



DÉFI DE MONTE-CRISTO

## PROGRAM JULY 2021

### THURSDAY JULY 08

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#### THE DÉFI DE MONTE-CRISTO 5K BY NIGHT

19:00 • Opening of the village & cap pickup

19:30 • Security briefing for swimmers

19:45 • Boarding for the Château d'If

20:15 • **Race start**

22:15 • Prize-giving ceremony

### FRIDAY JULY 09

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

ATTENTION!! BE PUNCTUAL!!!

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

## THE DÉFI DE MONTE-CRISTO 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

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

18:00 • Cap pickup

18:40 • Security briefing for swimmers

19:00 • **Race start**

20:00 • Prize-giving ceremony & Pasta Party

## SATURDAY JULY 10

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

ATTENTION!! BE PUNCTUAL!!!

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

### THE DÉFI 2,5 K WITHOUT FINS

11:00 • Cap pickup

13:30 • Security briefing for swimmers

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 for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony

## SUNDAY JULY 11

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

ATTENTION!! BE PUNCTUAL!!!

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

### THE DÉFI 2,5 K WITH FINS

11:00 • Cap pickup

13:30 • Security briefing for swimmers

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 for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony