

LE DÉFI DE

MONTE CRISTO

LA CIOTAT
2^{ème} ÉDITION - 2025

FRIDAY SEPTEMBER 12

5K without fins

06:45 • Opening of the village

06:45 • Swim cap pickup and security briefing for swimmers - **First wave**

07:20 • Bus boarding

08:00 • Boarding by boat for the Île Verte

08:30 • **Race start - First wave**

07:45 • Swim cap pickup and security briefing for swimmers - **First wave**

08:20 • Bus boarding

09:00 • Boarding by boat for the Île Verte

09:30 • **Race start – Second wave**

12:30 • Prize-giving ceremony

3.5K without fins

11:00 • Swim cap pickup

13:30 • Security briefing for swimmers

13:50 • Bus boarding

14:20 • Boarding by boat for the Île Verte

15:00 • **Race start**

17:00 • Prize-giving ceremony

2K AFTERWORK* (with or without fins)

16:30 • Swim cap pickup

17:40 • Security briefing for swimmers

18:00 • **Race start**

19:00 • Prize-giving ceremony

*** 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.*

LE DÉFI DE

MONTE CRISTO

LA CIOTAT
2^{ème} ÉDITION - 2025

SATURDAY SEPTEMBER 13

5K with fins

06:45 • Opening of the village

06:45 • Swim cap pickup and security briefing for swimmers - **First wave**

07:20 • Bus boarding

08:00 • Boarding by boat for the Île Verte

08:30 • **Race start - First wave**

07:45 • Swim cap pickup and security briefing for swimmers - **First wave**

08:20 • Bus boarding

09:00 • Boarding by boat for the Île Verte

09:30 • **Race start – Second wave**

12:30 • Prize-giving ceremony

2.5K without fins

11:00 • Swim cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

2K TEAM (with or without fins)

14:00 • Swim cap pickup

16:00 • Security briefing for swimmers

16:30 • **Race start**

17:30 • Prize-giving ceremony

*** 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.*

LE DÉFI DE

MONTE CRISTO

LA CIOTAT
2^{ème} ÉDITION - 2025

SUNDAY SEPTEMBER 14

5K without fins

06:45 • Opening of the village

06:45 • Swim cap pickup and security briefing for swimmers - **First wave**

07:20 • Bus boarding

08:00 • Boarding by boat for the Île Verte

08:30 • **Race start - First wave**

07:45 • Swim cap pickup and security briefing for swimmers - **First wave**

08:20 • Bus boarding

09:00 • Boarding by boat for the Île Verte

09:30 • **Race start – Second wave**

12:30 • Prize-giving ceremony

2.5K with fins

11:00 • Swim cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

1K (with or without fins)

14:00 • Swim cap pickup

16:00 • Security briefing for swimmers

16:30 • **Race start**

17:30 • Prize-giving ceremony