

SWIMMING TOUR

01-02 JUNE 2024

MONACO



41ST

MONACO MEET

QUALIFYING FOR
THE GAMES

ENGLISH VERSION



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Contacts

mare nostrum



Canet-en-Roussillon

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

25-26
May



Barcelona

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

29-30
May



Monaco


Guillaume DAZUN
+377 9205 4099
fedmonat@monaco.mc

01-02 June

MARE NOSTRUM TROPHY

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




 @marenostrumswimtour



 @marenostrumswimtour



 @marenostrumswim



www.marenostrumswimtour.com



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

HOTEL FORUM 6 Rue de la Turbie, 98000 Monaco +377 93 30 24 64

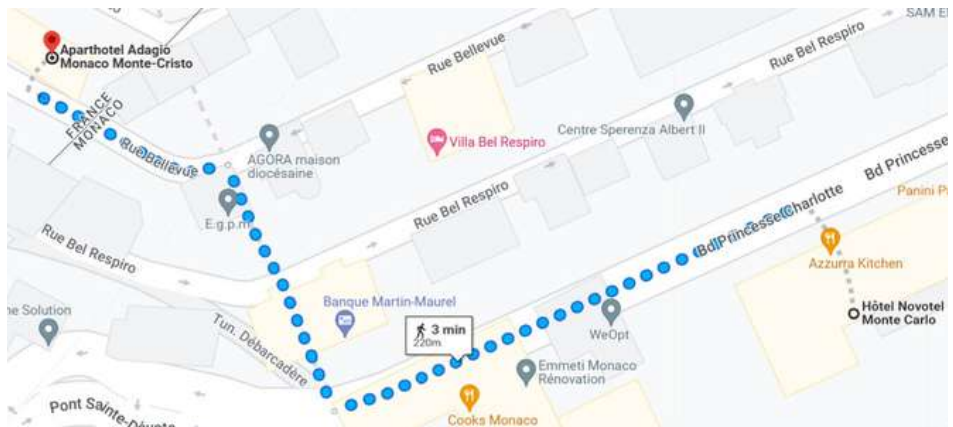
CATERING

BELLA VITA

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

MONTE CARLO BAR

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

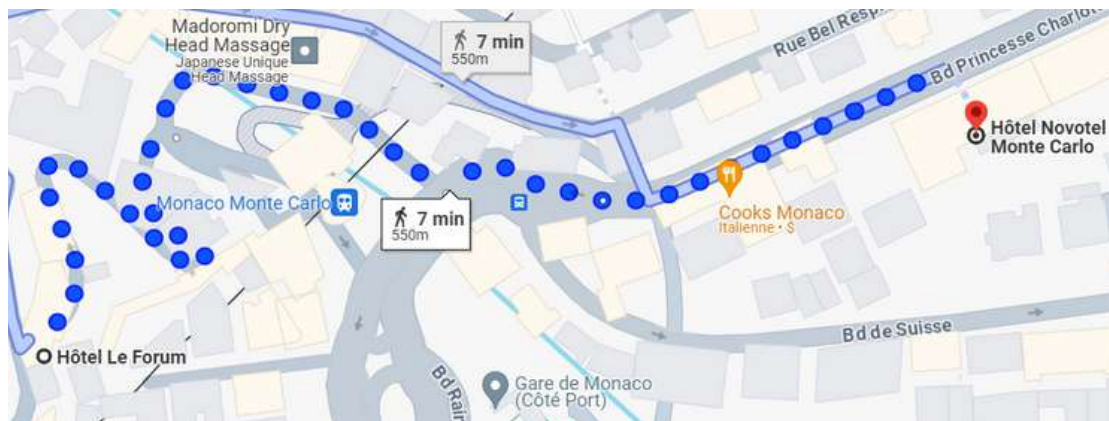


	Breakfast	Lunch	Dinner
Wednesday		12:00 PM - 2:00 PM	7:00 PM - 10:00 PM
Thursday	6:30 AM - 9:00 AM	12:00 PM - 2:00 PM	7:00 PM - 10:00 PM
Friday	6:30 AM - 9:00 AM	12:00 PM - 2:00 PM	7:00 PM - 10:00 PM
Saturday	6:30 AM - 9:00 AM	12:00 PM - 2:00 PM	7:00 PM - 10:00 PM
Sunday	6:30 AM - 9:00 AM	12:00 PM - 2:00 PM	7:00 PM - 10:00 PM
Monday	6:30 AM - 9:00 AM	12:00 PM - 2:00 PM	

