

**QUEENSLAND ATHLETIC 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**

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									

**\*Email to [kynastondarren@gmail.com](mailto: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 \_\_\_\_\_