

# GUIDE 2022



ENGLISH





# MARE NOSTRUM 2022

Monaco

*21<sup>st</sup> - 22<sup>nd</sup> of may*

Barcelona

*25<sup>th</sup> - 26<sup>th</sup> of may*

Canet-en-Roussillon

*28<sup>th</sup> - 29<sup>th</sup> of may*



# INDEX

Technical information	6
Accomodation, Restauration & Transportation	17
Organizing committee	18
<b>ORANGE</b> page : Anti-doping control «Request»	21
<b>YELLOW</b> page : Anti-doping control «Authorization»	23
<b>RED</b> page : Protest	25
<b>BLUE</b> page : Last minute entries	27
<b>PINK</b> page : Heats withdrawals	29
<b>GREEN</b> page : Finals withdrawals	31
Wifi Zone	32
Contact us	33

# TECHNICAL INFORMATION

## TRAINING SESSIONS

	Morning	Afternoon
<b>Wednesday</b>	Closed	Closed (on request)
<b>Thursday</b>	08:00-12:00 AM	02:00-08:00 PM
<b>Friday</b>	08:00-12:00 AM	02:00-08:00 PM
<b>Saturday</b>	07:00-08:50 AM	02:00-03:20 PM 04:00-04:25 PM
<b>Sunday</b>	07:00-08:50 AM	02:00-03:20 PM 04:00-04:25 PM
<b>Monday</b>	Closed (on request)	

## SHUTTLES

	Novotel Hotel	Pool	Novotel Hotel	Pool
<b>Friday</b>	08:00 AM 09:00 AM	10:30 AM 11:30 AM	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
<b>Saturday</b>	06:50 AM 07:15 AM 07:40 AM	11:30 AM 12:00 AM 12:30 AM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:30 PM 07:00 PM 07:30 PM
<b>Sunday</b>	06:50 AM 07:15 AM 07:40 AM	11:15 AM 11:45 AM 12:15 AM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:45 PM 07:15 PM 07:45 PM

# Mare Nostrum Monaco 21<sup>st</sup> - 22<sup>nd</sup> of May 2022



**Friday 20<sup>th</sup> of May : 6:30 PM** – Deadline for Saturday morning heats withdrawals.

**Vendredi 20 Mai : 18h30** - Heure limite de déclaration des forfaits pour les séries du Samedi matin.

Limit entry times must be accomplished in a 50 m pool.  
Les temps d'engagement doivent être réalisés en bassin de 50 m.

## Saturday 21<sup>st</sup> of May

9:00 AM / 9h00 - Heats	
200 m Breaststroke	Men 2:21.72
100 m Breaststroke	Women 1:13.76
100 m Freestyle	Men 52.32
200 m Freestyle	Women 2:05.93
200 m Butterfly	Men 2:05.03
100 m Butterfly	Women 1:03.44
100 m Backstroke	Men 58.90
200 m Backstroke	Women 2:20.95
200 m Ind. Medley	Men 2:09.13
400 m Freestyle *	Men 4:02.90
400 m Ind. Medley *	Women 5:00.79

### 11:00 AM / 11h00 – Heats : Qualification of the 16 best times

50 m Butterfly	Men : 26.19	Women : 29.42
50 m Backstroke	Men : 29.26	Women : 31.58
50 m Breaststroke	Men : 30.53	Women : 34.81
50 m Freestyle	Men : 24.90	Women : 28.22

### 3:30 PM / 15h30 - B Finals

4:30 PM / 16h30 - 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 / 17h00 - A Finals

400 m Freestyle*	Men	*Fast heats
400 m Ind. Medley*	Women	*Séries rapides
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	

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

18h30 : Heure limite de déclaration des forfaits pour les séries du Dimanche matin.

### 6:20 PM / 18h20 – Quarter Finals : Qualification of the 4 best time

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

## Sunday 22<sup>nd</sup> of May

9:00 AM / 9h00 - Heats		
400 m Ind. Medley*	Men 4:35.75	*Slow heats
400 m Freestyle*	Women 4:24.19	*Séries Lentes
100 m Butterfly	Men 56.53	
200 m Butterfly	Women 2:18.92	
200 m Backstroke	Men 2:07.54	
100 m Backstroke	Women 1:06.01	
100 m Breaststroke	Men 1:05.57	
200 m Breaststroke	Women 2:37.65	
200 m Freestyle	Men 1:54.26	
100 m Freestyle	Women 58.68	
200 m Ind. Medley	Women 2:22.55	

### 3:30 PM / 15h30 - B Finals

### 4:30 PM / 16h30 – 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 / 17h00 - A Finals

400 m Ind. Medley*	Men	*Fast heats
400 m Freestyle*	Women	*Séries rapides
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 / 18h20 - Finals "DUELS"

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

**Fine for undecleared withdrawal : 15€.** Withdrawal for the finals, at the latest 30 minutes after the announcement of the qualifiers by the speaker.

