

GUIDE 2022



ENGLISH



MARE NOSTRUM 2022

Monaco

21st - 22nd of may

Barcelona

25th - 26th of may

Canet-en-Roussillon

28th - 29th of may

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TECHNICAL INFORMATION

TRAINING SESSIONS

	Morning	Afternoon
Wednesday	Closed	04:30-06:00 PM 06:00-07:30 PM
Thursday	08:00 AM-12:00 PM	02:00-08:00 PM
Friday	08:00 AM -12:00 PM	02:00-08:00 PM
Saturday	07:00-08:50 AM	02:00-03:20 PM 04:00-04:25 PM
Sunday	07:00-08:50 AM	02:00-03:20 PM 04:00-04:25 PM
Monday	Closed (on request)	

SHUTTLES

	Novotel Hotel	Pool	Novotel Hotel	Pool
Friday			02:00 PM 03:30 PM 04:00 PM 04:30 PM	05:00 PM 06:30 PM 07:00 PM 07:30 PM 08:00 PM
Saturday	06:50 AM 07:15 AM 07:40 AM	11:30 AM 12:00 AM 12:30 PM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:30 PM 07:00 PM 07:30 PM
Sunday	06:50 AM 07:15 AM 07:40 AM	11:15 AM 11:45 AM 12:15 PM	01:50 PM 02:20 PM 02:45 PM 03:10 PM	06:45 PM 07:15 PM 07:45 PM

TRANSPORTATION

For the teams staying at Adagio Aparthotel, you have to walk to Novotel to have lunches, dinners, but also to take the shuttle to get to the pool (see the map below). The shuttle stop will be in front of Novotel's entrance.



For the teams staying at Hôtel de France and Ambassador, you have to walk to Monte Carlo Bar to have lunches and dinners (see the map on the left below). You also have to walk to the pool (see the map on the right below)



This year, the shuttle between Monaco and Barcelona, for the second step of the competition, will be only effectuated by plane.

Meeting point at the hotel reception at 6:45AM.

Departure for the hotel at 7:00AM.

Important :

For those who doesn't take the charter, please check the «departure board» to confirm your transport from the hotel to airport by bus.



Mare Nostrum Monaco 21st - 22nd of May 2022



Friday 20th of May : 6:30 PM – Deadline for Saturday morning heats withdrawals.

Vendredi 20 Mai : 18h30 - Heure limite de déclaration des forfaits pour les séries du Samedi matin.

Saturday 21st of May

9:00 AM / 9h00 - Heats	
200 m Breaststroke	Men 2:21.72
100 m Breaststroke	Women 1:13.76
100 m Freestyle	Men 52.32
200 m Freestyle	Women 2:05.93
200 m Butterfly	Men 2:05.03
100 m Butterfly	Women 1:03.44
100 m Backstroke	Men 58.90
200 m Backstroke	Women 2:20.95
200 m Ind. Medley	Men 2:09.13
400 m Freestyle *	Men 4:02.90
400 m Ind. Medley *	Women 5:00.79

11:00 AM / 11h00 – Heats : Qualification of the 16 best times

50 m Butterfly	Men : 26.19	Women : 29.42
50 m Backstroke	Men : 29.26	Women : 31.58
50 m Breaststroke	Men : 30.53	Women : 34.81
50 m Freestyle	Men : 24.90	Women : 28.22

3:30 PM / 15h30 - B Finals

4:30 PM / 16h30 - Eighth Finals : Qualification of the 8 best times	
50 m Butterfly	Men & Women
50 m Backstroke	Men & Women
50 m Breaststroke	Men & Women
50 m Freestyle	Men & Women

5:00 PM / 17h00 - A Finals

400 m Freestyle*	Men	*Fast heats
400 m Ind. Medley*	Women	*Séries rapides
200 m Breaststroke	Men	
100 m Breaststroke	Women	
100 m Freestyle	Men	
200 m Freestyle	Women	
200 m Butterfly	Men	
100 m Butterfly	Women	
100 m Backstroke	Men	
200 m Backstroke	Women	
200 m Ind. Medley	Men	

6:30 PM : Deadline for Sunday morning heats withdrawals.

18h30 : Heure limite de déclaration des forfaits pour les séries du Dimanche matin.

6:20 PM / 18h20 – Quarter Finals : Qualification of the 4 best time

50 m Butterfly	Men & Women
50 m Backstroke	Men & Women
50 m Breaststroke	Men & Women
50 m Freestyle	Men & Women

Limit entry times must be accomplished in a 50 m pool.

Les temps d'engagement doivent être réalisés en bassin de 50 m.

