

# MARE NOSTRUM

MAY 23 - 24 2026 - MONACO

A swimmer in a black cap and dark swimsuit is diving into a swimming pool. The pool floor features a large, stylized logo for the 'MARE NOSTRUM SWIM TOUR'. The logo consists of the words 'MARE NOSTRUM' in a bold, blue, sans-serif font, with a decorative horizontal bar below it containing segments of blue, white, red, yellow, and red. Below the bar, the words 'SWIM TOUR' are written in a smaller, blue, sans-serif font. The entire logo is framed by a blue, wavy border. The swimmer's hands are clasped together in front of them as they enter the water.

MARE  
NOSTRUM

SWIM TOUR

43<sup>RD</sup>

MONACO INTERNATIONAL  
SWIMMING MEETING

LET'S MAKE WAVES  
TOGETHER



# SUMMARY

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## CONTACTS

# Mare Nostrum

### 01 STEP



*Monaco*

Guillaume DAZUN  
+377 92 05 40 59  
fedmonat@monaco.mc

23-24  
May

### 02 STEP



*Canet-en-Roussillon*

Stéphanie BONNET  
+33 4 68 73 54 03  
canet66natation@gmail.com

27-28  
May

### 03 STEP



*Barcelona*

Adolf AYZA  
+34 93 345 67 89  
ciutatdebarcelona@santandreu.com

30-31 May

## MARE NOSTRUM TROPHY

There are two individual classifications established by the sum of the best scores of the World Aquatics quotation table, performed during A Finals at each meeting of the Mare Nostrum (*Monaco, Canet-en-Roussillon & Barcelona*) or from 1/4 finals of the speed tournament (*Monaco*).

### MARE NOSTRUM TROPHY

Women & Men separately.  
The payment should be done via bank transfer after the 3<sup>rd</sup> step.

1 <sup>st</sup> :	7 000€	3 <sup>rd</sup> :	1 000€
2 <sup>nd</sup> :	2 000€	4 <sup>th</sup> :	500€

# CONTACTS

## Mare Nostrum

### STEP 01

MONACO



23-24 MAY

### STEP 02

CANET-EN-ROUSSILLON



27-28 MAY

### STEP 03

BARCELONA



30-31 MAY



[www.marenostrumswimtour.com](http://www.marenostrumswimtour.com)



@marenostrumswimtour



@marenostrumswim



@marenostrumswimtour



## TRANSFER FROM MONACO TO CANET-EN-ROUSSILLON ON MONDAY 25<sup>TH</sup> OF MAY

### STEP 01

MONACO

### STEP 02

CANET-EN-ROUSSILLON

Departure :  
Monaco

2h30

1<sup>st</sup> break  
(30min)



2h

2<sup>nd</sup> break :  
LUNCH (1h)



2h30

Arrival :  
Canet-en-Roussillon

	NOVOTEL & ADAGIO	COLUMBUS	MARRIOTT
DEPARTURE FROM MONACO	07:00 A.M.	07:45 A.M.	08:30 A.M.
BREAK	09:30 A.M.	10:15 A.M.	11:00 A.M.
LUNCH BREAK	12:00 A.M.	12:45 A.M.	01:30 P.M.
ARRIVAL IN CANET-EN-ROUSSILLON	03:30 P.M.	04:15 P.M.	05:00 P.M.

# ACCOMMODATION *Catering*

## ACCOMMODATION

**COLUMBUS** > 23 Avenue des Papalins, 98000 Monaco / +377 92 05 90 00

**MARRIOTT** > Port de Cap d'Ail, 06320 Cap d'Ail / +33 4 92 10 67 67

**NOVOTEL** > 16 Boulevard Princesse Charlotte, 98000 Monaco / +377 99 99 83 00

**ADAGIO MONTE-CRISTO** > 2A Rue des Martyrs de la Résistance, 06240 Beausoleil / +33 4 92 10 52 50

*For the teams staying at Adagio Monte Cristo, you have to walk to Novotel for lunches and dinners (see the map below).*

**HOTEL DE FRANCE** > 6 Rue de la Turbie, 98000 Monaco / +377 93 30 24 64

## CATERING

### BELLA VITA

21 rue Princesse Caroline  
98000 Monaco  
+377 93 50 42 02

### MONTE CARLO BAR

1 avenue Prince Pierre  
98000 Monaco  
+377 92 05 73 80

## MAP



	BREAKFAST	LUNCH	DINNER
<b>THURSDAY</b>	07:30 am - 10:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
<b>FRIDAY</b>	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
<b>SATURDAY</b>	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
<b>SUNDAY</b>	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
<b>MONDAY</b>	05:30 am - 09:00 am	12:00 pm - 02:00 pm	

# TRANSPORTATION

## Timetable

For teams staying at Adagio Monte Cristo you have to walk to Novotel to take the shuttle to get to the pool (see the map aside).

