

Circular

Title: 2022/23 Nutri-Grain IronMan/IronWoman Series Trial Information
Document ID: Circular 17/22-23
Department: Sport
Audience: State/Territory Surf Sport Managers, Directors, Club Secretaries, Branches, State/Territory CEO's Sport Standing Committee, Competitors, Coaches, Team Managers, and Officials involved in the event.
Summary: This Circular contains the relevant details for the 2022/23 Nutri-Grain IronMan/IronWoman Series Trial

While SLSA is accepting entries for the 2022/23 Nutri-Grain IronMan/IronWoman Series Trial, due to potential COVID-19 restrictions in place at the time of the event (border closures, social distancing, venue capacity, quarantine requirements etc.), SLSA reserves the right to reduce both the number of events and the number of participants per event as well as the order in which events will be held. It is currently not possible to predict the impact of COVID-19 for an event to be held and specific requirements imposed by Federal & State Governments at that time. Members must make their own assessment in relation to entries.

Members are also responsible for their own health. By entering the 2022/23 Nutri-Grain IronMan/IronWoman Series Trial, you acknowledge that, even with control measures in place at the event, there remains at this time, an unquantifiable risk of transmission of viral illness including COVID-19.

By attending the event you acknowledge that you have considered those risks and your personal circumstances, including any health conditions or vulnerability that you may have, and the circumstances of persons with whom you will be in close contact following your attendance at the 2022/23 Nutri-Grain IronMan/IronWoman Series Trial. You acknowledge that, for a small number of people, COVID-19 has very serious health consequences. SLSA will rely on this health issue waiver and proceed on the basis that you acknowledge and accept these risks.

In the event that the Queensland Department of Health, or another Government Department, makes a formal request, we may be required to disclose your contact information for contact tracing purposes, including your full name, contact email and/or contact phone number.

FURTHER INFORMATION

Should further information be required please contact the events team at:
events@slsa.asn.au



DATES & LOCATIONS

ROUND	EVENT	DATE	LOCATION	QUALIFICATION PLACES
Trial	Nutri-Grain IronMan / IronWoman Series	12 -13 November 2022	Tugun, QLD	7

ENTRIES

- All competitor entries for the Trial of the Nutri-Grain IronMan/IronWoman Series 2022/23 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 as at 30 September 2022 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.
- Entries for the Trial of the Nutri-Grain IronMan/IronWoman Series close at 5pm, Wednesday 2nd November 2022. 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 12 November.
- An additional briefing will also occur at 8:15am on Sunday 13 November.
- The location of the briefings shall be in the main competition area or as announced.

TRIAL FORMAT & TIMINGS

SATURDAY 12 NOVEMBER – HEATS

Tides: High 10.27am – 1.53m
Low 5.06pm – 0.33m

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 12 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.

	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.	Board – Swim – Ski Male Heats followed by Female Heats
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Following Race 2, re-seeding of all competitors will occur with 60 males and 60 females with lowest pointscore from first two rounds to qualify for Race 3

RACE 3	M Shape IronMan/IronWoman	Approximately 20 to 25 minutes in duration.	Swim – Ski - Board Male Heats followed by Female Heats
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All race formats and approximate race durations will be adhered to as close as practicably and reasonably possible however they are subject to prevailing conditions and may change, if necessary, in the interests of safety and/or fairness.

SUNDAY 13 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 13 November marshalling will commence at **8.45am**, unless advised otherwise by SLSA.

Start time – The first race will commence at **9am** on Sunday 13 November 2022.

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

All race formats and approximate race durations will be adhered to as close as practicably and 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 lowest point score will qualify for the 2022/23 Nutri-Grain IronMan/IronWoman Series.



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Announcement of Successful Qualifiers - At the conclusion of racing on Sunday 13 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, 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 2022/23 Nutri-Grain IronMan/IronWoman Series. Further information regarding wildcard places will be released shortly.

POINTSORE AND QUALIFICATION

For both heats and finals, a progressive point score will be kept across the 3 races as follows: 1st – 1 point, 2nd – 2 points, 3rd – 3 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 maximum amount of points for that race. i.e. If there are 20 starters and a competitor fails to finish a race or is disqualified, they will be awarded 20 points. 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 maximum points 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 20 points.

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

All competitors will compete in Races 1 & 2 on Saturday 12 November. A progressive point score will be kept across Races 1 & 2. At the conclusion of Race 2 – only the 60 male and the 60 female competitors with the lowest scores will progress to Race 3 on Saturday 12 November.

Progression from Heats to Finals – At the conclusion of Race 3 the 20 male and 20 female competitors with the lowest scores across all 3 Races on Saturday 12 November will progress through to the finals on Sunday 13 November.

A new and separate point score will be conducted for finals racing Sunday 13 November.

Countback Process

In the event competitors are tied at the conclusion of either the 3 heats (Saturday 12 November) or the 3 finals (Sunday 13 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 20 points. i.e., if 2 competitors are tied on 20 points and competitor A has the following places R1 – 1st, R2 – 9th, R3 – 10th he/she will prevail over competitor B with the following places R1 – 2nd, R2 – 3rd, R3 – 15th.
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 20 points and competitor A has the following places H1 – 1st, H2 – 2nd, H3 – 17th he/she will prevail over competitor B with the following places H1 – 3rd, H2 – 1st, H3 – 16th. 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 20 points and



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Competitor A has the following places R1 – 1st, R2 – 10th, R3 – 9th, he/she will prevail over Competitor B who has recorded the following places R1 – 9th, 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 12 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 20 points. i.e. if 2 competitors are tied on 20 points and competitor A has the following places R1 – 1st, R2 – 19th he/she will prevail over competitor B with the following places R1 – 2nd, R2 – 18th.
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 20 points and Competitor A has the following places R1 – 11th, R2 – 9th, he/she will prevail over Competitor B who has recorded the following places R1 – 9th, R2 – 11th.

At the conclusion of Race 2 – only 60 male and 60 female competitors with the lowest scores will progress to Race 3.

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. All heats will be seeded as best as practicably and reasonably possible.

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 and on the front of the upper thighs. Where competitors are wearing jammers to compete, the number is to be placed on the back of the calf.

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 2022/23 will be conducted as per the 37th edition SLSA Surf Sports Manual. Please note a pdf version of the Surf Sports Manual is available on the



SLSA Member's Area. Or alternatively an online version of the Surf Sports Manual is available via the SLSA Publications App.

LYCRA PICK UP

Competitor HI-Vis lycras will be available for collection following the Team Managers Briefing at 7:15am on Saturday 12 November 2022. Lycras will not be available for pickup at any time before the briefing. Lycras must be worn when competing.

GEAR & EQUIPMENT

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.

PROTESTS

A protest against a competitor or against a decision of an Official must be lodged verbally with the Referee or Deputy Referee within 5 minutes of the completion of the event or the announcement of the result of an event. Results will be posted at the Administration Centre.

A written protest must then be lodged with the Referee or Deputy Referee within 15 minutes of the verbal protest being lodged. Protest forms can be obtained from the Administration Centre inside Tugun SLSC. The result of an event, if not already announced, will be withheld until the protest and any subsequent appeal is decided.

The Competition Appeals Committee will deal with all protests referred to it by the Referee under clause 14.3.3 (a) and all appeals by competitors under clause 14.3.3 (d) of the current edition of the Surf Sports Manual.

Team Managers are reminded that both the Referee and the Deputy Referee will not entertain frivolous appeals. In this regard please note that SSM (Clause 14.3.3b) states:

*"Where the Referee or the Area Referee or the Sectional Referee considers (in their absolute discretion) that a **protest is frivolous**, or not of a serious nature, they may choose not to accept the protest."*

Please also note that the Competitor retains the right (under SSM Clause 14.3.3e) to appeal the matter but the Appeals Committee will also consider whether the matter is frivolous in assessing the grounds for appeal.

An appeals fee of \$150 (Inc. GST) must accompany all protest appeals when submitted to the Appeals Committee for adjudication. If an appeal is upheld the fee is returned forthwith. The decision of the Competition Appeals Committee is final and there is no right of appeal against that decision.

More information pertaining to protests and appeals can be found in Section 14 'Protests, Appeals and Discipline' of the current edition of the Surf Sports Manual.

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.

COVID 19 Contingency Process

Due to the current COVID 19 pandemic and the possibility of related restrictions including potential State border closures various models for the Trial/process maybe enacted.

As has been seen over the last 2 years, the COVID19 pandemic has had a major impact on sporting events. Any potential future impacts stemming from the COVID19 pandemic, that may impose restrictions on States, Clubs or individual competitors, SLSA reserves the right to make changes to this document. This may include the overall qualification process for the 2022/23 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
- Adjustment to wildcard process
- The size of the male and female fields
- Any other issue at the discretion of SLSA

In the event of extreme extenuating circumstances, COVID or otherwise, SLSA reserves the right to add additional competitors to the 2022/23 SLSA Iron Series who are not able to attend the 2022 Trial for reasons outside of their control. These may include but are not limited to mandatory isolation periods relating to COVID-19. General sickness or injury cases will not be reviewed in these instances.

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."*



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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 **PINK LYCRAS** 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 Trial of the SLSA IronWoman and IronWoman Series 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.

DRONES ON SITE

Please ensure that all competitors and travelling family members are aware that no unauthorised drones 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.

SECURITY OF EQUIPMENT

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 allocated areas for the storage of surf craft and 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.

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



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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 2022/23.

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.

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 at the Administration Centre at Tugun SLSC.

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>



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.