



2023/24 Nutri-Grain IronMan/IronWoman Series – Athlete Information

Title: 2023/24 Nutri-Grain IronMan/IronWoman Series – Athlete Information
Department: Sport
Summary: This document contains the all relevant information for competitors, coaches and team management involved in the 2023/24 Nutri-Grain IronMan/IronWoman Series.

CONTENTS

NUTRI-GRAIN IRONMAN/IRONWOMAN SERIES OVERVIEW.....	2
QUALIFICATION PROCESS	2
QUALIFIED ATHLETES – NUTRI GRAIN IRONMAN/IRONWOMAN SERIES.....	2
WILDCARDS	4
NUTRI GRAIN TRIAL EVENT	4
PATHWAY ATHLETES	4
FORMATS	5
COURSE BUOYS.....	6
POINT SCORE	7
Countback	8
HANDLERS	8
PRIZE MONEY	9
PERSONAL SPONSORSHIP	9
COMPULSORY CRAFT STICKERS.....	9
APPAREL	10
ATHLETE COSTS ASSOCIATED WITH THE NUTRI-GRAIN IRONMAN/IRONWOMAN SERIES.....	10
SURF SPORTS MANUAL	11
SAFETY	11
CRAFT SCRUTINEERING.....	12
SPORT INTEGRITY AUSTRALIA – ONLINE EDUCATION	12
DRUG USE	12
GAMBLING	12
THEFT	13
ATHLETE COMMUNICATION	13
CONTENT, MEDIA AND PR	13
NIPPER CLINICS	14
ATHLETE BRIEFING	14

NUTRI-GRAIN IRONMAN/IRONWOMAN SERIES OVERVIEW

Hosted across three weekends at three iconic locations the 2023/24 Nutri-Grain Iron Series will incorporate various race formats incorporating all aspects of Ironperson racing.

Summary of formats, dates and locations are as below with specific details regarding formats provided further throughout this document.

ROUND	FORMAT	DATE	Time	LOCATION
Nutri-Grain Trial	Traditional Iron – Heats	11 November 2023	8am – 2pm	Tugun, QLD
Nutri-Grain Trial	Traditional Iron – Final	12 November 2023	9am – 12pm	Tugun, QLD
Nutri-Grain Round 1	Enduro	16 December 2023	1pm-3pm	Manly, NSW
Nutri-Grain Round 2	Survival	17 December 2023	1pm-3pm	Manly, NSW
Nutri-Grain Round 3	Super Sprint	13 January 2024	1pm-3pm	Maroubra, NSW
Nutri-Grain Round 4	Survival	14 January 2024	1pm-3pm	Maroubra, NSW
Nutri-Grain Round 5	The Specialist	3 February 2024	12pm-2pm	Kurrawa, QLD
Nutri-Grain Round 6	Survival	4 February 2024	12pm-2pm	Kurrawa, QLD

**All times, formats, locations subject to change if weather and/ or surf conditions and/or TV broadcast requirements dictate.*

QUALIFICATION PROCESS

The field for 2023/24 Nutri-Grain Iron Series will consist of the following:

- Top 10 from the 2022/23 Nutri-Grain Iron Series via invitation to compete
- 1 x Next-Gen Series Winner 2022/23 Season via invitation to compete
- 7 x spots from the 2023 Nutri-Grain Iron Series Trial
- 2 x Wildcards

Invited athletes from the 2022/23 Nutri-Grain Iron Series:

The top 10 men and women from the 2022/23 Nutri-Grain Iron Series gain automatic qualification into this seasons Series. If a qualified athlete does not accept a position, it is then rolled down to the next position, i.e. 11th position.

QUALIFIED ATHLETES – NUTRI GRAIN IRONMAN/IRONWOMAN SERIES

SLSA is pleased to announce that the respective female and male athletes will receive an automatic qualification position into the 2023/24 Nutri-Grain Iron Series.

