



# CIRCULAR 1496

## Released October 2021

### Newcastle Permanent Iron person

**Audience:** Club Presidents, Directors of Administration, Directors of Surf Sports and Competitors

**Date:** 22 October 2021

**Contact:** Julie-Ann – Support Officer  
Phone: 4353 0299  
Email: support@slscc.com.au

<b>Summary</b>	<b>2021/22 Newcastle Permanent Iron person Series information and entry process.</b>
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Surf Life Saving Central Coast will be conducting an U10 to 30+ Iron person series held over three (3) rounds. The series will be held during December and January at Umina, TBC and TBC Surf Clubs.

Medals will be presented for each round with competitors encouraged to compete in as many rounds as possible so they can earn maximum points. Competitors that compete in all three (3) rounds will be receiving 10 Series bonus points. Over \$10,000 in prizemoney and giveaways is on offer. Prize money will only be on offer to the U10 –U17

#### Dates, Locations and Formats:

Round 1	Sat 11 Dec 2021	Umina	Side by side
Round 2	Sat 8 Jan 2022	TBC	M Course
Round 3	Sat 22 Jan 2022	TBC	Enduro

#### Entry Cost for the Series:

\$55.00 (including GST) for U10 –U17 competitors

\$30.00 (including GST) for U19/Open and 30+ competitors

\$10.00 for any competitor who does not already have a compulsory SLSCC Freemasons sponsored fluoro Pink Safety Vest.

#### Entries:

All 2021/22 Newcastle Permanent Iron person Series entries are to be completed online using the Form <https://form.jotform.com/211680838098869>.

Please note there will be **NO LATE ENTRIES ON THE DAY** – All entries are via the Online Registration form only.

Competitors only need to register once for the series, however if not competing at all rounds, competitors must be registered by the Monday 9am prior to the first round they are attending.

All competitors must be proficient prior to the first round of the series.

Please ensure competitors read and understand the event rules as attached. 2021/22 Series is designed to challenge competitors with three separate course formats. Medals will be presented for each of the round winners

For any additional information please contact Julie-Ann on 4353 0299 or [support@slscc.com.au](mailto:support@slscc.com.au)

Kind Regards

Craig Pollington

**2021/22**  
**NEWCASTLE PERMANENT**  
**IRONPERSON**  
**Series**

ROUND	DATE & TIME	LOCATION	FORMAT
1	Saturday 11 December 2021 8am Start	Umina	Side by Side Ironperson Race
2	Saturday 8 January 2022 8am Start	TBC	M Shape Course Ironperson Race
3	Saturday 22 January 2022 8am Start	TBC	Enduro Course U10 course will be the same length as U11-U13

### Round 1: Side by Side Course Race

U10	Duration: 15-20min (1 Lap)
U11 – U13	Duration: 20-25min (2 laps)
U14, U15 & U17	Duration: 25-30min (2 laps)
U19 / Open & 30+	Duration: 20-25min (2 laps)

### Round 2: M Shape Course (1 M Shape Lap)

U10	Duration: 15-20min
U11 – U13	Duration: 20-25min
U14, U15 & U17	Duration: 25-30min
U19 / Open & 30+	Duration: 20-25min

### Round 3: Enduro Iron person Race

U10 – U13	Duration: 15- 25min (Same extended Course)
U14, U15 & U17	Duration: 20-25min
U19 / Open & 30+	Duration: 20-25min

**Note:** All distances listed are the overall distance for each age category in each leg

Please note U19 and up Iron person includes a ski leg.

## ORDER OF EVENTS

On the morning of each event a risk assessment will be conducted in accordance with SLS Guidelines, following that assessment the running order of events will be confirmed and posted on the SLSCC Facebook Page no later than 6.45am

### Brief Outline of the Series:

Surf Life Saving Central Coast will be conducting an U10 to 30+ Iron person series held over three (3) rounds. The series will be held during December and January at Umina, TBC and TBC Surf Clubs.

