



DÉFI DE MONTE-CRISTO

PROGRAM JULY 2022

FRIDAY JUNE 24

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

13:15 • Security briefing for swimmers

13:30 • Boarding for the island Degaby

14:00 • **Race start**

16:00 • Prize-giving ceremony

2K AFTER WORK* (with or without fins)

18:00 • 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.

SATURDAY JUNE 25

5K 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

2.5 K without fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

2K TEAM** (with or without fins)

11:00 • 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.*

SUNDAY JUNE 26

5K without fins

06:30 • Opening of the village

06:30 • Cap pickup

07:15 • Boarding for the Château d'If

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

6K without fins

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

2.5 K 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)

11:00 • Cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony