

*Follow Your Passion* <sup>Y<sup>P</sup></sup>  
presents



**CHIA** *Sport  
week*

*22-25/4/2023*

*Open Water*

*Half Marathon*

*Triathlon*

**RACE  
BOOK**

## WELCOME TO CHIA

Dear Athletes,  
welcome to Chia Sport Week 2023!

From April 22 to 25, four days of intense competitions await you in the wonderful location of Chia and South Sardinia. The program, full of events, kicks off with the ChiaSWIM and its evocative start from Su Giudeu beach.

Sunday is the day of the Chia21 runners' fume along a route to discover natural oases and entire areas of Mediterranean vegetation.

Monday will be a day full of group activities dedicated to everyone.

Tuesday, on the other hand, is the day dedicated to triple runners with the ChiaTRI that will take participants through some of the most beautiful landscapes of southern Sardinia.

Thanks to **Smeraldina** for taking care of all the athletes involved in the three-day race with its water and supporting the refreshment of all participants.

We thank **Chia Laguna**, resort of the **Italian Hospitality Collection**, which again this year will be the heart of all pre and post-race activities of Chia Sport Week.

We thank the **Region of Sardinia** for the hospitality and sponsorship granted to the event.

Our goal is to offer you all unique and unforgettable days.  
Thank you for your attendance and happy racing to all, we will see you at the finish line!

The team

**FollowYourPassion**

# CHIA SPORT WEEK PROGRAM

## 22 APRIL 2023

- From 07.00 to - 08.30 CHIA SWIM secretary at Chia Laguna Resort
- 09.00 briefing at Su Giudeu Beach
- 09.30 Start of CHIA SWIM
- 12.30 Award Ceremony
- 15.00-18.00 Opening of Race Office for CHIA21

## 23 APRIL 2023

- 07.00-09.00 Opening of Race Office CHIA21
- 09.30 Start of race CHIA21
- 12.30 Award Ceremony

## 24 APRILE 2023

- 15.00-18.00 Opening of Race Office CHIATRI
- 17.00 Breafing CHIATRI

## 25 APRIL 2023

- 07.00 - 08.30 Opening of Race Office CHIATRI
- 08.00 - 09.00 Bike check-in transition zone Half distance
- 08.00 - 09.00 Bike check-in transition zone Olympic and Sprint
- 09.15 Race Start CHIATRI-Half- Women
- 09.18 Race Start CHIATRI-Half- Men UOMINI
- 10.00 Race Start CHIATRI-Olymic-Women
- 10.03 Race Start CHIATRI- Olymic-Men
- 10.05 Race Start CHIATRI-Sprint-Women
- 10.08 Race Start CHIATRI-Sprint-Men
- 14.45 - 18.30 Bike check-out transition zone
- 14.30 Award Ceremony Olympic and Sprint races
- 17.30 Award Ceremony half distance race



# CHIASWIM

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22/4/2023

Chia Swim

1,9km

3,8km

5km

## CHIASWIM

Su Giudeu beach, among the most beautiful beaches in Sardinia, is the stage for the ChiaSWIM on April 22.

A test for fans of the specialty who will be able to immerse themselves in the unique atmospheres of South Sardinia

## RACE MAP





## RACE BAG PICK UP

Race packet pickup is at the race office located in the Chia Laguna Resort Conference Center during the following hours:

- 07:00 am to 08:30 am

## GENERAL INFO

During the race there will be manual and transponder (cip) timing managed by Timing Data Service.

At the end of the race the chip must be returned to the dedicated area. The use of the wetsuit is OPTIONAL (Mandatory only if the water temperature will be below 16°). Participants who will make "ROUTE CUTS" and will not pass outside the official buoys of that area WILL BE DISQUALIFIED. (A number will be taken from the control and security officers). Competitors may use masks, goggles, nose pinchers, but not snorkels, respirators and fins Any withdrawals from the competition must be reported to the Jury.



**CHIA 21**  
**FOLLOW YOUR PASSION**

**23/4/2023**

**Chia21**

**5km**

**10km**

**21km**

# CHIA21

April 23, 2023, a challenging race awaits you, characterized by long straights and alternating descents and climbs, but one that knows how to repay participants' fatigue with breathtaking views.

## CHIA21 RACE COUSE MAP.





## RACE BAG AND BIBS PICK UP

Race bibs can be picked up at the race office in the Chia Laguna Resort on the following days:

- **Saturday, April 22 from 3 p.m. to 7 p.m.**

- **Sunday, April 23 from 07 a.m. to 09 a.m.**

Bibs may also be collected by third persons, with a proxy written and photocopy of a valid ID.

## GENERAL INFO

### LIMIT TIME

The time limit for the half marathon is 2h45' while for the 10 km is of 90'; beyond this time the organizing committee will no longer be able to guarantee the complete closure of the race course.

### PACER SERVICES

On the half marathon distance there will be a pacer service that will take participants to the finish line in 1h30", 1h40", 1h50" and 2 h.

### BAG DEPOSIT

There is a bag deposit and is located next to the race office.



**CHIATRI**  
**FOLLOW YOUR PASSION**

**25/4/2023**

**ChiaTri**

**Sprint**

**Olimpico**

**Medio**

**Relay**

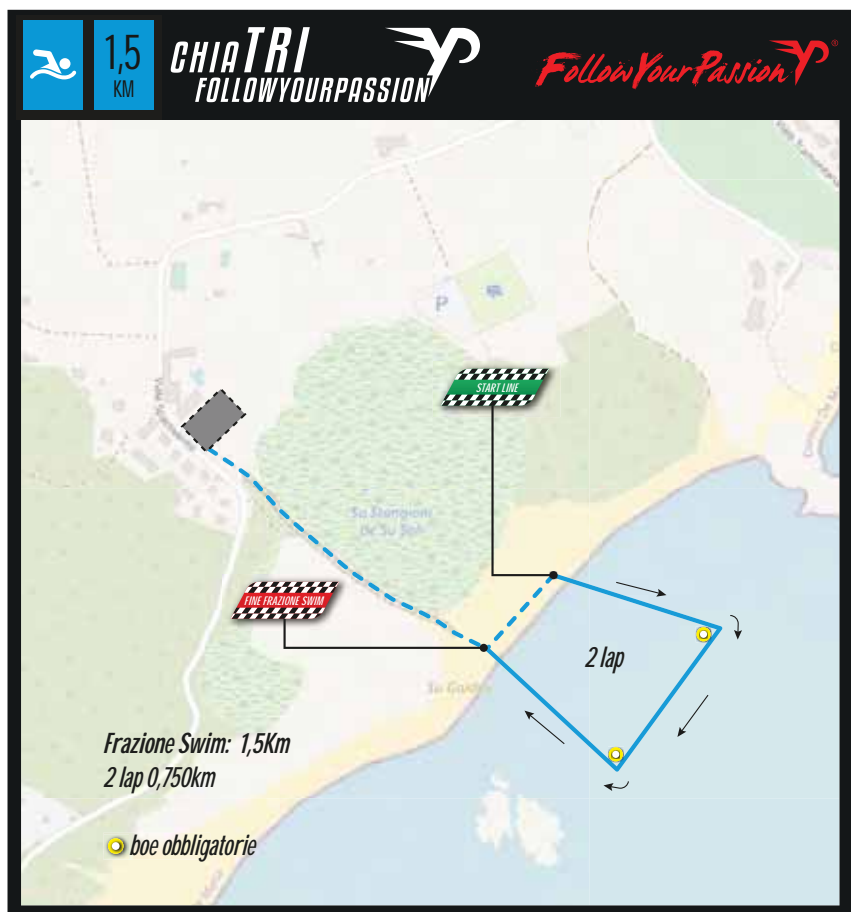
## CHIATRI

Challenge yourself in waters, coast and streets of the bay as a protagonist of Chia.

On April 25, follow your passion along the ChiaTRI Sardinia trails. Waiting for you amazing views to experience all the beauty unspoiled of southern Sardinia.