SHUTTLES	NOVOTEL HOTEL	SWIMMING POOL	NOVOTEL HOTEL	SWIMMING POOL
	MORNING		AFTERNOON	
	THURSDAY	NO SHUTTLE		05:00 PM
FRIDAY	08:00 AM 08:30 AM 09:00 AM 09:30 AM	10:30 AM 11:00 AM 11:30 AM 12:00 PM	02:00 PM 03:30 PM 04:00 PM 04:30 PM	05:00 PM 06:30 PM 07:00 PM 07:30 PM 08:00 PM 08:30 PM
SATURDAY	06:50 AM 07:15 AM 07:40 AM	11:30 AM 12:00 PM 12:30 PM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:30 PM 07:00 PM 07:30 PM
SUNDAY	06:50 AM 07:15 AM 07:40 AM	11:15 AM 11:45 AM 12:15 PM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:50 PM 07:15 PM 07:45 PM

## TRANSPORT

For those who are not leaving with the charter bus, please refer to the Transport Commission.

# PROGRAM

## Time Schedule

### **FRIDAY MAY 22<sup>ND</sup>**

**06:30 PM**

#### **Technical Meeting**

Deadline for saturday withdrawals  
and last minute entries

*(In A.S.M. Club House and followed by a welcoming drink.)*

Espace Saint Antoine : 6 Avenue Marquet, 06320 Cap d'Ail

JURY RESPONSIBLE : MRS SÉVERINE DRUENNE

WORLD AQUATICS REFEREE (AQUA) : MRS SÉVERINE DRUENNE

WORLD AQUATICS STARTER (AQUA) : MR ALAIN ABERT

### **SATURDAY MAY 23<sup>RD</sup>**

**07:00 am**

Swimming pool opening ; warmup

**08:00 am**

Grandstand opening and Jury Meeting

**08:50 am**

Clearing of the pool  
Flags' parade, presentation and setting of the Jury

**09:00 am**

**START OF SERIES**

**12:00 pm**

**END OF SERIES**

**12:00 pm**

Submission deadline for afternoon final withdrawals

**12:15 pm**

Clearing of the pool

**12:30 pm**

Closure of grandstand, cloakrooms, pool

**02:00 pm**

Warmup

**03:00 pm**

Grandstand opening

**03:20 pm**

Clearing of the pool  
Flags' parade, presentation and setting of the Jury

**03:30 pm**

**B FINALS - START OF THE EVENTS**

**04:25 pm**

Clearing of the pool

**04:30 pm**

**SPEED TOURNAMENT 1/8 FINALS**

**05:00 pm**

**A FINALS - START OF THE EVENTS**

**06:20 pm**

**SPEED TOURNAMENT 1/4 FINALS**

**06:30 pm**

Submission deadline for Sunday's heats withdrawals

**07:00 pm**

**END OF THE EVENTS**

**07:30 pm**

Closure of grandstand, cloakrooms, pool

### **SUNDAY MAY 24<sup>TH</sup>**

**07:00 am**

Swimming pool opening ; warmup

**08:00 am**

Grandstand opening and Jury Meeting

**08:50 am**

Clearing of the pool  
Flags' parade, presentation and setting of the Jury

**09:00 am**

**START OF SERIES**

**11:00 am**

Jury and children's photo

**12:00 pm**

**END OF SERIES**

**12:00 pm**

Submission deadline for afternoon final withdrawals

**12:15 pm**

Clearing of the pool

**12:30 pm**

Closure of grandstand, cloakrooms, pool

**02:00 pm**

Warmup

**03:00 pm**

Grandstand opening

**03:20 pm**

Clearing of the pool  
Flags' parade, presentation and setting of the Jury

**03:30 pm**

**B FINALS - START OF THE EVENTS**

**04:25 pm**

Clearing of the pool

**04:30 pm**

**SPEED TOURNAMENT 1/2 FINALS**

**05:00 pm**

**A FINALS - START OF THE EVENTS**

**06:20 pm**

**SPEED TOURNAMENT FINALS**

**07:00 pm**

**END OF THE EVENTS**

**07:30 pm**

Closure of grandstand, cloakrooms, pool

### **MONDAY MAY 25<sup>TH</sup>**

#### **DEPARTURE FROM MONACO**

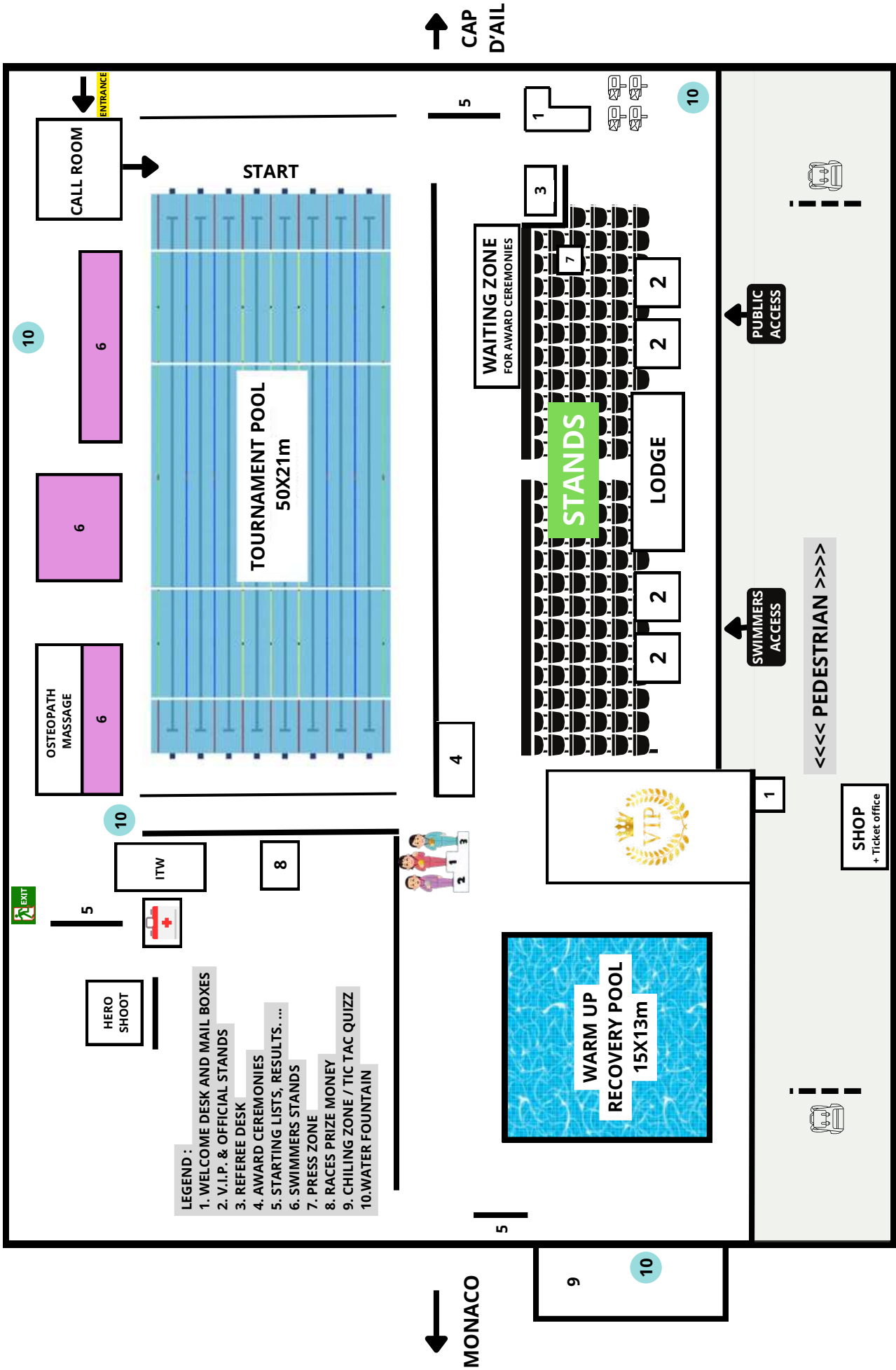
Please confirm your pick-up at the welcome desk or  
the transportation desk.

**07:00 am - 12:30 pm / 02:00 pm - 07:00 pm**

**Phone number : 00 377 92 05 41 28**

# STADE LOUIS II

## Pool Map



- LEGEND :**
- 1. WELCOME DESK AND MAIL BOXES
  - 2. V.I.P. & OFFICIAL STANDS
  - 3. REFEREE DESK
  - 4. AWARD CEREMONIES
  - 5. STARTING LISTS, RESULTS. ...
  - 6. SWIMMERS STANDS
  - 7. PRESS ZONE
  - 8. RACES PRIZE MONEY
  - 9. CHILING ZONE / TIC TAC QUIZZ
  - 10. WATER FOUNTAIN



# RACES Program



## MARE NOSTRUM MONACO / MAY 23<sup>RD</sup> - 24<sup>TH</sup> 2026

### **FRIDAY MAY 22<sup>ND</sup>**

Deadline for Saturday morning heats withdrawals  
Limit entry times must be accomplished in a 50 m pool.

