

LE DÉFI DE  
**MONTE  
CRISTO**  
LA CIOTAT  
3<sup>È</sup> ÉDITION - 2026

## PROVISIONAL PROGRAM

### FRIDAY SEPTEMBER 11

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

07:00 • Opening of the village & swim cap pickup

08:00 • Security briefing for swimmers

08:15 • Boarding to île verte

09:00 • **Race start - 1<sup>st</sup> wave**

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

08:00 • Swim cap pickup

09:00 • Security briefing for swimmers

09:15 • Boarding to île verte

10:00 • **Race start - 2<sup>nd</sup> wave**

12:30 • Prize-giving ceremony 5K without fins

#### 3.5K without fins

From 11:30 to 13:30 • Swim cap pickup

14:00 • Security briefing for swimmers

14:15 • Boarding to île verte

15:00 • **Race start**

17:00 • Prize-giving ceremony

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

From 15:30 to 17:00 • Swim cap pickup

17:30 • Security briefing for swimmers

18:00 • **Race start**

19:00 • Prize-giving ceremony

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## PROVISIONAL PROGRAM

### SATURDAY SEPTEMBER 12

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

07:00 • Opening of the village & swim cap pickup

08:00 • Security briefing for swimmers

08:15 • Boarding to île verte

09:00 • **Race start - 1<sup>st</sup> wave**

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

08:00 • Swim cap pickup

09:00 • Security briefing for swimmers

09:15 • Boarding to île verte

10:00 • **Race start - 2<sup>nd</sup> wave**

12:30 • Prize-giving ceremony 5K with fins

#### **2.5K without fins**

12:30 à 14:00 • Swim cap pickup

14:30 • Security briefing for swimmers

15:00 • **Race start**

17:00 • Prize-giving ceremony

#### **2K TEAM\* (with or without fins)**

From 15:30 to 17:00 • Swim cap pickup

17:30 • Security briefing for swimmers

18:00 • **Race start**

19:00 • Prize-giving ceremony

*\* A mixed or unmixed 2K race, in teams of 2 or 3 swimmers. The ranking is determined by adding together the times of all the swimmers in the team.*

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## PROVISIONAL PROGRAM

### SUNDAY SEPTEMBER 13

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

07:00 • Opening of the village & swim cap pickup

08:00 • Security briefing for swimmers

08:15 • Boarding to île verte

09:00 • **Race start - 1<sup>st</sup> wave**

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

08:00 • Swim cap pickup

09:00 • Security briefing for swimmers

09:15 • Boarding to île verte

10:00 • **Race start - 2<sup>nd</sup> wave**

12:30 • Prize-giving ceremony 5K without fins

#### **2.5K with fins**

12:30 à 14:00 • Swim cap pickup

14:30 • Security briefing for swimmers

15:00 • **Race start**

17:00 • Prize-giving ceremony

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

From 15:30 to 17:00 • Swim cap pickup

17:30 • Security briefing for swimmers

18:00 • **Race start**

19:00 • Prize-giving ceremony