

Iron Weekend – The Lakes – 11th and 12th November 2023

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

Date: Thursday 28th September 2023

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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 enter them via Sems. Carnival Programs and course maps can be found here: Carnival Programs - Surf Life Saving Central Coast (slscc.com.au)

Summary

Surf Life Saving Central Coast will be conducting the Newcastle Permanent Iron Weekend at The Lakes SLSC for U10 to U15 competitors.

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 \$5,000 in prizemoney and giveaways is on offer. Prize money will be on offer for the top 3 of each age group across the season in form of a Newcastle Permanent bank account. Prize money will also be on offer for the 2 x Dash for Cash events held in each age group across the weekend.

Dates, Locations and Formats

Location: The Lakes SLSC

Day 1 – 11th November 2023 : 2 x Iron races for each age group and the swim “Dash for Cash”.

Day 2 – 12th November 2023: 2 x Iron races for each age group and the board “Dash for Cash”

Entry Cost

SLSCC Competitor - \$55.00 (including GST)

A “Newcastle Permanent Iron Person Weekend” t-shirt will be issued to the first 200 competitors registered for the event.

A “Newcastle Permanent” branded pink rash shirt must be worn during the competition. These can be purchased at the event for \$10.00.

Live Heats will be used for this event. Existing bands can be used by competitors or can be purchased on the day for \$5.00.

Clubs will be invoiced directly by SLSCC upon event completion for entry.

Entry Process

Clubs are to enter their competitors via the SEMS platform.

The event is called “**SLSCC Newcastle Permanent Iron Weekend**” in SEMS.

Entries open 29th of September 2023 @ 9am.

Entries close Tuesday 7th of November 2023 @ 9am.

Late entries close on Friday 10th November 2023 @ 9am.

ALL LATE ENTRIES INCUR AN ADDITIONAL \$20.00 ENTRY FEE.

Saturday Event Structures

Race 1: Traditional Iron

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

Race 2: M-Shape

An M-Shape ironperson event as per the Surf Sports Manual.

Race 3: Dash for Cash Swim

All competitors will line up horizontally to the finish line out past the break at the cans. On the starters signal, competitors will race towards the sand. First person to the finish is the winner.

Sunday Event Structures

Race 4: 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.

Race 5: Traditional Iron

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

Race 6: Dash for Cash – Board

All competitors will line up horizontally to the finish line out past the break at the cans. On the starters signal, competitors will race towards the sand. First person to the finish is the winner.

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 day a risk assessment will be conducted in accordance with SLS Guidelines.

Brief Outline of the Series

Surf Life Saving Central Coast will be conducting an U10 to 15 Iron person weekend held over two (2) days. The weekend will be held at The Lake SLSC.

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.

Prizes

Iron Races (each individual)

Medals will be awarded for each Iron race in each age group.

Iron 'Series'

Prize money will be awarded to 1st, 2nd and 3rd across the weekend's iron events (4 races) in each age group. The prize money will be awarded in the form of Newcastle Permanent bank accounts and can be claim at any branch upon completion of the series. Letters will be issued to the top 3 place getters.

Age Division	1st Place	2nd Place	3rd Place
U10 Female	\$100	\$80	\$60
U11 Female	\$100	\$80	\$60
U12 Female	\$125	\$100	\$80
U13 Female	\$125	\$100	\$80
U14 Female	\$150	\$125	\$100
U15 Female	\$150	\$125	\$100
U10 Male	\$100	\$80	\$60
U11 Male	\$100	\$80	\$60
U12 Male	\$125	\$100	\$80
U13 Male	\$125	\$100	\$80
U14 Male	\$150	\$125	\$100
U15 Male	\$150	\$125	\$100

Presentation for the weekend will occur at the conclusion of the races on Sunday the 12th of February.

Points will be awarded using the traditional surf sports scoring system:

1st = 6 points, 2nd = 5 points, 3rd = 4 points, 4th = 3 points, 5th = 2 points, 6th = 1 point

NO POINTS ARE AWARDED FOR 'DASH FOR CASH' RACES.

In the event of an equal point a count back on placing will be used to decide the series winner.

Dash for Cash Events

There will be two 'Dash for Cash' events conducted in each age group. Dash for Cash will be a race from out at the cans, to the sand, with one winner.

\$50.00 cash will be given to the winner of each category in both the swim and board events.

Categories will be the same as the above grid for series prizes.

Random Draw Prizes

There will be a random prize draw of "Engine Swim" products conducted at the conclusion of the presentation on Sunday.

There is over **80 items with a total value of \$1000.00 to be won.**

Included:

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

**General Rules for the 2023/24 Newcastle Permanent
Iron Weekend.**

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 iron weekend will be as detailed in the diagrams posted on the SLSCC website.
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. Iron - Specialist
8. **Report times**

8:30am	Officials & Water Safety
8:15am	Course Briefing
9:00am	Competitors for first event
9. The running order on the day will be subject to conditions and tides.
10. Competitors are required to sign on prior to each event
11. **Points are awarded as follows:** 6 points for 1st, 5 points for 2nd, 4 points for 3rd, 3 points for 4th, 2 points for 5th, 1 point for 6th. **NO POINTS ARE AWARDED FOR 'DASH FOR CASH' RACES.**
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. All issues are to be directed to the Carnival Referee. The Referee has the right to disqualify any competitor.
14. Any competitor in the Iron weekend races can replace their board or club cap if they have been damaged during any of the races.
15. The start will always be by whistle or gun.
16. There will be a **draw for positions** before each event.
17. Competitors must complete the entire course as explained by the course official.
18. All rules for competitors are as SLSA Surf Sports Manual 37th Revised (August 17) Edition
19. This is a special event iron person and on entry competitors should have the skills and fitness required.
20. The officials have the right to withdraw any individual competitor from the event if required.

21. 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.
22. Each **competing club** is required to nominate a **Team Manager who will** be the contact and liaison for the series.
23. **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.
24. **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
25. Competition Age group is as per Proficiency Age group for current 2023/24 season. All competitors must have completed their competition proficiency.
26. **Under NO Circumstances are competitors permitted to compete outside their age group. I.e. under 9's cannot compete in the Under 10s.**