

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME JANUARY 2015 TO MARCH 2015

Date		<u>Short Distance</u>	<u>Long Distance</u>	<u>Road Race</u>	<u>Walk</u>
January	1	1 mile	3 km	7.5 km	3 km
	8	400 meters	5 km	10 km	5 km
	15	1500 meters	3 km	H/C 7.5 km	3 km
	22	800 meters	5 km	10 km	5 km
	22	Two Bridges			
29	1 mile	H/C	3 km	7.5 km	3 km
February	5	200 meters	5 km	10 km	5 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
March	5	400 meters	H/C 5 km	10 km	5 km
	12	1500 meters	3 km	H/C 7.5km	3 km
	19	800 meters	5 km	10 km	5 km
	19	Two Bridges		14 km	
	26	1 mile	B.B.Q. End Point Score	3 km	7.5 km

Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee \$10 per year 1 October 2014 to 30 September 2015

Juniors : \$5, 18 yrs and under