

## VERDON SWIM EXPERIENCE 2026 REGULATIONS (VSE)

### I.1 INTRODUCTION

Careful reading of the present "VERDON SWIM EXPERIENCE 2026 EVENT REGULATIONS" is mandatory.

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

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

Each event is open to all swimmers licensed with the FFN, FINA or unlicensed by taking out an FFN license.

### I.2 PROVISIONS COMMON TO ALL EXAMS

Swimmers must arrive at the registration area in the starting village at least one hour before their race. There, they can have their race numbers marked on their arm and hand, and these numbers must be visible throughout the race. Swimmers are required to wear the swim cap provided by the organizers.

Briefing:

Cadeno nautical base for VSE 500, VSE1.5 and VERDON PADDLE RACE-CROSS SWIM

Etoiles nautical base for VSE3.5 and VSE6.0

Swimmers must gather near the podium at the time of the pre-race briefing to listen to a reminder of the instructions and rules they

acknowledged upon registration. The organizing committee may prevent a competitor from starting if they are clearly unable to complete the race. Following this reminder, swimmers are invited to proceed to the starting line.

The start takes place directly in the lake, at the location indicated by the race official. The start is given on the starter's command. There are no false starts; failure to comply with the race director's instructions may result in disqualification.

For VSE3.5 and VSE6.0 participants will have to take a bus to take them to their starting point (Etoile Nautical Base - Pont du Galétas) located 1.5km from the organization village.

For the VSE3.5 and VSE6.0 events, swimmers will swim through the Verdon Canyon and back. Canoes will be positioned in the center of the canyon to allow swimmers to pass on either side. Swimmers must follow the instructions of the officials, and the French Open Water Swimming Federation's regulations will be enforced.

## CROSS SWIM EXPERIENCE

An adventure for warriors!

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

1km swim

5km Trail with some sections through water

## TIME BARRIERS:

The time limits apply as follows, starting from the departure time:

VSE500: 20 minutes

VSE1.5: 45 minutes

VSE3.5: 2h00

VSE6.0: 3h00

CROSS SWIM EXPERIENCE 1h30

Upon arrival, competitors enter the funnel marked by floats preceding the finish line and continue swimming until they pass under the finish arch suspended beneath the floating gantry. Courses can be viewed at [verdonswimexperience.com](http://verdonswimexperience.com). Courses are subject to change by the organizers.

In case of difficulty and voluntary withdrawal, competitors may request to be taken on the nearest safety boat.

The race director or their deputy may, if they deem a swimmer to be in danger, have them taken to the nearest safety boat, even against their will. In case of withdrawal, competitors must inform the organizers and return their timing chip.

### I.3 SWIMMERS' EQUIPMENT

Each swimmer is required to wear a swimsuit and the numbered cap provided by the organization.

The following are permitted:

Wearing a nose clip.

Earplugs.

Wearing a triathlon-type neoprene wetsuit or equivalent is required for all VERDON SWIM EXPERIENCE races, and wearing fins, or a monofin, mask and snorkels are required for specific fin events.

The following are prohibited:

The plates, the pull-boys, and the uncut nails

CROSS SWIM EXPERIENCE equipment:

Each swimmer is required to wear a swimsuit and the numbered swim cap provided by the organizers. Fins and single-person swim aids are prohibited.

A pair of running shoes, a race number holder + a 5.5l water reservoir.

### I.4 METEOROLOGICAL LIMITS: ALTERNATIVE OR CANCELLATION SOLUTION

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

The organizing committee reserves the right to:

Adapt the events by modifying, in particular, the route and race times.

Cancel or interrupt the races if unforeseen circumstances (water temperature, surface condition, water level, pollution, wind, storm, etc.) beyond the control of the organizing committee require it, without compensation.

The decision to cancel either event or to modify the routes depending on weather conditions may be made at any time by the organizers.

In the event of cancellation of either event due to weather conditions or any other reason beyond the organizer's control, the organizer will retain all registration fees. Similarly, if either event needs to be adapted, postponed, or relocated for the same reasons, the organizer cannot be

held responsible for this change in schedule, and the organizer will retain all registration fees 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 site of the CADENO nautical center in Moustiers Ste Marie. Part of the event is located in the Alpes de Haute Provence department and the other part in the Var department.

The organizers and competitors jointly commit to respecting and preserving this space. Littering in the lake or on the beach will not be tolerated.

Competitors who carry their supplies under their suits, particularly in the form of gels or packaged bars, must absolutely bring the packaging back to earth and deposit it in the bins provided for this purpose.

Any competitor found to have littered with any object or waste will be immediately disqualified and barred from participating in any other event that day.

