

# 2009-10 Kellogg's Nutri-Grain Ironman Series

## Fact Sheet

As part of the new three year agreement with Kellogg Australia, Surf Life Saving is shaking up the Kellogg's Nutri-Grain Ironman Series – and you won't want to miss the moment of the action this summer.

With a bigger prize pool on offer, competitors are going to have to battle each other and the elements to claim their share, with different formats for each of the rounds set to test what Australia's top Ironmen and Ironwomen are made of.

Held over five rounds, competitors will not only have their chance to secure prize money up for grabs at each round, but will also earn points, with the overall series champions crowned at the final round.

Competitors will be pushed to the limits, with the cut throat racing designed to test their ability as well as create exciting racing for the fans and television audiences.

This year will also give competitors even more opportunity to make this elite series, with a "wildcard" shoot out to take place the Friday prior to rounds one and three, and the Saturday before round five. They will need to fight it out to secure the final two male and two female spots on offer in the series, and then back up on Saturday and Sunday to mix it with the best of the best [see below for more detail].

This summer just go a whole lot hotter...

### Dates and locations

Trial	5-6 December 2009	Tugun (Gold Coast)
Round 1	16 January 2010	Kurrawa (Gold Coast)
Round 2	17 January 2010	Kurrawa (Gold Coast)
Round 3	6 February 2010	Alexandra Headland (Sunshine Coast)
Round 4	7 February 2010	Alexandra Headland (Sunshine Coast)
Round 5	21 February 2010	North Cronulla (Sydney)

### Seven network broadcast schedule

Sunday 17 January 2010	12-2pm
Sunday 31 January 2010	12-2pm
Sunday 7 February 2010	12-2pm
Sunday 14 February 2010	12-2pm
Sunday 21 February 2010	1-3pm

\*Check local guides for more details

## Who

The following six male and female athletes have secured their spots for the 2009-10 Series:

- Shannon Eckstein
- Zane Holmes
- Matt Poole
- Pierce Leonard
- Corey Jones
- Nathan Smith
- Naomi Flood
- Kristyl Smith
- Elizabeth Pluimers
- Alicia Marriott
- Courtney Hancock
- Gemma Newbiggin

The remaining spots for the series will be selected as follows:

- **Trial** (5-6 December, Tugun Gold Coast)  
Top 11 males and top 11 females after the two day competition will qualify
- **Selectors' wildcard**  
SLSA selectors will choose one male and one female to compete in the series based on performances in the past 12 months.
- **Wildcards**  
Competitors from around the country will have the opportunity to compete in the Series in a last chance hit out by securing a wildcard spot. Competitors will have to race the Friday prior to rounds 1 and 3 for their chance to compete across the weekend. There will also be a wildcard hit out on the Saturday prior to final.

Wildcards will have the opportunity to earn prize money, Series points as well as compete in all formats. They will compete in a hit-out style Ironman/Ironwoman race, with the top two placed male and female securing their spots for the next day.

### How selected:

Wildcards for rounds 1 and 2 – selected Friday 15 January 2009 (Kurrawa)

Wildcards for rounds 3 and 4 – selected Friday 5 February 2009 (Alexandra Headland)

Wildcards for round 5 – selected Saturday 20 February 2009 (North Cronulla)

## Formats

### Round 1: “Dash for Cash”

An eliminator Ironman/Ironwoman format with three races - competitors have to qualify through to the next round in order to win the bigger prizes. But there is one big difference:

There will be two options for the athlete in the run up the beach at the end of each leg:

**Option 1:** shorter route for athletes who want to ensure they qualify through to the next round and bypass the finish line on transition.

**Option 2:** longer route allows the athlete to “dash for cash” with the winner snatching \$1000 at the end of each leg.

**Race 1** – Board / Swim / Ski commence with 20 athletes

**Race 2** – Ski / Swim / Board commence with 15 athletes

**Race 3** – Swim / Ski / Board commence with 10 athletes

### Round 2: “The Accumulator”

This round is all about accumulated time. Athletes will complete all legs as an individual race – i.e.:

**Race 1** - board race

**Race 2** - ski race

**Race 3** - swim race

The times for each race will then be added to give the athlete an overall accumulated time.

**Race 4** is then a handicap event. The athlete with the lowest accumulated time goes off first with other athletes leaving at intervals based on the accumulated time difference between the first athlete and themselves.

### Round 3: “The Sprint”

Athletes will be divided into two semi finals based on their ranking in the series after two rounds. They will take on sprint course.

Semi final one will have all the odd ranked athletes (i.e. 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>... and so on), while semi final two will have the evens. There will be prize money for the winners of each semi final.

The final will include the top 5 athletes from each semi final to make up a 10 person final. The remaining prize money will be distributed amongst the top 8.

**Round 4: “Athletes’ Choice”**

After the completion of the Trial all athletes will have their chance to submit a format of their choice. They will need to meet certain criteria along the lines of a short course Ironman/Ironwoman course, exciting television format, unique and safe.

The announcement will be made on Friday 11 December.

**Round 5: “The Eliminator”**

The finale to the series will be the same eliminator format from the last few years. The only difference will be that the first two races will also carry prize money for the winners.

**Race 1:** 20 athletes down to 15

**Race 2:** 15 athletes down to 10

**Race 3:** Top 10 race in final

## Prize money

Round 1 - The Dash for Cash		
Individual Round	Male	Female
Race 1 - Leg 1	\$1,000	\$1,000
Race 1 - Leg 2	\$1,000	\$1,000
Race 1 - Leg 3	\$1,000	\$1,000
Race 2 - Leg 1	\$1,000	\$1,000
Race 2 - Leg 2	\$1,000	\$1,000
Race 2 - Leg 3	\$1,000	\$1,000
1st place	\$6,500	\$6,500
2nd place	\$2,500	\$2,500
3rd place	\$1,400	\$1,400
4th place	\$800	\$800
5th place	\$450	\$450
6th place	\$400	\$400
7th place	\$250	\$250
Round 1 Total	\$18,300	\$18,300

Round 2 - The Accumulator		
Individual Round	Male	Female
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$2,000	\$2,000
4th place	\$1,400	\$1,400
5th place	\$1,150	\$1,150
6th place	\$750	\$750
7th place	\$600	\$600
8th place	\$400	\$400
Leg 1 Best Split time	\$500	\$500
Leg 2 Best Split time	\$500	\$500
Leg 3 Best Split time	\$500	\$500
Leg 4 Best Split time	\$500	\$500
Round 2 Total	\$18,300	\$18,300

<b>Round 3 - The Sprint</b>		
<b>Individual Round</b>	<b>Male</b>	<b>Female</b>
Semi Final 1	\$2,250	\$2,250
Semi Final 2	\$2,250	\$2,250
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$1,400	\$1,400
4th place	\$900	\$900
5th place	\$700	\$700
6th place	\$500	\$500
7th place	\$300	\$300
Round 3 Total	\$18,300	\$18,300

**Round 4 – Athletes’ Choice**

\$18,300 up for grabs on the male and female round.

<b>Round 5 - The Eliminator</b>		
<b>Individual Round</b>	<b>Male</b>	<b>Female</b>
Race 1 1st Place	\$2,250	\$2,250
Race 2 1st Place	\$2,250	\$2,250
1st place	\$6,500	\$6,500
2nd place	\$3,500	\$3,500
3rd place	\$1,400	\$1,400
4th place	\$900	\$900
5th place	\$700	\$700
6th place	\$500	\$500
7th place	\$300	\$300
Round 5 Total	\$18,300	\$18,300

<b>Series (total)</b>		
<b>Series total</b>	<b>Male</b>	<b>Female</b>
1st place	\$12,000	\$12,000
2nd place	\$7,000	\$7,000
3rd place	\$4,000	\$4,000
4th place	\$3,500	\$3,500
5th place	\$2,500	\$2,500
6th place	\$1,250	\$1,250
7th place	\$900	\$900
8th place	\$750	\$750
9th place	\$550	\$550
10th place	\$450	\$450
11th place	\$350	\$350
12th place	\$250	\$250