

Mare Nostrum Monaco 17th – 18th of May 2025



Friday 16th of May

6:30 PM – Deadline for Saturday morning heats withdrawals.

Limit entry times must be accomplished in a 50 m pool.

Saturday 17th of May

| 9:00 AM - Heats | | Automatic | Consideration |
|---------------------|-------|-----------|---------------|
| 200 m Breaststroke | Men | 2:20.71 | 2:21.72 |
| 100 m Breaststroke | Women | 1:11.55 | 1:13.76 |
| 100 m Freestyle | Men | 51.63 | 52.32 |
| 200 m Freestyle | Women | 2:04.35 | 2:05.93 |
| 200 m Butterfly | Men | 2:03.54 | 2:05.03 |
| 100 m Butterfly | Women | 1:01.90 | 1:03.44 |
| 100 m Backstroke | Men | 57.85 | 58.90 |
| 200 m Backstroke | Women | 2:17.62 | 2:20.95 |
| 200 m Ind. Medley | Men | 2:07.19 | 2:09.13 |
| 400 m Freestyle * | Men | 4:02.21 | 4:06.90 |
| 400 m Ind. Medley * | Women | 4:57.18 | 5:00.79 |

11:00 AM – Speed Tournament / Heats: Qualification of the 16 best times

| | Automatic | Consideration | Automatic | Consideration |
|-------------------|-------------|---------------|---------------|---------------|
| 50 m Butterfly | Men : 24.84 | Men : 26.19 | Women : 27.25 | Women : 29.42 |
| 50 m Backstroke | Men : 26.55 | Men : 27.99 | Women : 30.10 | Women : 31.58 |
| 50 m Breaststroke | Men : 28.95 | Men : 30.53 | Women : 32.69 | Women : 34.81 |
| 50 m Freestyle | Men : 23.33 | Men : 24.90 | Women : 26.40 | Women : 28.22 |

3:30 PM – B Finals

4:30 PM – Speed Tournament / Eighth Finals: Qualification of the 8 best times

| | |
|-------------------|-------------|
| 50 m Butterfly | Men & Women |
| 50 m Backstroke | Men & Women |
| 50 m Breaststroke | Men & Women |
| 50 m Freestyle | Men & Women |

5:00 PM - A Finals

| | |
|--------------------|-------|
| 400 m Freestyle* | Men |
| 400 m Ind. Medley* | Women |
| 200 m Breaststroke | Men |
| 100 m Breaststroke | Women |
| 100 m Freestyle | Men |
| 200 m Freestyle | Women |
| 200 m Butterfly | Men |
| 100 m Butterfly | Women |
| 100 m Backstroke | Men |
| 200 m Backstroke | Women |
| 200 m Ind. Medley | Men |

6:20 PM – Speed Tournament / Quarter Finals: Qualification of the 4 best times

| | |
|-------------------|-------------|
| 50 m Butterfly | Men & Women |
| 50 m Backstroke | Men & Women |
| 50 m Breaststroke | Men & Women |
| 50 m Freestyle | Men & Women |

6:30 PM - Deadline for Sunday morning heats withdrawals.

Sunday 18th of May

| 9:00 AM - Heats | | Automatic | Consideration |
|--------------------|-------|-----------|---------------|
| 400 m Ind. Medley* | Men | 4:32.05 | 4:35.75 |
| 400 m Freestyle* | Women | 4:20.25 | 4:24.19 |
| 100 m Butterfly | Men | 55.17 | 56.53 |
| 200 m Butterfly | Women | 2:15.90 | 2:18.92 |
| 200 m Backstroke | Men | 2:04.87 | 2:07.54 |
| 100 m Backstroke | Women | 1:04.09 | 1:06.01 |
| 100 m Breaststroke | Men | 1:03.46 | 1:05.57 |
| 200 m Breaststroke | Women | 2:35.03 | 2:37.65 |
| 200 m Freestyle | Men | 1:52.26 | 1:54.26 |
| 100 m Freestyle | Women | 56.91 | 58.68 |
| 200 m Ind. Medley | Women | 2:20.71 | 2:22.55 |

3:30 PM – B Finals

4:30 PM – Speed Tournament / Semi Finals: Qualification of the 2 best times

| | |
|-------------------|-------------|
| 50 m Butterfly | Men & Women |
| 50 m Backstroke | Men & Women |
| 50 m Breaststroke | Men & Women |
| 50 m Freestyle | Men & Women |

5:00 PM - A Finals

| | |
|--------------------|-------|
| 400 m Ind. Medley* | Men |
| 400 m Freestyle* | Women |
| 100 m Butterfly | Men |
| 200 m Butterfly | Women |
| 200 m Backstroke | Men |
| 100 m Backstroke | Women |
| 100 m Breaststroke | Men |
| 200 m Breaststroke | Women |
| 200 m Freestyle | Men |
| 100 m Freestyle | Women |
| 200 m Ind. Medley | Women |

6:20 PM – Speed Tournament / Finals "DUAL"

| | |
|-------------------|-------------|
| 50 m Butterfly | Men & Women |
| 50 m Backstroke | Men & Women |
| 50 m Breaststroke | Men & Women |
| 50 m Freestyle | Men & Women |

Fine for undeclared withdrawal : 20€. Withdrawal for the finals, at the latest, 30 minutes after the announcement of the qualifiers by the speaker.

The number of entries will not exceed 10 heats for 100m, 8 heats for 200m, 3 heats for 400m.

400m : heats and A final only. There isn't B final