Transportation *details*

For the teams staying at Adagio Monte Cristo or Forum, you have to walk to Novotel to take the shuttle to get to the pool (*see the map below*). For Saturday and Sunday, you can find a direct shuttle in front of the Forum (*see the schedule below*).

Shuttles	Novotel Hotel	Swimming Pool	Novotel Hotel	Swimming Pool
	Morning		Afternoon	
	Friday	No shuttle		2:00 PM 3:30 PM 4:00 PM 4:30 PM
Saturday	6:50 AM 7:15 AM 7:40 AM	11:30 AM 12:00 PM 12:30 PM	1:50 PM 2:20 PM 2:45 PM 3:10 PM	6:30 PM 7:00 PM 7:30 PM
Sunday	6:50 AM 7:15 AM 7:40 AM	11:15 AM 11:45 AM 12:15 PM	1:50 PM 2:20 PM 2:45 PM 3:10 PM	6:50 PM 7:15 PM 7:45 PM



In front of Hotel FORUM / Swimming Pool / Hotel FORUM

	Hotel Forum	Swimming Pool	Hotel Forum	Swimming Pool
Saturday	6h50 6h55 7h00	Between 11h30 & 12h30 Book before 10h00	Between 13h45 & 15h45 Book before 12h00	Between 18h30 & 19h30 Book before 16h00
Sunday	6h50 6h55 7h00	Between 11h30 & 12h30 Book before 10h00	Between 13h45 & 15h45 Book before 12h00	Between 18h30 & 19h30 Book before 16h00

Gala *organization*

We are delighted to announce that we are organizing once again our **Gala Dinner** on Sunday June 2nd, 2024, at the Yatch Club de Monaco at 8:30 PM.

- Proper attire requested (*no flip-flops or shorts; suit and shirt for men and dress or suit for women*)
- Minimum age 16 years (*under the responsibility of the coach or team leader*)

Do not forget your invitation card which will be requested upon your arrival.

You can find below the shuttle departure schedule from your hotel to the Yatch Club de Monaco and return.

	From the hotel	Towards the hotel	Bus Stop
Novotel / Adagio Monte-Cristo / Forum	8:15 PM	10:30 PM to midnight	As usual
Marriott	8:15 PM	10:30 PM to midnight	In front of the hotel
Columbus	8:15 PM	10:30 PM to midnight	See below

Bus stop for Columbus Hotel



Program

time schedule



FRIDAY, MAY 31st

7:00 PM - Technical Meeting, deadline for Saturday withdrawals and last minute entries (*At the Louis II Stadium - in the A2 room and followed by a welcoming drink.*)

Jury responsible : Mrs Séverine DRUENNE

World Aquatics Referee (Aqua) : Mr Alain PRIET

World Aquatics Starter (Aqua) : Mr Alain ABERT



SATURDAY, JUNE 1st

7:00 AM Swimming pool opening; Warmup
8:00 AM Grandstand opening and Jury Meeting
8:50 AM Clearing of the pool
8:50 AM Flags' parade, presentation and setting of the Jury
9:00 AM Start of the events
-
12:00 PM End of the events
12:00 PM Submission deadline for afternoon final withdrawals
12:15 PM Clearing of the pool
12:30 PM Closure of grandstand, cloakrooms, pool
-
2:00 PM Warmup
3:00 PM Grandstand opening
3:20 PM Clearing of the pool
3:20 PM Flags' parade, presentation and setting of the Jury
3:30 PM B Finals - Start of the events
4:25 PM Clearing of the pool
4:30 PM Speed tournament 1/8 finals
5:00 PM A finals - Start of the events
6:20 PM Speed tournament 1/4 finals
6:30 PM Submission deadline for Sunday's heats withdrawals
7:00 PM End of the events
7:30 PM Closure of grandstand, cloakrooms, pool to the public and swimmers



SUNDAY, JUNE 2nd

7:00 AM Swimming pool opening; Warmup
8:00 AM Grandstand opening and Jury Meeting
8:50 AM Clearing of the pool
8:50 AM Flags' parade, presentation and setting of the Jury
9:00 AM Start of the events
11:00 AM Jury and children's photo
-
12:00 PM End of the events
12:00 PM Submission deadline for afternoon final withdrawals
12:15 PM Clearing of the pool
12:30 PM Closure of grandstand, cloakrooms, pool
-
2:00 PM Warmup
3:00 PM Grandstand opening
3:20 PM Clearing of the pool
3:20 PM Flags' parade, presentation and setting of the Jury
3:30 PM B Finals - Start of the events
4:25 PM Clearing of the pool
4:30 PM Speed tournament 1/2 finals
5:00 PM A finals - Start of the events
6:20 PM Speed tournament finals
7:15 PM End of the events
7:30 PM Closure of grandstand, cloakrooms, pool to the public and swimmers
8:30 PM Gala



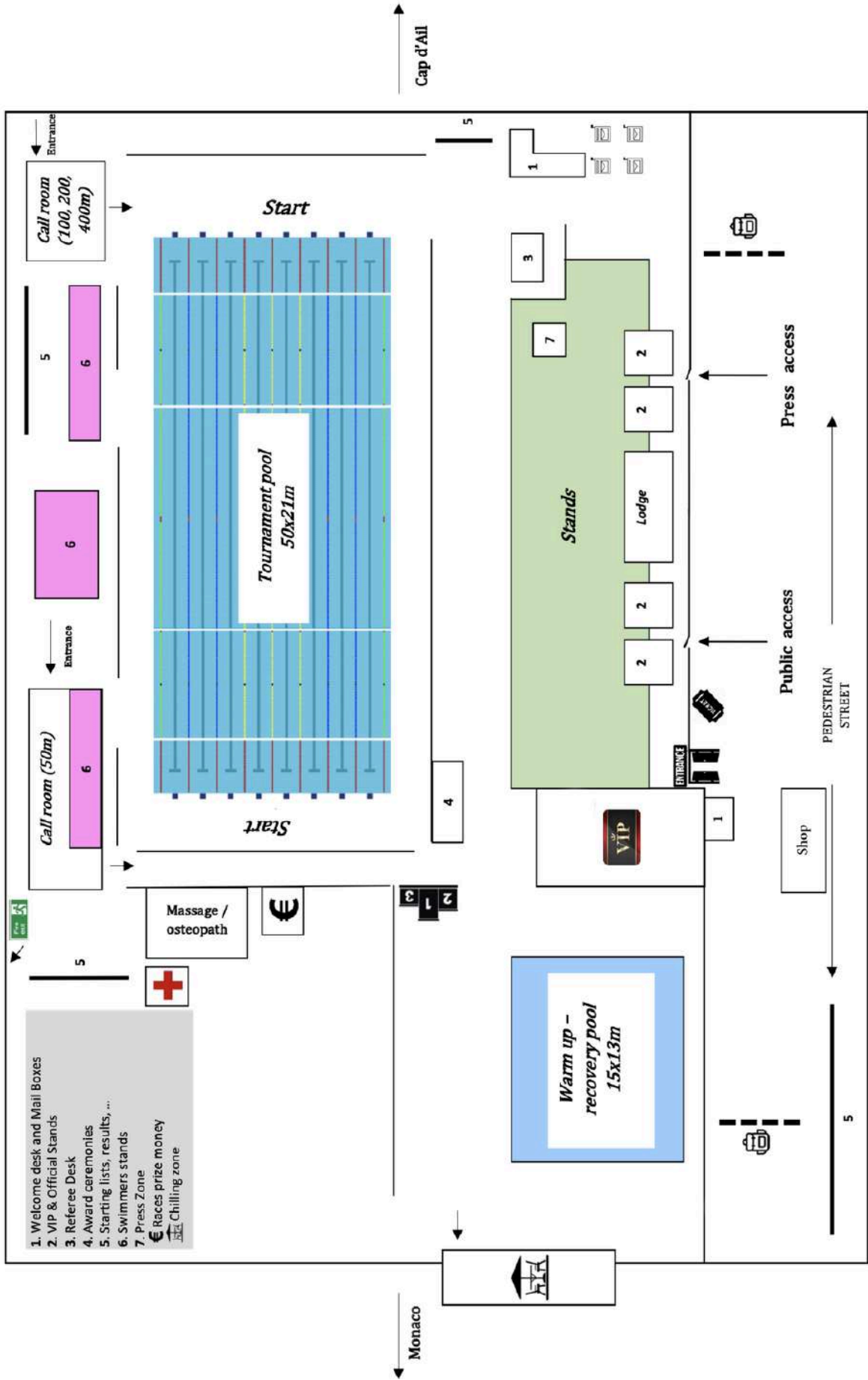
MONDAY, JUNE 3rd

Departure from Monaco

Please confirm your pick-up to the transportation desk

Stade Louis II

swimming pool





Races program



Mare Nostrum Monaco - June 2024, 1st - 2nd

Friday, May 31st

6 : 30 PM - Deadline for Saturday morning heats withdrawals
Limit entry times must be accomplished in a 50 m pool.

Saturday, June 1st

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	4:02.90
400 m Ind. Medley *	Women	4:57.18	5:00.79

***400m : heats
and A final only.
There isn't 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 : 29.26	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

5:00 PM : A Finals

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

