

# MARE NOSTRUM Swim Tour 2025



MONACO 17 & 18 MAY



BARCELONA 21 & 22 MAY



CANET EN ROUSSILLON 24 & 25 MAY

MARENOSTRUMSWIMTOUR.COM  
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## LET'S MAKE WAVES TOGETHER

### CONTACTS

#### MONACO

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



Mare Nostrum Swim Tour is considered as one of the most important competition in France, Spain and Monaco in which qualifications for international tournaments can be achieved.

The competitions guarantee top performances and attract great swimmers from abroad.

## PROGRAM



### 3. MONACO

#### DAY 1

200 breaststroke men  
 100 breaststroke women  
 100 freestyle men  
 200 freestyle women  
 200 butterfly men  
 100 butterfly women  
 100 backstroke men  
 200 backstroke women  
 200 ind medley men  
 400 freestyle men  
 400 ind medley women

#### Speed tournament 50m - FLY / BK / BR / FR

Heats - To qualify the 16 best times  
 Round of Sixteen - To qualify the 8 best times  
 Quarter Final - To qualify the 4 best times

#### DAY 2

400 ind medley men  
 400 freestyle women  
 100 butterfly men  
 200 butterfly women  
 200 backstroke men  
 100 backstroke women  
 100 breaststroke men  
 200 breaststroke women  
 200 freestyle men  
 100 freestyle women  
 200 ind medley women

#### Speed tournament

Semi Finals - To qualify the 2 best times  
 FINALS (2 swimmers)



### 2. BARCELONE

#### DAY 1

800 freestyle men  
 50 backstroke women  
 50 breaststroke men  
 50 butterfly women  
 400 ind medley men  
 100 freestyle women  
 100 backstroke men  
 100 breaststroke women  
 50 freestyle men  
 200 backstroke women  
 200 breaststroke men  
 200 butterfly women  
 100 butterfly men  
 200 ind medley women  
 200 freestyle men  
 400 freestyle women

#### DAY 2

1500 freestyle women  
 50 backstroke men  
 50 breaststroke women  
 50 butterfly men  
 400 ind medley women  
 100 freestyle men  
 100 backstroke women  
 100 breaststroke men  
 50 freestyle women  
 200 backstroke men  
 200 breaststroke women  
 200 butterfly men  
 100 butterfly women  
 200 ind medley men  
 200 freestyle women  
 400 freestyle men



### 1. CANET EN ROUSSILLON

#### DAY 1

50 backstroke women  
 50 backstroke men  
 50 freestyle women  
 50 freestyle men  
 800 freestyle women  
 400 freestyle men  
 200 backstroke women  
 200 backstroke men  
 100 breaststroke women  
 100 breaststroke men  
 200 ind medley women  
 400 ind medley men  
 100 butterfly women  
 100 butterfly men  
 200 freestyle women  
 200 freestyle men

#### DAY 2

50 breaststroke women  
 50 breaststroke men  
 50 butterfly women  
 50 butterfly men  
 1500 freestyle men  
 400 freestyle women  
 100 backstroke women  
 100 backstroke men  
 200 breaststroke women  
 200 breaststroke men  
 200 butterfly women  
 200 butterfly men  
 100 freestyle women  
 100 freestyle men  
 200 ind medley men  
 400 ind medley women

# ENTRY TIMES

Monaco / Barcelona / Canet

Entry fees : 14 €

entries races must be sent before 5th May 2025

EVENTS	WOMEN	WOMEN	MEN	MEN
	automatic	consideration	automatic	consideration
50 Freestyle	0'26"40	0'28"22	0'23"33	0'24"90
100 Freestyle	0'56"91	0'58"68	0'51"63	0'52"32
200 Freestyle	02'04"35	2'05"93	01'52"26	01'54"26
400 Freestyle	04'20"25	04'24"19	04'02"21	04'06"90
800 Freestyle	08'50"47	08'58"47	08'14"35	08'22"35
1500 Freestyle	16'49"90	17'04"90	15'58"63	16'13"65
50 Backstroke	0'30"10	0'31"58	0'26"55	0'27"99
100 Backstroke	01'04"09	01'06"01	0'57"85	0'58"90
200 Backstroke	02'17"62	2'20"95	02'04"87	02'07"54
50 Breaststroke	0'32"69	0'34"81	0'28"95	0'30"53
100 Breaststroke	01'11"55	1'13"76	01'03"46	01'05"57
200 Breaststroke	02'35"03	02'37"65	02'20"71	02'21"72
50 Butterfly	0'27"25	0'29"42	0'24"84	0'26"19
100 Butterfly	01'01"90	1'03"44	0'55"17	0'56"53
200 Butterfly	02'15"90	02'18"92	02'03"54	02'05"03
200 Ind Medley	02'20"71	2'22"55	02'07"19	02'09"13
400 Ind. Medley	04'57"18	5'00"79	04'32"05	04'35"75

## HEATS, FINALS AND RESERVES

All events will be swum in open category for men and women. Pools competition have 8 lanes. Heats are in the morning. The 50, 100 and 200 meters have A and B finals (exception for 50m in Monaco, due to the Speed Tournament).

### Canet and Barcelona :

- 400m (FR): A finals - B finals will take place depending on the number of participants.
- 400m (IM): Only A final
- The distances of 1500 free Male and 800 free Female for Canet
- The distances of 1500 free Female and 800 free Male for Barcelona.
  - Only the best 16 entry times will participate : the best entries in A final, the other in B finals (if there is 4 or more swimmers)

### Monaco :

400m (FR & IM) : Heat in the morning and A final only.

