

Monti Jamila Willis

Although Monti has only been a member of The Heat Track Club since summer season 2008, she is not new to track and field or cross country. Monti is 15 years old and has been running track and participating in field events since 2004. Prior to running for the Heat, she was a member of both Silver Sonics Track Club and the Gazelles. Currently, not only is she a member of The Heat, but also of her high school's cross country and track and field team. As an athlete she has brought notoriety to each club and is an asset to each organization. When asked what she wants people to know about her, she states, "That I am versatile and can do many things; that I do my best to do things well; and that I am committed to what I do." Monti is definitely a force which to reckon, no matter the event she contests. We salute Monti Willis as this month's spotlight and recognize her for her versatility of talents as it relates to her cross country, as well as her track and field accomplishments.

CONTESTED EVENTS:

400m, 800m, 1500m, 1600m, 3000m, 100m Hurdles, 200m Hurdles, 4x100m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Shot Put, and Pentathlon, 2K, 3K, 4K, and 5K.

BEST TRACK EVENTS







Pentathlon and Hurdles

EVENT I WANT TO LEARN TO DO AND DO WELL




Pole Vault

TRACK AND FIELD ACHIEVEMENTS (Partial List)

National Championships






-  2007 – USATF Junior Olympic Track and Field Championship – Midget Girls 4x400m – 1st Place
-  2007 – USATF Junior Olympic Track and Field Championship – Midget Girls Pentathlon – 1st Place
-  2006 – AAU Northern Indoor Track and Field National Championship – Midget Girls 1500m – 1st Place
-  2006 – AAU Southern Indoor Track and Field National Championship - Midget Girls 1500m Run – 1st Place
-  2006 – AAU Southern Indoor Track and Field National Championship – Midget Girls 4x400m Relay – 1st Place
-  2006 – USATF USA National Youth Outdoor Track and Field Championship – Pentathlon – 1st Place

National Medals

-  2008 – AAU District Cross Country Junior Olympic Championship – 4K - 4th Place
-  2008 – Hershey's North American Track and Field Games – 800m – 2nd Place
-  2007 – USATF Junior Olympic Track and Field Championship – Midget Girls High Jump – 2nd Place

-  2007 – AAU Northern Indoor Track and Field National Championship – 800m – 5th Place
-  2007 – AAU Southern Indoor Track and Field National Championship – 800m – 8th Place
-  2007 – AAU Club Nationals – 100m Hurdles – 4th Place
-  2007 – AAU Club Nationals – 200m Hurdles – 2nd Place
-  2007 – AAU Club Nationals – High Jump – 5th Place
-  2007 – AAU Club Nationals – Long Jump – 7th Place
-  2007 – AAU Club Nationals – Pentathlon – 3rd Place
-  2007 – AAU National Junior Olympic Games – Pentathlon - 5th Place
-  2007 – AAU National Junior Olympic Games – Long Jump - 5th Place
-  2007 – AAU National Junior Olympic Games – 4x800m Relay - 2nd Place
-  2006 – AAU Northern Indoor Track and Field National Championship – 400m – 4th Place
-  2006 – AAU Northern Indoor Track and Field National Championship – 800m – 2nd Place
-  2006 – USATF USA National Youth Outdoor Track and Field Championship – High Jump – 3rd Place
-  2006 – AAU National Junior Olympic Games – 1500m – 7th Place
-  2006 – AAU National Junior Olympic Games – Pentathlon – 3rd Place
-  2006 – Douglas County Cops Fun Run – 1st Place
-  2005 – Douglas County Cops Fun Run – 3rd Place
-  2005 – AAU Southern Indoor Track and Field National Championship – 1500m – 3rd Place
-  2005 – AAU Southern Indoor Track and Field National Championship – 3000m – 3rd Place
-  2005 – AAU Southern Indoor Track and Field National Championship – Long Jump – 4th Place
-  2005 – AAU National Junior Olympic Games – Pentathlon – 4th Place
-  2005 – AAU National Junior Olympic Games – 1500m – 5th Place

Records

-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth Girls 100m Hurdles
-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth Girls Long Jump
-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth 200m Hurdles
-  2006 – AAU Southern Indoor Track and Field National Championship - Midget Girls 1500m Run
-  2006 – AAU Southern Indoor Track and Field National Championship – Midget Girls 4x400m Relay









A Partial List of Other Notable Track &Field and Cross Country Achievements

-  2009 – Sandy Creek Cross Country Fall Classic – 5K – 7th Place
-  2008 – KTC Indoor High School Track Classic – 800m – 10th Place
-  2008 – GRPA State Track and Field Championship – 14 Year Old and Under Girls 800m – 1st Place
-  2008 – GRPA State Track and Field Championship – 14 Year Old and Under Girls 1600m – 4th Place
-  2008 – GRPA State Track and Field Championship – 14 Year Old and Under Girls High Jump – 2nd Place
-  2008 – Mark Trail Flying Eagle Memorial Day Weekend Invitational – Youth Girls 1500m – 2nd Place













