



# ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2018

## LONDON AQUATIC CENTRE

The London Aquatics Centre is in Queen Elizabeth Olympic Park, Stratford, London.

Public transport is the best and easiest way to get to and from the Park, either by train, underground or bus

The nearest underground stations are Stratford (10 minute walk) and Hackney Wick (15 minute walk)

- There are more than 140 cycle racks outside the London Aquatics Centre, including a Santander Cycles docking station located outside the centre
- Stratford International station is just a 5 minute walk away
- St Pancras International & Kings Cross stations are just seven minutes away by train to Stratford International
- The M25 is only a 25 minutes drive away. There are 111 Pay & Display car parking spaces in the car park located next to the London Aquatics Centre. Otherwise, there is plenty of parking available in nearby Westfield.

Queen Elizabeth Olympic Park  
London  
E20 2ZQ  
020 8536 3150



- Entrance to the centre is via the UPPER LEVEL ONLY
- Swimmers and Coaches entry is from 7am
- Spectator Entry is from 7.45am
- THERE IS NO NEED TO QUEUE as there are plenty of seats for everyone
- **FOOD AND DRINK IS NOT PERMITTED TO BE BOUGHT INTO THE CENTRE BY SPECTATORS AND BAGS WILL BE SEARCHED**
- ALL spectators will receive an entry sticker AND entry stamp – these will be checked when re-entering the spectator Gallery at all times
- Spectators are not permitted in the changing areas or on poolside

