

Circular 1539

Newcastle Permanent

U10 – U15 Ironperson Series



Audience: Presidents, Directors of Administrators, Directors of Surf Sports, Junior Activity Chairs and all interested competitors.

Date: AMENDED Thursday, 11th of October 2022

Contact: Michael Hyslop

Phone: 0466 691 090

Email: admin@slscc.com.au

Summary	This circular outlines the 2022/23 Newcastle Permanent Ironperson Series dates, entry process and series information.
Actions	Clubs are to circulate the information to interested members and encourage them to enter individually via the Jotform link; 2022/23 Newcastle Permanent Iron Person Series (jotform.com) Each competitor is to themselves individually.

Summary

Surf Life Saving Central Coast will be conducting an U10 to U15 Iron person series held over three (3) rounds. The series will be held during October 2022 and February 2023.

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 \$6,000 in prizemoney and giveaways is on offer. Prize money will be on offer for the top 6 of each age group across the season in form of a Newcastle Permanent bank account. Various other prizes will be given at the presentation after round 3 on Saturday the 4th of February 2023.

Dates, Locations and Formats:

Round 1 – Saturday 29th of October 2022 – Terrigal SLSC – Survivor

Round 2 – Saturday 7th of January 2023 – Avoca SLSC – The Specialist

Round 3 – Saturday 4th of February 2023 – The Lakes SLSC - Enduro

Entry Cost

SLSCC Competitor - \$55.00 (including GST)

Non-SLSCC Competitor + Pink Vest - \$65.00 (including GST) (Competitors must wear Freemasons/Newcastle Perm/SLSCC Pink Vest)

Non-SLSCC Competitor + Pink Vest + Live Heats Wristband - \$75.00 (including GST) (Competitors must have live heats wristband – you can BYO wristband from your own branch)

Please note there will be **NO LATE ENTRIES ON THE DAY**

Entry Link

[2022/23 Newcastle Permanent Iron Person Series \(jotform.com\)](https://jotform.com/2022/23-Newcastle-Permanent-Iron-Person-Series)

For any additional information please contact Michael Hyslop on 0466 691 090 or admin@slscc.com.au



Round 1: Survivor

This Ironperson is a 2 race format.

Each race consisting of a swim leg, a board leg and 2 transition run legs. Order will be determined on the day.

The finishing order in race 1 determines the starting order for race 2. The time elapsing between each competitor crossing the line will equal the handicap start times for race 2. Race 2 will commence when the last competitor finishes race 1.

e.g.

Race 1

1st Place – 0 seconds

2nd Place – 8 seconds behind winner

3rd place – 12 seconds behind winner

4th place – 22 seconds behind winner

5th place – 30 seconds behind winner

Etc.

Race 2 start order

1st place race 1 starts on “Go”.

2nd place Race 1 starts on 8 seconds.

3rd place Race 1 starts on 12 seconds.

7/4 Teamster Close, Tuggerah; PO Box 5029, Chittaway Bay NSW 2261 Australia

T +61 2 4353 0299 F +61 2 4353 0298

ABN: 67 048 543 118

www.slsc.com.au

Australian for life.



4th place Race 1 starts on 22 seconds.

5th place Race 1 starts on 30 seconds.

Etc.

There are no series points allocated for Ironperson race 1. The points will be allocated according to the results of race 2.

Round 2: The Specialist

This round is a 3 race format.

Race 1 = Run

Race 2 = Swim

Race 3 = Board

There is 3 minutes rest between each discipline from the time the winner crosses the line.

Competitors will receive points for each separate discipline.

Points will be scored as follows:

1st = 10 points

2nd = 9 points

3rd = 8 points

4th = 7 points

5th = 6 points

6th = 5 points

7th = 4 points

8th = 3 points

9th = 2 points

10th = 1 point

The winner will be the competitor who accumulates the highest amount of points across the 3 races.

Round 3: Traditional Iron

This round is a traditional “enduro” Ironperson event as per the Surf Sports Manual.

