

Follow Your Passion



CHIASWIM

CHIATRI

CHIA21

25-27-28 Aprile 2024

RACEBOOK

Welcome

Dear Athletes,

Welcome to **Chia Sport Week** 2024!

From 25 to 28 April, three days of intense competition await you in the magnificent setting of Chia and South Sardinia.

The packed programme already kicks off on Thursday 25 with the **ChiaSwim** and the impressive start from the Dune di Campagna beach.

Saturday 27 is the day dedicated to triathlon enthusiasts with the **ChiaTri** that will take participants to discover some of the most beautiful landscapes of southern Sardinia.

Sunday 28 closes with the river of runners of the **Chia21** along a route to discover natural oases and entire areas of Mediterranean scrub.

We would like to thank the **Chia Laguna Resort** of the Italian Hospitality Collection, which again this year will be the centre of all pre- and post-race activities of the **Chia Sport Week**.

We would like to thank the **region of Sardinia** for its hospitality and sponsorship of the event.

Our aim is to offer you all a unique and unforgettable sports experience.

Thank you for choosing Chia Sport Week, have a good race everyone and see you at the finish!

The team

FollowYourPassion

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ChiaSWIM programme

Thursday 25 April

- **7.00-8.30** Opening time for bibs and race package collection inside the **Chia Laguna Resort** conference area.
- **9.00** Technical briefing at Su Giudeu beach.
- **9.30** **ChiaSWIM** single start at Su Giudeu beach.
- **12.30** Awards ceremony at Piazza degli Ulivi of Chia Laguna Resort.

SIDE ACTIVITIES

- **8.00** Good morning Chia – Muscle toning at the beach (morning stretch)
- **18.00** Mobility and stretch

Route map



ChiaSWIM Info

RACE PACK

Souvenir gadget of the event, coloured swimming cap according to distance (only one that can be used during the event and specially numbered), medal of recognition at the finish.

EQUIPMENT

Competitors may use masks, goggles, nose plugs but not snorkels, respirators and fins.

SWIMMING CAPS

Distance 1.9 km: colour **BLUE**

Distance 3.8 km: colour **GREEN**

Distance 5 km: colour **RED**

TIMEKEEPING

The timing and processing of the rankings will be carried out with a system based on an active transponder (CHIP) that will be delivered upon collection of the welcome pack. The device must be worn for the duration of the event on the ankle. The CHIP must be handed back at the finish of the race to the designated athletes in the finish area. Athletes who have not started or have withdrawn must also hand in their chip in the same logistics area near the finish line.

Failure to return the chip will result in a € 40.00 penalty fee.

AWARDS

There will be prizes in kind for the first three finishers of the distances 1.9km, 3.8km, 5km.



ChiaTRI programme

Friday 26 April

- **15.00-18.00** Opening time for bibs and race package collection inside the Chia Laguna Resort conference area.
- **17.00** **ChiaTRI** technical briefing at Piazza degli Ulivi, Chia Laguna Resort.

SIDE ACTIVITIES

- **8.30** Breath and relax: relaxation and breathing in front of the sea
- **10.00** Cycling tour
- **18.00** Walk to the tower with sunset stretching

Saturday 27 April

- **7.00-8.30** Opening time for bibs and race package collection inside the Chia Laguna Resort conference area.
- **8.00-9.00** Opening of the transition zone
- **9.15** Start *ChiaTRI* **middle distance female**
- **9.18** Start *ChiaTRI* **middle distance male**
- **10.00** Start *ChiaTRI* **olympic distance female**
- **10.03** Start *ChiaTRI* **olympic distance male**
- **10.05** Start *ChiaTRI* **sprint distance female**
- **10.08** Start *ChiaTRI* **sprint distance male**
- **14.30** Award ceremony *ChiaTRI* **sprint and olympic distances** at Piazza degli Ulivi
- **14.45-18.45** Opening of the transition zone for bike collection, to be followed by a pasta party at Piazza degli Ulivi
- **17.30** Award ceremony *ChiaTRI* **middle distance** at Piazza degli Ulivi

Route map

ChiaTRI - swimming fraction middle distance

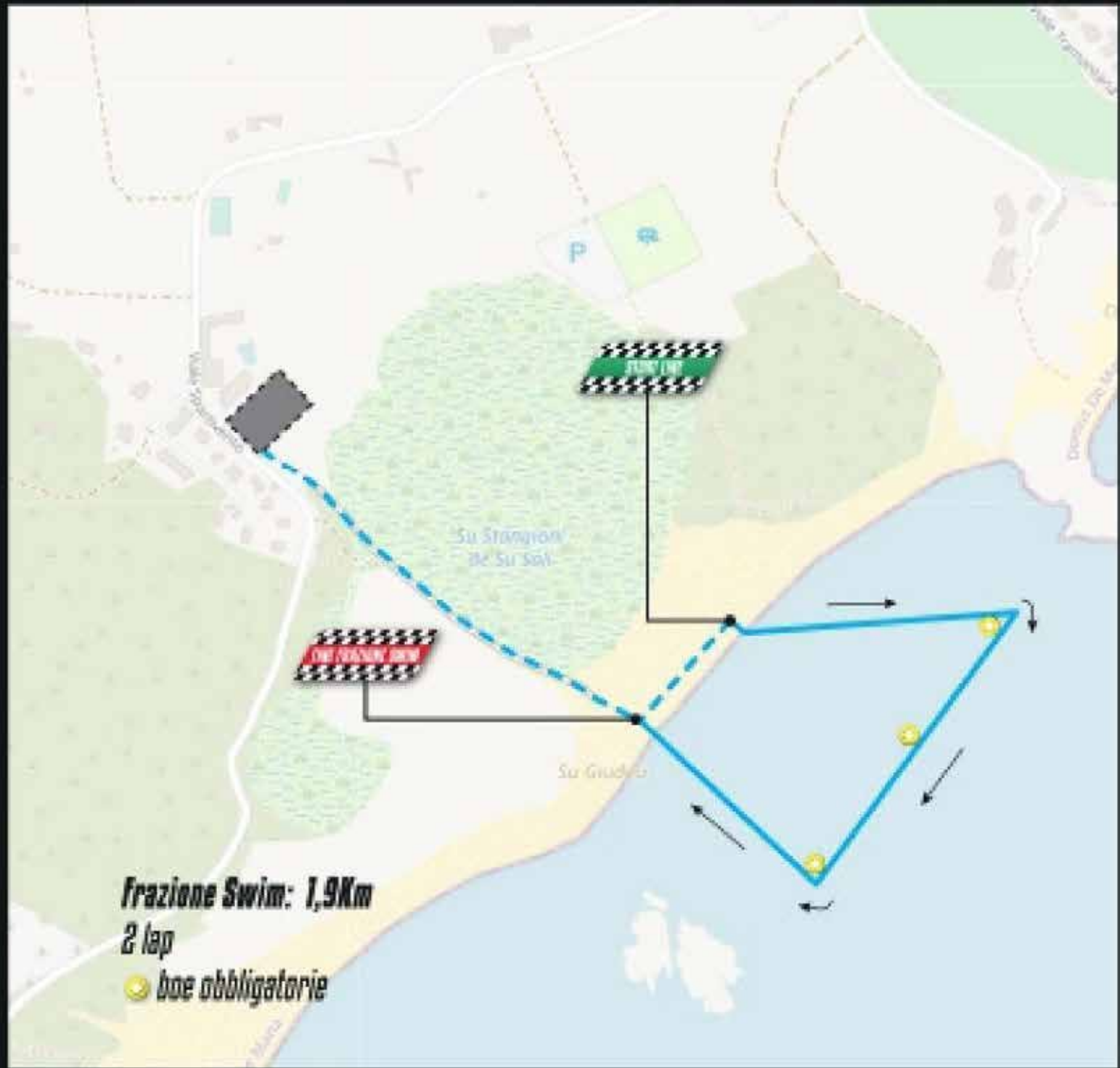


1,9
KM

CHIA TRI
FOLLOW YOUR PASSION



Follow Your Passion



Route map

ChiaTRI - bike fraction middle distance



88
KM



Follow Your Passion



Route map

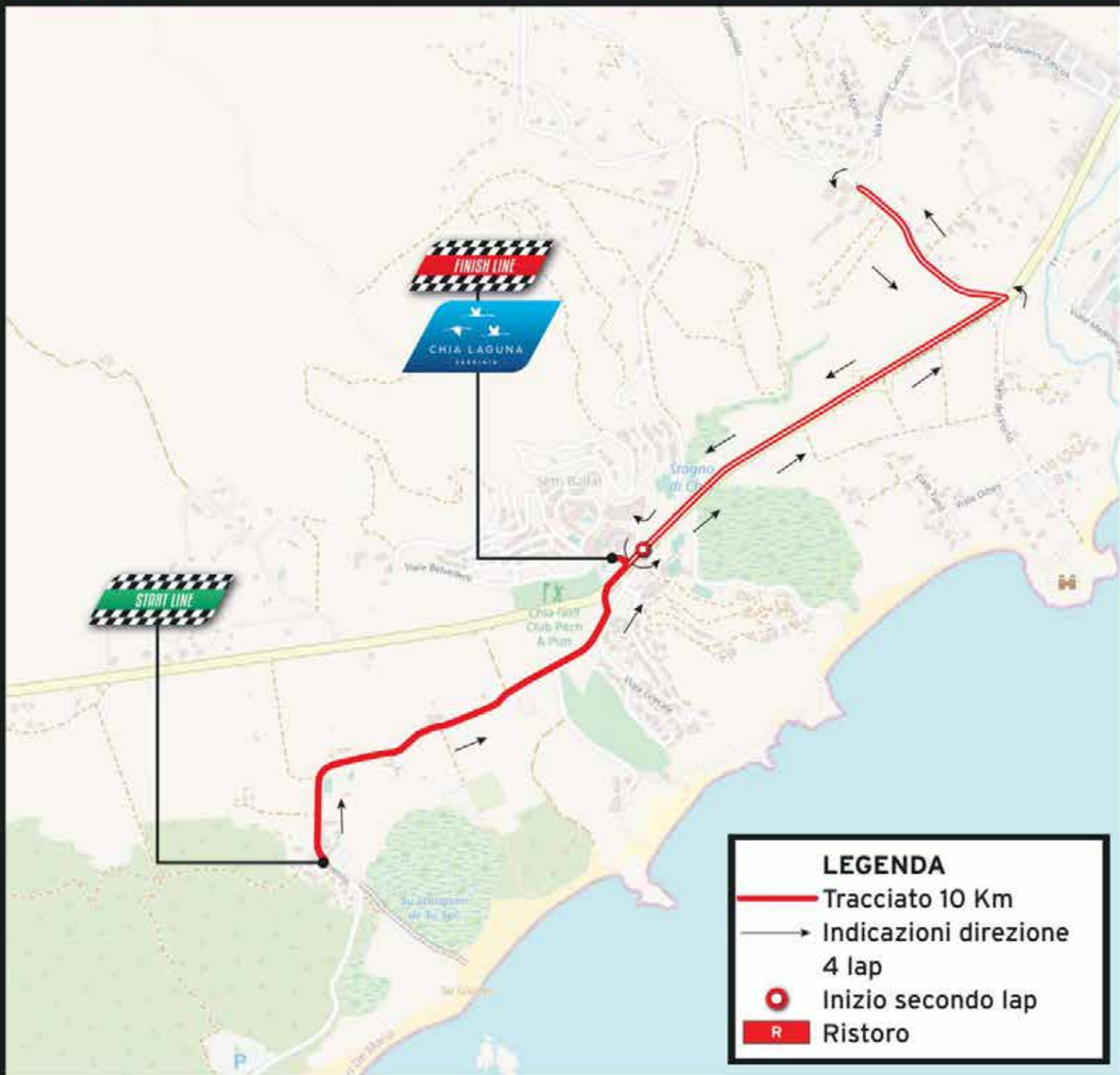
ChiaTRI - running fraction middle distance



21
KM



Follow Your Passion



Route map

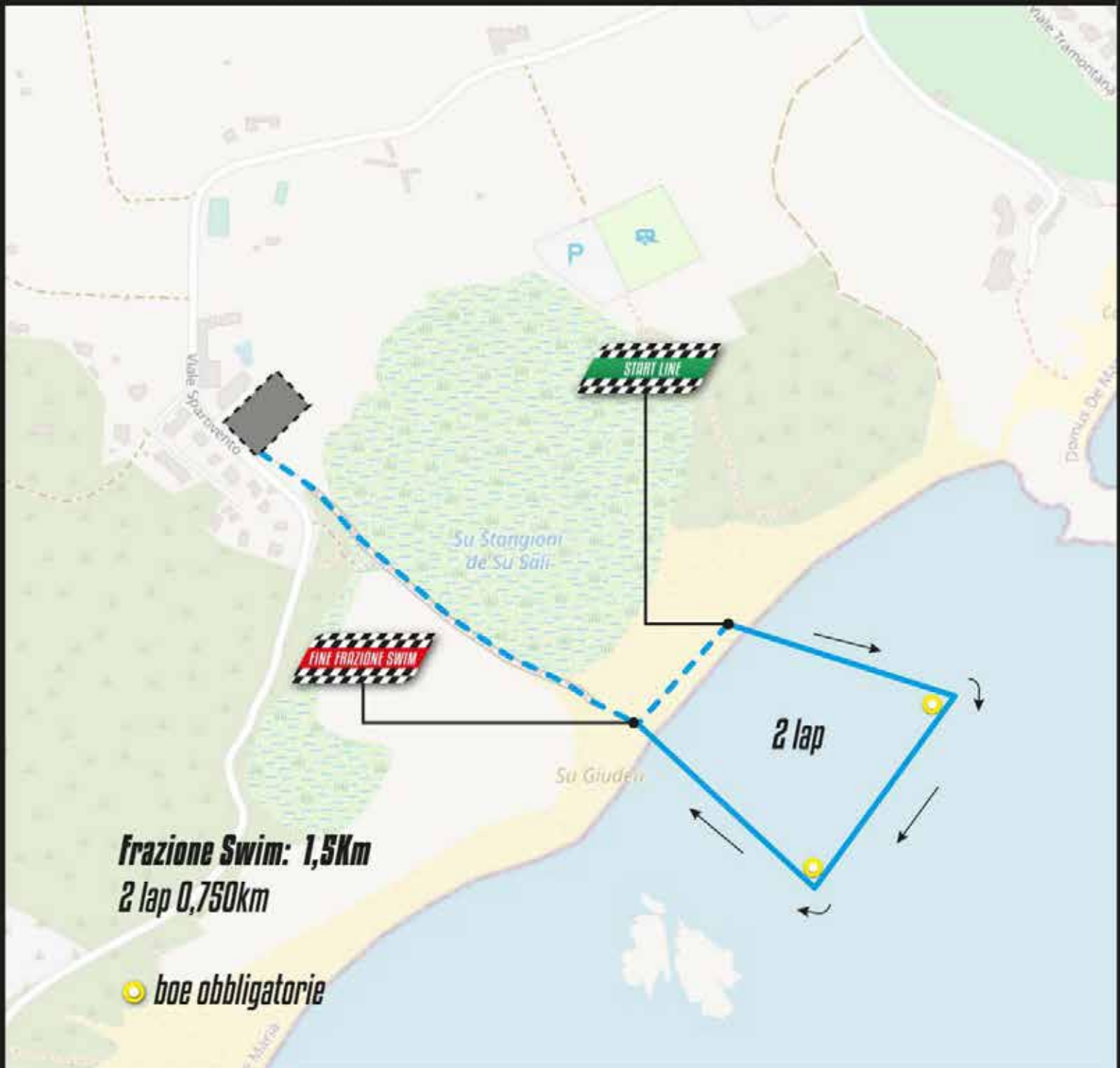
ChiaTRI - swimming fraction olympic distance



1,5
KM



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Frazione Swim: 1,5Km
2 lap 0,750km

● boe obbligatorie

Route map

ChiaTRI - bike fraction olympic distance



42
KM

CHIA TRI
FOLLOW YOUR PASSION



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Route map

ChiaTRI - running fraction olympic distance



10
KM

CHIA TRI
FOLLOW YOUR PASSION

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LEGENDA

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

Route map

ChiaTRI - swimming fraction sprint distance

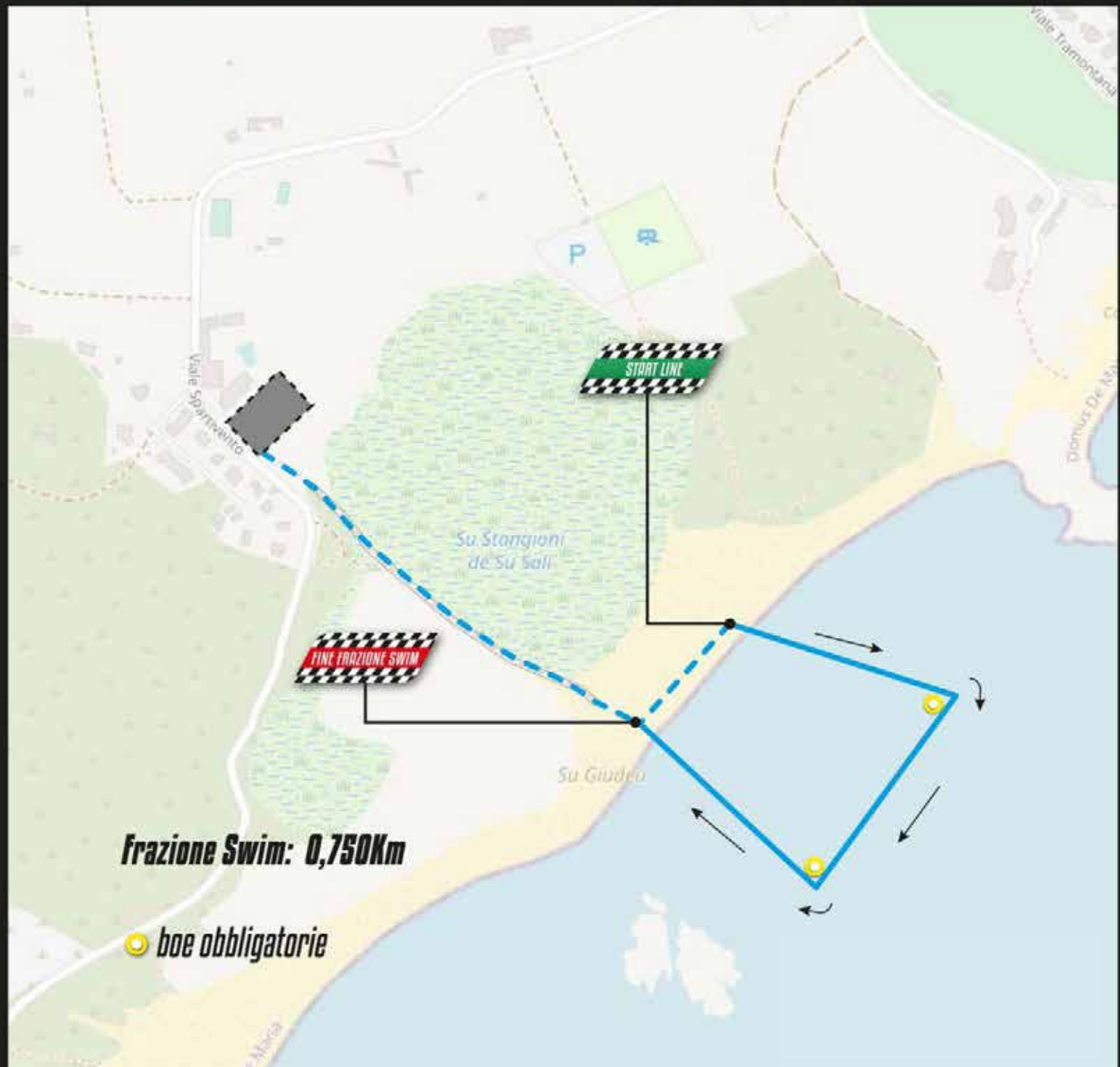


**0,750
KM**

CHIA TRI
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Frazione Swim: 0,750Km

boe obbligatorie

Route map

ChiaTRI - bike fraction sprint distance

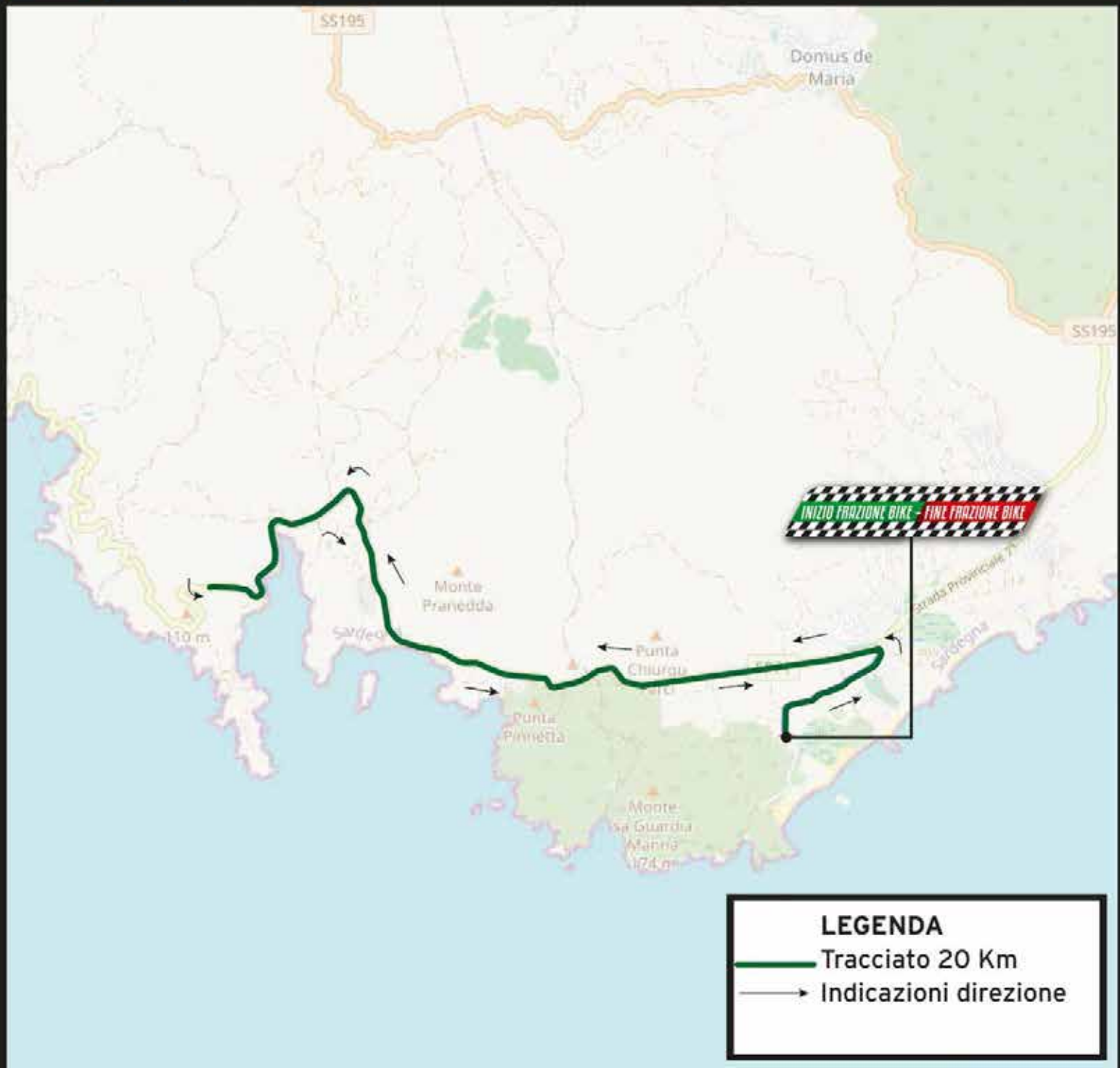


20
KM

CHIA TRI
FOLLOWYOURPASSION



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Route map

ChiaTRI - running fraction sprint distance

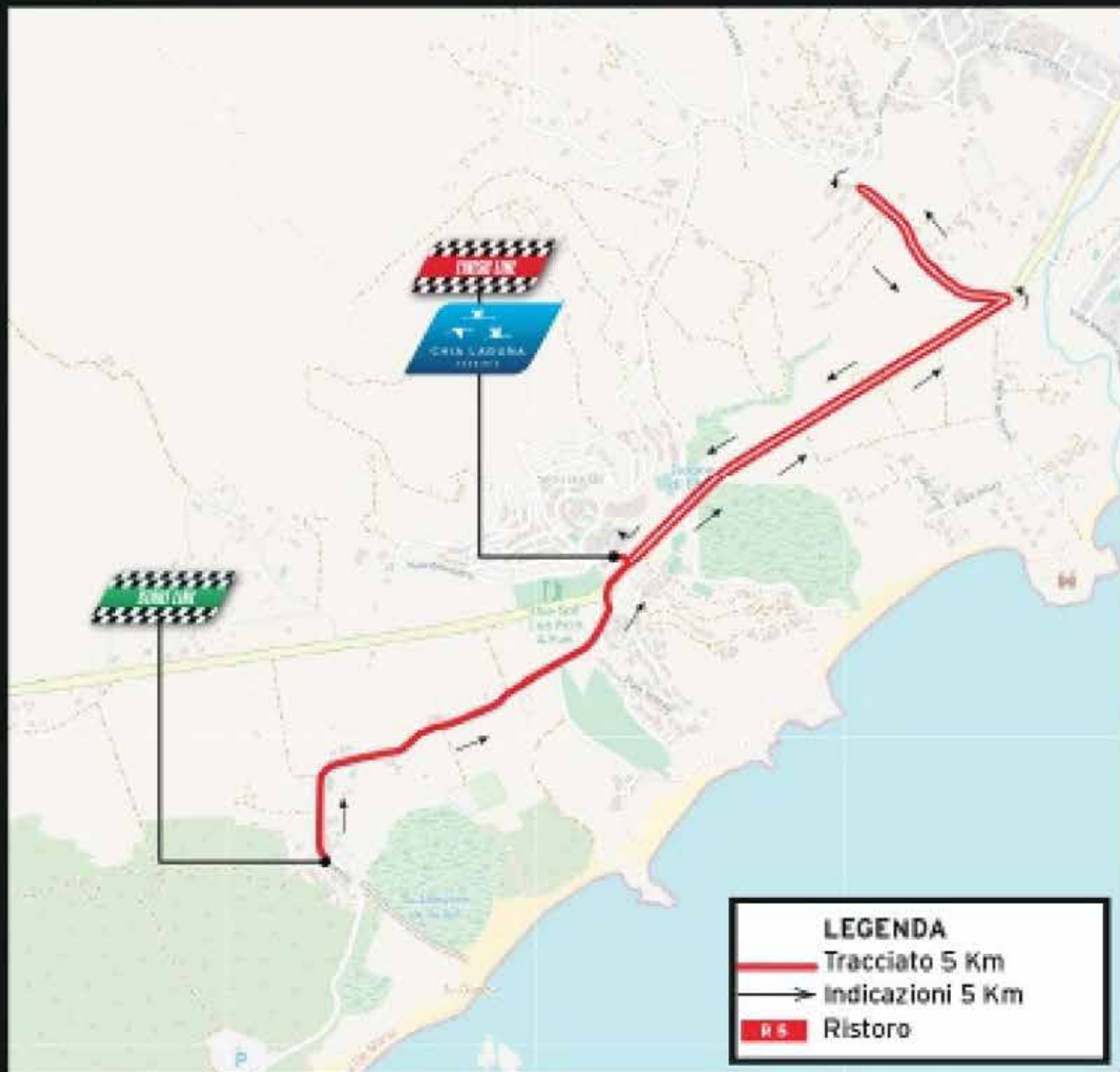


5
KM

CHIA TRI
FOLLOW YOUR PASSION



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ChiaTRI Info

Race pack and bib collection

Race numbers for the various fractions, chips and welcome packs can be collected at the **secretariat** located in the **Chia Laguna Resort Congress Area**.

