



CIRCULAR 1190

Released September 2013

2013-2014 Newcastle Permanent Iron Person Series

Audience: Club Secretaries, Club Presidents, Team Managers, Surf Sports Coordinators

Date: 3rd September 2013

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Summary	2013-2014 Newcastle Permanent Iron Person Series
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Surf Life Saving Central Coast will be conducting the Newcastle Permanent Iron person Series for competitors in the U10 to U14 age categories. The Ironperson race series will be held over three (3) rounds, each an individual event, between October and November at various locations across the coast.

Round 1 – 12th October 2013 @ Avoca
Round 2 – 16th November 2013 @ Umina
Round 3 – 30th November 2013 @ Terrigal

Cost for the series:
\$55.00 (including GST) for all SLSCC Branch Members
\$66.00 (including GST) for all Members outside SLSCC Branch

Entries

Entry Forms complete with either payment, club endorsement or online payment receipt attached are to be posted to:

Surf Life Saving Central Coast
PO Box 5029,
Chittaway Bay NSW 2261

Please note entries will not be accepted without payment or club endorsement. Clubs will be invoiced for endorsed entries.

**** Reminder to clubs - All competitors must be proficient.** Please ensure proficiencies are completed prior to the first round of the series.

Please ensure all competitors have read and understand the event rules as attached. Should you require any further information or have any questions please contact Mel Ives on 4353 0299 or office@slscc.com.au.

Kind regards

David Unger
SLSCC Director of Surf Sports



Here for good.

2013/2014

IRONPERSON SERIES

Saturday Mornings

8.30am report for a **9.00am** start

ROUND	DATE	LOCATION	FORMAT
1	12 th October 2013	Avoca	Enduro
2	16 th November 2013	Umina	M Course
3	30 th November 2013	Terrigal	Eliminator

Round 1 – Enduro

- Long course event
- **Swim** - U10 & U11 - min 300m U12 –U14 – min 400m
- **Run** - U10 & U11 - 500m U12 – U14 – 700m
- **Board** - U10 & U11 - min 400m U12 - U14 - min 500m

Round 2 – M Course

- Competitors complete entire M course for swim and board.
- **Swim** - U10/U11 200m U12-U14 - 280m
- **Board** - U10/U11 320m U12-U14 - 400m
- **Run** - 120m

Round 3 – Eliminator

- Short course eliminator
- **Swim** - 180m
- **Board** - 248m
- **Run** - 70m

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



Newcastle Permanent Ironperson Entry Form

Competitor Details

First Name _____	Last Name _____
Date of Birth _____	Male / Female (please circle)
Club _____	
Address _____	
Suburb _____	State _____ Postcode _____
Phone (H) _____	Phone (M) _____
Email _____	

Event Details

1 – Avoca 12 th October <input type="checkbox"/>	2 – Umina 16 th November <input type="checkbox"/>	3 – Terrigal 30 th November <input type="checkbox"/>
a) U10 Male Ironperson <input type="checkbox"/>		g) U13 Male Ironperson <input type="checkbox"/>
b) U10 Female Ironperson <input type="checkbox"/>		h) U13 Female Ironperson <input type="checkbox"/>
c) U11 Male Ironperson <input type="checkbox"/>		i) U14 Male Ironperson <input type="checkbox"/>
d) U11 Female Ironperson <input type="checkbox"/>		j) U14 Female Ironperson <input type="checkbox"/>
e) U12 Male Ironperson <input type="checkbox"/>		
f) U12 Female Ironperson <input type="checkbox"/>		
Parent/Guardian _____signature		
Do you consent for your name to be given to the sponsors of the event? Yes/No (please circle)		
CLUB ENDORSEMENT		
Name: _____ Position: _____		
Signature: _____		
<i>Payment will NOT be accepted on the day. Clubs will be invoiced upon endorsement.</i>		

Please Post Entries to:

Surf Lifesaving Central Coast
P.O. Box 5029
Chittaway Bay NSW 2261

OFFICE USE ONLY - PAID \$..... CASH/ CHEQUE/ONLINE

DATE.....RECEIPT.....

Brief Outline of the Series:

Surf Life Saving Central Coast will be conducting an U10 to U14 Ironperson race series held over three (3) rounds between October and November (these will be all individual events). These races will be held over three different beaches along the coast.

Competitors are encouraged to compete in as many rounds as possible so they can earn maximum points.

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

Reporting Times:

- | | |
|---------|--|
| 8.30 am | Competitors must report at 8.30am to get 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. |

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
- No payment taken at the event day. Clubs will be invoiced upon endorsement.

Please note: Unendorsed Entries - will not be accepted without prior payment.
Club endorsed entries - Clubs will be invoiced.

All entries are to be POSTED with payment to:

**Surf Life Saving Central Coast
PO Box 5029,
Chittaway Bay NSW 2261**

Payment Options

Payments can be made by cash, cheque, online or by direct invoice to clubs.

