



CANET 66
natation



CLUB NATACIÓ
SANT ANDREU



Mare Nostrum 2021

MARE NOSTRUM TOUR is considered the most important competitions circuit in the Spain, France and Monaco where qualifications for World Championships and Olympic Games can be achieved. The three Meetings guarantee top performances and attract great interest from abroad.

1. Important dates

Mare Nostrum Tour will be organized on the following dates:

- **Monaco: 29th & 30th May**

fedmonat@monaco.mc

<http://montecarlo-swimming.org/>

- **Canet En Roussillon: 1st & 2nd June**

canet66natation@gmail.com

<http://www.canet66natation.com/>

- **Barcelona: 5th & 6th June**

ciutatdebarcelona@cnsantandreu.com

<http://cnsantandreu.com/marenostrum/>

<http://marenostrumswimming.com/>





2. Time standard, heats & schedule of each meeting

Time standard

Event	Limit time	Heats
50 Freestyle Men	0:24'20	No limit
100 Freestyle Men	0:51'81	10
200 Freestyle Men	1:54'26	8
400 Freestyle Men	4:02'90	3
800 Freestyle Men	8:14'35	2
1500 Freestyle Men	16:18'92	2

50 Butterfly Men	0:26'19	No limit
100 Butterfly Men	0:56'53	10
200 Butterfly Men	2:05'03	8

50 Backstroke Men	0:29'26	No limit
100 Backstroke Men	0:58'90	10
200 Backstroke Men	2:07'54	8

50 Breaststroke Men	0:30'53	No limit
100 Breaststroke Men	1:05'57	10
200 Breaststroke Men	2:21'72	8

200 Ind Medley Men	2:09'13	8
400 Ind Medley Men	4:35'75	3

Event	Limit time	Heats
50 Freestyle Women	0:27'50	No limit
100 Freestyle Women	0:58'68	10
200 Freestyle Women	2:05'93	8
400 Freestyle Women	4:24'19	3
800 Freestyle Women	8:50'47	2
1500 Freestyle Women	16:50'26	2

50 Butterfly Women	0:29'42	No limit
100 Butterfly Women	1:03'44	10
200 Butterfly Women	2:18'92	8

50 Backstroke Women	0:31'58	No limit
100 Backstroke Women	1:06'01	10
200 Backstroke Women	2:20'95	8

50 Breaststroke Women	0:34'81	No limit
100 Breaststroke Women	1:13'76	10
200 Breaststroke Women	2:37'65	8

200 Ind Medley Women	2:22'55	8
400 Ind Medley Women	4:55'45	3

Schedule

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 1/8 Final - 1/4 Final - Final

50 Butterfly Men
 50 Butterfly Women
 50 Backstroke Men
 50 Backstroke Women
 50 Breaststroke Men
 50 Breaststroke Women
 50 Freestyle Men
 50 Freestyle Women

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

Canet



Day 1

50 Backstroke Men
 50 Backstroke Women
 50 Freestyle Men
 50 Freestyle Women
 800 Freestyle Women
 400 Freestyle Men
 200 Backstroke Men
 200 Backstroke Women
 100 Breaststroke Men
 100 Breaststroke Women
 200 Ind Medley Women
 400 Ind Medley Men
 100 Butterfly Men
 100 Butterfly Women
 200 Freestyle Men
 200 Freestyle Women

Day 2

50 Breaststroke Men
 50 Breaststroke Women
 50 Butterfly Men
 50 Butterfly Women
 800 Freestyle Men
 400 Freestyle Women
 100 Backstroke Men
 100 Backstroke Women
 200 Breaststroke Men
 200 Breaststroke Women
 200 Butterfly Men
 200 Butterfly Women
 100 Freestyle Men
 100 Freestyle Women
 200 Ind Medley Men
 400 Ind Medley Women

Barcelona



Day 1

1500 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



3. Competition

Heats, Finals & reserves

- All events will be swim in men and women open category.
- Heats will be swim in 8 lanes.
- Distances 50, 100 & 200 have an A & B final.
- Distances of 400 have an A final, B final will depend on the number of participants in each meeting.
- Distances of 800 & 1500 only 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.
- For each final two reserves will be appointed.

Entries:

- Fee per race is 12€.

4. Awards

Total of Prize of Money of the 3 Meetings is the 100.000€

- For each event
 1. Place 350€
 2. Place 200€
 3. Place 100€
- Mare Nostrum Record: 750€
- Award for Meet Record (only in Monaco 600€ and Barcelona)
- Award for World Record & European Record (each meeting has established a price for these records)
Monaco: WR => 15.000€ / ER => 3.000€
- 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€

5. Support for swimmers & coaches

Category	Achievement	Assistance
A	Individual Olympic Champion 2016 (Previous)	For each Meeting: · Support Swimmer of 400€ · Intermeeting transportation and accommodation
	Individual World Championships (Previous) Winner male & female mare nostrum trophy 2019	
B	Individual olimpic medalist 2016 (rio)	For each Meeting: · Support Swimmer of 250€ · Intermeeting transportation and accommodation
	Individual medalist 17th fina world championships (Budapest) Individual champion - European championships Glasgow 2018	
C	Medalist – european championships glasgow 2018 Medalist – European championships Budapest 2021	For each Meeting: · Support Swimmer of 100€ · Intermeeting transportation and accommodation
D	Relay Olympic Podium (Previous)	· Intermeeting transportation
	Relay World Podium (Previous)	
E	1 coach “A, B, C” swimmers categories	· Support Coach: 150€ · Intermeeting transportation and accommodation



6. Hotel & transportation

- Each Meeting send the information about the Hotels assigned for foreign athletes, staff and its transfer from the airports.
- Charter FROM Monaco TO Canet departure: 31st June, Time to be confirmed (price: 225€ / per seat).
- Bus FROM Canet TO Barcelona departure: 3rd June, Time to be confirmed. (price: 30€ / per seat).

