

VERDON SWIM EXPERIENCE 2026 (VSE) RULES AND REGULATIONS

I.1 INTRODUCTION

It is essential that you read these 'VERDON SWIM EXPERIENCE 2026 EVENT RULES AND REGULATIONS' carefully.

The VERDON SWIM EXPERIENCE 2026 is organised on 26, 27 and 28 June 2026 by the CREASPORTS ORGANISATION association.

The FFN support swimming club is the Cercle des Nageurs de Gap.

The spirit of this outdoor sporting event is to allow swimmers to enjoy themselves by participating in one or more open water swimming events in the privileged environment of Lake Sainte Croix on the CADENO beach (Commune of Moustiers-Sainte-Marie Sainte Marie).

The names of the different events are as follows:

500m: VSE500

1.5km: VSE1.5

3.5km: VSE3.5 SUNSET AND SUNRISE

6km: VSE6.0 SUNSET AND SUNRISE

CROSS SWIM

VERDON PADDLE RACE

Several increasing distances are available, so that each swimmer can choose the one that suits them best.

Each event is open to all swimmers who are FFN licence holders or who are not licence holders but who have taken out an FFN licence.

For the Verdon Paddle Race

- FFSURF competition licence
- FFCK licence
- or a medical certificate stating that there are no contraindications to participating in competitive sport, dated less than one year prior to the date of the competition, or a copy thereof. No other document will be accepted as proof of possession of a medical certificate.
- Non-licensed participants must provide proof that they can swim.

VERDON PADDLE RACE

New, 12 km on Lake Ste Croix

Want to glide across the emerald waters of Lake Ste Croix? This exceptional setting awaits you for a 12 km paddleboard race on rigid or inflatable boards.

CROSS SWIM EXPERIENCE

An adventure for warriors!

A true outdoor challenge, combining swimming, trail running, running through water, natural obstacles...

1 km swim

5 km trail run with some sections in the water

Time limits apply as follows from the start time:

VSE500: 20 minutes

VSE1.5: 45 minutes

VSE3.5: 2 hours

VSE6.0: 3 hours

VERDON PADDLE RACE: 2 hours 30 minutes

CROSS SWIM EXPERIENCE 1 hour 30 minutes

At the finish line, competitors must follow the funnel marked by floats before the finish line and continue swimming until they pass under the finish arch suspended under the floating gantry. The routes can be viewed at verdonswimexperience.com. The courses are subject to change by the organisers.

In the event of difficulty or voluntary withdrawal, competitors may request to be picked up by the nearest safety boat.

The race director or his deputy may, if they deem a swimmer to be in danger, have them picked up by the nearest safety boat, even against their will. In the event of withdrawal, competitors must notify the organisers and return their timing chip.

I.3 SWIMMERS' EQUIPMENT

Each swimmer must wear a swimsuit and the numbered cap provided by the organisation.

The following are permitted:

The wearing of a nose clip.

Earplugs.

Wearing a triathlon-type neoprene wetsuit or equivalent for all VERDON SWIM EXPERIENCE races, wearing fins, or monofins, masks and snorkels for specific fin events.

The following are prohibited:

Paddles, pull buoys and uncut nails.

VERDON PADDLE RACE equipment:

CE 50 Newton approved life jackets

Minimum 1 litre water supply

CROSS SWIM EXPERIENCE equipment:

Each swimmer must wear a swimsuit and numbered cap provided by the organisation.

Fins or monofins are prohibited.

A pair of running shoes, a race number holder and a 5.5 litre water supply.

I.4 WEATHER LIMITS, ALTERNATIVE SOLUTIONS OR CANCELLATION

Depending on weather conditions, the organisers reserve the right to take all necessary measures to ensure that the event takes place in the safest possible conditions.

The organising committee reserves the right to:

Adapt the events, in particular by modifying the course and race schedules,

Cancel or interrupt the races if unforeseen circumstances (water temperature, surface conditions, water level, pollution, wind, storms, etc.) beyond the control of the organising committee make this necessary, without compensation.

The decision to cancel any of the events or modify the courses due to weather conditions may be taken at any time by the organisers.

In the event of cancellation of any of the events due to weather conditions or any other reason beyond the control of the organisers, the full registration fees shall remain the property of the organisers. Similarly, if for the same reasons any of the events had to be adapted, postponed or moved, the organiser could not be held responsible for this change of programme and the full registration fees would remain payable to the organiser in all cases.

I.5 ENVIRONMENT

The VERDON SWIM EXPERIENCE 2026 event takes place in the natural setting of Lake Sainte Croix at the remarkable CADENO water sports centre in Moustiers Ste Marie. Part of the event is held in the Alpes de Hautes Provence department and the other part in the Var department.

The organisers and competitors jointly undertake to respect and preserve this area. No littering in the lake or on the beach will be tolerated.

Competitors who carry their supplies with them under their wetsuits, particularly in the form of gels or packaged bars, must bring the packaging back to shore and dispose of it in the bins provided for this purpose.

Any competitor found to have thrown any object or waste into the environment will be immediately disqualified and banned from participating in any other event on that day.

I.6 IMAGE RIGHTS

Participant's image:

As the Event may be recorded for the purposes of communication to the public, in any form (including photographs, videos, etc.), on any existing or future medium, in any format, for any communication to the public worldwide, for any use including advertising and/or commercial purposes, each participant expressly authorises the Organiser, its assignees or successors (including its commercial partners) to fix and reproduce, on any medium and by any means, and subsequently to reproduce and represent, without remuneration of any kind, their names, voices, images, and more generally his sporting performance in the context of the Event (hereinafter 'his Image'), for a period not exceeding 10 years following the date of the Event. The participant hereby expressly authorises the Organiser to grant sub-licences to the Event's partners to use their Image for commercial and advertising purposes.

To this end, each participant expressly and irrevocably authorises the Organiser, its assignees and successors (in particular its commercial partners), in order to meet the requirements of advertising, promotional and/or commercial campaigns, to:

- 1) make any modifications, additions or deletions it deems useful for the use of its Image under the conditions defined above,
- 2) associate and/or combine with its Image any signatures, hooks, slogans, captions, trademarks, distinctive signs, legal notices, visuals and, in general, any element of any kind chosen by the Organiser, intended in particular to illustrate the communication media in which they are integrated.

The participant guarantees that they are not bound by any exclusive contract relating to the use of their Image.

The participant is informed and accepts without reservation that their participation in the Event implies the capture of their Image by the Organiser's official service providers. Their Image reproduced in photo and/or video format will be accessible on the verdonswimexperience.com website in the 'My Account' area and for one year on the Event website in the 'Results' section. With regard to the Event website, participants accept that they may be identified by any internet user by their surname, first name, number and region.

Images of the Event:

Any communication of still images and/or animated sequences of the Event captured by the participant during their participation in the Event must be limited to personal use and may not under any circumstances be used for promotional and/or commercial purposes outside the Event.

PERSONAL DATA

In general, personal data provided by participants (hereinafter 'the Data') is intended for authorised personnel of the Organiser, which is the company responsible for processing this data.

To find out about the Organiser's data protection policy, please refer to the General Terms and Conditions of Sale (I). As a Participant in the Event, we also invite you to read the following provisions carefully:

You acknowledge that any user of the live tracking application or the internet may be able to track Event participants by entering their surname and/or first name and/or race number.

At the end of the Event, information related to your sporting performance (including your results, photos and videos) will be published on the Event website. Your results may be reproduced by any media outlet.

If you wish to object to the publication of your first and last names in the rankings, you may do so, but this action must be declared to the FFN and is irreversible for all your future FFN races.

If you wish to object to such publication for a legitimate reason, you must notify Créasports Organisation of your decision. (

If you wish to object to such publication for a legitimate reason, you must inform the organiser, Créasports Organisation (contact@verdonswimexperience.com), of your decision prior to the event and no later than 20 days before the event.

I.7 INSURANCE

Civil liability: In accordance with current legislation, the organiser has taken out insurance covering the financial consequences of its civil liability and that of its employees.

Material damage: The organiser declines all responsibility in the event of damage (theft, breakage, loss, etc.) to participants' personal property, even if it is in its custody. Participants may not therefore seek recourse against the organiser for any damage caused to their equipment. It is the responsibility of each individual to take out insurance covering these risks.

Personal accident insurance: The organisation recommends that all participants who do not have personal insurance covering bodily injury, particularly those who are not members of a sports federation, take out personal accident insurance for the duration of their participation in the event.

I.8 REGISTRATION

SWIMMING EVENTS:

LICENCE HOLDERS:

All FF Natation, FF Handi Natation and FINA licence holders are exempt from paying additional licence fees (no licence surcharge).

NON-LICENSED SWIMMERS:

Non-licensed swimmers are required to present the organiser with a medical certificate dated within the last six months certifying that there are no contraindications to competitive swimming, or to complete the health questionnaire and attach it to their completed registration form.

The French Swimming Federation has created an open water licence.

The Open Water licence is automatically offered at the time of registration and will be valid for one year from the date of validation.

The cost of this licence is €15, payable once only, in addition to the registration fees. If participants register for several races during the season, they will not pay the registration fees from the second race onwards. For all swimmers, registration is only available online via the website: verdonswimexperience.com on the FF Natation Eau Libre registration platform.

FFTRI, FFESSM, FFSM LICENCE HOLDERS:

FFTRI, FFESSM, FFSM 2026 licence holders will not be required to provide a medical certificate but will be asked to show their licence. However, they will be required to pay the additional FFN licence fee of €15.

On-site registration will be possible at a higher rate and subject to availability.

Online payment of entry fees at:

A copy of the required administrative documents must be uploaded when registering on the platform. Any competitor who has not submitted the documents will not be able to participate in the event for which they are registered.

Registration will be open online from January 2026.

Once registered, if a participant wishes to cancel their participation for any reason (availability or medical), the organisation will not issue any refunds or defer registrations.

When registering, each swimmer, or their legal representative for minors, must provide the documents required for each event (valid FFN or FF HANDI NATATION licence, medical certificate less than six months old for non-licence holders or health questionnaire, parental authorisation for minors).

In addition, registration for the VERDON SWIM EXPERIENCE 2026 constitutes a waiver of liability whereby the registered swimmer acknowledges, in particular:

That they have read the 'RULES' of the VERDON SWIM EXPERIENCE 2026 event and agree to comply with them.

That they are sufficiently trained to cover the distance for which they have registered.

That, with full knowledge of the facts on the day of the event, it will be their sole responsibility to decide whether they feel capable of starting the event for which they have registered, both in terms of their physical and mental condition at the time and in terms of the weather conditions they feel capable of facing,

That in all cases, both for themselves and their beneficiaries, they release Créasports Organisation from any liability whatsoever, and that they are personally responsible for taking out any insurance and seeking any recourse against any participant or third party responsible for any damage caused to them.

VERDON PADDLE RACE:

Medical certificates stating that there are no contraindications to participating in competitive sports. Participants born in 2010 and before.

CROSS SWIM EXPERIENCE:

Medical certificates stating that there are no contraindications to participating in competitive trail running and swimming. Triathlon licences accepted.

DISTANCES – CATEGORIES:

The events are open according to the age of the participants. See the summary table below:

VSE6.0: Swimmers born in 2012 and before

VSE3.5: Swimmers born in 2012 and before

VSE1.5: Swimmers born in 2014 and before

VSE500: Swimmers born in 2018 and before*

*Swimmers under the age of 10 must be members of an FFN club.

VERDON PADDLE RACE: Participants born in 2010 and before

CROSS SWIM EXPERIENCE: Participants born in 2008 and before

PRICES:

All race participants will automatically be licensed by the FFN. This licence will be valid for one year and will allow you to participate in other events throughout the year.

The licence costs €15 (in addition to your entry fee).

All participants will receive a Verdon Swim Experience gift.

Prices for entries made before 1/05/26:

VSE6.0: 48€ (FFN licence holders)

- 48€ + 15€ FFN licence (non-licence holders)

VSE3.5: 39€ (FFN licence holders)

- 39€ + 15€ FFN licence (Non-licence holders)

VSE1.5: €25 (FFN licence holders)

- €25 + €15 FFN licence (Non-licence holders)

VSE500: €15 (FFN licence holders)

€15 + €15 FFN licence (Non-licence holders)

VERDON PADDLE RACE: €25 (No FFN licence required)

CROSS SWIM EXPERIENCE: €25 (No FFN licence required)

Prices for entries made from 1/05/26 (subject to availability of swim caps):

VSE6.0: €55 (FFN licence holders)
- 55€ + 15€ FFN licence (if not licensed)

VSE3.5: 45€ (FFN licence holders)
- 45€ + 15€ FFN licence (if not licensed)

VSE1.5: 30€ (FFN licence holders)
- 30€ + 15€ FFN licence (if not licensed)

VSE500: €18 (FFN licence holders)
- €18 + €15 FFN licence (non-licence holders)

VERDON PADDLE RACE: €30 (no FFN licence required)

CROSS SWIM EXPERIENCE: €30 (no FFN licence required)

Online registration closes on 23 June 2026 at 8 p.m.

