

# TECHNICAL PROTOCOL MARE NOSTRUM - BARCELONA

## SCHEDULE:

**Preliminary Sessions:** [http://competicions.natacio.cat/2021/TICB2021/am\\_schedule.pdf](http://competicions.natacio.cat/2021/TICB2021/am_schedule.pdf)

**Final Sessions:** [http://competicions.natacio.cat/2021/TICB2021/pm\\_schedule.pdf](http://competicions.natacio.cat/2021/TICB2021/pm_schedule.pdf)

## MORNING SESSION:

The pool will open at 7:20 am. Access to the facility through [Dublin street No. 10](#). In the access point you must present the QR code provided by the Federation.

To maintain the maximum capacity of the pool due COVID protocol, the warm-ups are divided into 3 schedules and the access of the athletes must be 20 'before the start of their warm-up.

The STAFF has free access to all schedules from 7:20 am

### **SATURDAY “MORNING SESSION”**

- Events from 1 to 7, warm-up will be from 7:40 to 8:20 h
- Events from 8 to 12, warm-up will be from 8:25 to 9:05 h
- Events from 13 to 16, warm-up will be from 9:10 to 9:50 h

### **SUNDAY “MORNING SESSION”**

- Events from 17 to 22, warm-up will be from 7:40 to 8:20 h
- Events from 23 to 27, warm-up will be from 8:25 to 9:05 h
- Events from 28 to 32, warm-up will be from 9:10 to 9:50 h

The last Warm up will finish 10 minutes prior to starting the meet

During the warm up, please be careful with materials used as they can be dangerous for the other participants.

The 20 meter pool will be available for warm up.

***THE MORNING SESSION (Preliminaries) will start at 10:00 a.m.***

**SWIMMERS WILL BE ABLE TO TRAIN AT THE END OF THE MORNING SESSION UNTIL 2:00 PM.**

**IN THE AFTERNOON SESSION THE TRAINING WILL BE EXCLUSIVE TO FINALISTS B AND FINALISTS A.**

## **FINALS SESSION:**

*The pool will open at 14:30 am*

There will be 3 schedules to access.

### **B Finals:**

- Access to athletes participating in the B finals (exclusively) from 2:30 p.m.
- Warm-up will be from 2:50 p.m. to 3:40 p.m

***B finals will start at 3:50 pm***

### **A Finals:**

- Access to athletes participating in the A finals (exclusively) from 4:30 p.m.
- Warm-up will be after ending finals B (approximate time 5:00 p.m) to 5:50 p.m.

***A finals starting at 6:00 pm***

***The rest of the athletes who wants to see the A Finals will be able to access from 5:45 p.m.***

## **Technical Communication**

The 400 individual medley and 1500 freestyle, both male and female swimmers, will be swim in the afternoon session. The Slow Heat will swim in the B final and the Fast Heat in the A Final.

Rest of the events will have eliminatory (morning session) and B final & A final.

## **SCRATCHES:**

After the publication of the series (start list) Competition scratches (eliminatory or final) will be sent using this form. <https://form.jotform.com/211332322417341>

In the eliminatory session athletes have up to 60 'before the start of the session.

The scratches for the Finals must be communicated no later than 15 'after the end of morning's session in order to fill the places with the reserve swimmers.

On the [results web](#) there is a section where the scratches will be posted for your control.

### **HEATS:**

THERE WON'T BE DELIVERED ON PAPER START LIST AND FINAL SERIES, ALL THE INFORMATION WILL BE ON THE WEB

### **FINALS:**

In the B final, there will be three stand-by swimmers. Once the competition is finished (morning), we will post the results on the Mare Nostrum web, so you may check to see if your swimmer is included to swim the B final.

If there is a scratch in the A final, we will contact the club or team to fill out the A final.

The results will be published on the official website of the competition.

Results will be <http://competicions.natacio.cat/2021/TICB2021/>

### **CALL-ROOM:**

*It is located beside the stairs where you enter the pool.*

*The athletes will receive a plastic bag for individual use where they can store their clothing and sports shoes used prior to the competition (it is recommended to use the essentials).*

*For either eliminatories or finals, the athletes must access the Call room between 10-12 minutes before the estimated start of each of the events.*

*In the morning session, swimmers must remain in the pool before the next heat starts with the exception of the backstroke events.*

*50m events will take place on the opposite side of the pool from the rest of the events. But athletes must go to the Call room.*

*Swimmers must leave the pool area using the stairs located on each side of the pool.*

### **SWIMSUIT CONTROL:**

*Only FINA approved suits will be allowed. <https://www.fina.org/swimming/approved-swimwear>*

### **MEDICAL SERVICE:**

*Medical services will be available each morning from 8:00 am to 12:30 pm and in the afternoon from 3:00 pm until A finals are finished at 8:00 pm.*

*If any swimmer needs to get an antidoping test, you must request it from the competition manager. You will be responsible for the cost.*

## **PHYSIO ZONE**

*A massage/therapy zone will be provided in the solarium.*

## **BIOMECHANICS ZONE**

*There will be an area provided to film the meet from the stands at the 25m mark.*

## **MEDAL CEREMONY:**

*During A finals, there will be a medal ceremony after every four events.*

To expedite the meet, swimmers that are among the first three places must wait next to the call room (inside the pool area) in order to receive their awards, after they finish their event.

*There will be live TV transmission of the events, so waits and pauses will not be allowed.*

## **EVENTS AWARDS**

The money awards will be collected in the offices next to the call-room, located in the hall area.

We have informed to all of the countries and participating teams that to be able to collect the money awards, it is mandatory to provide us with the requested documents (tax form completed, Passport copy and Tax certificate).

<https://form.jotform.com/211374108793053>

Without the documents, we will not be able to give the money awards during the competition. In this case, we will make a bank transfer, as soon as the requested documents are received by the organization.

## **AWARDS AND CLOSING CEREMONY:**

*Due to the COVID pandemic, the closing ceremony is canceled. Swimmers who make records for the Ciutat de Barcelona, Mare Nostrum, European Record or World Record are obliged to collect the prizes at the end of the competition on Sunday (around 8:30 p.m.). A special award is also given to the best FINA Male best and the best FINA Female best.*

