

LE DÉFI DE

MONTE CRISTO

MARSEILLE
27^e ÉDITION - 2025

FRIDAY JUNE 06

5K without fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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 island Degaby

14:30 • **Race start**

16:30 • Prize-giving ceremony

2K AFTER WORK* (with or without fins)

17:30 • Cap pickup

18:40 • Security briefing for swimmers

19:00 • **Race start**

20:00 • Prize-giving ceremony & AFTER WORK

*** A 2km swim run on the way out of the office or simply at the end of the day and to end the week well. The performance includes, the race, a pasta dish and a musical animation with a DJ or a group.*

LE DÉFI DE

MONTE CRISTO

MARSEILLE
27^e ÉDITION - 2025

SATURDAY JUNE 07

5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE with fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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

12:30 • Prize-giving ceremony

2.5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE without fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

2K TEAM** DÉPARTEMENT DES BOUCHES-DU-RHÔNE (with or without fins)

14:00 • Cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony

*** A mixed or no 2K run, in teams of 2 or 3 swimmers.
The ranking is made after the addition of the times of
all the swimmers of the team.*

LE DÉFI DE

MONTE CRISTO

MARSEILLE
27^e ÉDITION - 2025

SUNDAY JUNE 08

5K RÉGION SUD without fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

6K RÉGION SUD without fins

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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

12:30 • Prize-giving ceremony

2.5K TERRASSES DU PORT with fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **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

LE DÉFI DE

MONTE CRISTO

MARSEILLE
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SATURDAY JUNE 14

5K with fins

07:30 • Opening of the village

07:30 • Cap pickup

08:15 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start**

12:30 • Prize-giving ceremony

3K (with or without fins)

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

LE DÉFI DE

MONTE CRISTO

MARSEILLE
27^e ÉDITION - 2025

SUNDAY JUNE 15

5K RÉGION SUD without fins

07:30 • Opening of the village

07:30 • Cap pickup

08:15 • Boarding for the Château d'I

09:30 • Security briefing for swimmers and **race start**

12:30 • Prize-giving ceremony

4K RÉGION SUD (with or without fins)

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

16:30 • Prize-giving ceremony

2K CLOSING*** RÉGION SUD (with or without fins)

14:00 • Cap pickup

16:45 • Security briefing for swimmers

17:15 • **Race start**

18:30 • Prize-giving ceremony

*** A 2k race to round off the 27th edition in style. The service includes the race, a closing aperitif (beer or soft drinks and cornet de panisse or French fries) and musical entertainment by a DJ or a band.