



2009 Big 12 Outdoor Track & Field Championships

Lubbock, Texas

Friday, May 15, 2009

Quotes

Lisa Koll, Iowa State, Women's 10,000 m

How does it feel to be the only three-time defending Big 12 champion?

"It feels awesome. I was injured three months ago, so to be in this place right now - I'm enjoying it a lot more than I enjoyed it last year because it took more to get here."

What did you do to prepare this year to help defend your title?

"I didn't really change much of my training. I was injured during indoors, so I had to do a lot more longer tempos. I was doing 10 mile tempos and trying to get my pace faster and just concentrating on the basics. I haven't really been able to race that much this year, which is kind of good in the long run because I feel really fresh when I go up to the line."

What kept you motivated to train during your injury?

"It was a self-motivation. I'm extremely passionate about (running) and when I'm not running, it feels like a part of me is missing. It really is my passion in life and what I want to do, so I guess that's all the motivation I need."

Ryan Vail, Oklahoma State, Men's 10,000 m

How does it feel to be a Big 12 Champion?

"It feels great. Colorado has had a strangle-hold on distance races for the last decade, so it's nice to get in there and break that up, especially with (teammate Alejandro Ruiz) in second right behind me."

How does it feel to win and have your teammate come in right behind you?

"It feels awesome. I knew in training and stuff he's been right with me, so I knew he had it in him. It was just his day and it makes your day."

On running the 1500m on Saturday

"It's hard to come out after running the 10K, so I am just going to see if I can just get into those finals. There are four guys in that heat and it's going to be tough, so I'm just going to see if I can get into the finals."



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Sunday, May 17, 2009

Quotes

Jenny Barringer, Colorado, 300M Steeplechase

How was the race today?

"The race went well. I kept looking back and didn't think I sprinted out too hard, but I expected people to go with me a little more, so I'd have some company. It was a good, comfortable, clean race and that's what I really wanted. I wanted to stay safe over all the barriers and be fast between them. It was a good day."

What was the goal of today's race for you?

"The goal for today's race was to get out and get a regional qualifier and earn 10 points for the team, and also be a teammate to the other two (CU) women in the race. That was probably the most exciting element of the weekend for me is that I get to be a teammate for everyone. I get to run in a race with two younger teammates and hopefully mentor them along. I'm also running the 4x400 relay later, so I get to carry the baton for Colorado for the first and last time."

Tell us about your teammates.

"My teammates did really well. Emma is a freshman and she finished fourth today. I don't exactly what her time was like, but, you know, the Big 12 is a high-pressure meet even if people say don't worry, don't worry, there are media all around saying this is the best conference in the country. So, to step on the line in the best conference with your teammate being an Olympian, that's a big shadow to follow. She and Emily have both done it fabulously and they're incredibly gracious and wonderful women to work with."

You have said that each Big 12 title means so much to you because you have so few. Where does this one rank as your third and final track title?

"It ranks up there, because every one is individual. This one ranks up there, because I get to turnaround and cheer for two teammates after I won it. It was really special."



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Quotes

Paul Hamilton, Nebraska, Men's High Jump

On how it feels to be the Big 12 Champion

"(It is) unreal, really. As a sophomore, I wasn't really expecting to come in and be Big 12 Champ in my second year here. It really hasn't sunk-in yet."

On whether the conditions were a problem

"This morning when I got up and saw that it was pouring, I was a little worried. I didn't know how it would be, but they did a good job drying (the track) off and the wind kind of helped dry it up, too. It was good conditions. The wind was right for us, and it was a lot better than I thought it would be starting the day."

On following (former NU athlete) Dusty Jonas who won the high jump event last year

"It's nice to keep (the title) in Lincoln. Coach Pepin is traditionally one of best high jump coaches in the nation. It feels great to keep the championship in Lincoln."

Moritz Cleve, Kansas State, Men's Decathlon

On how it feels to be the Big 12 Champion

"It confirmed my indoor title with a big score. I'm just happy. Everything went really good."

On whether the title felt more special after he won the indoor title

"I think the score I did is better than the title. I think it is special to win indoor and outdoor titles."