## I.6 RIGHT TO ONE'S IMAGE

Image of the participant:

The Event may be recorded for public communication in any form (including photos, videos, etc.), on any existing or future medium, in any format, for any public communication worldwide, for any use, including advertising and/or commercial purposes. Each participant expressly authorizes the Organizer, its successors and assigns (including its commercial partners) to record and reproduce, on any medium and by any means, and consequently, to reproduce and display, without any compensation whatsoever, their name, voice, image, and more generally their sporting performance within the context of the Event (hereinafter "their Image"), for a period not exceeding 10 years following the date of the Event. The participant expressly authorizes the Organizer to grant sub-licenses to the Event's partners for the commercial and advertising use of their Image.

To this end, each participant expressly and irrevocably authorizes the Organizer, its successors and assigns (including its commercial partners), in order to meet the requirements of advertising, promotional and/or commercial campaigns to:

- 1) to make any modification, addition, or deletion that it deems necessary for the use of its Image under the conditions defined above,
- 2) to associate and/or combine with its Image, all signatures, taglines, slogans, legends, trademarks, distinctive signs, legal notices, visuals

and, in general, any element of any kind chosen by the Organizer intended in particular to illustrate the communication materials 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 involves the recording of their image by the Organizer's official service providers. Their image, reproduced in photo and/or video format, will be accessible on the [verdonswimexperience.com](http://verdonswimexperience.com) website in the "My Account" section and for one year on the Event website in the "Results" section. Regarding the Event website, the participant accepts that they may be identified by any internet user by their first and last name, their phone number, and their region.

Images from the Event:

Any communication of still image and/or animated sequence 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 of the Event.

## PERSONAL DATA

In general, the personal data communicated by the participants (hereinafter "the Data") is intended for the authorized staff of the Organizer, which is the company responsible for processing this data. To learn about the Organizer's Data Protection Policy, please refer to the General Terms and Conditions of Sale (I). As an Event Participant, we also encourage you to carefully read the following provisions:

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

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

If you wish to object to the publication of your first and last names in the rankings, it is possible, but this action will obligate

This is the subject of a declaration to the FFN, and is definitively irreversible for all your future FFN races.

If you wish to object to such publication for a legitimate reason, you must inform the Organizer, Créasports Organisation ( [contact@verdonswimexperience.com](mailto:contact@verdonswimexperience.com) ), of this decision before the Event and no later than 20 days before it, so that appropriate measures can be taken.

## I.7 INSURANCE

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

Property damage: The organizer accepts no responsibility for any damage (theft, breakage, loss, etc.) to participants' personal belongings, even if the organizer is in their custody. Participants may not hold the organizer liable for any damage to their equipment. It is the responsibility of each participant to obtain insurance coverage for such risks.

Individual accident insurance: The organization recommends that all participants who do not have personal insurance covering their bodily injuries, particularly those not licensed with a sports federation, take out individual accident insurance as part of their participation in the event.

## I.8 REGISTRATION

### **SWIMMING EVENTS:**

#### LICENSED:

For all FF Natation and FF Handi Natation and FINA (International Federation) licensees, there is no need to pay additional license fees (No additional license cost).

#### UNLICENSED SWIMMERS:

For those without a license, they are required to present the organizer with a medical certificate less than six months old attesting to the absence of any contraindication to the practice of competitive swimming, or to complete the health questionnaire and attach it to their completed commitment.

The French Swimming Federation has created an Open Water license.

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

The cost of this license is €15, payable once, in addition to the entry fees. If participants register for several races during the season, they will not pay the registration fees starting with the second race. For all swimmers, registration is done exclusively online via the website: [verdonswimexperience.com](http://verdonswimexperience.com) on the FF Open Water Swimming registration platform.

#### FFTRI, FFESSM, FFSM LICENSEES:

For members of the FFTRI, FFESSM, and FFSM 2026, a medical certificate will not be required, but their license will need to be verified. They will, however, have to pay the additional €15 FFN license fee.

On-site registration will be possible with an increased fee and subject to the availability of remaining places.

Online payment of commitments at:

A copy of the required administrative documents must be uploaded during registration 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 is open from January 2026 via the internet.

Once registered, if a participant wishes to cancel their participation for any reason (availability or medical), the organization will not provide any refund or postponement of registration.

Upon registration, each swimmer, or their legal representative for minors, must provide the documents required for each event (valid FFN or FF HANDI NATATION license, medical certificate less than six months old for non-licensed swimmers or health questionnaire, parental authorization for minors).