On-site registration is possible, but subject to the availability of caps.

On-site registration fees (subject to the availability of caps):

VSE6.0: €60 (FFN licence holders)
- €60 + €15 FFN licence (if not licensed)

VSE3.5: €50 (FFN licence holders)
- €50 + €15 FFN licence (if not licensed)

VSE1.5: €35 (FFN licence holders)
- €35 + €15 FFN licence (if not licensed)

VSE500: €20 (FFN licence holders)
- €20 + €15 FFN licence (non-licence holders)

CROSS SWIM EXPERIENCE: €30 (no FFN licence required)

VERDON PADDLE RACE: €35 (no FFN licence required)

MAXIMUM NUMBER OF SWIMMERS FOR EACH EVENT:

FRIDAY 26/6: ALL 3.5 and ALL 6.0 WITHOUT FINS. 500 SWIMMERS

SATURDAY 27/6: ALL 3.5 AND ALL 6.0 SUNRISE FINS 500 SWIMMERS

SATURDAY 27/6: ALL 500. 200 SWIMMERS

SATURDAY 27/6: VERDON PADDLE RACE 200 PADDLERS

SATURDAY 27/06: CROSS SWIM EXPERIENCE 200 ENTRANTS
SATURDAY 27/6: ALL 3.5 and ALL 6.0 SUNSET 500 SWIMMERS

SUNDAY 28/6 VSE3.5 and VSE6.0 SUNRISE 500 SWIMMERS SUNDAY 28/06
VSE1.5 200 SWIMMERS

I.9 PROGRAMME

Friday 26 June 2026

3pm Opening of the VSE village at the CADENO water sports centre in Moustiers-Sainte-Marie. Various information and stands from our partners.

3pm Collection of caps for the VSE6.0 and VSE3.5 SUNSET (Without fins and without monofins)

5:40 p.m. Departure of shuttle buses to the starting area

6:00 p.m. Collection of VSE3.5 and VSE6.0 SUNRISE caps, fins and monofins 6:20 p.m.

Briefing for VSE6.0 and VSE3.5 SUNSET at the Etoile water sports centre

6:30 p.m. Departure of VSE6.0 and VSE3.5 SUNSET Etoile water sports centre

8:45 p.m. VSE3.5 and VSE6.0 SUNSET awards ceremony

Saturday 27 June 2026

6:30 a.m. Opening of the VSE village at the CADENO water sports centre in Moustiers-Sainte-Marie. Miscellaneous information and stands from our partners.

6:30 a.m. Collection of caps for the VSE3.5 and VSE6.0 SUNRISE reserved fins and monofins

7:15 a.m. Departure of shuttle buses to the start area

7:45 a.m. Briefing for VSE3.5 and VSE6.0 SUNRISE at the Etoile water sports centre.

8:00 am Start of VSE3.5 and VSE6.0 SUNRISE fins and monofins.

9:00 am Collection of caps for the VSE500m and VERDON PADDLE RACE. 10:15 am Prize-giving for the VSE3.5 and VSE6.0 fins and monofins.

10:50 am Briefing for VSE500.

11:00am Start of VSE500

11:45am Prize-giving for VSE500

1:15pm Briefing for VERDON PADDLE RACE 12km at La Cadeno

1:30pm Start of VERDON PADDLE RACE 12km at La Cadeno

15:00 Collection of VSE3.5 and 6.0SUNSET caps without fins

15:20 CROSS SWIM EXPERIENCE briefing

15:30 Start of the CROSS SWIM EXPERIENCE

17:00 VERDON PADDLE RACE awards ceremony at La Cadeno

5:15 p.m. CROSS SWIM EXPERIENCE awards ceremony

5:40 p.m. Shuttle buses depart for the starting area

6:00 p.m. Collection of VSE6.0 SUNRISE caps without fins

6:15 p.m. Briefing for VSE3.5 and 6.0 SUNSET without fins at the Etoile water sports centre

6:30 p.m. Departure of VSE3.5 and 6.0 SUNSET without fins Etoile water sports centre

8:00 p.m. VSE3.5 and 6.0 SUNSET without fins awards ceremony at Cadeno

Sunday 28 June 2026

6:00 am: Opening of the village at the CADENO water sports centre in Moustiers-Sainte-Marie.