**Amende pour forfait non déclaré : 15€.** Forfait pour les finales, au plus tard 30 minutes après l'annonce des qualifiés par le speaker.

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

**Le nombre d'engagés ne pourra pas dépasser 10 séries au 100m, 8 séries au 200m, 3 séries au 400m.**

# PROGRAM TIME SCHEDULE

## FRIDAY 20<sup>TH</sup> OF MAY

**6:30 pm : Technical meeting and deadline for withdrawals.**

Jury responsible: Mr Cédric AIRAUD

Referee FINA: Mr Alain PRIET

Starter FINA: Mr Guy HORWITZ

## SATURDAY, 21<sup>ST</sup> OF MAY

07:00 AM	Opening pool.
07:00 AM	Warmup.
08:00 AM	Opening of the stands.
08:50 AM	Clearing of the pool.
08:50 AM	Flags' parade, presentation and setting of the Jury - Sound and Lights.
09:00 AM	Starting of the events.
12:00 AM	End of the events.
12:00 AM	Deadline for afternoon final withdrawals.
12:15 AM	Clearing of the pool.
12:30 AM	Closing of the tribunes, cloakrooms, pool for the public and swimmers.
02:00 PM	Warmup.
03:00 PM	Opening of the stands.
03:20 PM	Clearing of the pool.
03:20 PM	Flags' parade, presentation and setting of the Jury.
03:30 PM	B Finals - Starting of the events.
04:25 PM	Clearing of the pool.
04:30 PM	Speed tournament.
05:00 PM	A finals.
06:00 PM	Deadline for Sunday heats withdrawals.
06:20 PM	Speed tournament.
07:00 PM	End for the events.
07:15 PM	Meeting and Mare Nostrum records rewarding.
07:30 PM	Closing of the stands, cloakrooms, pool to the public and swimmers.

## SUNDAY, 22<sup>ND</sup> OF MAY

07:00 AM	Opening pool.
07:00 AM	Warmup.
08:00 AM	Opening of the stands.
08:50 AM	Clearing of the pool.
08:50 AM	Flags' parade, presentation and setting of the Jury - Sound and Lights.
09:00 AM	Starting of the events.
11:00 AM	Jury and children's photo.
12:00 AM	End of the events.
12:00 AM	Deadline for afternoon final withdrawals.
12:15 AM	Clearing of the pool.
12:30 AM	Closing of the tribunes, cloakrooms, pool for the public and swimmers.
02:00 PM	Warmup.
03:00 PM	Opening of the stands.
03:20 PM	Clearing of the pool.
03:20 PM	Flags' parade, presentation and setting of the Jury.
03:30 PM	Final B - Starting of the events.
04:25 PM	Clearing of the pool.
04:30 PM	Speed tournament.
05:00 PM	A Finals.
06:20 PM	Finals of the speed tournament.
07:15 PM	End of the events.
07:30 PM	Meeting and Mare Nostrum records rewarding.
08:00 PM	Closing of the stands, cloakrooms, pool to the public and swimmers.

## MONDAY 23<sup>TH</sup> OF MAY

For any question concerning your departure from Monaco, the «Welcome Desk» will be at your disposal during pool hours.

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

**Tél : +377 9205 4059**

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# TECHNICAL MEETING

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FRIDAY, 20<sup>TH</sup> OF MAY 6:30 PM

## GUIDANCE FOR TEAM LEADERS AND SWIMMING TEAM COACHES

The Team Leaders meeting for Teams Officials and Coaches organized by the Federation Monegasque de Natation, will be held on Friday 20th of May at 6:30 pm in «room A2» of Stade Louis II, under the authority of M. Alain PRIET, FINA Referee.

**1) Competition rules** : all competitors must know and apply FINA 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 6:30 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) 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.

**4) Call Rooms** : Before each race, competitors must report to the Call Room, not less than 15 minutes before the start.

