



# Rowing

## 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: **most venues open two hours 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!

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](http://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](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

The first representation of a rowing boat was discovered in Finland and dates back to 5800 BC, and the oldest recorded regatta happened at Venice, in 1274, when gondoliers and boatmen competed.

The sport joined the Olympic Games at Athens 1896, but the regatta was cancelled due to rough seas. Four years later, at Paris 1900, the tournament was finally performed. Rowing then definitely joined the Olympic programme. Women compete since Montreal 1976.

### ABOUT THE COMPETITION

There are 14 events: 8 for men and 6 for women. Each regatta can have up to six boats. Teams advance in the competition according to the system defined by the International Rowing Federation. The 2,000m race is travelled in a straight line, with marks at each 250m. Each boat has its own lane, measuring 13.5m in width.

A curious figure in the rowing world, the cox acts like a coach inside the boat: they guide the team's tactics and set the rowing pace and the boat's direction, besides motivating the oarsmen and oarswomen to communicate the opponent's positions.

### DID YOU KNOW?

- Romanian Elisabeta Lipa is not only considered one of the best oarswomen in history, with eight Olympic medals (five gold, two silver and one bronze), but also holds the record of time elapsed between the first and the last medals: 20 years, from Los Angeles 1984 to Athens 2004
- At Melbourne 1956, Soviet Viktor Ivanov celebrated the silver medal win with his teammate Igor Buldakov so much that he dropped it on the Wendouree Lake. After the competition, boys from a local school searched for the medal. Andrew Hemingway, 13, found it and returned it to the champion



### PROGRAMME\*

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

\* Information subject to change without prior notice.

Sessions with victory ceremonies are in bold.

### EVENTS

Single sculls (M1x)
Pair (M2-)
Double sculls (M2x)
Lightweight double sculls (LM2x)
Four (M4-)
Lightweight four (LM4-)
Quadruple sculls (M4x)
Eight (M8+)
Single sculls (W1x)
Pair (W2-)
Double sculls (W2x)
Lightweight double sculls (LW2x)
Quadruple sculls (W4x)
Eight (W8+)

Male Female



### RIO 2016 STORE

Take the Rio 2016 Games with you. Buy official and exclusive products at physical stores and on [rio2016.com/en/shop](http://rio2016.com/en/shop)

## PLANNING YOUR TRIP

### ARRIVING AT THE VENUE

Lagoa Stadium, located at one of the most famous postcards of the *Cidade Maravilhosa*, the Lagoa Rodrigo de Freitas, is one of the venues of the Rio 2016 Games. Check out how to get there:







**METRO - LINE 4 > NOSSA SENHORA DA PAZ STATION**  
19min walk/1,400m

**METRO - LINE 4 > JARDIM DE ALAH STATION**  
12min walk/830m

**Accessible station** - Accesses A of Nossa Senhora da Paz and Jardim de Alah stations are accessible. Departing from Nossa Senhora da Paz 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!
















- Instructions on how to arrive at the venue are intended only for ticket holders
- 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](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

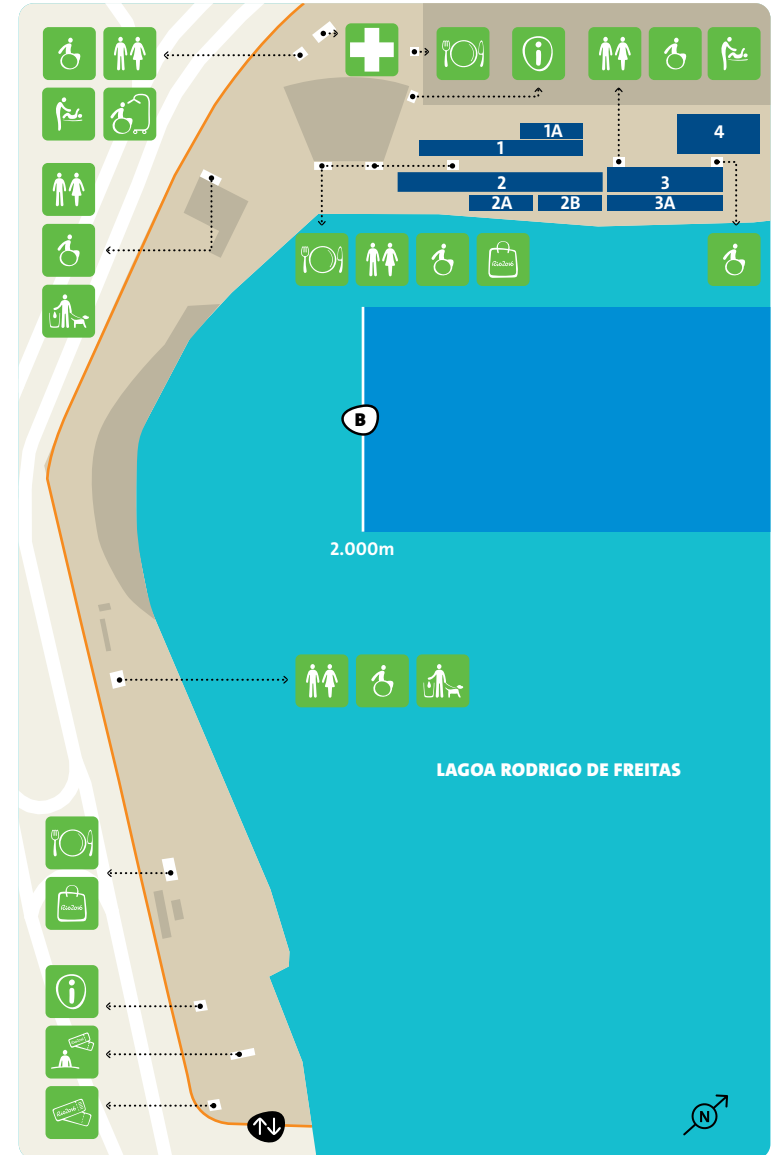
-  Lagoa Stadium
-  Entry and exit
-  Spectator way
-  Metro station
-  Accessible station
-  Station with accessible auxiliary shuttle



DISCOVERING THE VENUE



-  Entry and exit
-  Stands
-  Ticket box office
-  Ticket resolution office
-  Public information
-  Spectator medical post
-  Toilets
-  Accessible toilet
-  Extra accessible toilet
-  Baby changing
-  Dog relief area
-  Food and beverage
-  Rio 2016 Store
-  Start
-  Finish





WORLDWIDE OLYMPIC PARTNERS



OFFICIAL SPONSORS



OFFICIAL SUPPORTERS



OFFICIAL SUPPLIERS

Airbnb C&A Ceg Dica do Chef Editora Globo EF Education First  
EVENTIM GREE ISDS Kärcher Komeco Localiza Manpowergroup  
Microsoft Mondo Nielsen Nike OFF! RGS Events RIOgaleão  
Sapere SEG Gymnastics Symantec Technogym 3 Corações

SUPPLIERS

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

GOVERNMENTAL PARTNERS

