



LET'S MAKE WAVES
TOGETHER

MARE NOSTRUM SWIM TOUR 2026

 **MONACO** ----- **23 & 24 MAY**

 **CANET EN ROUSSILLON** --- **27 & 28 MAY**

 **BARCELONA** ----- **30 & 31 MAY**



MARENOSTRUMSWIMTOUR



CONTACTS

MONACO

fedmonat@monaco.mc ----- + 377.92.05.40.59

BARCELONA

ciutatdebarcelona@cnsantandreu.com ----- + 34.93.345.67.89

CANET EN ROUSSILLON

canet66natation@gmail.com ----- + 33.4.68.73.54.03

Registration: form.jotform.com/252112482531346



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. 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. 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



3. 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

ENTRY TIMES

Monaco / Canet / Barcelona

Entry fees : 15 €

entries races must be sent before 5th May 2026

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 or eliminator (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 2025 in the long course.

CATEGORY	ACHIEVEMENT	ASSISTANCE
A	Individual Olympic Champions (Paris 2024)	<i>400€ from each meeting Accommodation* Intermeeting transportation</i>
	Individual World Champions (Singapore 2025)	
	Best swimmer in the ranking top 1 to 3 (season 2025)	
	2025 Mare Nostrum Winner	
B	Individual Olympic Medallists (Paris 2024)	<i>250€ from each meeting Accommodation* Intermeeting transportation</i>
	Individual World Medallists (Singapore 2025)	
	Best swimmer in the ranking top 4 to 6 (season 2025)	
	Individual World record holders long course (beaten from 2023 to 2025)	
	2025 Mare Nostrum 2nd	
C	Individual European Champions (Belgrade 2024)	<i>Accommodation* Intermeeting transportation</i>
	2025 Mare Nostrum 3rd & 4th	
	Best swimmer in the ranking top 7 to 10 (season 2024)	
	Individual World record holders long course (beaten in 2023 or before)	
D	COACH A or B **	<i>150€ from each meeting Accommodation* Intermeeting transportation</i>
E	COACH C **	<i>Accommodation* Intermeeting transportation</i>

> To read carefully <

> World records and ranking in long course only <

> Ranking, from 1st January 2025 to 31st December 2025 <

> *Each Meeting will indicate the accommodation conditions <

> **1 coach for up to 4 categories swimmers <

TRANSPORTATION

Arrival to the 1st step : Monaco
Transfert by bus to the 2nd step : Canet
Transfert by bus to the 3rd step : Barcelona
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)
Opening pool on Friday, 22nd at 2.00pm

Transfer from Monaco to Canet, Monday 25th May with Mare Nostrum bus.

Departure time : from 7.00 am to - 8.00 am - from Hotels (will be confirm from OC)

Price : 180€ per person (Lunch included)

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

SECOND STEP : Canet-en-Roussillon

Arrive at Perpignan's airport or station: transfer to Canet is free

Arrive at Barcelona's airport or other airport: transfer by bus waiting the teams on Terminal 2 (40€/pax)

Other airport - we can organize your transfer

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

Opening pool on Monday 25th at 8:00am

For your departure after the Canet-en-Roussillon meeting swim meet, please check the departure board to confirm your transfer

THIRD STEP : Barcelona

Arrival at Barcelona's airport, contact "ciutatdebarcelona@cnsantandreu.com" to organize your transfer (20€/pax).

The pool will be open to the teams from 3:00 p.m. on May 28th.

Transfer from Canet to Barcelona by bus (€40/person) on May 29th.

Leaving at 10.00 am from Canet's hotels to Barcelona's hotels, arrival at around 1:00pm

For departure, you can also take a transfer to Barcelona airport (€20). Confirmation is required.



ACCOMMODATION

Monaco / Canet / Barcelona

ROOM PRICE PER DAY AND PERSON IN FULL BOARD

MONACO

HOTEL ★★★★★

SINGLE ROOM STARTING FROM 290 €

TWIN ROOM STARTING FROM 195 €

TRIPLE ROOM STARTING FROM 150 €

Contact: fedmonat@monaco.mc

CANET EN ROUSSILLON

HOTEL ★★★★★

SINGLE ROOM STARTING FROM 300 €

TWIN ROOM STARTING FROM 280 €

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 235 €

TWIN ROOM 180 €

TRIPLE ROOM 150 €

Contact: ciutatdebarcelona@cnsantandreu.com

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€)

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 €

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 €