On breaking 8,000 points in the event

"The 8 is on top (of his accomplishments). I broke the magical mark, and I feel really happy that I can call myself in the club of the 8,000 (point) people."

Ti'Anca Mock, Oklahoma, Women's Long Jump

On how it feels to be the Big 12 Champion

"It feels great. I knew how it would feel because I won indoors, but it still feels great."



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Krishna Lee, Missouri, Hammer Throw

On how it feels to be a first-time winner

"It feel great. It feels just like how I thought it would."

On beating Kansas State's Loren Groves, the defending Big 12 Champion

"Loren is awesome competitor and this entire field, it has been a joy to throw with these last four years. It's not about beating (Groves). I am glad I am in this conference and get to throw against these girls every year, and I'm sad it's over."



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Quotes

Patience Knight, Texas Tech, Women's Shot Put

On how it feels to be Big 12 Champion

"I thank God because this one was a little closer. I just thank God that I was able to pull it out, and it feels really good to be four-time Big 12 Champion."

On whether the win was extra special because the event was in Lubbock

"Well, yes it was nice that it was at home and my twin-brother got to be here which is exciting because I had a lot of support. It's nice because it's my senior year and it's nice to go out like that."

Lisa Koll, Iowa State, Women's 5000m

On how she felt after winning both the 5K and 10K

"It feels really good. It was hard today. It was harder than I thought it would be. I haven't raced 5K in a long time, so I think I have some work to do in the speed department, but it felt good."

On if there was any difficulties coming back from the 10K

"The last six laps I was a little tired. My legs felt heavy and were hard to turnover, but the 10K was pretty relaxed the first half, so I think it was easy to recover."

Will Claye, Oklahoma, Men's Triple Jump

On how it feels on being Big 12 Champion

"It felt good. I came out here and had to get redemption because yesterday in long jump I didn't do too well. I was just trying to do something big and try to help my team."

On if there was any added pressure being the nation's top triple jumper

"Not really because I've jumped against these guys before, so I didn't really have any extra pressure on me. I knew what I had to come out here and do. I feel good coming back from long jump and putting up a really good jump, so I definitely feel good."

Jessica Beard, Texas A&M, Women's 400m

On how it feels being Big 12 Champion

"It feels really good especially because I was able to contribute points to the team. Coach keep saying 'It was going to come down to this and it's going to come down to that.' He was like who steps out there and trys their best and is courageous and puts their heart out there, and that's what I tried to do. I just thought about the team and how much ten points would make a big difference. I just leaned at the line and luckily the time was the same, but I came out with the win."

Zwede Hewitt, Baylor, Men's 4x400 Relay

On if there was any added pressure with Baylor dominating the event in years past

"We came here with two guys short with Marcus (Boyd) and LeGerald (Betters), so there was a little pressure because A&M is pretty good right now and Tech is pretty good. Tech had three guys in the finals (of the 400m). Some teams would have probably counted us out I'd say, but not these guys. We came here determined and all our guys good and we came here and did all the work, gave 100 percent and came out victorious."



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Gil Roberts, Texas Tech, Men's 400m

On how it feels being Big 12 Champion

"It feels great. I am really kind of lost for words."

On setting the fourth-fastest time in the world

"I'm pretty excited about that. It wasn't one of my expectations coming out here. I was just trying to get a win. This was a lot faster than I previously ran at Baylor at 44.8, so I am definately happy about that."

Gerald Phiri, Texas A&M, Men's 100m

On becoming Big 12 Champion

"It feels good. It's not so much being Big 12 Champion. Last year I was first double-Big 12 Champion ever, especially as a freshman, so my job this weekend is to be the first double two-time Big 12 Champion, and I am halfway there."

On defending his 100m championship from last year

"The 100 I am confident about. That's my strongest event right now. I guess I'm just disappointed they didn't turn the race around because that's a negative two-point something, so that's playing in my mind right now. I wanted to run fast today, so I am very disappointed right now."