6:30 PM : Deadline for Sunday morning heats withdrawals

Sunday, June 2nd

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

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

3:30 PM : B Finals

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

5:00 PM : A Finals

6:20 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*

During the 2 days of competition, the swimmers can take part in 5 races whatever the entries. Each step has to be swum until the elimination (from heats to finals).

SATURDAY MORNING
Heats

SATURDAY AFTERNOON
(before A Finals) 16 Best Times

SATURDAY AFTERNOON
(after A Finals) 8 Best Times

SUNDAY AFTERNOON
(before A Finals) 4 Best Times

SUNDAY AFTERNOON
(after A Finals)
FINAL : Swimmers dual

Training sessions	Morning	Afternoon
Monday 27 May	Closed	4:00 PM - 6:00 PM
Tuesday 28 May	8:00 AM - 10:00 AM	4:00 PM - 6:00 PM
Wednesday 29 May	Closed	4:00 PM - 6:00 PM
Thursday 30 May	8:00 AM - 10:00 AM	5:00 PM - 8:00 PM
Friday 31 May	8:00 AM - 12:00 PM	2:00 PM - 8:15 PM
Saturday 01 June	7:00 AM - 8:50 AM 10:30 AM - 11:00 AM	2:00 PM - 3:20 PM 4:00 PM - 4:25 PM
Sunday 02 June	7:00 AM - 8:50 AM 11:00 AM - 12:00 PM	2:00 PM - 3:20 PM 4:00 PM - 4:25 PM
Monday 03 June	8:00 AM - 12:00 PM	Closed <i>(on request)</i>

Prize money

First World Record

15.000€

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

European Record

3.000€

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

Special prize : 30th Mare Nostrum Anniversary

1.050€

When a swimmer wins the same race on the 3 legs of the tour.