Sunday 22nd of May

9:00 AM / 9h00 - Heats	
400 m Ind. Medley*	Men 4:35.75
400 m Freestyle*	Women 4:24.19
100 m Butterfly	Men 56.53
200 m Butterfly	Women 2:18.92
200 m Backstroke	Men 2:07.54
100 m Backstroke	Women 1:06.01
100 m Breaststroke	Men 1:05.57
200 m Breaststroke	Women 2:37.65
200 m Freestyle	Men 1:54.26
100 m Freestyle	Women 58.68
200 m Ind. Medley	Women 2:22.55

3:30 PM / 15h30 - B Finals

4:30 PM / 16h30 – Semi Finals : Qualification of the 2 best times

50 m Butterfly	Men & Women
50 m Backstroke	Men & Women
50 m Breaststroke	Men & Women
50 m Freestyle	Men & Women

5:00 PM / 17h00 - A Finals

400 m Ind. Medley*	Men	*Fast heats
400 m Freestyle*	Women	*Séries rapides
100 m Butterfly	Men	
200 m Butterfly	Women	
200 m Backstroke	Men	
100 m Backstroke	Women	
100 m Breaststroke	Men	
200 m Breaststroke	Women	
200 m Freestyle	Men	
100 m Freestyle	Women	
200 m Ind. Medley	Women	

6:20 PM / 18h20 - Finals "DUELS"

50 m Butterfly	Men & Women
50 m Backstroke	Men & Women
50 m Breaststroke	Men & Women
50 m Freestyle	Men & Women

Final for undecleared withdrawal : 15€. Withdrawal for the finals, at the latest 30 minutes after the announcement of the qualifiers by the speaker.

Amende pour forfait non déclaré : 15€. Forfait pour les finales, au plus tard 30 minutes après l'annonce des qualifiés par le speaker.

The number of entries will not exceed 10 heats for 100m, 8 heats for 200m, 3 heats for 400m.

Le nombre d'engagés ne pourra pas dépasser 10 séries au 100m, 8 séries au 200m, 3 séries au 400m.

PROGRAM TIME SCHEDULE

FRIDAY 20TH MAY

6:30 pm : Technical meeting and deadline for withdrawals.

Jury responsible: Mr Cédric AIRAUD

Referee FINA: Mr Alain PRIET

Starter FINA: Mr Guy HORWITZ

SATURDAY 21ST MAY

07:00 AM	Opening pool.
07:00 AM	Warmup.
08:00 AM	Opening of the stands.
08:50 AM	Clearing of the pool.
08:50 AM	Flags' parade, presentation and setting of the Jury - Sound and Lights.
09:00 AM	Starting of the events.
12:00 PM	End of the events.
12:00 PM	Deadline for afternoon final withdrawals.
12:15 PM	Clearing of the pool.
12:30 PM	Closing of the tribunes, cloakrooms, pool for the public and swimmers.
02:00 PM	Warmup.
03:00 PM	Opening of the stands.
03:20 PM	Clearing of the pool.
03:20 PM	Flags' parade, presentation and setting of the Jury.
03:30 PM	B Finals - Starting of the events.
04:25 PM	Clearing of the pool.
04:30 PM	Speed tournament.
05:00 PM	A finals - Starting of the events.
06:00 PM	Deadline for Sunday heats withdrawals.
06:20 PM	Speed tournament.
07:00 PM	End for the events.
07:15 PM	Meeting and Mare Nostrum records rewarding.
07:30 PM	Closing of the stands, cloakrooms, pool to the public and swimmers.

SUNDAY, 22ND MAY

07:00 AM	Opening pool.
07:00 AM	Warmup.
08:00 AM	Opening of the stands.
08:50 AM	Clearing of the pool.
08:50 AM	Flags' parade, presentation and setting of the Jury - Sound and Lights.
09:00 AM	Starting of the events.
11:00 AM	Jury and children's photo.
12:00 PM	End of the events.
12:00 PM	Deadline for afternoon final withdrawals.
12:15 PM	Clearing of the pool.
12:30 PM	Closing of the tribunes, cloakrooms, pool for the public and swimmers.
02:00 PM	Warmup.
03:00 PM	Opening of the stands.
03:20 PM	Clearing of the pool.
03:20 PM	Flags' parade, presentation and setting of the Jury.
03:30 PM	Final B - Starting of the events.
04:25 PM	Clearing of the pool.
04:30 PM	Speed tournament.
05:00 PM	A Finals - Starting of the events.
06:20 PM	Finals of the speed tournament.
07:15 PM	End of the events.
07:30 PM	Meeting and Mare Nostrum records rewarding.
08:00 PM	Closing of the stands, cloakrooms, pool to the public and swimmers.

MONDAY 23RD MAY

For any question concerning your departure from Monaco, the «Welcome Desk» will be at your disposal during pool hours:

07:00 am - 12:30 pm / 02:00 - 07:00 pm

Tél : +377 9205 4059

TECHNICAL MEETING

FRIDAY 20TH MAY 6:30 PM

GUIDANCE FOR TEAM LEADERS AND SWIMMING TEAM COACHES

The Team Leaders meeting for Teams Officials and Coaches organized by the Federation Monegasque de Natation, will be held on Friday 20th May at 6:30 pm in «room A2» of Stade Louis II (see plan page 12), under the authority of M. Alain PRIET, FINA Referee.

