



CIRCULAR 1284

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2015 Newcastle Permanent Junior Ironperson Series

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

Date: 29 September 2015

Contact: Chris Styant – Support Officer
Phone: 4353 0299
Email: support@slscc.com.au

Summary	2015 Newcastle Permanent Junior Ironperson Series information and entry process.
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Surf Life Saving Central Coast will be conducting an U10 to U17 Ironperson Series over three (3) rounds, each an individual event, and an additional Top 12 final round to be held in conjunction with the Kellogg's Nutri-Grain Ironman/women Series at Newcastle Beach on 20 December 2015. The series will be held between October and December at various locations across the coast.

Dates and Locations:

Round 1	24 October 2015	Terrigal
Round 2	21 November 2015	Toowoan Bay
Round 3	06 December 2015	The Lakes
Final	20 December 2015	Newcastle Beach

Cost for the Series:

\$55.00 (including GST) for all SLSCC Branch Members

\$66.00 (including GST) for all Members outside SLSCC Branch (includes pink safety vest)

Entries:

All 2015 Newcastle Permanent Ironperson Series entries are to be completed online using the Online Registration Form on SLSCC website, www.slscc.com.au – Online Registrations.

Competitors only need to register once for the series by 11pm on the Thursday prior to the first round they are attending. If competing in all rounds then need to register by 11pm on 22 October 2015.

Note: **NO LATE ENTRIES ON THE DAY**

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

Please ensure all competitors read and understand the event rules as attached.

For any additional information then please contact Chris Styant on 4353 0299 or support@slscc.com.au

Kind Regards

David Unger
Director of Surf Sports



2015
Junior Surf
IRONPERSON
Series

ROUND	DATE & TIME	LOCATION	FORMAT
1	24 th October 2015 1pm Start	Terrigal	Double Loops Ironman Race
2	21 st November 2015 9am Start	Toowoan Bay	Traditional Ironman Race
3	6 th December 2015 9am Start	Lakes Beach	Man On Man Eliminator
Final (Top 12) Invitational Only	20 th December 2015 Time TBA	Newcastle Beach before Nutri-Grain Ironman series	Short Course Reverse Order Ironman Race

Round 1: Double Loop Ironman
(Long course event)

- U10 & U11 Duration: 15-25min
- U12 & U13 Duration: 20-30min
- U14 – U15 & U17 Duration: 25-35min

Round 2: Traditional Ironman Race

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



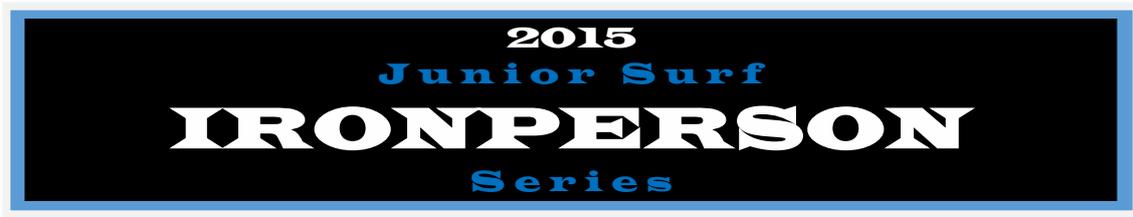
Swim



Paddle



Run



Round 3: Man on Man
(Short course eliminator)

First (1) race is a man on man eliminator with the winners moving onto Race (2) which will be a normal Ironman race with points going to top 12.

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

Final Round: Top 12 Invitational Final

Format: Short Course Reverse Order Ironman Race
(One Short course race)

- U10 & U11 Duration: 7 – 8 min
- U12 & U13 Duration: 8 -12 min
- U14 – U15 & U17 Duration: 10-15min

Please note: All distances listed are the overall distance for each age category in each leg.

Brief Outline of the Series:

Surf Life Saving Central Coast (SLSCC) will be conducting an U10 to U17 Ironperson series held over three (3) rounds with an additional **Top-12 Final** round held in conjunction with the Kellogg's Nutri-Grain Ironman/women Series at Newcastle Beach on 20 December 2015. The series will be held between October and December at Terrigal, Toowoan Bay and The Lakes surf clubs.