## COURSE MAPS

### COURSE MAPS HALF DISTANCE



42  
KMCHIATRI  
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NEW TRAIANO BIKE - 100 TRAIANO BIKE

## LEGENDA

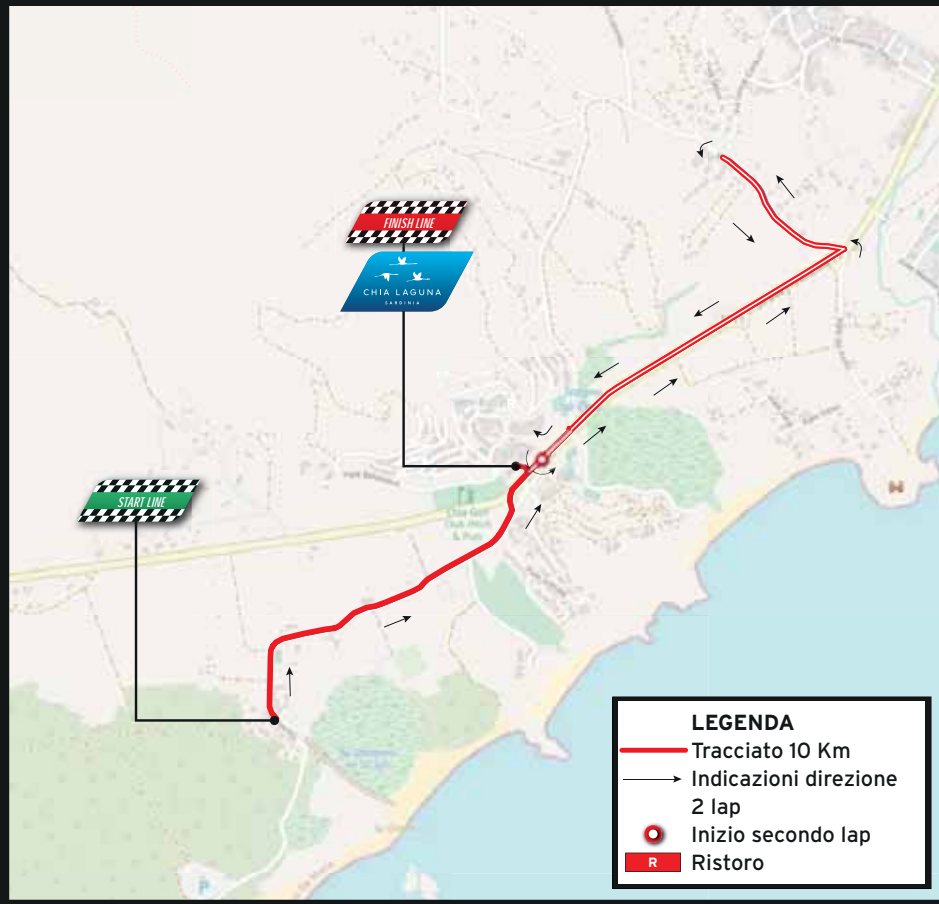
- Tracciato 42 Km
- Indicazioni direzione