1) Competition rules : all competitors must know and apply FINA Rules.

2) Withdrawals : you will find, in your file, a withdrawal sheet. Those papers must be remitted, duly filled, in the «Forfait/Withdrawal» basket next to lane 8 (starting end of the pool) at the latest:

- Friday 6:30 pm for Saturday morning events,
- Saturday 6:30 pm for Sunday morning events,
- For the finals : as soon as possible or at the latest 30 minutes after the announcement of the qualifiers by the speaker.

3) Warm up : it will be allowed in the main competition pool, up to 10 minutes before the start of each session. Only finalists of the day can take the opportunity to train and to warm-up in the main pool before the afternoon finals.

4) Call Rooms : Before each race, competitors must report to the Call Room, not less than 15 minutes before the start.

5) Competitors presentation : during A finals and Speed Tournament (½ final and final), each competitor will be announced one by one and will walk out of the call room to the starting block where he/she will stand and acknowledge the audience.

6) Pool equipment protection : swimmers are not allowed to use sticky substances on their feet or on starting blocks. At the end of the competition, swimmers must leave the pool by the side.

7) Start : it will be given in English: «Take your marks».

8) Result list : results will be displayed on the wall, after each event:

- In the indoor corridor of Louis II Stadium;
- Close to both Call Rooms;
- At the «Welcome Desk» entrance of men' and women' locker rooms,

Team officials and coaches of swimming teams will receive, in their mail box situated at the «Welcome desk», and at the beginning of each session a copy of the starting list and results concerning the previous session. They will have to show their accreditation to have those information.

9) Speed Tournament :

1st run : All swimmers, the top 16 proceed to the next round.
1/8 final : 2 heats of 8 swimmers, the top 8 proceed to the next round.
1/4 final : 1 heat of 8 swimmers, the top 4 proceed to the next round.
1/2 final : 1 heat of 4 swimmers, the top 2 proceed to the final.
Final/DUEL - Head to head : 2 swimmers.

10) B finals : will only be staged if there are at least 4 swimmers.

11) 400m freestyle and medley will be swum according to the formula of ranking by time. The eight best entry times will swim in the afternoon, the lower times in the morning. Be careful entries in last minute can call into question the participation to the best heat in the afternoon.

12) Award ceremony : at the end of each final, the first three will receive a medal. They must wait a few minutes next to the starting block n°8, near the Referee desk.
Speed Tournament podium : only the two finalists will be awarded a medal.

13) Prize money : For Finals A and Speed Tournaments, money will be given HAND TO HAND at the «financial desk» situated under the electronic panel, next to the podium, once the medals are received. Any new Monaco meet record or Mare Nostrum record will be given at the end of each race. Swimmers will not be allowed to be represented by a third party member.

The Prize money for the overall winners of Mare Nostrum Tour 2022 will be given during Canet-en-Roussillon Meet. Swimmers must attend and cannot be represented by a third party. In the absence of the swimmer, the prize remains to the Organizers of the Mare Nostrum.

14) Doping controls : concerning doping controls, the observed rules will be those of FINA. Extra anti-doping controls requested by a Team Official will be at his charge : 440€ for 1 control.

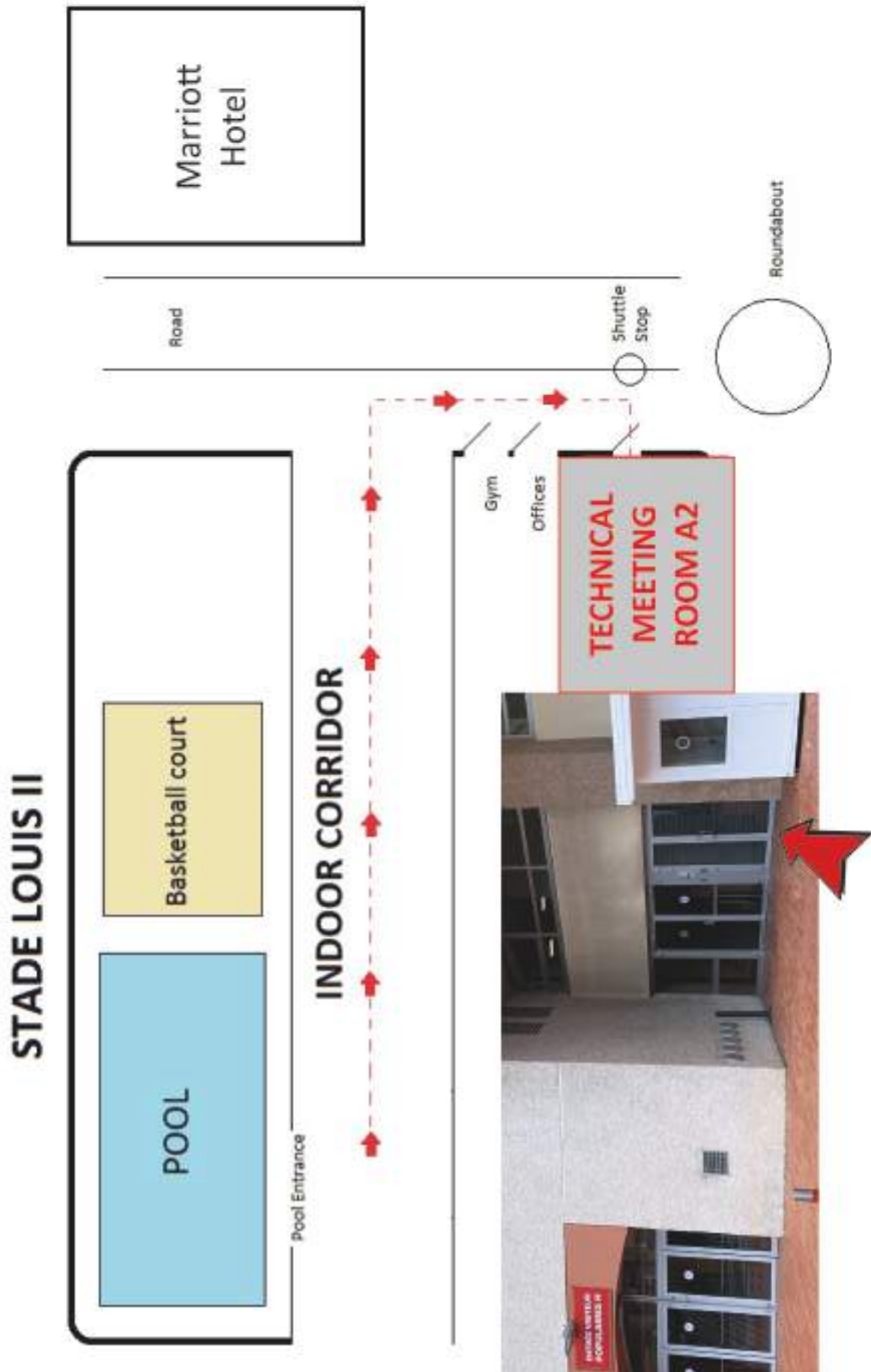
13) Jury of appeal :

- a) Coordinator : Mr. Guillaume DAZUN
- b) Technical Director : Mr. Michel POU
- c) A representative of Monaco meet
- d) A representative of Canet-en-Roussillon meet
- e) Mare Nostrum delegate

16) Team Officials' responsibility : it is the responsibility of team officials, managers and coaches to ensure that this memorandum and the information are known and observed by all competitors to avoid any infringement.

The Referee

LOCATION FOR TECHNICAL MEETING



COMPLEMENTARY INFORMATION

TECHNICAL INFORMATION

- **Referee desk** : during the competition, the Referee Secretary is situated on the left, outside the lockers (next page on the plan : number 3).
- **Technical desk** : Mr Michel POU, technical director, will be situated around the pool.

GENERAL INFORMATION

Mail Boxes

Mail boxes are located at the «Welcome Desk» just outside the lockers. You'll get : programs, results, informations about transport, interviews request ...

Hygiene Rules

The access to the cloakrooms and to the pool must be done either barefoot, with swimming pool shoes or with special shoe covers available on request. The Organizing Committee will have at the contestant's disposal a countersigned shoes room so as to avoid any exchange or loss.

Accreditation Pass

It's personal and has to be shown to enter different access.

Physiotherapist / Osteopath

During the Meet and pool hours, a physiotherapist/ osteopath is present for swimmers in the dedicated area (see the map).

Press

Interview appointments may be communicated to you at the «Welcome Desk» and will take place in the stands.

