

# SEPTEMBER 2024







## PLAGE DU ROUET JUNIOR 19E EDITION | SENIOR 22E EDITION | MASTER 5E EDITION

## **MASTERS**

#### SATURDAY 21 OF SEPTEMBER

**Day** > Arrival of masters' delegations Village Miléade

3/5 PM > Official training Plage du Rouet

**6 PM** > Master Opening Ceremony

**7 PM** > Welcome cocktail Village Miléade

#### **SUNDAY 22 OF SEPTEMBER**

#### **OPEN SWIM STARS**

9 AM / 1 PM > Open Swim Stars (Oss) 5km / 2km / 1km

**1:15/2 PM** > Warm-up

2 PM > Mixed, 4x1km SB Masters

5:30 PM > Medal ceremony

Salle Grand Large Miléade

#### MONDAY 23 OF SEPTEMBER

7:45/8:30 AM > Warm-up

8:30 AM > First call

9/12:30 AM > 1km BF Women Masters

> 1km BF Men Masters

> 3km SF Women Masters

> 3km SF Men Masters

1:15/2 PM > Warm-up

2 PM > First call

2:30/6:15 PM > 1km SF Women Masters

> 1km SF Homme Masters

> 3km BF Women Masters

> 3km BF Men Masters

**7 PM** > Medal ceremony

Salle Grand Large Miléade

## **JUNIORS / SENIORS**

#### MONDAY 23 OF SEPTEMBER

9/12 AM > Arrival of Juniors and Seniors Village Miléade

#### **TUESDAY 24 OF SEPTEMBER**

10/12 AM > Official training

**2 PM** > Visit of the Grotte Cosquer Marseille (heads of delegations CMAS)

3/5 PM > Official training

**6 PM** > Opening ceremony Salle Grand Large Miléade

8 PM > VIP Dinner Village Miléade

#### **WEDNESDAY 25 OF SEPTEMBER**

**7:15/8 AM** > Warm-up

8 AM > First call

8:15/11 AM > 1km SF Women

1km SF Girls

1km SF Men

1km SF Boys

150m Elimination BF Women (Heats)

150m Elimination BF Men (Heats)

150m Elimination BF Girls (Heats)

150m Elimination BF Boys (Heats)

**3/3:45 PM** > Warm-up

3:45 PM > First call

4/6 PM > 1km BF Women

> 1km BF Girls

> 1km BF Men

> 1km BF Boys

> 150m SF Elimination Women (Heats)

> 150m SF Elimination Men (Heats)

> 150m SF Elimination Girls (Heats)

> 150m SF Elimination Boys (Heats)

8:45 PM > Medal ceremony

Salle Grand Large Miléade

### THURSDAY 26 OF SEPTEMBER

7:15/8 AM > Warm-up

8 AM > First call

8:15/11:50 AM > 5km SF Men

> 5km SF Women

> 5km SF Boys

> 5km SF Girls

> 4x150m SB Senior

> 4x150m SB Junior

**2/2:45 PM** > Warm-up

2:45 PM > First call

3/6 PM > 3km BF Men

> 3km BF Women

> 3km BF Boys

> 3km BF Girls

> 4x150m SB Final Senior

> 4x150m SB Final Junior

6:45 PM > Medal ceremony

Salle Grand Large Miléade

**8 PM** > Official diner Village Miléade

#### **FRIDAY 27 OF SEPTEMBER**

7:15/8 AM > Warm-up

8 AM > First call

8:15/11:30 AM > 150m BF Final Women

> 150m BF Final Men

> 150m BF Final Girls

> 150m BF Final Boys

> 150m SF Final Women

> 150m SF Final Men

> 150m SF Final Girls

> 150m SF Final Boys 3/3:45 PM > Warm-up

3:45 PM > First call

4/5:30 PM > 4x1km SB Senior

> 4x1km SB Junior

6:15 PM > Medal ceremony

Salle Grand Large Miléade

9 PM > Closing ceremony

Salle Grand Large Miléade

