



## Team Luton Long Course Meet – 15 & 16 March 2025

### 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 £10 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 [March Long Course Meet 2025 | 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 7.45am

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](mailto:galas@teamluton.com) before 12 noon on Friday 14<sup>th</sup> March. On the day withdrawals must be handed in before the start of warm-up for each session or before.

#### 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 have been asked by the centre management that you do not arrive at the venue before 7.35am. 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 Ring Go. You can pay by downloading the App and we recommend you do this at home before you leave. A small convenience fee is charged when using the App. You are also able to pay at reception. There is no charge for Parking for the first 4 hours and charges are a maximum of £8 for over 8 hours. But if you are going to be staying over 4 hours then payment **must be paid on arrival**. The site code is 48025.



#### Awards

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

#### Inspire Café

The on-site café will be open. The café is run by an outside caterer, and has a great choice of hot and cold food.

#### Swim Shop

Mailsports swim shop will be at our meet.