



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!



Athletics

OLYMPIC STADIUM (ENGENHÃO)

Athletics - marathon

FORT COPACABANA



Athletics

OLYMPIC STADIUM (ENGENHÃO)

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!





OLYMPIC STADIUM (ENGENHÃO)

Athletics

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: **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
- 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.

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.

UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Athletics was one of the eight sports featured in the first Paralympic Games, held in Rome in 1960 in which athletes competed in a total of 25 medal events. Since then, it has been part of all editions and is currently the largest discipline in the Paralympic programme. At the 2016 Games, 1,100 athletes will compete in 177 track, field, and road events over an 11-day period.

People with an impairment in over 120 countries worldwide currently practise athletics.

ABOUT THE COMPETITION

The programme is similar to that of the Olympic Games. On the track, athletes run distances ranging from 100 to 5,000 metres. Field events include jumping and throwing competitions. There is also the marathon, which will take place on the streets of Rio. There are competitions for the visually, intellectually and physically impaired – each with functional classifications to ensure equality among competitors.

On account of the athletes' classifications, competition names are followed by a code (letter + number). The letter used for a track competition is T (from the English word *track*). The letter F is used for field or jump events (from the English word *field*).

The numbering indicates the athlete's degree of impairment:

- **11 to 13** – visual impairment
- **20** – intellectual impairment
- **31 to 34** – cerebral palsy seated
- **35 to 38** – cerebral palsy standing
- **40** – dwarfism
- **41 to 47** – amputees and *les autres*
- **51 to 57** – wheelchair athletes (effects of polio, spinal cord injuries and amputations)

DID YOU KNOW?

Brazil had its best participation in the Paralympic Games at London 2012, winning seven gold, eight silver and three bronze medals, 18 in total. The country ranked seventh in the athletics medal table. Only swimming brought more medals than athletics to the country in 2012.



PROGRAMME*

SEPTEMBER	SESSIONS	
07 WED		
08 THU	 10:00 13:00	 17:30 20:35
09 FRI	 10:00 13:10	 17:30 20:45
10 SAT	 10:00 13:00	 17:30 20:30
11 SUN	 10:00 13:10	 17:30 20:40
12 MON	 10:00 13:10	 17:30 20:30
13 TUE	 10:00 13:15	 17:30 20:40
14 WED	 10:00 13:10	 17:30 20:30
15 THU	 10:00 13:10	 17:30 20:40
16 FRI	 10:00 13:00	 17:30 20:30
17 SAT	 10:00 13:15	 17:30 20:30
18 SUN		

* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

EVENTS

 100m	 100m
 200m	 200m
 400m	 400m
 800m	 800m
 1.500m	 1.500m
 5.000m	 5.000m
 4 x 100m relay	 4 x 100m relay
 4 x 400m relay	 4 x 400m relay
 Shot put	 Shot put
 Discus throw	 Discus throw
 Javelin throw	 Javelin throw
 Club throw	 Club throw
 Long jump	 Long jump
 High jump	

 Male event  Female event



PLANNING YOUR TRIP

ARRIVING AT THE VENUE

Part of the legacy from the Rio 2007 Pan American Games, the Olympic Stadium is one of the venues of the Rio 2016 Games. Check out how to get there:

TRAIN - DEODORO, JAPERI OR SANTA CRUZ BRANCHES

> OLÍMPICA DE ENGENHO DE DENTRO STATION

OESTE ENTRY - 6min walk/400m

LESTE ENTRY - 6min walk/400m

Accessible station - Olímpica de Engenho de Dentro Station is accessible. For more convenience, people in wheelchairs or with reduced mobility should pay attention to signs available at the station. 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

- Olympic Stadium
- Entry and exit
- Exit
- OESTE** Entry
- Spectator way
- Train station
- Accessible station

