



Team Luton Summer Long Course Meet – 15th & 16th July 2023

Guidance for Swimmers, Parents, Coaches and Team Managers

We are looking forward to welcoming swimmers, coaches and volunteers to Inspire: Luton Sports Village.

Spectators

Spectators fee will be £5 per session and £8 for the whole day. Payment will be contactless, but would suggest you bring a bit of cash too – just in case!

Programmes will not be available on the day but can be downloaded from our website. Coaches pack will include a copy. All information regarding the meet can be found on our website [Summer Long Course Meet 2023 | Team Luton Swimming](#)

Arrival/Access to Poolside

Entrance to the venue will be through the main doors. We would recommend arriving beach ready to avoid over-crowding in the changing rooms at the start of warm up. Entrance to poolside will be from 8.10am.

There will be a designated area in the changing rooms for swimmers to change. The Team change area will also be used.

Withdrawals

We ask that swimmers withdraw if they are not intending to swim an event. Withdrawals should be notified to galas@teamluton.com before 6pm on Friday 14th July. On the day withdrawals must be handed in by the start of warm-up of each session or as soon as possible by the swimmer's coach/team manager who will be there at the weekend.

Warm up

Details of the warm up for each session can be found on our website and will be provided on the day. We would ask that coaches supervise each warm up session to ensure swimmers can be as safe as possible.

Car Parking

We are been asked by the centre management that you do not arrive at the venue before 8.00am. The car park is unlikely to be open and cars queuing to get into will lead to congestion on neighbouring roads.

The car park is managed by an external company Phone and Pay. You can pay by downloading the App and we recommend you do this at home before you leave. Parking is free for the first 4 hours and then it costs £1 per hour up to a maximum of £5 for the day. The location number is 4801. You are also able to pay at reception.



Awards

Medals will be available from the medal table situated on the pool deck.

Inspire Café

The on-site café will be open. A new outside catering company has recently taken over the running of the café, and has a bigger choice of hot and cold food.

Swim Shop

Unfortunately, there will not be a swim shop in attendance at our meet.