Pos.	Name	Club
1	Georgia MILLER	NORTHCLIFFE
2	Lizzy WELBORN	NEWPORT
3	Danielle MCKENZIE	NORTHCLIFFE
4	Lucy DERBYSHIRE	SURFERS PARADISE
5	Tiarnee MASSIE	MAROOCHYDORE
6	Lana ROGERS	NORTHCLIFFE
7	Brielle COOPER	BURLEIGH HEADS MOWBRAY PARK
8	Lily O’SULLIVAN	BURLEIGH HEADS MOWBRAY PARK
9	Courtney HANCOCK	SURFERS PARADISE
10	Hannah SCULLEY	NORTHCLIFFE

Pos.	Name	Club
1	Matt BEVILACQUA	NORTHCLIFFE
2	Ben CARBERRY	BURLEIGH HEADS MOWBRAY PARK
3	Joe COLLINS	NORTHCLIFFE
4	Cory TAYLOR	NORTHCLIFFE
5	Finn ASKEW	SURFERS PARADISE
6	Cooper WILLIAMS	ALEXANDRA HEADLAND
7	Ali DAY	SURFERS PARADISE
8	Corey FLETCHER	BURLEIGH HEADS MOWBRAY PARK
9	Zach MORRIS	NORTHCLIFFE
10	Daniel COLLINS	REDHEAD

SLSA will be in contact with the above athletes shortly to confirm their acceptance into the 2023/24 Nutri-Grain Iron Series.

If an automatically qualified athlete does not accept their position, this qualification spot will then roll down to the next highest finisher from the 2022/23 Iron Series, i.e. 11th position. This process is limited to the top 12 from 2022/23 Iron Series results. If all automatic qualification positions are not utilised these positions will be added to qualifying positions available at the 2023 Nutri-Grain Trial.

The following athletes will be offered automatic qualification in the below order into the 2023/24 Iron Series in the event a Top 10 automatic qualification position or positions are not accepted.

Pos.	Name	Club
11	Naomi SCOTT	NORTHCLIFFE
12	Emily DOYLE	NORTHCLIFFE

Pos.	Name	Club
11	Jackson BORG	NEWPORT
12	Thomas SCOTT	NORTHCLIFFE

The roll down qualification process through to the Top 12 will cease once the 2023 Nutri-Grain Trial has been finalised and the 20 Nutri-Grain Iron Series Athletes have been announced.

QUALIFIED ATHLETES – NUTRI GRAIN NEXT GEN SERIES

As winners of the 2022/23 Nutri-Grain Next Gen Series the below female and male athlete have also earned automatic qualification into the 2023/24 Nutri Grain Iron Series.

Pos.	Name	Club
1	Ruby MEEHAN	NORTHCLIFFE

Pos.	Name	Club
1	Mitchell MORRIS	NORTHCLIFFE

If the pre-qualified Next Gen athletes do not accept automatic qualification – the position will be added to the qualifying positions available at the 2023 Nutri-Grain Trial. There is no roll-down process for the pre-qualified Next Gen position.

WILDCARDS

There will be two (2) male and two (2) female Wildcard positions available for the 2023/24 Nutri-Grain IronMan/IronWoman Series to be awarded at the sole discretion of SLSA.

At the sole discretion of SLSA applications for Wildcards will be considered pursuant to one or more (no particular priority) of the following criteria:

- Previous results in the Nutri Grain IronMan/IronWoman Series.
- Results achieved at the 2023 Nutri Grain Series Qualification Round (Trial).
- Previous results at the Australian Surf Life Saving Championships
- Previous results at other surf sports events
- You qualify for consideration as a Development Pathway Athlete (see below for further information)
- Why you believe you should be granted a wildcard?
- Why your inclusion in the Series may help promote and grow the Nutri Grain Ironman & Ironwoman Series.

To qualify for consideration as a Development Pathway Athlete you must satisfy the following criteria:

(Please note satisfying the criteria as a Development Pathway Athlete is not an automatic right to receive a Wildcard – it is only one factor that will be considered).