10  
KM

**CHIATRI**  
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**LEGENDA**

- Tracciato 10 Km
- Indicazioni direzione 2 lap
- Inizio secondo lap
- Ristoro



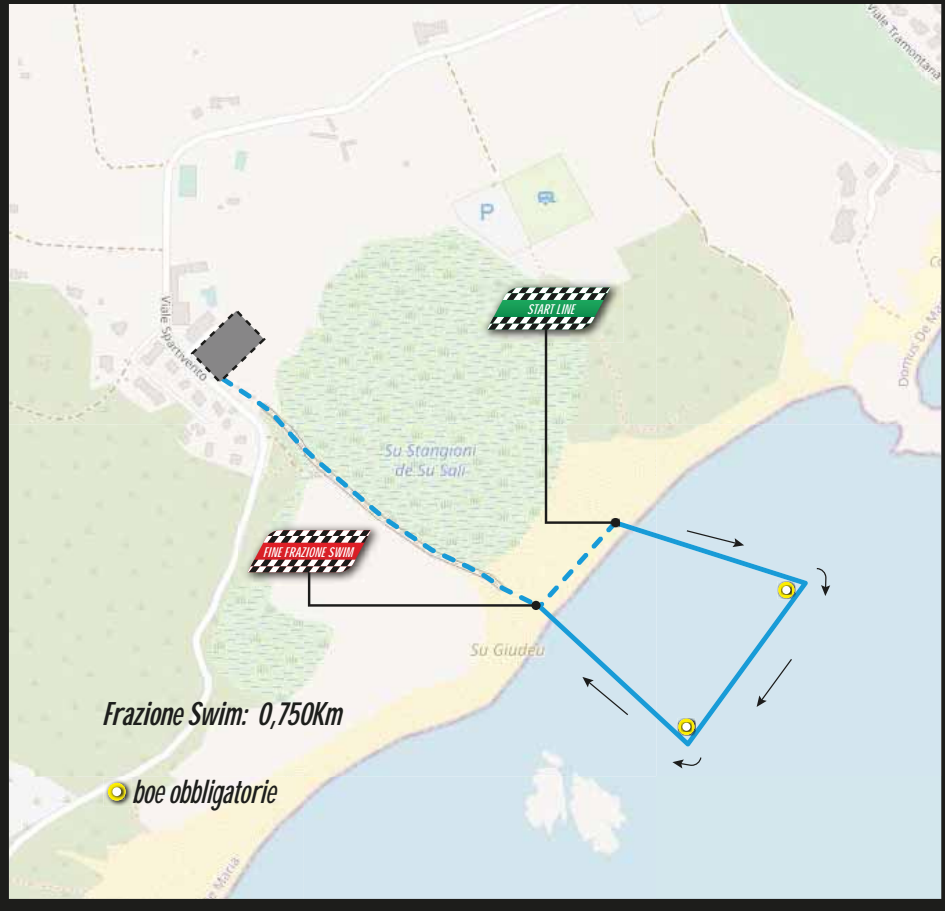
