

LE DÉFI DE

MONTE CRISTO

LA CIOTAT
1^È ÉDITION - 2024

PROGRAMME FROM 14 TO 15 MAY SEPTEMBER

SATURDAY SEPTEMBER 14

5K with fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Île Verte

08:30 • Security briefing for swimmers **and Race start - First wave**

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Île Verte

09:30 • Security briefing for swimmers **and Race start - Second wave**

12:30 • Prize-giving ceremony

3.5K without fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

13:45 • Boarding for the Île Verte

14:30 • **Race start**

16:30 • Prize-giving ceremony

2K (with or without fins)

14:00 • Cap pickup

15:45 • Security briefing for swimmers

16:30 • **Race start**

17:00 • Prize-giving ceremony & AFTER WORK

LE DÉFI DE

MONTE CRISTO

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1^È ÉDITION - 2024

PROGRAMME FROM 14 TO 15 MAY SEPTEMBER

SUNDAY SEPTEMBER 15

5K without fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Île Verte

08:30 • Security briefing for swimmers **and Race start - First wave**

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Île Verte

09:30 • Security briefing for swimmers **and Race start – Second wave**

12:30 • Prize-giving ceremony

2.5K (with or without fins)

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:30 • **Race start**

15:30 • Prize-giving ceremony

1K (with or without fins)

14:00 • Cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony