

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME JANUARY 2013 TO MARCH 2013

Date		<u>Short Distance</u>	<u>Long Distance</u>	<u>Road Race</u>	<u>Walk</u>
January	3	400 meters	5 km	10 km	5 km
	10	1500 meters	3 km	7.5 km	3 km
	17	800 meters	5 km	10 km	5 km
	17	Two Bridges		14 km	
	24	1 mile	3 km	7.5 km	3 km
	31	200 meters	5 km	10 km	5 km
February	7	1500 meters	3 km	7.5 km	3 km
	14	800 meters	5 km	10 km	5 km
	21	Two Bridges		14 km	
	21	1 mile	3 km	7.5 km	3 km
	28	400 meters	5 km	10 km	5 km
March	7	1500 meters	3 km	7.5 km	3 km
	14	800 meters	5 km	10 km	5 km
	14	Two Bridges		14 km	
	21	1 mile	3 km	7.5 km	3 km
	28	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 2012 to 30 September 2013

Juniors : \$5, 18 yrs and under