Medals will be presented for each round with competitors encouraged to compete in as many rounds as possible so they can earn maximum points. Competitors that compete in all three (3) rounds will be receiving 10 Series bonus points. Over \$10,000 in prizemoney and giveaways is on offer. Prize money will only be on offer to the U10 – U17

### Reporting Times:

- 7.15 am Officials Briefing and water safety sign on.
- 7.30 am Competitors must report at 7.30am to be marked off for their event/s and their numbers marked on their arm.
- 7.50 am Briefing of the course will be held on the beach, only team managers are to attend.
- 8.00 am The first race will start at 8.00am sharp.

### Entries

ALL entries for the 2021/22 Newcastle Permanent Iron person Series are to be completed via Online Registrations in the below link.

<https://form.jotform.com/211680838098869>

Please note there will be **NO LATE ENTRIES ON THE DAY** – All entries are via the Online Registration form only.

Competitors only need to register once for the series, however if not competing at all rounds, competitors must be registered by the **Monday** 9am prior to the first round they are attending.

## Entry Fee

The cost for racing in the series will be:

- **\$55** for the series for U10-U17 competitors (SLSCC Branch)
- **\$65** for the series for U10-U17 competitors (Branches other than SLSCC – includes vest)
- **\$30** for the series for U19- 30+ Competitors (SLSCC Branch)
- **\$40** for the series for U19- 30+ Competitors (Branches other than SLSCC – includes vest)

## Prizes:

<b>2021/22 Newcastle Permanent Junior Ironperson Series Prize Money</b>						
<b>Age Division</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>	<b>4th Place</b>	<b>5th Place</b>	<b>6th Place</b>
U10 Female	\$100	\$80	\$60	\$50	\$40	\$30
U11 Female	\$100	\$80	\$60	\$50	\$40	\$30
U12 Female	\$125	\$100	\$80	\$60	\$50	\$40
U13 Female	\$125	\$100	\$80	\$60	\$50	\$40
U14 Female	\$150	\$125	\$100	\$80	\$60	\$50
U15 Female	\$150	\$125	\$100	\$80	\$60	\$50
U17 Female	\$150	\$125	\$100	\$80	\$60	\$50
U10 Male	\$100	\$80	\$60	\$50	\$40	\$30
U11 Male	\$100	\$80	\$60	\$50	\$40	\$30
U12 Male	\$125	\$100	\$80	\$60	\$50	\$40
U13 Male	\$125	\$100	\$80	\$60	\$50	\$40
U14 Male	\$150	\$125	\$100	\$80	\$60	\$50
U15 Male	\$150	\$125	\$100	\$80	\$60	\$50
U17 Male	\$150	\$125	\$100	\$80	\$60	\$50

NOTE: Please note U19/Open and 30+ do not receive prize money

Newcastle permanent prize money is a Newcastle Permanent bank account

In addition to Newcastle Permanent Prizemoney

- The first 200 entries will receive a Newcastle Permanent wet/dry bag
- SLSCC Newcastle Permanent Junior Iron Person medals will be awarded to the 3-2-1 for each round
- Following Round 3 the points for Round 1, 2 and 3 PLUS 10 Bonus points for nippers that have competed in all 3 rounds will be added with the leading competitor being awarded the Newcastle Permanent Junior Ironperson Age Championship. In the event of equal points a count back on placing will be used to decide the series winner.