Medical Service

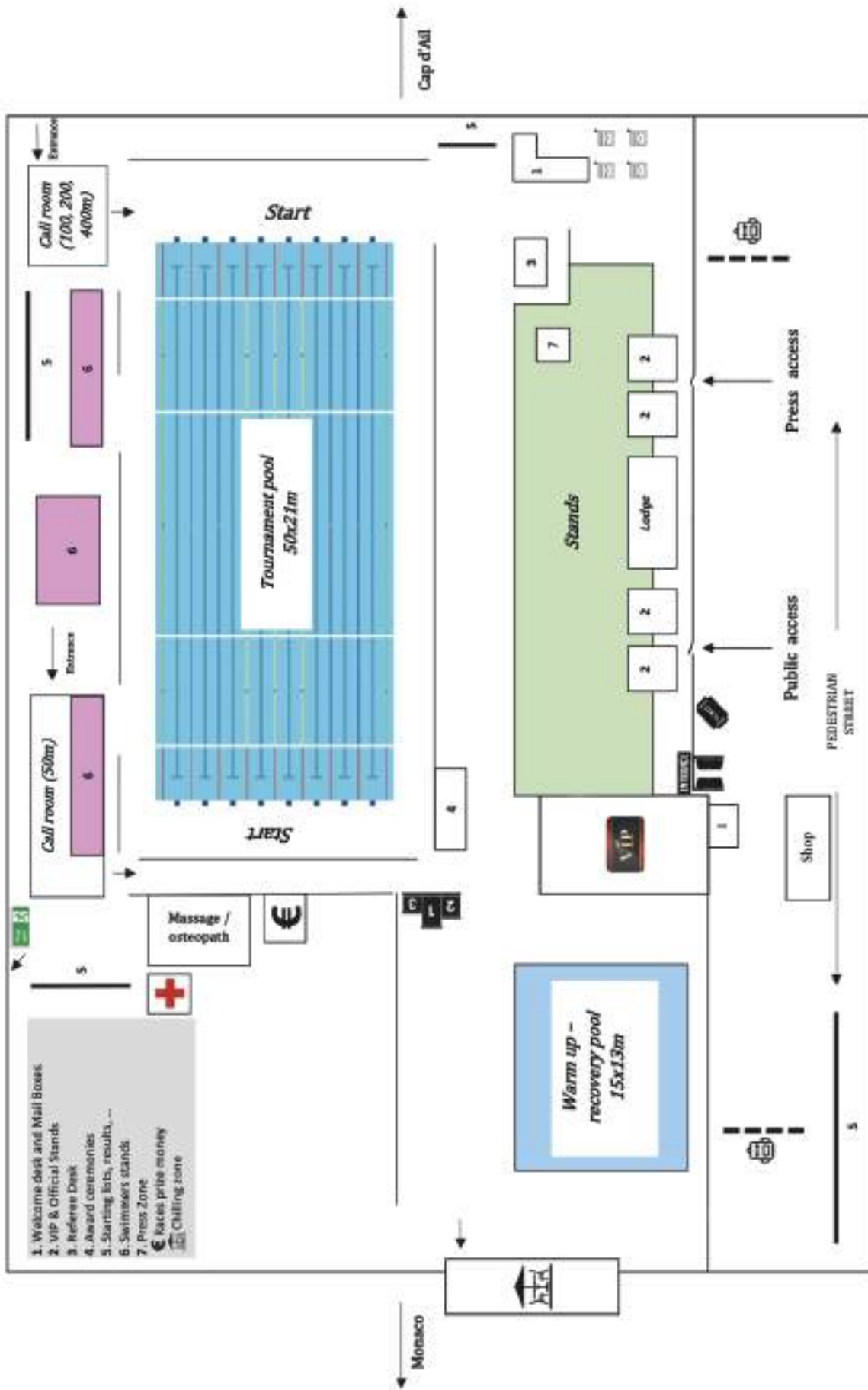
During the competition, a doctor, a nurse, an osteopath and a medical station are at your disposal.

ACCREDITATION PASS

The colour of your pass indicates your limits of circulation within the Stadium.

Colour	Who	Locker rooms	Pools	Press zone	Technical meeting	O.C Desk	Swimmers stands	Reward ceremony	VIP Area	Press stands	Public stands
White	VIP							X	X		X
Yellow	Swimmers	X	X				X	X		X	
Stripped yellow	Enfants	X	X					X			
Blue	O.C.	X	X	X	X	X	X	X	X	X	X
Stripped blue	Medical	X	X								
Beige	Referres	X	X		X						
Green	Press			X			X			X	X
Pink	Coach	X	X		X			X		X	
Red	Control	X	X	X	X	X	X	X	X	X	X

STADE LOUIS II SWIMMING POOL



PRIZE MONEY

RULES

World Record

An exceptional prize of 15.000,00€ is offered by the Federation Monegasque de Natation (European, Mare Nostrum and Meeting records included) for the first World Record, approved by FINA, established in an A Final of the International Swimming Meeting of Monte-Carlo or from ½ finals during the International Speed Tournament.

European Record

For an European record, prize is 3.000,00 € (included Mare Nostrum and Meeting records).

Other prizes

Mare Nostrum Record(s) 750 €

IMPORTANT

When a Mare Nostrum record is broken in Monaco, the swimmer cumulates the Mare Nostrum Record and Meeting Record prizes (750€ +600€)

Meet Record(s) 600 €

Races (22 events) (100m, 200m, 400m)	1 st	350 €
	2 nd	200 €
	3 rd	100 €

Speed Tournament (8 races) (50m)	1 st	600 €
	2 nd	300 €

IMPORTANT

In case of equality of time, all records and race prizes will be shared in equal parts between the tied swimmers.

Prize Money Distribution

Prizes for Races results, Meeting Records and Mare Nostrum Records are given at the end of each race.

TOTAL AMOUNT FOR MONACO : 50.000,00€

IMPORTANT

All matched records are not paid.

SPEED TOURNAMENT RULES

In 2 days, the swimmers can take part in 5 races from heats to finals
Whatever the entries, each step has to be swum until the elimination.

SATURDAY MORNING

HEATS

SATURDAY AFTERNOON

1/8 FINALS

16 BEST TIMES

1/4 FINALS

8 BEST TIMES



SUNDAY AFTERNOON

1/2 FINALS

4 BEST TIMES



FINAL

2 SWIMMERS DUAL





There are two individual classifications established by addition of the best score on the quotation table, realised during a final at each meeting of the Mare Nostrum Tour (Monaco - Barcelona - Canet).

At each meeting, and for each swimmer, the best performance on the quotation table will be accepted, without considering style nor distance:

- during an A final.
- from $\frac{1}{4}$ finals of the speed tournament.
- from the eight best times of 400m races.

ACCOMMODATION & RESTAURATION

ACCOMMODATION

OFFICIAL HOTELS AND RESTAURANTS

COLUMBUS <i>23 Avenue des Papalins, 98000 Monaco</i>	+377 92 05 90 00
MARRIOTT <i>Port de Cap d'Ail, 06320 Cap-d'Ail</i>	+33 4 92 10 67 67
NOVOTEL <i>16, bd Princesse Charlotte, 98000 Monaco</i>	+377 99 99 83 00
APARTHOTEL ADAGIO MONACO MONTE-CRISTO <i>2A Rue des Martyrs de la Résistance, 06240 Beausoleil</i>	+33 4 92 10 52 50
HOTEL AMBASSADOR MONACO <i>10 Av. Prince Pierre, 98000 Monaco</i>	+377 97 97 96 96
HOTEL DE FRANCE <i>6 Rue de la Turbie, 98000 Monaco</i>	+377 93 30 24 64
MONTE CARLO BAR <i>1 Av. Prince Pierre, 98000 Monaco</i>	+377 92 05 73 80
MIRAMAR <i>126 Av. du Trois Septembre, 06320 Cap-d'Ail</i>	+33 4 93 78 06 60

RESTAURATION

	Breakfast	Lunch	Dinner
Tuesday 17/05		12:00 - 02:30 PM	07:30 - 10:00 PM
Wednesday 18/05	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
Thursday 19/05	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
Friday 20/05	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
Saturday 21/05	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
Sunday 22/05	06:30 - 09:00 AM	12:00 - 02:30 PM	07:30 - 10:00 PM
Monday 23/05	06:00 - 09:00 AM	12:00 - 02:30 PM	

ORGANIZING COMMITTEE

GENERAL INFORMATION

FÉDÉRATION MONÉGASQUE DE NATATION

STADE LOUIS II - 7, Avenue des Castelans - 98 000 MONACO

Mail : fedmonat@monaco.mc

INTERNAL EXTENSIONS

Standard +377 9205 4099

Welcome Desk	4540
Technical Desk - Bureau MNS	4211
O.C. Office	4134/4341/4099
Referee Secretary	4399
Security : Mr ONCINA Gilles	4339
Transportation : Mr DESPRAT Damien	4133/4128

EXTERNAL EXTENSIONS

Hospital	+377 97 98 99 00
Doctors and pharmacies	116 117
Police - Rescue	17
Firemen	18
European emergency number	112

CATERING FOR C.O

Barbagiuani	+377 92 05 39 83
Club Bouliste	+377 92 05 92 17

MARE NOSTRUM TOUR 2022

Barcelona : 25 & 26 MAY

Adolf AYZA

+34 93 345 67 89

CN Sant Andreu

ciutatdebarcelona@cnsantandreu.com

Canet 66 Natation : 28 & 29 MAY

Stéphanie BONNET

+33 4 68 73 54 03

canet66natation@gmail.com

COVID MEASURES

UPON ARRIVING IN MONACO :

- The sanitary pass is no longer mandatory to access in Monaco.
- Wearing a mask remains mandatory in public transport.

**WEARING A MASK IS NO LONGER MANDATORY,
EVERYONE IS FREE TO WEAR IT OR NOT.**

ALL PARTICIPANTS MUST :

- Wash their hands regularly or use the provided gels.
- Cough and sneeze in their elbows or using a disposable handkerchief.
- Send only one person from their team to the accreditation desk to limit the number of people in the office.

ON LEAVING MONACO :

- Teams who fly with the charter for next Mare Nostrum step, don't need a PCR or antigenic Covid test.
- Teams who don't fly with the charter and need a PCR or antigenic Covid test, have to contact the organizing committee no later than Sunday, May 15th.



ANTI DOPING CONTROL REQUEST

FEDERATION or CLUB :

Requires an anti-doping test for the following swimmer
.....
.....

The control will be performed by a doctor who is certified by Monaco Anti-doping Committee. The federation or the club accepts to refund the expenses occurred by the urine test upon receipt of a bill amounting to 440€.

Monaco,/...../.....

Mr., Mrs :

Function :

Signature :

ANTI-DOPING CONTROL PARENTAL PERMISSION

I, the undersigned (First Name & NAME) :

Father

Mother

Legal guardian

Of the child (First & NAME) :

Authorize all necessary medical controls and in particular those demanding the invasive technic (ex. blood test) in case that my child is submitted to a doping-control during the coming year.

The absence of parental authorization is considered as a refusal to be submitted to anti-drug control measures.

Signed at..... , the.....

Signature :

PROTEST

FÉDÉRATION ou CLUB :

.....

PROTEST :

Monaco, the, at..... h
The Team Leader,

ANSWER :

Monaco, the, at..... h
Le Juge Arbitre, Mister Alain PRIET

REQUEST FOR JURY OF APPEAL :

Monaco, the, at..... h
The Team Leader,

ANSWER :

Monaco, the, at..... h
For the Fédération Monégasque de Natation, the Technical Director, Mister Michel POU

ENGAGEMENTS DE DERNIERES MINUTES DAMES ET MESSIEURS
LAST MINUTE ENTRIES WOMEN AND MEN

FEDERATION OR TEAM CLUB :

.....

Exemple / Example

Nom / Surname				Prénom / First name					Sexe / Gender		
									Homme Man	Femme Woman	
Distance				Nage / Stroke					Temps d'engagement Entry Time		
50	100	200	400	FLY	BK	BR	FR	IM		24.	90
50	100	200	400	FLY	BK	BR	FR	IM	4 :	34.	12
X	X	X	X	X	X	X	X	X	X	X	X

Nom / Surname				Prénom / First name					Sexe / Gender		
									Homme Man	Femme Woman	
Distance				Nage / Stroke					Temps d'engagement Entry Time		
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	
50	100	200	400	FLY	BK	BR	FR	IM	:	.	

FLY : Papillon / Butterfly - **BK :** Dos / Backstroke - **BR :** Brasse / Breaststroke - **FR :** Nage Libre / Freestyle - **IM :** 4 nages / Medley

A remplir en lettres d'imprimerie, temps d'engagement en bassin de 50 mètres.

All informations must be typewritten. All entry times must have been done in a 50 meters pool.

Nom / Name :
 Jour / Date :
 Heure / Time :
 Signature :

FORFAITS SERIES
HEATS WITHDRAWAL

FEDERATION OR TEAM CLUB :

.....

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.
Please inform us urgently of your Delegation's withdrawals.

Nom / Surname		Prénom / First name		Sexe / Gender	
XXXX		XXXXX		Homme <small>Man</small>	Femme <small>Woman</small>
Distance			Nage / Stroke		
50	100	200		Papillon / Butterfly	
50	100	200		Dos / Backstroke	

Nom / Surname			Prénom / First name		Sexe / Gender	
					Homme <small>Man</small>	Femme <small>Woman</small>
Distance			Nage / Stroke			
50	100	200		Papillon / Butterfly		
50	100	200		Dos / Backstroke		
50	100	200		Brasse / Breaststroke		
50	100	200	400	Nage Libre / Freestyle		
		200	400	4 Nages / Medley		

Cette feuille est à remettre au Juge Arbitre, dans la corbeille marquée "Forfait" sous la Régie.

Au plus tard :

- Vendredi 18h30 pour les épreuves du Samedi matin ;
- Samedi 18h30 pour celles du Dimanche matin.

This paper must be submitted, dully filled, in the "Forfait/Withdrawal" basket under the Race Direction:

At the latest:

- Friday 6:30 p.m. for Saturday morning events ;
- Saturday 6:30 p.m. for Sunday morning events.

Nom / Name :
 Jour / Date :
 Heure / Time :
 Signature :

FORFAITS FINALES
FINALS WITHDRAWAL

FEDERATION OR TEAM CLUB :

.....

Nous vous demandons de signaler de toute urgence les forfaits de votre Délégation.
Please inform us urgently of your Delegation's withdrawals.

Nom / Surname		Prénom / First name		Sexe / Gender	
XXXX		XXXXX		Homme <i>man</i>	Femme <i>Woman</i>
Distance			Nage / Stroke		
50	100	200		Papillon / Butterfly	
50	100	200		Dos / Backstroke	

Nom / Surname		Prénom / First name		Sexe / Gender	
				Homme <i>Man</i>	Femme <i>Woman</i>
Distance			Nage / Stroke		
50	100	200		Papillon / Butterfly	
50	100	200		Dos / Backstroke	
50	100	200		Brasse / Breaststroke	
50	100	200	400	Nage Libre / Freestyle	
		200	400	4 Nages / Medley	

Cette feuille est à remettre au Juge Arbitre, dans la corbeille marquée "Forfait" sous la Régie.
Au plus tard :

- Vendredi 18h30 pour les épreuves du Samedi matin ;
- Samedi 18h30 pour celles du Dimanche matin.
- Pour les finales, le plus rapidement possible, ou au plus tard, 30 minutes après l'annonce des qualifiés par le speaker.

