



MARE NOSTRUM

MAY 17 - 18 2025 - MONACO

**42ND MONACO INTERNATIONAL
SWIMMING MEETING**

**LET'S MAKE WAVES
TOGETHER**

SUMMARY

2 - MARE NOSTRUM CONTACTS

3 - ACCOMMODATION & CATERING

4 - TRANSPORTATION DETAILS

5 - PROGRAM & TIME SCHEDULE

6 - POOL MAP

7 - RACE PROGRAM

8 - SPEED TOURNAMENT - RULES

9 - PRIZE MONEY DISTRIBUTION

10 - TECHNICAL MEETING

13 - MORE INFORMATION

14 - ORGANIZING COMMITTEE

15 - ANTIDOPING CONTROL REQUEST

17 - PARENTAL CONSENT FOR ANTI-DOPING CONTROL

19 - PROTEST

21 - LAST MINUTE ENTRIES

23 - HEATS WITHDRAWALS

25 - FINALS WITHDRAWALS

27 - WIFI ZONE



CONTACTS

Mare Nostrum



Monaco

Guillaume DAZUN
+377 9205 4099
fedmonat@monaco.mc

17-18
May



Barcelona

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

21-22
May



Canet - en - Roussillon

Stéphanie BONNET

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

24-25 May

MAKE 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, Barcelone & Canet-en-Roussillon) or from 1/4 finals of the speed tournament (Monaco).

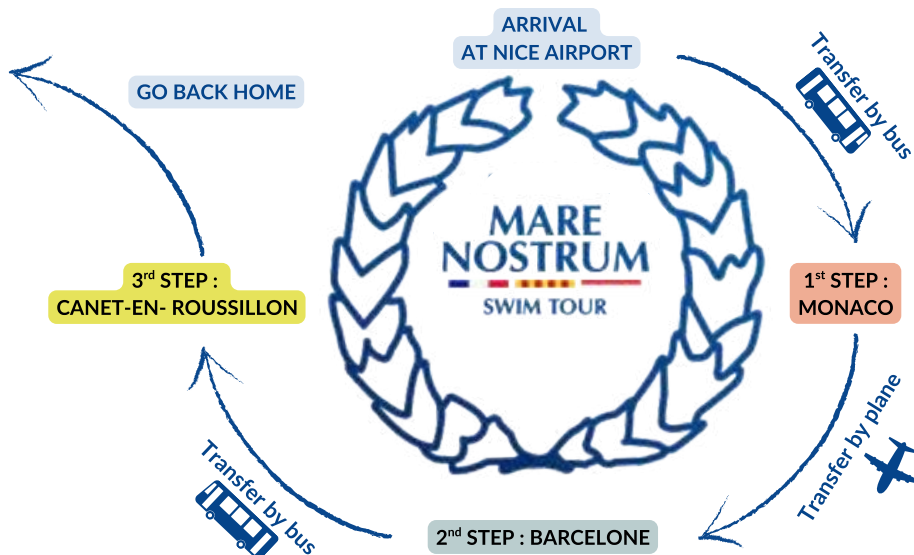
MARE NOSTRUM TROPHY

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

1 st :	7 000€	3 rd :	1 000€
2 nd :	2 000€	4 th :	500€



www.marenostrumswimtour.com



f @marenostrumswimtour



X @marenostrumswim



ig @marenostrumswimtour



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
THURSDAY		12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
FRIDAY	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
SATURDAY	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
SUNDAY	06:30 am - 09:00 am	12:00 pm - 02:00 pm	07:00 pm - 10:00 pm
MONDAY	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 below).

SHUTTLES	NOVOTEL HOTEL	SWIMMING POOL	NOVOTEL HOTEL	SWIMMING POOL
	MORNING		AFTERNOON	
JEUDI	NO SHUTTLES		05:00 PM	07:00 PM
VENDREDI	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
SAMEDI	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
DIMANCHE	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

Departure for charter flight to Barcelona, on **Monday May the 19th**, will be done in front of **MARRIOTT, COLUMBUS, NOVOTEL at 06:00 am.**

For those who are not staying in these hotels, please refer to the Transport Commission.

