

## The Monique Henderson Award

The Monique Henderson Award is presented annually to an outstanding youth track and field or cross country athlete(s) that have distinguished themselves in the sport(s).

Monique Henderson was a local youth standout in the San Diego-Imperial Association. She began running at the age of six (6). She competed for the Martin Luther King (MLK) Blasters. Monique's sprinter speed was quickly recognized in youth track and field. She achieved her first national record in her premiere event, the 400 meters, turning in a time of 59.81 seconds when she was just ten (10) years of age. As she grew in the sport and in age, she consistently repeated as the age group national champion in the 400 meters.

Monique continued her dominance in track while attending Morse High School in San Diego, CA. She became the first and only girl in California high school history to win four consecutive titles in the 400 meters. In 2000, she set a National High School record in the 400 meters running 50.74. In the summer of 2000, at the young age of seventeen (17) she became the youngest athlete named to the US Olympic Track Team since the 1976 Olympics. Monique is a two-time Olympian. She attended and graduated from the University of California Los Angeles (UCLA) with a Bachelor of Arts (B.A.) in Sociology

Monique continues to compete at a high level, traveling the world and representing the sport of track and field.

### The 2007 Monique Henderson Recipients are:

**Tyrelle Adams.** Competing for Alexanders Light'n Express, **Tyrelle Adams** distinguished himself in Midget Division as a sprinter. Tyrelle was the 2007 Association Champion in the 200 and 400 meters. His second place finish in the 400 meters at the Region 15 JO Championships qualified him for the National Junior Olympic Championships. Tyrelle was a finalist in 400 meters at the National Junior Olympic Championships where he placed seventh. He was a member of his team's 4x400 relay that finished in 10<sup>th</sup> place at the National JO Championships.

**Zaybree Haury.** Competing for San Diego Golden Stars, **Zaybree Haury** dominated the mini-javelin event in the Midget Division. Zaybree was the 2007 Association Champion in the mini-javelin and shot put. She also placed 2<sup>nd</sup> in the discus. She excelled at the Region 15 JO Championships by placing 1<sup>st</sup> in the mini-javelin, 2<sup>nd</sup> in the shot put and 3<sup>rd</sup> in the discus, and thereby qualified in all three events for the National Junior Olympic Championships. Zaybree was the national champion in the mini-javelin. She finished just shy of medaling in the shot put and discus by placing 9<sup>th</sup> in both events.

**Jai Piland.** Competing for Flo Jo International, **Jai Piland** was a determined sprinter, jumper and thrower in the Bantam Division. She was the 2007 Association Champion in the 100 meters and mini-javelin. She also placed 3<sup>rd</sup> in the long jump. Jai took her winning ways to the Region 15 JO Championships where she won the mini-javelin and long jump events and placed 2<sup>nd</sup> in the 100 meters. She medaled in the mini-javelin event at the nationals with a 3<sup>rd</sup> place finish. .

**Talonda Tate.** Competing for Flo Jo International, Talonda Tate showed her versatility in sport of track and field in the Youth Division. She was the 2007 Association Champion in the High Jump and Long Jump. She placed 3<sup>rd</sup> in the 400 meters and 4<sup>th</sup> in the 200 meter hurdles. She competed in all four events at the Region 15 Championships. She was a national qualifier in the high jump by taking 1<sup>st</sup> place and barely missed qualifying in the 200 meter hurdles with a 4<sup>th</sup> place finish. Talonda was the silver medalist at the National Junior Olympic Championships in the high jump.

**Monique Van.** Competing for San Diego Trailblazers, Monique Van established herself as a sprinter, middle distance runner and jumper in the Midget Division. She was the 2007 Association Champion in the 400 meters and long jump. She placed 2<sup>nd</sup> in the 800 meters. She was the Region 15 JO Champion in the long jump and also qualified in the 400 and 800 meters by placing 2<sup>nd</sup> in both events. Monique was the bronze medalist at the National JO Championships in the 800 meters.