

Grinding

DATE: Friday 15th October

VENUE(S): SBS Events Centre,
Morgans Road, Timaru

TIME: 12noon

AGE POLICY: 30+

SPORTS FEE: \$7.00, per person
per event

CONTACT: Fitness Studio Staff
Phone: (03) 686 0461

EMAIL:
info@sbseventscentre.co.nz
or Richard 021 156 8711

Grinding

Please send this completed sports coupon with the completed Registration Form



Age Groups	<input type="checkbox"/> 30+	<input type="checkbox"/> 35+	<input type="checkbox"/> 40+	<input type="checkbox"/> 45+	<input type="checkbox"/> 50+	<input type="checkbox"/> 55+	<input type="checkbox"/> 60+
	<input type="checkbox"/> 65+	<input type="checkbox"/> 70+					
Event	<input type="checkbox"/> 1 min sprint		<input type="checkbox"/> 5 min endurance				

- This is a time based event. You have the option of doing either of the events or both
- The sprint will commence at 12.30pm followed by the 5 minute endurance event at around 2.00pm
- Winning is based on total distance obtained
- The grinder being used is a fluid grinder model XT from Degree Fitness

For more information see www.simasters.co.nz