PROGRAM

Time Schedule

FRIDAY MAY 16TH

06:30 PM

Technical Meeting

Deadline for saturday withdrawals
and last minute entries

*(At Louis II Stadium - in the A2 room and followed by a
welcoming drink.)*

JURY RESPONSIBLE : MRS SÉVERINE DRUENNE

WORLD AQUATICS REFEREE (AQUA) : MRS SÉVERINE DRUENNE

WORLD AQUATICS STARTER (AQUA) : MR ALAIN ABERT

SATURDAY MAY 17TH

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 18TH

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 19TH

DEPARTURE FROM MONACO

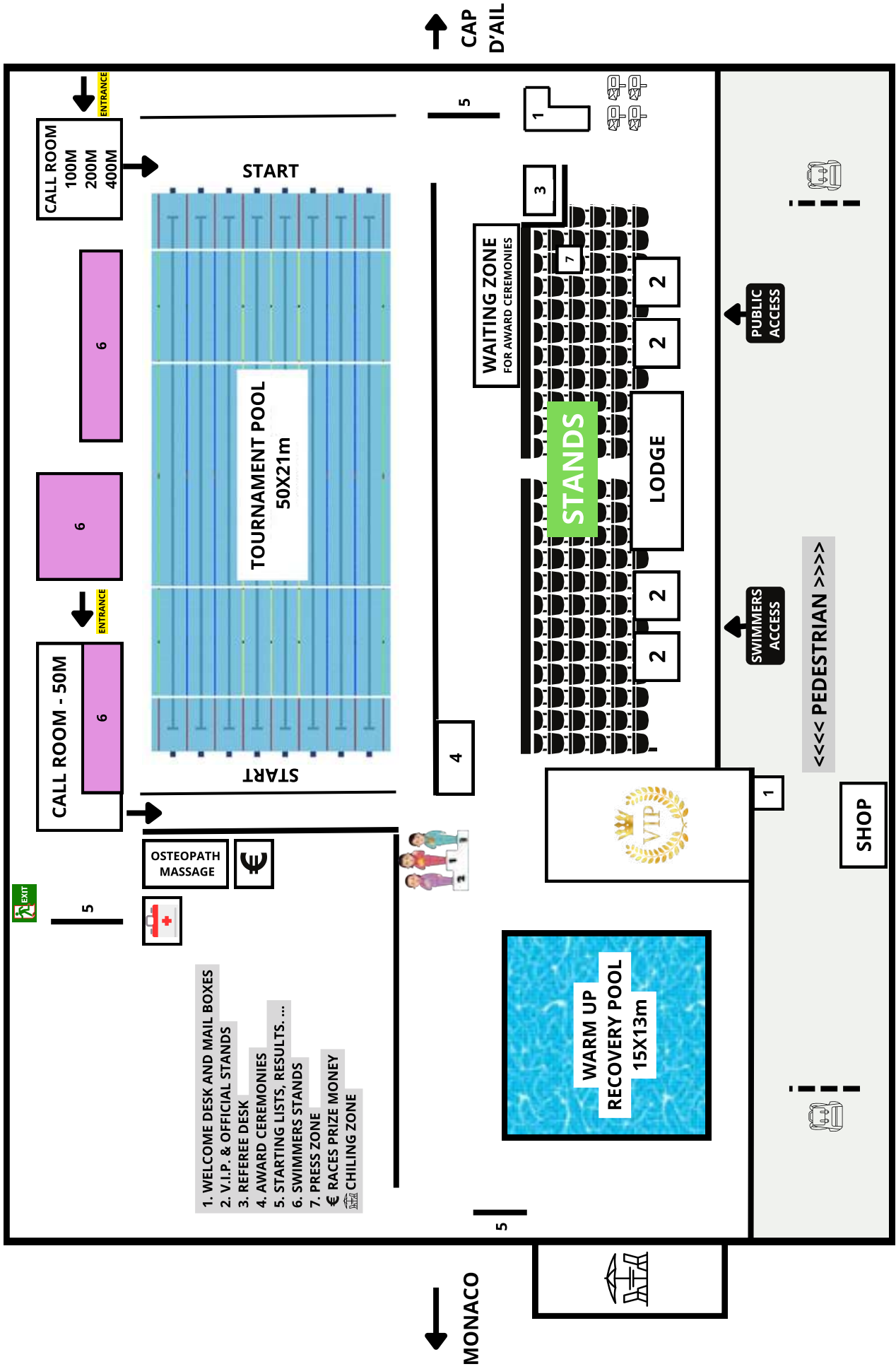
Please confirm your pick-up at the welcome desk or
the transportation desk.

