



Women's Hammer Champion

Loren Groves, Kansas State, Jr., Scott City, Mo.

On being the Big 12 Hammer Throw Champion

"I'm really excited because I've never won a Big 12 championship in Hammer yet. So, this is my first one outdoor and I'm really excited. I've won two indoor Big 12 weight championships, but never hammer so this is a big step for me.

On higher elevation in Boulder

"For some reason I get really winded easily out here—I run a lap and I'm about to die, but it didn't affect me when I was throwing. And, it's just beautiful having the mountains in the background throwing."

On throwing day

"I came in really relaxed and I wasn't really nervous, but I got a little worried on my first throw because I fouled it. But, then I just tried to get my head together and threw out a 207 and just kept building on that."

Men's Hammer Champion

Egor Agafanov, Kansas, Sr., Togliatti, Russia

On Winning the Big 12 Championship

"I'm really happy that I won (the Big 12 Championship) my last year. I am happy because I am competing against big guys in the biggest conference. I'm really happy."

On How He Preformed Today

"It wasn't the ideal condition for me; last week was finals all week. I didn't get a lot of sleep, so I am a little tired. Now I have to work very hard and go compete for a national championship."

Women's Javelin Champion

Kayla Wilkinson, Nebraska, Sr., Belleville, Kan.

On Winning the Big 12 Championship For The Third Time

"It feels great to be a champion for the third time. Especially since last year I took off to have shoulder surgery. So, it feels great that I'm back to 100-percent and more because I PR'd (personal record) and broke a few records."

On How She Performed Today

"I felt really good. My first throw—I was determined to come out big on my first throw and I did. And, after that I just didn't have anything more in me. I tried—I probably tried too hard, but it was exciting."



Women's 10,000 Meters Champion

Lisa Koll, Iowa State, So., Fort Dodge, Iowa

General

"To be honest, in this type of race probably the first 7K of it was a tempo run. If everyone would have gone out faster it might have affected it, but with the way the race was run everybody went out really slow so it really only felt like a 3K race. I didn't really feel any hindrance from the altitude."

On Why the Pace Started Slow

"I think it was because the altitude, nobody wants to get in over their head. It's conference so it's all about place, it's not about time. Everybody knew they weren't going to get a good time so they started out slow knowing it was about their place. The same thing happened last year at Nebraska, it was really hot so everyone came out really slow."

On Separating Herself With Six Laps To Go

"I kept looking at my coach and was getting a little antsy but she was like 'hold on, hold on' because I'm running the 5K on Sunday as well so you want to save as much energy as possible."

On Becoming The Second Back-To-Back Conference Champion In Big 12 History

"It's nice, you always want to come back and defend your title. I was happy that I was that comfortable throughout the whole thing. Like I said, I really want to do well in the 5K so hopefully that'll happen on Sunday."

Men's 10,000 Meters Champion

Kenyon Neuman, Colorado, Jr., Bend, Ore.

General

"Anybody could have gone across the line first. I'm happier about the fact that we went one through five because that's a good start for points for the team and we're hoping that we'll be in contention to compete for the title in Boulder. The top five is 33 points for the team right off the bat. So, we're in the lead right now and hopefully in the 5K at the end we'll bring in a lot more points and hopefully Pifer and Vaughn will bring in some good points in the 1,500. I'm happier with the fact that we got so many points. We're looking to win the team title in front of the crowd here in Boulder. I'm happy that we went one through five. If I would have won and no one else would have placed that would have been a big disappointment because we need a lot of points from the 10K. Anybody could have crossed the line first. It was a lot of fun. We run together all the time—they're a good group of guys."

On The Fab Five

"That was from the start—we figured a lot of people might be intimidated by the altitude and would put their guys in shorter distances. We figured it would be pretty weak and if we put a good group of guys in there we could do well. We run close to 10K runs all the time and we know what we can run for those so we figured if we pushed it a little bit faster we could come home with four or five places. We figured the 10K would be weak because they would be intimidated by the altitude. A lot of times the 10K isn't the strongest event. We just made a guess at it and put some guys in there that we thought could run a pretty good pace and get rid of some competitors. We did that and it worked out as planned—it doesn't always happen like that."

