

LE DÉFI DE  
**MONTE  
CRISTO**  
MARSEILLE  
28<sup>th</sup> ÉDITION - 2026

## PROVISIONAL PROGRAM

### FRIDAY JUNE 05

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#### 5K without fins - 1<sup>st</sup> wave

06:30 • Opening of the village & swimcap pickup

From 06:45 to 07:45 • Boarding for the Château d'If

08:30 • Security briefing for swimmers and **race start** - 1<sup>st</sup> wave

#### 5K without fins - 2<sup>nd</sup> wave

07:45 • Swimcap pickup

From 08:00 to 08:45 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start** - 2<sup>nd</sup> wave

12:30 • Prize-giving ceremony

#### 3.5K without fins

From 11:00 to 13:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • Boarding for the island Degaby

15:00 • **Race start**

17:00 • Prize-giving ceremony

#### 2K AFTER WORK (with or without fins)

From 17:30 to 18:20 • Cap pickup

18:40 • Security briefing for swimmers

19:00 • **Race start**

20:00 • Prize-giving ceremony

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## PROVISIONAL PROGRAM

### SATURDAY JUNE 06

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#### 5K with fins - 1<sup>st</sup> wave

06:30 • Opening of the village & swimcap pickup

From 06:45 to 07:45 • Boarding for the Château d'If

08:30 • Security briefing for swimmers and **race start** - 1<sup>st</sup> wave

#### 5K with fins - 2<sup>nd</sup> wave

07:45 • Swimcap pickup

From 08:00 to 08:45 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start** - 2<sup>nd</sup> wave

12:30 • Prize-giving ceremony

#### 2.5K without fins

From 11:00 to 13:00 • Cap 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 to 15:20 • 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.*

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## PROVISIONAL PROGRAM

### SUNDAY JUNE 07

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#### 5K without fins

06:30 • Opening of the village & swimcap pickup

From 06:45 to 07:45 • Boarding for the Château d'If

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

#### 6K without fins

07:45 • Swimcap pickup

From 08:00 to 08:45 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start** – 2<sup>nd</sup> wave

12:30 • Prize-giving ceremony 5K & 6K

#### 2.5K with fins

From 11:00 to 13:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

#### 1K (with or without fins)

From 14:00 to 15:20 • Cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony

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## PROVISIONAL PROGRAM

### SATURDAY JUNE 13

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#### 5K with fins

07:30 • Swimcap pickup

From 08:00 to 08:45 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start**

12:30 • Prize-giving ceremony

#### 3K (with or without fins)

From 11:00 to 13:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

#### 1.5K (with or without fins)

From 14:30 to 16:00 • Cap pickup

16:15 • Security briefing for swimmers

16:30 • **Race start**

17:30 • Prize-giving ceremony

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## PROVISIONAL PROGRAM

### SUNDAY JUNE 14

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#### 5K without fins

07:30 • Swimcap pickup

From 08:00 to 08:45 • Boarding for the Château d'If

09:30 • Security briefing for swimmers and **race start**

12:30 • Prize-giving ceremony

#### 4K (with or without fins)

From 11:00 to 13:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

16:30 • Prize-giving ceremony

#### 2K CLOSING (with or without fins)

From 14:00 to 16:20 • Cap pickup

16:45 • Security briefing for swimmers

17:15 • **Race start**

18:30 • Prize-giving ceremony