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

Phone number : +377 9205 4128

STADE LOUIS II

Pool Map





RACES Program



MARE NOSTRUM MONACO / MAY 17TH - 18TH 2025

FRIDAY MAY 16TH

Deadline for Saturday morning heats withdrawals

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

SATURDAY MAY 17TH

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 18TH

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



During the two 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).

TRAINING SESSIONS	MORNING	AFTERNOON
THURSDAY 15 MAY	08:00 AM - 10:00 AM	04:00 PM - 08:00 PM
FRIDAY 16 MAY	08:00 AM - 12:00 PM	02:00 PM - 08:00 PM
SATURDAY 17 MAY	07:00 AM - 08:50 AM 10:30 AM - 11:00 AM	02:00 PM - 03:20 PM 04:00 PM - 04:25 PM
SUNDAY 18 MAY	07:00 AM - 08:50 AM 11:00 AM - 12:00 PM	02:00 PM - 03:20 PM 04:00 PM - 04:25 PM
MONDAY 19 MAY	08:00 AM - 12:00 PM	CLOSED (ON REQUEST)

PRIZE MONEY *distribution*

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 includes 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 includes Mare Nostrum and Meeting records prizes.

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 €

IMPORTANT

All matched records are not paid.

A picture with the new recorman and recordwomen 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.

1st : 7 000€

3rd : 1 000€

2nd : 2 000€

4th : 500€

IMPORTANT

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

TECHNICAL meeting

FRIDAY, MAY 16th 06:30 PM

The technical meeting organized by the Monaco Swimming Federation, will be held on Friday, May 16th at 06:30 pm in room A2 of Stade Louis II under the authority of Mrs Séverine DRUENNE, 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 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** : 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 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 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 after each event :
 - **Next to the Call Room**
 - **At the recovery pool**
 - **On the screen at the pool's main entrance**
 - **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 those information.

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.

If for other distances, 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 :

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 :

