

MEET DAY INFORMATION

Coaches Meeting-7:45 AM

Field events-8:00 AM

Boys Shot- Followed by Girls-Followed by Unified Athletes- Shot-4 attempts-Athletes compete in flights

Girls Discus-Followed by Boys Discus- 4 attempts-compete in flights

Girls Pole Vault followed by Boys Pole Vault

Girls and Boys High Jump begins at 8 am-We MIGHT have two pits going at the same time.

Girls LJ-South Pit- followed by Girls TJ-4 jumps in each event-Athletes compete in flights

Boys LJ-North-Pit-followed by Boys TJ--4 jumps in each event-Athletes compete in flights

Running Events-9:00 am-CIF Order

We are competing according to Large School/Small School Divisions EXCEPT in the distances and Mile Relay

SS-G 4 X 100

SS-B 4 X 100

LS-G-4 X 100

LS- B-4 X 100

Unified 4 x 100

G Mile (Divisions combined)

B Mile (Divisions Combined)

SS-G 100 Hurdles

LS-G 100 Hurdles

SS-B 110 Hurdles

LS-B 110 Hurdles

SS-G 400

SS-B 400

LS-G 400

LS-B-400

SS-G 100

SS-G 100

LS-G 400

LS-B-400

Charles Leathers 100's

-Unified G

-Unified B

G 800 (Divisions Combined)

B 800 (Divisions Combined)

SS-G 300 Hurdles

LS-G 300 Hurdles

SS-B 300 Hurdles

LS-B 300 Hurdles

SS-G 200

SS-B 200

LS -G 200

LS B 200

Unified Girls 200

Unified Boys 200

G 3200 (Divisions Combined)

B 3200 (Divisions Combined)

G 4 X 400 (Divisions Combined)

B 4 x 400 (Divisions Combined)

NOTES ON OUR HONORED EVENTS

The Earl Marshall Mile

Earl Marshall was the first track and field coach at J.W. North beginning in 1966 after having served as the head coach at Riverside Poly for 12 years. One of his charges in those early days was Rosie Bonds who went on to compete at the 1964 Olympics in the Women's 80 meter hurdles. Coach Marshall brought North to the forefront of high school track and field in the Inland Empire and was a driving force in the growth of the sport. In 1970, he would bring about the Riverside City Track and Field Championships and the meet flourished for some 23 years. A veteran of World War II, Coach Marshall passed away in 2007. In honor of his hard work and his vision on behalf of the sport, we have made the "Earl Marshall Mile" our signature event.

The Clyde Jeffery 100

Clyde Jeffery graduated from Poly High in 1937 and for a period of time was known as “The World’s Fastest Human.” During his time at Riverside Community College, he tied the national junior college record in the 100-yard dash (9.6) and broke the record in the 200 at 20.5. He broke the world record in the 150- yard dash at 13.8. He was the Pacific Coast Conference Champions in the 100 and 200 while at Stanford and was the 1939 NCAA Champion. He would tie Jesse Owen’s record in the 100 meters at 10.2 and also tied the world record in the 100 yard dash (9.4) in 1940. An injury and World War II cost him his shot at the Olympic games. Clyde lived in Riverside his whole life and passed away in 2006.

The Rosie Bonds 300 Hurdles

Riverside Poly grad Rosie Bonds was a member of the 1964 Tokyo Olympic team. The sister of baseball great Bobby Bonds and the aunt of Barry Bonds, Rosie was the U.S. Champion in the 1964 Olympic Trials in the 80 meter hurdles and the National AAU champion that same year. She would make it to the Olympic Finals and finish 8th in that event. She also represented the United States in dual meet competitions with West Germany and the Soviet Union. At the age of 78, Rosie, a long-long Riversider passed away last year.

The Tyree Washington 400

A 1994 graduate of La Sierra High School, Tyree Washington would eventually become the 400 Champion in the 2003 World Championship in Paris. He would win a bronze medal in the Athens World championships in 1997. The former Eagle would earn the World Indoor Championship in the 400 in 2003. Washington put together the fastest 400 times in the world in 2001 and in 2003. Tyree is a member of the Riverside Sports Hall of Fame.

The Joanna Hayes 100 Hurdles

Joanna Hayes is a 1995 graduate of JW North High and in 2004 became the Olympic Gold Medal Champion in the 100 Hurdles. She originally specialized in the 400m hurdles but by 2004 had moved exclusively to the 100 Hurdles. Joanna would also win the gold medal in the Pan American Games of 2003. In 1995, before a very successful career at UCLA, she was the California State Champion in both the 100 and 300 hurdles and was named the National Girls High School Athlete of the Year by Track and Field News. She is a member of the UCLA; North High and Riverside Halls of Fame. Currently, Joanna resides in the Los Angeles area and is the Director of Track and Field/Cross Country at UCLA

The Chaunte Howard-Lowe High Jump

Chaunte Howard Lowe is a 4 time Olympian in the high jump and is currently the American Indoor and Outdoor Record Holder in that event. Chaunte, a 2002 North graduate, owns 5 Outdoor and 2 Indoor National Championships. She was the 2010 and 2012 World Indoor Champion; the 2005 World Outdoor Silver Medalist and a junior bronze medalist in the 2003 Pan American Games. In 2008, She earned a Bronze Medal at the Olympic Games. She competed for and graduated from Georgia Tech University. She is in that schools; Hall of Fame; the Drake Relays Hall of Fame as well as the Riverside Sports Hall of Fame. She resides in Orlando, Florida with her husband and three children

Charles Leathers 100 meters

In honor of North track coach Charles Leathers, we are putting together a 100-meter race that will fit under the umbrella of the new Unified Sports movement. It is a movement of inclusion in high school athletics through the Special Olympics and the CIF (SS). In addition to coaching an incredibly successful track program in which he won numerous CIF and State Championships Coach Leathers was a Special Education teacher at North. His love of his students and his work with them was rivaled only by his love of Track and Field.