Order of Events

Race order will be determined prior to each event and advised to all registered competitors on the Thursday prior to each event.

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 15 Iron person series held over three (3) rounds. The series will be held between October and February at Avoca, Terrigal and The Lakes.

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 \$6,000 in prizemoney and giveaways is on offer.

One parent per competitor will be allowed in the event area. Event numbers will not allow a handler and a parent for an individual competitor. A suggestion would be, is to use competitors from different age groups for handlers.

Reporting Times:

- | | |
|---------|--|
| 7:45 am | Officials Briefing/water safety QR code sign on. Wrist bands will be given and need to be worn so allowed in competition event area. |
| 7:45 am | Competitors must report at 7:45am to be marked off for their event/s and their numbers marked on their arm/live heats sign on. |
| 8.20 am | Briefing of the course will be held on the beach, only handlers are to attend. |
| 8:30 am | The first race will start at 8.30am sharp. |

Entries

ALL entries for the 2022/23 Newcastle Permanent Iron person Series are to be completed via Online Registrations in the below link.

Please note there will be **NO LATE ENTRIES ACCEPTED**– All entries are via the Online Registration form only. **Competitors only need to register once for the whole series.**

Entries will be accepted after rounds 1 and 2.

Entry windows are as follows;

Round 1 - Friday 7th of October 2022 5:00pm to Wednesday 26th of October 2022 @ 5:00pm

Round 2 – Monday 30th of October 2022 9:00am to Wednesday 4th of Jan 2022 @ 5:00pm

Round 3 – Monday 9th of January 2023 9:00am to Wednesday 1st of Feb 2023 @ 5:00pm

Entry Fee

The cost for racing in the series will be;

SLSCC Competitor - \$55.00 (including GST)

Non-SLSCC Competitor + Pink Vest - \$65.00 (including GST) (Competitors must wear Freemasons/Newcastle Perm/SLSCC Pink Vest)

Non-SLSCC Competitor + Pink Vest + Live Heats Wristband - \$75.00 (including GST) (Competitors must have live heats wristband – you can BYO wristband from your own branch)

Live Heats

Live Heats software will be used in this series. Competitors can BYO wristband if they already have one or can be issued one at this series free of charge for SLSCC competitors.

Non-SLSCC competitors can BYO wristband or pay \$10 within their entry fee to be issued a wristband at their first round of competition.

Prizes:

2022/23 Newcastle Permanent Junior Ironperson Series Prize Money						
Age Division	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place
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
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

Presentation for the series will occur on Saturday the 4th of February 2023 after the conclusion of the final race.

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 Iron person hat.
- Medals will be awarded to 1st, 2nd and 3rd for each round.
- Following Round 3, the points for Round 1, 2 and 3 PLUS 10 Bonus points for competitors 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 an equal point a count back on placing will be used to decide the series winner.

Included:

- Event rules
- Diagrams of course formats – ALL COURSE MAPS ARE APPROXIMATIONS AND SUBJECT TO CHANGE ON THE DAY AT THE REFEREES DISCRETION.

**General Rules for the 2022/23 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/Newcastle Permanent" 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 advise of the event Safety Committee
6. The boards used in this event must be **Surf Lifesaving approved**.
Handlers **must** wear a hi-vis vest and club cap.
7. Competitors must **report no later than 30 minutes prior** to the start time. Please ensure age group is on the right arm of each competitor.
8. **Report times**
 - 7:45am** Officials & Water Safety
 - 8:15am** Course Briefing
 - 8:30am** Competitors for first event
9. The running order on the day will be subject to conditions and tides and advised on SLSCC Facebook prior to the Round.
10. Competitors are required to sign on prior to each event
11. **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.
12. 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.
13. **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.
14. All issues are to be directed to the Carnival Referee. The Referee has the right to disqualify any competitor.
15. Any competitor in the Ironperson series can replace their board or club cap if they have been damaged during any of the races.
16. The start will always be by whistle or gun.
17. There will be a **draw for positions** before each event.
18. Competitors must complete the entire course as explained by the course official.
19. All rules for competitors are as SLSA Surf Sports Manual 36th Revised (August 17) Edition

20. This is a special event iron person and on entry competitors should have the skills and fitness required.
21. The officials have the right to withdraw any individual competitor from the event if required.
22. Payment of entry fee is required via SLSCC online payment on the Monday prior to the event commencing. All payments are Non Refundable.
23. 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.
24. Each **competing club** is required to nominate a **Team Manager who will act as a COVID Marshall (must wear orange vest)** to be the contact and liaison for the series.
25. **Club's Official Requirements** are:
- 1 Official if 1 to 8 competitors;
 - 2 Officials if 8 or more competitors;
- Officials will be appointed for the series where possible.
26. **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 two shifts.
- Host Club provides IRB and crew
27. **Host Clubs** are required to provide setup/pull down work party and IRB Crew to set course and be in water for all events.
28. Competition Age group is as per Proficiency Age group for current 2022/23 season. All competitors must have completed their competition proficiency.
29. **Under NO Circumstances are competitors permitted to compete outside their age group. I.e. under 9's cannot compete in the Under 10s.**



Round 1 Survivor

Approx Distances

U14 - 350
Swim, 200 Run,
450 Board,
100m Run

U12/13 - 300
Swim, 200 Run,
350 Board,
100m Run

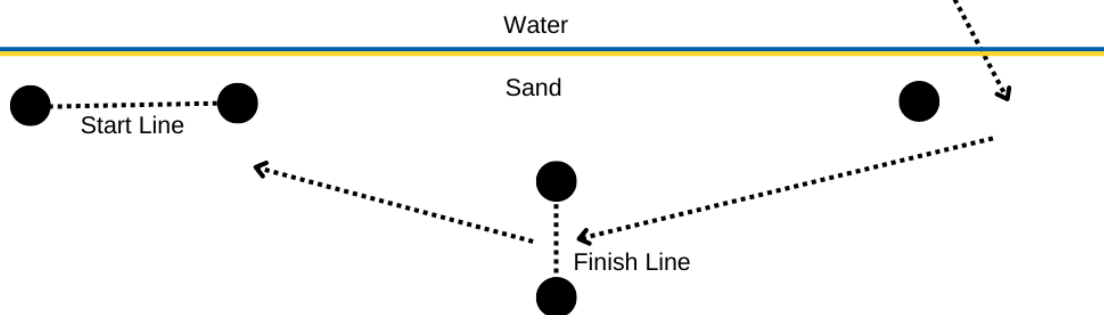
U10/11 - 200
Swim, 200 Run,
300 Board,
100m Run

U14 Board Cans

U14 Swim Cans
U12/13 Board Cans

U12/13 Swim Cans
U10/11 Board Cans

U10/11
Swim Cans



U15's course will emulate the U14's course.





