

## KLAC Modified Week 3 Program

	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13-17</b>
								13-17 Javelin
<b>1</b>	50m (1)	Discus	Long Jump (lower)	Shot Put	100m	200m	200m	Shot Put
<b>2</b>	Discus (3rd Circle)	200m	100m	Long Jump (Lower)	Discus	100m	60mH	Triple Jump
<b>3</b>		100m	Discus		60m H	Shot Put	100m	400m
<b>4</b>	100m	Long Jump (lower)	70m (1)	200m	200m	60m H	Long Jump	Discus
<b>5</b>	Shot Put	Shot Put	60m H (2)	100m	Long Jump (Lower)	Long Jump	Discus	100m

(1) - 100m Track

(2) Hurdles Track