## Included:

- Event rules
- Diagrams of course formats

**Series Referee: Craig Pollington**



## General Rules for the 2021/22 Newcastle Permanent Ironperson Series

1. **All competitors must be financial and proficient members of a surf lifesaving club.**
2. All competitors must wear the SLSCC Pink "Freemasons" Safety vest to compete.
3. All competitors must wear their **CLUB CAP** to compete.
4. All events in the Ironperson series will be as detailed in the diagrams attached.
5. Series referee has the right to change, amend the course or venue if required, due to prevailing conditions and advice of the event Safety Committee
6. The boards used in this event must be **Surf Lifesaving approved**.
7. Handlers **must** wear – Hi Vis vest and club cap.
8. Competitors must **report 30 minutes prior** to the start time. Please ensure age group is on the right arm of each competitor.
9. **Report times**
  - 7:15am Officials & Water Safety
  - 7:40am Course Briefing
  - 7:45am Competitors for first event
10. The running order on the day will be subject to conditions and tides and advised on SLSCC Facebook prior to the Round.
11. Competitors are required to sign on prior to each event
12. **Points are awarded as follows:** 14 points for first place, 13 points for second place, down to 3 points for twelfth place. 1 point will be awarded for all other starters.
13. Where there is a tie in any of the races the points will be added up and halved between each competitor. Where points are tied at the end of the series there will be a count back on places over the series.
14. **Series Bonus Points:** An additional 10 points will be awarded to each competitor that competes in **all** three events; the Series Bonus will be added to race points to decide the overall Series placings.
15. All issues are to be directed to the Carnival Referee. The Referee has the right to disqualify any competitor.
16. Any competitor in the Ironperson series can replace their board or club cap if they have been damaged during any of the races.
17. The start will always be by whistle or gun.
18. There will be a **draw for positions** before each event.
19. Competitors must complete the entire course as explained by the course official.
20. All rules for competitors are as SLSCC Surf Sports Manual 36<sup>th</sup> Revised\* (May '21) Edition
21. This is a special event iron person and on entry competitors should have the skills and fitness required.
22. The officials have the right to withdraw any individual competitor from the event if required.
23. Payment of entry fee is required via SLSCC online payment on the Monday prior to the event commencing. All payments are Non Refundable.

*\*Rules will be based on 37<sup>th</sup> Edition once released*

24. The organisers of the event have the right to make any changes to the event on the day. All competitors will be notified of the changes prior to the event starting.
25. Each **competing club** is required to nominate a **Team Manager** to be the contact and liaison for the series.
26. **Club's Official Requirements** are:
  - 1 Official if 1 to 8 competitors;
  - 2 Officials if 8 - plus competitors;
  - Officials will be appointed for the series where possible
27. **Club Water Safety Requirements** are
  - 1 Water Safety per 5 competitors (Clubs with more than ten competitors must provide a mix of tube and rescue board).
  - Water Safety will be broken into three shifts: (10-12, 13-15 and 17/19/Open/30+)
  - Host Club provides IRB and crew
28. **Host Clubs** are required to provide setup/pull down work party and IRB Crew to set course and be in water for all events.
29. Competition Age group is as per Proficiency Age group for current 2021/22 season. All competitors must have completed their competition proficiency.
30. **Under NO Circumstances are competitors permitted to compete outside their age group. I.e. under 9's cannot compete in the Under 10s.**

For all enquiries, please don't hesitate to contact:

**Julie-Ann Fillingham at Surf Life Saving Central Coast: 02 4353 0299**  
or [support@slscc.com.au](mailto:support@slscc.com.au)

# SIDE BY SIDE – RD 1

Order of legs:  
 (Swim/Board/Swim/Board)  
 (Swim/Board/Ski/Swim/Board/Ski)



