LE DÉFI DE MONTE CRISTO LA CIOTAT
3ème ÉDITION - 2026

PROVISIONAL PROGRAM

ATTENTION ! BE PUNCTUAL !!!

FRIDAY SEPTEMBER 11

5K without fins - 1st wave

07:00 • Opening of the village
07:00 • Swimcap pickup & Boarding - Surnames starting with the letters A to D
07:15 • Swimcap pickup & Boarding - Surnames starting with the letters E to M
07:30 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
08:30 • Security briefing for swimmers & **Race start - 1st wave**

5K without fins - 2nd wave

07:45 • Swimcap pickup & Boarding - Surnames starting with the letters A to G
08:00 • Swimcap pickup & Boarding - Surnames starting with the letters H to M
08:15 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
09:30 • Security briefing for swimmers & **Race start - 2nd wave**

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

3.5K - JACQUES BIANCHI MARSEILLE - without fins

From 11:0 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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SATURDAY SEPTEMBER 12

5K with fins – 1st wave

07:00 • Opening of the village
07:00 • Swimcap pickup & Boarding - Surnames starting with the letters A to D
07:15 • Swimcap pickup & Boarding - Surnames starting with the letters E to M
07:30 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
08:30 • Security briefing for swimmers & **Race start - 1st wave**

5K with fins – 2nd wave

07:45 • Swimcap pickup & Boarding - Surnames starting with the letters A to D
08:00 • Swimcap pickup & Boarding - Surnames starting with the letters E to M
08:15 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
09:30 • Security briefing for swimmers & **Race start - 2nd wave**

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

2.5K without fins

11:00 à 13:00 • Swim cap pickup
13:30 • Security briefing for swimmers
14:00 • **Race start**
15:30 • Prize-giving ceremony

2K TEAM* (with or without fins)

From 14:00 to 15:30 • Swim cap pickup
16:00 • Security briefing for swimmers
16:30 • **Race start**
17:30 • 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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SUNDAY SEPTEMBER 13

5K without fins – 1st wave

07:00 • Opening of the village
07:00 • Swimcap pickup & Boarding - Surnames starting with the letters A to D
07:15 • Swimcap pickup & Boarding - Surnames starting with the letters E to M
07:30 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
08:30 • Security briefing for swimmers & **Race start - 1st wave**

5K without fins – 2nd wave

07:45 • Swimcap pickup & Boarding - Surnames starting with the letters A to E
08:00 • Swimcap pickup & Boarding - Surnames starting with the letters F to M
08:15 • Swimcap pickup & Boarding - Surnames starting with the letters N to Z
09:30 • Security briefing for swimmers & **Race start - 2nd wave**

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

2.5K with fins

From 11:00 to 13:00 • Swim cap pickup
13:30 • Security briefing for swimmers
14:00 • **Race start**
15:30 • Prize-giving ceremony

1K (with or without fins)

From 14:00 to 15:30 • Swim cap pickup
16:00 • Security briefing for swimmers
16:30 • **Race start**
17:30 • Prize-giving ceremony