COURSE MAPS OLYMPIC DISTANCE



0,750  
KM

**CHIATRI**  
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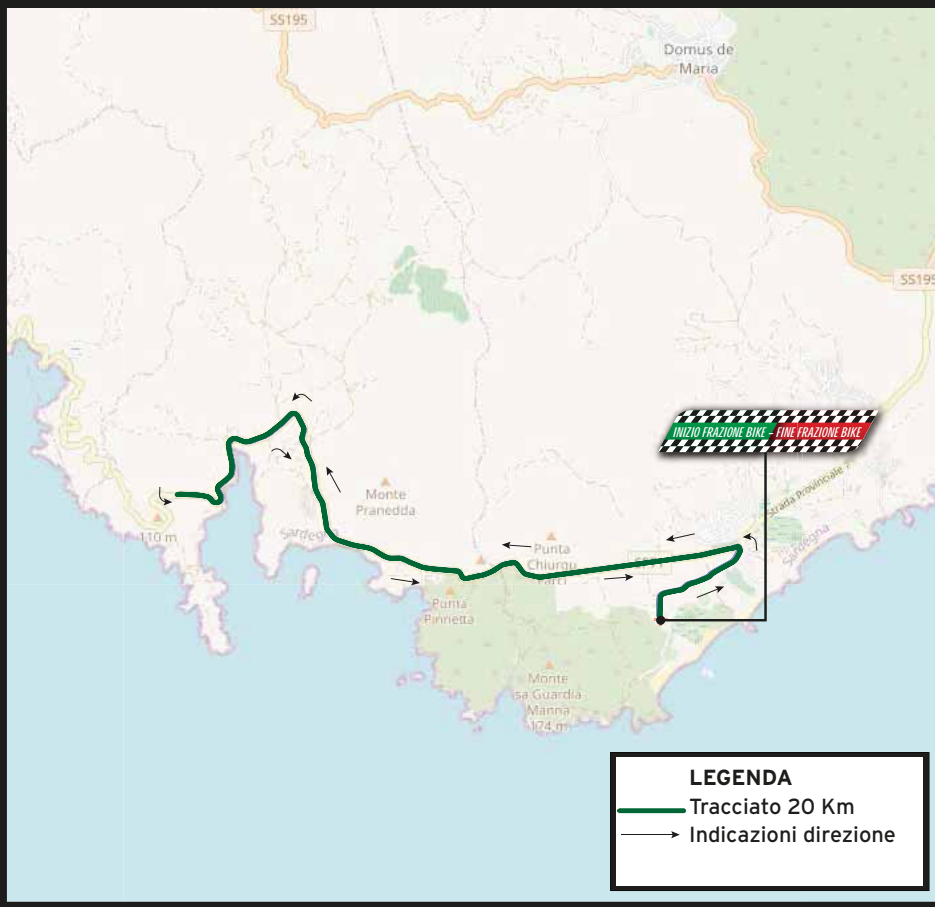


20  
KM

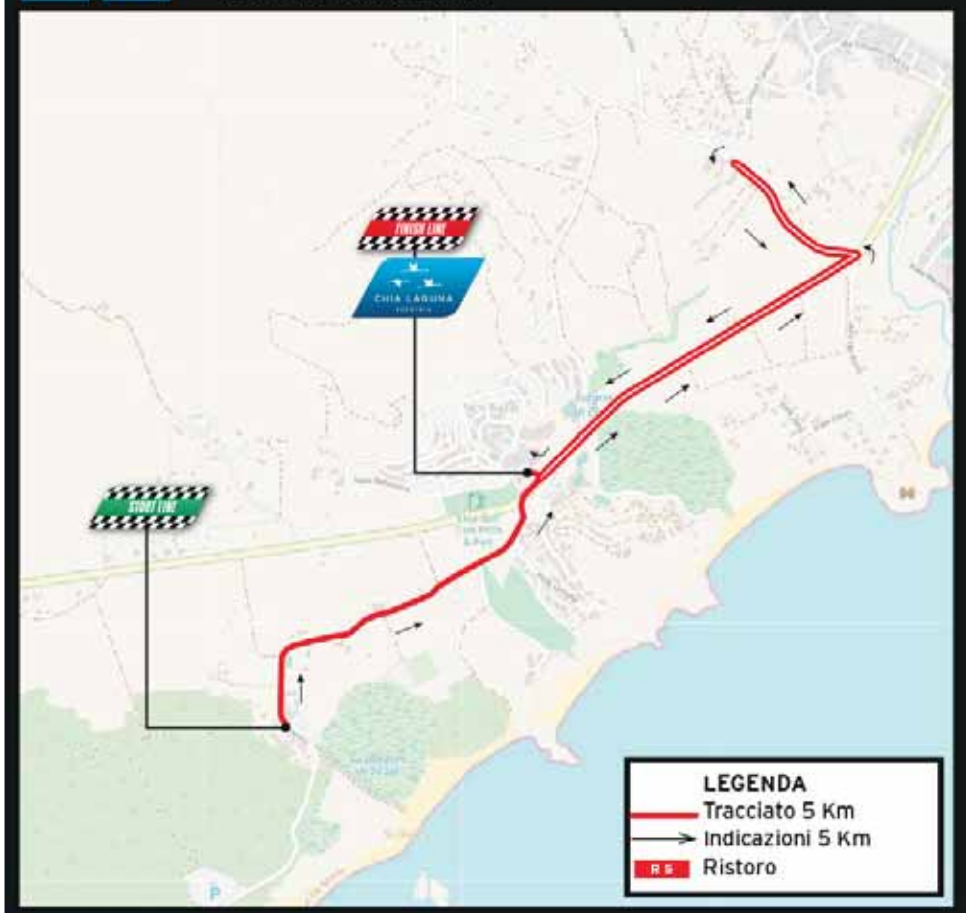
**CHIATR**  
FOLLOWYOURPASSION



