



PROGRAM JULY 2021

THURSDAY JULY 08

LE DÉFI DE MONTE-CRISTO 5K BY NIGHT

- 18:30 • Opening of the village
- 18:30 • Swimcap pickup from 1 to 119
- 19:00 • Security briefing for swimmers
- 19:15 • Boarding for the Château d'If
- 19:45 • **Race start**
- 21:45 • Prize-giving ceremony

FRIDAY JULY 09

LE DÉFI DE MONTE-CRISTO 5K WITHOUT FINS

ATTENTION!! BE PUNCTUAL!!!

- 06:45 • Opening of the village
 - 06:45 • Swimcap pickup from 120 to 281
 - 07:00 • Swimcap pickup from 282 to 478
 - 07:15 • Swimcap pickup from 479 to 762
 - 08:40 • **Race start - First wave**

 - 07:45 • Swimcap pickup from 763 to 924
 - 08:15 • Swimcap pickup from 925 to 1325
 - 09:40 • **Race start – Second wave**
- (Your swim cap number is on our registration confirmation. It's not possible to change your swim cap number)*
- 12:30 • Prize-giving ceremony

LE DÉFI DE MONTE-CRISTO 3.5K WITHOUT FINS

From 11:00 to 13h00 • Swimcap pickup from 1326 to 1759

13:15 • Security briefing for swimmers

13:15 • Boarding for the Island Degaby

14:00 • **Race Start**

16:00 • Prize-giving ceremony

LE DÉFI OPEN 2K (WITH OR WITHOUT FINS) & PASTA PARTY

18:00 • Swimcap pickup from 1760 to 2108

18:40 • Security briefing for swimmers

19:00 • **Race Start**

20:00 • Prize-giving ceremony & Pasta Party

SATURDAY JULY 10

LE DÉFI DE MONTE-CRISTO 5K WITH FINS

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup from 2109 to 2270

07:00 • Swimcap pickup from 2271 to 2553

08:40 • **Race Start- First wave**

08:00 • Swimcap pickup from 2554 to 2720

08:15 • Swimcap pickup from 2721 to 3066

09:40 • **Race Start – Second wave**

(Your swim cap number is on our registration confirmaiton. It's not possible to change your swim cap number)

12:30 • Prize-giving ceremony

LE DÉFI 2.5K WITHOUT FINS

From 11:00 • Swimcap pickup from 3067 to 3624

13:30 • Security briefing for swimmers

14:00 • **Race Start**

15 :30 • Prize-giving ceremony

LE DÉFI JUNIOR 1K (WITH OR WITHOUT FINS)

From 14:00 • Swimcap pickup from 3625 to 3683

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony

SUNDAY JULY 11

LE DÉFI DE MONTE-CRISTO 5K WITHOUT FINS

ATTENTION!! BE PUNCTUAL!!!

06:45 • Opening of the village

06:45 • Swimcap pickup from 3684 to 4025

07:00 • Swimcap pickup from 4026 to 4119

08:40 • **Race Start - First wave**

08:00 • Swimcap pickup from 4120 to 4285

08:15 Swimcap pickup from 4286 to 4585

09:40 • **Race Start – Second wave**

(Your swim cap number is on our registration confirmation. It's not possible to change your swim cap number)

12:30 • Prize-giving ceremony

LE DÉFI 2.5K WITH FINS

From 11:00 • Swimcap pickup from 4586 to 4930

13:30 • Security briefing for swimmers

14:00 • **Race Start**

15 :30 • Prize-giving ceremony

LE DÉFI OPEN 1K (AVEC OU SANS PALMES)

From 14:00 • Swimcap pickup from 4931 to 5200

15:45 • Security briefing for swimmers

16:00 • **Race Start**

17:00 • Prize-giving ceremony