### **SATURDAY MAY 23<sup>RD</sup>**

#### 09:00 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

**\*400 M : HEATS  
AND A FINAL ONLY  
NO B FINAL**

#### 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

#### 03:30 PM - B FINALS

#### 04:30 PM - SPEED TOURNAMENT / EIGHTH FINALS : QUALIFICATION OF THE 8 BEST TIMES

#### 05:00 PM - A FINALS

#### 06:20 PM - SPEED TOURNAMENT / QUARTER FINALS : QUALIFICATION OF THE 4 BEST TIMES

#### 06:30 PM - DEADLINE FOR SUNDAY MORNING HEATS WITHDRAWALS

### **SUNDAY MAY 24<sup>TH</sup>**

#### 09:00 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

**\*400 M : HEATS  
AND A FINAL ONLY  
NO B FINAL**

#### 03:30 PM - B FINALS

#### 04:30 PM - SPEED TOURNAMENT / SEMI FINALS : QUALIFICATION OF THE 2 BEST TIMES

#### 05:00 PM - A FINALS

#### 06:20 PM - SPEED TOURNAMENT / FINALS "DUAL"

Withdrawal for the finals must be declared, at the latest, 30 minutes after the announcement of the qualifiers by the speaker.

**FINE FOR UNDECLARED WITHDRAWAL : 20€.**

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

# SPEED TOURNAMENT

## *rules*



For the Tournament:

Each swimmer can register for all 4 strokes. Independently of their entries, they will have to swim all 5 rounds (from heats to finals) or until elimination.

### TRAINING SESSIONS

	<b>MORNING</b>	<b>AFTERNOON</b>
<b>THURSDAY 21 MAY</b>	10:00 AM - 12:00 PM	04:00 PM - 08:00 PM
<b>FRIDAY 22 MAY</b>	08:00 AM - 12:00 PM	02:00 PM - 08:00 PM
<b>SATURDAY 23 MAY</b>	07:00 AM - 08:50 AM 10:30 AM - 11:00 AM	02:00 PM - 03:20 PM 04:00 PM - 04:25 PM
<b>SUNDAY 24 MAY</b>	07:00 AM - 08:50 AM 11:00 AM - 12:00 PM	02:00 PM - 03:20 PM 04:00 PM - 04:25 PM
<b>MONDAY 25 MAY</b>	08:00 AM - 11:00 AM	<b>CLOSED</b> (ON REQUEST)

# PRIZE MONEY *distribution*

## FIRST WORLD RECORD

The prize concerns the first World Record established in an A Final or after the 1/2 finals during the Speed Tournament. The prize includes European, Mare Nostrum and Meeting records prizes.

15 000 €

## EUROPEAN RECORD

The prize concerns the first European Record established in an A Final or after the 1/2 finals during the Speed Tournament. The prize includes Mare Nostrum and Meeting records prizes.

3 000 €

## MARE NOSTRUM RECORD

When a Mare Nostrum Record is broken in Monaco, the swimmer cumulates the Mare Nostrum Record and Meeting Record prizes. **(750€ + 600€)**

750 €

## MEETING RECORD (IN MONACO)

600 €

### IMPORTANT

All matched records are not paid.

A picture with the new recordwomen and recordmen will be taken with the Organizing Committee, at the end of each day's finals, in the VIP area.

**All payments will be done via bank transfer.**

### PODIUM PRIZES :

#### A FINALS (22 EVENTS) (100m, 200m, 400m)



#### SPEED TOURNAMENT (8 RACES) (50m)



### PRIZE MONEY DISTRIBUTION :

Prizes for the A finals are awarded after the Podium Ceremony, at the financial desk.

Prizes for the Speed Tournament, Meeting, Mare Nostrum, Europe and World records will be paid by bank transfer.

### MARE NOSTRUM TROPHY

Women & Men separately.

Payment should be done via bank transfer, after the last step of the tour.

1<sup>st</sup> : 7 000€

3<sup>rd</sup> : 1 000€

2<sup>nd</sup> : 2 000€

4<sup>th</sup> : 500€

### IMPORTANT

In case of a tie, all records and race prizes will be shared in equal parts between the tied swimmers.

# TECHNICAL *meeting*

**FRIDAY, MAY 22<sup>nd</sup> 06:30 P.M.**

The technical meeting organized by the Monaco Swimming Federation, will be held on Friday, May 22<sup>nd</sup> at 06:30 pm in the A.S.M. Club House under the authority of Mrs Séverine DRUENNE, World Aquatics Referee and Mr Alain ABERT.

