

**RACE REGULATION**  
**CHIATRI**  
**Sprint no draft and Olympic no draft**

Laguna Running SSDrl, in collaboration with MG Sport, is organizing the CHIATRI event, an international triathlon over the distances of Olympic and Sprint, to be held in Chia - Domus De Maria (CA), on April 27, 2024.

**MAY PARTICIPATE:**

- all male and female athletes, born in the year 2006 or earlier (for the sprint 2008 or earlier), registered with FITRI (Italian Triathlon Federation) or another International Triathlon Federation, in good standing for the year 2024;  
- all Male and Female Athletes, born in the year 2006 or earlier (for sprint 2008 or earlier), not registered and in possession of a sports medical certificate for competitive use (complying with the diagnostic examinations required by the Italian regulations (D.M. 18/02/1982) bearing the wording "Triathlon" among the sports practiced valid on the day of the race and a FITRI daily membership at an additional cost of 20 euros.

Distance:

- Olympic: 1500mt swimming, 40km cycling and 10km running
- Sprint: 750mt swimming, 20km cycling and 5km running

**REGISTRATION AND PAYMENT:**

Registration is open until April 22 at 11:59 p.m. and you can register online via <https://followyourpassion.it/chia-sport-week/>

Fees:

ChiaTRI Sardinia Olympic Triathlon:

Total fee: €110

Senior/master fees:

- 65€ until Dec. 31, 2023
- 75€ until January 31, 2024
- 90€ until March 31, 2024
- 100€ from April 1 to 22, 2024

Fixed category fees:

- Junior: 15€
- Under 23-S1: 25€

ChiaTRI Sardinia Sprint:

Total fee: 70€

Senior/master fees:

- 45€ until December 31, 2023
- 50€ until January 31, 2024
- 60€ until March 31, 2024
- 65€ from April 1 to 22, 2024

Fixed category fees:

- Youth: 8€
- Junior: 15€
- Under 23-S1: 25€

Group discounts are available for cumulative corporate registrations. Interested societies are asked to contact the organization at the e-mail box [giuseppe@mgsport.it](mailto:giuseppe@mgsport.it).

The registration fee includes: race numbers for the various fractions, swimming cap for the swimming fraction, stickers to be applied to personal bags, timekeeping chip rental, welcome pack with official gadgets and sponsor products, refreshments on the routes, final refreshment. finisher medal, services, parking, insurance, finisher diploma downloadable from the website, technical and medical assistance.

No changes will be allowed beyond April 15, 2024.

Should an athlete register in the last week before the event, the organization does not guarantee the race packet.

## **RACE PROGRAM:**

### **Start**

- The start of the Sprint and Olympic distance race is scheduled for 10:00 a.m. (women)- 10:03 a.m. (men) 10:05 a.m. (women's sprint) 10:08 a.m. (men's sprint) Times may be subject to change due to organizational issues.

### **Routes and time limits**

- Swimming: the swimming fraction will take place in Chia beach, only 1500m from Chia Laguna Resort.
- Bike: the bike course will take athletes through a unique track that winds along the coast. Skirting the beautiful landscapes offered by bays such as Tuerredda, the course will then head inland towards Teulada until the turnaround, then back again. The circuit will be completely closed to traffic for the duration of the competition. **FOR ALL RACE RUNS IN THE PROGRAM (SPRINT, OLYMPIC AND 70.3) SCYCLING IS FORBIDDEN WHILE CRONOMETER BICYCLES ARE ALLOWED.**
- Run: The running fraction is a completely flat course that runs along the streets around the Chia Laguna Resort.

### **Gates**

- Closing of the swimming gates after 70' Olympic and after 40' sprint
- Closing of the gates to the changing area after the cycling fraction after 3h00' Olympic and after 1h10 sprint
- Closing of the gates at the finish line after 4h00' Olympic and 2h20 sprint

Participants must observe throughout the duration of the race the instructions of both the race judges and the police and abide by the Italian Highway Code. The right hand rule applies. Although the routes are closed to traffic, it should be kept in mind that vehicles, emergency vehicles and other event-related vehicles may be passing through, so traffic rules should be followed constantly throughout the route.

### **Refreshments**

- Run fraction: after 1.6km from T2 and every 2.5km with water, salts, fresh fruit, supplements in bars and gels
- Finish: water, salts, fresh fruit.

