

## **SOUTHSIDE MASTERS inc**

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

### **PROGRAMME July 2014 To September 2014**

Date		Short Distance		Long Distance		Road Race		Walk
July	3	800 meters		5 km		10 km		5 km
	10	1 Mile		3 km		7.5 km		3 km
	17	400 meters		5 km		10 km		5 km
	17			10 km		Track		
	24	1500 meters		3 km		7.5 km		3 km
	31	800 meters		5 km		10 km		5 km
August	7	1 Mile		3 km		7.5 km		3 km
	14	200 meters		5 km		10 km		5 km
	14			10 km		Track		
	21	1500 meters		3 km		7.5 km		3 km
	28	800 meters		5 km		10 km		5 km
September	4	1 Mile	1st Heat Walk	3 km	Bob.M.H/C Ron W.H/C	7.5 km		3 km
	11	400 meters		5 km		10 km		5 km
	11			10km		Track		
	18	1500 meters		3 km		7.5 km		3 km
	25	800 meters	B.B.Q.	5 km		10 km		5 km

End Point Score  
Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee : Adults \$10 per year 1 October 2013 to 30 September 2014

Juniors : \$5, 18 yrs and under