Competitors are encouraged to compete in as many rounds as possible so they can earn maximum points. The top 12 in each age division will be invited to compete in the Final round at Newcastle before the Nutri-Grain Ironman Series.

The order of events will be decided on the day of the event.

Please ensure all competitors read all rules involving the Ironperson series.

Report Times:

Round 1

- | | |
|----------|--|
| 12.30 pm | Competitors must report at 12.30pm to be marked off for their event/s and their numbers marked on their arm. |
| 12.50 pm | Briefing of the course will be held on the beach, only handlers are to attend. |
| 1.00 pm | The first race will start at 1.00pm sharp. |

Rounds 2 and 3

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|---------|---|
| 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. |

Rounds 4 (Final Round in Conjunction with Kellogg's Nutri-Grain)

To be confirmed by Kellogg's Nutri-Grain after the main event start time finalised the television network.

Entries

All entries for the 2015/16 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:

There are cash prizes for the top six (6) place getters in the Invitational Final round for each category, as well as Lucky Door Prizes to be drawn after the 3rd round series. Presentation will be at the completion of the third (3) round at The Lakes.

Attached:

- Event rules
- Diagrams of course formats

For further information please contact:

Peter Noble

Surf Life Saving Central Coast Special Event Manager

Mobile: 0448185545

or

The SLSCC Branch Office

Ph: 02 4353 0299

Fax: 02 4353 0298

Email: support@slscc.com.au



General Rules for the Newcastle Permanent Ironperson Series

- **All competitors must wear the current 2015/16 SLSCC Pink “Freemasons” Safety vest to compete.** *(included in entry fee for out of Branch competitors who will receive their vest at the first round they compete)*
- All competitors must wear their **CLUB CAP** to compete.
- The first 200 Competitors to register for the Series will receive a T-Shirt
- All events in the Ironperson series will be as detailed in the diagrams attached.
- The series referee has the right to change the course if required, due to surf or beach conditions.
- The boards used in this event must be **Surf Life Saving approved.**
- 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).*
- 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.
- 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 in places over the series.
- All complaints are to be directed to the Carnival Referee. The Referee has the right to disqualify any competitor.
- Any competitor in the Ironperson series can replace their board or club cap if they have been damaged during any of the races.
- The start will always be by whistle or gun.
- There will be a **draw for positions** before each event.
- Competitors must complete the entire course as explained by the course official.
- All rules for competitors are as per the SLSA Surf Sports Manual 35th Edition.
- The officials have the right to withdraw any individual competitor from the event if required.
- 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.
- **Official Requirements** are: 1 Official = 1 to 6 competitors; 2 Officials = 7 - 12 competitors; etc)
- 1 Water Safety per 5 competitors.
- Competition age group is as per Proficiency Age group for 2015-2016 season.

For all enquiries please don't hesitate to contact SLSC Branch: 02 4353 0299 or support@slscc.com.au.