Mare Nostrum Record

750€

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

Meeting Record

600€

Podium Prizes

Races (22 events) (100m, 200m, 400m)	1st	350€
	2nd	200€
	3rd	100€
Speed Tournament (8 races) (50m)	1st	600€
	2nd	300€

Mare Nostrum Trophy

Women & Men separately. The payment should be done via bank transfer.

- 1st : 7.000€
- 2nd : 2.000€
- 3rd : 1.000€
- 4th : 500€

IMPORTANT

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

Prize Money Distribution :

Podium prizes are given after the Podium Ceremony, next to the pool.

Meeting and Mare Nostrum records are given during the Gala Dinner.

IMPORTANT

All matched records are not paid.

TOTAL AMOUNT FOR MONACO : 50.000€



Technical *meeting*

FRIDAY, MAY 31st 7:00 PM

The technical meeting organized by the Monaco Swimming Federation, will be held on Friday, May 31st at 7:00 pm in room A2 of Stade Louis II under the authority of Mr. Alain PRIET, World Aquatics Referee.

1) COMPETITION RULES : all competitors must know and apply World Aquatics Rules.

2) WITHDRAWALS : you will find, in your file, a withdrawal sheet. Those papers must be remitted, duly filled, in the «Forfait/Withdrawal» basket next to lane 8 (starting end of the pool) at the latest :

- Friday 7:00 pm for Saturday morning events,
- Saturday 6:30 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 the event 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 : it will be allowed in the main competition pool, up to 10 minutes before the start of each session. Only finalists of the day can take the opportunity to train and to warm-up in the main pool before the afternoon finals.

5) CALL ROOMS : before each race, competitors must report to the Call Room, not less than 15 minutes before the start.

6) COMPETITORS PRESENTATION : during A finals and Speed Tournament (1/2 final and final), each competitor will be announced one by one and will walk out of the call room to the starting block where he/she will stand and acknowledge 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 the competition, swimmers must leave the pool by the side.

8) START : it will be given in English : «Take your marks».

9) RESULT LIST : results will be displayed on the wall, after each event :

- At the entrance of the pool, near the Arena shop;
- Warm-up recovery pool;
- At the «Welcome Desk» entrance of men' and women' locker rooms.

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 those information.

Technical *meeting*

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. In case of equality between 8 and 11 places and between 16 and 19 places, a swim off will be run after the heats.

14) **AWARD CEREMONY** : at the end of each 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** : for A Finals and Speed Tournaments, money will be given HAND TO HAND at the «financial desk» situated under the electronic panel, next to the podium, once the medals are received.

Any new Monaco meet record or Mare Nostrum record will be given during the Gala dinner. Swimmers will not be allowed to be represented by a third party member.

The winners of Mare Nostrum Tour 2024 will be announced during the closing Gala in Monaco. Swimmers must attend and cannot be represented by a third party. Due to governmental restrictions, prize money might be given via banking transfer.

