



Swimming

WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic 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!

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 long-standing support to the Paralympic Games, only Visa cards (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.

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UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Swimming has been part of the Paralympic programme since Rome 1960 and has been ever present since.

With 620 athletes competing in 152 events, swimming will be the Paralympic sport with the second highest number of athletes at the Rio 2016 Games, behind only athletics.

ABOUT THE COMPETITION

At the beginning of the event, swimmers can start the race in various positions, including standing, sitting or in the water, depending on their impairment, and can have the help of a support staff if needed.

The visually impaired rely on the help of the tapper, an assistant who uses a pole fitted with a cushioned end to let them know when they are approaching the wall and need to turn or make a firm contact at the finish. Tappers are required for S11 classes and are optional for the S12 and S13 classes.

Athletes in class S11 must also swim wearing black goggles to keep a swimmer with some vision from having an advantage over others who are completely blind.

Swimmers are grouped into 14 functional classes, depending on the type of impairment and the degree of activity limitation resulting from that impairment, the lower the class:

- **1 to 10** – physical impairment
- **11-13** – visual impairment
- **14** – intellectual impairment

DID YOU KNOW?

Swimmer Daniel Dias is the Brazilian athlete with the highest number of Paralympic medals. He has won 10 gold medals (four at Beijing 2008 and six at London 2012), four silver medals and one bronze medal (Beijing 2008).



PROGRAMME*

SEPTEMBER		SESSIONS			
07	WED				
08	THU	09:30 12:05	17:30 21:50		
09	FRI	09:30 11:45	17:30 21:50		
10	SAT	09:30 11:50	17:30 21:15		
11	SUN	09:30 11:50	17:30 21:30		
12	MON	09:30 12:00	17:30 21:45		
13	TUE	09:30 12:00	17:30 21:35		
14	WED	09:30 12:05	17:30 21:35		
15	THU	09:30 11:55	17:30 21:35		
16	FRI	09:30 11:55	17:30 21:25		
17	SAT	09:30 11:40	17:30 21:30		
18	SUN				

* Information subject to change without prior notice.

Sessions with victory ceremonies are in bold.

EVENTS

M 50m freestyle	F 50m freestyle
M 100m freestyle	F 100m freestyle
M 200m freestyle	F 200m freestyle
M 400m freestyle	F 400m freestyle
M 50m backstroke	F 50m backstroke
M 100m backstroke	F 100m backstroke
M 50m breaststroke	F 50m breaststroke
M 100m breaststroke	F 100m breaststroke
M 50m butterfly	F 50m butterfly
M 100m butterfly	F 100m butterfly
M 150m individual medley	F 150m individual medley
M 200m individual medley	F 200m individual medley
M 4 x 100m freestyle relay	F 4 x 100m freestyle relay
M 4 x 100m medley relay	F 4 x 100m medley relay
M F 4 x 50m freestyle relay	

M Male **F** Female **M F** Mixed



PLANNING YOUR TRIP

ARRIVING AT THE PARK

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 - JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO
11min walk/800m

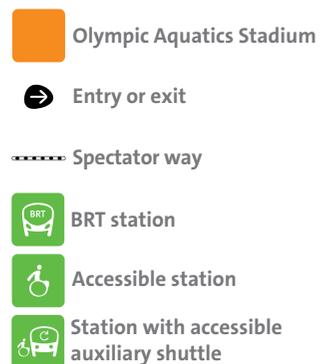
BRT - RECREIO X VILA MILITAR > MORRO DO OUTEIRO STATION
11min walk/800m

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!

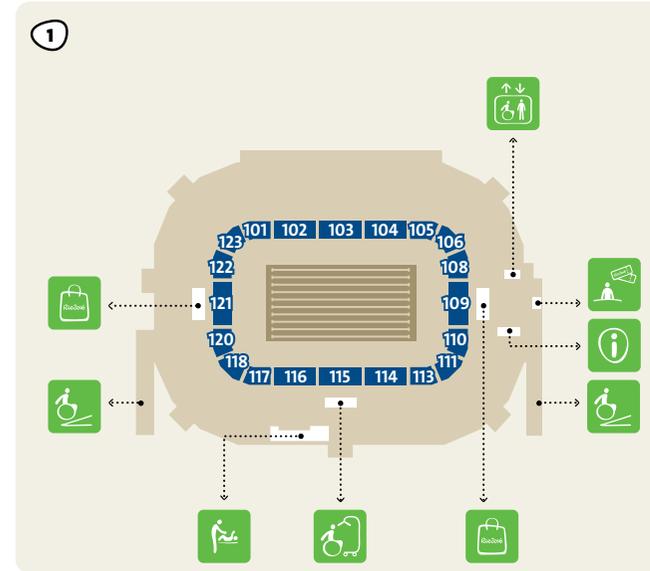
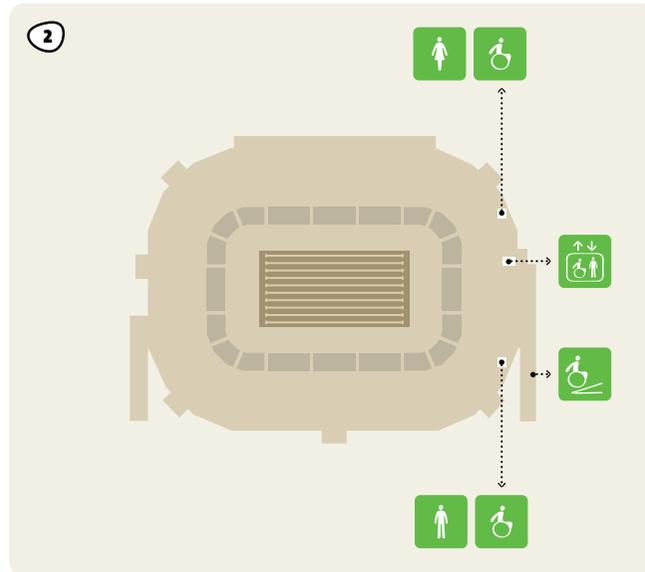
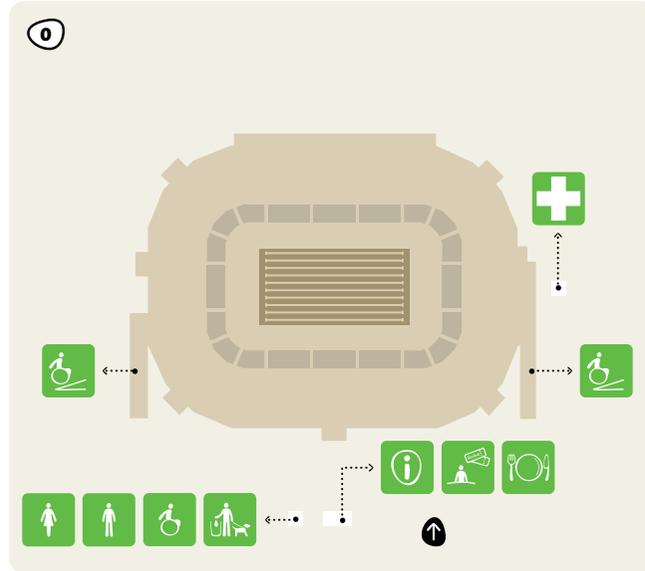
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry locations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



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



WORLDWIDE PARALYMPIC PARTNERS



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