Ti'Anca Mock, Oklahoma, Women's Triple Jump

On how it feels to be Big 12 Champion

"It feels great. I came in here as a senior with a plan to come out here and win. It feels great to come in here and defend my title."

On A&M taking the top three spots in the event

"That feels great. We knew we could come out here and rack up a little points. We talked about it before we came out here, and we prayed about it. We were missing one person today because of injury, but we knew even with her, we could have done even better. It was great with the amount of points we got today."

On defending her title from last year

"It feels great. Last year, I wasn't really expecting to win as far as I did, but this year I really came out with a plan and a mission to win."

Harrison Benjamin, Texas Tech, Men's Shot Put

On winning in Lubbock

"It feels great. You are at your homesite, so you feel like you have to represent for your hometown and your homeschool. It's a home meet, so you just go out there."

On whether there was any added pressure because the event was in Lubbock

No, because I know how the ring feels, and I know the weather here. I knew it would be a great day to throw, just have to go out and do it."

On possibly boosting Tech's chances in the team standing

"I think it helps because I was kind of going in as an underdog. I was going kind of having to prove myself, and that's pretty much what I did today."



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Porscha Lucas, Texas A&M, Women's 4x100

How does it feel to calim your second Big 12 title?

"It feels good - it always feels good. It always takes a lot of hard work. It's good to continue what we've been doing in previous years, so it was good to win again."

How did you focus on coming into the race today?

"Getting our hand-offs down and sticking our marks and just concentrating on running."

Justin Oliver, Texas A&M, Men's 4x100

How does it feel to be the Big 12 Champion?

"I'm a senior and this is my last one, so to go out on top is amazing and I'm happy to have my teammates to help me there."

How did you focus on coming into the race today?

"We knew we were coming in number one, so we kind of had a bullseye on our back so we knew everyone had to do their job. We all ran good legs and that's just what we were trying to do."



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Quotes

Shannon Leinert, Missouri, Women's 800m Run

On winning the Big 12 title...

"It feels good. It feels especially good because I was champion indoor, so I really wanted to try and be champion again to prove that it wasn't a fluke."

On preparing for the race today...

"I told myself to focus, I told myself to be confident, and to be patient and just kick and focus on the racing competition."

On preparing for the next level...

"Just do what my coach tells me. I don't really know what she has in mind yet, but mainly just sharpen up the tools."

Tevan Everett, Texas, Men's 800m Run

On winning the Big 12 title...

"It feels really good. It's kind of bittersweet walking in someone else's spotlight - (teammate) Jacob Hernandez - I'm happy for both of us, either way it goes. Me winning today means a lot. It means that all the work I've done has really paid off."

On running in the finals with three other teammates...

"It felt great. It was just like another hard day of training. (We were able) to come out to an actual championship race and we stayed relaxed. That's key to running your best performance and we did that today."

On preparing for the next level...

"Starting next week, I'll feed off Jacob's weaknesses and I'm sure he's going to feed off my strengths, and it'll go hand-in-hand. Right now, we're training really hard to get to nationals."

Sandra Iwunze, Texas Tech, 400m Hurdles

On defending her Big 12 title...

"I feel really, really blessed for the God in me. I don't know how I did it, but I did and I thank God for that."

On running in front of the home crowd...

"I wasn't really nervous because we practice in this stadium everyday, so it didn't bother me at all. After running in the 100m hurdles, all my nerves went down, so it was good."

What she took from her first race to her second...

"I brought everything I had - energy - just trying to bring 100 percent, and go out there and give it my all."

Adam Dailey, Nebraska, Men's 400m Hurdles

On claiming his first Big 12 Championship..

"It feels great. I didn't really expect to as a sophomore, but it was kind of weak this year, so I knew it was the year to do it."

Staying focused during the race...

"I knew I had something left in that second to last hurdle. I was third and the top two were battling and I knew if they didn't hit that last hurdle right and I did, I could pull ahead because hitting the hurdle right is a big deal."

Focus for regionals...

"Getting my steps right. They were off today, but on yesterday, so probably just making sure my steps are on, and do the best I can."