*Espace Saint Antoine : 6 Avenue Marquet, 06320 Cap d'Ail*

- 1) **COMPETITION RULES** : all competitors must know and apply World Aquatics Rules.
- 2) **WITHDRAWALS** : you will find, in your file, a withdrawal sheet. These papers must be remitted, duly filled, in the «Forfait/Withdrawal» basket next to lane 8 (starting end of the pool) at the latest :
  - Friday 07:00 pm for Saturday morning events,
  - Saturday 06:30 pm for Sunday morning events,For the finals : as soon as possible or at the latest 30 minutes after the announcement of the qualifiers by the speaker.
- 3) **UNDECLARED WITHDRAWALS** : in case of an undeclared withdrawal resulting in an empty line in the final A or B, the swimmer will be fined 20 euros.
- 4) **WARM UP** : will be allowed in the main competition pool, up to 15 minutes before the start of each session. Only finalists of the day can take the opportunity to warm-up in the main pool before the afternoon finals.
- 5) **CALL ROOMS** : before each race, competitors must report to the Call Room, at least 15 minutes before the start of the event.
- 6) **COMPETITORS PRESENTATION** : during the A finals, 1/2 finals and finals of the Speed Tournament, competitors will be announced, one by one, and will leave the call room to go to the starting block, where they will stand and wave to the audience.
- 7) **POOL EQUIPMENT PROTECTION** : swimmers are not allowed to use sticky substances on their feet or on starting blocks. At the end of their races, swimmers must leave the pool by the side.
- 8) **STARTING PROCEDURE** : it will be given in English : «Take your marks».
- 9) **RESULT LIST** : results will be displayed after each event :
  - Next to the Call Room
  - At the recovery pool
  - At the exit from the changing rooms, next to the Welcome Desk

Team officials and coaches will receive, in their mail box situated at the «**Welcome desk**» and at the beginning of each session, a copy of the starting list and results concerning the previous session. They will have to show their accreditation pass to have these informations.

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# TECHNICAL *meeting*

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## 10) **SPEED TOURNAMENT** :

Heats - All swimmers, the top 16 proceed to the next round.

1/8 final - 2 heats of 8 swimmers, the top 8 proceed to the next round.

1/4 final - 1 heat of 8 swimmers, the top 4 proceed to the next round.

1/2 final - 1 heat of 4 swimmers, the top 2 proceed to the final.

Final/DUAL - Head to head : 2 swimmers.

11) **B FINALS** : will only be staged if there are at least 4 swimmers.

If there are less than 4 swimmers due to withdrawals after morning heats the swimmers must confirm if they choose to compete or not.

12) **400m FREESTYLE AND MEDLEY** : there is going to be only heats in the morning and A Final in the afternoon. If there are 8 swimmers in heats, the coaches have to confirm if they run or decide to only swim the A final.

13) **SWIM OFF** : no swim off for 50m.

For other distances, in case of a tie between 8<sup>th</sup> and 11<sup>th</sup> places and between 16<sup>th</sup> and 19<sup>th</sup> places, a swim off will be run after the heats.

14) **AWARD CEREMONY** : at the end of each A final, the first three will receive a medal. They must wait a few minutes next to the starting block n°8, near the Referee desk.

**Speed Tournament podium** : only the two finalists will be awarded a medal.

15) **PRIZE MONEY** :

Prizes for the A finals are awarded after the Podium Ceremony, at the financial desk.

Prizes for the Speed Tournament, Meeting, Mare Nostrum, Europe and World records will be paid by bank transfer.

16) **DOPING CONTROLS** : the observed rules will be those of World Aquatics. Extra anti-doping controls requested by a Team Official will be at his charge. (440€ for 1 control)

17) **JURY OF APPEAL** :

- Coordinator : Mr Guillaume DAZUN
- Technical Director : Mr Michel POU
- A representative of Monaco meet or Canet-en-Roussillon meet or Barcelona meet
- Technical delegate
- Mare Nostrum delegate

18) **TEAM OFFICIALS' RESPONSABILITY** : it is the responsibility of team officials, managers and coaches to ensure that this memorandum and the informations are known and observed by all competitors to avoid any infringement.

19) **DIVERSE** : no Gala this year.

For those who have not confirmed their departure times, please contact the Transport Committee.

# Plan for the technical meeting

Espace Saint Antoine : 6 Avenue Marquet, 06320 Cap d'Ail

## LOCATION FOR *technical meeting*



# COMPLEMENTARY *informations*

## TECHNICAL INFORMATION

**Referee desk** : during the competition, the Referee Secretary is located just after the foot bath, on your left.

**Technical desk** : Mr Michel Pou, technical director, will be situated around the pool, close to the starter.

## GENERAL INFORMATIONS

**Mail Boxes** : Mail boxes are located at the «Welcome Desk» just outside the lockerroom.

You will get : programs, results, information about transport, interviews request...

**Press** : Interview appointments may be communicated to you at the «Welcome Desk» and will take place in the stands.

**Hygiene rules** : The access to the cloakrooms and to the pool must be done either barefoot, with swimming pool shoes or with special shoe covers available on request. The Organizing Committee will have at the contestant's disposal a shoe storage to avoid any exchange or loss.

**Medical Services** : During the competition, a doctor, a nurse, an osteopath and a medical station are at your disposal.

**Physiotherapist / Osteopath** : During the opening hours, a physiotherapist / osteopath will be present for swimmers in the dedicated area (*see the map*).

