



MARE NOSTRUM 2022

MONACO : 21 & 22 MAY

BARCELONA : 25 & 26 MAY

CANET EN ROUSSILLON : 28 & 29 MAY



MARE NOSTRUM 2022



The mare nostrum is considered as the most important competitions in Spain, France 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

1.Important dates

The Mare Nostrum Tour will be organized on the following dates

- **Monaco: 21^h & 22th June**
fedmonat@monaco.mc
- **Barcelona: 25th & 26th May**
ciutatdebarcelona@cnsantandreu.com
- **Canet en Roussillon (66140): 21th & 22th May**
canet66natation@gmail.com



2. Time standard, heats & schedule of each meeting

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

1. CANET



Day 1

50 Backstroke Women
50 Backstroke Men
50 Freestyle Women
50 Freestyle Men
1500 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 Men
100 Backstroke Women
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

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

800 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. 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 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 Women
50 Breaststroke Men
50 Freestyle Women
50 Freestyle Men

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

3. Competitions

Heats, Finals & 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 & 200 have an A & B final.
- The distances of 400 have an A final, the B final will depend on the number of participants in each meeting.
- The distances of 800 & 1500 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:

- The Price per event is €12
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4. Awards

Total of prize of money of the 3 meetings is 100 000€

- For each event
 1. Place 350€
 2. Place 200€
 3. Place 100€
- Mare Nostrum Record: 750€
- Award for Meet Record Monaco/Barcelone
- Canet top 20
- Monaco speed Tournament
- Award for World Record & European



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

- 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€

Support for swimmers & coaches

Category	Achievement	Assistance 2021/22/23/24 <i>Up to our budget</i>
A	Individual Olympic Champions (Previous) Individual World** Champions (Previous) Winner Mare Nostrum (Previous)	Flight tickets: 400€ from each meeting Intermeeting transportation and accommodation*
B	Individual Olympic Medallists (Previous) Individual World*** medallists (Previous) Individual World** record holders long course	Flight tickets: 250€ from each meeting Intermeeting transportation and accommodation*
C	Individual European** Champions (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** records holders long course	Intermeeting transportation
E	1 coach « A,B,C » swimmers	Flight tickets: 150€ Inter meeting transportation accommodation*
F	1 coach « D,D' » swimmers	Intermeeting Transportation

5. Hotel & transportation

- Each Meeting send the information about the Hotels assigned for foreign athletes, staff and transfers from the airports.

For the transfer between Barcelona and Monaco we have contracted a charter flight: The price per person is 225€

For the transfer between Canet and Barcelona we have contracted a bus service: The price per person is 30€

6. Preliminary from 3 meetings

- Team information
- Meetings in which they want to participate
- Hotel
- Transportation between meetings

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**MARE
NOSTRUM**
Monaco
Canet
Barcelona