## DISTANCES: (Indicative)

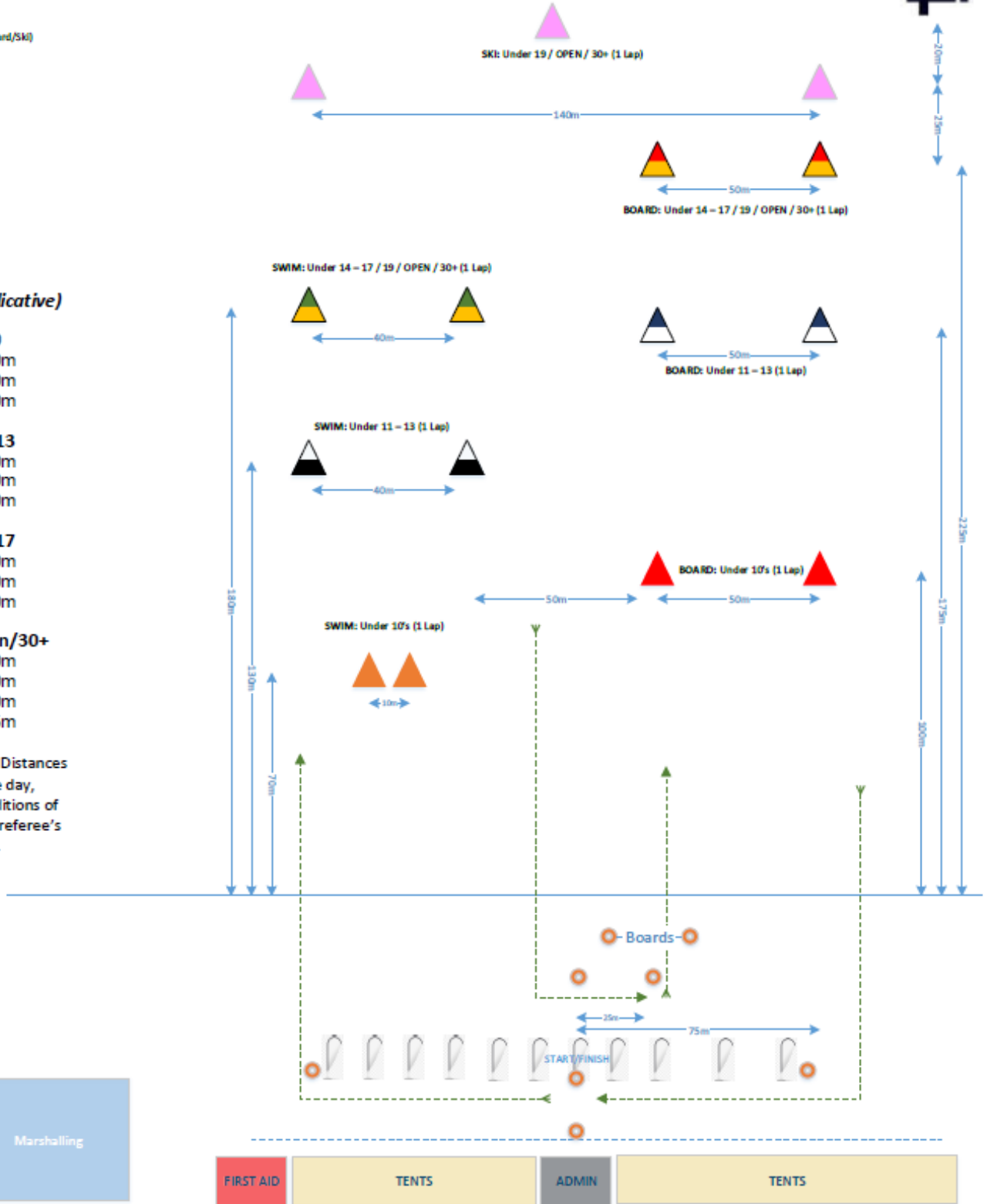
**Under 10**  
 Swim 150m  
 Board 250m  
 Run 370m

**Under 11-13**  
 Swim 300m  
 Board 400m  
 Run 370m

**Under 14-17**  
 Swim 400m  
 Board 500m  
 Run 370m

**Under 19/Open/30+**  
 Swim 400m  
 Board 500m  
 Ski 750m  
 Run 555m

Approx. Guide only. Distances to be set on the day, depending on conditions of the surf and at the referee's discretion.





# M SHAPE – RD 2

Order of legs:  
(Swim/Board/Swim/Board)  
(Swim/Board/Ski/Swim/Board/Ski)

