Aspley Athletics

You are formally invited to participate in the Queensland Athletics State relay champions on Saturday the 30th November 2019 at QEII (QSAC).

Aspley Athletics has had excellent attendance at these championships as a small club and we would love for you participate in this year’s competition. The Queensland Athletics relay championships is one of the major events run during the summer season with world class athletes attending for their various clubs.

If you are interested in this event on the 30th of November please complete this expression of interest form down the bottom of this page with your chosen events and Personal Best. Please note that you may also compete in older age groups if you wish. Please return this form with your interest by the **18th November**. Once this is completed Mitchell will inform you of the process of joining the senior club and being eligible to compete at these championships as well as future benefits. Teams will be made by the **20th of November**.

***Age Group Guide***

**U14** – Athletes Born between 2006 – 2008

**U16** – Athletes Born between 2004 – 2008

**U18** – Athletes Born between 2002 – 2008

***Events Offered***

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| --- | --- | --- | --- |
| 3 x 1000m | 4 x 100m  | 4 x 200m  | 4 x 400m |
| 3 x High Jump  | 3 x Long Jump  | 3 x Shot Put  | 3 x Discus |

***Expression of Interest Form***

***Name: Age Group:***

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| --- | --- |
| **Event**  | **Personal Best**  |
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*Please complete the form and email this back to Mitchell on mitchellheskett@hotmail.com*