1. You competed at the trial for a Surf Life Saving club from either WA, SA, Vic, NT or Tas
2. You competed in the trial at Tugun (QLD) on 11 & 12 December 2023 and qualified through to, and competed in, the final conducted on Sunday 12 December.
3. If you are successful in gaining a Wild Card as Development Pathway Athlete you agree to compete for the same club (as you did in the trial) for the entire 2023/2024 season, including the 2024 Australian Surf Life Saving Championships.

NUTRI GRAIN TRIAL EVENT

SLSA will conduct the Nutri-Grain Iron Series Trial on 11 & 12 November 2023. This event is currently planned to be conducted at Tugun SLSC, QLD.

Further information regarding the 2023/24 Nutri-Grain Iron Series Trial can be found in the Entry Circular (<https://ironseries.com.au/>).

SLSA reserves the right to make changes to Nutri Grain Iron Series Trial if required. This may include the overall qualification process for the 2023/24 Nutri-Grain Iron Series. Changes may include, but are not limited to:

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

PATHWAY ATHLETES

If, after the 20 qualified Iron Series athletes have been announced, an athlete is injured or unable to compete in the Iron Series, or a round of the Iron Series, then the athlete may be replaced by either;

- The next highest placed athlete from the Trial that did not originally qualify for the Iron Series OR
- An athlete that was unsuccessful in the Wild Card process

The pathway athlete will only be called up to the Iron Series for the round (or rounds) the pre-qualified athlete is not available for.

FORMATS

Round & Date	Format Type	Format Details	Order
Round 1	Endurosurf	A 35 to 40-minute Iron race over an M-Shaped or Traditional Course. Each of the disciplines of swim, board, ski will be completed twice or three times (dependant on course selection) with competitors taking on the surf break a multiple of times.	Board, Swim, Ski – 2-3 times
Round 2	Survival	Three separate, 12-minute long Iron races starting with 20 competitors, with the last 6 finishers in each race eliminated, until 8 are left in the final race. There is a thrilling 3 to 4 minute countdown between each race.	Race 1 – Ski, Swim, Board. Race 2 – Board, Ski, Swim. Race 3 – Swim, Board, Ski.
Round 3	Super Sprint	Three separate, 10-12 minute races. Equal points are allocated for races 1 and 2. At the conclusion of Race 2 all athletes will be ranked 1 to 20 based on the points awarded over both races. Race 3 will commence with a staggered start commencing from the finish arch. The athlete ranked 1st after Races 1 and 2 will start on 'GO' with the remaining athletes then undertaking a handicap start in sequential order in accordance to their ranking.	Race 1 – Ski, Board, Swim Race 2 – Board, Swim, Ski Race 3 - Swim, Ski, Board
Round 4	Survival	Three separate, 12-minute long Iron races starting with 20 competitors, with the last 6 finishers in each race eliminated, until 8 are left in the final race. There is a thrilling 3 to 4 minute countdown between each race.	Race 1 – Board, Ski, Swim. Race 2 – Swim, Board, Ski. Race 3 – Ski, Swim, Board.
Round 5	The Specialist	Four separate 4 to 5 minute races, one for each discipline of swim, board, ski and run. At the conclusion of the 4 separate	Race 1 – Run. Race 2 – Ski. Race 3 – Swim. Race 4 – Board.

		races, the final IronMan/IronWoman race will be conducted with a staggered start commencing from the finish arch. The athlete ranked 1st after the 4 Specialist races will start on 'GO' with the remaining athletes then undertaking a handicap start in sequential order in accordance to their ranking.	Race 5 – Iron (ski, swim, board)
Round 6	Survival	Three separate, 12-minute long Iron races starting with 20 competitors, with the last 6 finishers in each race eliminated, until 8 are left in the final race. There is a thrilling 3 to 4 minute countdown between each race.	Race 1 – Swim, Ski, Board. Race 2 – Ski, Board, Swim. Race 3 – Board, Swim, Ski.