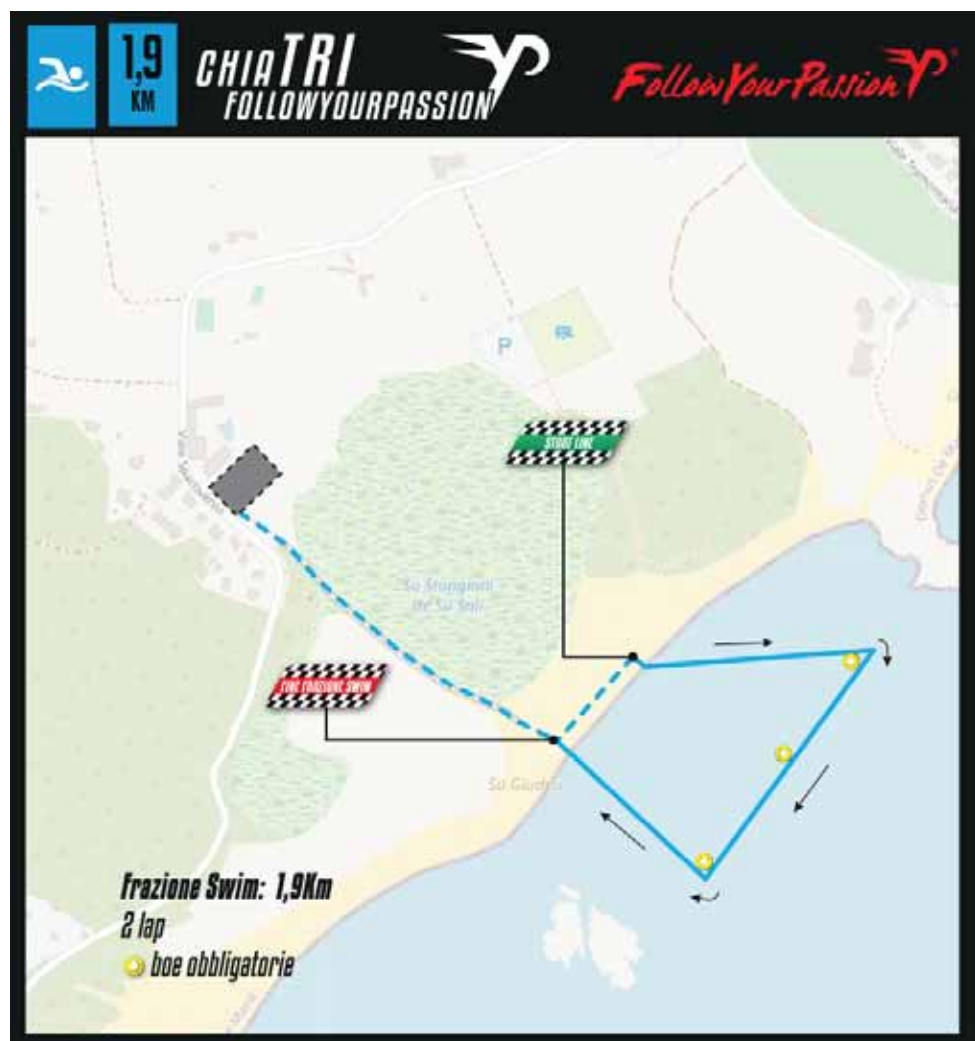
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5  
KM
**CHIATRI**  
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## COURSE MAPS SPRINT DISTANCE



