

MARE NOSTRUM 2022

MONACO : 21 & 22 MAY

BARCELONA : 25 & 26 MAY

CANET EN ROUSSILLON : 28 & 29 MAY



MARE NOSTRUM 2022



The mare nostrum is considered as the most important competitions in Spain, France and Monaco where qualifications for international tournaments can be achieved. The competitions guarantee top performances and are attracting great interest from abroad. Three Meetings are being organized this World Championship season

1. Important dates

The Mare Nostrum Tour will be organized on the following dates

- **Monaco: 21^h & 22th May**
fedmonat@monaco.mc
- **Barcelona: 25th & 26th May**
ciutatdebarcelona@cnsantandreu.com
- **Canet en Roussillon (66140): 28th & 29th May**
canet66natation@gmail.com



2. Time standard, heats & schedule of each meeting

Event	Limit time	Heats
50 Freestyle Men	0:24'20	No limit
100 Freestyle Men	0:51'81	10
200 Freestyle Men	1:54'26	8
400 Freestyle Men	4:02'90	3
800 Freestyle Men	8:14'35	2
1500 Freestyle Men	16:18'92	2
50 Butterfly Men	0:26'19	No limit
100 Butterfly Men	0:56'53	10
200 Butterfly Men	2:05'03	8
50 Backstroke Men	0:29'26	No limit
100 Backstroke Men	0:58'90	10
200 Backstroke Men	2:07'54	8
50 Breaststroke Men	0:30'53	No limit
100 Breaststroke Men	1:05'57	10
200 Breaststroke Men	2:21'72	8
200 Ind Medley Men	2:09'13	8
400 Ind Medley Men	4:35'75	3

Event	Limit time	Heats
50 Freestyle Women	0:27'50	No limit
100 Freestyle Women	0:58'68	10
200 Freestyle Women	2:05'93	8
400 Freestyle Women	4:24'19	3
800 Freestyle Women	8:50'47	2
1500 Freestyle Women	16:50'26	2
50 Butterfly Women	0:29'42	No limit
100 Butterfly Women	1:03'44	10
200 Butterfly Women	2:18'92	8
50 Backstroke Women	0:31'58	No limit
100 Backstroke Women	1:06'01	10
200 Backstroke Women	2:20'95	8
50 Breaststroke Women	0:34'81	No limit
100 Breaststroke Women	1:13'76	10
200 Breaststroke Women	2:37'65	8
200 Ind Medley Women	2:22'55	8
400 Ind Medley Women	4:55'45	3

