



Men's Javelin Champion

Mike Cast , Texas Tech, Sr., Pearland, Texas

On Being The Big 12 Champion

"It feels amazing. I worked so hard—I worked four years for this and it finally came true. I just prayed everyday that I would have a good day. I was used to the weather conditions because throwing in Lubbock I was used to it. So, I just finally got a good one. It just feels amazing. It's everything that I expected."

On the Wind Conditions

"It was terrible because of the fact that I'm right-handed. It's preferred for a left-handed thrower with this wind because it pushes everything to the right. But, the worst thing about the wind is that it gets in your mind."

On His Performance In The Finals

"I actually didn't feel good yesterday, but coming in I knew I had a chance to win as much as anyone else. I just thank God that I had a good throw in me."

Men's Javelin 3rd Place

Brandin Williams , Colorado, So., Moreno Valley, Calif.

General/His Regional Qualifying Throw

"I just knew I had to do it, because I thought it might have been my last throw in the first round—but I squeaked through to the finals. I just tried to make it a big one. From the looks of it I was surprised, but all year I thought I should have been throwing this well. I was able to relax to an extent after that throw, but I still wanted to try to win the event."

On Giving His Team Some More Points

"This is the first year in a while that we've been able to compete for a team championship, so for us to get some points in some places that weren't expected it's huge. **Kevin (Fasing)** wasn't able to throw today and I actually took his place. It was nice to be able to step up and compete well in his place."

Men's Pole Vault Champion

Maston Wallace, Texas, Fr., Houston, Texas

On His Conference Title

"I haven't felt this good in a while, it feels really good."

"This was just my second conference meet. I lost to (Kansas sophomore) Jordan Scott in indoors so I wanted to come back strong today."

"I'll see these higher bars later on down the road, so it was a good experience for me."

On The Wind

"The wind was mostly good for the vault. We had a good tailwind for a while."



Men's High Jump Champion

Dusty Jonas, Nebraska, Sr., La Vernia, Texas

On Winning The Big 12 Championship

"It felt really good. I've been trying to win this meet, indoor or outdoor for four years—I just hadn't quite done it yet. Everything just seemed to come together today. We have been training pretty hard, I have made a few adjustments in my approach and my run felt comfortable. It just didn't feel like I was trying very hard, and that is how it should be."

On The Wind

"It makes it harder sometimes, it makes the bar move a little and it's a little harder to keep the bar on. I don't know if it's the air up here or what, but people seemed to be hitting their jumps. I liked it here."

On Making All Of His Jumps

"It was nice to go out on a make today. I was kind of feeling it, it's a great place to be because usually you go out with an x by your name. It's nice to go out with a make."

On The Crowd

"I love it, it was a good energy. I like to get the crowd into it a lot, and I know some of the other guys do too. It gives you the feeling that people are watching and it pumps you up a little bit. I like it, that is kind of who I am—I like to be the center of attention sometimes, but sometimes it's good and sometimes it is bad."

On Setting A New PR And Big 12 Record

"Hopefully I can do it again. That was a really good height, even at altitude—I don't know if that makes a difference but hopefully I can continue to take it to another height. Especially to perform like this at an event like this. I think the crowd and me making my jumps on the first attempt really helped me keep my head in it."

Women's Triple Jump Champion

Yasmine Regis, Texas A&M, Jr., London, England

On Winning The Big 12 Championship

"It feels great. I didn't come here thinking I was going to win, that's the craziest thing. I've been down. Last year I didn't have a good season, so luckily I'm finally back on form. I'm real happy."

On Weather And Elevation In Boulder

"I felt a little winded at times, but obviously it didn't do too much to my jumping—it made me jump further. So, I can put up with that if it made me jump that far. It felt real good. It wasn't too hot or too cold—nice and breezy. I'm from England so the winds are kind of like this anyways so I liked it."

Women's Discus Champion

D'Andra Carter, Texas Tech, Jr., Red Oak Texas

On Her Performance In The Finals

"I'm excited; I was very happy. I wish I could have thrown a little bit further because my goal was 190 (threw a 189-1)—a little bit further would have been much better. Overall I'm very happy with how the weekend went. It could have gone a little better, but overall I'm pretty happy. I'll just keep trying to improve. I'm trying to make the Olympic Team. Hopefully that goes the way I plan it to."

"It feels so good. I thank God so much for that because I know if it weren't for him I wouldn't have been able to do it."



Men's Triple Jump Champion

Shardae Boutte, Oklahoma, Sr., El Paso, Texas

On Being The Big 12 Triple Jump Champion

"It feels good. I was champion last year and it's pretty good to defend your title."

On His Prelim Jumps Winning The Title

"The field is good. Texas A&M has a good group of jumpers and my teammates are also a good group of jumpers. You kind of have to keep on edge. But, at the same time, I was pretty confident in my previous jumps in the prelims."

On His Outlook

"Lot of work. I can still go further. I know I can go a little further. Just have to get some more work done."

Men's Discus Champion

James Begley, Colorado, Sr., Aurora, Colo.

On Winning the Discus

"Words can't describe what I'm feeling right now. I just hope that the 10 points will go to some good to get a team championship. I know it's going to be a tight race and I don't think anyone put me as getting 10 points. Hopefully it really helped out."

"I absolutely did not envision this coming into [this weekend]. Obviously you think about it—you want to be the best in everything you do. So it crossed my mind, but I never thought it would come true. I think it's great for (Colorado throwing coach) Casey (Malone) to finally break out. He's a world-class discus thrower, and my thanks go out to everyone: the athletic trainers, the facilities guys, everyone. It was just a great day."

Women's 4x100 Meter Relay Champion

Texas A&M

Gabby Mayo---Elizabeth Adeoti---Porscha Lucas---Simone Facey

On performance today

Gabby Mayo, Freshman, Raleigh, NC

"We got the stick around good today. We weren't worried about our time, just finishing."

Men's 4x100 Meter Relay Champion

Texas A&M

Chris Dykes---Richard Adu-Bobie---Dominique Stafford---Gerald Phiri

On performance today

Chris Dykes, Junior, Houston, TX

"We felt that we executed today. We hit the tape good."

Richard Adu-Bobie, Senior, Orleans, Ontario, Canada

"It wasn't about the time today, it was about the place. It was about the win and getting the stick around."



2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

QUOTES

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

Men's 4x100 Meter Relay Colorado Team

Jeremy Dodson, Colorado, Jr., Denver, Colo.

On Relay Performance

"We exceeded our coach's expectations. Our own expectations—we barely missed it by one place. We wanted to get second. We didn't expect anything, we just *wanted* to get second."

On Breaking School Record

"When I crossed the finish line and had just stopped jogging and Ryan was right there with me. He must have jogged 200 extra meters to be there and he was yelling, 'School record, school record!'"

On Nate Terry's Performance in the 4x100

"We have a leg that hasn't done less than a 400 all year so we were a little scared about that. He showed up more than the other three legs. We were just waiting for him to be the best leg and he happened to do that today. Our weakest leg turned out to be our strongest leg today."

Nate Terry, Colorado, Sr., Loveland, Colo.

On Breaking School Record

"Never in my life did I think I would be running in a 4x100. No way. It's awesome."

On Relay Performance

"I'm just out there to maintain—they were picking it up the whole way. It felt awesome. It's so fun running against good people when you know people are running fast."

Women's 3,000 Meter Steeplechase Champion

Irene Kimaiyo, Texas Tech, Sr., Nairobi, Kenya

On Her Performance In The Finals

"I feel okay, because I did the 10k on Friday. That helped make it not so bad for me today. I think I did good the whole time, I was hitting the same pace every lap. The pace was just consistent the whole time, I felt really good."

On Taking The Lead During The Finals

"Well for this race I'm not sure what I'm going to do at regionals, I haven't made up my mind yet. But at this point I can say I feel really good going forward."

On winning the 3K steeplechase

"I actually I didn't expect this it was kind of a surprise. I was coming here to run my best and going for the most points that I could get."

Running with Jenny Barringer

"At first I was really scared, and then we went into the race and I felt really good. On the last lap I felt good and decided to make a move so I did."



Men's 3,000 Meter Steeplechase Champion

Billy Nelson, Colorado, Sr, Bakersfield, Calif.

On His Strategy

"The strategy was to take it easy for first 2 kilometers and we assumed that everyone else would key off of [the Colorado runners]; They did it in the 10,000 meter run and they did it here as well. After the first 2 kilometers, we we're going to see where everybody was at and then go from there. Some of the guys were a little more tough from the start, and that was surprising."

On His Team Strategy with Pete Janson

"[Pete] was going to lead the first kilometer and I was going to lead the second and then from there we saw where we were and push it until the last kilometer. It's kind of a naïve way to think about the race, but that's how we ran. There were guys from Iowa State, Texas A&M, and Texas Tech that we didn't figure would want to push the pace, and that allowed me to go to the front of the lead group to stay with it and look for a kick."

On His Performance

"I didn't realize how fast my time was; 8:53 up here is pretty good. For me going back down to sea level, it is 30 seconds or so, so that's 823. The NCAA conversion up here is 15 seconds, but we know that is bogus. So for me to run 8:53 up here as comfortable as I did, is good and leads me to make my goal of running under 8:25."

Men's 1,500 Meter Champion

Leo Manzano, Texas, Sr., Marble Falls, Texas

On The Race

"It was my first final ever at altitude, so I just wanted to come out and run but I didn't know what to expect with the altitude—everyone was talking about it. They kept saying it's going to get you, it's going to get you and (Colorado senior) **Brent Vaughn** said 'you're going to feel it around 1200m' so I wasn't looking forward to that. It feels a little different, but not as bad as I thought. All the credit goes to my boy (**Stephen**) **Pifer** because he went out and took it, he made it an honest race and he really carried me along. Especially with the wind he really helped me out there."

On His Strategy

"I think the strategy for both of us. He took it out and made people hurt, he knew I had a good kick and he knew the best way to take it out of me was to take it out. Like I said he did a great job and took a lot of people out of the race at the same time. I felt the burn of the altitude and when I did I had to get it in my head and go from there."

Texas Associate Head Coach/Distance Coach Jason Vigilante

On The Race

"I think what sets the drama is that Stephen races one way and Leo races the other. It kind of sets the audience up, and makes it exciting. I was really impressed with how brave of a pace Stephen established today, with the conditions being as windy as they are. I am thoroughly impressed with the courage that Stephen showed and I was really happy that Leo was able to come away with the title."



Men's 1,500 Meter Runner-Up

Stephen Pifer, Colorado, Sr., Edwardsville, Ill.

On His Strategy

"I wanted to play to my strengths and give a good, honest effort. I know there are a lot of really good runners in the field—Texas has four guys in the field that can break four minutes (in the mile)—not to mention other guys in the Big 12. I just wanted to get out and get after it.

"My game plan was 60 (seconds), 60, 58 and then bring it home with whatever I had that last lap. I got out a little quicker than I anticipated."

Women's 1,500 Meter Champion

Sally Kipyego, Texas Tech, Sr., Keiyo, Kenya

On The Race

"I think I did pretty good. The fact that there was a lot of wind today, but it didn't really bother me—I think I did pretty good today. My goal was to come back here and successfully defend my title, and I'm very happy about that."

On Moving On To Regionals And Nationals

"I'm very excited about it, but it's so far away I haven't really had a chance to think about it. I just hope my body can support the training the way that it has been doing."

On Defending Her 1500m Champion

"It's definitely amazing. I'm just so proud right now, it was a tough field and with everything that has happened I really appreciate it and I'm just really happy."

Women's 100 Meter Hurdles Champion

Latoya Greaves, So., Oklahoma, Kingston, Jamaica

On winning Big 12 championship

"I'm happy, I won the indoor and I wanted the outdoor title so it feels good."

Men's 110 Meter Hurdles Champion

Shawon Harris, Senior, Texas Tech; Abilene, Texas

On winning Big 12 championship

"It felt good to come back after the indoor season and win the outdoor."



Women's 400 Meter Champion

Jessica Beard, Texas A&M, Fr.; Euclid, Ohio

On post race feeling and performance

"I'm happy, very happy. I wanted to run my PR and I did. This was only my third open this year."

Men's 400 Meter Champion

LeJerald Betters, Baylor, So.; Waco, Texas

On back to back Big 12 titles and altitude difference

"I'm happy. I PR-ed. I'm pretty tired and can't breathe well. The altitude helped some and affected some."

Women's 100 Meter Champion

Simone Facey, Texas A&M, Sr., Clarendon, Jamaica

On feeling of winning Big 12 championship and running 10.95

"Man, I am so excited right now. There are no words to describe how I feel. I feel good, it's a great achievement to come here and put on a show like this. My start was great and I executed well."

Men's 100 Meter Champion

Gerald Phiri, Texas A&M, Fr., Sheffield, England

On winning first Big 12 outdoor 100m title

"I feel great. It was a great start for me to come out here and win. My goal was to win three gold's and I have two of them so far."

Women's 800 Meter Champion

Lauren Hagans, Baylor, Sr., Little Rock, Ark.

On Winning The Big 12 Championship

"It feels great. I'm a senior so it was important to me, it was really hard because of the altitude—I'm not used to it. I think it made a difference. I was kind of sick before I came and I think that just kind of exasperated the problem. My lungs hurt. I think I ran well, it was a PR, even at sea level so it was a great race for me—definitely."

On Moving On To Regionals

"I just want to keep strong and stay healthy. I want to run well, like I did today."



Men's 800 Meter Champion

Jacob Hernandez, Texas, Jr., Magnolia, Texas

On His Performance In The Finals

"I feel good. I'm glad that school is over and all that because it gives me more time to focus on training and getting out on the track with my teammates."

On Taking The Lead During The Finals

"I feel good, it was a big win for us. I ran a good race tactically, and now we need to go get ready for the 4x400m. I'm happy that I was able to come away with the win and that my boys (**Tevan** and **Texas Everett**) were able to finish two, three right after me."

Women's 200 Meter Champion

Porscha Lucas, Texas A&M, So., Plano, Texas

On His Performance In The Finals

"I feel the same way (as her teammate who was in awe of Lucas' time). I'm very happy. I'm happy I was able to come out here and continue to drop my PR."

On Recording The Fastest Time In The World This Year

"I'm really, really excited. I just hope that can continue to work hard and continue to drop my time down in time for the (Olympic) trials. I think that my coach prepared me well for this meet and that enabled me to run the way I did."

Men's 200 Meter Champion

Gerald Phiri, Texas A&M, Fr., Sheffield, England

On His Performance In The Finals

"The 200m was all about running my own race, I'm not really a curve runner and my teammates **Chris Dykes** and (Baylor sprinter) **Trey Harts** got inside me—they're great curve runners. When they ran past me I just told myself to run my own race, you have 80m to go and it's all about the team. Some how God gave me the strength to come back, I don't know how I did it but I won."

On What Allowed Him To Run Such A Strong Race

"It was a combination of things. First I had months of training, and listening to my coaches—I'm still just a freshman. Also I have to give glory to God, I started training in January and I had eight months off before. For me to come out here and take the credit isn't right, I run for God and this is about the team."

Women's 400 Meter Hurdles Champion

Sandra Iwunze, Texas Tech, So., Houston, Texas

On Her Expectations and Performance in the Finals

"I really didn't expect anything. My hamstring has been bothering me for a while, so I was a little scared and I tried to just forget about it during the race. My teammates have supported me a lot, because they knew that I could do this and they had faith in me, so I to prove myself to them and win."