- **Friday** 26 April from **15.00** to **18.00**
- **Saturday** 27 April from **7.00** to **8.30**

Race numbers and chips are personal and may not be transferred and/or exchanged. They must be worn according to the technical regulations in such a way that they are fully and always visible; they cannot be folded and must remain intact. Bibs and race packs can be collected by written proxy by sending a confirmation email and an identity document of the delegating person.

Bikes

All three distances are NO DRAFT races, so time trial bikes with appendages and lenticular wheels **are permitted**.

Race behaviour

In order to ensure the SAFE running of the competition, in the cycling and running sections to be covered in both directions, it is strictly forbidden to cross the centre line, under penalty of immediate disqualification. Race numbers and chips are personal and may not be transferred and/or exchanged. They must be worn as stipulated in the technical regulations in such a way that they are always fully visible; they cannot be folded and must remain intact.

Medical assistance and anti-doping

The organising committee will provide an adequate medical service on the course and at the finishing point. The event's medical team will have the final say as to whether or not a competitor is fit 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. Surprise and unannounced doping tests will be carried out.

Race waste management

In the three fractions, special areas will be set up for the recovery of empties (glasses, flasks, various packaging); maximum cooperation is requested in the use of these areas, which will be appropriately signposted and always positioned after the refreshment areas.

Starts, refreshments and gates

STARTS

MIDDLE: 9.15 women heat: **BLUE** bib, **YELLOW** swimming cap

9.18 men heat: **BLUE** bib, **RED** swimming cap

OLYMPIC: 10:00 women heat: **RED** bib, **PINK** swimming cap

10.03 men heat: **RED** bib, **GREEN** swimming cap

SPRINT: 10.05 women heat: **YELLOW** bib, **ORANGE** swimming cap

10.08 men heat: **YELLOW** bib, **BLUE** swimming cap

REFRESHMENTS

The following refreshments will be available during the race:

Swimming fraction: water at the entrance to T1.

Bike fraction: for the Middle distance, every 30km with flasks of salts, water and gel supplements. For the Olympic refreshments at the halfway point.

Running fraction: after 1,6 km from T2 and every 2,5km with water, salts, fresh fruit, supplements in bar and gel.

Finish: water, salts, fresh fruit. Pasta party to follow.

GATES

MIDDLE: Closing of swimming gate + T1: **1h e 30'**; bike gate + T2: **5h e 30'**.

Time limit: **8 h.**

OLYMPIC: Closing of swimming gate + T1: **70'**; bike gate + T2: **3h.**

Time limit: **4h.**

SPRINT: Closing of swimming gate + T1: **40'**; bike gate + T2: **1h e 10'**.

Time limit: **2h e 20'.**

Timekeeping & Chip

The timing and processing of the rankings will be carried out using a system based on an active transponder (CHIP) which will be handed out when collecting the welcome pack. The device must be worn for the duration of the event on the ankle or in a position that is otherwise close to the ground. The partial times of each split and the transition intervals in the change zone will be recorded for each athlete. **The chip must be handed back to the staff at the entrance to the change zone when collecting the bike.** Athletes who have not started or have withdrawn must also return the chip in the same way. **Failure to return the Chip will result in a charge of € 40.00.**

Supplements plan

Discover the supplementation plan proposed by our partner **EthicSport**: the best way to tackle your race and manage your strength for the best performance.

TRIATHLON MEDIO STRATEGIA DI GARA



TRIATHLON OLIMPICO STRATEGIA DI GARA



Awards

The prize money is guaranteed according to the FITri diagram (See FITri Competition Circular 2024) and will be divided equally between men and women and refers only to the men's and women's individual events. **Prizes will be awarded to the first absolute men and the first absolute women according to the number and percentages laid down in the Fitri Competition Circular 2024.**

- Middle Triathlon 2000€ UP TO 200 ENROLLED as per FITri diagram
- Olympic triathlon 1500€ UP TO 200 ENROLLED as per FITri diagram
- Sprint triathlon 500€ UP TO 200 ENTRRIRIVED as per FITri diagram

Prizes will be based on overall ranking and will not be awarded until all doping test results have been confirmed. Cash prizes are subject to Italian tax law. Any bank charges are the responsibility of each competitor. The final amount of the prize money will be specified at the closing of entries, the organisation reserves the right to make any positive changes. In addition, **prizes will be awarded to the top 3 men and women in each Age Group category.** The categories are divided as follows: 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+).

Changing rooms, showers, bag storage

TOILETS: chemical toilets in the square next to the finish area; near the secretariat; close to the transition area.

BAG STORAGE: deposit at the transition area, collection adjacent to the secretariat.

CHANGING ROOMS AND SHOWERS: NOT present

Equipment rental

SWIMMING: Hepro

hepro.taranto@gmail.com

tel. [099 964 7351](tel:0999647351)

BIKE: Pistidda Bici Center

info@bikeshopmore.com

tel. [070 843092](tel:070843092)

Medal

And for you who complete **ChiaTRI**, the exclusive finish line finish line the exclusive medal for finishers, made made of 95% recycled wood and produced with sustainable processes.



Chia21 programme

Saturday 27 April

- **15.00-18.00** Opening time for bibs and race package collection inside the Chia Laguna Resort conference area.

SIDE ACTIVITIES

- **18.00** Stretching & relax

Sunday 28 April

- **7.00-9.00** Opening time for bibs and race package collection inside the Chia Laguna Resort conference area.
- **9.30** Start of **Chia21**, first competitive races followed by NON-competitive
- **12.30** Awards ceremony at the Piazza degli Ulivi of the Chia Laguna Resort

