

**QUEENSLAND ATHLETIC LEAGUE PERFORMANCE UPDATE FORM 2015/2016**

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

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

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

Address \_\_\_\_\_

City/Town \_\_\_\_\_ Postcode \_\_\_\_\_

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

Occupation \_\_\_\_\_

Year Last Registered with QAL \_\_\_\_\_ If never previously registered please tick

Name of Queensland Athletics Club you are registered with \_\_\_\_\_

Name of Surf Life Saving Club you are registered with \_\_\_\_\_

**You must complete the sections below**

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
PERSONAL BEST PERFORMANCES IN 100m/120m, 300m/400m, 800, OR 1500m/MILE									

**\* NEWLY RUN PBs MUST BE INFORMED TO QAL Handicapper Darren Kynaston 17 Benarkin 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 \_\_\_\_\_