Furthermore, registration for the VERDON SWIM EXPERIENCE 2026 constitutes a waiver of liability by which the registered swimmer acknowledges, in particular:

Having read the "RULES" of the VERDON SWIM EXPERIENCE 2026 event, which he/she agrees to comply with,

To be sufficiently trained to cover the distance for which he has registered,

That, with full knowledge of the facts on the day of the event, it will be his sole responsibility to decide whether he feels capable of starting the event for which he has registered, both from the point of view of his current physical and mental capabilities, and from the point of view of the weather conditions he feels capable of facing,

That in all cases, both for himself and for his beneficiaries, he releases Créasports Organisation from all liability for any cause whatsoever, to take personal responsibility for any insurance and any possible recourse against any participant or third party responsible for any damage whatsoever to him.

**CROSS SWIM EXPERIENCE:**

Medical certificates stating no contraindications to the practice of trail running and competitive swimming - Triathlon licenses 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 earlier

VSE3.5: Swimmers born in 2012 and earlier

VSE1.5: Swimmers born in 2014 and before

VSE500: Swimmers born in 2018 and earlier\*

\*Swimmers under 10 years old must be licensed in an FFN club.

CROSS SWIM EXPERIENCE: Participants born in 2008 and earlier

## PRICES:

All race participants will automatically be licensed with the FFN (French Swimming Federation). This license will be valid for one year and will allow you to participate in other events for a full year.

The license fee is €15 (in addition to your commitment).

All participants will be offered a Verdon Swim Experience gift.

Fees for commitments made before 1/05/26:

VSE6.0: €48 (FFN licensees)

- €48 + €15 FFN license (for non-licensed individuals)

VSE3.5: €39 (FFN license holders)

- €39 + €15 FFN license (Non-licensed)

VSE1.5: €25 (FFN license holders)

- €25 + €15 FFN license (for non-licensed individuals)

VSE500: €15 (FFN license holders)

€15 + €15 FFN license (for non-licensed individuals)

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

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

VSE6.0: €55 (FFN license holders)

- €55 + €15 FFN license (if not licensed)

VSE3.5: €45 (FFN license holders)

- €45 + €15 FFN license (if not licensed)

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

VSE500: €18 (FFN license holders)  
- €18 + €15 FFN license (Non-licensed)

CROSS SWIM EXPERIENCE: €30 (No FFN license required)

**Online registration closes on June 23, 2026 at 8pm.**

**Registration is possible on site, but subject to the availability of hats.**

On-site entry fees: (Subject to availability of swim caps):

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

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

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

VSE500: €20 (FFN license holders)  
- €20 + €15 FFN license (for non-licensed individuals)

**LIMITED NUMBER OF HATS FOR EACH EVENT:**

FRIDAY 26/6: VSE 3.5 and VSE 6.0 WITHOUT FINIS. 500 SWIMMERS

SATURDAY 27/6: VSE3.5 AND VSE6.0 SUNRISE PALMES 300  
SWIMMERS

SATURDAY 27/6: VSE500. 200  
SWIMMERS

SATURDAY 27/06: CROSS SWIM EXPERIENCE 200 ENTRIES

SATURDAY 27/6: VSE3.5 and VSE6.0 SUNSET 500  
SWIMMERS

SUNDAY 28/6 VSE3.5 and VSE6.0 SUNRISE 500

SWIMMERS SUNDAY 28/06 VSE1.5 300  
SWIMMERS

## I.9 PROGRAMME

Friday, June 26, 2026

3:00 PM Opening of the VSE village at the CADENO nautical base in Moustiers-Sainte-Marie. Various information and stands from our partners.

3:00 PM Cap removal for VSE6.0 and VSE3.5 SUNSET (Without fins and without monofin)

5:40 PM Shuttle buses depart for the starting area

6:00 PM Collection of VSE3.5 and VSE6.0 swim caps, SUNRISE fins and monofins

6:20 PM Briefing for VSE6.0 and VSE3.5 SUNSET Etoile Nautical Base

6:30 PM Departure VSE6.0 and VSE3.5 SUNSET Etoile Nautical Base

8:45 PM VSE3.5 and VSE6.0 SUNSET Awards Ceremony

Saturday, June 27, 2026

6:30 am Opening of the VSE village at the CADENO nautical base in Moustiers-Sainte-Marie. Various information and stands from our partners.

6:30 am Collection of swim caps for the VSE3.5 and VSE6.0 SUNRISE (reserved for fins and monofins)

7:15 am Shuttle bus departure towards the starting area

7:45 Briefing VSE3.5 and VSE6.0 SUNRISE Etoile Nautical Base.