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Quotes

Erin Bedell, Baylor, Women's 1500m

On how does it feel to win her first Big 12 Outdoor Championship...

"It feels really good. It's a huge honor to be a Big 12 Champion because there's so many great athletes, so it feels really good."

What did you concentrate on coming into the race today?

"Mostly just staying relaxed and running my own race and not getting caught up in anyone else's race. For regionals I'm hoping to go back and load back up and try to stay as fit as possible, but also try to take care of myself to prepare for that next level."

German Fernandez, Oklahoma State, Men's 1500m

On how does it feel to claim his first Big 12 Outdoor Championship as only a freshman ...

"It feels great. I'm just trying not to get a big head about it. I still have three more years so I'm trying to make the best of it. Over the next three years, hopefully my times keep getting better and hopefully I'll make it to the 2012 Olympics."

On what kept him motivated throughout the race...

"Just being determined. I felt like I slowed down a little and went a little too fast at the beginning. I'm using this as a workout to get ready for nationals. I wasn't expecting to run a 3:42 - I was hoping for a little bit faster than that, but I'll take it. I'm going to work on my speed (for nationals). I really haven't been working on my speed a lot - pretty much all distance - so hopefully I can get some good workouts over the next couple of weeks."

Gabby Mayo, Texas A&M, Women's 100m Hurdles

On how does it feel to be a Big 12 Champion...

"It feels good. I'm happy I can contribute to the team, because I know it's going to be close in the end. I'm happy I got the win for the team. This is my first (championship), but it's not my last."

On what she concentrated on going into the race...

"Because I'm a sprinter first, I'm so fast in between (the hurdles), I had to work on not getting too close to the hurdles, or I'll fall over it and won't be able to keep up with everyone else who actually hurdles. That's mainly what I worked on."

Omoghan Osaghae, Texas Tech, Men's 110m Hurdles

On how does it feel to be a Big 12 Champion...

"It feels great. I never would have thought I would be able to do this with a home crowd support, so it feels wonderful."

On claiming the title in Lubbock...

"It feels good. I have a lot of family and friends and coaches from Monterey. It feels great - I couldn't ask for more."

On what he concentrated on coming into the race...

"With hurdles it usually comes down to just technique and the rest will take care of itself. So what I concentrated on was just technique and staying through and staying through and staying consistent."



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Porscha Lucas, Texas A&M, Women's 200m Dash

On claiming her second Big 12 title for today...

"It feels good. The race was a little bit more difficult than normal because of the weather, but I'm glad I kept my posture and came out of the wind."

On staying focused during the race...

"I just know I needed to do it for my team. I know we need all the points we can get and I'm just happy I could contribute. We want to make sure we get all the points we can get to come out with a win."

Gerald Phiri, Texas A&M, Men's 200m Dash

On claiming the Big 12 title...

"It feels great. Last year, I was the first person in Big 12 history to get the double (win in two events), and I'm just thankful to be able to come out here against the two best guys in the country to defend my double. I just thank God I'm healthy this year and I'm looking for things to come. These are the guys I have to beat at regionals and they're the best."

On preparing for the race today...

"It's one thing for these guys to say they're number one, or number two, but I'm the fastest person on paper, and I just had to keep telling myself that. No matter what they've run this year, I can beat them. What happens against a field like this, if you start doubting yourself - they'll beat you. I had to keep believing. Last year I won the race exactly like that - they were beating me - which ever man stays the most relaxed in the 200 is going to win."



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Natalie Willer, Nebraska, Women's Pole Vault

On winning the Big 12 title

"It feels really good. Coming into the Big 12 meet, that's always the goal - no matter how high the bar is, just win. I was really happy to do that. I didn't jump as high as I would have liked, but I knocked down the stadium record and was really happy with today."

On feeling any pressure coming into the event as the favorite

"There is always pressure. I think I put more on myself than anyone puts on me, but you want to go out there and represent your team and help them get some points."

On possibly boosting Nebraska in the team standings

"It's a really tight race and there are a lot of teams that are great. We have a young team, so I am hoping this is a good start for us."



