

The Monique Henderson Award

Award Criteria

USATF San Diego Imperial Association



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).

The award is named for Monique Henderson, 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. 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.

Criteria for Selection

The following criteria will be considered by SDI's Youth Committee's Awards Sub-Committee.

- ✚ National Champion at the 2008 National Junior Olympics, National Outdoor Championships, National Junior Outdoor Championships or National Cross Country Championships
- ✚ Finalist at one of the above National Championship Meets.
- ✚ Regional Champion at the 2008 Region 15 Championship Meet
- ✚ Association Champion at the 2008 Association Championship Meet
- ✚ Any athlete that has performed at a high level for 3 consecutive years and a member of USATF-SDI

Nominees must have competed as a 2008 USATF member registered to San Diego-Imperial Association. An Awards Committee will be convened for the purposes of recommending awards to the Youth Chair and/or Youth Committee for final approval. Nomination forms must be received by **12 Noon on Sunday, May 31, 2009** for consideration.

Completed nomination form(s) must be e-mailed to: youth@sdusatf.org.