**5) Competitors presentation** : during the finals, each competitor's name will be announced once on the starting deck. As the competitor's name is being called, the swimmer is requested to stand beside his/her starting block and acknowledge the audience.

**6) 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.

**7) Start** : it will be given in English: «take your marks».

**8) Starting list / Result list** : results will be displayed on the wall, after each event:

- In the indoor corridor of Louis II Stadium;
- Close to both Call Rooms;
- At the «Welcome Desk» entrance of men' and women' locker rooms,

Team Officials and Coaches of Swimming Teams 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 to have those information.

**9) Speed Tournament :**

1<sup>st</sup> run : 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/DUEL - Head to head : 2 swimmers.

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

**11) 400m freestyle and medley** will be swum according to the formula of ranking by time. The eight best entry times will swim in the afternoon, the lower times in the morning. Be careful entries in last minute can call into question the participation to the best heat in the afternoon.

**12) 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.  
For Speed Tournament podium : only the two finalists will be awarded a medal.

**13) Prize money :** For Finals A 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 Monte-Carlo meet record or Mare Nostrum record will be given in the same way.

The Prize money for the overall winners of Mare Nostrum Tour 2022 will be given during Canet-en-Rousillon Meet. Swimmers must attend and cannot be represented by a third party. In the absence of the swimmer, the prize remains to the Organizers of the Mare Nostrum.

**14) Doping controls :** concerning doping controls, the observed rules will be those of FINA. Extra anti-doping controls requested by a Team Official will be at his charge : 440€ for 1 control.

**13) Jury of appeal :**

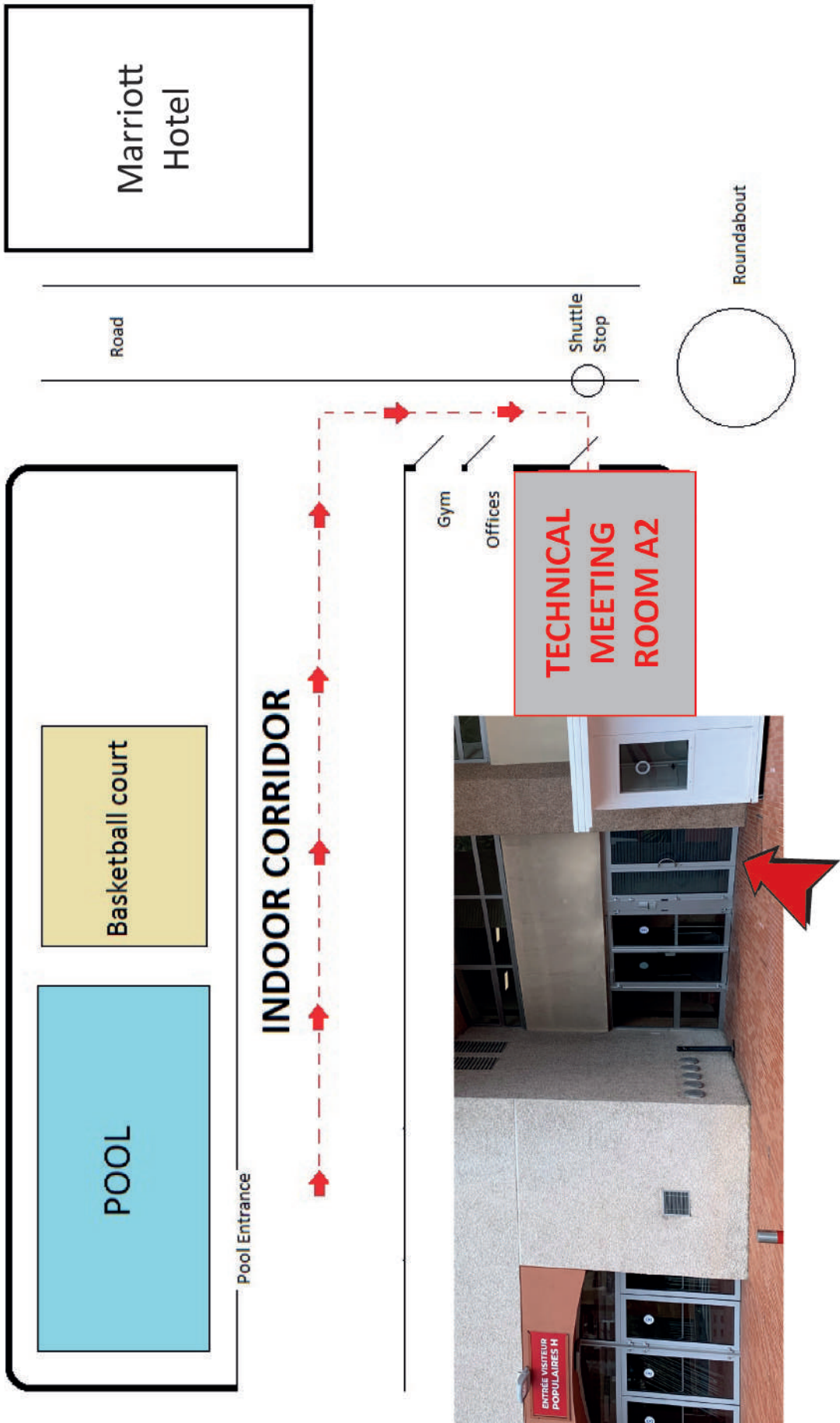
- a) Coordinator : Mr. Guillaume DAZUN
- b) Technical Director : Mr. Michel POU
- c) A representative of Monaco meet