**Accreditation Pass** : It's personal and has to be shown to enter different accesses. The color of your pass indicates your limits of circulation within the structure.

COLOR	WHO ?	LOCKERS ROOM	POOLS	PRESS ZONE	TECH. MEETING	O.C. DESK	SWIMMERS STANDS	V.I.P. AREA	PRESS STANDS	PUBLIC STANDS	REWARD CEREMONY
WHITE	V.I.P.	✗	✗	✗	✗	✗	✗	✓	✗	✓	✓
BEIGE	REFEREES	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗
YELLOW	SWIMMERS	✓	✓	✗	✗	✗	✓	✗	✓	✗	✓
STRIPPED YELLOW	CHILDREN	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓
BLUE	O.C.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
STRIPPED BLUE	MEDICAL	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗
PINK	COACH	✓	✓	✗	✓	✗	✗	✗	✓	✗	✓
GREEN	PRESS	✗	✗	✓	✗	✗	✓	✗	✓	✓	✗

## ORGANIZING

# Committee

### FÉDÉRATION MONÉGASQUE DE NATATION

Stade Louis II - 7 avenue des Castelans - 98000 Monaco

Tel : +377 9205 4099 // Email : [fedmonat@monaco.mc](mailto:fedmonat@monaco.mc)

### INTERNAL EXTENSION

**O.C. OFFICE** • +377 92 05 40 99

**SECURITY** • +377 92 05 43 39

**TRANSPORTATION** • +377 92 05 41 28

### EXTERNAL EXTENSION

**HOSPITAL** • +377 97 98 99 00

**DOCTORS** • 116 117

**PHARMACY** • 32 37

**POLICE - RESCUE** • 17

**FIREFIGHTERS** • 18

**TAXIS DE MONACO** • +377 93 15 01 01

**EUROPEAN EMERGENCY NUMBER** • 112



### CATERING FOR THE ORGANIZING COMMITTEE

**CLUB BOULISTE** • +33 4 93 41 66 56





## MARE NOSTRUM 2026

43<sup>rd</sup> International Swimming Meeting of Monte-Carlo



### DEMANDE DE CONTRÔLE ANTIDOPAGE

#### Anti doping control request

LA FÉDÉRATION (THE FEDERATION) : .....

ou (or)

LE CLUB (THE CLUB) : .....

DEMANDE UN CONTRÔLE ANTIDOPAGE SUR LE NAGEUR :

*(requires an anti-doping test for the swimmer) :*

.....

Le contrôle sera effectué par un médecin agréé du Comité Monégasque Antidopage.  
La fédération ou le club s'engage à rembourser les frais de l'analyse d'urine qui sont de 440€, sur présentation de la facture.

*(The control will be performed by a doctor who is certified by the Monaco Anti-doping Committee.  
The federation or the club accepts to refund the expenses occurred by the urine test upon receipt of a bill amounting to 440€).*

Monaco, ...../...../ 2026

M. / Mme (Mr / Mrs) .....

Fonction (Function) : .....

Signature :





# MARE NOSTRUM 2026

43<sup>rd</sup> International Swimming Meeting of Monte-Carlo



## ANTI DOPING CONTROL REQUEST

### Parental permission

I , (FIRST NAME & NAME) .....

Mother

Father

Legal guardian

OF THE CHILD (FIRST NAME & NAME).....

Authorize all necessary medical controls and in particular those demanding the invasive technic (ex : blood test) in case that my child is submitted to a doping control during the coming year.

The absence of parental control is considered as a refusal to be submitted to anti-drug control measures.

Signed in ....., the ...../...../ 2026

Signature :





# MARE NOSTRUM 2026



## PROTEST

FEDERATION ou CLUB :

.....

PROTEST :

.....  
.....  
.....  
.....  
.....  
.....

MONACO, THE ....., AT .....  
THE TEAM LEADER, .....

ANSWER :

.....  
.....  
.....  
.....  
.....

MONACO, THE ....., AT .....  
THE REFEREE , .....

REQUEST FOR JURY OF APPEAL :

.....  
.....  
.....  
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MONACO, THE ....., AT .....  
THE TEAM LEADER, .....

ANSWER :

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.....  
.....

MONACO, THE ....., AT .....  
FOR THE FÉDÉRATION MONÉGASQUE DE NATATION, .....





# MARE NOSTRUM 2026

43<sup>rd</sup> International Swimming Meeting of Monte-Carlo



## ENGAGEMENTS DE DERNIERES MINUTES

### Last minute entries Woman / Man

EXEMPLE / EXAMPLE

NOM / SURNAME				PRENOM / FIRST NAME					SEXE / GENDER		
									HOMME	FEMME	
									MAN	WOMAN	
DISTANCE				NAGE / STROKE					TEMPS D'ENGAGEMENT / ENTRY TIME		
50	100	200	400	FLY	BK	BR	FR	IM		55.	17
50	100	200	400	FLY	BK	BR	FR	IM	4.	34.	12

FEDERATION OR TEAM CLUB :

.....

