

SOUTHSIDE MASTERS inc

Sylvania Waters Athletic Track

Belgrave Espl. Sylvania Waters

PROGRAMME July 2015 To September 2015

Date		Short Distance	Long Distance	Road Race	Walk	
July	2	1500 meters	3 km	7.5 km	3 km	
	9	800 meters	5 km	10 km	5 km	
	9		10 km	Track		
	16	1 mile	3 km	7.5 km	3 km	
	23	200 meters	5 km	10 km	5 km	
	23		10 km	Track		
	30	1500 meters	3 km	7.5 km	3 km	
August	6	800 meters	5 km	10 km	5 km	
	6		10 km	Track		
	13	1 mile	3 km	7.5 km	3 km	
	20	400 meters	5 km	10 km	5 km	
	20		10 km	Track		
	27	1500 meters	3 km	7.5 km	3 km	
September	3	800 meters	5 km	10 km	5 km	
	3		10 km	Track		
	10	1 Mile	3 km	Bob.M.H/C Ron W.H/C	7.5 km	3 km
	17	200 meters	5 km	10 km	5 km	
	17		10km	Track		
	24	1500 meters	3 km	7.5 km	3 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