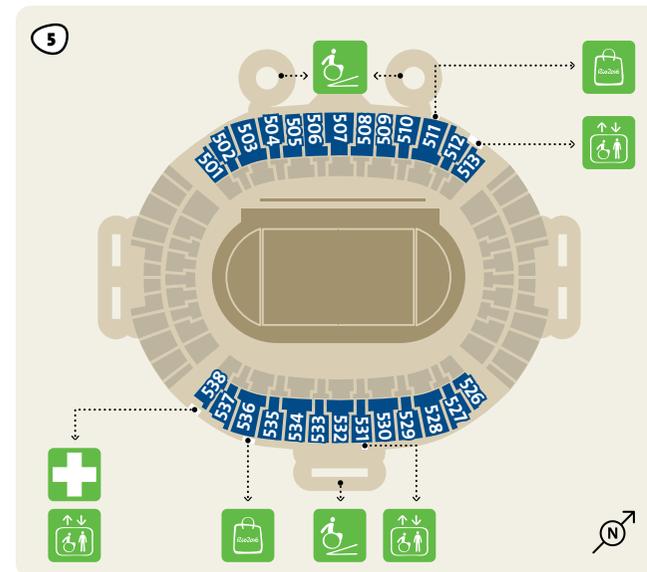
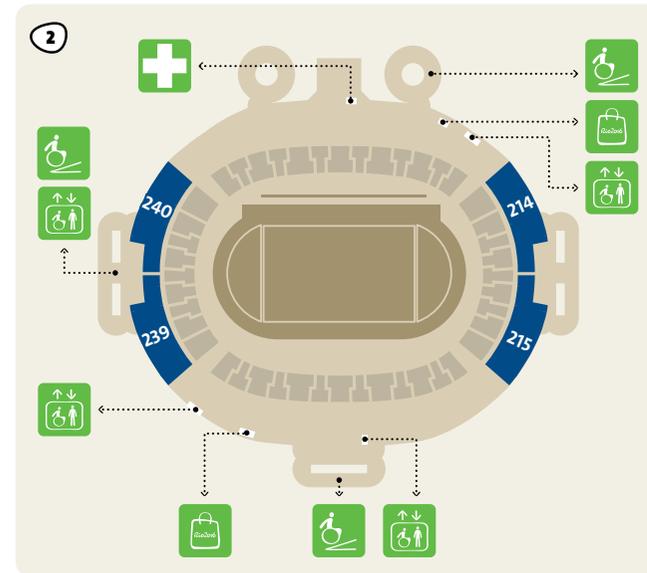
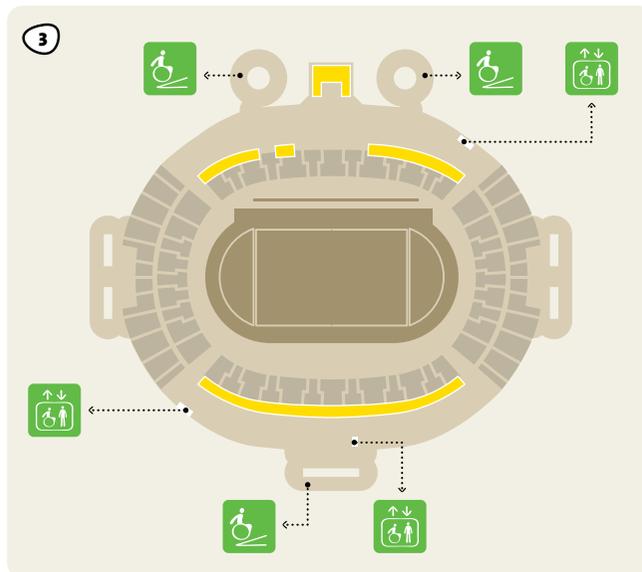
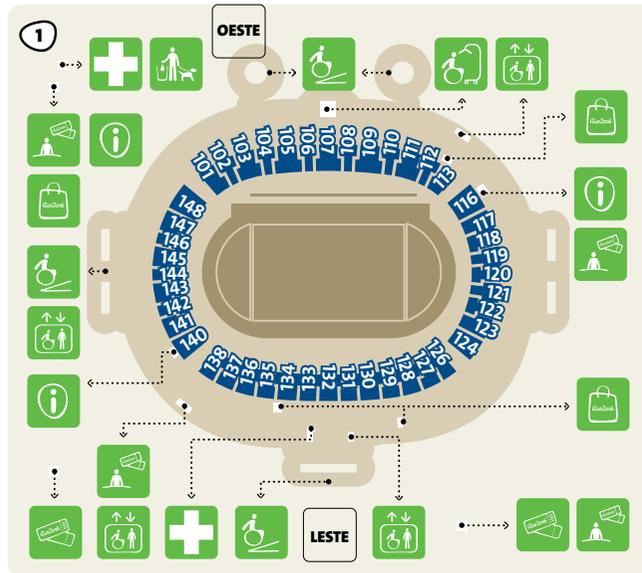


ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE SURROUNDINGS MAP

DISCOVERING THE VENUE

- OESTE** Entry
- 1** Level
- Stands
- Carioca hospitality
- Ramp
- Elevator
- Ticket box office
- Ticket resolution office
- Public information
- Spectator medical post
- Extra accessible toilet
- Dog relief area
- Rio 2016 Store

Food and beverage services are available at all levels. The same goes for the toilets - accessible, women's and men's. In the last two, baby changing facilities are also available.