**16) Team Officials' responsibility :** 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.

**The Referee**

# LOCATION FOR TECHNICAL MEETING

## STADE LOUIS II



# COMPLEMENTARY INFORMATION

## TECHNICAL INFORMATION

- **Referee desk** : during the competition, the Referee Secretary is situated on the left, outside the lockers (next page on the plan : number 3).
- **Technical desk** : Mr Michel POU, technical director, will be situated around the pool.

## GENERAL INFORMATION

### **Mail Boxes**

Mail boxes are located at the «Welcome Desk» just outside the lockers. You'll get : programs, results, informations about transport, interviews request ...

### **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 countersigned shoes room so as to avoid any exchange or loss.

### **Accreditation Pass**

It's personal and has to be shown to enter different access.

### **Physiotherapist/ Osteopath**

During the Meet and pool hours, a physiotherapist/ osteopath is present for swimmers in the dedicated area (see the map).

### **Press**

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

### **Medical Service**

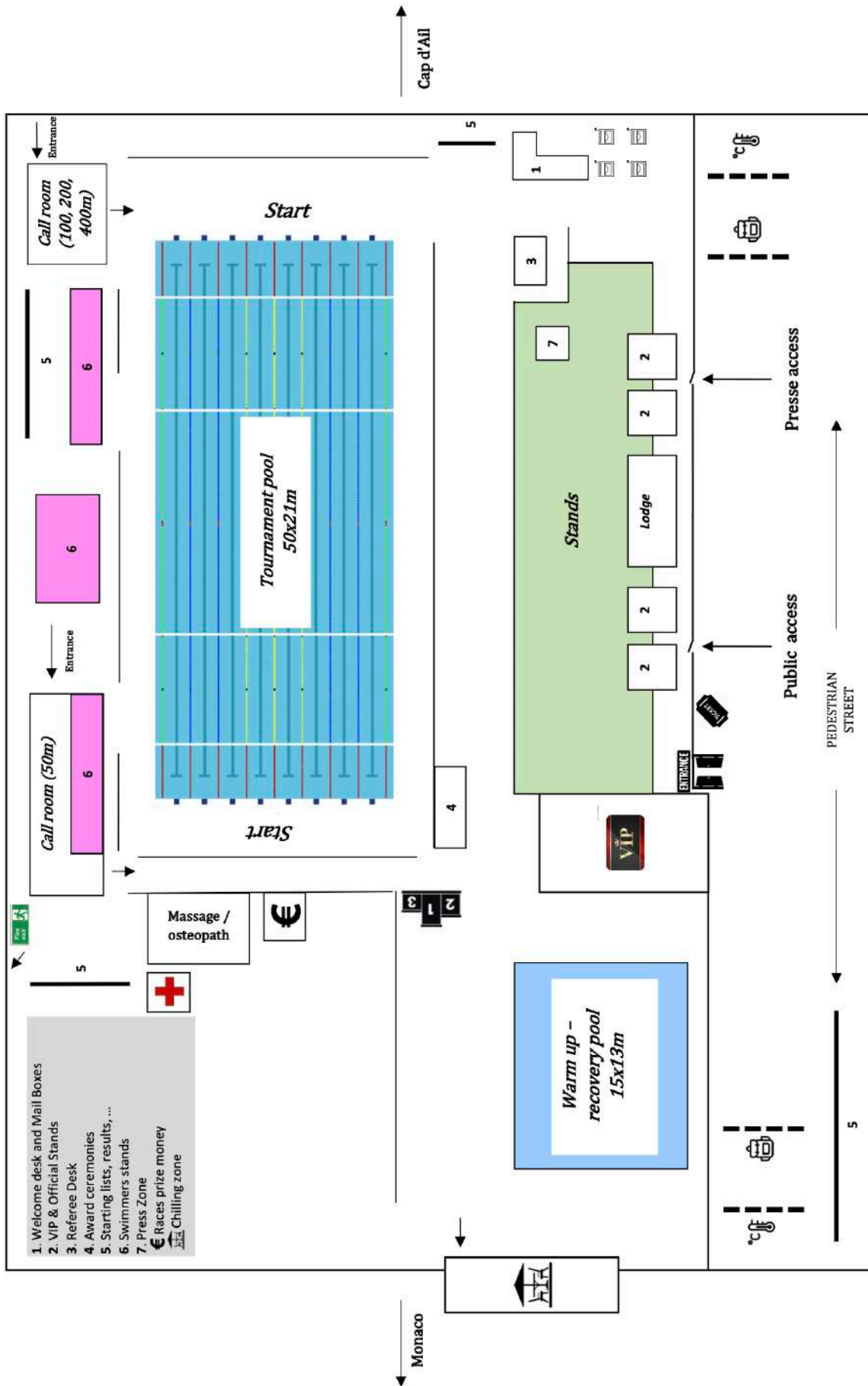
During the competition, a doctor, a nurse, an osteopath and a medical station are at your disposal.

