



## 2020 Nutri-Grain Iron X Information Circular

<b>Title:</b> 2020 Nutri-Grain Iron X– Information Circular
<b>Document ID:</b> Circular 15/19-20
<b>Department:</b> Sport
<b>Audience:</b> State/Territory Surf Sport Managers, Directors, Club Secretaries, Branches, State/Territory CEO's Sport Standing Committee.
<b>Summary:</b> This circular contains the relevant details for competitors in the 2020 Nutri-Grain Iron X.

### Introduction

SLSA is excited to announce that the Nutri-Grain Iron X will be conducted at Mooloolaba, QLD on Monday 27 January 2020.

This event is a made for TV sports entertainment piece that will involve a range of activities based around the disciplines of an iron racing event, but also include elements of obstacle course racing, stand up paddle boarding and other activities.

### Iron X Race Format

The Nutri-Grain Iron X will have a primary and contingency course/format that will be applied depending on conditions.

#### PRIMARY COURSE

Order of disciplines will be:

The race will be conducted over the M Shape course

LEG	DISCIPLINE	TIME
1 <sup>st</sup> leg	Board	Approx. 6 minutes
2 <sup>nd</sup> leg	Battleground soft sand transition. 400m run including 5 obstacles	Approx. 6 minutes
3 <sup>rd</sup> leg	Swim- including 2 x 25m underwater sections	Approx. 6 minutes
4 <sup>th</sup> leg	Stand Up Paddle Board (SUP)	Approx. 6 minutes
5 <sup>th</sup> leg	Battleground soft sand transition. 400m run including 5 obstacles	Approx. 6 minutes
6 <sup>th</sup> leg	Surf Ski	Approx. 6 minutes
		<b>Total time: 36min</b>

#### CONTINGENCY COURSE

Only to be utilised if the Competition Committee is of the view the prevailing surf and/or weather conditions will present extreme difficulties for competitors to complete a standard M shape course on the SUP.

Order of disciplines will be:

The race will be conducted over the M Shape course.

LEG	DISCIPLINE	TIME
1 <sup>st</sup> leg	Stand Up Paddle Board – Competitors will commence the race beyond the break and race towards the beach and negotiate an M Shape Course outside of the break before paddling the SUP through the break to the beach	Approx. 6 minutes
2 <sup>nd</sup> leg	Battleground soft sand transition, 400m run including 5 obstacles	Approx. 6 minutes
3 <sup>rd</sup> leg	Board	Approx. 6 minutes



4 <sup>th</sup> leg	Swim- including 2 x 25m underwater sections	Approx. 6 minutes
5 <sup>th</sup> leg	Battleground soft sand transition. 400m run including 5 obstacles	Approx. 6 minutes
6 <sup>th</sup> leg	Surf Ski	Approx. 6 minutes
		<b>Total time: 36min</b>

### Nutri-Grain Iron X Obstacles

The first 3 obstacles will be completed in both Battleground legs. The last 4 obstacles will be completed in only 1 Battleground leg. I.E 2 in the first leg and 2 in the second leg.

#### A-frame Cargo Net (Battleground leg 1 & 2)

- 5m high cargo net climb
- Cargo net on both sides
- 45-degree angle.

#### Slip Wall (Battleground leg 1 & 2)

- 5m high slip wall
- Climb up a 45-degree wooden wall, with a rope to assist
- Cargo net climb down the other side.

#### Multi-Rig (Battleground leg 1 & 2)

- 20m of monkey bars and rings
- 10m of each consecutively
- Athletes can stop on a platform to rest up to 3 times through the set.

#### Cargo Net Crawl (Battleground leg 1)

- A 50m crawl under a heavy cargo net.

#### Throw and Go (Battleground leg 1)

- 30m of throwing a dead ball. (Approximately 20kg for men and 12kg for women)
- Squat and throw the ball and then run to it. Repeat.

#### Sand Bag Carry (Battleground leg 2)

- 50m run carrying a heavy sand bag. (Approximately 25kg for men, 15kg for women).

#### Tyre Flip (Battleground leg 2)

- 20m heavy tyre flips.

### Nutri-Grain Iron X Qualification

SLSA will invite 12 athletes to compete in the men's competition and 12 athletes to compete in the women's competition.

The first 6 male and female placegetters from the 2018/19 Nutri Grain Iron Series will automatically qualify. SLSA is pleased to announce that the following athletes will receive an automatic qualification position into the 2020 Nutri-Grain Iron X.

Male		
1	Ali DAY	SURFERS PARADISE
2	Kendrick LOUIS	MANLY
3	Matt POOLE	KURRAWA
4	Ben CARBERRY	CURRUMBIN BEACH
4	Cory TAYLOR	BMD NORTHCLIFFE



6	James LACY	MERMAID BEACH
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Female		
1	Georgia MILLER	BMD NORTHCLIFFE
2	Maddy DUNN	BMD NORTHCLIFFE
3	Lana ROGERS	NOOSA HEADS
4	Kirsty HIGGISON	SURFERS PARADISE
5	Brielle COOPER	KURRAWA
6	Hannah SCULLEY	BMD NORTHCLIFFE

SLSA will be in contact with the above athletes shortly to confirm their acceptance into the 2020 Nutri-Grain Iron X.

If a qualified athlete does not accept a position, it is then rolled down to the next position, i.e. 7th position. However, this process will be limited to the top 15 from the 2018/19 results.

This means the following athletes would be offered automatic qualification into the series if the above were to occur.

Male		
7	Matt BEVILACQUA	KURRAWA
8	Jay FURNISS	MANLY
9	Jackson MAYNARD	CURRUMBIN BEACH
10	Shannon ECKSTEIN	BMD NORTHCLIFFE
11	Max BROOKS	NEWPORT
12	Tanyn LYNDON	KURRAWA
13	Mitch COOMBES	BMD NORTHCLIFFE
14	TJ HENDY	SURFERS PARADISE
15	Cory FLETCHER	CURRUMBIN BEACH

Female		
7	Jemma SMITH	UMINA
8	Lizzie WELBORN	NORTH BONDI
9	Danielle MCKENZIE	BMD NORTHCLIFFE
10	Courtney HANCOCK	BMD NORTHCLIFFE
11	Tiarrn RAYMOND	ALEXANDRA HEADLAND
12	Naomi SCOTT	MANLY
13	Electra OUTRAM	NOOSA HEADS
14	Karlee NURTHEN	CURRUMBIN BEACH
15	Emma DICK	MERMAID BEACH

The next 6 places will be chosen by SLSA based on the following criteria:

- Iron racing history
- SUP racing or paddling history
- Commitment to excel in the new Nutri-Grain Iron X disciplines of SUP, CrossFit/obstacle racing and underwater swimming.
- Commitment to promotion and PR of Nutri-Grain Iron X.
- All competitors will apply for inclusion by filling out the application form.



### Nutri-Grain Iron X Application Questions

<b>Name:</b>					
<b>Date of Birth:</b>					
<b>Address:</b>					
<b>Suburb:</b>		<b>State:</b>		<b>Postcode:</b>	
<b>1. Outline your previous SUP racing, SUP training, SUP paddling or SUP surfing history, including any race/competition results and experience.</b>					
<b>2. Outline your previous Iron Racing or individual swim, board, ski history, including any race/competition results and experience.</b>					
<b>3. Outline your previous obstacle racing or CrossFit experience of any kind.</b>					



**4. Outline your proposed commitment to excelling in the proposed new elements of Nutri-Grain Iron X- i.e. SUP, obstacles and underwater swimming. For example; proposed training hours per week.**

**5. Outline how your inclusion in Nutri-Grain Iron X will help promote and market the event. For example; large social media following, willingness to participate in event media and PR.**

Athletes who wish to apply for a Wild Card into the Nutri-Grain Iron X should email their application to: [events@slsa.asn.au](mailto:events@slsa.asn.au).

All applications must be received no later than 11.59pm (AEST) on Sunday 1 September 2019.

Successful Wild Card recipients will be announced on Thursday 5 September 2019.

### **Prize Money**

The 2020 Nutri-Grain Iron X will have the following prize money on offer for the winner/place getters.

SLSA is pleased to announce that \$100,000 in prize money will be on offer for the 2020 Nutri-Grain Iron X.

<b>Event</b>	<b>Placing</b>	<b>%</b>	<b>Amount</b>
Iron X	1st	50.00%	\$25,000.00
	2nd	20.00%	\$10,000.00
	3rd	16.00%	\$8,000.00
	4th	8.00%	\$4,000.00
	5th	4.00%	\$2,000.00
	6th	2.00%	\$1,000.00



### **Athlete Communication**

In the lead up to the Nutri-Grain Iron X we will be looking to send out a regular update – just like this one – to keep you up-to-date on the latest news and any other information.

The primary form of communication will be via email and through the Nutri-Grain Iron Series website [www.ironseries.com.au](http://www.ironseries.com.au) so that we can ensure that everyone is getting information quickly and easily.

### **Athlete Costs Associated with the Series**

All athletes will be responsible for their own travel and accommodation arrangements and costs for the Nutri-Grain Iron X. Athletes will also be responsible for the transport and storage of their craft.

No entry fee will be charged for the Nutri-Grain Iron X event.

### **Further Information**

Should further information be required please contact the events team at:

[events@slsa.asn.au](mailto:events@slsa.asn.au)

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