*Speed Tournament : 50m (FLY / BK / BR / FR)*

*Day 1 :* Heats (to qualify the 16 best times) + 1/8 Final (to qualify the 8 best times) + 1/4 Final (to qualify the 4 best times)

*Day 2 :* Semi Final (to qualify the 2 best times) + Finals (2 swimmers)

# FINANCIAL ASSISTANCE

Monaco / Barcelona / Canet

## SUPPORT FOR SWIMMERS & COACHES

The support for swimmers and coaches is established by the world Top 10 of each individual event of the year 2024 in the long course.

CATEGORY	ACHIEVEMENT	ASSISTANCE
A	Individual Olympic Champions (Paris 2024)	400€ from each meeting Accommodation* Intermeeting transportation
	Individual World Champions (Doha 2024)	
	Best swimmer in the ranking top 1 to 3 (season 2024)	
	2024 Mare Nostrum Winner	
B	Individual Olympic Medallists (Paris 2024)	250€ from each meeting Accommodation* Intermeeting transportation
	Individual World Medallists (Doha 2024)	
	Best swimmer in the ranking top 4 to 6 (season 2024)	
	Individual World record holders long course (beaten from 2022 to 2024)	
	2024 Mare Nostrum 2nd	
C	Individual European Champions (Belgrade 2024)	Accommodation* Intermeeting transportation
	2024 Mare Nostrum 3rd & 4th	
	Best swimmer in the ranking top 7 to 10 (season 2024)	
	Individual World record holders long course (beaten in 2022 or before)	
D	COACH A or B	150€ from each meeting Accommodation* Intermeeting transportation
E	COACH C	Accommodation* Intermeeting transportation

### ***To read carefully:***

World records and ranking in long course only

Ranking, from 1st January 2024 to 31st December 2024

\*Each Meeting will indicate the accommodation conditions.

\*\*1 coach for up to 4 categories swimmers

# TRANSPORTATION

Arrival to the 1st step : Monaco  
Transfert by plane to the 2nd step : Barcelona  
Transfert by bus to the 3rd step : Canet  
Time to go back home!

*All transfer will be managed by the organization (conditions below)*

## FIRST STEP : Monaco

Arrival at Nice's airport, your transfer from Nice's airport to Monaco's accommodation will be provided by the organisation (contact [fedmonat@monaco.mc](mailto:fedmonat@monaco.mc))  
Opening pool on Friday, 16th at 2.00pm

Transfer from Monaco to Barcelona, Monday 19th May with Mare Nostrum flight.  
Departure time : 10.00am - from Nice's airport  
Price : 250€ per person  
Teams who are leaving to another destination, please check the departure board to confirm your transport

## SECOND STEP : Barcelona

Arrival at Barcelona's airport, contact "[ciutatdebarcelona@cnsantandreu.com](mailto:ciutatdebarcelona@cnsantandreu.com)" to organize your transfer (20€/pax).  
Opening pool, from 3.00 pm

- Day off in Barcelona on Tuesday, May 20th

Transfer from **Barcelona to Canet by bus** (40€/pax) - leaving at 9.00 am from Barcelona's hotels to Canet's hotels.

- You can also take a transfer to Barcelona's airport (20€), confirmation is needed.

Teams who are leaving to another destination, please check the departure board to confirm your departure.

## THIRD STEP : Canet en Roussillon

Arrival at Perpignan's airport or station, transfer to Canet is free  
Arrival at Barcelona's airport or other airport, transfer by bus waiting the teams on Terminal 2 : (40€/pax)

Other airport - we can organize your transfert  
From hotel to the pool, shuttle will be provide by the organization  
Opening pool on Friday 23rd at 7.00am

For your departure after the Canet en Roussillon swim meet, please check the departure board to confirm your transfert.

# ACCOMODATION

## Monaco / Barcelona / Canet

### ROOM PRICE PER DAY AND PERSON IN FULL BOARD

#### CANET EN ROUSSILLON

HOTEL ★★★★★

SINGLE ROOM STARTING FROM 270 €

TWIN ROOM STARTING FROM 230 €

HOTEL ★★★

SINGLE ROOM STARTING FROM 160 €

TWIN ROOM STARTING FROM 135 €

Contact: Virginie Fotia—v.fotia@canet-tourisme.com  
phone: 33.4.68.86.72.16

#### BARCELONA

HOTEL ★★★★★

SINGLE ROOM 225 € in full board

TWIN ROOM 170 € in full board

TRIPLE ROOM 140 € in full board

Contact: ciutatdebarcelona@cnsantandreu.com

#### MONACO

HOTEL ★★★★★

SINGLE ROOM STARTING FROM 290 €

TWIN ROOM STARTING FROM 195 €

TRIPLE ROOM STARTING FROM 165 €

Contact: fedmonat@monaco.mc



# PRIZE MONEY

Monaco / Barcelona / Canet

**Total of Prize of Money of the 3 Meetings 138.600€**

Each event



- 1. Place 350€
- 2. Place 200€
- 3. Place 100€

**Mare Nostrum Record 750 €**

**World and European Record**

**each meeting has established a price (information in their competition rules)**

## Prize money specific in each city :

**Canet en Roussillon : Top 20 17.250 €**

1st: 4000 € 2nd: 2.500 € 3rd: 1.500 € 4th: 1.000 € 5th: 750 €  
6 to 10: 600 € 11 to 15: 500 € 16 to 20: 400 €

**Barcelona : 2 best AQUA point men and women**

**Monaco :**

**Meet Record (600€)**

**Mare Nostrum Record (750€ + 600€)**

**Speed Tournament (1st 600€ / 2nd 300€)**

## MARE NOSTRUM TROPHY

1st place	Men 7.000 €	Women 7.000 €
2nd place	Men 2.000 €	Women 2.000 €
3rd place	Men 1.000 €	Women 1.000 €
4th place	Men 500 €	Women 500 €