SIDE ACTIVITIES

- **9.00** Pre-race warm-up

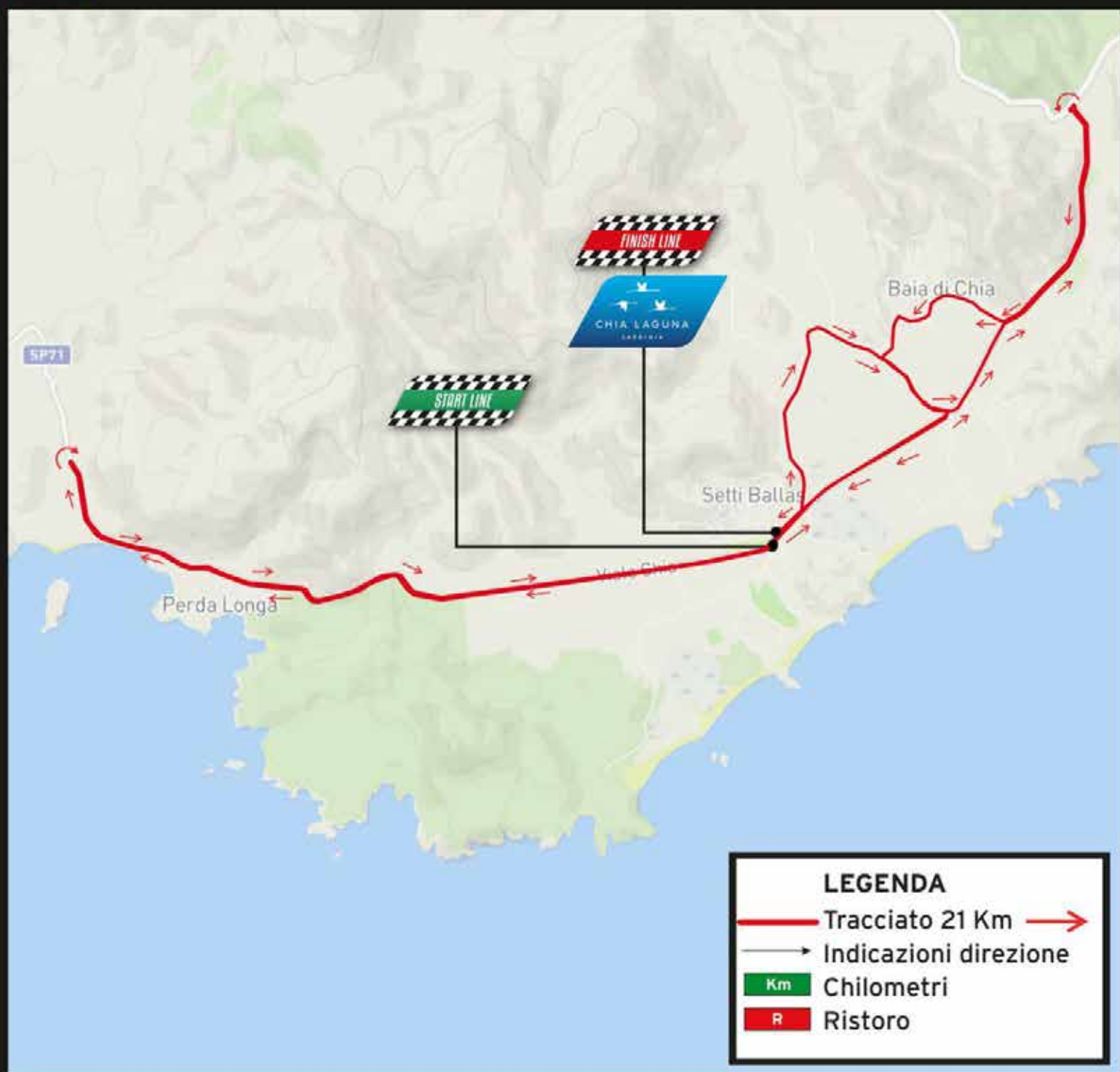
Route map

Map Chia21 - 21 km

21
KM

CHIA21

Follow Your Passion



LEGENDA

- Tracciato 21 Km →
- Indicazioni direzione
- Km Chilometri
- R Ristoro

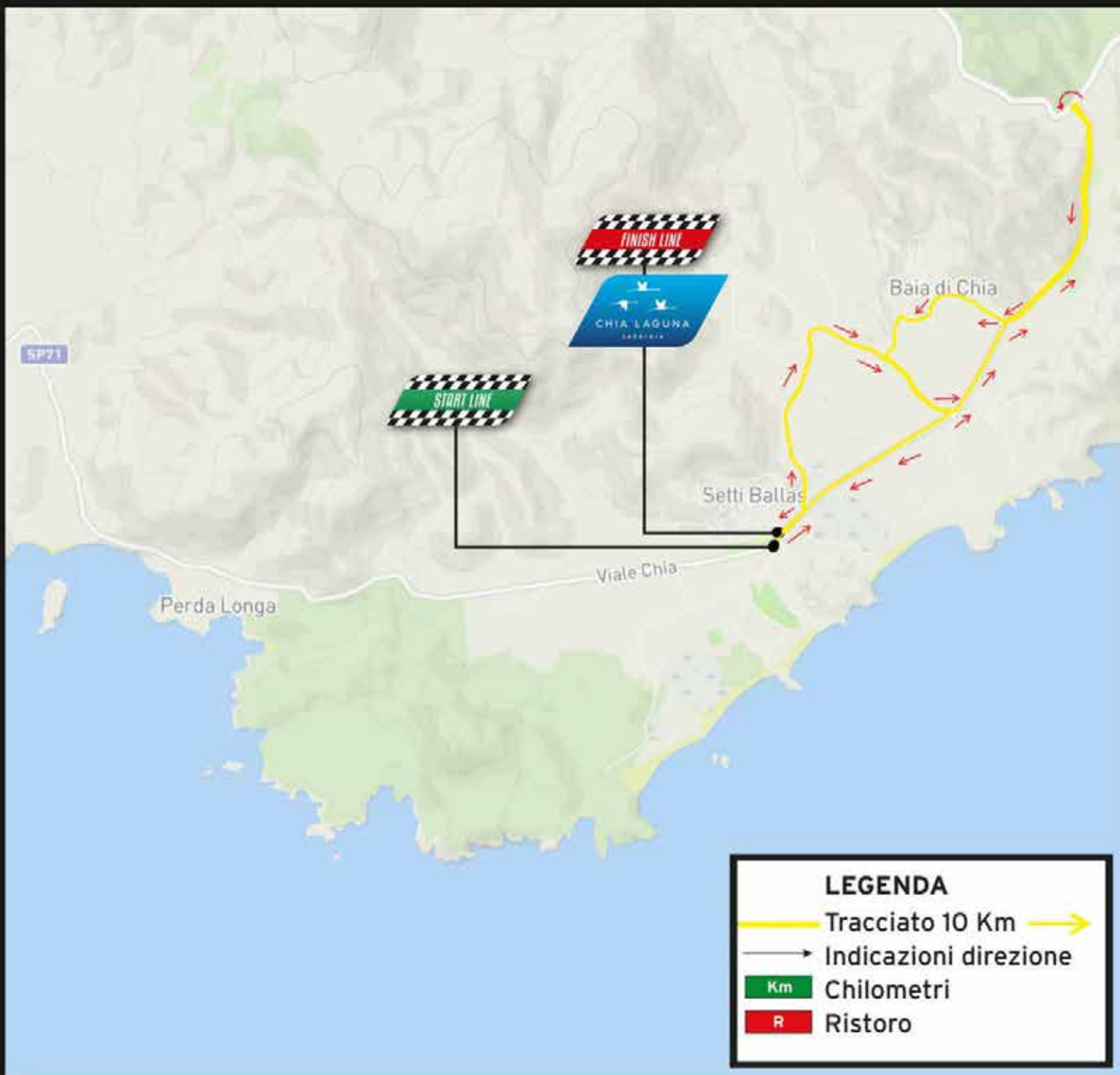
Route map

Map Chia21 - 10 km

10
KM

CHIA21

Follow Your Passion 



LEGENDA

-  Tracciato 10 Km
-  Indicazioni direzione
-  Chilometri
-  Ristoro

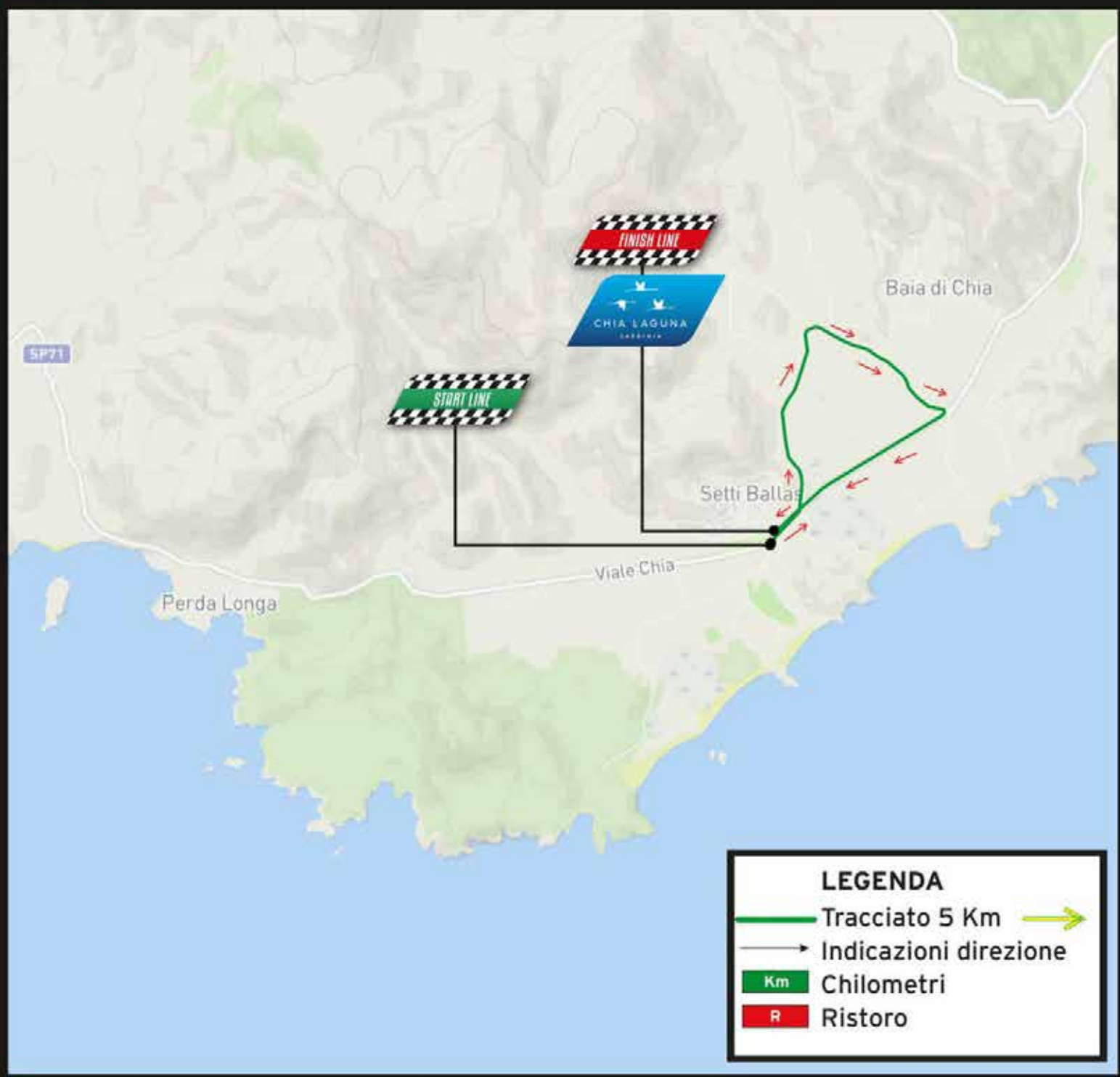
Route map

Map Chia21 - 5 km

5
KM

CHIA21

Follow Your Passion



LEGENDA

-  Tracciato 5 Km
-  Indicazioni direzione
-  Chilometri
-  Ristoro

Race pack and bib collection

Race bibs can be collected on the following days and times:

- Saturday 27 April from 15.00 to 18.00
- Sunday 28 April from 7.00 to 9.00

at the organisational secretariat located at the Chia Laguna Resort conference area. At the same time as the bib number is handed over, the race package will also be handed over.

The bibs may also be collected by third parties, with a written proxy and photocopy of a valid identity document of the athlete. In the case of company registrations, which are received by the secretariat on a cumulative form, they must be collected all together by the representative of the sports club if this option has been indicated on the form; individual bibs may not be claimed individually by registered athletes.

On-site registration will only be possible for the NON-competitive race.

General info

BIBS AND GRIDS

The starting sector (assigned on the basis of the best personal time declared at the time of registration) will be indicated by the appropriate identification colour on the bib. They will be provided by the organisers:

1st grid, competitive races

2nd grid, non-competitive races

RED BIB: 21 km; **YELLOW BIB:** 10 km competitiva;

GREEN BIB: NON-competitive races

TIMEKEEPING

The measurement of times and processing of rankings will be carried out using a transponder chip system. If transponders are used on loan, failure to return the chip will result in a charge of € 20.00 (twenty).

TIME LIMIT

21 km: **2 h e 45'**; 10 km: **90'**