On The Crowd

"It was awesome—it was great having this at night with the lights and everything. The crowd was awesome—it's great running here in Boulder. The facility never looked this good—it looks great right now and everything was put together well."

On The Pace Of The race

"We started out with a pace, at altitude, that we knew we could maintain based on conversions. Once we saw that people fell off we were going to slow it down so we could save ourselves for the 5K."



Men's 10,000 Meters Champion

Kenyon Neuman, Colorado, Jr., Bend, Ore. (Continued)

On Team Approach

"Track titles are a big deal. We've never had a track team ranked so high. We think we have the potential to win this meet and I don't think the men's team has ever won the Big 12 meet. If we can do it here—if it just happens that the stars align and it's in Boulder this year and we have the team that can do it, that'll be awesome. Get people in Boulder into track."

Men's 10,000 Meters Fourth Place Finisher

Chris Pannone, Colorado, Sr., Station, N.J.

General

"The plan was to run a certain pace, we were pretty fast but we want to be faster tomorrow. We started fast, then we slowed a little and then we finished fast. I was just trying to run the splits but I wasn't doing all the great. Our whole plan was to finish one through five, that was our dream race because we could almost sweep it. So I had to get back up there, and around the 5k I was able to make a move. I wasn't feeling all that great but I just wanted to make the last mile and once I got going I started feeling good. Hopefully I can come back on Sunday, contribute to the team and score some more points. Our goal is to win the whole conference meet so we need all the points we can get."

On Placing Five High

"It was really special in indoors when we were able to place our guys at the top because that was my last indoor conference meet and this is my last outdoor conference meet. We've just been training so hard all year, after we disappointed during cross country. Now that it's conference it all matters and we have put in a lot of work, especially over the winter. The freshman have really stepped up and been a nice addition to our team. It was nice to have the whole Boulder running community out here supporting us, it is really special that my last conference tourney is at home. Now we just need to come out here, make everyone happy and we did what we needed to do today so hopefully we can keep doing what we need to and stay in contention."

Colorado Head Coach Mark Wetmore

On Colorado's 10k Performance

"We knew we should have five guys do fairly well, I was confident we'd have five guys finish in the top eight and I knew if things went well we could score very high. The only way it is a surprise is when you're asking all five guys to hit on all four cylinders."

All Top-5 in the 10k

"Only one of the guys has ever ran the 10k before, and I kept reminding them to stay patient and stay controlled. A novice at that distance, at this elevation—even if you train here, racing here is a whole different animal and they could still blow it up if you aren't comfortable. I think they were reminding each other to be patient and to not get greedy."

On the Crowd

"I don't know what I think about that, but I do know that there has never been a crowd of even 3-400 ever before so it was exciting to see that many people. We had like a 90-minute gap in between events so I think a lot of people went home to get food and a lot of people were getting off of work and said 'hey, lets swing over there and see that thing we read about in the paper. A lot of our kids had their folks here to cheer for them.'"



2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

QUOTES

Hosted by the University of Colorado, May 16-18, 2008, Potts Field, Boulder, Colo.

Colorado Head Coach Mark Wetmore (Cont.)

Altitude Advantage

"I'll be honest, the elevation is an advantage, and as I've been quoted before I don't think it is as much of an advantage as our opponents think but they are all very good runners, they are all NCAA qualified and they are really, really top level runners. They are the top one percent of the country."

General

"The men are on top with 33 points and our women had a good showing in the heptathlon because they are novices. **James Begley** finished ninth in the hammer throw, but he had the longest throw on his life trying to get there and that is all I can ask of him. I told him to do what he did to get here and to do his best, I never asked him to surpass what he's done in the past but he did anyway. He had a really good day, and he just missed qualifying in a deep field. We're ahead of where we thought we'd be on the men's side and we're where we thought we'd be on the women's side but tomorrow is a really busy day. Typically, today was a warm-up for a really big, complicated day tomorrow. Tomorrow is the hardest day of the Big 12 conference meet."