Men's 400 Meter Hurdles Champion

Robert Griffin, Baylor, Fr.

On Winning Big 12 Championship

"It feels good. Being a freshman—I graduated early from high school—I was actually supposed to run in a state meet a couple weeks ago. But, to come out here and win as a freshman is a big accomplishment. I just knew I could come out here and win fast. I hit the first hurdle, but after that I ran a clean race."

On Elevation

"After the prelims I couldn't breathe, but right now I'm feeling good because I won."

Women's 5,000 Meter Champion

Sally Kipyego, Texas Tech, So., Keiyo, Kenya

On Her Expectations and Performance

"I just wanted to come out and give it my best effort today. I expected to do well and I thank my teammates and coaches for believing in me. The race was run very competitively and I am just thankful to come out on top of the field as the champion."

Women's 4x400 Meter Relay Champion

Baylor

Tiffany Townsend---Brittany Carr---Carla Grace---Katrina Taylor

On winning the Big 12 4x400 title

Tiffany Townsend, Fr., Killeen, Texas

"Coming in I knew we had a chance. In reality I didn't know if we had enough confidence or if we believed in ourselves enough to do it."

Men's 4x400 Meter Relay Champion

Baylor

Quentin Iglehart-Summers—J.T. Scheuerman—Marcus Boyd—Trey Harts

Quentin Iglehart-Summers, Jr., San Antonio, Texas

"It's good to win. I just thank God. We were all tired, but we ran good. We never come to lose, so we were very optimistic about winning. We were hurting, but I thank God for the boys I ran with today—they helped me out."

J.T. Scheuerman, So., Littleton, Colo.

"It feels amazing. Having two guys from our 'A' team on it, come out here and win—incredible. It speaks volume about our team—team work. We work hard every day."



Men's 5,000 Meter Champion

Brent Vaughn, Colorado, Sr., Aurora, Colo

On His Performance In The Finals

"It was a little bit of a confidence boost, but the main thing was to just go out there and get 10 points. I wanted to set a solid pace that my teammates could hold on, but I wanted to lose some competitors—it worked out pretty well."

On His Performance In The Finals

"What'd I do yesterday? I don't remember yesterday, I just wanted to go out there and get as many points as possible. I think we did a good job and we had a couple guys double-up and have huge days today."

"No excuses, I'm fine I just didn't run a smart race. I'm fortunate that I have great teammates like **James (Begley)**, **Jeremy (Dodson)** and **(Ryan) Campbell** who really stepped up for us."

On His Performance In The Finals

"The 5k is our distance race here, and I think we did our job today."

On Taking The Lead During The Finals

"Anytime you can get a Big 12 Championship it is pretty special. Being able to have my family and friends here is pretty special to me. It has to be big for us, whenever you can get contributions from your entire team it's great. This is more special than our cross country championships because we have a good showing there every year. This is a little more special."

On His Performance In The Finals

"It was a little bit of a confidence boost, but the main thing was to just go out there and get 10 points."

Men's 5,000 Meter Runner-Up

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

On A Dominating Team Performance In The 5k

"First of all, I attribute it to all of our guys and all of the hard work that they do, they train everyday of the week. Everybody wants to win, everybody has to win, we're all competitive with the guys on our team—it's a good competition of course. Then there is Coach Wetmore, if he isn't the best coach in the nation he's up there—but I think he's the best coach in the nation. Through recruiting we have brought in a lot of talent and then Mark (Wetmore) is able to get the best out of them and make less talented guys great."

On Having Two Top-2 Finishes This Weekend

"The 10k we just wanted to score as many points as possible, I wanted to stay relaxed and run my race. I really just wanted to do well in the 10k and then come back today and score high in the 5k."

On His Performance In The Finals

"This is the first time we've ever won a Big 12 (Team) Championship, the fact that it happened here with this group of guys, who all deserve it, is great. We're really known as a cross (country) program, we had a great team this year and didn't really do well at (cross country) nationals but we were able to come back in track and redeem ourselves—it is pretty incredible."