6:00 am: Collection of caps for VSE3.5 and VSE6.0 SUNRISE (without fins)

Miscellaneous information and stands from our partners.

7:10 a.m.: Departure of shuttle buses to the starting area.

7:45 a.m.: Briefing for VSE3.5 and VSE6.0 without fins at the Etoile water sports centre.

8:00 a.m.: Start of VSE3.5 and VSE6.0 SUNRISE.

9:00am Collection of VSE1.5 caps.

10:30am VSE3.5 and VSE6.0 prize-giving ceremony.

11:15am VSE1.5 without fins briefing.

11:30am VSE1.5 without fins departure.

12:15pm VSE1.5 without fins prize-giving ceremony.

I.10 COLLECTION OF CAPS/CHIPS

Caps and chips for all races can be collected from 3pm on Friday 26 June at the Cadeno sailing centre. See the programme for details of collection locations and times for each race. All caps must be collected at least one hour before the start time.

For the VSE3.5 and VSE6.0 SUNRISE races on Saturday 27 June in the morning and the VSE6.0 race on Sunday 28 June in the morning, we invite you to collect your caps the evening before, if possible, given the early start time.

To collect your cap, you must present the documents listed below, if you did not submit them on the website when you registered:

Your valid licence for the season

Or

Your medical certificate of fitness to participate in competitive swimming or triathlon, dated within the last year (with the doctor's stamp and signature)

+ A valid form of ID

For minors:

Only the person responsible for the minor may collect the swimming cap/wristband upon presentation of the above documents, along with the completed and signed parental authorisation form.

Each participant will receive for all events:

- 1 numbered wristband equipped with an electronic chip,
- 1 sticker numbered with the same number as the timing wristband. You can place it on your personal bag and leave it at the cloakroom stand.
- 1 numbered cap, which must be worn from the start to the end of the race for safety reasons and for identification at the buoys.

The race gift will be handed out at the exit from the water in the partners' village in exchange for your timing wristband.

I.11 TIMING AND RANKINGS

All events in the VERDON SWIM EXPERIENCE 2026 are timed electronically. Competitors' times and rankings will be recorded after they have crossed the finish line, provided that they are still in possession of their electronic chip bracelet.

Loss of the bracelet will result in disqualification. A men's and women's ranking will be established for each event according to the categories indicated in the federal regulations.

The top three overall and the top in each category will be ranked according to the event.

Friday 26/6:

VSE3.5 SUNSET Top 3 overall M/W

VSE6.0 SUNSET Top 3 overall M/W

Saturday 27/6:

VSE6.0 SUNRISE with fins: top 3 scratch M/W

VSE3.5 SUNRISE with fins: top 3 scratch M/W

VSE6.0 Monofin SUNRISE: top 3 scratch M/W

VSE3.5 Monofin SUNRISE: top 3 scratch M/W

VSE500: top 3 scratch M/F + top 8/9 year olds and 10/11 year olds M/F

VERDON PADDLE RACE: top 3 scratch M/F

CROSS SWIM EXPERIENCE: top 3 scratch M/F

VSE3.5 and 6.0 SUNSET without fins: top 3 scratch M/F

Sunday 28/06:

VSE6.0 and 3.5 SUNRISE without fins: top 3 scratch M/W

VSE1.5 without fins: top 3 scratch M/W

I.12 AWARD CEREMONY

The award ceremonies will be held at the CADENO nautical base.

YOU MUST BE PRESENT TO RECEIVE YOUR AWARD.

I.13 HEALTH PASS (if required)

During the event, we will apply the regulations relating to the organisation of sporting events. We will keep you informed of the health guidelines in force during the event.

I.14 ACCEPTANCE OF THE RULES

All participants declare that they have read and accept the rules of the Ver-don Swim Experience 2026. By entering, they declare that they are familiar with these rules and undertake to comply with them.