SCHEDULE

1. MONACO



Day 1

200 Breaststroke Men

100 Breaststroke Women

100 Freestyle Men

200 Freestyle Women

200 Butterfly Men

100 Butterfly Women

100 Backstroke Men

200 Backstroke Women

200 Ind Medley Men

400 Freestyle Men

400 Ind Medley Women

Speed tournament
1/8 Final - 1/4 Final

50 Butterfly Men

50 Butterfly Women

50 Backstroke Men

50 Backstroke Women

50 Breaststroke Women

50 Breaststroke Men

50 Freestyle Men

50 Freestyle Women

Day 2

400 Ind Medley Men

400 Freestyle Women

100 Butterfly Men

200 Butterfly Women

200 Backstroke Men

100 Backstroke Women

100 Breaststroke Men

200 Breaststroke Women

200 Freestyle Men

100 Freestyle Women

200 Ind Medley Women

Speed tournament
1/2 Final - Final

2. BARCELONE



Day 1

800 Freestyle Men

50 Backstroke Women

50 Breaststroke Men

50 Butterfly Women

400 Ind Medley Men

100 Freestyle Women

100 Backstroke Men

100 Breaststroke Women

50 Freestyle Men

200 Backstroke Women

200 Breaststroke Men

200 Butterfly Women

100 Butterfly Men

200 Ind Medley Women

200 Freestyle Men

400 Freestyle Women

Day 2

800 Freestyle Women

50 Backstroke Men

50 Breaststroke Women

50 Butterfly Men

400 Ind Medley Women

100 Freestyle Men

100 Backstroke Women

100 Breaststroke Men

50 Freestyle Women

200 Backstroke Men

200 Breaststroke Women

200 Butterfly Men

100 Butterfly Women

200 Ind Medley Men

200 Freestyle Women

400 Freestyle Men

3. CANET



Day 1

50 Backstroke Women

50 Backstroke Men

50 Freestyle Women

50 Freestyle Men

1500 Freestyle Women

400 Freestyle Men

200 Backstroke Women

200 Backstroke Men

100 Breaststroke Women

100 Breaststroke Men

200 Ind Medley Women

400 Ind Medley Men

100 Butterfly Women

100 Butterfly Men

200 Freestyle Women

200 Freestyle Men

Day 2

50 Breaststroke Women

50 Breaststroke Men

50 Butterfly Women

50 Butterfly Men

1500 Freestyle Men

400 Freestyle Women

100 Backstroke Men

100 Backstroke Women

200 Breaststroke Women

200 Breaststroke Men

200 Butterfly Women

200 Butterfly Men

100 Freestyle Women

100 Freestyle Men

200 Ind Medley Men

400 Ind Medley Women

3. Competitions

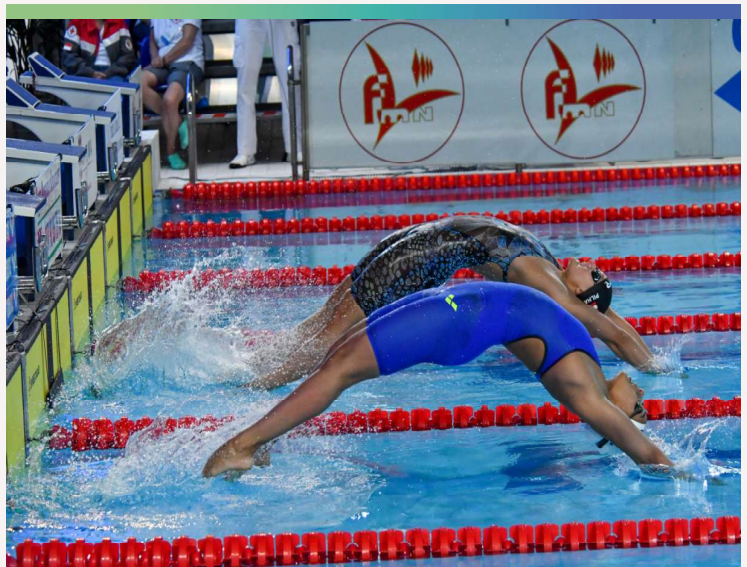
Heats, Finals & reserves

- All events will be swum in men and women open category
- Heats will be swum in 8 lanes.
- The distances 50, 100 & 200 have an A & B final.
- The distances of 400 have an A final, the B final will depend on the number of participants in each meeting.
- For the distances of 800 & 1500 the 16 best entry times will participate, swimming the best heats in the A final
- B finals will only be swum when 4 or more swimmers are available.
- For each final two reserves will be appointed.



Entries:

- The Price per event is €12
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4. Awards

Total of prize money of the 3 meetings is 100 000€

- For each event
 1. Place 350€
 2. Place 200€
 3. Place 100€
- Mare Nostrum Record: 750€
- Award for Meet Record in Monaco and Barcelona
- Canet top 20
- Monaco Speed Tournament
- Award for World Record & European Record (each meeting has established a price for these records)
- Mare Nostrum Trophy

1. Place	Men 7.000€	Women 7.000€
2. Place	Men 2.000€	Women 2.000€
3. Place	Men 1.000€	Women 1.000€
4. Place	Men 500€	Women 500€



Support for swimmers & coaches

Category	Achievement	Assistance 2021/22/23/24 <i>Up to our budget</i>
A	Individual Olympic Champions (Previous) Individual World** Champions (Previous) Winner Mare Nostrum (Previous)	Flight tickets: 400€ from each meeting Intermeeting transportation and accommodation*
B	Individual Olympic Medallists (Previous) Individual World** medallists (Previous) Individual World** record holders long course	Flight tickets: 250€ from each meeting Intermeeting transportation and accommodation*
C	Individual European** Champions (Previous)	Flight tickets: 150€ from each meeting Intermeeting transportation and accommodation
D	Relay Olympic Podium (Previous) Relay World** Podium (Previous)	Intermeeting transportation
D'	Relay World** records holders long course	Intermeeting transportation
E	1 coach « A,B,C » swimmers	Flight tickets: 150€ Inter meeting transportation accommodation*
F	1 coach « D,D' » swimmers	Intermeeting Transportation

5. Hotel & transportation

Each Meeting send the information about the Hotels assigned for foreign athletes, staff and transfers from the airports.

For the transfer between Monaco and Barcelona we have contracted a charter flight: The price per person is 225€..L
For the transfer between Barcelona and Canet we have contracted a bus service: The price per person is 30€.

6. Preliminary from 3 meetings

- Team information
- Meetings in which they want to participate
- Hotel
- Transportation between meetings





**MARE
NOSTRUM
Monaco
Canet
Barcelona**