## ACCREDITATION PASS

The colour of your pass indicates your limits of circulation within the Stadium.

Colour	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	Enfants	X	X					X			
Blue	O.C.	X	X	X	X	X	X	X	X	X	X
Stripped blue	Medical	X	X								
Beige	Referres	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

# STADE LOUIS II SWIMMING POOL



# PRIZE MONEY

## RULES

### World Record

An exceptional prize of 15.000,00€ is offered by the Federation Monegasque de Natation (European, Mare Nostrum and Meeting records included) for the first World Record, approved by FINA, established in an A Final of the International Swimming Meeting of Monte-Carlo or from ½ finals during the International Speed Tournament.

### European Record

For an European record, prize is 3.000,00 € (included Mare Nostrum and Meeting records).

### Other prizes

Mare Nostrum Record(s) 750 €

#### IMPORTANT

Quand un record Mare Nostrum est battu à Monaco, le nageur cumule les primes du record Mare Nostrum et du record Meeting (750 € + 600€)

Meet Record(s) 600 €

Races (22 events) (100m, 200m, 400m )	1 <sup>st</sup>	350 €
	2 <sup>nd</sup>	200 €
	3 <sup>rd</sup>	100 €

Speed Tournament (8 races) (50m)	1 <sup>st</sup>	600 €
	2 <sup>nd</sup>	300 €

#### IMPORTANT

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

### Prize Money Distribution

Prizes for Races results, Meeting Records and Mare Nostrum Records are given at the financial desk situated under the electronic panel, next to the podium, once the medals are received.

**TOTAL AMOUNT FOR MONACO : 50.000,00€**

#### IMPORTANT

All matched records are not paid.

# SPEED TOURNAMENT RULES

In 2 days, the swimmers can take part in 5 races from heats to finals  
Whatever the entries, each step has to be swum until the elimination.

**SATURDAY MORNING**

**HEATS**

**SATURDAY AFTERNOON**

**1/8 FINALS**

**16 BEST TIMES**

**1/4 FINALS**

**8 BEST TIMES**

**SUNDAY AFTERNOON**

**1/2 FINALS**

**4 BEST TIMES**



**FINAL**

**2 SWIMMERS DUAL**



# 28<sup>TH</sup> MARE NOSTRUM TROPHY®



There are two individual classifications established by addition of the best score on the quotation table, realised during a final at each meeting of the Mare Nostrum Tour (Barcelona - Canet - Monaco).

At each meeting, and for each swimmer, the best performance on the quotation table will be accepted, without considering style nor distance:

- during an A final.
- from  $\frac{1}{4}$  finals of the speed tournament.
- from the eight best times of 400m races.

