Age, when men swam in rivers and lakes looking for food. In the Olympic Games, the discipline is present since Athens 1896. It is now one of the disciplines that distribute most medals, with 32 events (16 for both male and female) in butterfly stroke, backstroke, breaststroke and freestyle.

### ABOUT THE COMPETITION

An Olympic pool is 50m wide, 25m large and 3m deep, and the water temperature varies from 25°C to 28°C. Competitions are divided in qualifiers semi-finals (with the 16 best of the event) and finals (with the 8 best of the semi-finals).

Besides the individual events of each style, there is also relay, disputed by teams with four athletes (each team member performs a part of the event), and medley, by teams or individual, that unites the four swimming styles in the same event.

### DID YOU KNOW?

- Nobody has taken the podium as many times as Michael Phelps: from Athens 2004 to London 2012, the athlete had nothing less than 22 medals around his neck. He also holds the gold (18) and victory records in the same edition of the Olympic Games (8), in Beijing 2008
- The first South-American woman to compete in an Olympic Games edition, Brazilian Maria Lenk was in Los Angeles 1932 and Berlin 1936 and held a world record in the 200m and 400m breaststroke. Having dedicated her life to swimming, she was honoured with the construction of an aquatic centre in Barra, that will host diving, synchronised swimming and water polo in the Rio 2016 Games



### PROGRAMME\*

AUGUST	SESSIONS	
05 FRI		
<b>06 SAT</b>	13:00 15:25	<b>22:00 23:55</b>
<b>07 SUN</b>	13:00 15:35	<b>22:00 00:25</b>
<b>08 MON</b>	13:00 14:25	<b>22:00 00:00</b>
<b>09 TUE</b>	13:00 14:45	<b>22:00 00:10</b>
<b>10 WED</b>	13:00 15:15	<b>22:00 00:30</b>
<b>11 THU</b>	13:00 16:00	<b>22:00 23:55</b>
<b>12 FRI</b>	13:00 15:40	<b>22:00 23:30</b>
<b>13 SAT</b>		<b>22:00 23:40</b>
14 SUN		
15 MON		
16 TUE		
17 WED		
18 THU		
19 FRI		
20 SAT		
21 SUN		

\* Information are subject to change without prior notice.

Sessions with victory ceremonies are in bold.

### EVENTS

<b>M</b> 50m freestyle	<b>F</b> 50m freestyle
<b>M</b> 100m freestyle	<b>F</b> 100m freestyle
<b>M</b> 200m freestyle	<b>F</b> 200m freestyle
<b>M</b> 400m freestyle	<b>F</b> 400m freestyle
<b>M</b> 1,500m freestyle	<b>F</b> 800m freestyle
<b>M</b> 100m backstroke	<b>F</b> 100m backstroke
<b>M</b> 200m backstroke	<b>F</b> 200m backstroke
<b>M</b> 100m breaststroke	<b>F</b> 100m breaststroke
<b>M</b> 200m breaststroke	<b>F</b> 200m breaststroke
<b>M</b> 100m butterfly	<b>F</b> 100m butterfly
<b>M</b> 200m butterfly	<b>F</b> 200m butterfly
<b>M</b> 200m medley	<b>F</b> 200m medley
<b>M</b> 400m medley	<b>F</b> 400m medley
<b>M</b> 4 x 100m freestyle relay	<b>F</b> 4 x 100m freestyle relay
<b>M</b> 4 x 200m freestyle relay	<b>F</b> 4 x 200m freestyle relay
<b>M</b> 4 x 100m medley relay	<b>F</b> 4 x 100m medley relay

**M** Male event **F** Female event



## PLANNING YOUR TRIP

### ARRIVING AT THE PARK

The Olympic Aquatics Stadium is located at Barra Olympic Park, considered the heart of the Games, which will become a sporting benchmark for the country bringing together cutting-edge competition venues. Check out how to get there:

**BRT - ESPECIAL JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
**BRT - ESPECIAL VIC. CARVALHO X C. OLÍMPICO/ RIOCENTRO > C. OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
 11min walk/800m

**BRT - ESPECIAL RECREIO X VILA MILITAR > MORRO DO OUTEIRO STATION - 11min walk/800m**

**BRT - MADUREIRA X ALVORADA PARADOR/ EXPRESSO > RIO 2 STATION**  
**BRT - FUNDÃO X ALVORADA EXPRESSO > RIO 2 STATION - 11min walk/800m**

**Accessible station - Centro Olímpico Terminal, Morro do Outeiro and Rio 2 stations** are accessible. From Centro Olímpico station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

