



PROGRAM

Your swim cap number will be assigned to you on site.

For 5k races the time of convocation for the removal of your cap depends on the first letter of your last name.

FRIDAY 31 MAY

5K - without fins

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup - Surnames starting with the letters A to C

07:00 • Swimcap pickup - Surnames starting with the letters D to M

07:15 • Swimcap pickup - Surnames starting with the letters N to Z

08:40 • **Race start - First wave**

07:45 • Swimcap pickup - Surnames starting with the letters A to C

08:00 • Swimcap pickup - Surnames starting with the letters D to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

09:40 • **Race start – Second wave**

12:30 • Prize-giving ceremony

3.5K - without fins

From 11:00 to 13:00 • Swimcap pickup

13:15 • Security briefing for swimmers

13:30 • Boarding to Degaby's Island

14:30 • **Race Start**

16:30 • Prize-giving ceremony

2K AFTERWORK (with or without fins)

17:30 • Swimcap pickup

18:40 • Security briefing for swimmers

19:00 • **Race Start**

20:00 • Prize-giving ceremony & After Work

Your swim cap number will be assigned to you on site.

For 5k races the time of convocation for the removal of your cap depends on the first letter of your last name.

SATURDAY 01 JUNE

5K DEPARTEMENT DES BOUCHES-DU-RHONE - with fins

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup - Surnames starting with the letters A to C

07:00 • Swimcap pickup - Surnames starting with the letters D to M

07:15 • Swimcap pickup - Surnames starting with the letters N to Z

08:40 • **Race Start- First wave**

07:45 • Swimcap pickup - Surnames starting with the letters A to C

08:00 • Swimcap pickup - Surnames starting with the letters D to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

09:40 • **Race Start – Second wave**

12:30 • Prize-giving ceremony

2.5K LES TERRASSES DU PORT- without fins

From 11:00 to 13:00 • Swimcap pickup

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

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony

Your swim cap number will be assigned to you on site.

For 5k races the time of convocation for the removal of your cap depends on the first letter of your last name.

SUNDAY 02 JUNE

5K REGION SUD - without fins

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup - Surnames starting with the letters A to C

07:00 • Swimcap pickup - Surnames starting with the letters D to M

07:15 • Swimcap pickup - Surnames starting with the letters N to Z

08:40 • **Race Start**

6K REGION SUD - without fins

07:45 • Swimcap pickup - Surnames starting with the letters A to C

08:00 • Swimcap pickup - Surnames starting with the letters D to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

09:40 • **Race Start – Second wave**

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

2.5K with fins

From 11:00 to 13:00 • Swimcap pickup

13:30 • Security briefing for swimmers

14:00 • **Race Start**

15:30 • Prize-giving ceremony

1K (with or without fins)

From 14:00 • Swimcap pickup

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony