

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME JULY 2013 TO September 2013

Date		Short Distance	Long Distance	Road Race	Walk		
July	4	800 meters	5 km	10 km	5 km		
	11	1 Mile	3 km	7.5 km	3 km		
	18	200 meters	5 km	10 km	5 km		
	18		10 km	Track			
	25	1500 meters	3 km	7.5 km	3 km		
August	1	800 meters	5 km	10 km	5 km		
	8	1 Mile	B.B.Q.	3 km	7.5 km	3 km	
	15	400 meters	5 km	10 km	5 km		
	15		10 km	Track			
	22	1500 meters	3 km	7.5 km	3 km		
	29	800 meters	5 km	10 km	5 km		
September	5	1 Mile	1st Heat Walk	3 km	Bob.M.H/C Ron W.H/C	7.5 km	3 km
	12	200 meters	5 km	10 km	5 km		
	19	1500 meters	3 km	7.5 km	3 km		
	26	800 meters	End Point Score	5 km	10 km	5 km	
	26			10 km	Track		

Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee : Adults \$10 per year 1 October 2010 to 30 September 2011

Juniors : \$5, 18 yrs and under