

2009 NCAA Outdoor T&F Championships  
John McDonnell Field - June 10-13, 2009  
Fayetteville, Ark.

### **Day 3 – Friday, June 12, 2009**

Brianne Theisen, Oregon, Women's Heptathlon

"I had two bad throws in the javelin, and knew if I was going to pull this thing off I needed to improve. As soon as it came out of my hand on that third throw I knew it was a good one, and it was like a weight was off my shoulders. I knew that if I was leading going into the 800 I would be in great shape."

Stevi Large, Akron, Women's Hammer

"I had a big throw on my first throw, and I didn't really know whether or not it would hold up. It was a downer to wait out the rain delay, and I wasn't feeling as great when we came back out. Watching those last few throws was scary, and I'm just glad my mark held up."

Marcel Lomnický, Virginia Tech, Men's Hammer

"I'm happy with the win, but I think I could have thrown a little better. Coming in, I knew what I wanted to throw and I didn't meet that expectation. I'll continue to work and get back at it again next season."

Jason Colwick, Rice, Men's Pole Vault

"Today was amazing. The weather was perfect, and I wanted to try to come out and defend my indoor title. I didn't do very well at conference, but regionals went well and today went really well. It feels great."

Destinee Hooker, Texas, Women's High Jump

"I can sum it up by just saying 'it's a blessing.' It's a blessing to come out here and compete, but to win my fourth title it truly is a great feeling to have. I think I got a good rest after redshirting last year, and was ready to come off that strong."

Rachel Yurkovich, Oregon, Women's Javelin

"I wanted it really bad, and I wasn't going to be satisfied with that first throw. I don't really know where those distances came from, they were huge PRs. Right time to peak, I guess."

Kylie Hutson, Indiana State, Women's Pole Vault

"The rain delay kind of scared us all, no one knew what to expect. When I finally got on the runway I had to keep telling myself to be big and keep my shoulders back. I couldn't let any nerves or frustrations keep me from being my best so I had to talk my way through it."

Scott Sellers, Kansas State, Men's High Jump

"It's been an up and down year for me performance-wise, but to sweep both the indoor and outdoor is awesome. I would've liked to have jumped a little higher, but I can't complain with a national championship."

Chris Hill, Georgia, Men's Javelin

"I've been hurt, and wasn't really the favorite I don't think coming into the competition. It's nice to just be able to go out and compete without having that bulls eye on your back. The whole family showed up to watch me, so it was really special to be able to win this in front of all of them."

Texas A&M, Women's 4x100-meter relay

(Gabby Mayo, anchor) "I had no idea how fast it was. We knew we wanted to break a record, and we did it. We're so happy with that—so happy. Two more races to go, but this one feels really good."

Florida, Men's 4x100-meter Relay

(Jeremy Hall, anchor) "I saw Texas A&M out of the corner of my eye when I got the baton, so my immediate goal was to hold them off. Once it was in my hands, I had my eyes set on the finish line and that national championship. We knew we were capable of this when the season started, and it great to see all that hard work pay off."

Jennifer Barringer, Colorado, Women's Steeplechase

"This was an exciting win. I'm happy to have it behind me. It's tough to come in and be a heavy favorite. I just had to keep my mind right and go out there and take care of business. It felt great."

Kyle Perry, BYU, Men's Steeplechase

"I knew if everything went right I could win it. I didn't think I would go sub-8:30 after finishing fourth at the regional. I fought through some injuries earlier in the outdoor season, and faced some days where this didn't seem possible. But I'm here."

Alexandria Anderson, Texas, Women's 100 meters

"I didn't start as well as I wanted to. After the first 10 meters I was where I wanted to be and was able to move up. It feels great to finally get an individual national championship. All the seniors come out here knowing they have one last shot, so it's now or never."

Trindon Holliday, LSU, Men's 100 meters

"I didn't get the start I wanted, but I pulled even at about 50 meters and was able to keep accelerating. I've been second and third in this event in the past, so I really wanted to come out and have a good showing in my final outdoor meet. Let's try to do it again indoors."

Nicole Leach, UCLA, Women's 400-meter hurdles

"The time wasn't exactly where I wanted it to be, but a win is a win. It felt like any other race. It never really occurred to me that it was for a national title. I just went out and ran my race."

Jeshua Anderson, Men's 400-meter hurdles

"It's been rough since that injury at Mt. Sac (Relays). The hamstring has just started feeling better. I felt like I was pretty much in control the whole way, but it was a tough race. Tougher than last year, but not surprising."

Angela Bizzarri, Illinois, Women's 5,000 meters

"The pace was slow at the beginning and I think that really worked in my favor. My original plan was to, no matter where I was, run that last mile under 4:50. I don't know how well that would have worked out with a quicker pace, but it favored me the way it turned out. National champion—wow."

Galen Rupp, Oregon, Men's 5,000 meters

"It was tactical to say the least. I was pretty tired but I knew if I slipped, even one position, that's two points that could cost us the team title. I wanted to make sure I held up my end for the team."

**NOTE:** Galen Rupp is the first NCAA distance runner to ever capture five national titles in a single season (Indoor, Outdoor, Cross Country)