8:00 AM Departure VSE3.5 and VSE6.0 SUNRISE fins and monofin

9:00 am Collection of swim caps for the VSE500m

10:15 VSE3.5 and VSE6.0 awards ceremony for fins and monofins

10:50 VSE500 Briefing

11:00 AM Departure VSE500

11:45 VSE500 Awards Ceremony

2:30 PM Removal of VSE3.5 and 6.0 SUNSET swim caps without fins

3:20 p.m. Briefing CROSS SWIM EXPERIENCE

3:30 PM Departure of the CROSS SWIM EXPERIENCE

5:15 PM CROSS SWIM EXPERIENCE Awards Ceremony

5:40 PM Shuttle buses depart for the starting area

6:00 PM Removal of VSE6.0 SUNRISE swim caps (no fins)

6:15 PM Briefing VSE3.5 and 6.0 SUNSET without fins Etoile Nautical Base

6:30 PM Departure VSE3.5 and 6.0 SUNSET without fins Etoile Nautical Base

8:00 PM VSE3.5 and 6.0 SUNSET awards ceremony without fins at the Cadeno

Sunday, June 28, 2026

6:00 a.m.: Opening of the village at the CADENO nautical base in Moustiers-Sainte-Marie.

6:00 AM: Removal of swim caps for the VSE3.5 and VSE6.0 SUNRISE (Without fins)

Various information and stands from our partners.

7:10 am Shuttle bus departure towards the starting area

7:45 Briefing VSE3.5 and VSE6.0 without fins Etoile nautical base.

8:00 AM Departure VSE3.5 and VSE6.0 SUNRISE

9:00 AM Collection of VSE1.5 swim caps  
10:30 VSE3.5 and VSE6.0 Awards Ceremony  
11:15 a.m. VSE1.5 briefing without fin  
11:30 AM Departure VSE1.5 without fins  
12:15 VSE1.5 Awards Ceremony (no fins)

#### I.10 REMOVAL OF CAPS/CHIPS

Swim caps and timing chips for all races will be available for collection from Friday, June 26th at 3:00 PM at the Cadeno Nautical Base. See the schedule for details on collection locations and times for each race. All swim caps must be collected no later than one hour before the start time. For the VSE3.5 and VSE6.0 SUNRISE on Saturday 27/6 morning and the VSE6.0 on Sunday 28/6 morning, we invite you to come and collect your caps the evening before if possible, given the early departure time. To collect your hat, you will need to present the documents listed below, if you did not submit them on the website during registration:

Your current license for the season

Or

Your medical certificate of fitness to practice swimming or triathlon in competition, less than one year old (with stamp and signature of the doctor)

+ A valid form of identification

For minors:

Only the person responsible for the minor will be able to collect the hat/bracelet upon presentation of the documents mentioned above, with the completed and signed parental authorization.

Each participant will receive the following for all events:

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

The prize for the event will be given to you at the exit of the water in the partner village in exchange for your timing bracelet.

#### I.11 TIMING AND CLASSIFICATIONS

All events of the VERDON SWIM EXPERIENCE 2026 are electronically timed. Competitors' times and rankings will be recorded after they cross the finish line, provided they are still wearing their electronic timing chip bracelet.

Losing the bracelet will result in the competitor's disqualification. A

separate ranking for women and men will be established for each event, according to the categories specified in the federal regulations.

The first three overall finishers and the first in the next category of the event.

**Friday, June 26th:**

VSE3.5 SUNSET first 3 scratch M/F

VSE6.0 SUNSET first 3 scratch M/F

**Saturday, June 27th:**

VSE6.0 SUNRISE with fins: Top 3 overall (M/F)

VSE3.5 SUNRISE with fins: Top 3 overall (M/F)

VSE6.0 SUNRISE Monofin: first 3 scratches M/F

VSE3.5 SUNRISE Monofin: first 3 scratches M/F

VSE500: Top 3 scratch winners (M/F) + first winner (8/9 years old) and first winner (10/11 years old) (M/F)

CROSS SWIM EXPERIENCE: first 3 scratch M/F

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

**Sunday, June 28th:**

VSE6.0 and 3.5 SUNRISE without fin: first 3 scratch M/F

VSE1.5 without fin: first 3 scratch M/F

**I.12 PROTOCOL CEREMONY**

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

**PRESENCE IS REQUIRED TO RECEIVE YOUR AWARD.**

**I.13 HEALTH PASS (If needed)**

During the event, we will apply the regulations related to the organization of sporting events. We will keep you informed of the health guidelines in effect during the event period.

**I.14 ACCEPTANCE OF THE REGULATIONS**

All participants declare that they have read and accepted the rules of the Verdon Swim Experience 2026. By registering, they declare that they are aware of these rules and agree to abide by them.