TOILETS: chemical toilets near the start and finish area, close to the secretariat;

SHOWERS AND CHANGING ROOMS: NOT present

BAG STORAGE: adjacent to the secretariat

Supplements plan and refreshments

REFRESHMENTS

The following refreshments are provided: km 5 - water only
 km 10 - water and salts
 km 15 - water and salts
 km 20 - water and salts

Water at the finish and refreshments at the end.

Discover the supplementation plan proposed by our partner **EthicSport**: the best way to tackle your race and manage your strength for the best performance.

MEZZA MARATONA STRATEGIA DI GARA



Il piano di integrazione suggerito è da considerarsi un'indicazione e può essere adattato alle esigenze personali. Per una pianificazione ottimale dell'integrazione sarebbe opportuno tenere in considerazione le reali esigenze, il grado di allenamento, i tempi abituali e la velocità di corsa. Assumere liquidi con regolarità in prossimità dei ristori.

EthicSport
 www.ethicsport.it

Awards and rankings

Prizes will be **awarded** by the organising committee for the 21 km and the 10 km, with a prize-giving ceremony on the stage and prizes in kind, to the **first five absolute male and five absolute female athletes**.

The prize-giving ceremony will take place after the official classification.

These prizes are not cumulative with the category prizes.

Prizes in kind will also be awarded for both the 21 km and the 10 km for the first three finishers in the following categories:

Women: JUNIOR (18-19), Promesse (20-22), Senior (23-35), SF35, SF40, SF45, SF50, SF55, SF60 ed SF65 ed oltre.

Uomini: JUNIOR (18-19), Promesse (20-22), Senior (23-35), SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70, SM75 ed oltre.

Prizes not collected during the award ceremony will not be sent out later. Persons in possession of the RUNCARD will be regularly included in the race classification, but will not be eligible for refunds, bonuses or access to prize money.

FollowYourPassion Trophy– Club Prize Money

CLUB PRIZE MONEY BY TIME (tempi relativi alla 21km)

Rankings are calculated by adding up the 5 times obtained by the first 4 male athletes plus the first female athlete from the same club.

