

CONTACTS

CANET EN ROUSSILLON

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The Mare Nostrum Swim Tour is considered as the most important competition in France, Spain and Monaco where qualifications for international tournaments can be achieved. The competitions guarantee top performances and are attracting great interest from abroad. Three Meetings are being organized this World Championship season.

SCHEDULE

1. CANET 2. BARCELONE 🚳



3. MONACO 🤲



- 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

- 1500 Freestyle Men
- 50 Backstroke Women
- Breaststroke Men
- **Butterfly Women**
- 400 Ind Medley Men
- 100 Freestyle Women
- 100 Backstroke Men
- 100 Breaststroke Women
- Freestyle Men.
- 200 Backstroke Women
- 200 Breeststroke Men
- 200 Butterfly Women
- 100 Butterfly Men
- 200 Ind Medley Women 200 Freestyle Men
- 400 Freestyle Women

- 200 Bregstatroke Men 100 Breaststreke Women
- 100 Fraestyle Men
- 200 Freestyle Women
- 200 Butterfly Men
- 100 Butterfly Women 100 Backstroke Men
- 200 Backstroke Women
- 200 Ind Medley Man
- 400 Ind Medley Women
- Speed tournament 1/8 heat 1/4 Final
- 50 Butterfly Men
- 50 Butterfly Women
- 50 Backstroke Men
- 50 Backstroke Women
- 50 Breaststroke Women.
- 50 Breaststroke Men 50 Freestyle Women
- 50 Freestyle Men

- 50 Breaststroke Women
- 50 Breaststroke Men
- 50 Butterfly Women
- 50 Butterfly Men
- 800 Freestyle Men.
- 400 Freestyle Women
- 100 Backstroke Men
- 100 Backstroke Women 200 Broaststrake Women
- 200 Braaststroke Men
- 200 Butterfly Women.
- 200 Butterfly Men
- 100 Freestyle Women
- 100 Freestyle Men.
- 200 Ind Medley Men.
- 400 Ind Medley Women

Day 2

- 1500 Freestyle Women
- Backstroke Men
- Breastatroke Women
- Butterfly Men
- 400 Ind Medley Women
- 100 Freestyle Men
- 100 Backstroke Women
- 100 Breaststroke Men
- Freestyle Women
- 200 Backstroke Men
- 200 Breaststrake Women
- 200 Butterfly Men
- 100 Butterfly Women
- 200 Ind Medley Men 200 Freestyle Women
- 400 Freestyle Men

Day 2

400 Ind Medley Men

400 Proestyle Wemen

100 Butterfly Men

200 Butterfly Women 200 Backstroke Men

100 Backstroke Women

100 Breaststroke Men

200 Broaststroke Wernen

200 Freestyle Men

100 Freestyle Women 200 Ind Medley Women

Speed tournament heat 1/8 final- 1/4 Final- Final 2 awimmera

ENTRY TIMES

Canet / Barcelona / Monaco

Entry fees: 14 € -

entries must be done before from avril 24 to Mai 2

EPREUVES/EVENTS	WOMEN automatic	WOMEN consideration	MEN automatic	MEN consideration
50 NL / freestyle	0'26"40	0'28"22	0'23"33	0'24"90
100 NL /freestyle	0'56"91	0'58"68	0'51"63	0'52"32
200 NL /freestyle	02'04"35	2'05"93	01'52"26	01'54"26
400 NL / freestyle	04'20"25	04'24"19	04'02"21	04'02'90
800 NL / freestyle	08'50"47	08'53"58	08'14"35	08'17"62
1500 NL / freestyle	16'49"90	16'55"30	15'58"63	16'18"92
50 DOS / backstroke	0'30"10	0'31"58	0'26"55	0'29"26
100 DOS /backstroke	01'04"09	01'06"01	0'57"85	0'58"90
200 DOS / backstroke	02'17"62	2'20'95	02'04"87	02'07"54
50 BRASSE /breaststroke	0'32"69	0'34"81	0'28"95	0'30"53
100 BRASSE / breaststroke	01'11"55	1'13"76	01'03"46	01'05"57
200 BRASSE /breaststroke	02'35"03	02'37"65	02'20"71	02'21"72
50 PAPILLON / butterfly	0'27"25	0'29"42	0'24"84	0'26"19
100 PAPILLON / butterfly	01'01"90	1'03"44	0'55"17	0'56"53
200 PAPILLON / butterfly	02'15"90	02'18"92	02'03"54	02'05"03
200 4N / medley	02'20"71	2'22"55	02'07"19	02'09"13
400 4N / medley	04'57"18	5'00"79	04'32"05	04'35"75

