

KLAC SEPTATHLON PROGRAM

Order of Events	time	U6's	U7's	U8's	U9's	U10's	U11's	U12's	U13-17's
1	8:30	Discus BOYS – D3 GIRLS – D4	LJ BOYS-LJ 5&6 GIRLS -LJ 3&4	200m (3)	800m (8)	Shot Put BOYS SP 4&5 GIRLS SP 1-3	100m (1)	Discus BOYS D1 GIRLS D2	LJ BOYS LJ 2 GIRLS LJ 1
2	9:00	LJ BOYS – LJ 3&6 GIRLS – LJ 1&2	500 Pack Start	60mH (2)	H J BOYS HJ3 GIRLS HJ1	800m (8)	Shot Put BOYS SP 3 GIRLS SP 1 &2	100m (1)	Discus BOYS D1 GIRLS D2&3
3	9:30	200m	Discus BOYS D1 &2 GIRLS D3 &4	LJ BOYS LJ 3-6 GIRLS LJ 1&2	60mH (2)	H J BOYS HJ 3 GIRLS HJ 1	800m (8)	Shot Put BOYS SP 3 GIRLS SP 1&2	100m (1)
4	10:00	Shot Put BOYS -SP 1&2 GIRLS -SP 4&5	100m (1)	Discus (6) BOYS D1&2 GIRLS D3&4	LJ BOYS LJ 1&2 GIRLS LJ 3-6	60mH (2)	H J BOYS HJ 2&3 GIRLS HJ 1	800m (8)	Shot Put BOYS SP3 GIRLS SP 1&2
5	10:30	100m (1)	Shot Put BOYS SP 1,2 &3 GIRLS SP 4 & 5	70m (1)	Discus BOYS D3&4 GIRLS D1&2	LJ BOYS LJ 1&2 GIRLS LJ 3-6	60mH (2)	H J BOYS HJ 1&2 GIRLS HJ 2&3	800m (8)
6	11:00	70m (2)	70m (2)	Shot Put BOYS SP 1-3 GIRLS SP4&5	100m (1)	Discus BOYS D1&2 GIRLS D3&4	LJ BOYS LJ 3-6 GIRLS LJ 1&2	60mH (2)	H J BOYS HJ 2&3 GIRLS HJ 1&2
7	12:00		200m (3)	700 Pack Start	Shot Put BOYS SP1&2 GIRLS SP 4&5	100m (1)	Discus BOYS D1&2 GIRLS D3&4	LJ BOYS LJ 1&2 GIRLS LJ 3-6	80-100mH (1)