

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME JANUARY 2014 TO MARCH 2014

| Date | | <u>Short Distance</u> | <u>Long Distance</u> | <u>Road Race</u> | <u>Walk</u> | |
|----------|----|-----------------------|----------------------|------------------|-------------|------|
| January | 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 | Two Bridges | | 14 km | | |
| | 23 | 1 mile | B.B.Q. | 3 km | 7.5 km | 3 km |
| | 30 | 400 meters | | 5 km | 10 km | 5 km |
| February | 6 | 1500 meters | 3 km | 7.5 km | 3 km | |
| | 13 | 800 meters | 5 km | 10 km | 5 km | |
| | 13 | Two Bridges | | 14 km | | |
| | 20 | 1 mile | 3 km | 7.5 km | 3 km | |
| | 27 | 200 meters | 5 km | 10 km | 5 km | |
| March | 6 | 1500 meters | 3 km | 7.5 km | 3 km | |
| | 13 | 800 meters | 5 km | 10 km | 5 km | |
| | 13 | Two Bridges | | 14 km | | |
| | 20 | 1 mile | B.B.Q. | 3 km | 7.5 km | 3 km |
| | 27 | 400 meters | End Point Score | 5 km | 10 km | 5 km |

Race Entry \$3

Short Distance Start 6.10 pm
Long Track & Road Start 6.20 pm

Membership Fee \$10 per year 1 October 2013 to 30 September 2014
Juniors : \$5, 18 yrs and under