

Southside Masters Inc.

<http://www.southsidemasters.org/>

Where: Sylvania Waters Athletic Track, 228 Belgrave Espl. Sylvania Waters

When: Thursday Night - Short track **6:10pm** & Long track/Walk/Road **6:20pm**

How Much: Entry Fee \$3 with \$10 max. for families 4+. Fee covers entry to all events on a night.

Non members welcome for all events

Club Membership runs from 1-Oct to 30-Sep and is \$10, or \$5 if U/18 at 1-Oct

Programme October to December 2015

<i>Date</i>	<i>Short Track</i>	<i>Long Track + Walk</i>	<i>Road</i>	<i>Other</i>	<i>Notes</i>
October Thu 01	800m	5000m	10km		Start Point Score (14 weeks) Reminder: New membership year 1/10/15 to 30/09/16
October Thu 08	1 mile	3000m	7.5km		Heat 2: 3000m Bob Molloy Hcap + Ron Whitham Walk Hcap
October Thu 15	400m	5000m	10km		
October Thu 22	1500m	3000m	7.5km		A.G.M.
October Thu 29	800m	5000m	10km	2 Bridges-14km	
November Thu 05	1 mile	3000m	7.5km		Heat 3: 3000m Bob Molloy Hcap + Ron Whitham Walk Hcap
November Thu 12	200m	5000m	10km		
November Thu 19	1500m	3000m	7.5km		
November Thu 26	800m	5000m	10km	2 Bridges-14km	
December Thu 03	400m	3000m	No Road		Xmas Party
December Thu 10	1500m	3000m	7.5km		Final: 3000m Bob Molloy Hcap + Ron Whitham Walk Hcap
December Thu 17	800m	5000m	10km	2 Bridges-14km	
December Thu 24	1 mile	3000m	7.5km		
December Thu 31	200m	5000m	10km		End Point Score