

30TH MARE NOSTRUM SWIM TOUR 2024

ROAD TO PARIS

 Canet-en-Roussillon 25th - 26th May

 Barcelona 29th - 30th May

 Monaco 1st - 2nd June



CONTACTS

CANET EN ROUSSILLON

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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



1. CANET EN ROUSSILLON

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 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



2. BARCELONE

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

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 freestyle men
400 ind medley women

Speed tournament- 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)

ENTRY TIMES

Canet / Barcelona / Monaco

Entry fees : 14 €

entries races must be sent before 15th May 2024

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	0'29"26
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 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 & IM) : A finals - B finals will take place depending on the number of participants.

The distances of 1500 free Female and 800 free Male for Canet

The distances of 1500 free Male 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

Canet / Barcelona / Monaco

SUPPORT FOR SWIMMERS & COACHES

The support for swimmers and coaches is established by the world Top 10 of each individual event of the year 2023 in the long course.

CATEGORY	ACHIEVEMENT	ASSISTANCE	
A	Individual World Champions (<i>Fukuoka 2023 & Doha 2024</i>)	SWIMMER	400 € FROM EACH MEETING ACCOMMODATION* INTERMEETING TRANSPORTATION
	Best swimmer in the ranking top 1 to 3 (<i>season 2023</i>)		
	2023 Mare Nostrum Winner	COACH	150 € FROM EACH MEETING ACCOMMODATION* INTERMEETING TRANSPORTATION
B	Individual World Medallists (<i>Fukuoka 2023 & Doha 2024</i>)	SWIMMER	250 € FROM EACH MEETING ACCOMMODATION* INTERMEETING TRANSPORTATION
	Best swimmer in the ranking top 4 to 6 (<i>season 2023</i>)		
	Individual World record holders long course (<i>beaten in 2021 or 2023</i>)	COACH	150 € FROM EACH MEETING ACCOMMODATION* INTERMEETING TRANSPORTATION
	2023 Mare Nostrum 2nd		
C	Individual European Champions (<i>Roma 2022</i>)	SWIMMER	ACCOMMODATION* INTERMEETING TRANSPORTATION
	2023 Mare Nostrum 3rd and 4th		
	Best swimmer in the ranking top 7 to 10 (<i>season 2023</i>)	COACH	ACCOMMODATION* INTERMEETING TRANSPORTATION
	Individual World record holders long course (<i>beaten in 2021 or before</i>)		

To read carefully :

World records and ranking in long course only

Ranking, from 1st January 2023 to 31st December 2023

*Each Meeting will indicate the accommodation conditions.

TRANSPORTATION

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

All transfert will be manage by the organization (condition below)

FIRST STEP : Canet en Roussillon

Arrival at Perpignan's airport or station, transfert to Canet is free

Arrival at Barcelona's airport or other airport, transfert by bus waiting the teams on Terminal 2 : (35€/pax)

05/22/24 bus at 3.00 pm **05/23/24** bus at 10.00 am / 1.00 pm

05/24/24 bus at 9.00 am / 12.00 am / 3.00 pm / 6.00 pm

Other airport - we can organize your transfert

From hotel to the pool, shuttle will be provide by the organization

Opening pool on Friday 24th at 7.00am

Day off in Barcelona on Monday, May 27

Transfert from Canet to Barcelona by bus (35€/pax) - leaving at 9.00am from Canet's hotels to Barcelona's hotels

you can also take the bus to Barcelona's airport just confirm

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" to organize your transfert

Opening pool, after team's arrival

Transfert from Barcelona to Monaco, Friday 31st May with Mare Nostrum flight.

Departure time : 9.30am from Barcelona's airport

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 provide by the organisation (contact fedmonat@monaco.mc)

Opening pool on Friday, 31st at 2.00pm

For your departure after the Monaco swim meet, 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 260 €

TWIN ROOM STARTING FROM 210 €

HOTEL ★★★

SINGLE ROOM STARTING FROM 150 €

TWIN ROOM STARTING FROM 130 €

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

phone: 33.4.68.86.72.16

BARCELONA

HOTEL ★★★★★

SINGLE ROOM 215 € in full board

TWIN ROOM 160 € in full board

TRIPLE ROOM 135 € 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

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 €

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€)

Special Prize Money 30th Mare Nostrum Anniversary

Special award (1050€) for the swimmer who will win the same race in the 3 legs.

*** For the 800/1500 freestyle. They have to participate in Monaco in at least one event**

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 €