

KLAC Modified Week 1 Program

	6	7	8	9	10	11	12	13-17
1	Long Jump (Lower)	Discus	100m	High Jump	800m	Shot Put	Long Jump	200m
2	50m	100m	Shot Put		Discus	400m	1500m	Shot Put
3	100m	Shot Put	200m	800m	Long Jump	High Jump	100m	400m
4	Discus	70m	700m PS	Shot Put	70m		400m	100m
5	300m PS	500m PS	Long Jump (Lower)	70m	400m	100m	Discus	High Jump