



## PROGRAM

### FRIDAY 11 SEPTEMBER

---

#### THE DÉFI DE MONTE-CRISTO 5K WITHOUT FINS

**NEW: ATTENTION!! BE PUNCTUAL!!!**

Four boats to drop you on the Château d'IF.

The departure of the castle of IF will be made in two waves.

06:40 • Opening of the village & cap pickup

06:40 • Pickup swim cap from 1 to 92

06:55 • Pickup swim cap from 93 à 184

07:05 • Pickup swim cap from 185 à 377

07:15 • Pickup swim cap from 379 à 538

**08:40 • Race start – First wave**

07:30 • Pickup swim cap from 539 à 621

07:45 • Pickup swim cap from 622 à 711

08:00 • Pickup swim cap from 712 à 913

08:20 • Pickup swim cap from 914 à 1018

**09:40 • Départ de la course – Second Wave**

*(Your swim cap number can be found on your registration confirmation. It is not possible to change the swim cap number.)*

12:30 • Prize-giving ceremony

#### THE DÉFI DE MONTE-CRISTO 3,5K WITHOUT FINS

11:00 • Cap pickup

13:15 • Security briefing

13:30 • Boarding for the island Degaby

14:00 • Race start

16:00 • Prize-giving ceremony

#### THE DÉFI OPEN 2K (WITH OR WITHOUT FINS) & PASTA PARTY

18:00 • Cap pickup

18:40 • Security briefing

19:00 • Race start

20:00 • Prize-giving ceremony & Pasta party

# SAMEDI 12 SEPTEMBER

---

## THE DÉFI DE MONTE-CRISTO 5K WITH FINS

### **NEW: ATTENTION!! BE PUNCTUAL!!!**

Four boats to drop you on the Château d'IF.

The departure of the castle of IF will be made in two waves.

06:40 • Opening of the village

06:40 • Pickup swim cap from 1807 à 1879

06:55 • Pickup swim cap from 1880 à 1964

07:05 • Pickup swim cap from 1965 à 2148

07:15 • Pickup swim cap from 2149 à 2290

**08:40 • Race start – First wave**

07:30 • Pickup swim cap from 2291 à 2373

07:45 • Pickup swim cap from 2374 à 2455

08:00 • Pickup swim cap from 2456 à 2631

08:15 • Pickup swim cap from 2632 à 2706

08:25 • Pickup swim cap from 2707 à 2775

**09:40 • Race start – Second wave**

*(Your swim cap number can be found on your registration confirmation. It is not possible to change the swim cap number.)*

12:30 • Prize-giving ceremony

## THE DÉFI 2,5K WITHOUT FINS

11:00 • Cap pickup

13:30 • Security briefing

14:00 • Race start

15:30 • Prize-giving ceremony

## THE DÉFI JUNIOR 1K (WITH OR WITHOUT FINS)

11:00 • Cap pickup

15:45 • Security briefing

16:00 • Race start

17:00 • Prize-giving ceremony

## DIMANCHE 13 SEPTEMBER

---

### THE DÉFI DE MONTE-CRISTO 5K WITHOUT FINS

**NEW: ATTENTION!! BE PUNCTUAL!!!**

Four boats to drop you on the Château d'IF.

The departure of the castle of IF will be made in two waves.

06:40 • Opening of the village

06:40 • Pickup swim cap from 3540 à 3618

06:55 • Pickup swim cap from 3619 à 3706

07:05 • Pickup swim cap from 3708 à 3897

07:15 • Pickup swim cap from 3898 à 4054

**08:40 • Race start – First wave**

07:30 • Pickup swim cap from 4055 à 4134

07:45 • Pickup swim cap from 4135 à 4217

08:00 • Pickup swim cap from 4219 à 4390

08:20 • Pickup swim cap from 4391 à 4470

08:30 • Pickup swim cap from 4471 à 4542

**09:40 • Race start – Second wave**

*(Your swim cap number can be found on your registration confirmation. It is not possible to change the swim cap number.)*

12:30 • Prize-giving ceremony

### THE DÉFI 2,5K WITH FINS

11:00 • Cap pickup

13:30 • Security briefing

14:00 • Race start

15:30 • Prize-giving ceremony

### THE DÉFI OPEN 1K (WITH OR WITHOUT FINS)

11:00 • Cap pickup

15:45 • Security briefing

16:00 • Race start

17:00 • Prize-giving ceremony