

# Surf Life Saving Australia – Circular

November 2009



## 2009/2010 Kellogg's Nutri-Grain Ironman Series Trial 5–6 December 2009 Tugun Beach, QLD

<b>Document id</b>	C40/09-10	<b>Audience</b>	Competitors, Coaches, Presidents and Secretaries, State Centres
<b>Department</b>	Surf Sports		

### Summary

This circular calls for competitors wishing to participate in the trial for the 2009/2010 Kellogg's Nutri-Grain Ironman Series. The Trial will be held at Tugun Beach QLD on the 5<sup>th</sup> and 6<sup>th</sup> of December 2009.

The Kellogg's Nutri-Grain Ironman Series Trial will be held at Tugun Beach, QLD. This event is open to all current proficient members of a Surf Life Saving Club, who are Bronze Medallion holders, and are at least 16 years of age (due to ski events). This event will determine the remaining competitor places for the 2009/2010 Kellogg's Nutri-Grain Ironman Series. **Please carefully read through the information below as it contains important event details.**

To enter online, please click [here](#) or visit our website [www.slsa.com.au](http://www.slsa.com.au).

If you have any questions regarding the 2009/2010 Kellogg's Nutri-Grain Ironman Series Trial Round please contact Julia Loennendung at Surf Sports Australia on (02) 9300 4000, or email [jloennendung@slsa.asn.au](mailto:jloennendung@slsa.asn.au).

## 2009/2010 Kellogg's Nutri-Grain Ironman Series Trial

The 2009/2010 Kellogg's Nutri-Grain Ironman Series Trial Round will be held at Tugun Beach QLD. Athletes will be selected to be a part of the series, with a minimum of 11 males and 11 females from this event being invited to attend the Kellogg's Nutri-Grain Ironman Series over the 2009/2010 summer.

### DATES & VENUES FOR THE SERIES

ROUND	DATE	VENUE
Trial	5 <sup>th</sup> & 6 <sup>th</sup> December 2009	Tugun Beach, QLD
Round 1	16 <sup>th</sup> January 2010	Kurrawa Beach, QLD
Round 2	17 <sup>th</sup> January 2010	Kurrawa Beach, QLD
Round 3	6 <sup>th</sup> February 2010	Alexandra Headland Beach, QLD
Round 4	7 <sup>th</sup> February 2010	Alexandra Headland Beach, QLD
Round 5	21 <sup>st</sup> February 2010	North Cronulla Beach, NSW

## QUALIFICATION FOR THE SERIES

The Athlete's that have already qualified for this series from their placings in the 2008/2009 Kellogg's Nutri-Grain Ironman Series and the Australian Championships are:

### Male

1. Shannon Eckstein
2. Zane Holmes
3. Matt Poole
4. Pierce Leonard
5. Corey Jones
6. Nathan Smith

### Female

1. Naomi Flood
2. Kristyl Smith
3. Elizabeth Plumiers
4. Courtney Hancock
5. Alicia Marriott
6. Gemma Newbiggin

Should any of these athletes or any athlete who qualified as part of the trial withdraw from the series, the replacement athletes will be based on the results at the trial.

There will be at least 11 male and 11 female positions in the 2009/2010 Kellogg's Nutri-Grain Ironman Series that will be filled using results at the Trial. National selectors will select a further one (1) male and one (1) female as wildcards following the Trial.

Competitors who qualify through to the 2009/2010 Kellogg's Nutri-Grain Ironman Series will be required to complete a competitor's contract, athlete profile and accommodation / flight details, and submit to SLSA Staff within two (2) working days of the conclusion of the Trial. A sample of this contract is available upon request. Please contact Julia Loennending on (02) 9300 4000 to discuss this further.

A briefing for the competitors who qualify for the series will be held at 1.00pm on Sunday 6<sup>th</sup> December at Tugun Surf Life Saving Club. As this briefing will run for approximately one (1) hour, applicants must ensure they leave enough time for this before return flights home.

## CONDITIONS OF ENTRY

### Please note:

To compete in the Open Ironman and Open Ironwoman you must reach SLSA competition requirements to ski paddle (current proficient members of a Surf Life Saving Club, who are Bronze Medallion holders and at least 16 years of age).

All competitors must complete the online entry form (in full). The Event coordinators reserve the right to reject or cancel any entry at any time. All entry forms must have parent/guardian approval if under the age of 18 and must have club endorsement from either the Club President or Secretary.

An entry fee of \$50.00 (includes GST) will be charged per competitor. Entries close on **5.00pm Thursday 19<sup>th</sup> November 2009**, however late entries will be accepted up until **5.00pm Thursday 26<sup>th</sup> November 2009**. Late entries will incur an additional fee of \$45.00 per person. Note there will be **NO** entries accepted after the late entry cut-off date.

All competitors must hold the appropriate award for an open competitor, be proficient and be a current financial member of their Surf Life Saving Club. All competitors must wear their club competition cap and swimwear while competing. The 33<sup>rd</sup> edition of the Surf Sports Manual will apply to all races except where stated in this and subsequent documents. All craft must meet SLSA surf craft specifications. SLSA reserves the right to alter or change the venue or course should conditions warrant.

Race singlets – Official **Kellogg's Nutri-Grain** lycra event singlets must be worn by all competitors when requested. Non-compliance will result in disqualification.

All handlers must be financial members of the competitor's surf life saving club (unless the Event Referee has granted permission of a member of another club to perform the duties of the handler). All handlers are required to wear the same competition cap and swimwear as that of the competitor.

To enter online, please click [here](#) or visit our website [www.slsa.com.au](http://www.slsa.com.au).

## TRIAL FORMAT

### SATURDAY RACING

*Saturday Morning 8.00am:*

**R1: 25min M shaped course**

(Swim/Ski/Board)	Open Women	Approx 3 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)
	Open Men	Approx 4 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)

*Saturday Afternoon (approx. 1h after completion of R1):*

**R2: Traditional Ironman / Ironwoman**

(Board/Swim/Ski)	Open Women	Approx 3 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)
	Open Men	Approx 4 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)

### SUNDAY RACING

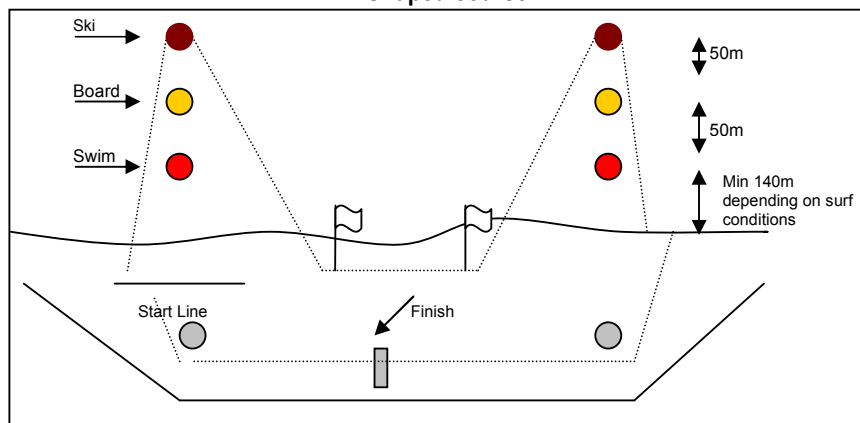
*Sunday Morning 7.30am:*

**R3: Traditional Ironman / Ironwoman**

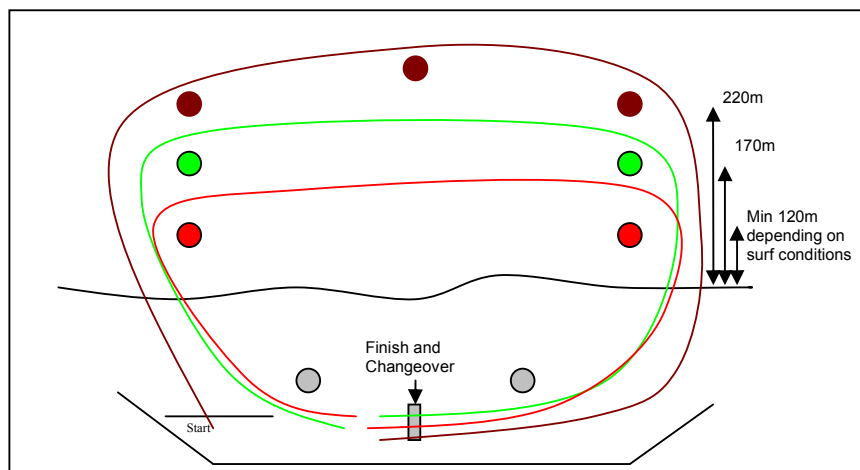
(Ski/Board/Swim)	Open Women	Approx 3 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)
	Open Men	Approx 3 seeded Heats of 20	1 x A Final (20)	1 x B Final (20)

The top 40 placed competitors from the heats will proceed to the A and B finals – top placed 20 into the A final and 21-40 placed into the B final. The point-score will be awarded to competitors 40-1 out of each of the finals A / B throughout the weekend.

#### M-Shaped course



#### Traditional Ironman / Ironwoman course



**Note 1:** The number of heats and/or numbers in the relevant heats are not guaranteed. They will be determined by the event Referee based on the number of competitors that marshal for each individual round.

**Note 2:** As per the 33<sup>rd</sup> edition of the Surf Sports Manual the Referee will determine any event conditions on the day due to surf conditions. Refer Section 1.3.3 of the 33<sup>rd</sup> edition of the Surf Sports Manual.

Places in the 2009/2010 Kellogg's Nutri-Grain Ironman Series will be determined by the point-score at the end of the competition, e.g. it is the highest point-score which gains the top position and then the subsequent positions will be in descending order.

## **MARSHALLING / BRIEFINGS**

Competitors are required to have their competitor number stamped on their upper left and right arm and upper left and right thigh. A list of competitor numbers will be available from the Administration Tent. Stamping of athletes will be done by the officials and will commence on Saturday at 7.00am and on Sunday at 6.30am from the Administration Tent. Competitors are required to have their craft ready on the beach in the designated areas prior to the start of the first race.

Marshalling will begin at 7.40am on the Saturday prior to the commencement of the first race at 8.00am sharp and 7.10am on the Sunday prior to the commencement of the first race at 7.30am sharp.

A race briefing for all competitors and handlers will take place during marshalling prior to the event.