



ATTENTION ! BE PUNCTUAL !!!

## FRIDAY JUNE 06

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

06:30 • Opening of the village

06:30 • Swimcap pickup - Surnames starting with the letters A to D

06:45 • Swimcap pickup - Surnames starting with the letters E to M

07:00 • Swimcap pickup - Surnames starting with the letters N to Z

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 - Surnames starting with the letters A to D

08:00 • Swimcap pickup - Surnames starting with the letters E to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

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

13:00 • Security briefing for swimmers

13:30 • Boarding for the island Degaby

14:30 • **Race start**

16:30 • Prize-giving ceremony

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

17:30 • Cap pickup

18:40 • Security briefing for swimmers

19:00 • **Race start**

20:00 • Prize-giving ceremony & AFTER WORK

*\*\* 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.*



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## SATURDAY JUNE 07

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### 5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE with fins - 1<sup>st</sup> wave

06:30 • Opening of the village

06:30 • Swimcap pickup - Surnames starting with the letters A to D

06:45 • Swimcap pickup - Surnames starting with the letters E to M

07:00 • Swimcap pickup - Surnames starting with the letters N to Z

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

### 5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE with fins - 2<sup>nd</sup> wave

07:45 • Swimcap pickup - Surnames starting with the letters A to D

08:00 • Swimcap pickup - Surnames starting with the letters E to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

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

12:30 • Prize-giving ceremony

### 2.5K DÉPARTEMENT DES BOUCHES-DU-RHÔNE without fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

### 2K TEAM\*\* DÉPARTEMENT DES BOUCHES-DU-RHÔNE (with or without fins)

14:00 • 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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## SUNDAY JUNE 08

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### 5K RÉGION SUD without fins

06:30 • Opening of the village

06:30 • Swimcap pickup - Surnames starting with the letters A to D

06:45 • Swimcap pickup - Surnames starting with the letters E to M

07:00 • Swimcap pickup - Surnames starting with the letters N to Z

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

### 6K RÉGION SUD without fins

07:45 • Swimcap pickup - Surnames starting with the letters A to D

08:00 • Swimcap pickup - Surnames starting with the letters E to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

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

12:30 • Prize-giving ceremony

### 2.5K TERRASSES DU PORT with fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

### 1K (with or without fins)

14:00 • Cap pickup

15:45 • Security briefing for swimmers

16:00 • **Race start**

17:00 • Prize-giving ceremony



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## SATURDAY JUNE 14

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### 5K with fins

07:30 • Opening of the village

07:45 • Warm-up session by *Tonic Pilates*

07:45 • Swimcap pickup - Surnames starting with the letters A to D

08:00 • Swimcap pickup - Surnames starting with the letters E to M

08:15 • Swimcap pickup - Surnames starting with the letters N to Z

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

12:00 • Recovery session by *Tonic Pilates*

12:30 • Prize-giving ceremony

### 3K (with or without fins)

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony



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## SUNDAY JUNE 15

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### 5K RÉGION SUD without fins

- 07:30 • Opening of the village
- 07:45 • Warm-up session by *Tonic Pilates*
- 07:45 • Swimcap pickup - Surnames starting with the letters A to D
- 08:00 • Swimcap pickup - Surnames starting with the letters E to M
- 08:15 • Swimcap pickup - Surnames starting with the letters N to Z
- 09:30 • Security briefing for swimmers and **race start**
- 12:00 • Warm-up session by *Tonic Pilates*
- 12:30 • Prize-giving ceremony

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

- 11:00 • Cap pickup
- 13:30 • Security briefing for swimmers
- 14:00 • **Race start**
- 16:30 • Prize-giving ceremony

### 2K CLOSING\*\*\* RÉGION SUD (with or without fins)

- 14:00 • Cap pickup
- 16:45 • Security briefing for swimmers
- 17:15 • **Race start**
- 18:30 • Prize-giving ceremony

\*\*\* A 2k race to round off the 27th edition in style. The service includes the race, a closing aperitif (beer or soft drinks and cornet de panisse or French fries) and musical entertainment by a DJ or a band.