

ARIZONA WILDCATS ATHLETIC MEDIA RELATIONS

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TRACK AND FIELD

PAC-10 T&F: DAY ONE QUOTES

Marissa Minderler, USC, Women's Hammer Throw

“Today really felt great. I was mentally focused and everything just clicked and came together.”

Nick Ross, Arizona, Men’s High Jump

“It was a good start for me. Edgar (Rivera-Morales) had a rough start, wore new shoes today that gave him blisters, but he was a champ and fought through it. I was confident and a little nervous but with the stops, I knew I just had to stay focused for my team. If I lose focus then I’m just being selfish. I just had to hold it down for the team.”

“I just prepared for today like every other meet. If you try too hard, it’ll come back and bite you. It really helps that Edgar and I are the same year. We’ll be together for a while, and we both know how to push each other to be our best.”

Marissa Tschida, Washington State, Women’s Javelin

“Winning two-in-a-row feels great. I was just happy to get the throw in. I knew that throw was coming and it’s great to have it come in such a big competition in front of so many people. It just feels great to compete and get a personal best.”

Julie Labonte, Arizona, Women’s Shot Put

“It’s amazing. We talked about going one, two, three, and to actually have it happen is just amazing. Amazing is really the only word I can think of. If we can get one, two, three in as many events, it’ll be great for the team.”

“Having a new personal best is great. My goal today was to throw 18 meters and I smashed through that. Last year I won the Pac-10 and it’s important to me that I was able to do it again. Getting the Canadian record is great and having a new personal best is great, too.”

Steve Finley, Oregon, Men’s 3,000-Meter Steeplechase

“Conference races are never easy and I really just wanted to be a good part of the environment for us. I think it was important for us to get this win today to get set for the finals tomorrow. Being as competitive as possible is so important for us. The Pac-10 steeplechase is one of the toughest to run in the country and I got ahead early, which gave me some time in the middle to regain some of my strength, so near the end, I was able to keep up for the last leg. I’m just glad I was able to do something for the team.”

Maggie Callahan, Arizona, Women’s 3,000-Meter Steeplechase

“I had to jump through some hoops with the team doctor in order to get cleared today and I guess it really motivated me. I’m just glad I was able to get this win at home. This has never happened to me before. I’ve never won a steeplechase so this is just really great. I felt good, in control. I was able to stay ahead, stay confident. I’ve never felt this good at the end of a race.”

Jordan Clarke, Arizona State, Men’s Shot Put

“It feels very good. It’s my first title and I just knew I was having a good week at practice and leading up to today. We still have a lot of races to finish tomorrow but I know that this is definitely going to help us a lot. I’m just doing everything I can to contribute.”

Katerina Stefanidi, Stanford, Women's Pole Vault

"It feels good. I jumped really badly tonight and it was my worst technique but I just did what I had to do for the team. I know we have a lot of goals and I'm glad I could get us more points than we expected in pole vault. It's really great to be here in Tucson. It's hot, which has made things interesting but I'm loving it."

Stephanie Marcy, Stanford, Women's 10,000-Meter

"It feels good. My patience really paid off. It was a slow race for the most part, which was exactly how I thought it would be. I know the team had a good day, and I heard a lot about girls who did better than they thought they would, and it was a big confidence booster. I just want to keep contributing. We showed today that we had a good day one, and we can do just as well on day two."

Stephen Sambu, Arizona, Men's 10,000-Meter

"It was a really steady race. I'm so happy to win, that was my goal for the Pac-10 Championships. My plan was to go with the pack for three km, and start moving up after five, and then kick it up for the last five km. I knew that they would beat me if I stayed with them for twenty laps. I really think we have a good chance to win it all. We haven't won in a long time, and we are just trying to win the last Pac-10 title. It would be awesome."

Brendan Ames, USC, Men's Long Jump

"I just came out, I knew that I would have to put out a big jump, and hold onto it. Last year, I was beat by one centimeter, and it was really bittersweet. I just wanted to come out today and be the Pac-10 champ for my senior year. These points should really help our team. I haven't jumped a lot this year, but we just have to pick up the points wherever we can. I know that what I did today will really help us going into tomorrow."

Trey Henderson, USC, Men's Hammer Throw

"It feels great, especially to get the win in my last year. The freshman from UCLA was throwing really well and I'm proud that I was able to answer. People seem to think that when everyone is throwing well, it'll throw you off but it really doesn't. It just encouraged me to throw further and really impacted the result. What it really comes down to is getting points for the team and people forget that because of all the individual titles. I'm just glad I was able to do well and be a part of this."

Brigetta Barrett, Arizona, Women's High Jump

"It wasn't really about the height that I was excited about but more about how much space I had over the bar. I finally put in the technique I've been working on for so long. I know I can clear 6' 8". It was very important for me to win. Every point is important and it's all about the team. There really is no 'I'. We just have to get every point so they don't and we can get this victory at home. Today is the most relaxed I've been. I don't like to jump first, but I know how important it is to make the first jump and put up the pressure."

