

LE DÉFI DE
**MONTE
CRISTO**
LA CIOTAT
1^È ÉDITION - 2024

SATURDAY SEPTEMBER 14

5K with fins

06:45 • Opening of the village

06:45 • Swim cap pickup and security briefing for swimmers - **First wave**

07:20 • Bus boarding

08:00 • Boarding by boat for the Île Verte

08:30 • **Race start - First wave**

07:45 • Swim cap pickup and security briefing for swimmers - **First wave**

08:20 • Bus boarding

09:00 • Boarding by boat for the Île Verte

09:30 • **Race start – Second wave**

12:30 • Prize-giving ceremony

3.5K without fins

11:00 • Swim cap pickup

13:00 • Security briefing for swimmers

13:20 • Bus boarding

13:50 • Boarding by boat for the Île Verte

14:30 • **Race start**

16:30 • Prize-giving ceremony

2K (with or without fins)

14:00 • Swim cap pickup

15:45 • Security briefing for swimmers

16:30 • **Race start**

17:00 • Prize-giving ceremony

LE DÉFI DE

MONTE CRISTO

LA CIOTAT
1^È ÉDITION - 2024

SUNDAY SEPTEMBER 15

5K without fins

06:45 • Opening of the village

06:45 • Swim cap pickup and security briefing for swimmers - **First wave**

07:20 • Bus boarding

08:00 • Boarding by boat for the Île Verte

08:30 • **Race start - First wave**

07:45 • Swim cap pickup and security briefing for swimmers - **First wave**

08:20 • Bus boarding

09:00 • Boarding by boat for the Île Verte

09:30 • **Race start – Second wave**

12:30 • Prize-giving ceremony

2.5K (with or without fins)

11:00 • Swim cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

1K (with or without fins)

14:00 • Swim cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony