

Mare Nostrum Monaco 23rd – 24th of May 2026



Friday 22nd of May

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

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

Saturday 23rd 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 24th 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