



2007 NCAA East Regional Championships

James G. Pressly Stadium at Percy Beard Track

Gainesville, Florida

Friday-Saturday, May 25-26, 2007

Day Two Quotes

Walter Dix, Florida State – Men’s 100m Champion:

“It was a good win. It wasn’t perfect, but I have to keep on running, perfect or not. It felt like we had a headwind. I feel like my time was alright.”

Walter Dix, Florida State – Men’s 200m Champion:

“The records are great. I wanted them, and I got them. My training paid off. God blessed me today. I’m speechless.”

Ricardo Chambers, Florida State – Men’s 400m Champion:

“It feels good. I wasn’t trying to do anything special. I just wanted to go out and win it and move on to an NCAA title.”

Dustin Emrani, American – Men’s 800m Champion:

“It feels good to make it back. I kind of messed around a little bit. I shouldn’t have let anyone pass me, but I just wanted to make sure I secured the spot, and then I went for it.”

Max Smith, Providence – Men’s 1,500m Champion:

“It’s great to get the win here at Regionals. I’m just really happy. We’ve been working a lot on taking it up from a long way out, and I’m really excited to have gotten the job done.”

Andrew Lemoncello, Florida State – Men’s 3,000m Steeplechase Champion:

“I felt really good, which is usually a good thing coming into a race. I just ran that last 1,000 meters hard, and I had to because all the guys were legit and pushed through the first 2,000. I’m excited that my teammate, Luke Gunn, qualified as well. The time lets me know that I can push it from quite far out in the race.”

Thomas Hilliard, South Carolina – Men’s 110m Hurdles Champion:

“This is a blessing from God. It’s been a rough season, especially coming from indoor to outdoor. I’m glad it all came together today, but the real test is at nationals because that’s where all the heat is at.”

Justin Gaymon, Georgia – Men’s 400m Hurdles Champion:

“I feel pretty good about the race and my time. It was what I wanted to run. I got out pretty hard, and I went pretty hard the last 100 meters. I definitely want to win the NCAA championship, and this give me a little more confidence to go out and do that.”

Charles Clark, Florida State – Anchor Leg, Men’s 4x100m Champion:

“It feels really good. We have a good team here. You have to put your game face on and go to war. We had a good race, and I feel great right now.”

Calvin Smith, Florida – Second Leg, Men’s 4x400m Champion:

“We’ve been working very hard in practice, especially on our exchanges. Our plan was for our first leg to keep us in the race, and for me to try to get a lead that we would keep the rest of the way. This means a lot because we competed at home and we ran really well tonight.”

Ryan Fritz, Penn State – Men’s High Jump Champion:

“Today wasn’t really all about the win, it was about qualifying for nationals since I failed to do that last year. I feel a lot better now, and I came off an All-American indoor year, so hopefully I can pull it off outdoors as well.”

Muhammad Halim, Cornell – Men’s Triple Jump Champion:

“It’s been a long time coming. This is the first time I’ve jumped well at Regionals, and this is my third year. I love jumping against good competition. Everybody’s hyped out here, and it helps everyone jump to the best of their ability.”

Milan Jotanovic, Manhattan – Men’s Shot Put Champion:

“I feels great, especially since I’ve been working really hard this season. I’m really pleased with my performance today. The competition was really great and pumped me up a little bit. I felt like it was my responsibility to make it to nationals. I know I’m going to go have a good meet, but it’s going to be tough.”

Adam Montague, North Carolina – Men’s Javelin Champion:

“It feels good because I haven’t been throwing very well in the last couple of meets. I’m glad I got it together and finally got a big one. Justin’s been throwing a lot better than I have lately, but I just ended up throwing better today.”

Murielle Ahoure, George Mason – Women’s 100m Champion:

“I just feel so blessed right now. I’m out of words. I trained really hard in the last few weeks, getting ready for a chance at the title. I’m so excited right now.”

Natasha Hastings, South Carolina – Women’s 200m Champion:

“I feel like I ran two great races tonight, and it feels terrific. It’s always great to win a race at a meet like this, especially against such good competition. It’s been a great night, and hopefully I can carry it over to nationals.”

Natasha Hastings, South Carolina – Women’s 400m Champion:

“I’m excited. I just needed to get in there and execute. I wasn’t going after a certain time. I was going after the win and a great run.”

Morgan Uceny, Cornell – Women’s 800m Champion:

“It’s always an honor to make it to nationals, especially in my senior year. I’ve always struggled outdoors, but I’ve been coming on strong.”

Brie Felnagel, North Carolina – Women’s 1,500m Champion:

“I was just running to qualify, so I was hoping not to have to run too hard. My time was good, but I was really wanted to practice kicking at the end, so I wasn’t too concerned about my time. I just need to focus on keeping in shape and staying in it for two more weeks.”

Liz Wort, Duke – Women’s 3,000m Steeplechase Champion:

“That was a big PR for me tonight. It’s been a couple of years since I ran that well, so this is a big breakthrough. I knew that a lot of people were going to run well here. I’m glad that I could hang on and get the win.”

Kristi Castlin, Virginia Tech – Women’s 100m Hurdles Champion:

“I just get so nervous sometimes and I was just trying to execute and focus. I just wanted to come out and do a really good job. My start is always the weakest part of my race, but today it was a little better. Once I get going, I feel more comfortable, so I felt pretty good by the end of the race.”

Queen Harrison, Virginia Tech – Women’s 400m Hurdles Champion:

“I’m honored, and I just want to thank the Lord. My leg was a little tight, so I didn’t get out as fast as I wanted to, but I did my best to make up for it. The end of the race was strong, and I was able to get it done.”

Zan Joseph, Florida – Anchor Leg, Women’s 4x100m Champion:

“We didn’t really expect this, but we’ve been practicing hard. This means a lot because we’re the underdogs and we’ve been through a lot this season. We have a lot of extra motivation, and we’re dedicating this to Coach (Tom) Jones, so I’m glad we got it done.”

Natasha Hastings, South Carolina – Anchor Leg, Women’s 4x400m Champion:

“It was a long day and we’re all tired, but we’re happy to come out, perform well and get another victory. I heard the crowd going a little crazy, so I turned it all on at the end. We had a few key players go down with injury this weekend, but the rest of us stepped it up big time.

Erin Mahony, Virginia Tech – Women’s Pole Vault Champion:

“I feel amazing. I haven’t hit a PR in over a year, and I just did that to win the meet, so I feel great. I wasn’t expecting that at all, and right now I’m just excited about going to nationals.”

Nicole Brown, Georgia Southern – Women’s Triple Jump Champion:

“God did it all. There were a lot of talented individuals out there and they’re young, so I can’t wait to get to nationals and go up against them. I’ve got a great coach and she really helped me today. On my last jump, I was trying to get another big jump and it worked out, but I’ve still got a few things to work on for nationals.”

Christen Clemson, Penn State – Women’s Discus Champion:

“It’s pretty unbelievable, really. I’m speechless. There was amazing competition out here, and I just came out hoping for the best. The final throw was my PR, and I wanted to throw big here, so this is just amazing.”

Jenny Dahlgren, Georgia – Women’s Hammer Champion:

“Regionals is all about qualifying and getting through, but I’m not happy with my performance today. I have a couple of little health problems that have just been nagging at me, and I will hopefully get that squared away by nationals. Two weeks of hard work will hopefully get me prepared.”