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



WORLDWIDE PARALYMPIC PARTNERS



OFFICIAL SPONSORS



OFFICIAL SUPPORTERS



OFFICIAL SUPPLIERS

Casa da Moeda do Brasil Ceg EF Education First OFF! Ottobock 3 Corações

GOVERNMENTAL PARTNERS





Athletics - marathon

FORT COPACABANA

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!





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!



Athletics - marathon

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: **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
- 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.

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.

UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Athletics was one of the eight sports featured in the first Paralympic Games, held in 1960 in Rome, in which athletes competed in a total of 25 medal events. Since then, it has been part of all editions and is currently the largest discipline in the Paralympic programme. In the 2016 Games, 1,100 athletes will compete in 177 track, field, and road events over an 11-day period.

People with an impairment in over 120 countries worldwide currently practise athletics.

ABOUT THE COMPETITION

The programme is pretty much the same as that of the Olympic Games. On the track, athletes run distances ranging from 100 to 5,000 metres. Field events include jumping and throwing competitions. There is also the marathon, which will take place on the streets of Rio. There are competitions for the visually, intellectually and physically impaired - each with functional classifications to ensure equality among competitors.

Several competitions involve the same distances in Paralympic athletics. For example, there are only two Olympic marathon events, one for men, the other for women. The Rio 2016 Paralympic marathon, meanwhile, will be divided into five events, three men's classes (T12, T46, and T54) and two women's (T12 and T54).

On account of the athletes' classifications, competition names are followed by a code (letter + number). The letter used in the marathon is T (from the English word *track*). The numbering indicates the athlete's degree of impairment.

DID YOU KNOW?

Brazil's Tito Sena is among the main winners of the Paralympic marathon. At Beijing 2008, he won the silver medal in the T46 class, while at London 2012, he won his first gold at the Games. At Rio 2016, the Brasília native will pursue his third Paralympic medal.



PROGRAMME*

SEPTEMBER	SESSIONS		
07	WED		
08	THU		
09	FRI		
10	SAT		
11	SUN		
12	MON		
13	TUE		
14	WED		
15	THU		
16	FRI		
17	SAT		
18	SUN	09:00	15:30

* Information subject to change without prior notice.

Sessions with victory ceremonies are in bold.

EVENTS

M	Marathon — T12 (T11/12)
M	Marathon — T46 (T45/46)
M	Marathon — T54 (T52/53/54)
F	Marathon — T12 (T11/12)
F	Marathon — T54 (T52/53/54)

M Male **F** 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

PLANNING YOUR TRIP

ARRIVING AT THE VENUE

Fort Copacabana, located at Copacabana Beach, one of the most famous in the world and one of the must-see sights of the city, is the stage of a few competitions at the Rio 2016 Games. Check out how to get there:

METRO - LINE 1 OR 4 > GENERAL OSÓRIO STATION
POSTO 6 ENTRY - 13min walk/950m

METRO - LINE 1 > CANTAGALO STATION
POSTO 5 ENTRY - 15min walk/1,050m

Accessible station - Accesses A of General Osório and Cantagalo stations are accessible. Learn more about public transport accessibility during the Games at visit.rio.

ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Marathon is a street competition and there will be restrictions to cross the course
- 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

-  Fort Copacabana
-  Entry and exit
-  POSTO Entry
-  Spectator way
-  Metro station
-  Accessible station



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE SURROUNDINGS MAP

DISCOVERING THE VENUE



- POSTO Entry
- Entry and exit
- Stands
- Spectator way
- 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
- Crossing point
- Start and finish
- Lap 1
- Laps 2 to 5





WORLDWIDE PARALYMPIC PARTNERS



OFFICIAL SPONSORS



OFFICIAL SUPPORTERS



OFFICIAL SUPPLIERS

Casa da Moeda do Brasil Ceg EF Education First OFF! Ottobock 3 Corações

GOVERNMENTAL PARTNERS