HEATS, FINALS AND RESERVES

- All events will be swim in the open category of men and women
- Heats will be swim in 8 lanes
- The distances 50, 100 and 200 have an A and B final
- Canet and Barcelone: the distances of 400 have and A final, The B final will dépend on the number of participants in each meeting
 - The distances of 800 for Canet and 1500 for Barcelona, the 16 best entry times will participate, swimming the best heats in the A final, B finals will only be swim when 4 or more swimmers are available
- Monaco: 400m slow heat morning—fast heat (8 swimmers) A final afternoon

Speed Tournament: 50m - Day one : heat:1/8 Final (16 best times) - 1/4 Final (8 best times)

Day 2: Semi Final (4 best times)—Final (2 best times)



FINANCIAL ASSISTANCE

Canet / Barcelona / Monaco

Category	<u>Achievement</u>	Assistance 2021/22/23/24 Up to our budget		
A	Individual Olympic Champions (Previous) Individual World** Champions (Previous) Winner Mare Nostrum (Previous)	Flight tickets: 400€ from each meeting Intermeeting transportation and accommodation*.		
В	Individual Olympic Medallists (Previous) Individual World** Medallists (Previous) Individual World** record holders long course	Flight tickets: 250€ from each meeting Intermeeting transportation and accommodation*.		
С	Individual European** Medallists (Previous)	Flight tickets: 150€ from each meeting Intermeeting transportation and accommodation*.		
D	Relay Olympic Podium (Previous) Relay World** Podium (Previous)	Intermeeting transportation		
D'	Relay World** record holders long course	Intermeeting transportation		
Е	1 coach " A, B, C " swimmers	Flight tickets: 150€ Intermeeting transportation and accommodation*.		
F	1 coach "D, D' " swimmers	Intermeeting transportation		

^{*} Hotel, chosen by the Organizing Committee, for 3 nights in twin room & 5 meals.



^{**}Long course only

TRANSPORTATION

1st step: Arrival Canet- transfert by bus— 2nd step Barcelona transfert by plane—3rd step Monaco -Go back home

FIRST STEP: Canet en Roussillon

Arrival at Perpignan's airport or station (transfert to Canet—free)

Arrival at Barcelona's airport or other airport (we can send you the price)

During the competition—shuttle from hotels to the pool

Opening poll on Friday 12th at 12.00 am

May 16

Transfert to Barcelona by bus—leaving at 9.00 am from Canet

Price: 35 € 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 (please contact ciutatdebarcelona@cnsantandreu.com to organize your transfert)

Opening pool on Monday, 15 (afternoon), Thuesday 16

May, 18

Transfert to Monaco by flight leaving at 9.30 am from Barcelona

Price: 225 € per person

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

THIRD STEP: Monaco

Arrival at Nice's airport

Your transfert form Nice's airport to Monaco's accomodation will be manage by the organisation (please contact fedmonat@monaco.mc)

Opening pool on Friday, 19 at 2.00 pm

For your departure after the MN Monaco, please check the departure board to confirm your transfert



ACCOMODATION Canet / Barcelona / Monaco

ROOM PRICE PER DAY AND PERSON IN FULL BOARD

CANET EN ROUSSILLON

HOTEL **

SINGLE ROOM STARTING FROM 350 €

TWIN ROOM STARTING FROM 300 €

HOTEL ★★★

SINGLE ROOM STARTING FROM 140 €

TWIN ROOM STARTING FROM 120 €

Contact: Virginie Fotia—v.fotia@imagine-canet.fr phone: 33.4.68.86.72.16

BARCELONA

HOTEL

SINGLE ROOM 195 € in full board

TWIN ROOM 150 € in full board

TRIPLE ROOM 130 € in full board

Contact: ciutatdebarcelona@cnsantandreu.com

MONACO

HOTEL **

SINGLE ROOM STARTING FROM 274 €

TWIN ROOM STARTING FROM 176 €

TRIPLE ROOM STARTING FROM 147 €

Contact: fedmonat@monaco.mc

PRIZE MONEY Canet / Barcelona / Monaco

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€



*Award for World Record & European Record

(*each meeting has established a price for these records)

Canet en Roussillon: TOP 20

Barcelona: 2 best Fina point men and women

Monaco: Speed Tournament

Award for Meet Record—600 € (Barcelona and Monaco)

Mare Nostrum Trophy

1. Place Men 7.000€ Women 7.000€

2. Place Men 2.000€ Women 2.000€

3. Place Men 1.000€ Women 1.000€

4. Place Men 500€ Women 500€

MARE NOSTRUM SWIM TOUR

2024 30th anniversary

CANET EN ROUSSILLON MAY 25 / 26

BARCELONA

MAY 29 / 30

MONACO

JUNE 01 / 02

And the Olympics Games

PARIS 2024









