



**NEWCASTLE
PERMANENT**



ROUND	DATE & TIME	LOCATION	FORMAT
1	Saturday 19 November 2016 9am Start	Umina Beach	Enduro Ironman Race
2	Saturday 3 December 2016 9am Start	Shelly Beach	M Course * Ironman Race <small>*U10 and U11 will be n course</small>
3	Saturday 21 January 2016 9am Start	Avoca Beach	Eliminator Into a Top 12 – Reverse Order Final

Round 1: ENDURO Ironman Race

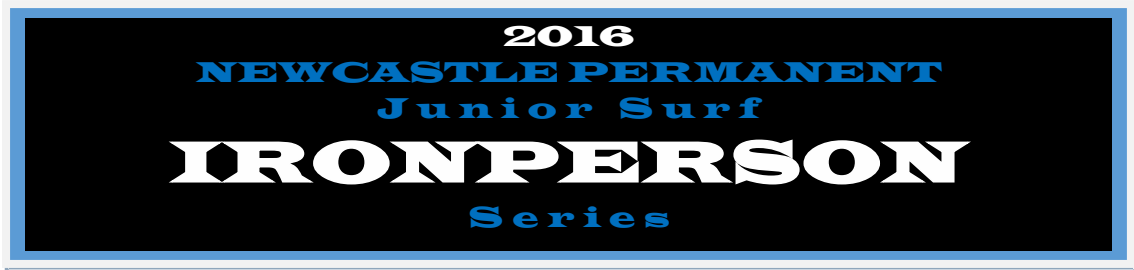
- U10 & U11 Duration: 15- 20min
- U12 & U13 Duration: 20-25min
- U14 – U15 & U17 Duration: 20-25min

Round 2: M Course Race
(Long course event)

- U10 & U11 Duration: 15-20min
- U12 & U13 Duration: 20-25min
- U14 – U15 & U17 Duration: 25-30min

Note 10/11 will be an (n) course





Round 3: Eliminator **(Short course eliminator)**

First (1) is an eliminator with the TOP 12 moving onto Race (2) which will be in Reverse Order final

- U10 & U11 Duration: 10-12min
- U12 & U13 Duration: 10-15min
- U14 – U15 & U17 Duration: 12-18min

Please note: All distances listed are the overall distance for each age category in each 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 U17 Ironperson series held over three (3) rounds. The series will be held between October and December at Umina, Shelly Beach and Avoca Beach 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.

Reporting Times:

8.00 am Officials Briefing/water safety sign on.
8.30 am Competitors must report at 8.30am to be marked off for their event/s and their numbers marked on their arm.
8.50 am Briefing of the course will be held on the beach, only handlers are to attend.
9.00 am The first race will start at 9.00am sharp.

Entries

ALL entries for the 2016/17 Newcastle Permanent Ironperson Series are to be completed via the Online Registration Form which is available on the SLSCC Website www.slsc.com.au – Online Registrations.

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 midnight on the Thursday prior to the first round they are attending.

Entry Fee

The cost for racing in the series will be;

- **\$55.00** for the series for SLSCC Branch Members
- **\$66.00** for the series for members outside SLSCC Branch (includes SLSCC Fluoro Pink Safety Vest which is compulsory to wear during the series)

Note: Entry fee is for the series regardless of how many rounds attended.

Prizes:

2016/17 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
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



In addition to Newcastle Permanent Prizemoney;

- All competitors will receive a Newcastle Permanent Junior Ironperson Series Cap.
- SLSCC Newcastle Permanent Junior Iron Person medals will be awarded to the 3-2-1 for each round
- Lucky Door Prizes for all competitors will be drawn after the conclusion of Round 3 at Avoca Beach. Competitors must be present to win.

Newcastle Permanent Leaders Vest

- Following each round the nipper with the highest points will race in a Yellow Newcastle Permanent Junior Ironperson
- Round 1 - All Pink
- Round 2 - Prior to the commencement of Round 2 - the Round 1 will be awarded a Yellow Rash Vest to highlight that they are the current leader of the group
- Round 3 - Prior to Round 3 - the Points for Round 1 and 2 will be added with the Yellow Rash Vest being award to the leader in each group. Where points are equal count back on highest placing.
- Only the current series leader has the right to wear the yellow vest into the following 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 an equal points a count back on placing will be used to decide the series winner.