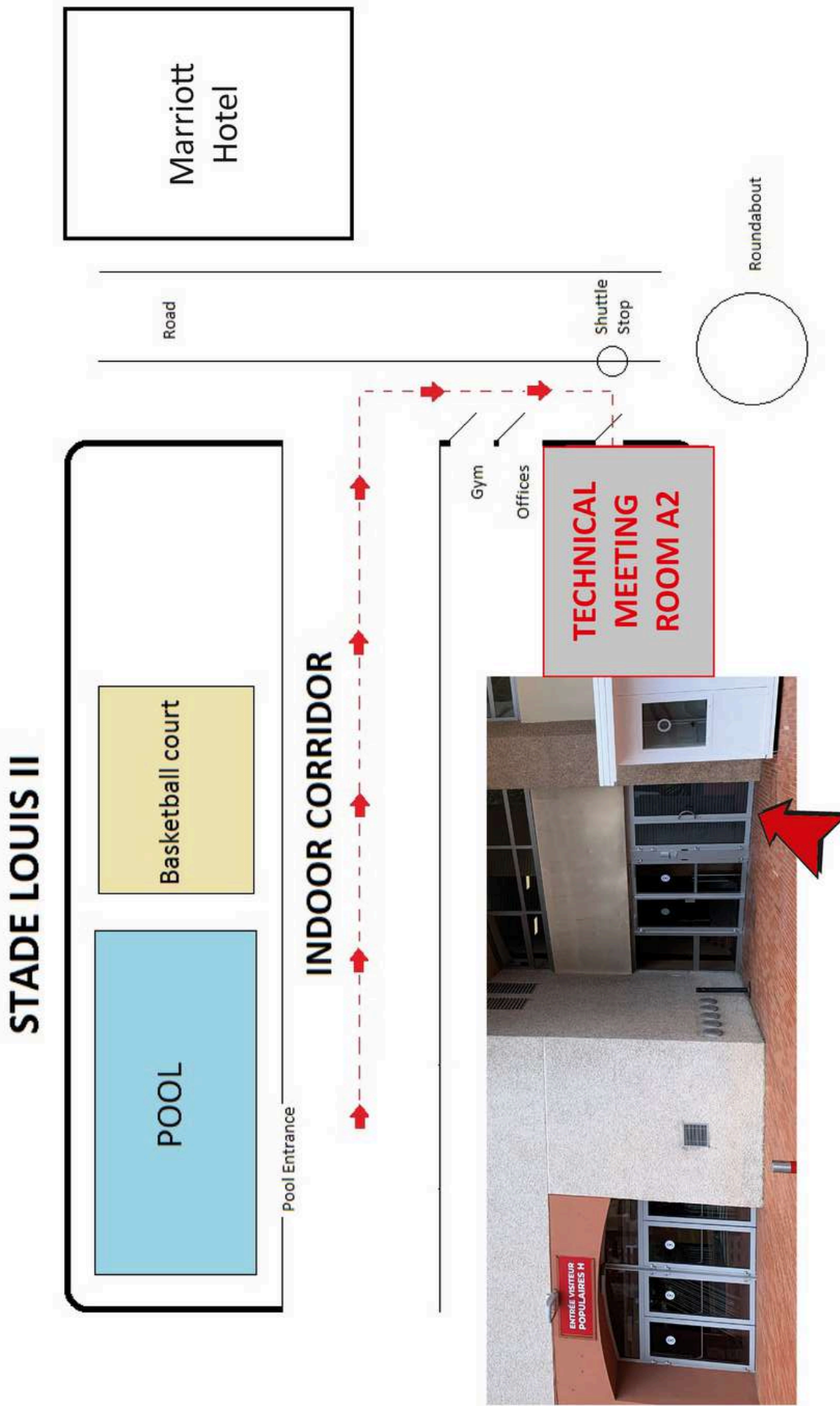
16) **DOPING CONTROLS** : the observed rules will be those of World Aquatics. Extra anti-doping controls requested by a Team Official will be at his charge : 440€ for 1 control.

17) JURY OF APPEAL :

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

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

Location for *technical meeting*



Complementary *information*

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.

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 shoes storage to avoid any exchange or loss.

Medical Service :

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	Locker rooms	Pools	Press Zone	Technical meeting	O.C Desk	Swimmers stands	Reward Ceremony	VIP Area	Press stands	Public stands
White	VIP							X	X		X
Yellow	Swimmers	X	X				X	X		X	
Stripped Yellow	Children	X	X					X			
Blue	O.C	X	X	X	X	X	X	X	X	X	X
Stripped Blue	Medical	X	X								
Beige	Referees	X	X		X						
Green	Press			X			X			X	X
Pink	Coach	X	X		X			X		X	
Red	Control	X	X	X	X	X	X	X	X	X	X

Organizing *committee*

Fédération Monégasque de Natation

Stade Louis II - 7 avenue des Castelans

98000 Monaco

+377 9205 4099

fedmonat@monaco.mc

INTERNAL EXTENSION +377 9205 4099	
Welcome desk	4540
O.C. Office	4099
Referee Secretary	4399
Security	4339
Transportation	4133/4128

EXTERNAL EXTENSION	
Hospital	+377 97 98 99 00
Doctors	116 117
Pharmacy	32 37
Police - Rescue	17
Firefighters	18
European emergency number	112

CATERING FOR THE ORGANIZING COMMITTEE	
Club Bouliste	+377 9205 9217



MARE NOSTRUM 2024

41st 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,/...../ 2024

M., Mme (*Mr, Mrs*).....