Round 2 Specialist

Approx Distances

U14 - 400
Swim, 500
Board, 800m
Run

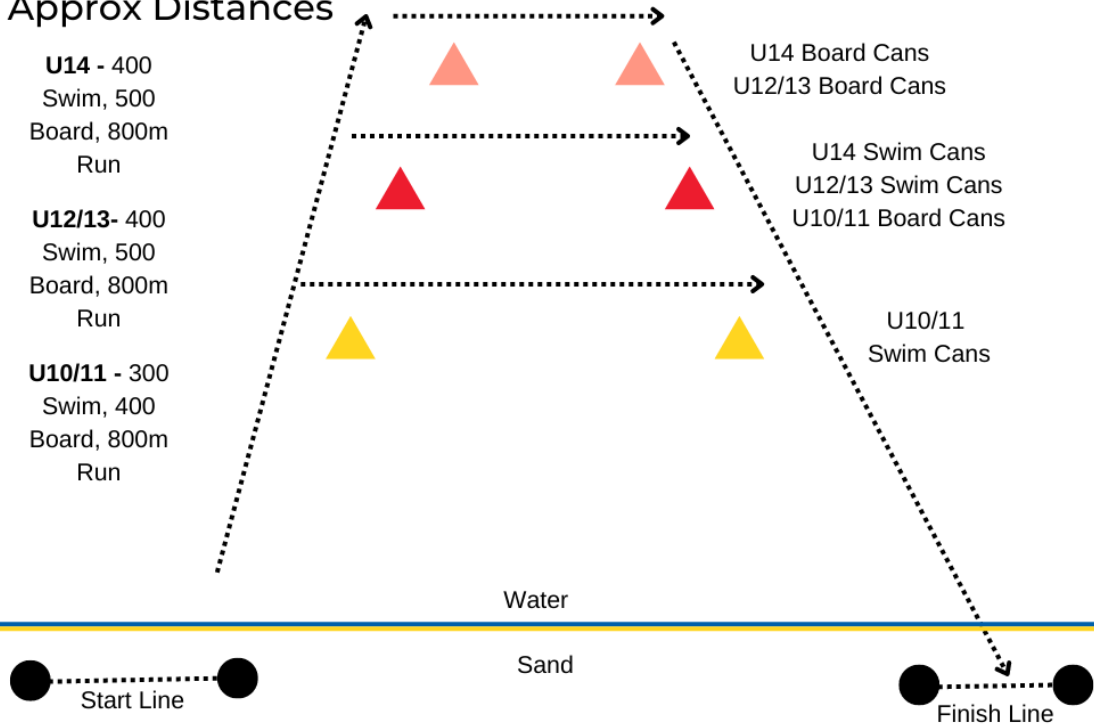
U12/13 - 400
Swim, 500
Board, 800m
Run

U10/11 - 300
Swim, 400
Board, 800m
Run

U14 Board Cans
U12/13 Board Cans

U14 Swim Cans
U12/13 Swim Cans
U10/11 Board Cans

U10/11
Swim Cans



Run Course will be set up along the beach.

U15's course will emulate the U14's course.





Round 3 Enduro

Approx Distances

U14 - 350
Swim, 500 Run,
450 Board,
500m Run

U12/13- 300
Swim, 500 Run,
350 Board,
500m Run

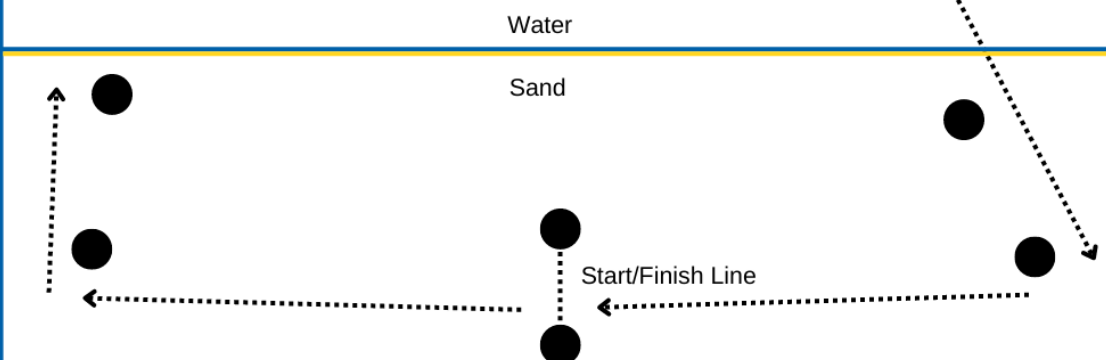
U10/11 - 200
Swim, 500 Run,
300 Board,
500m Run

U14 Board Cans

U14 Swim Cans
U12/13 Board Cans

U12/13 Swim Cans
U10/11 Board Cans

U10/11
Swim Cans



U15's course will emulate the U14's course.