Included Below:

- Event rules
- Diagrams of course formats

Tony O'Mara

Surf Life Saving Central Coast
Special Event Manager
Mobile: 0427 819 003



General Rules for the 2016 Newcastle Permanent Junior Ironperson Series

1. All competitors **must** wear the current SLSCC Pink “Freemasons” Safety vest or to compete. *(included in entry fee)*
2. All competitors must wear their **CLUB CAP** to compete.
3. All events in the Ironperson series will be as detailed in the diagrams attached.
4. The series referee has the right to change the course if required, due to surf or beach conditions.
5. The boards used in this event must be **Surf Lifesaving approved**.
6. Handlers **must** wear – pink hi vis vest and club cap
7. Competitors must **report 30 minutes prior** to the start time. Before each event in the series, competitors will be given a **number** and also their **age** to write on their arm. *(Numbers & age must be on & visible prior to starting)*.
8. **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.
9. 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.
10. **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.
11. All complaints are to be directed to the Carnival Referee. The Referee has the right to disqualify any competitor.
12. Any competitor in the Ironperson series can replace their board or club cap if they have been damaged during any of the races.
13. The start will always be by whistle or gun.
14. There will be a **draw for positions** before each event.
15. Competitors must complete the entire course as explained by the course official.
16. All rules for competitors are as SLSA Surf Sports Manual 34th Edition.
17. The officials have the right to withdraw any individual competitor from the event if required.
18. 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.
19. **Club’s Official Requirements** are:
 - 1 Official if 1 to 5 competitors;
 - 2 Officials if 5 - 9 competitors;
 - 3 Officials if 10 or more competitors.
20. **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).
Host Club provides IRB and crew
21. **Host Clubs** are required to provide setup/pull down work party and IRB Crew to set course.
22. Competition Age group is as per Proficiency Age group for 2016-2017 season.

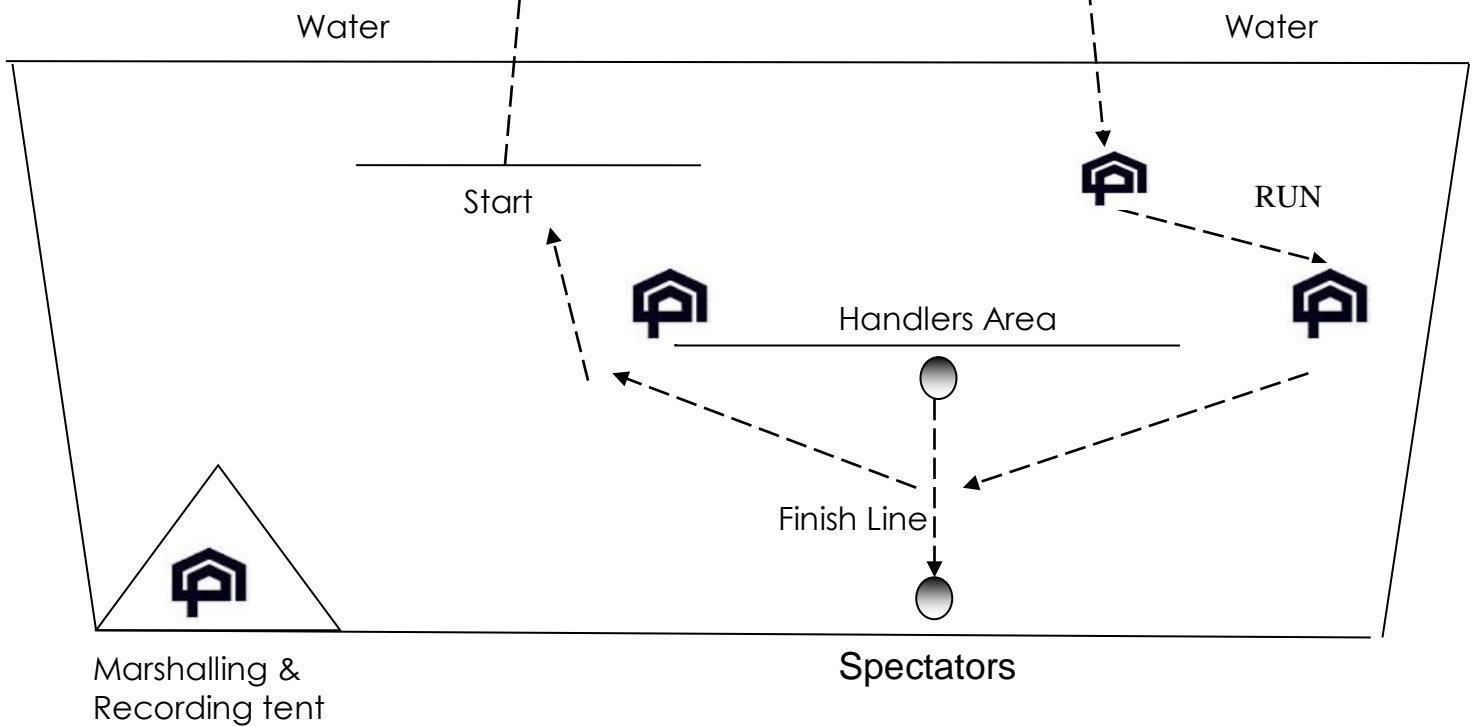
For all enquiries please don't hesitate to contact Surf Life Saving Central Coast: 02 4353 0299 or support@slscc.com.au

