

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME JANUARY 2012 TO MARCH 2012

Date		<u>Short Distance</u>	<u>Long Distance</u>	<u>Road Race</u>	<u>Walk</u>
January	5	400 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	5 km
February	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	3 km
	16	Two Bridges		14 km	
	23	1 mile	3 km	7.5 km	3 km
March	1	400 meters	5 km	10 km	5 km
	8	1500 meters	3 km	7.5 km	3 km
	15	800 meters	5 km	10 km	5 km
	15	Two Bridges		14 km	
	22	1 mile	3 km	7.5 km	3 km
	29	400 meters	End Point Score	5 km	10 km

Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee \$10 per year 1 October 2011 to 30 September 2012

Juniors : \$5, 18 yrs and under