FLY : Papillon / Butterfly - BK : Dos / Backstroke - BR : Brasse / Breaststroke - FR : Nage Libre / Freestyle - IM : 4 Nages / Medley

NOM / SURNAME				PRENOM / FIRST NAME					SEXE / GENDER		
									HOMME	FEMME	
									MAN	WOMAN	
DISTANCE				NAGE / STROKE					TEMPS D'ENGAGEMENT / ENTRY TIME		
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			
50	100	200	400	FLY	BK	BR	FR	IM			

### IMPORTANT

Dans le cas d'abandon non déclaré entraînant une ligne vide en finale, le nageur recevra une amende de 20 euros.  
In the event of an undeclared withdrawal resulting in an empty line in the finale, the swimmer will be fined 20 euros.

A REMPLIR EN LETTRES D'IMPRIMERIE, TEMPS D'ENGAGEMENT EN BASSIN DE 50 MÈTRES.  
All informations must be typewritten. All entry times must have been done in a 50 meters pool.

M. / Mme (Mr / Mrs) .....

...../...../ 2026 at ..... h ..... min

Signature :





# MARE NOSTRUM 2026

43<sup>rd</sup> International Swimming Meeting of Monte-Carlo



## FORFAIT SERIES

### Heats Withdrawals

EXEMPLE / EXAMPLE

NOM / SURNAME				PRENOM / FIRST NAME	SEXE / GENDER	
					HOMME MAN	FEMME WOMAN
DISTANCE				NAGE / STROKE		
50	100	200		Papillon / Butterfly		
50	100	200		Dos / Backstroke		
50	100	200		Brasse / Breaststroke		
50	100	200	400	Nage Libre / Freestyle		
		200	400	4 Nages / Medley		

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.

Please inform us urgently of your Delegation's withdrawals.

FEDERATION OR TEAM CLUB :

.....

NOM / SURNAME				PRENOM / FIRST NAME	SEXE / GENDER	
					HOMME MAN	FEMME WOMAN
DISTANCE				NAGE / STROKE		
50	100	200		Papillon / Butterfly		
50	100	200		Dos / Backstroke		
50	100	200		Brasse / Breaststroke		
50	100	200	400	Nage Libre / Freestyle		
		200	400	4 Nages / Medley		

### IMPORTANT

Dans le cas d'abandon non déclaré entraînant une ligne vide en finale, le nageur recevra une amende de 20 euros.  
In the event of an undeclared withdrawal resulting in an empty line in the finale, the swimmer will be fined 20 euros.

Cette feuille est à remettre au Juge Arbitre, dans la corbeille marquée "Forfait" sous la Régie, au plus tard :

- Vendredi 19h00 pour les épreuves du Samedi matin
- Samedi 18h30 pour les épreuves du Dimanche matin
- Pour les finales, le plus rapidement possible, ou au plus tard, 30 minutes après l'annonce des qualifiés par le speaker.

This paper must be submitted, dully filled, in the "Forfait/Withdrawal" basket under the Race Direction, at the latest :

- Friday 7:00 p.m. for Saturday morning events
- Saturday 6:30 p.m. for Sunday morning events
- For the finals, as soon as possible or at the latest 30 minutes after the announcement of the qualified by the speaker.

M. / Mme (Mr / Mrs) .....

...../...../ 2026 at ..... h ..... min

Signature :





# MARE NOSTRUM 2026

43<sup>rd</sup> International Swimming Meeting of Monte-Carlo



## FORFAIT FINALES

### Finals Withdrawals

EXEMPLE / EXAMPLE

NOM / SURNAME				PRENOM / FIRST NAME	SEXE / GENDER	
					HOMME MAN	FEMME WOMAN
DISTANCE				NAGE / STROKE		
50	100	200		Papillon / Butterfly		
50	100	200		Dos / Backstroke		
50	100	200		Brasse / Breaststroke		
50	100	200	400	Nage Libre / Freestyle		
		200	400	4 Nages / Medley		

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.

Please inform us urgently of your Delegation's withdrawals.

FEDERATION OR TEAM CLUB :

.....

NOM / SURNAME				PRENOM / FIRST NAME	SEXE / GENDER	
					HOMME MAN	FEMME WOMAN
DISTANCE				NAGE / STROKE		
50	100	200		Papillon / Butterfly		
50	100	200		Dos / Backstroke		
50	100	200		Brasse / Breaststroke		
50	100	200	400	Nage Libre / Freestyle		
		200	400	4 Nages / Medley		

### IMPORTANT

Dans le cas d'abandon non déclaré entraînant une ligne vide en finale, le nageur recevra une amende de 20 euros.  
In the event of an undeclared withdrawal resulting in an empty line in the finale, the swimmer will be fined 20 euros.