This paper must be submitted, dully filled, in the "Forfait/Withdrawal" basket under the Race Direction:

At the latest:

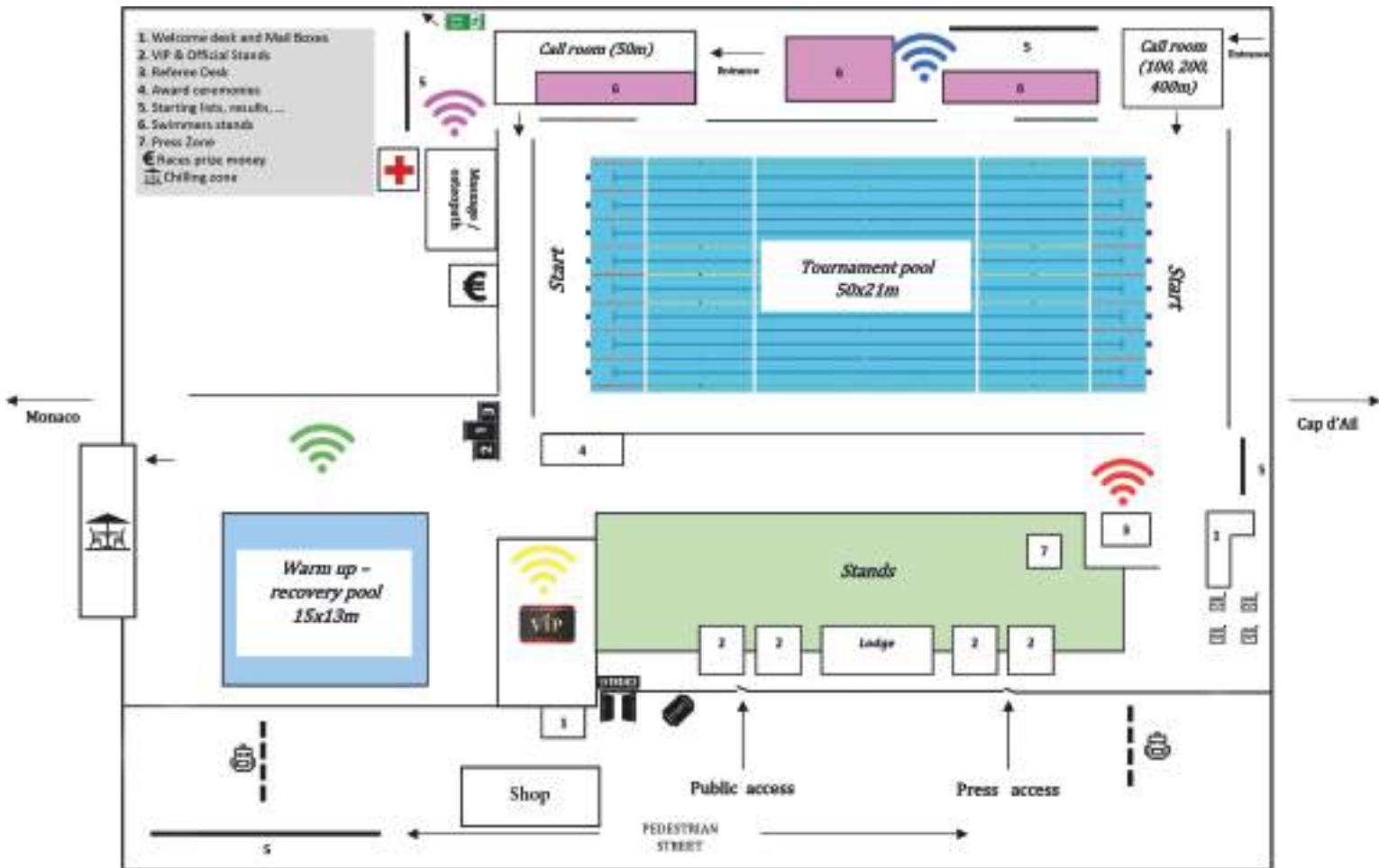
- Friday 6:30 p.m. for Saturday morning events ;
- Saturday 6:30 p.m. for Sunday morning events.
- For the finals, as soon as possible or at the latest 30 minutes after the announcement of the qualified by the speaker.

Nom / Name :
Jour / Date :
Heure / Time :
Signature :

WIFI ZONE

-  MARE NOSTRUM 1
-  MARE NOSTRUM 2
-  MARE NOSTRUM 3
-  MARE NOSTRUM 4
-  MARE NOSTRUM 5

Password :
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CONTACT US

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WE WISH YOU A GOOD STAY IN
MONACO !