- Post – Cheque
- In person Branch Office – Cash
- Club Invoiced – entry must be club endorsed or will not be accepted
- Online – visit SLSCC website or [pay online here](#)

Prizes:

There are prizes for the top three (3) place getters in each category, as well as Lucky Door Prizes. Presentation will be at the completion of the third (3) round at **Terrigal Beach on 30th November 2013.**

Attached:

- Event rules
- Diagrams of course formats

For further information please contact:

Mel Ives

Surf Life Saving Central Coast Support Officer

Ph: 02 4353 0299

Fax: 02 4353 0298

Email: office@slscc.com.au



General Rules for the Newcastle Permanent Ironperson Series

- **All competitors must wear the current 2013/14 SLSCC Pink “Freemasons” Safety vest to compete.** *(included in entry fee)*
- All competitors must wear their **CLUB CAP** to compete.
- The first 200 Competitors to register for the Series will receive a towel and hat.
- 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 Lifesaving 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: 12 points for first place, 11 points for second place, etc up to tenth 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 SLSA Surf Sports Manual 34th 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 or more competitors; etc
- 1 Water Safety per 5 competitors.
- Competition Age group is as per Proficiency Age group for 2013-2014 season.

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

2013/2014 NEWCASTLE PERMANENT IRONPERSON SERIES

PROGRAM

8:30am – Report
9:00am - Start

U/14 – Boys
U/14 – Girls
U/13 – Boys
U/13 – Girls
U/12 – Boys
U/12 – Girls
U/11 – Boys
U/11 – Girls
U/10 – Boys
U/10 – Girls

Minimum distances are listed with event course format however all distances will be determined on the day depending on conditions

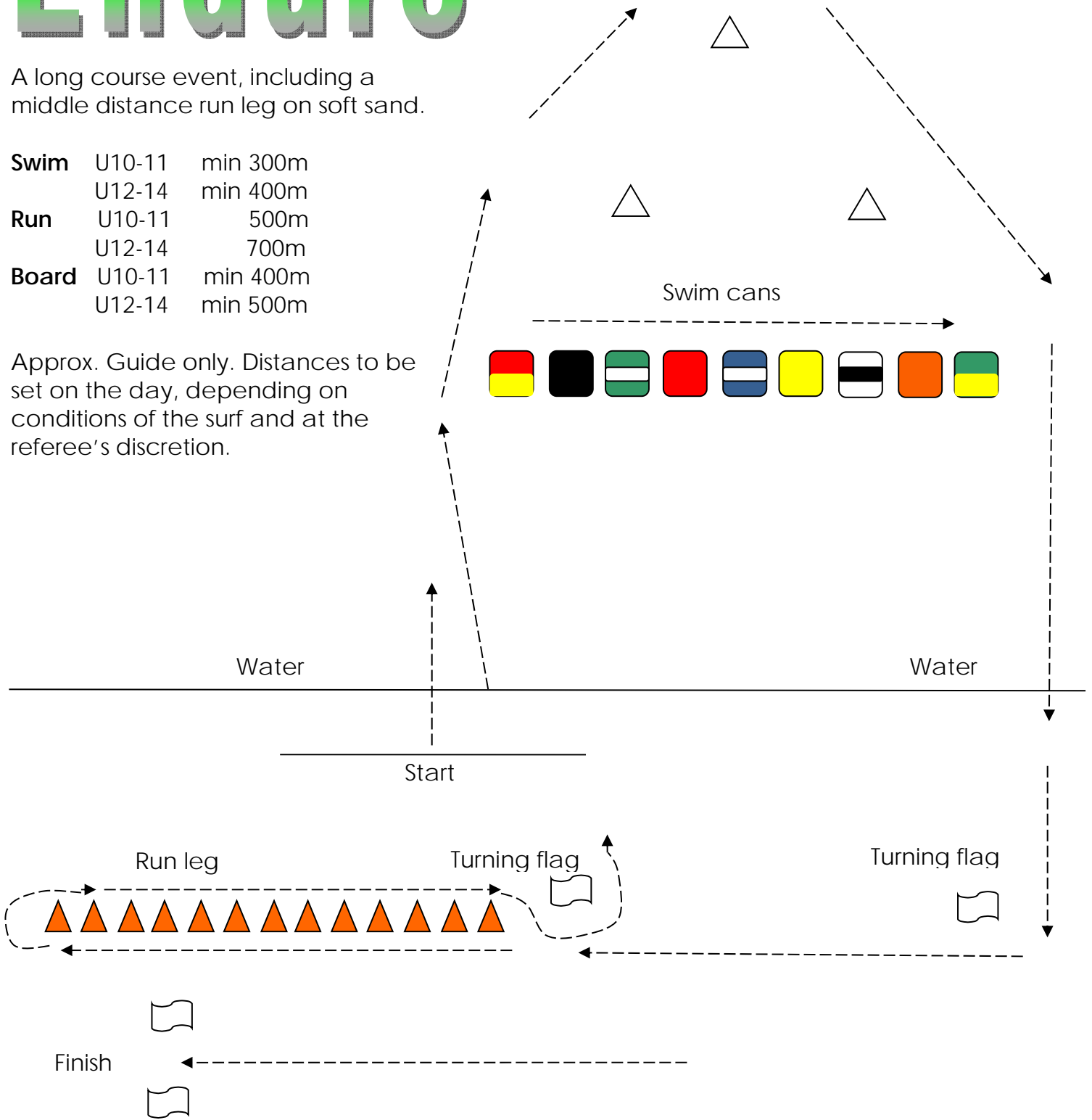
**Carnival Program may also change on the day due to conditions.
This will be the decision of the Carnival Referee.**

Enduro

A long course event, including a middle distance run leg on soft sand.