### **Race waste management**

- In the three fractions there will be designated areas for the recovery of empties (glasses, water bottles, various packaging), maximum cooperation is requested in the use of these areas that will be properly marked and always placed after the refreshment areas

### **Behavior in the race**

- In order to ensure the SAFE conduct of the competition, in the sections of the cycling and running route to be covered in both directions, it is strictly forbidden to cross the centerline, under penalty of immediate disqualification.

### **Bib number pickup and welcome pack**

Pick-up of race numbers for the various fractions, chips and welcome packs can be made at the Chia TRI Expo located in the Chia Laguna Resort Conference Center at the following times:

- Friday, April 26: from 3 p.m. to 6 p.m.
- Saturday, April 27: 7 a.m. to 8:30 a.m.

Race numbers and chips are personal and cannot be given away and/or exchanged. They must be worn as prescribed in the technical rules so that they are entirely and always visible; they cannot be folded and must remain intact.

Bibs and welcome packs can be picked up by written proxy by sending confirmatory email and ID of the proxy.

#### Briefing

Participation in the Briefing is mandatory for all participants. The Briefing will be held in the "Piazza degli Ulivi" with the following arrangements:

- Friday, April 26: Briefing at 5:00 p.m.

(a summary of the briefing will be made on the morning of the race just before the start on the beach)

Bike check-in - from 08:00 to 09:00 a.m.

Bike check-out - from 14:45 to 18:30 (After that time, bike storage will not be guaranteed)

#### Pasta Party

The Pasta Party will be held on Saturday, April 27 post-race. A lunch voucher can be purchased for any accompanying persons.

#### Medical and anti-doping assistance

The organizing committee will provide adequate medical assistance on the course and at the finish point.

The event's medical team will have the final say on a competitor's fitness to continue or not to continue the competition.

The use of so-called doping substances, i.e., those capable of improving performance, and/or alleviating fatigue or for any other purpose, is prohibited. Unannounced and unannounced doping tests will be conducted.

#### TIMING

Timing and processing of the rankings will be done with a system based on an active transponder (CHIP) that will be handed out when the welcome pack is collected. The device must be worn for the duration of the event on the ankle or otherwise close to the ground. Partial times of each split and transition intervals in the transition zone will be recorded for each athlete.

The Chip must be returned at the finish of the race to the athletes in charge in the finish area at the same time as the finisher medal is awarded. Non-starting or withdrawn athletes must also hand back in the same logistics area near the finish line. Failure to return the Chip will result in a charge of € 40.00.

#### AWARDS:

- Prize ceremony will be held at 5:30 pm on the stage located in the Piazza degli Ulivi at Chia Laguna Resort.

In-kind prizes will be awarded to the first men and first women overall according to the number and percentages established by the Fitri Competition Circular 2024.

Prizes will be based on position in the overall standings and will not be awarded until all doping test results have been confirmed.

In addition, prizes will be awarded to the top 3 male and female finishers in each Age Group category. The categories are divided as follows: YB(16-17), JU(18-19), S1(20-24), S2( 25-29), S3(30-34), S4(35-39), M1(40-44), M2(45-49), M3(50-54), M4(55-59), M5(60-64), M6(65-69), M7(70+) .

#### GENERAL INFORMATION:

Image right:

In accordance with Legislative Decree No. 196 of 30/06/2003 ("Testo Unico della Privacy") we inform you that the personal data collected will be used only to prepare the list of participants, the ranking and the historical archive, to provide the services of the event, to send information or advertising material of the "CHIA TRI" or its partners.

By registering for the "CHIA TRI", the athlete expressly authorizes the organizers , together with the media partners, to use the still or moving images, in which he/she may have been filmed during his/her participation in the race on all media, including promotional and/or advertising materials, all over the world and for as long as the maximum time provided for by the laws, regulations, treaties in force, including any extension that may be made

to the period provided.

Failure to perform

Reference is made to Article 55.04 of the 2019 Technical Regulations and the F.I.Tri Circular Races 2024 available at [www.fitri.it](http://www.fitri.it)

The organization reserves the right to be able to change the program, rules and regulations as well as the event venues at any time. Athletes will be informed of the changes before the event or otherwise in case the said change is made in the interest of competitor's safety.

Chia, November 2023