



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!



Synchronised swimming

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!

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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 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

Commonly known as “water ballet”, synchronised swimming gained further popularity in North America during the 1940s, thanks to movie star Esther Williams. After a decade, the first competition rules were formalised, enabling the discipline to evolve until joining the Olympic Games in Los Angeles 1984. The participation remains exclusively female.

ABOUT THE COMPETITION

The athletes are assessed in three categories: execution, difficulty and artistic impression – including choreography, music interpretation and presentation form. The time for performing duets can vary from 2min20s to 3min and, for teams, from 2min50s to 4min.

During presentations, athletes cannot use the bottom of the pool to be based on nor help a teammate. Pools have a sound system inside the water so that athletes can follow the choreography song. In team presentations, each country must sign up nine athletes, but only eight can actually participate. Bikinis are forbidden; swimsuits are mandatory.

Depending on the time the athlete is submerged, a nose clip can be used to prevent water from entering the nose.

DID YOU KNOW?

In Barcelona 1992, the duets formed by Karen and Sarah Josephson (USA) and Penny and Victoria Vilagos (Canada) won gold and silver, respectively. The funny thing is that both duets were formed by twin sisters. This year’s Olympic Games host, Brazil also has a history of twins competing in synchronised swimming: Isabela and Carolina de Moraes represented the country in Sydney 2000 and Athens 2004.



PROGRAMME*

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

* Information are subject to change without prior notice.

Sessions with victory ceremonies are in bold.

EVENTS

Duets

Teams

104 athletes

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.

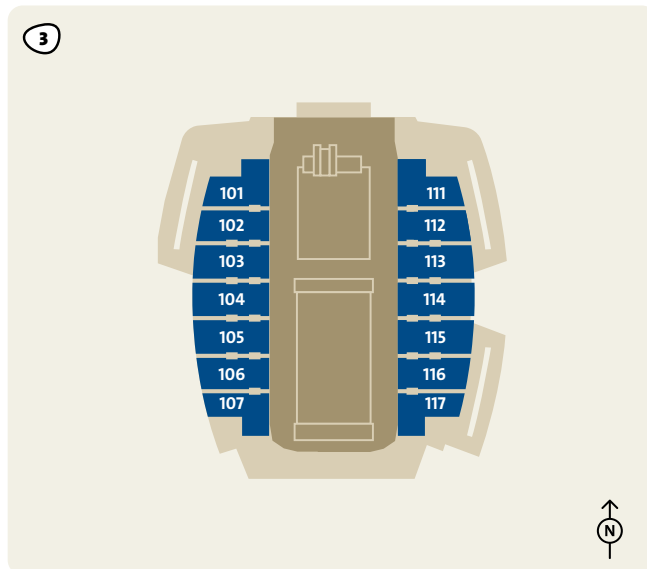
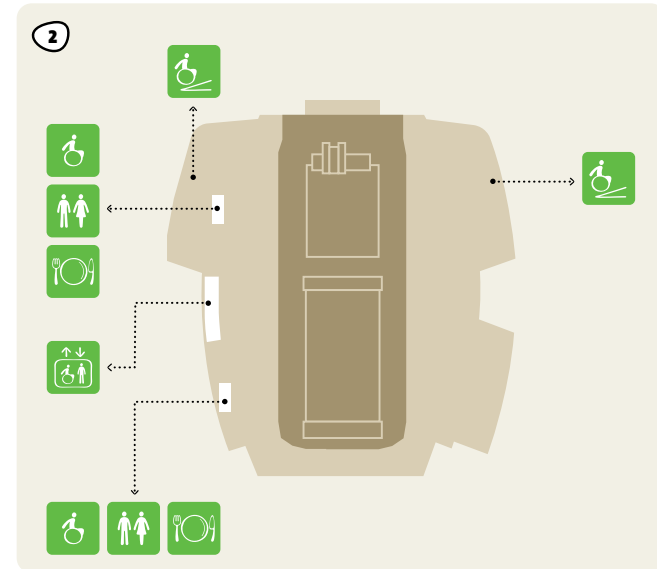
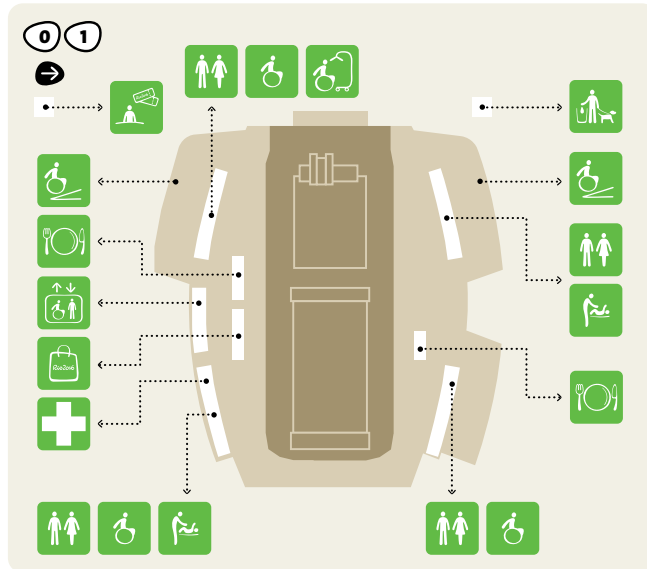
ATTENTION!

- 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





WORLDWIDE OLYMPIC PARTNERS



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OFFICIAL SUPPLIERS

Airbnb C&A Ceg Editora Globo EF Education First EVENTIM ISDS
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Nike RGS Events RIOgaleão SEG Gymnastics Symantec Technogym

SUPPLIERS

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

GOVERNMENTAL PARTNERS