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Quotes

Brandon Williams, Colorado, Men's Javelin

How does it feel to claim your first Big 12 title?

"It feels pretty good. I've been training since September for today. I didn't have an indoor season and all the training this year was worth it for today."

What are you going to do to prepare for regionals?

"I'm just going to keep training like I have and try to stay healthy. Today I set a personal record, but as a thrower you always want to keep going."



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Nicholas Gordon, Nebraska, Men's Long Jump

On how it feels to be Big 12 Champion

"It feels good. I don't think I can ever get used to this."

On how it feels to accomplish this goal as only a sophomore

"It feels good. It shows that all my hard work and my coach's hard work has paid off."

On preparation for regionals

"I'm going to continue to follow my coach's program and do my best everyday in practice until then."



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Jake Morse, Texas, Men's 3000m Steeplechase

How does it feel to claim your first Big 12 title?

"It feels good. I've been anywhere from second and third, to fifth and sixth I don't know how many times in Big 12's, so it finally feels good to come out here and win one."

What are you going to concentrate on for the future races?

"I'm just going to keep an even keel and keep doing what I'm doing and keep positive and keep the momentum rolling."



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Quotes

German Fernandez, Oklahoma State, Men's 5000m Run

On claiming his second Big 12 title for today...

"It feels good. I went out there to help my team score some points. I didn't really have any pressure on me - I just ran a good race."

On which race he prefers...

"The 5000 - I'm more of a distance guy, so the longer I go, the better I am."

His thoughts on the race...

"I just wanted (with this race), to have a great time with my teammates and represent OSU in a great way."

Katrina Taylor, Baylor, Women's 4x400

On claiming the Big 12 title...

"It feels great. This is my last year, so it was wonderful. Our team really pulled through, we had a lot of events and we just executed and came out on top."

On preparing for the final race of the day...

"Everybody had qualified for races previously, so as long as we ran our race, we knew we could win. Just execution - we knew it would go great."

What to work on for the next level of competition...

"We're working on just dropping our times and individually, turnover from race to race. As far as our team, just lifting everybody up and keeping them going. Everybody's progressing well, so just keeping up the good work."



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Quotes

Destinee Hooker, Texas, Women's High Jump

How does it feel to calim your second Big 12 title?

"It's a real blessing. What more can you ask for? Even though I'm so far away from home, I know my parents are screaming somewhere. So it's a great feeling, I'm glad it wasn't raining today and it's sunny. It's a great feeling to be back in Texas weather."

What did you do to prepare for the championships after not competing last year to prepare for the Olympic volleyball trials?

"We worked a lot on my rhythm - trying to get it back - and more technical, compared to jumping, because my coaches know I can jump, but they wanted to get my extra rhythm down which I've been working on. Even here today, (coach) was just saying, "work on practice, work on practice. Then, once I started missing, my coach was like, "stop messing around" and I told her, "Okay, I'm trying to do what you're telling me to do." I just think the main thing we've been working on this whole semester is just my rhythm and getting my speed back."

What was going through your mind during those last jumps when you were trying to set a new collegiate record?

"My quote in my head was "stick it" because when I stuck it at the six-foot-five and on the quarter attempt, I then told myself to "stick it harder". So the first attempt was good, but the last attempt was never better than my frist attempt. So, I know I came a long way with that because it's more of a mental thing. Your coach is saying, "Okay, it's over your head, but you still have to stick it." So I just kept telling myself in my head to clear it because either way it's a win-win because I broke my own record and it's my first time back out for Big 12 Outdoors, so overall it's just great."

On competitors today...

"I'm very proud of my teammate Victoria Lucas. She did a great job considering how the field is. She came in and did what she needed to do and scored points for our team."



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Laura Asimakis, Texas A&M, women's javelin winner

"It was great to win, we were hoping for a 1-2-3-4 sweep. It was beautiful weather and my arm felt great. I just wish I had a bigger throw."

"I try not to think about competing in the javelin and pole vault back to back, but the closer it got to the time for warm-ups in the pole vault I was getting a little antsy."