



PROGRAMME FROM 31 MAY TO 02 JUNE 2024

FRIDAY MAY 31

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 & a group.*



PROGRAMME FROM 31 MAY TO 02 JUNE 2024

SATURDAY JUNE 01

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.*



PROGRAMME FROM 31 MAY TO 02 JUNE 2024

SUNDAY JUNE 02

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**

6K 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