



Cameron Overstreet: T-D girls outdoor track athlete of the year

Credit: DEAN HOFFMEYER/TIMES-DISPATCH

Atlee pole vaulter Cameron Overstreet reads from her journal, a book she uses for inspiration in competition. The All-Metro girls outdoor track and field athlete of the year won a state title. "Give 100 percent all of the time." That reminder is one of many motivational lines found in the journal kept by Cameron Overstreet, The Times-Dispatch girls outdoor track and field athlete of the year. The Atlee senior read words of inspiration during her pole vault competitions to maintain focus. On the surface, it almost seems that for every line written and every page completed, another height is cleared and another meet is

won. But this season has culminated a two-year plan. "Two years ago, coach [Kyle] Bishop sat down with the pole vaulters and changed our techniques. So last year was a little rough. But looking back, I couldn't have wished for a better senior year," Overstreet said. Overstreet sparked in 2011. Her harvest included a victory at the prestigious Penn Relays Carnival. She also broke a record at the Southern Track Classic (12-1) and tied the mark in the State Group AAA meet (12-6). Her effort at the state meet enabled Overstreet to complete high school with a state title and all-state distinction. "It is rare to have a young person that is willing to say that they'll work two years for a goal. But Cameron was willing to do it," Bishop said. "She was willing to put up with all of the things I felt she needed to do to prepare for a successful season." Bishop added, "We had a rough outdoor season because the weather disrupted our training cycle. But she hung in there." Overstreet will continue her education and competitive career at North Carolina. And while she will be the youngest of three pole vaulters on the Tar Heels' roster this fall, she concedes nothing to anyone. "My goal next year is to be in the top three in any ACC championship I compete in," she said. Overstreet believes she will take a big step in that direction if she follows another line she has written in her journal: "Leave it all on the track."

Name: Cameron Overstreet - **High school:** Atlee - **Year:** Senior

Why she was honored: The final outdoor season of Overstreet's career at Atlee was, in essence, a flight of fancy. The Raiders' standout pole vaulter won the Central Region championship by clearing 12 feet. Soon thereafter she captured the Group AAA title with a meet record-tying vault of 12-6 — her third such effort of the season. She placed first at the Penn Relays — winning a gold watch in the process — with a vault of 12-5.5.

2011 ALL-METRO GIRLS TRACK AND FIELD

Highjump: 5-6 Brianna Hayes (Matoaca); 5-5 Sherhae Holloway (Highland Springs); 5-5 Taylor Reynolds (Thomas Dale); 5-4 Laura Holmes (James River); 5-4 Ariel Barlow (Armstrong); 5-4 Kala Page (Atlee); 5-2 Isabelle Hinckley (St. Catherine's); 5-2 Julia Logan (Clover Hill).

Long jump: 18-10 Siobhan Ford-Holland (Thomas Dale); 18-6'4 Sarah Fulgham (Thomas Dale); 17-11 $\frac{3}{4}$ Jessica Wheeler (Maggie Walker GS); 17-10 $\frac{1}{2}$ Kala Page (Atlee); 17-8 $\frac{3}{4}$ Leah Richardson (Dinwiddie); 17-8 Laura Holmes (James River); 17-7 Naria Stovall (Highland Springs); 17-7 Morgan Harris (Manchester).

Triple Jump: 40-8 Siobhan Ford-Holland (Thomas Dale); 38-9 $\frac{1}{2}$ Montasia Golden (Lee-Davis); 37-10'4 Kala Page (Atlee); 37-2 Kristen Trice (Deep Run); 36-10'.4 Janae Jones (Clover Hill); 36-10'.4 Laura Holmes (James River); 36-6'.4 Alexandria Moseley (Cosby); 36-3 Latisha Pryor (John Marshall);

Shot put: 38-6 Asia Smith (Highland Springs); 38-2'.4 Shania Williams (Patrick Henry); 37-5 Briana Arrington (Meadowbrook); 37-5 Bria Harris (Henrico); 36-4 $\frac{1}{2}$ Ebony Scott (Powhatan);

35-10 Mikayla King (Atlee); 35-8 ½ Shakilah Thomas (Henrico); 35-2 Davoni Parker (Henrico).

Discus: 126-2 Alyssa Isham (Prince George); 118-1 Ashley Gay (James River); 117-11 Logan Edwards (Cosby); 109-2 Kiara Daniels (Armstrong); 108-5 Courtney Parker (Cosby); 106-10 A,yanna 1\Needy (L.C. Bird); 106-5 Briana Arrington (Meadowbrook); 106-0 Deonna Tinsley (Hermitage).

Pole vault: 12-6 Cameron Overstreet (Atlee); 12-6 Stephanie Oleson (Henrico); 9-6 Madison Hamblen (Deep Run); 9-6 Emily Alvarez (Patrick Henry); 9-0 Taylor Miller (St. Catherine's); 9-0 Claire Williams (Maggie Walker GS); 9-0 Lissie Baker (St. Catherine's); 9-0 Kate Bishop (Atlee).