Fonction (*Function*) :

Signature :





MARE NOSTRUM 2024

41st 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/...../ 2024

Signature :



MARE NOSTRUM 2024

PROTEST



FEDERATION or CLUB :

.....

PROTEST :

.....

.....

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.....

Monaco, the, at

The Team Leader,

ANSWER :

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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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.....

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Monaco, the, at

For the Fédération Monégasque de Natation,



MARE NOSTRUM 2024

41st International Swimming Meeting of Monte-Carlo



ENGAGEMENTS DE DERNIERES MINUTES LAST MINUTE ENTRIES WOMEN AND MEN

FEDERATION OR TEAM CLUB :

Exemple / Example

Nom / Surname				Prénom / First name					Sexe / Gender		
XX				XX					Homme <i>Man</i>	Femme <i>Woman</i>	
Distance				Nage / Stroke					Temps d'engagement / Entry time		
50	100	200	400	FLY	BK	BR	FR	IM	4	55.	17
50	100	200	400	FLY	BK	BR	FR	IM	4	34.	12

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

Nom / Surname				Prénom / First name					Sexe / Gender		
XX				XX					Homme <i>Man</i>	Femme <i>Woman</i>	
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			

IMPORTANT

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

...../...../ 2024 at h min

Signature :





MARE NOSTRUM 2024

41st International Swimming Meeting of Monte-Carlo



FORFAIT SERIES HEATS WITHDRAWALS

FEDERATION OR TEAM CLUB :

.....

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.
Please inform us urgently of your Delegation's withdrawals.

Nom / Surname			Prénom / First name			Sexe / Gender	
XXX			XXX			Homme Man	Femme Woman
Distance				Nage / Stroke			
50	100	200	Papillon / Butterfly				
50	100	200	Dos / Backstroke				

Nom / Surname			Prénom / 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 final, le nageur recevra une amende de 20 euros.
In the event of an undeclared withdrawal resulting in an empty line in the final, 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 finals, 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).....

...../...../ 2024 at h min

Signature :





MARE NOSTRUM 2024

41st International Swimming Meeting of Monte-Carlo



FORFAIT finals FINALS WITHDRAWALS

FEDERATION OR TEAM CLUB :
.....

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.
Please inform us urgently of your Delegation's withdrawals.

Nom / Surname			Prénom / First name		Sexe / Gender	
XXX			XXX		Homme <i>Man</i>	Femme <i>Woman</i>
Distance			Nage / Stroke			
50	100	200	Papillon / <i>Butterfly</i>			
50	100	200	Dos / <i>Backstroke</i>			

Nom / Surname			Prénom / First name		Sexe / Gender	
					Homme <i>Man</i>	Femme <i>Woman</i>
Distance			Nage / Stroke			
50	100	200	Papillon / <i>Butterfly</i>			
50	100	200	Dos / <i>Backstroke</i>			
50	100	200	Brasse / <i>Breaststroke</i>			
50	100	200	400	Nage Libre / <i>Freestyle</i>		
		200	400	4 Nages / <i>Medley</i>		