Cette feuille est à remettre au Juge Arbitre, dans la corbeille marquée "Forfait" sous la Régie, au plus tard :

- Vendredi 19h00 pour les épreuves du Samedi matin
- Samedi 18h30 pour les épreuves du Dimanche matin
- Pour les finales, le plus rapidement possible, ou au plus tard, 30 minutes après l'annonce des qualifiés par le speaker.

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- For the finals, as soon as possible or at the latest 30 minutes after the announcement of the qualified by the speaker.

M. / Mme (Mr / Mrs) .....

...../...../ 2026 at ..... h ..... min

Signature :



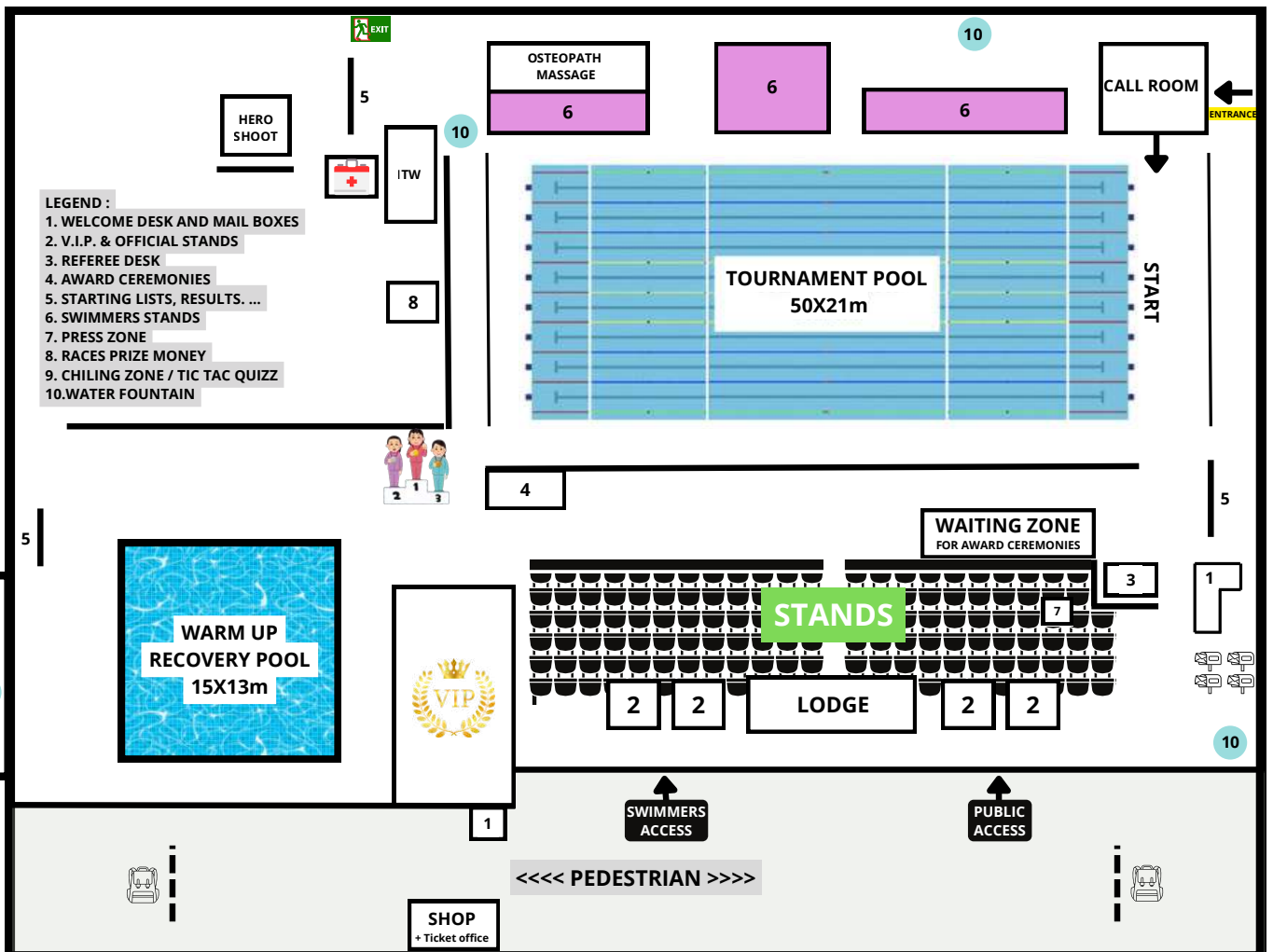
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MARE NOSTRUM MONACO

PASSWORD

monaco2026



# MARE NOSTRUM

MAY 23 - 24 2026 - MONACO

SEE YOU IN 2027!



LET'S MAKE WAVES  
TOGETHER