### ATTENTION!

- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations will only be available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

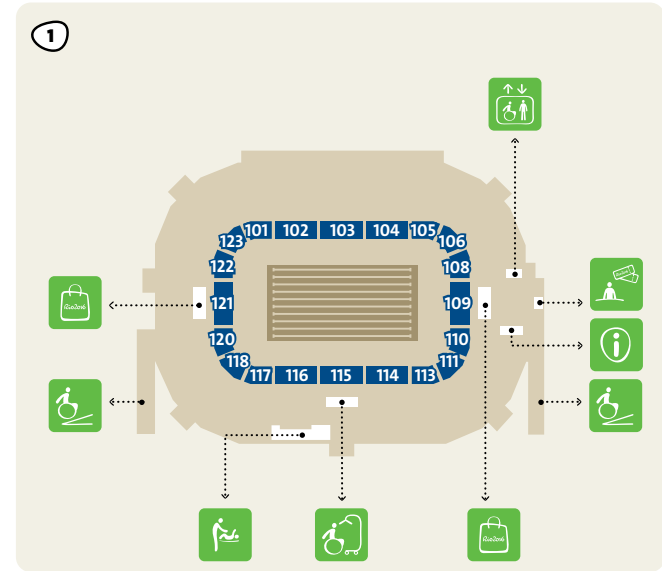
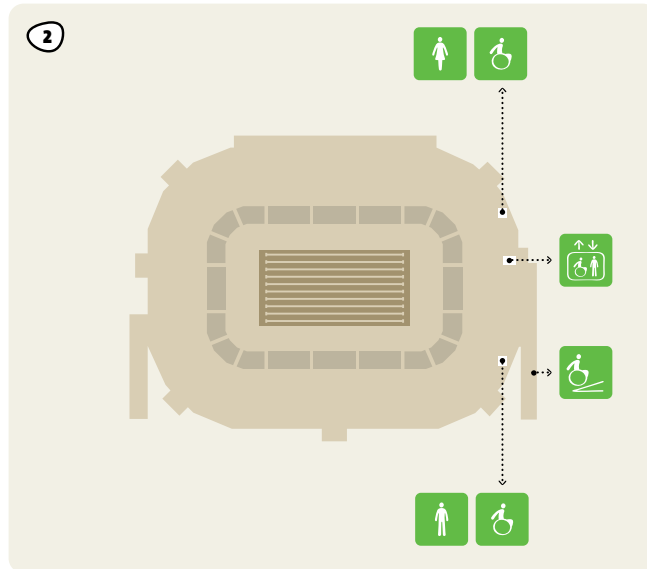
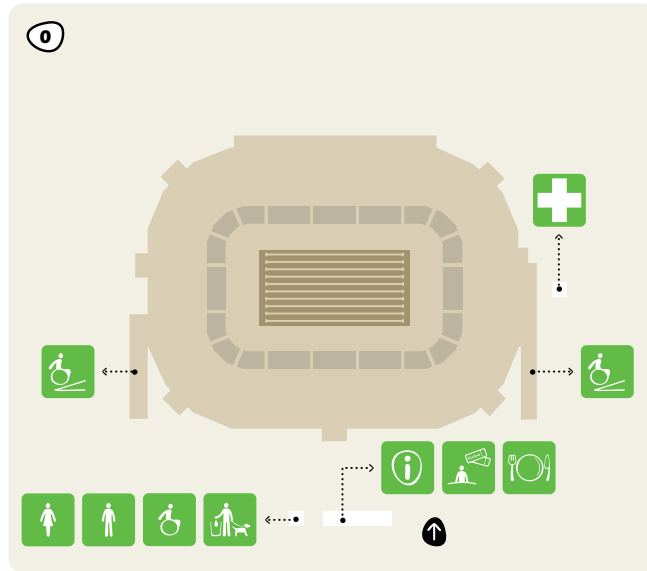
- Olympic Aquatics Stadium
- Entry or exit
- Spectator way
- BRT station
- Accessible station
- Station with accessible auxiliary shuttle



## DISCOVERING THE VENUE

- Entry
- Level
- Stands
- Ramp
- Elevator
- Ticket resolution office
- Public information
- Spectator medical post
- Women's toilet
- Men's toilet
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Rio 2016 Store

To access the different levels of the venue you can use the stairs, besides lifts and ramps shown on the map. Food and beverage services are available at all levels. Toilets - accessible, women's and men's - are available around level 1.



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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