88  
KMCHIATRI  
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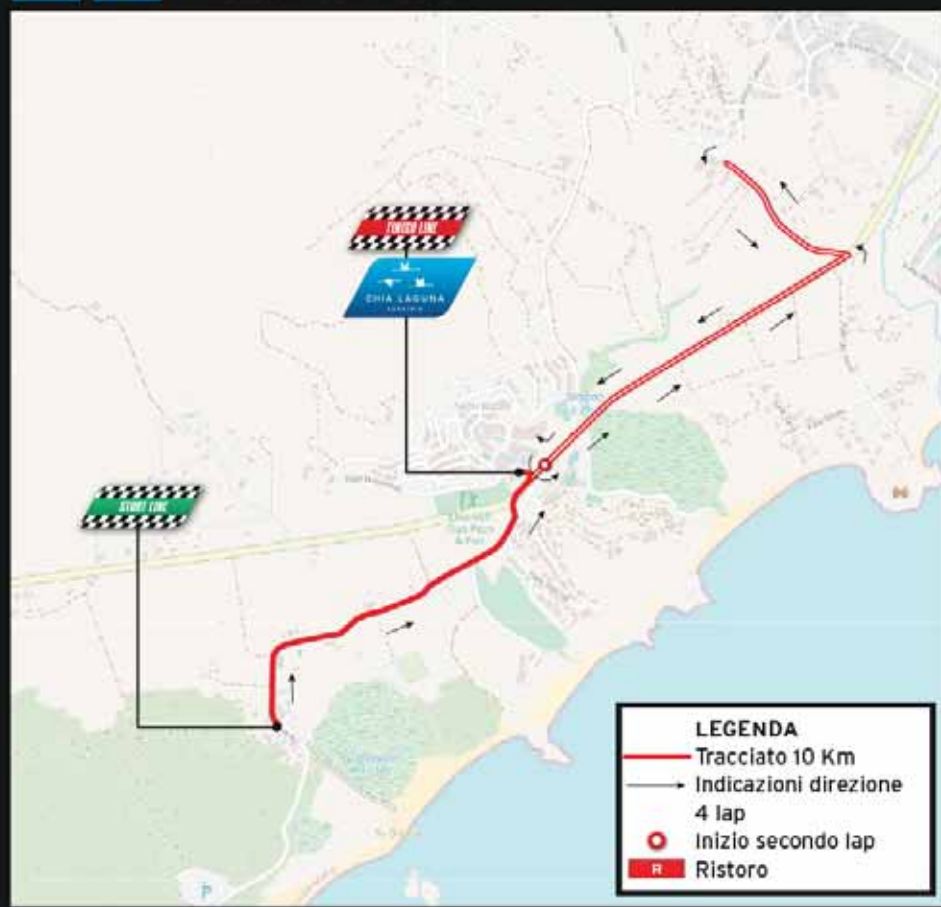


## LEGENDA

- Tracciato 88 Km
- Indicazioni direzione  
2 Lap



21  
KM
**CHIATRI**  
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## RACE BAG PICKUP

Collection of race numbers for the various fractions, chips and welcome packs can be carried out at the organizing secretariat located in the Conference Center of Chia Laguna Resort during the following times:

**APRIL 24, 2023**

- 15.00-18.00

**APRIL 25, 2023**

- 07.00-08.30

Race numbers and chip are personal and cannot be given and/or exchanged. They must be worn as prescribed in the technical regulations to be fully visible at all times; they cannot be folded and must remain intact. Bibs and welcome packs can be collected by written proxy, by submitting confirmation email and ID of the delegate.

## REFRESHMENTS

Fraction Run: after 1.6km from T2 and every 2.5km with water, salts, bananas, supplements in bars and gels.

Finish: water, bananas.

## GENERAL INFO

### **Bike check-in Tuesday, April 25**

8 a.m.-9 a.m. Bike check-in medium/olympic/sprint gear area

### **Bike check-out Tuesday, April 25**

2:45pm-6:30pm (After that time, bike storage will not be guaranteed guaranteed)

### **CHIP RETURN**

The Chip must be returned at the finish of the race to the officials in charge. Athletes who have not started or withdrawn must also make the return in the same logistics area near the finish line.

Failure to return the Chip will result in a charge of D40.00.

### **CLOSURE OF GATES**

- swimming: after 90' middle, 70' Olympic and after 40' sprint
- changing area after cycling fraction: after 5h30' medium, 3h00' Olympic and after 1h10' sprint
- finish line: after 8h00, after 4h00' Olympic and 2h20' sprint

### **RACE WASTE MANAGEMENT**

Special areas will be set up in the three fractions for garbage collection (glasses, water bottles, various packaging), we ask maximum cooperation in the use of these areas, which will be properly marked and positioned always after the refreshment areas.

### **BAG DEPOSIT**

It is located adjacent to the Race Office

## *COLLATERAL ACTIVITIES*

Activities are open to all, both athletes and accompanying persons.

### **APRIL 22, 2023**

- 10 a.m. - **GOOD MORNING CHIA.**  
Muscle awakening (morning stretch)
- 12 p.m. - **TBC**  
Total Body Conditioning
- 6 p.m. - **MOBILITY AND STRETCH**

### **APRIL 23, 2023**

- 7:30 a.m. - **MORNING WALK**  
Discover the beauty of Chia among the pink flamingos
- 12:00 p.m. - **HIIT**  
High Intensity Interval Training
- 6 p.m. - **Mobility and stretch**

### **APRIL 24, 2023**

- 9 a.m. - **BREATH AND RELAX**  
Relaxation and breathing facing the sea
- 10 a.m. - **CYCLING TOUR**  
for info: [info@followyourpassion.it](mailto:info@followyourpassion.it)
- 12 noon - **TOTAL TONE**
- 6 p.m. - **WALK TO THE TOWER**  
with sunset stretchin

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[www.followyourpassion.it](http://www.followyourpassion.it)