IMPORTANT

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

...../...../ 2024 at h min

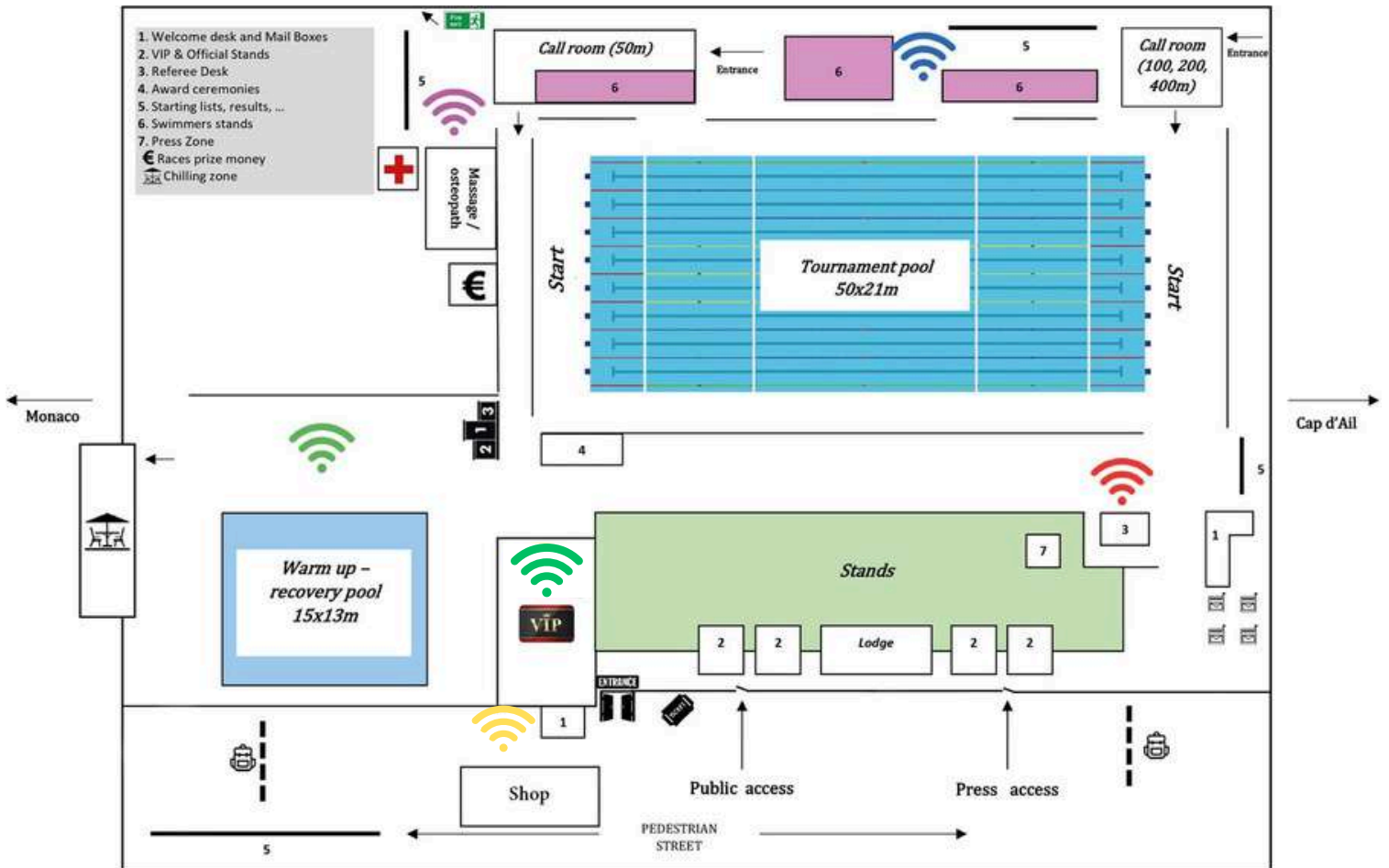
Signature :



WIFI zone

-  MARE NOSTRUM STAND
-  MARE NOSTRUM 2
-  MARE NOSTRUM 3
-  MARE NOSTRUM 4
-  MARE NOSTRUM 5

PASSWORD :
monaco2024





HOPE YOU ENJOYED THE
LAST STEP OF THE 30TH
MARE NOSTRUM SWIM
TOUR

SEE YOU IN
2025 !



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