



## PRACTICAL INFORMATION

### DEPOSIT & CHANGING ROOM

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It will be possible to leave your bag free at the deposit of the village.

**NO BAGS OVER 20 L.**

Changing rooms are also at your disposal on the village.

### RESTAURATION

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The Défi de Monte-Cristo is in the colors of italia, and will offer you on-site from 11am to 7pm dishes made by Zia Concetta.

### REFUELING RACE

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A refueling is provided at the finish of each race. No refueling during the race.

### LICENCES & MEDICAL CERTIFICATE

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- Competitors who participate to the **RACES WITH FINS** must present during the swim cap pickup, **a licence** (FFN, FFESSM, FFTRI & FINA) OR **a medical certificate**.
- For the 2020 edition, **ALL SWIMMERS WITHOUT FINS** must present **a medical certificate** during the swim cap pickup.

*The medical certificate must be dating less than 6 months ON THE DAY OF THE RACE, specifying the "no contra-indication to swimming at sea over long distance".*

## PICK UP OF SWIM CAPS

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To pickup your swim cap, let's meet on the day of your race on the Défi Village, at Plage du Petit Roucas Blanc (access map below). **A protocol has been put in place for the swim cap pick up and the start of the races, find all the information on our website [by clicking here](#)**

You MUST bring:

- your personal QR code (printed or on your mobile).
- your ID
- a valid medical certificate for swimmers without fins
- a valid medical certificate or licence (FFN / FFESSM / FFTRI) for swimmers with fins

## BOARDING RACES

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For the 5k races departing from Château d'If and the 3.5k races departing from l'île de Gaby, boarding will take place at the Défi village, Plage du Petit Roucas Blanc (access map below).

