

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME OCTOBER to DECEMBER 2013

		<u>Short Track</u>	<u>Long Track</u>		<u>Road Race</u>	<u>Walk</u>
October	3	1 mile	2nd Heat 3 km	Bob.M.H/C	7.5 km	3 km
			Walk	Ron.W.H/C		
	10	400 meters		5 km	10 km	5 km
	17	1500 meters		3 km	7.5 km	3 km
	17		A.G.M.			
	24	800 meters		5 km	10 km	5 km
	24	Two Bridges			14 km	
	31	1 mile		3 km	7.5 km	3 km
November	7	200 meters		5 km	10 km	5 km
	14	1500 meters	3rd Heat 3 km	Bob.M.H/C	7.5 km	3 km
			Walk	Ron.W.H/C		
	21	800 meters		5 km	10 km	5 km
	21	Two Bridges			14 km	
	28	1 mile	Final	3 km	Bob.M.H/C	7.5 km
				Ron.W.H/C		
December	5	400 meters	Xmas Party	3 km	No.Road	3 km
	12	1500 meters		3 km	7.5 km	3 km
	19	800 meters		5 km	10 km	5 km
	19	Two Bridges			14 km	
	26	1 mile		3 km	7.5 km	3 km

Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee \$10 per year 1 Oct 2013 to 30 Sept 2014

\$5.00 for 18 years and Under