

FRIDAY JUNE 05

5K without fins - 1st wave

06:30 • Opening of the village & swimcap pickup

08:30 • Security briefing for swimmers and race start - 1st wave

5K without fins - 2nd wave

07:45 • Swimcap pickup

09:30 • Security briefing for swimmers and race start – 2^{nd} 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

 $18:40 \cdot \text{Security briefing for swimmers}$

19:00 · Race start

20:00 • Prize-giving ceremony



SATURDAY JUNE 06

5K with fins - 1st wave

06:30 • Opening of the village & Swimcap pickup

08:30 • Security briefing for swimmers and race start - 1st wave

5K with fins -2^{nd} wave

07:45 • Swimcap pickup

09:30 • Security briefing for swimmers and race start – 2^{nd} 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.



SUNDAY JUNE 07

5K without fins

06:30 • Opening of the village & swimcap pickup

08:30 • Security briefing for swimmers and race start

6K without fins

07:45 • Swimcap pickup

09:30 • Security briefing for swimmers and race start

12:30 • Prize-giving ceremony

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

 $15:45 \cdot \text{Security briefing for swimmers}$

16:00 · Race start

17:00 • Prize-giving ceremony



SATURDAY JUNE 13

5K with fins

07:30 • Opening of the village & swimcap pickup

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



SUNDAY JUNE 14

5K <u>without</u> fins

07:30 • Opening of the village & swimcap pickup

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

 $16:45 \cdot \text{Security briefing for swimmers}$

17:15 · Race start

18:30 • Prize-giving ceremony