



Distinguido Presidente,

La Federació Catalana de Natació té el plaer de informar-les que els pròxims dies 9 - 10 de Juny del 2010, se celebrara en Barcelona el XXXI Trofeu Internacional De Natació Ciutat de Barcelona al qual estan invitats.

A fin de poder saber la participació en el Meeting para una mejor gestión, les adjuntamos la siguiente documentación. Orden de pruebas, tiempos de inscripción hoteles y dotación de los premios. En el caso de que estuvieran interesados en participar tanto en la competición de Barcelona como en el resto del Mare Nostrum, rogamos nos devuelvan los impresos adjuntos debidamente cumplimentados.

Dándoles las gracias esperamos poder acogerles en nuestro Meeting Internacional y así poderles agradecer personalmente su participación.

El Presidente de la F.C.N

Dear President,

We are pleased to inform you that the XXXI International Swimming Meeting Of Barcelona Will take place on the 9th and 10th of June 2010.

In order to manage a better organization, we'd like to know henceforth if you want to take part in our 31th Meeting. We would appreciate if you could give us the number and pricelists of the swimmers you envisage to enter: this way we will be able to send you all the information and facilities available (time entries, transportations, lodging, catering, the price winners, charter, Mare Nostrum trophy reward)

Expecting to welcome you for our international Meeting.

We remain,

Yours sincerely,

The President F.C.N

Mare Nostrum 2010® - Barcelona

Barcelona, December 2009.

To the kind attention of
All interested Federations

MARE NOSTRUM 2010

Dear Mr. President,

The Mare Nostrum Tour®, is one of the most prestigious among the swimming meetings all over the world, and will be, this year 2010 the following:

MONACO	BARCELONA	CANET
5- 6 June	9 - 10 June	12- 13 June

Mare Nostrum® is glad to offer to the best swimmers financial aid as follows:

Category	Achievement	Assistance
A	Individual Olympic Champions 2008 Winner Mare Nostrum 2009 Individual World Champions 2009	Flight tickets 200€ for Europe and 400€ for World (for Meeting) Intermitting transportation and accommodation
B	Individual Olympic Medalists 2008 Individual World Champions medalists 2009 Individual World record holder long course	Flight tickets 150€ for Europe and 250€ for World (for Meeting) Intermitting transportation and accommodation
C	Individual European Champions Eindhoven	Flight tickets 75 € for Meeting Intermitting transportation and accommodation
D	Relay Olympic Champions 2008 Relay World Champions 2009	Intermitting transportation
E	1 coach for 1 to 4 "A,B,C" swimmers	Flight tickets 100€ for Europe and 160€ for World (for Meeting) Intermitting transportation and accommodation

Some major changes have been made with regards to the price money of the **Mare Nostrum Trophy**, which **has grown up to 21000 €**, and we will award prizes to the best 8 swimmers of the circuit!.

We will pay 600€ for each Mare Nostrum record broken in any of the three meetings.

Moreover, **each of the three meetings** will reward the best swimmers with a total of minimum **19818 €** of awards plus special recompenses in case a record is broken.

In 2009, the **Winners of the Mare Nostrum Circuit** will be given rewards as follows:

1.-	7000 euro	5.-	1600 euro
2.-	4000 euro	6.-	1400 euro
3.-	3000 euro	7.-	1000 euro
4.-	2200 euro	8.-	800 euro

Herewith following you can find enclosed an Attendance Preliminary Entry Form to be returned before February 28th 2010.

Mare Nostrum 2010® - Barcelona

Upon reception of your entry, we will send to you all relevant information on the event and the Final, Accommodation and Travel Forms.

If you have any other questions concerning to this event, please do not hesitate to contact the Organizing Committees of the Mare Nostrum Circuit.

MONACO (MON) 5 - 6 June XXVIII Meeting International de Natation

Tel +377 92 05 40 59 Fax +377 92 05 40 69

e-mail: fedmonat@mc-monaco.com contact: Christian Canavesio - Commissaire Général

BARCELONA (ESP) 9 - 10 June - XXXI Gran Premi Internacional Ciutat de Barcelona

Tel +34 93 345.67.89 - Fax +34 93 345.63.04

e-mail: ruben@cnsandreu.com - contact: Ruben Sanz - Coordinator

CANET (FRAN) 12 - 13 June - XXIII Meeting de Canet en Roussillon

Tel + 33 4 68 73 54 03 Fax +33 4 68 867232

e-mail: canet66natation@free.fr contact: Stephaniè Bonet - Secretary

Schedule (dead lines):

As soon as possible: Attendance Form

February 28th: Pre-entry file

April 1st: Reservation for your lodging in and for your intercities transportation

May 1st: Total payment of intercities transportation by bank transfer to:

Federation Monegasque de Natation

May 1st: Hotels payment of lodging in Barcelona by bank transfer to:

Name of Account : HOTEL CATALONIA ATENAS

Bank : LA CAIXA DE PENSIONS

Agency: 2100

Bank Code: 2838

Control Digit: 70

Account Number: 0210054198

R.I.B. Key:

IBAN: ES62 2100 2838 70 0210054198

SWIFT: CAIXESBBXXX

Last entries: Barcelona - during the technical meeting (11:30 am)

Last entries: Canet - during the technical meeting (6:30 pm)

Last entries: Monaco - during the technical meeting (6:30 pm)

It is very important that you fill in the Attendance Form, concerning to the inter-meeting charter transportation, and return it to us, to be able to make your booking in all the transportations you need. If we don't receive this form we won't book any transport for you.

All the National Teams that take part in the three meetings of the Mare Nostrum, will have the intermeetings transportation free.

We remain at your disposal for any query you may have, and we send to you our best regards.

Catalonian Swimming Federation



XXXI GRAN PREMI INTERNACIONAL CIUTAT DE BARCELONA

IMPORTANT INFORMATION

Please take note of the following:

MARE NOSTRUM is composed by:

- XXVII I Meeting International de Monte-Carlo	5 - 6 of June'2010
- XXXI Meeting International City of Barcelona	9 - 10 of June'2010
- XXIII Meeting International de Canet	12 - 13 of June'2010

The rules for this championship are as follows

The XXXI Grand Prix City of Barcelona, organized by the Swimming Federation of Catalonia, and the Club Natació Sant Andreu, will be held in Barcelona the 9th and 10th of June at Club Natació Sant Andreu.

ORGANIZATION

- The competition will take place in June the 9th and 10th.

Heats: - 9.00pm. Preliminary heats

Finals: - 3.30pm: Finals B and 5:30pm Finals A Depending on the broadcasting

The swimming pool will be available for the warm-up sessions from two hours before the beginning of the competition until fifteen minutes before the competition starts.

PARTICIPATION

All the National Federations swimmers, who can prove to have the qualifying times from 1st September 2009 in 50-m. pool, can take part in the competitions.

All the Federations that want to take part at the event must be members of the International Swimming Federation (F.I.N.A.).

All the swimmers from Clubs affiliated to the Catalan and Spanish Federations and those from another Territorial Federation, expressly invited, with the qualifying times from 1st September 2009, have the right to take part at the competition.

ENTRIES

National Federations must confirm their participation before the 20.00 h of 20th May 2010 giving us the following details:

- Number of swimmers
- The arrival and departure dates
- The nominal entry forms must be sent to the organization before 20th of May.

The entry forms must be sent to:

Club Natació Sant Andreu - Mr. Ruben Sanz - Coordinator
Rambla de Fabra i Puig 47 - 08030 - Barcelona SPAIN



For further information:

Phone: +34 93 3456789 - Fax: +34 93 3456304 - E-mail ruben@cnsandreu.com

800/1500 m. Freestyle men: There will be just 24 swimmers accepted according to the best entry times.
 50 m. Backstroke, 50 m. Butterfly, 50 m. Breaststroke women and 50 m. Backstroke, 50 m. Butterfly,
 50 m. Breaststroke men: There will be just 32 swimmers accepted according to the best entry times.

In the 50 meters event, it will only be " A " finals

TROPHY AND PRIZES

The Three first qualified swimmers in each event will have medals, trophies and money, concerning to the follow tables. The best women's and men's times, concerning to the Mare Nostrum Table, will have a trophy. Only the A Finals times will be considered, except for the 800/1500 freestyle events in which the times of all heats will be considered.

For those swimmers who take part in the three Mare Nostrum meetings, it will be awards for the first fifth places, according to the sum of the Mare Nostrum Table points.

■ World Records:		9000 €	1	Mare Nostrum	7000 €
■ European record:		1500 €	2	Mare Nostrum	4000 €
■ Male Mare Nostrum table winner:		600 €	3	Mare Nostrum	3000 €
■ Female Mare Nostrum table winner:		600 €	4	Mare Nostrum	2200 €
■ Mare Nostrum Records		600 €	5	Mare Nostrum	1600 €
■ Meeting Records		300 €	6	Mare Nostrum	1400 €
■ Prizes for each event:	First	330 €	7	Mare Nostrum	1000 €
	Second	180 €	8	Mare Nostrum	800 €
	Third	90 €			

So we will give the same amount of money, as we give at the other events, for the 1st, 2nd and 3rd classified in each event, and as well for world record.