3,200 relay: 9:13.59 Cosby (Jayden Metzger, Alaina Redd, Elena Wirz, Megan Moye); 9:28.36 Maggie Walker GS; 9:32.45 Midlothian; 9:38.87 Atlee; 9:40.18 St. Catherine's; 9:43.18 Mills Godwin; 9:41.14 Douglas Freeman; 9:48.68 Lee-Davis.

100 hurdles: 14.36 Montasia Golden (Lee-Davis); 14.78 Jessica Shelton (Patrick Henry); 14.86 Mackenzie Scott (Hanover); 14.95 Jameshia Seabron (Thomas Jefferson); 15.15 Cheryl Hairston (Dinwiddie); 15.39 Brie Jackson (Lee-Davis); 15.39 Latisha Pryor (John Marshall); 15.46 Alea Stevens (Armstrong).

100: 11.87 Torie Cunningham (Meadowbrook); 12.01 Siobhan Ford-Holland (Thomas Dale); 12.04 Breanna Taylor (John Marshall); 12.10 Shyra Molton (Patrick Henry); 12.17 Mary Allen (John Marshall); 12.18 Quanesha Wallace (Armstrong); 12.44 Shacoria Winston (L.C. Bird); 12.49 Angela Harris (Meadowbrook).

1,600: 4:53.16 Megan Moye (Cosby); 4:57.84 Anna Spiers (Maggie Walker GS); 5:05.68 Kaila Blackburn (Monacan); 5:07.91 Claire Benjamin (Midlothian); 5:11.13 Rachel Galton (Maggie Walker GS); 5:11.4 Anna Gordon (Hanover); 5:11.93 Molly Breidenbaugh (Hanover); 5:12.87 Anne Menefee (Mills Godwin).

400 relay: 47.83 Thomas Dale (Gabriela Campbell, April Wilson, Sarah Fulgham, Siobhan Ford-Holland); 48.58 Meadowbrook; 48.88 Patrick Henry; 49.06 Cosby; 49.06 John Marshall; 49.45 Armstrong; 49.48 Lee-Davis; 49.76 Henrico.

400: 56.27 Mary Allen (John Marshall); 57.16 April Wilson (Thomas Dale); 57.29 Alexandria Moseley (Cosby); 57.63 Jordan Stokes (Trinity Episcopal); 57.72 Sarah Katz (St. Catherine's); 58.55 Skylar Evans (Midlothian); 58.61 Darsheal Cook (Highland Springs); 58.65 Faith Sykes (L.C. Bird).

300 hurdles: 44.06 Alea Stevens (Armstrong); 44.37 De'Nisha Smith (Cosby); 45.14 Mackenzie Scott (Hanover); 45.66 Laura Holmes (James River); 46.32 Jessica Wheeler (Maggie Walker GS); 46.54 Jessica Shelton (Patrick Henry); 46.96 Latisha Pryor (John Marshall); 47.25 nana Douglas (St. Catherine's).

800: 2:11.24 Megan Moye (Cosby); 2:11.8 Skylar Evans (Midlothian); 2:15.34 Tiel Westbrook (Lee-Davis); 2:16.06 Anna Spiers (Maggie Walker GS); 2:16.24 Taylor Clevinger (St. Catherine's); 2:16.31 Jayden Metzger (Cosby); 2:16.44 Sarah Thornhill (Douglas Freeman); 2:17.86 Kelsey Newcomb (Dinwiddie).

200: 24.36 Torie Cunningham (Meadowbrook); 24.38 Mary Allen (John Marshall); 24.44 Shyra Molton (Patrick Henry); 24.74 Breanna Taylor (John Marshall); 25.3 Alexandria Moseley (Cosby); 25.56 Leah Richardson (Dinwiddie); 25.6 Quanesha Wallace (Armstrong); 25.62 Jordan Stokes (Trinity Episcopal).

3,200: 10:42.85 Megan Moye (Cosby); 10:59.44 Anna Spiers (Maggie Walker GS); 11:03.65 Kaila Blackburn (Monacan); 11:04.22 Molly Breidenbaugh (Hanover); 11:06.8 Rachel Galton (Maggie Walker GS); 11:06.9 Anna Gordon (Hanover); 11:09.47 Daisy Banta (Maggie Walker GS); 11:11.94 Claire Benjamin (Midlothian).

1,600 relay: 3:59.29 Cosby (Gina D'Orazio, Jayden Metzger, Molly Novak, Alexandria Moseley); 3:59.7 St. Catherine's; 4:01.84 Midlothian; 4:01.91 John Marshall; 4:03.73 Armstrong; 4:04.06 Varina; 4:05.3 Clover Hill; 4:05.68 Douglas Freeman.