



## PROGRAM JUNE 2022

*Your swim cap number is on our registration confirmaiton.  
It's not possible to change your swim cap number.*

### FRIDAY 24 JUNE

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#### 5K without fins

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup from 1 à 205

07:00 • Swimcap pickup from 206 à 448

07:15 • Swimcap pickup from 449 à 691

08:40 • **Race start - First wave**

07:45 • Swimcap pickup from 692 à 930

08:00 • Swimcap pickup from 931 à 1127

08:15 • Swimcap pickup from 1128 à 1358

09:40 • **Race start – Second wave**

12:30 • Prize-giving ceremony

#### 3.5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE without fins

From 11:00 to 13h00 • Swimcap pickup from 1359 à 1855

13:05 • Security briefing for swimmers

13:15 • Boarding for the Island Degaby

14:00 • **Race Start**

16:00 • Prize-giving ceremony

#### 2K AFTERWORK (with or without fins)

17:30 • Swimcap pickup from 1856 à 2413

18:40 • Security briefing for swimmers

19:00 • **Race Start**

20:00 • Prize-giving ceremony & After Work

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## **SATURDAY JUNE 25**

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### **5K with fins**

**ATTENTION!! BE PUNCTUAL!!!**

06:45 • Opening of the village

06:45 • Swimcap pickup from 2414 à 2631

07:00 • Swimcap pickup from 2632 à 2873

08:40 • **Race Start- First wave**

07:45 • Swimcap pickup from 2874 à 3090

08:00 • Swimcap pickup from 3091 à 3265

08:15 • Swimcap pickup from 3266 à 3552

09:40 • **Race Start – Second wave**

12:30 • Prize-giving ceremony

### **2.5K - DÉPARTEMENT DES BOUCHES-DU-RHÔNE - without fins**

From 11:00 • Swimcap pickup from 3553 à 4264

13:30 • Security briefing for swimmers

14:00 • **Race Start**

15 :30 • Prize-giving ceremony

### **2K TEAM (with or without fins)**

From 14:00 • Swimcap pickup from 4265 à 4569

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony

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## **SUNDAY 26 JUNE**

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### **5K REGION SUD - without fins**

**ATTENTION!! BE PUNCTUAL!!!**

06:45 • Opening of the village

06:45 • Swimcap pickup from 4570 à 4772

07:00 • Swimcap pickup from 4473 à 4939

07:15 • Swimcap pickup from 4940 à 5169

08:40 • **Race Start**

### **6K REGION SUD - without fins**

07:45 • Retrait des bonnets de 101 à 294

08:00 • Retrait des bonnets de 295 à 544

08:15 • Retrait des bonnets de 545 à 834

09:40 • **Race Start – Second wave**

12:30 • Prize-giving ceremony 5K REGION SUD & 6K REGION SUD

### **2.5K with fins**

From 11:00 • Swimcap pickup from 835 à 1298

13:30 • Security briefing for swimmers

14:00 • **Race Start**

15 :30 • Prize-giving ceremony

### **1K (avec ou sans palmes)**

From 14:00 • Swimcap pickup from 1299 à 1799

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony