

## KLAC SEPTATHLON PROGRAM

Order of Events	time	U6's	U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14-17's
1	8:30	Discus <b>(3<sup>rd</sup> net)</b>	L J <b>(4a)</b>	200m (3)	800m (8)	Shot Put (7)	100m (1)	Discus (6)	H J (5)	L J (4)
2	9:00	L J <b>(4a)</b>	500 P.S. (10)	60mH (2)	H J (5)	800m (8)	Shot Put (7)	100m (1)	Shot Put (7)	Discus (6)
3	9:30	200m (3)	Discus <b>(3<sup>rd</sup> net)</b>	L J (4)	60mH (2)	H J (5)	800m (8)	Shot Put (7)	100m (1)	100m (1)
4	10:00	Shot Put (7)	100m (1)	Discus (6) (girls 3 <sup>rd</sup> net)	L J (4)	60mH (2)	H J (5)	800m (8)	Discus (6)	Shot Put (7)
5	10:30	100m (1)	Shot Put (7)	70m (1)	Discus (6)	L J (4)	60mH (2)	H J (5)	L J (4)	800m (8)
6	11:00	70m (2)	70m (2)	Shot Put (7)	100m (1)	Discus (6)	L J (4)	60mH (2)	800m (8)	H J (5)
7	12:00		200m (3)	700 P.S. (11)	Shot Put (7)	100m (1)	Discus (6)	L J (4)	80mH (1)	80-100mH (1)