We hope you have understood our explanation about this matter, and if you have any question, concerning to the above mentioned don't hesitate to contact us.

TRANSPORT

The Catalan Swimming Federation and Club Natació Sant Andreu will take charge of the local transport in Barcelona for the International Federations teams, who are accommodated in the organizations' hotels. The transport included is as follows: Airport Barcelona - hotel reserved by the organization - venue.

The Mare Nostrum Organizing Committee will also take charge of the transport from Barcelona to Canet and Monaco for those who are invited by the organization of the Mare Nostrum Meeting.

RULES

- Swimming pool: 50x21 meters
- The competition will follow the FINA rules
- Timing: OMEGA



PROGRAM

9th June 2010 - 9:00 am heats eliminatory

Order	Prove (Eliminatory)	Sex	Time	Heats
1	800 m. freestyle	Women	9.09.75	2
2	50 m backstroke	Men	29.56	4
3	50 m breaststroke	women	35.16	4
4	50 m butterfly	Men	26.45	4
5	400 m ind. medley	Women	5.03.83	All
6	100 m freestyle	Men	52.85	All
7	100 m backstroke	Women	1.06.68	All
8	100 breaststroke	Men	1.06.23	All
9	50 m. freestyle	Women	28.51	All
10	200 m backstroke	Men	2.08.83	All
11	200 breaststroke	Women	2.39.24	All
12	200 m. Butterfly	Men	2.06.29	All
13	100 m. Butterfly	Women	1.04.08	All
14	200 m ind medley	Men	2.10.43	All
15	200 m freestyle	Women	2.07.20	All
16	400 m freestyle	Men	4.05.35	All

9th June 2010 Finals "B" "A" 3:30 pm

Order	Prove (Finals)	Sex	Series	Finals
1	800 m. freestyle	Women	1	Better
2	50 m backstroke	Men	1	A
3	50 m breaststroke	women	1	A
4	50 m butterfly	Men	1	A
5	400 m ind. medley	Women	2	A - B
6	100 m freestyle	Men	2	A - B
7	100 m backstroke	Women	2	A - B
8	100 breaststroke	Men	2	A - B
9	50 m. freestyle	Women	2	A - B
10	200 m backstroke	Men	2	A - B
11	200 breaststroke	Women	2	A - B
12	200 m. Butterfly	Men	2	A - B
13	100 m. Butterfly	Women	2	A - B
14	200 m ind medley	Men	2	A - B
15	200 m freestyle	Women	2	A - B
16	400 m freestyle	Men	2	A - B



10th June 2010 - 9:00 am heats eliminatory

Order	Prove (Eliminatory)	Sex	Time	Heats
17	1500 m. Freestyle	Men	16.18.92	2
18	50 m backstroke	Women	31.90	4
19	50 m breaststroke	Men	30.84	4
20	50 m butterfly	Women	29.72	4
21	400 m ind. medley	Men	4.38.54	All
22	100 m freestyle	Women	59.27	All
23	100 m backstroke	Men	59.49	All
24	100 breaststroke	Women	1.14.51	All
25	50 m. freestyle	Men	25.15	All
26	200 m backstroke	Women	2.22.37	All
27	200 breaststroke	Men	2.23.15	All
28	200 m. Butterfly	Women	2.20.32	All
29	100 m. Butterfly	Men	57.10	All
30	200 m ind medley	Women	2.23.99	All
31	200 m freestyle	Men	1.55.41	All
32	400 m freestyle	Women	4.26.86	All

10th June 2010 Finals "B" "A" 3:30 pm

Order	Prove (Finals)	Sex	Heats	Finals
17	1500 m. Freestyle	Men	1	better
18	50 m backstroke	Women	2	A - B
19	50 m breaststroke	Men	2	A - B
20	50 m butterfly	Women	2	A - B
21	400 m ind. medley	Men	2	A - B
22	100 m freestyle	Women	2	A - B
23	100 m backstroke	Men	2	A - B
24	100 breaststroke	Women	2	A - B
25	50 m. freestyle	Men	2	A - B
26	200 m backstroke	Women	2	A - B
27	200 breaststroke	Men	2	A - B
28	200 m. Butterfly	Women	2	A - B
29	100 m. Butterfly	Men	2	A - B
30	200 m ind medley	Women	2	A - B
31	200 m freestyle	Men	2	A - B
32	400 m freestyle	Women	2	A - B