

## **SOUTHSIDE MASTERS inc**

Sylvania Waters Athletic Track  
Belgrave Espl. Sylvania Waters  
PROGRAMME 2015 APRIL TO JUNE ( 13 weeks)

<u>Date</u>	<u>Short Distance</u>	<u>Long Distance</u>	<u>Road Race</u>	<u>Walk</u>		
April	2	200 meters	5 km	10 km	5 km	
	9	1500 meters	3 km	7.5 km	3 km	
	16	800 meters	5 km	10 km	5 km	
	16		10 km	Track		
	23	1 Mile	3 km	7.5 km	3 km	
	30	400 meters	5 km	10 km	5 km	
	30		10 km	Track		
May	7	1500 meters	3 km	7.5 km	3 km	
	14	800 meters	5 km	10 km	5 km	
	14		10 km	Track		
	21	1 mile	3 km	7.5 km	3 km	
	28	200 meters	5 km	10 km	5 km	
	28		10 km	Track		
June	4	1500 meters	3 km	7.5 km	3 km	
	11	800 meters	5 km	10 km	5 km	
	11		10 km	Track		
	18	1 mile	B.B.Q.	3 km	7.5 km	3 km
	25	400 meters	5 km	10 km	5 km	
	25		Last point score	10 km	Track	

Entry \$3 or Family 4+ \$10 - All races

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