



SELECTION CRITERIA

Mare Nostrum 2026 – 50m Pool

Competition Dates:	May 23 to 31, 2026
Location:	Monaco; May 23-24 Canet en Roussillon; May 27-28 Barcelona; May 30-31
Selection Events :	Juniors PanAm Games World Championships Juniors World Championships CARIFTA 2026 All World Aquatics approved 50m events.



I. INTRODUCTION

The purpose of this document is to set out the criteria that will be used by CIASA to select pool Swimmers for the Mare Nostrum 2026.

II. SWIMMER ELIGIBILITY

- 1) Team members must sign the 2025 - 2026 RTA agreement. Team members who are not in good standing may be dismissed at any time at the discretion of the RTC and/or the CIASA Technical director.
- 2) To be eligible for selection swimmers must have achieved one or more qualifying standards between Jan. 1, 2025, through April 21, 2026.
Only LCM times will be considered (CIASA National 2026 times converted might be considered).
- 3) The selection criteria for the Mare Nostrum 2026 Selection:
 - A) Open to CIASA Swimmers, they must be 16 years of age or older on January 1st, 2026.
 - B) The final number of swimmers selected will be based on available funding. Final selection will be determined by CIASA technical director and RTC. A parent contribution will be asked
 - C) Selection will be based on Mare Nostrum entries times (see above).

We can add slower entries, but they should not be too far from the times below (1.5%).

- F) Each athlete must agree to the “meet preparation agreement” at the time of selection.

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 (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)