

KLAC Modified Week 3 Program

	6	7	8	9	10	11	12	13-17
								13-17 Javelin
1	50m	Discus	Long Jump (lower)	Shot Put	800m	100m	100m	Long Jump
2	Discus	200m	70m	200m	70m	1500m	1500m	1500m
3	100m	100m	400m	Long Jump(Lower)	Discus	Long Jump	Long Jump	Shot Put
4	Shot Put	Long Jump (lower)	Discus	100m	400m	400m	400m	100m
5	300m Pack Start	Shot Put	100m	800m	Long Jump (Lower)	Discus	Discus	400m