-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth Girls 100m Hurdles – 1st Place
-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth Girls 200m Hurdles – 1st Place
-  2008 – Mark Trail Flying Eagles Memorial Weekend Invitational – Youth Girls Long Jump – 1st Place
-  2008 – Boys & Girls Club Invitational – Youth Girls Long Jump – 3rd Place
-  2008 – AAU Region 3B Junior Olympic Championship – Youth Girls 800m – 3rd Place
-  2008 – AAU Region 3B Junior Olympic Championship – Youth Girls 100m Hurdles – 2nd Place
-  2008 – AAU Region 3B Junior Olympic Championship – Youth Girls 200m Hurdles – 2nd Place
-  2008 – AAU Region 3B Junior Olympic Championship – Youth Girls Pentathlon – 3rd Place
-  2007 – BAYTAF Classic – Sub-Youth Girls 100m Hurdles – 3rd Place
-  2007 – BAYTAF Classic – Sub-Youth Girls Long Jump – 3rd Place
-  2007 – BAYTAF Classic – Sub-Youth Girls High Jump – 3rd Place
-  2007 – AAU District junior Olympic Championship – Youth Girls Pentathlon – 1st place
-  2004 – USATF National Junior Olympic Cross Country Championship – Bantam Girls 3K - 14th Place

Rankings







National Elite All American (*Top 20 in the Nation*)

-  2008 – Pentathlon – 11th out of 204 Youth Girls with 2989 points in Youth Girls category
-  2007 – 100m – 9th out of 3121 Youth Girls with a time of 11.96
-  2007 – Pentathlon – 18th out of 222 Youth Girls with 2818 points
-  2006 – High Jump – 13th out of 549 Midget Girls with a height of 4’09.00”
-  2006 – 80m Hurdles – 14th out of 581 Midget Girls with a time of 13.18
-  2006 – Pentathlon – 3rd out of 215 Midget Girls with 2975 points
-  2005 – 800m – 18th out of 1406 Midget Girls with a time of 2:26.13
-  2005 – Pentathlon – 20th out of 198 Midget Girls with 1765 points



National Elite Honor Roll Athlete (*Top 100 in the Nation*)

-  2008 – 200m Hurdles – 41st out of 586 Youth Girls with a time of 29.27
-  2008 – 100m Hurdles – 40th out of 800 Youth Girls with a time of 15.40
-  2008 – Long Jump – 57th out of 1755 Youth Girls with a distance of 16’06.00”
-  2007 – High Jump – 84th out of 718 Youth Girls with a distance of 4’10.00”
-  2007 – 200m Hurdles – 68th out of 587 Youth Girls with a time of 29.74
-  2006 – 800m – 39th out of 1438 Midget Girls with a time of 2:29.08
-  2006 – 1500m – 32nd out of 798 Midget Girls with a time of 5:08.24
-  2006 – Long Jump – 22nd out of 1690 Midget Girls with a distance of 15’07.99”
-  2005 – 1500m – 29th out of 820 Midget Girls with a time of 5:07.49
-  2005 – 3000m – 30th out of 344 Midget Girls with a time of 11:13.95
-  2005 – Long Jump – 68th out of 1851 Midget Girls with a distance of 14’08.75”
-  2004 – 1500m - 56th out of 591 Bantam Girls with a time of 5:37.61

Other High Rankings (*Top 125*)

-  2008 – 800m – 116th out of 1739 Youth Girls with a time of 2:27.11
-  2008 – High Jump – 123rd out of 665 Youth Girls with a height of 4’09.00”
-  2007 – Long Jump – 119th out of 1789 Youth Girls with a distance of 15’11.50”
-  2007 – 100m Hurdles – 106th out of 839 Youth Girls with a time of 16.38
-  2006 – 400m – 105th out of 2496 Midget Girls with a time of 1:03.11
-  2004 – Long Jump – 101st out of 1687 Bantam Girls with a distance of 12’03.75”

Awards

-  2008 – Mark Trail Flying Eagle Memorial Weekend Invitational Most Valuable Youth Athlete Award
-  2008 - Heat’s Most Valuable Female Athlete

FAVORITE TRACK MEMORY

Winning the 3000m, race in 2005, at the AAU Nationals in New Orleans

INTERESTS

Track and Field, Cross Country, Band, Swimming, Cheerleading, Tennis, Reading, and Foreign Languages

FAVORITE FOOD

Spaghetti

FAVORITE BOOK

Maximum Ride

FAVORITE HOBBY

Reading