QUEENSLAND ATHELTIC LEAGUE PERFORMANCE UPDATE FORM 2019/2020

Surname\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Given Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_/\_\_\_ / \_\_ Phone(H)\_\_\_\_\_\_\_\_\_\_\_(W)\_\_\_\_\_\_\_\_\_(Mobile)\_\_\_\_\_\_\_\_\_

(Email)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/Town\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Postcode\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach/ Trainers Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**You must complete the sections below**

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| Nominate your fastest most recent performances. Indicate (H) or (E) after times. | | | | | | | | | |
| DATE | **LOCATION AND TRACK**  **SURFACE** | **HANDICAP** | **DISTANCE** | **PLACING** | **YOUR TIME** | **WINNERS TIME** | **WINNERS H’CAP** | **WINNERS NAME** | **PRIZE MONEY WON** |
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| PERSONAL BEST PERFORMANCES IN 100m/120m, 300m/400m, 800, OR 1500m/MILE | | | | | | | | | |
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\*Email to kynastondarren@gmail.com or Post to QAL Handicapper Darren Kynaston 17Benarkin Street FOREST LAKE QLD 4078 as soon as possible.

I declare that all the information contained within this performance sheet from is true and correct.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_