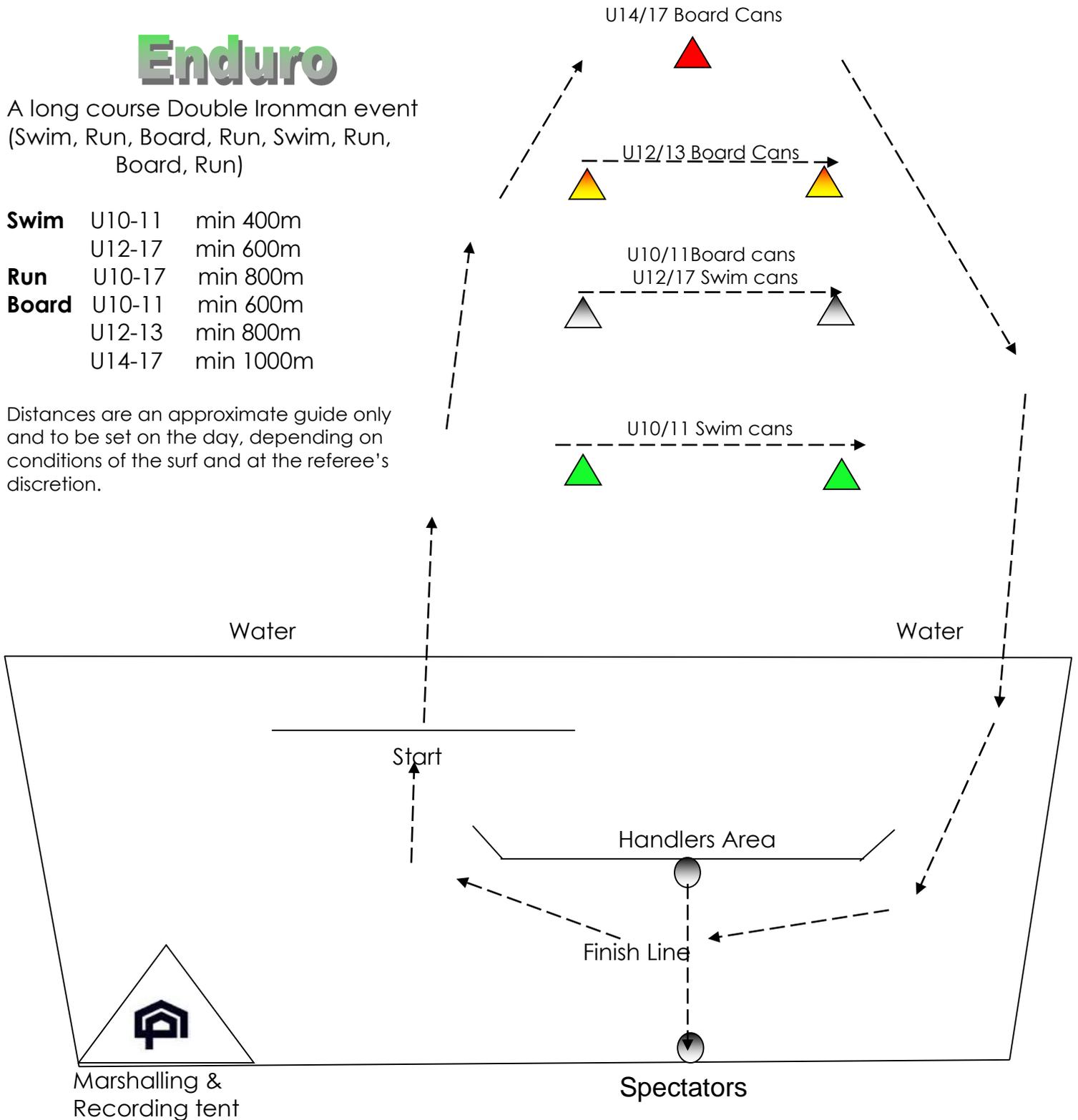
Double Ironman

Enduro

A long course Double Ironman event
(Swim, Run, Board, Run, Swim, Run,
Board, Run)

Swim	U10-11	min 400m
	U12-17	min 600m
Run	U10-17	min 800m
	U10-11	min 600m
Board	U10-11	min 600m
	U12-13	min 800m
	U14-17	min 1000m

Distances are an approximate guide only
and to be set on the day, depending on
conditions of the surf and at the referee's
discretion.

