



Diving

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
- 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
- **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**
- 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**
- **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 and stay tuned to everything that happens during the Games**
- Bring your energy and support. Let's make it an unforgettable party!

TM/© Rio 2016 (2016) - All rights reserved. This Guide is exclusively for educational, informational and referential purposes. Available for download in Portuguese, English and Spanish on the website rio2016.com/en/spectator-guide. All maps and information are subject to change without prior notice. Selling and reproducing are forbidden.

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 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

*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

Its debut in the Olympic Games was in St. Louis 1904, but dives in the water were already practised since the 18th and 19th centuries, with gymnasts pulling acrobatics before diving in rivers and pools in Sweden and Germany.

The competition format changed until Sydney 2000, with the inclusion of synchronised events on 3m springboards and 10m platforms.

ABOUT THE COMPETITION

Athletes win points according to the complexity and accuracy of their acrobatics. Men perform six dives and women, five. Seven judges give grades from 0 to 10 for each dive. The two highest and the two lowest scores are dismissed. The remaining scores are added up and multiplied according to the dive's difficulty. In synchronised events, there are 11 judges and six grades to be dismissed.

Types of dives

- **Forward** – splash towards the water
- **Backwards** – backwards take-off
- **Reverse** – forward take-off, executing the movement backwards
- **Inward** – backward take-off and forward execution
- **Twist** – regardless of the take-off, the body must perform a spin
- **Armstand** – in the initial position, athletes place their hands on the platform and their feet upward. It is performed only on the 10m platform

DID YOU KNOW?

North-American Greg Louganis is one of the greatest divers in Olympic history, having won four gold medals and one silver in three editions of the Games. In Seoul 1988, after hitting his head on the springboard during preliminaries and leaving the public concerned, Louganis took the highest podium positions in the 3m springboard and in the 10m platform.

WHILE YOU WATCH

Please remain silent when the diver's name is called and until they are totally submerged. It is forbidden to use flash to take pictures.



PROGRAMME*

AUGUST	SESSIONS	
05 FRI		
06 SAT		
07 SUN		16:00 17:15
08 MON		16:00 17:15
09 TUE		16:00 17:15
10 WED		16:00 17:15
11 THU		
12 FRI		15:30 18:30
13 SAT		16:00 17:40
14 SUN		16:00 17:30
15 MON		15:15 18:45
16 TUE	10:00 11:50	18:00 20:00
17 WED		15:00 18:10
18 THU	10:00 11:30	16:00 17:30
19 FRI		16:00 19:10
20 SAT	11:00 12:50	16:30 18:10
21 SUN		

* Information are subject to change without prior notice.

Sessions with victory ceremonies are in bold.

EVENTS

M	3m springboard
M	10m platform
M	Synchronised 3m springboard
M	Synchronised 10m platform
F	3m springboard
F	10m platform
F	Synchronised 3m springboard
F	Synchronised 10m platform

Male event Female event

RIO 2016 STORE
Take the Rio 2016 Games with you. Buy official and exclusive products at physical stores and on rio2016.com/en/shop

PLANNING YOUR TRIP

ARRIVING AT THE PARK

The Maria Lenk Aquatics Centre 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.

ATTENTION!