### DISTANCES: (Indicative)

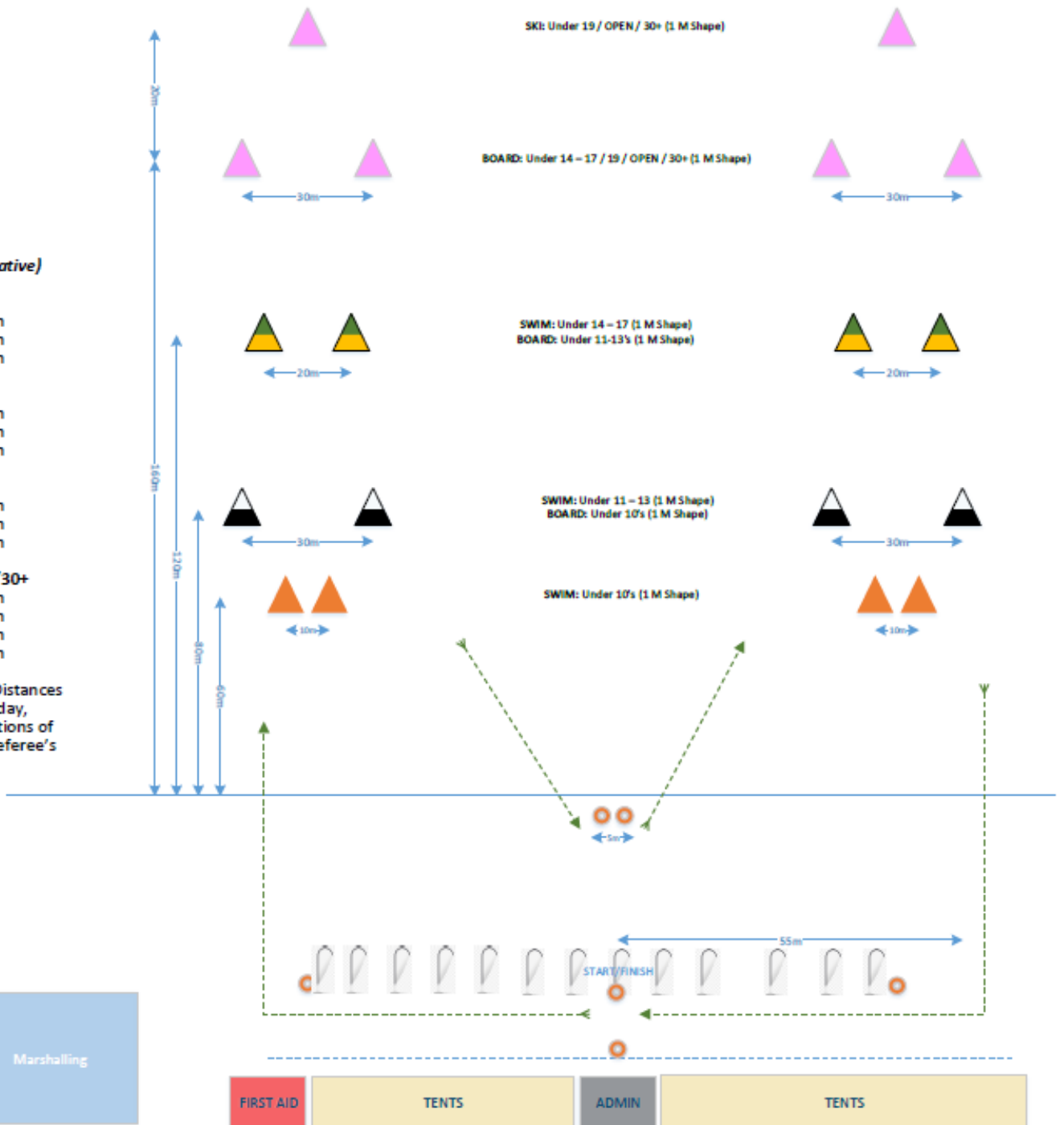
**Under 10**  
Swim 260m  
Board 380m  
Run 410m

**Under 11-13**  
Swim 380m  
Board 520m  
Run 410m

**Under 14-17**  
Swim 520m  
Board 700m  
Run 410m

**Under 19/Open/30+**  
Swim 520m  
Board 700m  
Ski 800m  
Run 615m

Approx. Guide only. Distances to be set on the day, depending on conditions of the surf and at the referee's discretion.





# ENDURO COURSE – RD 3



Enduro 2 Laps  
 (Swim/Board/Swim/Board)  
 (Swim/Board/Ski/Swim/Board/Ski)

SKI: Under 19 / OPEN / 30+ (2 Laps)



BOARD: Under 14 – 17 / 19 / OPEN / 30+ (2 Laps)



SWIM: Under 14 – 17 (2 Laps)  
 BOARD: Under 10 – 13's (2 Laps)



SWIM: Under 10 – 13's (2 Laps)



### DISTANCES: (Indicative)

**Under 10-13**  
 Swim 300m  
 Board 500m  
 Run 820m

**Under 14-17**  
 Swim 500m  
 Board 700m  
 Run 820m

**Under 19/Open/30+**  
 Swim 500m  
 Board 700m  
 Ski 1000m  
 Run 1230m

Approx. Guide only.  
 Distances to be set on the  
 day, depending on  
 conditions of the surf and  
 at the referee's discretion.

