



Circular

Title: Nutri-Grain IronMan/IronWoman Series Trial - Entry Circular
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Department: Sport
Audience: State/Territory Surf Sport Managers, Directors, Club Secretaries, Branches, State/Territory CEO's, SLSA Chair of Sport and Advisers, Officials and Competitors
Summary: This Circular contains the relevant details and amendments for the 2023/24 Nutri-Grain IronMan/IronWoman Series Trial

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DATES & LOCATIONS

ROUND	EVENT	DATE	LOCATION	QUALIFICATION PLACES
Trial	Nutri-Grain IronMan / IronWoman Series	11 - 12 November 2023	Tugun, QLD	7

ENTRIES

- All competitor entries for the Trial of the Nutri-Grain IronMan/IronWoman Series 2023/24 can be completed via [SEMS](#).
- Additional information regarding Nutri-Grain IronMan/IronWoman Series Trial can be found at <https://sls.com.au/ironseries/>
- Competitors must be a minimum age of 15 years on 30 September 2023 to be eligible to compete at the Trial.
- All competitors must meet Competition Eligibility rules as per current edition of SLSA Surf Sports Manual.
- Entry for the Trial of the Nutri-Grain IronMan/IronWoman Series will be \$60 (excl. GST).
- Entries for the Trial of the Nutri-Grain IronMan/IronWoman Series close at 5pm, Wednesday, 1 November 2023. No entries will be accepted after this date or on the day of competition.

COMPETITION BRIEFINGS

- A briefing for Team Managers (7.15am) and key Officials (7am) will be conducted by the Event Referee on Saturday 11 November.
- An additional briefing will also occur at 8:15am on Sunday 12 November.
- The location of the briefings shall be in the main competition area.
- Please ensure you are listening to announcements to ensure you attend the relevant briefings

TRIAL FORMAT & TIMINGS

SATURDAY 11 NOVEMBER – HEATS

- **Tides:** High 7am – 1.4m
Low 1pm – 0.3m
- **Warm Up Competition Area** - Separate swim/craft warm up times will be put in place at the Trial of the Nutri-Grain IronMan/IronWoman Series to ensure the safety of all competitors:
 - Craft 7.00am to 7.25am
 - Swim 7.25am to 7.45am
- **Marshalling** – on Saturday 11 November (pending final competition numbers) marshalling will commence at **7.45am**, unless advised otherwise by SLSA.
- **Start time*** – The first race will commence at **8am** on Saturday 12 November.

RACE	COURSE	TIME	ORDER
RACE 1	Shorter Traditional Course IronMan/IronWoman	Approximately 10 to 12 minutes in duration.	Ski – Board – Swim Male Heats followed by Female Heats
RACE 2	Traditional Course IronMan/IronWoman	Approximately 15 minutes in duration.	Swim – Ski - Board Male Heats followed by Female Heats

Following Race 2, re-seeding of all competitors will occur with 40 males and 40 females with the highest point score from first two rounds to qualify for Race 3

RACE 3	M Shape IronMan/IronWoman	Approximately 20 to 25 minutes in duration.	Board – Swim – Ski Male Heats followed by Female Heats
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Following Race 3, the top 20 male and female athletes, based on a combined points total of their 3



racers will qualify for finals on Sunday 12th November.

All race formats and approximate race durations will be adhered to as close as reasonably possible however they are subject to prevailing conditions and may change, if necessary, in the interests of safety and/or fairness.

SUNDAY 12 NOVEMBER – FINALS

- There will be no break between races/formats as all races are to be held consecutively i.e., as the Male race finishes the Female race will be starting and vice versa. As the Male race is being conducted the Female race will be marshalled and vice versa.
- **Warm Up Competition Area** - Separate swim/craft warm up times will be put in place at the Trial of the Nutri-Grain IronMan/IronWoman Series to ensure the safety of all competitors.
 - Craft 8am to 8.25am
 - Swim 8.25am to 8.40am
- **Marshalling** – on Sunday 12 November marshalling will commence at **8.45am**, unless advised otherwise by SLSA.
- **Start time** – The first race will commence at **9am** on Sunday 12 November 2023.

	COURSE	TIME	ORDER
RACE 1	Shorter Traditional Course IronMan/IronWoman	Approximately 10 to 12 minutes in duration.	Board – Ski - Swim Male Final Female Final
RACE 2	Traditional Course IronMan/IronWoman	Approximately 15 minutes in duration.	Ski – Swim – Board Male Final Female Final
RACE 3	M Shape IronMan/IronWoman	Approximately 20 to 25 minutes in duration.	Swim – Board – Ski Male Final Female Final

All race formats and approximate race durations will be adhered to as close as reasonably possible however they are subject to prevailing conditions and may change if necessary, in the interests of safety and/or fairness.

The **7 competitors** with the highest point score from all three races on Sunday, will qualify for the 2023/24 Nutri-Grain IronMan/IronWoman Series.

ANNOUNCEMENT OF SUCCESSFUL QUALIFIERS

At the conclusion of racing on Sunday 12 November at approximately 12pm a short presentation will be conducted at Tugun SLSC recognising the competitors who have qualified into the Nutri-Grain IronMan/IronWoman Series.

All competitors who successfully qualify for the Series will be required to attend a briefing following the presentation to provide competitor bio information (including filming and headshots), swimwear and outfitting sizing and personal sponsor logos design. Competitors should be prepared with personal sponsor information and an electronic copy of a logo prior to the Trial.

In addition to the Nutri-Grain IronMan/IronWoman Series Trial there will be 2 wildcard places available for the 2023/24 Nutri-Grain IronMan/IronWoman Series. Further information regarding wildcard places will be released shortly.

POINTSCORE AND QUALIFICATION

For both heats and finals, a progressive point score will be kept across the 3 races as follows:
1st – 20 points, 2nd – 19 points, 3rd – 18 points etc. numerically through to last place.

If a competitor fails to finish a race, fails to start or is disqualified in any race they will be awarded the NIL points for that race. This also applies if multiple competitors in the same race either fail to start, fail to finish or are disqualified, each competitor will be awarded NIL i.e., if there are 20 starters and 3



competitors fail to finish, fail to start or are disqualified – all 3 competitors will be awarded NIL points.

IMPORTANT - HEATS - Saturday 12 November - Qualifying process for Race 3

All competitors will compete in Races 1 & 2 on Saturday 11 November. A progressive point score will be kept across Races 1 & 2. At the conclusion of Race 2 – only the highest ranked 40 male and the 40 female competitors will progress to Race 3 on Saturday 11 November.

Progression from Heats to Finals – At the conclusion of Race 3 on Saturday 11 November the 20 male and 20 female competitors with the highest point score across all 3 Races will progress through to the finals on Sunday 12 November.

A new and separate point score will be conducted for finals racing on Sunday 12 November. No points or placings are carried over from Saturday to Sunday.

Countback Process

In the event competitors are tied at the conclusion of either the 3 heats (Saturday 11 November) or the 3 finals (Sunday 12 November) a countback based on each competitor's highest placing in each of the races will be conducted as follows:

1. If both competitors are tied on 45 points. i.e., if 2 competitors are tied on 45 points and competitor A has the following places R1 – 1st, R2 – 9th, R3 – 8th he/she will prevail over competitor B with the following places R1 – 2nd, R2 – 3rd, R3 – 13th.
2. If both competitors were again tied after this process the countback will continue to their next best place. i.e. if 2 competitors are tied on 45 points and competitor A has the following places H1 – 1st, H2 – 2nd, H3 – 15th he/she will prevail over competitor B with the following places H1 – 3rd, H2 – 1st, H3 – 14th. This process will continue to include all 3 races if required.
3. If competitors cannot be split on points or positions across all 3 races – the competitor with the highest places in the 3rd race will prevail. i.e., if both competitors are tied on 45 points and Competitor A has the following places R1 – 1st, R2 – 10th, R3 – 7th, he/she will prevail over Competitor B who has recorded the following places R1 – 7th, R2 – 1st, R3 – 10th.

If a countback process was to occur in the finals – only finals placing will be considered. No placing from the heats will be considered.

Countback Process – at the conclusions of Races 1 & 2 only – Saturday 11 November.

In the event competitors are tied at the conclusion of Races 1 & 2 a countback based on each competitor's highest placing in each of the races will be conducted as follows:

4. If both competitors are tied on 25 points. i.e. if 2 competitors are tied on 20 points and competitor A has the following places R1 – 1st, R2 – 16th he/she will prevail over competitor B with the following places R1 – 2nd, R2 – 15th.
5. If competitors cannot be split on points or positions across the 2 races – the competitor with the highest place in the 2nd race(will prevail. i.e. if both competitors are tied on 25 points and Competitor A has the following places R1 – 11^t, R2 – 6th, he/she will prevail over Competitor B who has recorded the following places R1 – 6th, R2 – 11th.

At the conclusion of Race 2 – only 40 male and 40 female competitors with the highest scores will progress to Race 3.

LIVE HEATS

The Nutri-Grain IronMan/IronWoman Series Trials will be utilising LiveHeats wristbands for marshalling and recording processes across all events.

All competitors who have an existing LiveHeats wristband from any SLSA, SLSQ, SLSNSW or Summer of Surf events are to bring these wristbands. **If you have already been issued a wristband and require a new one, you will be charged \$10 for a new one.**

For those who do not have a wristband, or are required to purchase one, please do so at the administration tent.



START OF RACES

Unless otherwise advised, all races shall be started on the beach approximately 15 metres from the water's edge (run start). Craft will be placed in front of the start line and as close as practicable to the water's edge. Handlers are not required for the start of events.

FINISH OF RACES

Unless otherwise advised, all races shall finish just prior to the arch at the rear of the run course. The finish line will be between 2 flags (or poles) positioned just prior to the arch. Craft and paddles may be abandoned after rounding the last turning buoy of the swim course. Handlers are to be used to remove craft and paddles from the course.

DRAWS

Once entries close SLSA will create a random draw for all heats. The random draw will be published prior to the start of the event at liveheats.com/slsa.

COMPETITOR NUMBERING

Competitors will be numbered with marker pens. Team Managers and competitors should bring a 1-1.5cm black permanent marker to number competitors. The numbers will be located on the outside of the competitor's left and right upper arms.

Competitors will be advised of their numbers when the random draw is released.

COMPETITON RULES & REGULATIONS

The Trial for the Nutri-Grain IronMan/IronWoman Series 2023/24 will be conducted as per the 37th edition SLSA Surf Sports Manual.

LYCRA PICK UP

Competitor Hi-Vis lycras will be available for collection following the Team Managers Briefing at 7:15am on Saturday 11 November 2023 at the Administration Tent. Lycras will not be available for pickup at any time before the briefing. Lycras must be worn when competing.

GEAR & EQUIPMENT / SECURITY

SLSA will provide overnight security to monitor event and competition area for competitor gear & equipment. Competitors are encouraged to safely store and secure own equipment overnight as SLSA takes no responsibility for loss or damage of equipment remaining on beach overnight. There will be no dedicated trailer parking on site at Tugun SLSC for this event.

Reports of missing vehicles, craft and equipment and personal belongings, are not uncommon at major events and all club Team Managers and competitors are reminded of their responsibility towards the security of their own equipment at the event.

Whilst general security surveillance personnel will be provided, the security of this equipment remains strictly under the control of the clubs and competitors and no responsibility will be accepted by Surf Life Saving Australia.

PROTESTS

In the event of a protest by a competitor there will be no right of appeal as the Referee's decision, in consultation with the Deputy Referee shall be final.

In dealing with the protest – the Referee has the discretion to **(but not obligated to)**:

- Speak to any further person he/she believes is appropriate and /or
- View any video or broadcast footage that may assist in his/her decision

All Placings are deemed final upon the Referee declaring the results as confirmed. No protest can be lodged after the confirmation of the results.



CONTINGENCY STRATEGY

For the Trial of the Nutri-Grain IronMan/IronWoman Series, the SLSA Events Team and Organising Committee have focused a considerable amount of time researching and inspecting suitable contingency locations in the event that the Trial should be relocated.

SLSA have widely consulted with local authorities and key event stakeholders and have determined the following possible contingency options:

- Option 1 – Reschedule Program
- Option 2 – Use of an alternative competition arena at the primary site
- Option 3 – Move to competition area North or South.
- Option 4 – Relocation away from primary site

A final decision regarding the use of any contingency site will be dictated by a risk assessment at that site.

SLSA reserves the right to make changes to this document. This may include the overall qualification process for the 2023/24 Nutri-Grain IronMan/IronWoman Series. Changes may include, but are not limited to:

- Date and location of the trial.
- Format of the trial
- Number of qualifying spots
- Amendments to wildcard process
- The size of the male and female fields
- Any other issue at the discretion of SLSA

SAFETY

All Competitors and Officials are referred to the Introduction of the current edition of the SLSA Surf Sports Manual and in particular but not only paragraphs (d), (e) and (f). Paragraph (d) states: *"Surf lifesaving can be inherently dangerous. Serious accidents can and often do happen which may result in property damage, physical injury and even death. All members are assumed to have voluntarily read and understood this warning and accept and assume the inherent risks in surf lifesaving."*

A Safety Operations Manual has been developed for use by the Safety & Emergency Committee, the Competition Committee, officials, and relevant personnel. These guides have been refined for use for the Trial of the Nutri-Grain IronMan/IronWoman Series.

All competitors participating in the Trial, **must** wear lycra vest as provided by SLSA. Failure to comply with this safety measure may result in disciplinary action against the individual and club.

For warm up and training, competitors may wear any high vis colour i.e., yellow lycras. In all competition **THE SLSA SUPPLIED COMPETITION LYCRA** must be worn.

All equipment used in competition shall be subject to full scrutineering including safety, weight, dimensions, and ancillary fittings against specifications at any time before, during or immediately after competition. i.e., SLSA reserves the right to carry out random scrutineering checks throughout the event.

INCIDENT PROCEDURES

Surf Life Saving Australia has a range of incident protocols in place for the event including designated search and response teams. In the event of a shallow water search, event organisers may seek further assistance from some competitors who hold a Bronze Medallion.

UAV'S ON SITE

Please ensure that all competitors and travelling family members are aware that no unauthorised UAVs are permitted at the event, including the competition area and surrounding locations.



SCRUTINEERING

Team Managers and competitors are strongly advised to ensure that their skis and boards strictly comply with the scrutineering conditions, detailed in the current edition of the Surf Sports Manual before departure for the event. SLSA reserves the right to randomly scrutineer all competition related surf craft. I.e., boards and surf skis

EVENT COMMUNICATION

The Trial of the Nutri-Grain IronMan/IronWoman Series will be using the 'Stack Team App' smartphone application to send out updates and notifications to Team Managers and competitors. Download 'Stack Team App' from the App Store or Google Play. Once you have downloaded the app and created your user login, search for '**Nutri-Grain Iron Series Trial**' (with the Nutri-Grain Iron Series logo).

SPONSORSHIP

Competitors who qualify for the Nutri-Grain IronMan/IronWoman Series have the opportunity to display a personal sponsor whilst competing in the Nutri-Grain Iron Series, pending approval from SLSA. If approved, a personal sponsor logo can be displayed on swimwear. Once the qualifying competitors have been announced, they will be asked to submit an information form including a personal sponsor logo file immediately following the Trial. Please be aware that the following National Sponsors have exclusivity in the following categories for the Nutri-Grain IronMan/IronWoman Series 2023/24.

COMPANY	EXCLUSIVITY CATEGORY
Nutri-Grain / Kelloggs	Breakfast category (bars, bites, ball and drinks/squeezer products)
DHL	Logistics
Isuzu	Automotive
AMPOL	Fuel
Westpac	Financial Services
FINZ	Swimwear
BRP	SeaDoo watercraft/Power craft & Evinrude Motors

PHOTOGRAPHY

No club/branch photographer passes will be issued for the Trial – this is in line with SLSA's Photography Policy - Policy 6.21. Please contact media@slsa.asn.au if you have any enquiries in this space.

MEDIA ENQUIRIES

Only accredited media will be granted access to the competition area. All media enquiries should be directed to Surf Life Saving Australia Media Team.

Competitors shall be permitted to promote the event within their own State. However, no competitor, Team Manager, competitor, Official or spokesperson for a team, shall make media statements that could bring the Nutri-Grain Series, its sponsor, or officials, into controversy. Such statements shall be deemed to be a breach of SLSA discipline and may be dealt with accordingly.

Complaints regarding the organisation of the Series, or any other matters, should be directed through the appropriate SLSA channels and will be dealt with by the responsible section, or officers. Such official complaints will be acknowledged.

Please contact media@slsa.asn.au if you have any enquiries in this space.

SLSA CODE OF BEHAVIOUR

SLSA expects that all members involved in the event will co-operate to ensure a positive public image and to participate in a spirit of goodwill and sportsmanship.



The SLSA Code of Conduct, competing unfairly and abuse/inappropriate clauses are contained in the current edition of the SLSA Surf Sports Manual and any subsequent Bulletins.

Any incidents or behaviour likely to cause embarrassment or damage to the reputation and/or image of lifesaving competition will be managed as prescribed in the current edition of SLSA's Rules, Surf Sports Manual and any subsequent Bulletins.

SPORT INTEGRITY AUSTRALIA – ONLINE EDUCATION

Prior to competing at the Trial all competitors are encouraged to complete Anti-Doping Fundamentals (formerly Level 1) and the Annual Update (formally Level 2) located on Sport Integrity Australia's e-learning platform - <https://elearning.sportintegrity.gov.au/login/index.php>

Athletes progressing on to the Series, will be required to complete both the Anti-Doping Fundamentals and the 2023* Annual Update prior to stepping foot on the start line. This year, the primary surf coach for each athlete is required to complete both courses. It is the athletes' responsibility to ensure that they and their coaches have completed both eLearning courses prior to the start of the Series. Failure to do so prior to the start of round 1 will deem the athlete ineligible to participate in the Series.

**The 2023 Annual Update is also required to be completed in January when Sport Integrity release the course.*

DRUG USE

Surf Life Saving Australia supports the Australian Government, the Australian Sports Commission, the Australian Olympic Committee, and Sports Integrity Australia (SIA) in their efforts to eradicate the use of drugs in sport. SLSA has published a Policy 5.02 - Anti-Doping Policy (available online at Members Area) which condemns the use of performance enhancing drugs and doping practices in sport.

Any event conducted by SLSA is subject to random drug testing, without prior notice. The very strict procedures laid down for the testing for drugs will be observed, and competitors refusing to submit to a drug test will be subject to prescribed penalties. Should Team Managers require further information, please refer to Policy 5.02 and, as appropriate, contact the "Drugs in Sport" hotline on 1300 027 232.

The Policy 6.23 – Illicit Drugs in Sport Policy (available online at Members Area) addresses the out-of-competition use of illicit drugs, concentrating primarily on education, awareness and prevention initiatives. This policy is designed to help prevent the uptake of illicit drug use and reduce the drug-related harm to individuals, families and stakeholders of SLSA and the broader community.

GAMBLING

Gambling by SLSA members on events in which they are participating as a competitor, Official, Manager or organiser is strictly prohibited. Members proven to have gambled on an SLSA Event whilst a competitor, Coach, Official, Manager or organiser of that competition will be subject to appropriate disciplinary action in accordance with SLSA Regulations. Please refer to Policy 5.11 – Match Fixing.

THEFT

Any person/s found stealing signage or any equipment owned by Surf Life Saving Australia, the hosting authority, states or another individual may be immediately reported to the police and that person/s be brought before a SLSA Disciplinary Committee.

Please note that automatic disqualification of individuals from the event may occur if any member is found guilty of theft.