# ACCOMODATION, RESTAURATION & TRANSPORTATION

## ACCOMODATION

### OFFICIAL HOTELS

COLUMBUS <i>23 Avenue des Papalins</i>	+377 92 05 90 00
MARRIOTT <i>Port de Cap d'Ail</i>	+33 4 92 10 67 67
NOVOTEL <i>16, bd Princesse Charlotte</i>	+377 99 99 83 00
MIRAMAR <i>126 Av. du Trois Septembre</i>	+33 4 93 78 06 60

## RESTAURATION

	Breakfast	Lunch	Dinner
<b>Wednesday 18/05</b>		12:00 - 02:30 PM	07:30 - 10:00 PM
<b>Thursday 19/05</b>	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
<b>Friday 20/05</b>	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
<b>Saturday 21/05</b>	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
<b>Sunday 22/05</b>	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
<b>Monday 23/05</b>	06:00 - 09:00 AM	12:00 - 02:30 PM	/

## TRANSPORTATION

**This year, the shuttle between Monaco and Barcelona, for the second step of the competition, will be only effectuated by plane.**

**Important :** Please check the «departure board» to confirm your transport from the hotel to airport by bus.

Meeting point at the hotel reception at 6:45AM.

Departure for the hotel at 7:00AM.

# ORGANIZING COMMITTEE

## GENERAL INFORMATION

### FÉDÉRATION MONÉGASQUE DE NATATION

STADE LOUIS II - 7, Avenue des Castelans - 98 000 MONACO

**Mail :** fedmonat@monaco.mc

**Website :** www.montecarlo-swimming.org

### INTERNAL EXTENSIONS

Standard +377 9205 4099

Welcome Desk	4540
Technical Desk - Bureau MNS	4211
O.C. Office	4134/4341/4099
Referee Secretary	4399
Security : Mr ONCINA Gilles	4339
Transportation : Mr DESPRAT Damien	4133/4128

### EXTERNAL EXTENSIONS

Hospital	718
Police	+377 93 15 30 85
Police Station	717
Firemen	+377 97 98 99 00

### CATERING FOR C.O

Barbagiuani	+377 92 05 39 83
Club Bouliste	+377 92 05 92 17

### MARE NOSTRUM TOUR 2022

**Barcelona : 25 & 26 MAY**

Adolf AYZA

+34 93 345 67 89

CN Sant Andreu

ciutatdebarcelona@cnsantandreu.com

**Canet 66 Natation : 28 & 29 MAY**

Stéphanie BONNET

+33 4 68 73 54 03

canet66natation@gmail.com





# ANTI DOPING CONTROL REQUEST

<b>FEDERATION or CLUB :</b> .....
--------------------------------------

Requires an anti-doping test for the following swimmer .....  
.....  
.....

The control will be performed by a doctor who is certified by 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, ...../...../.....

Mr., Mrs : .....

Function : .....

Signature :



# ANTI-DOPING CONTROL PARENTAL PERMISSION

I, the undersigned (First Name & NAME) : .....

Father

Mother

Legal guardian

Of the child (First & 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 authorization is considered as a refusal to be submitted to anti-drug control measures.

Signed at..... , the.....

Signature :



# PROTEST

FÉDÉRATION ou CLUB :

.....

PROTEST : .....  
.....  
.....  
.....

Monaco, the ....., at..... h  
The Team Leader, .....

ANSWER : .....  
.....  
.....  
.....

Monaco, the ....., at..... h  
Le Juge Arbitre, Mister Alain PRIET

REQUEST FOR JURY OF APPEAL : .....  
.....  
.....  
.....

Monaco, the ....., at..... h  
The Team Leader, .....

ANSWER : .....  
.....  
.....  
.....

Monaco, the ....., at..... h  
For the Fédération Monégasque de Natation, the Technical Director, Mister Michel POU



**ENGAGEMENTS DE DERNIERES MINUTES DAMES ET MESSIEURS**  
**LAST MINUTE ENTRIES WOMEN AND MEN**

**FEDERATION OR TEAM CLUB :**

.....