Swim	U10-11	min 300m
	U12-14	min 400m
Run	U10-11	500m
	U12-14	700m
Board	U10-11	min 400m
	U12-14	min 500m

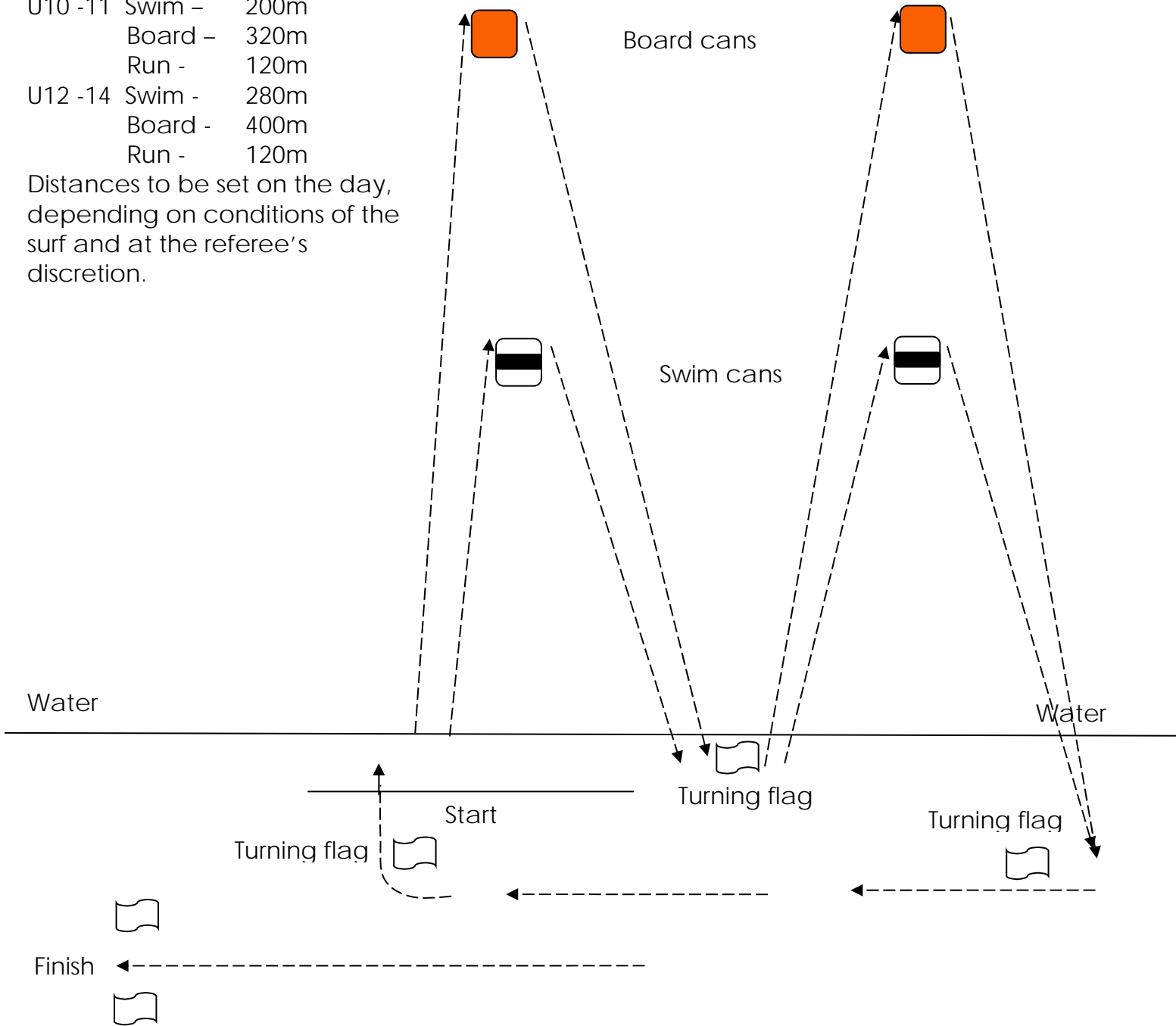
Approx. Guide only. Distances to be set on the day, depending on conditions of the surf and at the referee's discretion.



M course

- U10 -11 Swim - 200m
- Board - 320m
- Run - 120m
- U12 -14 Swim - 280m
- Board - 400m
- Run - 120m

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



Marshalling & Recording tent

Spectators



Eliminator

A short, fast race format. Competitors complete the short course 3 times, with a specified number of competitors eliminated after each race. A 3 minute break between is race is timed from the 1st competitor across the line. First race order is drawn. Subsequent races order chosen by winner of first race. Distances to be set on the day, depending on conditions of the surf and at the referee's discretion.

