

LE DÉFI DE

# MONTE CRISTO

MARSEILLE  
27<sup>e</sup> ÉDITION - 2025

## FRIDAY JUNE 06

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### 5K without fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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

12:30 • Prize-giving ceremony

### 3.5K without fins

11:00 • Cap pickup

13:30 • Security briefing for swimmers

13:45 • 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.*

LE DÉFI DE

# MONTE CRISTO

MARSEILLE  
27<sup>e</sup> ÉDITION - 2025

## SATURDAY JUNE 07

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### 5K with fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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

12:30 • Prize-giving ceremony

### 2.5K without fins

11:00 • 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 • 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.*

LE DÉFI DE

# MONTE CRISTO

MARSEILLE  
27<sup>e</sup> ÉDITION - 2025

## SUNDAY JUNE 08

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### 5K RÉGION SUD without fins

06:30 • Opening of the village

06:30 • Cap pickup - **First wave**

07:15 • Boarding for the Château d'If

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

### 6K RÉGION SUD without fins

07:30 • Cap pickup - **Second wave**

08:15 • Boarding for the Château d'If

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

12:30 • Prize-giving ceremony

### 2.5K 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

LE DÉFI DE

# MONTE CRISTO

MARSEILLE  
27<sup>e</sup> ÉDITION - 2025

## SATURDAY JUNE 14

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### 5K with fins

07:30 • Opening of the village

07:30 • Cap pickup

08:15 • 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)

11:00 • Cap pickup

13:30 • Security briefing for swimmers

14:00 • **Race start**

15:30 • Prize-giving ceremony

LE DÉFI DE

# MONTE CRISTO

MARSEILLE  
27<sup>e</sup> ÉDITION - 2025

## SUNDAY JUNE 15

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### 5K RÉGION SUD without fins

07:30 • Opening of the village

07:30 • Cap pickup

08:15 • Boarding for the Château d'If

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

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.