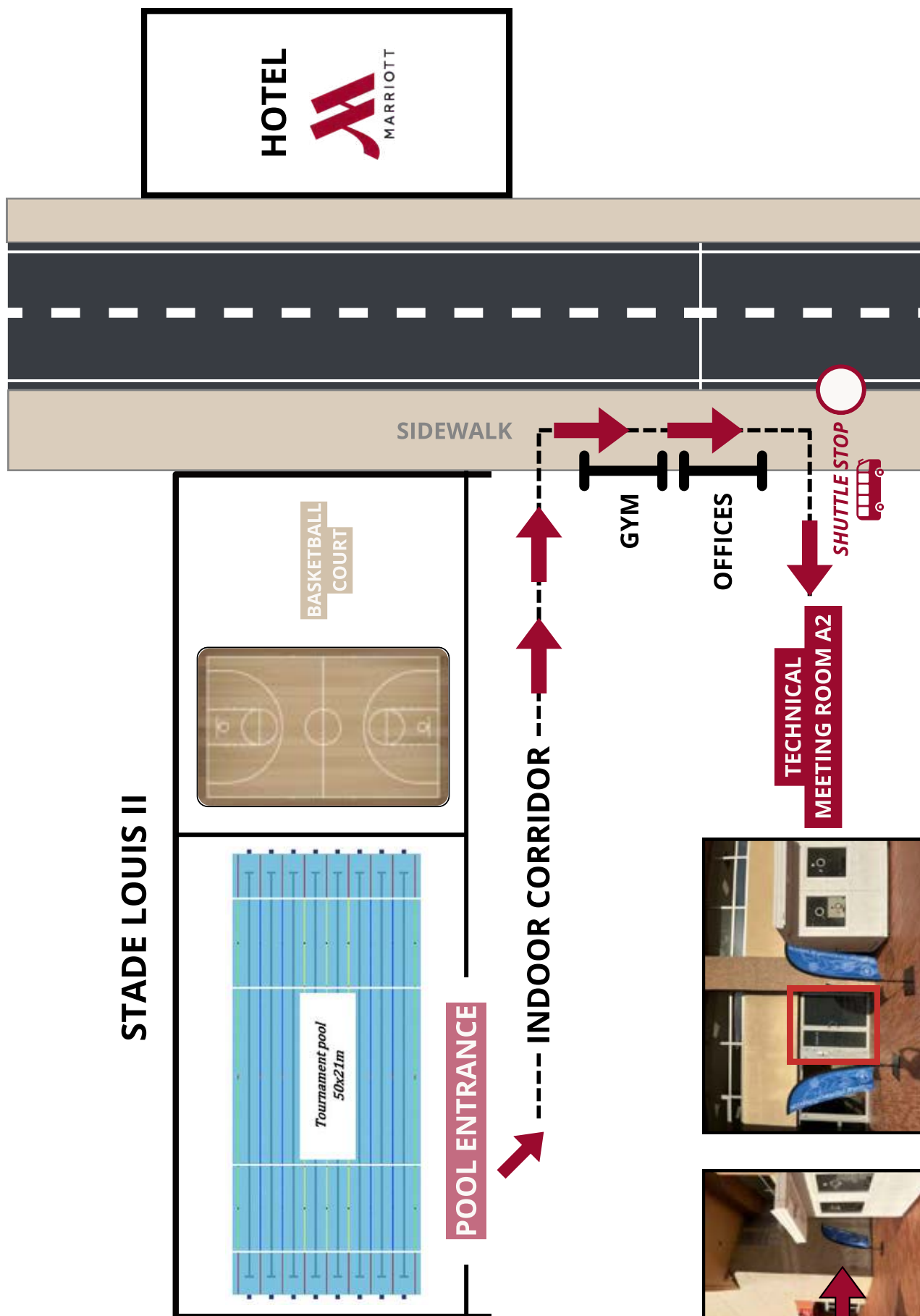
- Coordinator : Mr Guillaume DAZUN
- Technical Director : Mr Michel POU
- A representative of Monaco meet or Canet-en-Roussillon meet or Barcelona meet
- A World Aquatics referee
- Mare Nostrum delegate

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.

19) DIVERSE : no Gala this year.

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

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 INFORMATION

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 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 ?	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	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗
PURPLE	COACH	✓	✓	✗	✓	✗	✗	✗	✓	✗	✓
GREEN	PRESS	✗	✗	✓	✗	✗	✓	✗	✓	✓	✗

FÉDÉRATION MONÉGASQUE DE NATATION

Stade Louis II - 7 avenue des Castelans - 98000 Monaco

Tel : +377 9205 4099 // Email : fedmonat@monaco.mc**INTERNAL EXTENSION****O.C. OFFICE**

• +377 9205 4099

SECURITY

• +377 9205 4339

TRANSPORTATION

• +377 9205 4133/4128

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 2025

42nd 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,/...../ 2025

M. / Mme (Mr / Mrs)

Fonction (Function) :

Signature :



MARE NOSTRUM 2025

42nd 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/...../ 2025

Signature :



MARE NOSTRUM 2025

PROTEST



FEDERATION ou CLUB :

.....

PROTEST :

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

MONACO, THE, AT

THE TEAM LEADER,

ANSWER :

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

MONACO, THE, AT

THE REFEREE ,

REQUEST FOR JURY OF APPEAL :

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

MONACO, THE, AT

THE TEAM LEADER,

ANSWER :

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

MONACO, THE, AT

FOR THE FÉDÉRATION MONÉGASQUE DE NATATION,



MARE NOSTRUM 2025

42nd 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)

...../...../ 2025 at h min

Signature :



MARE NOSTRUM 2025

42nd 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)

...../...../ 2025 at h min

Signature :



MARE NOSTRUM 2025

42nd 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.

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)

...../...../ 2025 at h min

Signature :



MARE NOSTRUM STAND



MARE NOSTRUM 2



MARE NOSTRUM 3



MARE NOSTRUM 4

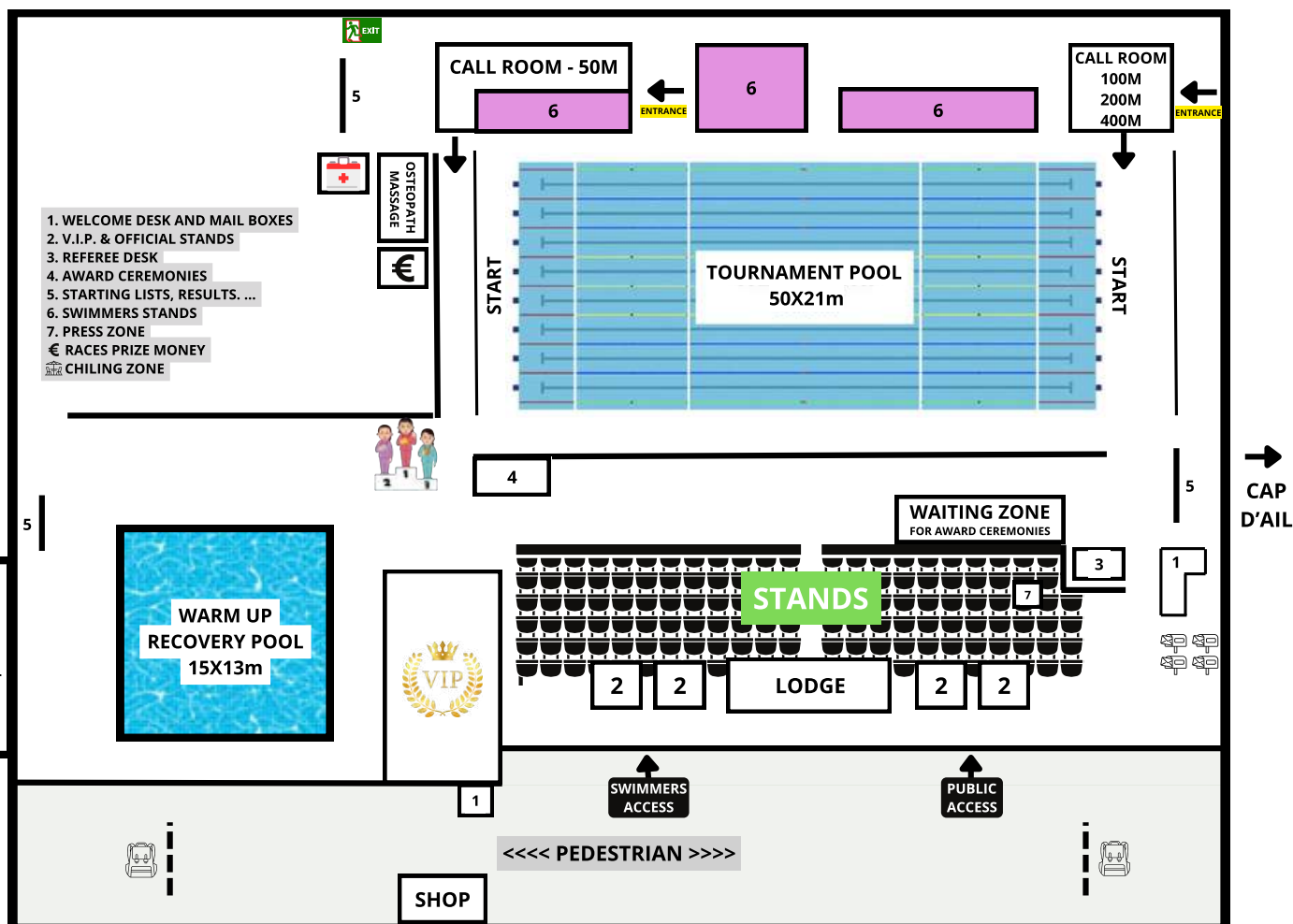


MARE NOSTRUM 5



MARE NOSTRUM 6

PASSWORD
monaco2025



MARE NOSTRUM

MAY 17 - 18 2025 - MONACO

SEE YOU IN 2026 !



**LET'S MAKE WAVES
TOGETHER**