Men's Big 12 Team Champion

Colorado Head Coach Mark Wetmore

On The Possibility Of Exceeding Expectations

"I try to avoid expectations, but definitely aspirations (were) exceeded."

On What It Means To Win A Track Title After All Of The Cross Country Titles

"We had a few guys step up across the board, **James Begley** in the throws, **Jeremy (Dodson)** in the sprints—too many people to name. Before the meet I said our only chance is if we have a complete team coming here. We knew we would get a lot of distance points, but we wouldn't have won without the distance points. Also, before the meet I asked the team to just do what you did get here, you don't need to run, jump or throw out of your heads. But they over ruled me and they run, jumped and threw right over their heads."

On Hosting The Big 12 Championships

"Honestly, this wasn't our year (to host) this was Kansas' year. We put a bid in for it when it came up, so I guess it looks like we loaded it up to do great at home, but we didn't even know we had it until two years ago. It was happenstance that all of these kids came together like they did today. But there was no master plan."

On How Things Came Together

"I'm afraid I've used up my luck for the rest of my life. Not only did the team do everything they possibly could, everything turned out here so well. So many people contributed...people that I can't even name—I would come here and look at something and say 'where did that come from?' and it was somebody that I don't even know. My opponents have come up to me and said how welcomed they felt and how enthusiastic the crowd was, it was really an electric, special time."

On His Performance In The Finals

"James Begley threw better than he ever has before to score in two different events (discuss and shot put), I think Jeremy Dodson ran PRs in the 100m and the 200m. The relay, I think the 4x100m broke the school record and the 4x400m—kept saying 'is it (the meet) over, is it over? Do we have to run?' and I said 'Oh, I don't know' because I thought they could still qualify for regionals and they ended up getting sixth and qualifying. Just think of the work in Dodson's legs over the weekend. And then the people who didn't score but had personal bests, all across the weekend was really magical."

On The Status of Jenny Barringer

"Jenny is fine, first of all that is the nation's leader in the steeplechase. Jenny has had a couple of little interruptions, but nothing much. She is okay, she's 88 percent—we have three weeks to get her to 100 percent. She is completely healthy, she just needs to catch up on a little bit of training."

On How Much Pain Brent Vaughn Can Tolerate

"One hundred percent tolerance of pain is required to be a distance runner at Colorado. He has the same as all of the other guys."

On What He Told Brent Vaughn After He Missed Qualifying For The Finals In The 1500m

"I told him that he made some tactical mistakes, that he didn't execute the plan that he discussed ahead of time—that it wasn't a tragedy, we had a good day. We knew he was going to contribute the next day (Sunday). I patted him on the back, I'm not a big hugger, I'm not a big yeller, I just give them the facts and stick to business. He actually went a little fast in the 5000m, he pulled it out a little harder than we planned for him. I think he wanted to be a champion at home, and he really wanted to win this team thing. He would give up his right hand to win the team (championship)."

On What He Will Do To Celebrate

"I will go home and have a piece of key lime pie."

On His Performance In The Finals

"Of course it's unique; it has never happened before—but something that makes it even more special is the team-wide contribution. We're known as a cross country team, we're known as a distance power house, but it is really critical that the team knows and the community knows that we would not have done this if we came in with just distance runners. A track team is really quite fragmented until they come together at this meet."



2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

QUOTES

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

2008 Big 12 Outdoor Track & Field Women's Championship Team

Pat Henry, Texas A&M, Head Coach

On Texas A&M's Performance

"This was a great meet for Texas A&M. We made some good strides coming into the meet and we had a tremendous day of competition. A lot of credit to the other Big 12 schools, because they made it a very competitive event and we are thankful to come out on top."

On Texas A&M's Expectations Coming into the Meet

"We knew coming up here that it was going to be a big battle. We have a very good track team and we knew that if we were going to be successful that we would have to come out and put some points on the board; and today we did that. Overall, both our men's and women's teams had a great meet, with our women taking the championship; and we are very happy about that."