

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track
Belgrave Espl. Sylvania Waters

PROGRAMME OCTOBER to DECEMBER 2014

| | | <u>Short Track</u> | | <u>Long Track</u> | | <u>Road Race</u> | <u>Walk</u> |
|----------|----|--------------------|------------|-------------------|------------------------|------------------|-------------|
| October | 2 | 1 mile | 2nd Heat | 3 km | Bob.M.H/C Ron.W.H/C | 7.5 km | 3 km |
| | | | Walk | | | | |
| | 9 | 200 meters | | 5 km | | 10 km | 5 km |
| | 16 | 1500 meters | | 3 km | | 7.5 km | 3 km |
| | 23 | 800 meters | | 5 km | | 10 km | 5 km |
| | 23 | Two Bridges | | | | 14 km | |
| | 30 | 1 mile | | 3 km | | 7.5 km | 3 km |
| | 30 | | A.G.M. | | | | |
| November | 6 | 400 meters | | 5 km | | 10 km | 5 km |
| | 13 | 1500 meters | 3rd Heat | 3 km | Bob.M.H/C Ron.W.H/C | 7.5 km | 3 km |
| | | | Walk | | | | |
| | 20 | 800 meters | | 5 km | | 10 km | 5 km |
| | 20 | Two Bridges | | | | 14 km | |
| | 27 | 1 mile | Final | 3 km | Bob.M.H/C Ron.W.H/C | 7.5 km | 3 km |
| December | 4 | 200 meters | Xmas Party | 3 km | | No Road | 3 km |
| | 11 | 1500 meters | | 3 km | | 7.5 km | 3 km |
| | 18 | 800 meters | | 5 km | | 10 km | 5 km |
| | 18 | Two Bridges | | | | 14 km | |
| | 25 | Merry Christmas | No Run | | | | |

Race Entry \$3

Short Distance Start 6.10 pm

Long Track & Road Start 6.20 pm

Membership Fee \$10 per year 1 Oct 2014 to 30 Sept 2015

\$5.00 for 18 years and Under