Round 1 ENDURO

SWIM - RUN - PADDLE - RUN

Swim	U10-11	min 200m
	U12-13	min 275m
	U14-17	min 350m
Run	U10-17	min 400m
Board	U10-11	min 275m
	U12-13	min 350m
	U14-17	min 500m

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



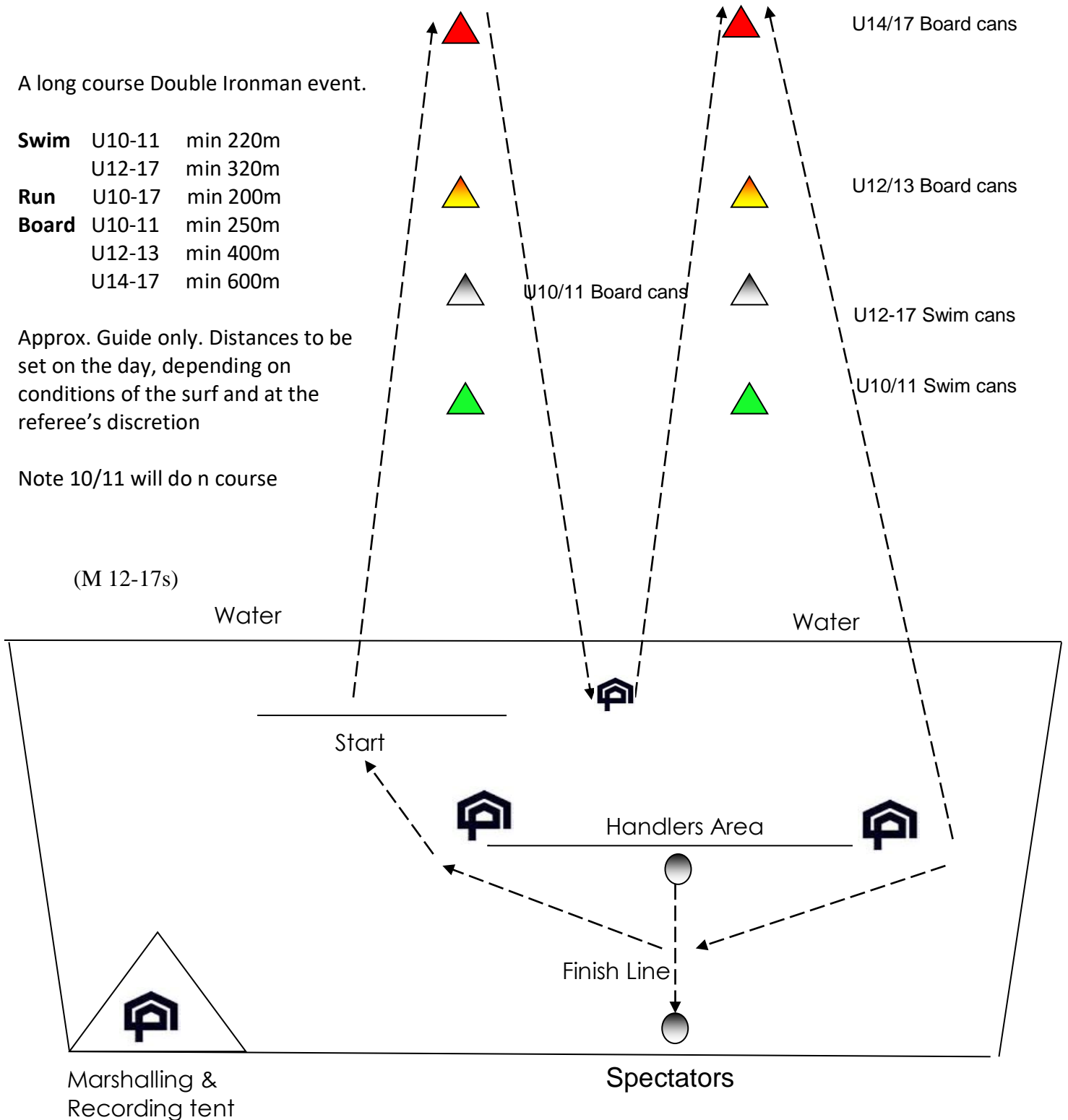
Round 2 M COURSE FORMAT

A long course Double Ironman event.

Swim	U10-11	min 220m
	U12-17	min 320m
Run	U10-17	min 200m
Board	U10-11	min 250m
	U12-13	min 400m
	U14-17	min 600m

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

Note 10/11 will do n course



Round 3 ELIMINATOR

A short course Elimination event.

Swim	U10-11	min 200m
	U12-17	min 250m
Run	U10-17	min 200m
	Board	
Board	U10-11	min 250m
	U12-13	min 320m
	U14-17	min 450m

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

Heat with top 12 into final. (Reverse order)