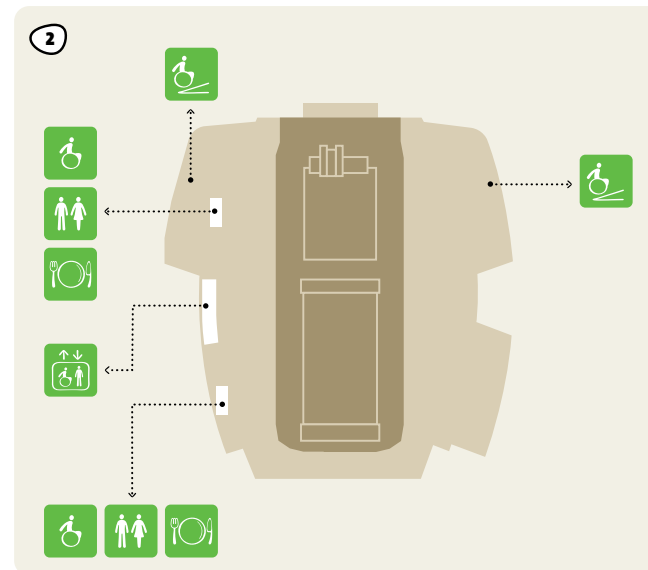
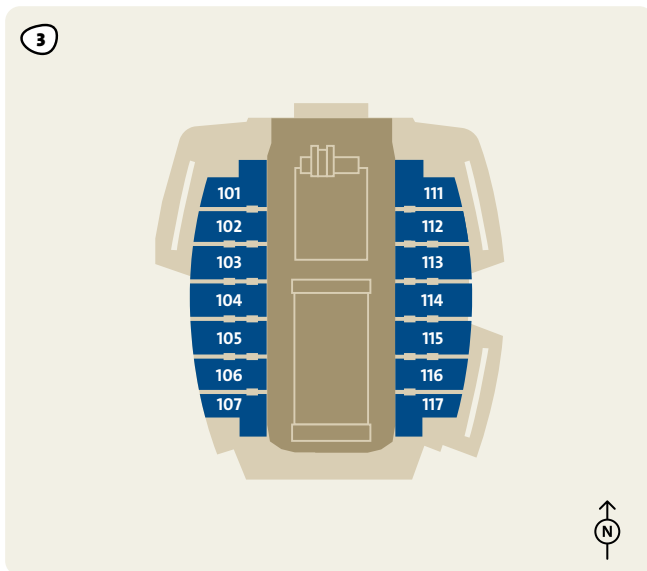
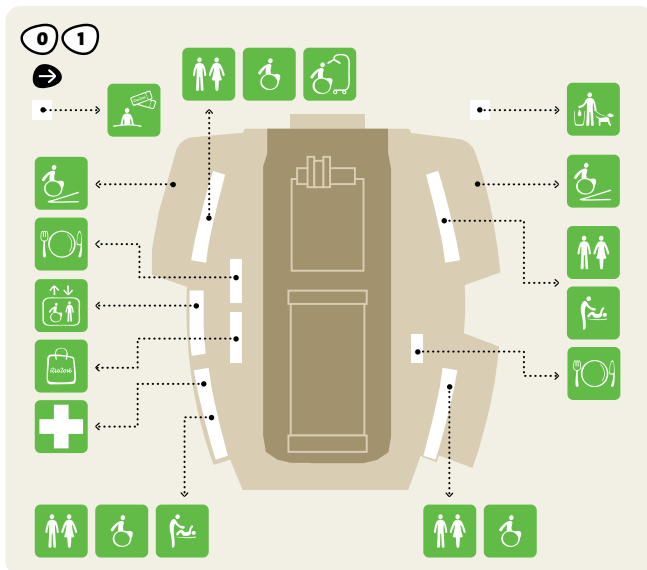
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations will only be available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry 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

-  Maria Lenk Aquatics Centre
-  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
- Spectator medical post
- Toilets
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- Rio 2016 Store





WORLDWIDE OLYMPIC PARTNERS



OFFICIAL SPONSORS



OFFICIAL SUPPORTERS



OFFICIAL SUPPLIERS

Airbnb C&A Ceg Editora Globo EF Education First EVENTIM ISDS
Karcher Komoco Localiza Manpowergroup Microsoft Mondo Nielsen
Nike RGS Events RIOgaleão SEG Gymnastics Symantec Technogym

SUPPLIERS

Bauerfeind Casa da Moeda do Brasil EMC H. Olhos Paulista Posterscope Brasil

GOVERNMENTAL PARTNERS