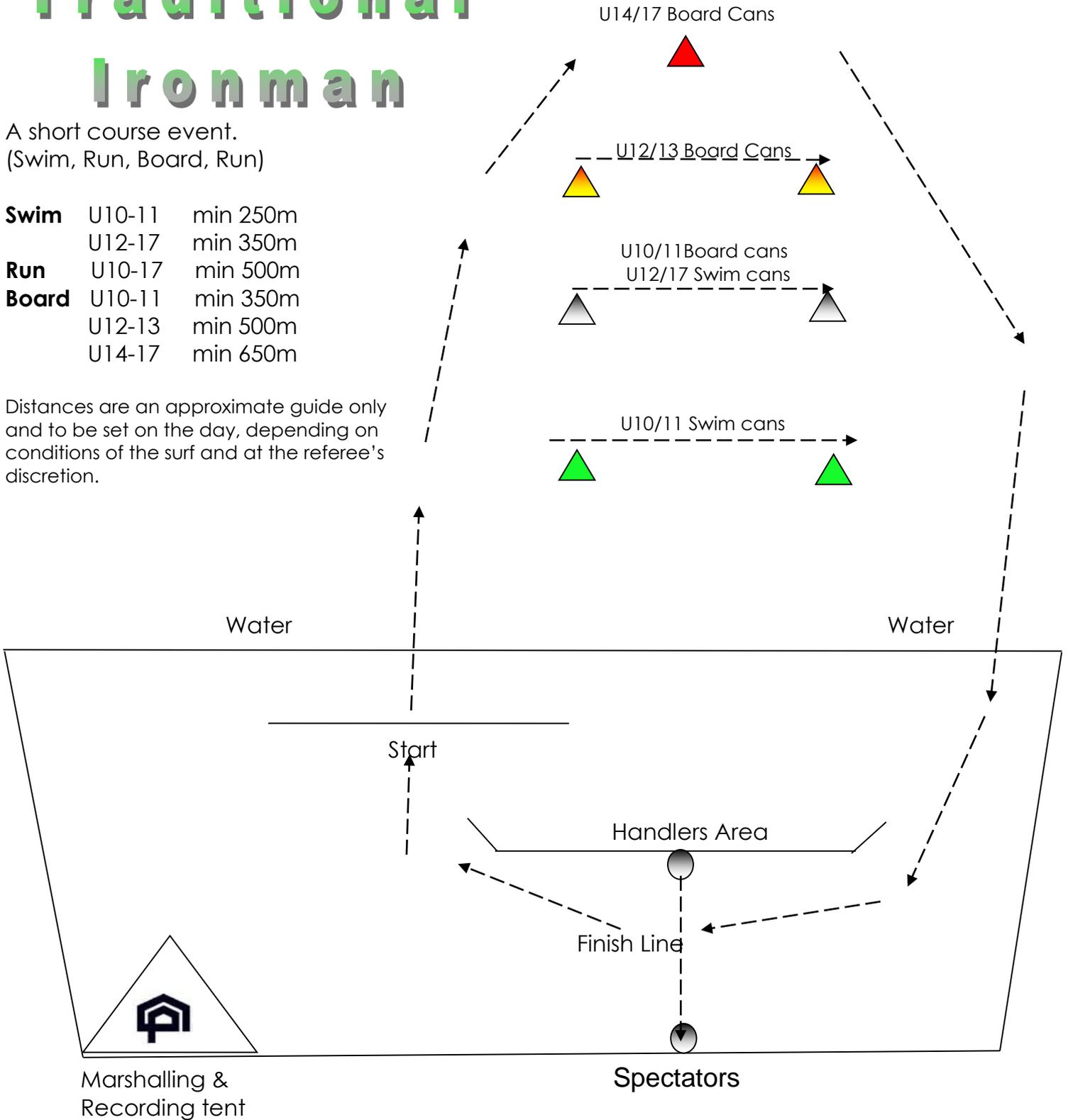


Traditional Ironman

A short course event.
(Swim, Run, Board, Run)

Swim	U10-11	min 250m
	U12-17	min 350m
Run	U10-17	min 500m
Board	U10-11	min 350m
	U12-13	min 500m
	U14-17	min 650m

Distances are an approximate guide only and to be set on the day, depending on conditions of the surf and at the referee's discretion.



Man on Man

A short course Elimination event.

Man on Man is a two race event, swim, run, board, run for each race. Only the winners in the first race will compete in the second race. Course will be explained on the day at the briefing.

Swim	U10-11	min 150m
	U12-17	min 250m
Run	U10-17	min 200m
	U10-11	min 250m
Board	U12-13	min 300m
	U14-17	min 400m

Distances are an approximate guide only and to be set on the day, depending on conditions of the surf and at the referee's discretion.

