

SCHEDULE 4,5km

| Day | Time | Activity | Location |
|--|---|--|----------------|
| Friday 13 th of September | From 17h to 21h | Swimmers Collect Bags | Paseo Cadaqués |
| | 19:00h | Briefing in catalan and french | Paseo Cadaqués |
| | 20:30h | Briefing in spanish and english | Paseo Cadaqués |
| Saturday 14 th of September | 8:00h to 09:00h | Swimmers Collect Bags | Plaza Cadaqués |
| | 09:30h | Walking transfer from Cadaqués to Caials | Portlligat |
| | 10:00h | Swimmers' gathering in Portlligat | Portlligat |
| | From 10:30h to 10:45h | Warm-up time | Portlligat |
| | From 10:45h to 11:00h | Last instructions | Portlligat |
| | 11:30h | Start | Playa Gran |
| | 11:48h | First swimmer finishes | Playa Gran |
| | 13:00h | Last swimmer finishes | Paseo Cadaqués |
| | 14:30h | Awards Ceremony | Paseo Cadaqués |
| 20:30h | Award Ceremony for the VIII Copa Marnaton and Concert | | |

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