Contingency Formats

In the event of surf and/or weather conditions and/or TV broadcast requirements SLSA reserves the right to amend or change a scheduled format. This may include (but not limited to) the nature of the format itself and/or the discipline order and/or the introduction of further rules in the interest of safety and/or fairness.

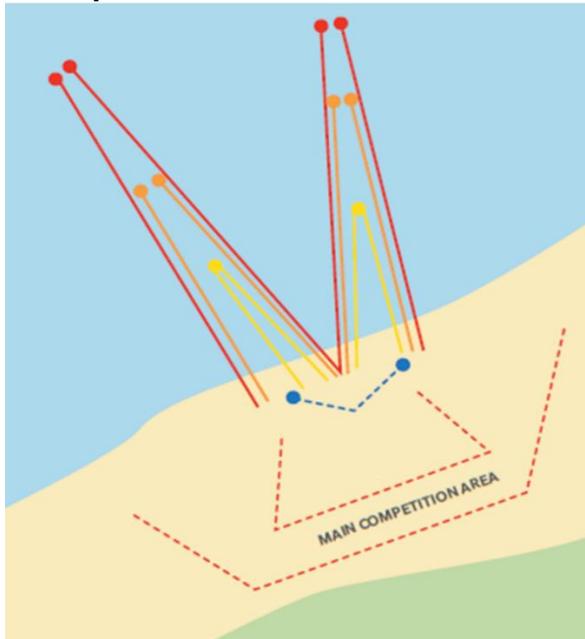
In the event of any change of format SLSA will (in all best endeavours) consult with athletes in a timely and appropriate manner to provide as much advance notice as is reasonably possible.

COURSE BUOYS

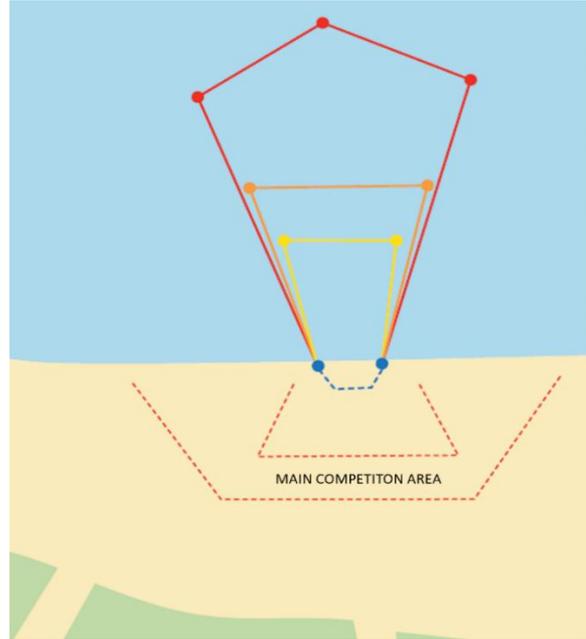
SLSA intends on using the following buoys for the 2023/24 Nutri-Grain IronMan and IronWoman Series. If any changes are implemented this will be communicated to athletes as required.

SWIM	BOARD	SKI
Two Hard Large Boat Cans Cylinder Shape. Red with a black band across the middle.	Two Hard Large Boat Cans Cylinder Shape. White with a black band across the middle.	Two or three (course dependent), large inflatable cone shaped buoys. Orange with the SLSA roundel in the middle.
		

M Shape Course



Traditional Course



POINT SCORE

The 2023/24 Nutri-Grain IronMan and IronWoman Iron Series will be conducted with the following point score system to ensure individual round winners and podium finishers are recognised and rewarded. It will also provide an overall leader board where consistency is recognised and rewarded.

If an athlete fails to finish, or is disqualified in a round they will receive NIL points for that round.

For the Nutri-Grain Iron Series the overall point score will be decided over the 6 results of each athlete.

Each athlete is required to compete in each round of the Iron Series unless due to injury.

POINT SCORE WILL BE AS FOLLOWS FOR ALL ROUND

POSITION	ROUNDS 1 TO 6 - POINTS AWARDED
1	30
2	26
3	23
4	20
5	18
6	16
7	15
8	14
9	13
10	12
11	11
12	10
13	9
14	8

15	7
16	6
17	5
18	4
19	3
20	2

Countback

In the event athletes are tied at the conclusion of the Iron Series a countback based on each athlete's highest placing in each of the 6 rounds will be conducted as follows:

1. If both athletes are tied on points. i.e. if 2 athletes are tied on 125 points and athlete A has the following places R1 – 1st, R2 – 1st, R3 – 6th, R4 – 5th, R5 – 6th, R6 – 7th he/she will prevail over athlete B with the following places R1 – 2nd, R2 – 3rd, R3 – 1st, R4 – 6th, R5 – 10th, R6 – 5th
2. If both athletes were again tied after this process the countback will continue to their next best place. i.e. if 2 athletes are tied on 145 points and athlete A has the following places R1 – 1st, R2 – 1st, R3 – 1st, R4 – 2nd, R5 – 2nd, R6 – 19th he/she will prevail over athlete B with the following places R1 – 16th, R2 – 3rd, R3 – 2nd, R4 – 1st, R5 – 1st, R6 – 1st. This process will continue to include all 6 rounds.
3. If athletes cannot be split on points or positions across all 6 rounds – the athlete with the highest place in the 6th Round will prevail. i.e. if both athletes are tied on 135 points and Athlete A has the following places R1 – 3rd, R2 – 13th, R3 – 9th, R4 – 1st, R5 – 1st, R6 – 1st, he/she will prevail over Athlete B who has recorded the following places R1 – 1st, R2 – 1st, R3 – 1st, R4 – 13th, R5 – 9th, R6 – 3rd.

HANDLERS

Each competitor will be allowed one handler per event. Athletes will be required to nominate their handler for each round. Duties will be to assist in the deployment and collection of the competitor/s equipment. Handlers are permitted access into the competition arena if they are dressed in the correct attire.

Each competitor will be provided with one (1) handler bib for their handler that will have the athletes' name on the back, and this must always be worn by the handler in the competition area when assisting a competitor. No handler will be allowed within the competition area without the supplied bib. **Each handler bib will be returned to SLSA staff at the end of each round.**

Handlers must not provide a competitive edge for any competitor. If a handler appears to be doing so, they could front a Carnival Disciplinary Committee and could have that athlete removed from competition.

Handlers when not assisting competitors **MUST** stay in the designated area on the vbeach and are not allowed to wander around the competition area.

Note: Infringements incurred by a handler, coach or other person in a competitor's team will be applied to the competitor as if the competitor had committed the infringement.

Handlers are not permitted to film, photograph or broadcast pictures or video from within the competition arena during races.

PRIZE MONEY

SLSA is pleased to announce that \$325,000 in prize money will be on offer for the 2023/24 Nutri-Grain Iron Series for round and series winner/place getters.

IRON SERIES/ROUND	PLACING	AMOUNT
OVERALL IRON SERIES	1	\$25,000
	2	\$12,000
	3	\$9,000
	4	\$6,500
	5	\$5,000
	6 to 10	\$4000 each
	11 to 15	\$3000 each
	16 to 20	\$2,000 each
OVERALL IRON SERIES TOTAL		\$205,000 (\$102,500 per gender)
PER ROUND	1	\$5,000
	2	\$3,000
	3	\$2,000
OVERALL PER ROUND TOTAL		\$20,000 (\$10,000 per gender)
TOTAL PRIZE MONEY ALLOCATION		\$325,000

PERSONAL SPONSORSHIP

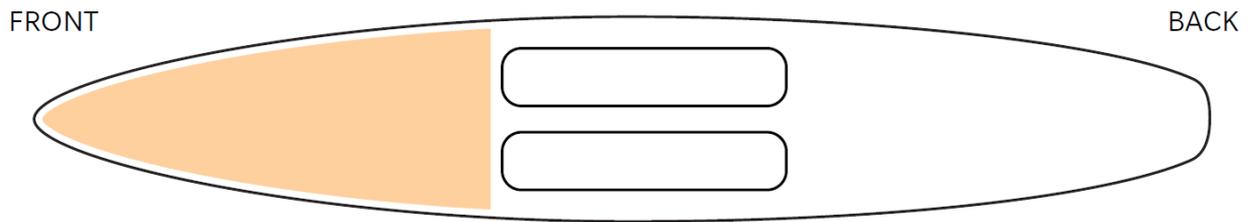
SLSA understands that athletes may have personal sponsors advertised on their swimwear, ski or board. Therefore, we require that the personal sponsor is submitted for approval to SLSA. Please be aware that the following National Sponsors have exclusivity in the following categories for the Nutri-Grain IronMan/IronWoman Series 2023/24.

COMPANY	EXCLUSIVITY CATEGORY
Nutri-Grain / Kellogg	Breakfast category (bars, bites, ball and drinks/squeezer products)
DHL	Logistics
Isuzu	Automotive
Ampol	Fuel
Westpac	Financial Services
Engine	Swimwear
BRP	SeaDoo water craft & Can-Am/Power craft

COMPULSORY CRAFT STICKERS

Board

- Athletes must place a minimum one (1) Nutri-Grain sticker anywhere within the shaded area below on their board
- Nutri-Grain sticker for the Board measures 850mm x 100mm
- Nutri-Grain stickers cannot be cut or altered in any way
- No personal competitor sponsor branding is to encroach on the Nutri-Grain branding area selected by the athlete
- Personal sponsor branding may be placed anywhere away from the Nutri-Grain sticker.



Ski

- Athletes must place a minimum two (2) Nutri-Grain stickers anywhere within the shaded area below on their ski
- Nutri-Grain sticker for the Ski measures 980mm x 140mm
- Nutri-Grain stickers cannot be cut or altered in any way
- No personal competitor sponsor branding is to encroach on the Nutri-Grain branding area selected by the athlete
- Personal sponsor branding may be placed anywhere away from the Nutri-Grain sticker.



APPAREL

Competitors must wear the uniforms and any other clothing or accessories issued or provided by SLSA whilst competing or otherwise participating in the 2023/24 Nutri-Grain IronMan/IronWoman Series.

- Competitors are representing SLSA and the naming rights sponsor Nutri-Grain so **MUST** wear the Official apparel that has been distributed to each athlete
- All athletes are to bring their costumes – in case you are needed to shoot in the water
- Athlete apparel should be clean and well presented
- Ensure that the event sponsor logos are always visible
- All athletes are to ensure they are wearing the official apparel, with no clashing sponsors for:
 - o Traveling to and from the race event
 - o All photo shoots
 - o All events.

ATHLETE COSTS ASSOCIATED WITH THE NUTRI-GRAIN IRONMAN/IRONWOMAN SERIES

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

SURF SPORTS MANUAL

2023/24 Nutri-Grain IronMan/IronWoman Series is conducted under the authority and regulations of Surf Life Saving Australia Limited.

The rules for the Event must be read in conjunction with, and are subject to, SLSA's Constitution and Regulations, the 37th Edition of the SLSA Surf Sports Manual (SSM) and any Policies, Bulletins, Circulars or other publications as issued by SLSA from time to time.

In the event any rule outlined in this Circular, and/or in further correspondence relating to the conduct of the Series, conflicts with the current edition of the Surf Sports Manual – the rule outlined in this Circular and/or in any further correspondence, shall prevail.

PROTEST AND APPEALS

In the event of a protest by a competitor in the 2023/24 Nutri Grain Ironman/Ironwoman Series 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.

SAFETY

All Competitors and Officials are referred to the Introduction on page (i) 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.”

Water safety as part of the competition, is ultimately the responsibility of the Safety and Emergency Committee and Competition Committee, based on the advice of the Safety and Emergency Management Coordinator (SEMC), the Event Referee and Officials in determining postponement or cancellation of any or all events, or relocation to an alternate venue in accordance with Section 1 - Competition Safety, of the current edition of the SLSA Surf Sports Manual.

The Event Referee and SEMC will conduct safety briefings to officials and competitors before commencement of competition and during the event as required.

Risk assessors have been appointed to assist the SEMC to provide ongoing assessment of conditions and safety across the event area. They will create an effective communication channel to the SEMC and Competition Committee. Those officials may seek advice from competitors and competitor representatives to ensure an informed opinion is provided and can be acted upon where appropriate.

CRAFT SCRUTINEERING

Boards and surf skis must meet current specifications of SLSA.

All competitor's craft are subject to scrutineering at any time prior to, during or after the event. Competitors and/or handlers must comply with the directions of the event scrutineer and present their craft for scrutineering at anytime during the Series. This could include presenting surf craft for scrutineering immediately after the conclusion of any race or Round.

SPORT INTEGRITY AUSTRALIA – ONLINE EDUCATION

Prior to competing at the Round 1 all competitors must 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 competing in 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 as well. It is the athletes' responsibility to ensure that they and their coach/es 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.

ATHLETE COMMUNICATION

In the lead up to the 2023/24 Nutri-Grain IronMan/IronWoman Series we will send out a regular updates via email to keep you up-to-date on the latest news and any other information.

Over the course of the Nutri-Grain IronMan/IronWoman Series, the primary form of communication will be via email and direct on the Iron Series website www.ironseries.com.au.

CONTENT, MEDIA AND PR

As in previous years, SLSA will organise a content day with athletes to capture photos and vision to boost the profile of the Series within the media and the wider general public. Further details will be provided once confirmed.

There will also be media and PR opportunities throughout the Series that will be organised and communicated to you. It is in your best interest and the interest of the Series profile that you are available when the opportunities present themselves.

Athlete must use best endeavours to participate in media appearances/requests organised by SLSA and their communications agency, in addition to wearing series uniforms/swimwear during media appearances. Please advise where possible, of any media commitments you may have in relation to the Series ahead of times, so we can balance the athlete media loads and also the mix of media organisations to aid in the widespread promotion of the Series.

NUTRI-GRAIN NEXT GEN SERIES

The Nutri-Grain Next Gen Series is open to U19 Male and Female athletes and will be coinducted as a curtain raiser to the Nutri-Grain IronMan/IronWoman Series across rounds 5 - 6 at Kurrawa SLSC from Friday 2nd - 4th February.

The top placed U19 athlete Male and Female of the Nutri-Grain Next Gen Series will also automatically qualify into the 2024/25 Nutri-Grain IronMan/IronWoman Series.

Further information regarding the Nutri-Grain Next Gen Series can be found in the 2023/24 Nutri-Grain Next Gen Series – Information Circular.

POST SERIES FUNCTION

SLSA will be hosting a post-series Function on Sunday 4 February, from 5:00pm-7:00pm AEST at Kurrawa SLSC. More information will be provided at a later date however all athletes plus one guest are invited to attend.

NIPPER CLINICS

The Nutri-Grain Ironman/Ironwoman Series will be hosting a Nipper Clinic at each of the respective rounds. It is expected that each athlete attends at least one of these clinics. A roster for each location and briefing document will be provided to athletes once finalised.

ATHLETE BRIEFING

Please find details below for the compulsory online athlete briefing for the Nutrigrain Ironman / Ironwoman Series. Please note that it is a requirement for all athletes to attend this meeting.

7.00pm (NSW) / 6.00pm (QLD) Tuesday 12 December 2023 Online via the following link:

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 414 436 130 608

Passcode: K2fDQM

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

[+61 2 8318 0003,,343273202#](#) Australia, Sydney

Phone Conference ID: 343 273 202#

The briefing will cover off all items relating to the competition structure, safety, media requirements and sponsorship. The briefing should go no longer than 30 minutes.