Exemple / Example

Nom / <i>Surname</i>				Prénom / <i>First name</i>					Sexe / <i>Gender</i>		
									Homme <i>Man</i>	Femme <i>Woman</i>	
Distance				Nage / <i>Stroke</i>					Temps d'engagement <i>Entry Time</i>		
50	100	200	400	FLY	BK	BR	FR	IM		24.	90
50	100	200	400	FLY	BK	BR	FR	IM	4 :	34.	12
X	X	X	X	X	X	X	X	X	X	X	X

Nom / <i>Surname</i>				Prénom / <i>First name</i>					Sexe / <i>Gender</i>		
									Homme <i>Man</i>	Femme <i>Woman</i>	
Distance				Nage / <i>Stroke</i>					Temps d'engagement <i>Entry Time</i>		
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	:	.	

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

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.*

Nom / *Name* :  
 Jour / *Date* :  
 Heure / *Time* :  
 Signature :



**FORFAIT SERIES**  
**HEATS WITHDRAWAL**

**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	
XXXX		XXXXX		Homme <i>Man</i>	Femme <i>Woman</i>
Distance			Nage / Stroke		
50	100	200		Papillon / Butterfly	
50	100	200		Dos / Backstroke	

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

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

Au plus tard :

- Vendredi 18h30 pour les épreuves du Samedi matin ;
- Samedi 18h30 pour celles du Dimanche matin.

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

*At the latest:*

- Friday 6:30 p.m. for Saturday morning events ;
- Saturday 6:30 p.m. for Sunday morning events.

Nom / Name :

Jour / Date :

Heure / Time :

Signature :



**FORFAIT FINALES**  
**FINALS WITHDRAWAL**

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

Nom / <i>Surname</i>	Prénom / <i>First name</i>	Sexe / <i>Gender</i>		
		Homme <i>Man</i>	Femme <i>Woman</i>	
Distance			Nage / <i>Stroke</i>	
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>

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

Au plus tard :

- Vendredi 18h30 pour les épreuves du Samedi matin ;
- Samedi 18h30 pour celles 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:*

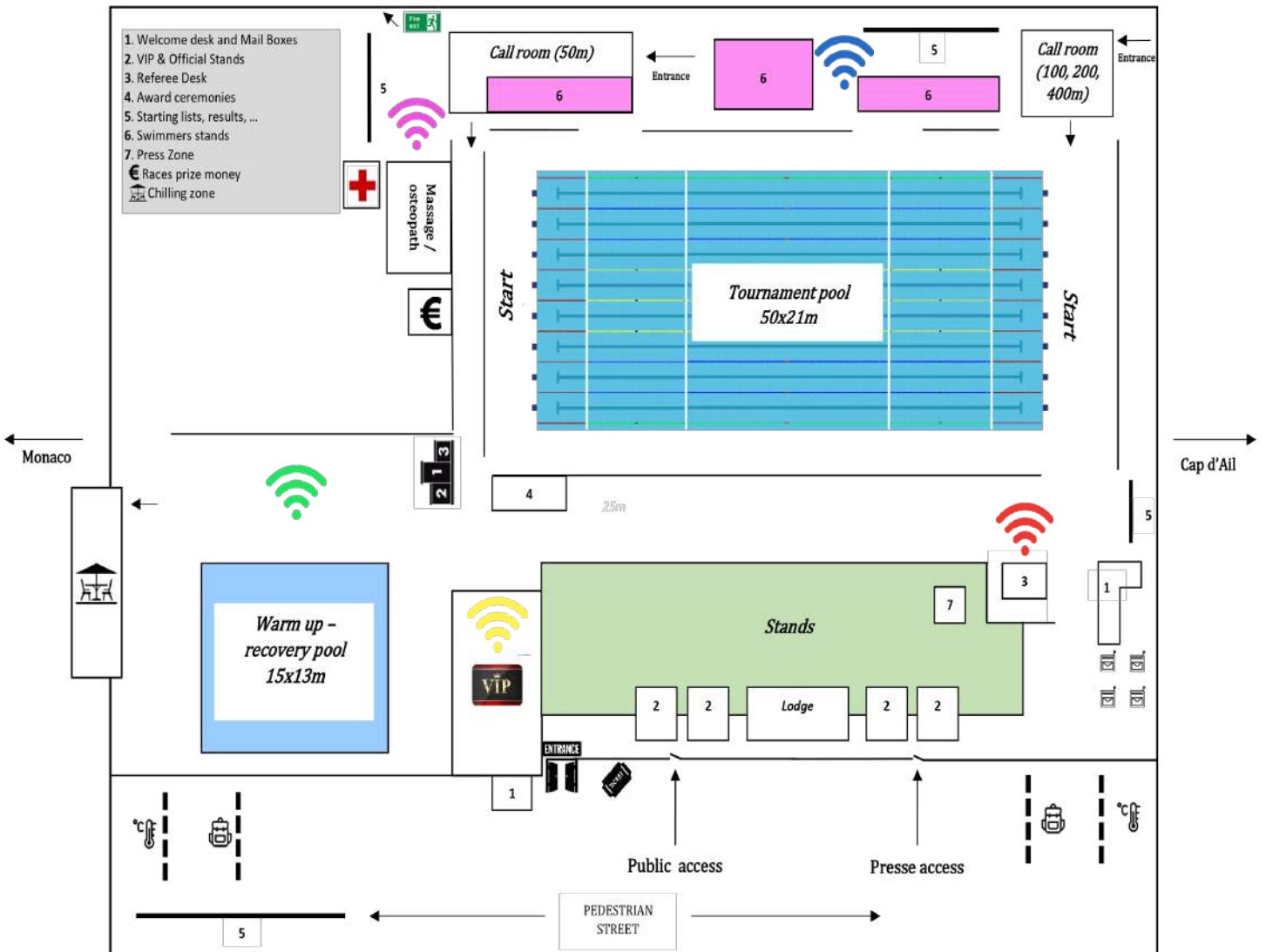
- Friday 6:30 p.m. for Saturday morning events ;
- Saturday 6:30 p.m. for Sunday morning events.
- For the finals, as soon as possible or at the latest 30 minutes after the announcement of the qualified by the speaker.