Loudoa Laarman, USC, Women's 4x100-Meter Relay, First Leg

"It felt good. We were hoping for the win and we got it. We knew we could PR. We just went out, ran our race and we're just really happy about it."

Marlon Murray, Washington State, Men's 4x100-Meter Relay, Fourth Leg

"This feels really good. We came out, executed and did exactly what our coaches told us. We knew our handoffs had to be perfect and we had to run well. We are not done. We are looking forward to regionals and a national championship. I have to thank my teammates who put me in a position to win. Last year we were down with a couple injuries but we came back, had a great race, and now we have to move forward."

Anna Jelmini, Arizona State, Discus

"It's always good to get the win. My last throw was my best and I'm just really excited to be Pac-10 Champion. Hopefully this will help the Devils to a team victory."

Nia Ali, USC, Women's 100-Meter Hurdles

"This was an amazing accomplishment and I am happy I got to run with my teammate, who's a freshman. We wanted to go one-two and we did and it was just so worth it. I came in with a minor hamstring strain but I'm just so glad to be here and get some solid points for my team. I had a good season, but I really never expected this."

Ray Stewart, California, Men's 110-Meter Hurdles

"It's really amazing to get a win in my first year. I'm just so ecstatic for the win."

Whitney Liehr, Stanford, Women's Triple Jump

"It feels amazing to win. I'm really glad I was able to go out with a win as a senior and get a solid 10 points for my team."

Cory Primm, UCLA, 800 Meters

"It's just relieving to win. I just did my job and it's good. My teammates will see how hard I worked and do their jobs."

English Gardner, Oregon, Women's 100 Meters

"It's just phenomenal. I never thought that, as a freshman, I would win a Pac-10 title and beat the meet record and get a lifetime best. My teammates were really emotional. No one expected I would get such a great time."

James Alaka, Washington, Men's 100 and 200 Meters

"It feels good. Last year I came in third in both races and I really just focused on getting points for my team. I felt I let the team down last year, so winning today is really a relief. I hoped for one win but two is great."

Jordan Hasay, Oregon, Women's 1,500 and 5,000 Meters

"It was a good race. I wanted to go slow. I didn't feel so good after the 1,500 but Coach said I was going to race (the 5,000 meters). I'm just glad I could help my team out so we can pull off the win."

Greg Woepse, UCLA, Men's Pole Vault

"Warm-ups were tough. It was really windy and I was having a tough time, couldn't get my steps. When the sun finally set, the wind died down a little bit and everything started to click. Everyone started getting more consistent and the competition really started to take shape. It came down to the last four and I made my jump on the third try to get the win. We wanted to get 10 points from pole vault and we ended up getting 11."

Lawi Lalang, Arizona, Men's 5,000

"It's great to be a champion. It took a lot of hard work. I really like the Pac-10s. We have a lot left to do now for NCAA prelims and finals."

Laura Roesler, Oregon, Women's 4x400-Meter Relay, Fourth Leg

"Coach told us that we'd tie if we didn't win and I don't know if that was a lie but it really motivated us. We ran well, passed well, and did our jobs. It's always fun to get the team win from the 4x400-meter relay. It's nerve wracking but fun."

Jasmine Chaney, Arizona State, Women's 400 Meters

"It's amazing to get the title. It's not my race, and I knew with all the races I was a part of today, that I wasn't going to win them all but I just wanted to come out there and get as many points for my team that I could. I came into today very realistic about my chances. There are so many amazing athletes in the Pac-10, and I'm just so glad to be a part of it."

Turquoise Thompson, UCLA, Women's 400-Meter Hurdles

"This is my second Pac-10 title in the 400 hurdles. It feels good. Last year, I wasn't at my best but I'm doing better now. I know how to maintain my condition better and it really helped me. I just knew I had to do my best today."

Jeshua Anderson, Washington State, Men's 400-Meter Hurdles

"It feels good. I'm glad I was able to break my personal record which is two years old. I'm happy with my time and I know that I can keep running and keep getting faster.

Mike Berry, Oregon, Men's 400 Meters

"As a team, we were projected to come in fourth, and I know we are better than that, and we got our fifth-consecutive conference title. I worked really hard today to get the points for my team. There is a lot of great competition in our conference and I've worked hard to get my team to where we are. I want to help them through regionals to get a national championship and I will do what I have to.

Matthew Centrowitz, Oregon, Men's 1,500 Meters

"It's a great honor to get this third win. To have the chance to get four championships in a row is something I never dreamed of in my freshman year when I first won. Now that I've got my third, I know how special it is to have the chance to be named with the people who have also won four titles. I was a little nervous coming into today's race. The heat was a big factor and you never know what to expect when racing on Arizona's home track.

Jessica Davis, USC, Women's 200 Meters

"It felt really good to get the win. I was really confident coming into today and it was just a really great race."

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