1st Place M/W 400,00 €

2nd Place M/W 225,00 €

3rd Place M/W 150,00 €

4th Place M/W 125,00 €

5th Place M/W 100,00 €

CLUB PRIZE MONEY BY VOLUME (sum of participants on the 21 and competitive 10 km) The first five ranked clubs will receive prizes. The rankings will be based on the number of registered participants from the same club.

1st Place M/W 400,00 €

2nd Place M/W 225,00 €

3rd Place M/W 150,00 €

4th Place M/W 125,00 €

5th Place M/W 100,00 €

Sardinian Half Marathon Championships

This year, the **Chia21** half-marathon distance will decree the regional champions for 2024. Discover the dedicated T-shirt.



Medal



And for you who complete the **Chia21**, the exclusive finisher's medal, made of 95% recycled wood and produced using sustainable processes, awaits you at the finish line.

General Info

Merchandising

Discover the new **Chia Sport Week** jersey! Included in the race pack for **ChiaSWIM**, **ChiaTRI** and **Chia21** participants, there will also be the possibility for everyone to purchase it, subject to availability, on Sunday, after the athletes' start.



General Info

Accommodation - Chia Laguna Resort

The **Chia Laguna Resort** is the center of all pre-, during, and post-race activities of the **Chia Sport Week**. Starting and arrival point, the resort of the **Italian Hospitality Collection** is your dream location to experience your **Chia Sport Week**.

Three unique hotels to surround you with the best services in the utmost tranquillity and excellence. A privileged location to let yourself be enveloped by the breathtaking beauty and wild spirit of southern Sardinia.

Chia Sport Week participants enjoy a special rate for overnight stays at the Hotel Village, with the possibility of choosing the solution that best suits your needs.

Contact the Chia Laguna Travel Team at travel@chialagunaresort.com or call **070-92393431**. Remember that **to access the offers you must be registered to one of the Chia Sport Week races**.



Chia Laguna Resort

Chia, the House of Sport

COME TO CHIA, THE HOUSE OF SPORT!

One of South Sardinia's dream destinations.

Often compared to Caribbean paradises, Chia has an authentic and proud beauty, with its beaches of fine white sand, crystal clear sea and wind-drawn dunes.

A coastal hamlet of the municipality of Domus De Maria, near Cagliari, Chia was awarded 5 sails and Italy's most beautiful beach in 2017 according to the Guida Blu by Legambiente and Touring Club Italiano.

Photos

How to get your photos with GetPica

GetPica and Phototoday will be by your side at all FollowYourPassion events to capture your race memories!

Photos will be available during and immediately after the race. Once you log in to the app (or getpica.com) and enter the code on your bib, you will be able to view and then purchase them.

The purchased photos will initially be in a lower resolution so that they can be shared immediately online with friends and relatives (in any case in a good, clearly visible resolution), and on the following day they will be available in high resolution (at no extra cost).

During the event PhotoToday will photograph all athletes along the route several times and at the finish line.

What athlete can do to get access to the photos?

1. **At the startline, place your bib number well and frontally.** Make sure that your bib number and graphic code are visible throughout your race.
2. **Keep your bib number or take a photo to remember your GetPica code** written on the side of your race number. You will need it to access your album.
3. **Go to getpica.com or download the app,** and create your account. All your competition photos will be kept in one place.
4. **Post-race, log into your account, enter the 9-digit code** printed next to your race number and access your gallery! We will also send you a reminder e-mail a few hours after the end of the event.

That's not all! Keep sharing the excitement. Tag us on [Instagram](#) and [Facebook](#) and make your every step unforgettable.

Sign up for the **FollowYourPassion** newsletter so you don't miss out on news and updates on your favorite events.

FollowYourPassion



Join the new **FollowYourPassion** club on **Strava!** Take part in the community and share your activities, training, and races

Club: **FollowYourPassion**

<https://www.strava.com/clubs/1175862>

Race Calendar 2024

Stay up to date with the exciting **2024 FollowYourPassion race calendar**.

The triathlon series by **FollowYourPassion** will continue with **LovereTRI** and **PeschieraTRI**. The rich **Alè** prize money will be up for grabs for the teams.

The running season by **FollowYourPassion** will continue with **Monza21** and **Milano21**.

Take part in the **FollowYourPassion cycling season**, with the **Montblanc GF**, **Alta Valtellina Bike Marathon**, and other news ready to challenge you!

Also, follow us on social media and visit our website for all the other news in 2024, new fantastic events will be announced soon, **STAY TUNED!**

Olbia21

New in 2024!

The **Olbia21** is a new event organised by the **Associazione Sportiva Dilettantistica P.A.O. (Podistica Amatori Olbia)** in collaboration with **MG Sport-FollowYourPassion** and under the patronage of the **Municipality of Olbia, Assessorato allo Sport** and **Fidal**.

Together with the half marathon, a 10km and a 5km Family Run format will also take place.

The half marathon takes place on a scenic route starting from the seafront and passing by the beautiful Pittulongu Beach.

The competitive 10km, suitable for sprinters, is half the distance of the Olbia21. The 5 km non-competitive STRAOLBIA is a Family Run/walk suitable for all ages, it will have a city route with points of cultural as well as naturalistic interest.

FIND OUT MORE ON THE WEBSITE: olbia21.it

FollowYourPassion^Y



GANTEN IS THE TITLE SPONSOR OF THE FOLLOWYOURPASSION RACE CIRCUIT.



Ganten Water, a group specialising in the production of mineral water in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The 15-race circuit will feature the Ganten brand name.

Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Basketball Federation, Volleyball and the Australian Open Tennis Championships, has always focused on the production and distribution of quality water. In the heart of the ancient glacial basin of the Lombardy Pre-Alps, cradled by the unspoilt and protected beauty of the Alto Garda Natural Park, pure Ganten gushes forth.

The brand will be present at all FollowYourPassion events, expos and refreshment points in the race, to support and refresh all participants.





CORRI DA BIGMAT: DA NOI TROVI TUTTO PER COSTRUIRE E RISTRUTTURARE

BigMat La Viscontea è sempre al fianco dei professionisti del settore edile e dei privati per supportarli nei loro progetti.

Nei nostri punti vendita trovi **soluzioni tecniche** tradizionali e all'avanguardia, **i migliori materiali edili, ferramenta ed elettrotensili, finiture d'interni e rivestimenti.**

Grazie alla nostra esperienza e competenza tecnica, garantiamo sempre risposte professionali e servizi personalizzati per ogni tuo progetto.

Sponsor

CHIA Sport week

BigMat
HOME OF BUILDERS

LA VISCONTEA

- Via Treviglio, 42 - 24053 - BRIGNANO GERA D'ADDA (BG) - T. 0363 814379
- Via Milano, 86 - 20062 - CASSANO D'ADDA (MI) - T. 0363 323499

laviscontea@bigmat.it | laviscontea.bigmat.it



We are grateful for the cooperation in making these events special:



LA VISCONTEA S.P.A.



SARDEGNA



*Thanks to all the participants.
See you at the Start-Line*

CHIA Sport
week

FollowYourPassion^Y



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Follow Your Passion

www.followyourpassion.it