Nom / Name :  
Jour / Date :  
Heure / Time :  
Signature :

# WIFI ZONE

-  MARE NOSTRUM 1
-  MARE NOSTRUM 2
-  MARE NOSTRUM 3
-  MARE NOSTRUM 4
-  MARE NOSTRUM 5

Password :  
monaco2022



# CONTACT US

## OUR WEB SITE :



[www.montecarlo-swimming.org](http://www.montecarlo-swimming.org)



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

## OUR SOCIAL MEDIAS :



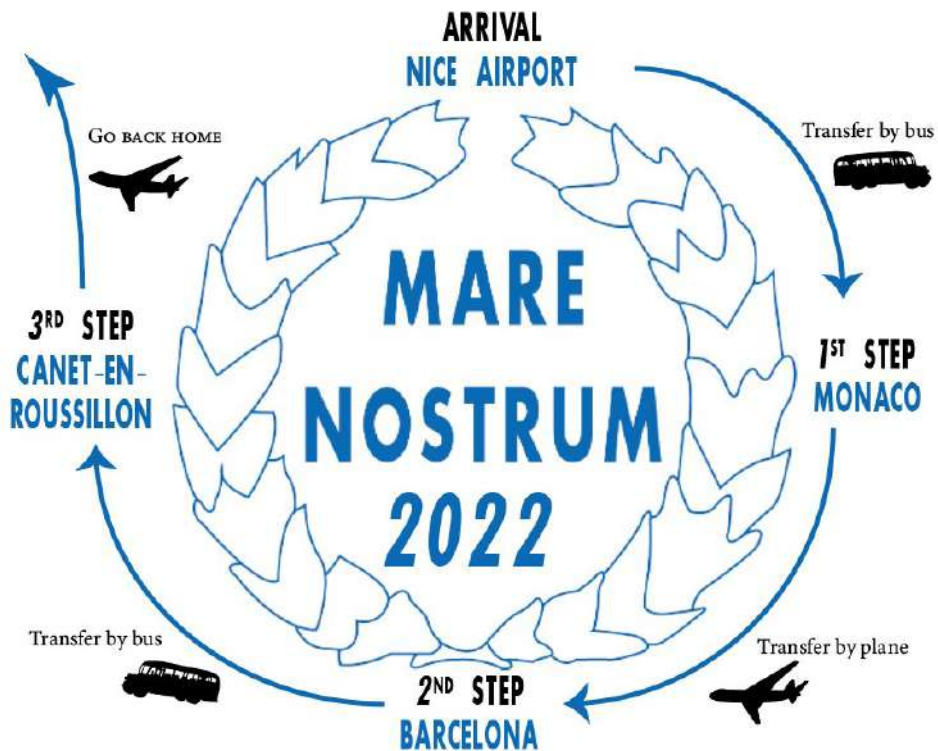
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WE WISH YOU A GOOD STAY IN  
MONACO !

