

## **SEC Track and Field Championships Quotes**

### **Georgia sophomore Denzel Comenentia - men's hammer throw champion**

“It feels great winning this title because I wasn’t expecting it,” said Comenentia. “To execute like I did late in the comp was an encouraging feeling. Alex (Poursanidis) and I are the first to score for the men so hopefully we boost everyone up with our performances today.”

### **Georgia freshman Beatrice Llano - women's hammer throw champion**

“This is an amazing feeling and I think gives me more power and motivation heading into the NCAA Prelims and Nationals,” said Llano. “I am proud to score points for my team and I think it proves that being a freshman is not an excuse.”

### **Texas A&M junior Ioannis Kyriazis – men’s javelin champion**

“I’m super happy and super excited to be part of this team. I just want to keep performing at a high level.

“Honestly, because I threw with cross-over steps, it didn’t feel like a good throw. It was kind of an empty throw. But when I heard it was 80 meters, I was kind of surprised since I didn’t expect it to be 80 meters.

“Now I want to get a good throw at NCAA West to qualify for nationals, and then I’ll use my throws in Eugene to try to set a new PR.”

### **Alabama junior Alfred Chelanga – men’s 10,000m champion**

“The race turned out well, because I won. The first half was really slow, then we were supposed to make a move after 17 laps. He made a move with 12 laps to go, and I decided to follow him. He told me we were too slow, and I said ‘okay, let’s go.’”

### **Missouri sophomore Jamie Kempfer – women’s 10,000m champion**

“It means the world to be out there grinding for my team. Those 10 points mean a lot. It started out pretty slow. Championship races usually do, so I was ready for that. I let some of the other people do more of the work on the front half so I didn’t have to use that much energy at the beginning. I knew I would have to shake some of the other girls loose early on in the race, so I started picking it up with two miles to go.”

### **Arkansas junior Taliya Brooks – heptathlon champion**

“I was happy with the win – I wanted to get the standard. I’m a little disappointed in that. I need to work on my 800, but it will come. I was a little disappointed with my javelin as well.”

### **Missouri freshman Ja’Mari Ward – men’s long jump champion**

“My coach just said move back and let it rip – and that’s what I did. I really just wanted to get in first place so I can get my team some points. It’s a team sport, and that’s what I’m here to do – help the team win. It gave me a big confidence boost to come out here and win.”

### **Texas A&M senior Lindon Victor – men’s decathlon champion**

“It’s always a good thing when you win and bring a record home. With the decathlon, you go up and you go down. It’s about having a level head and being focused the entire time. It just shows my versatility – I battled back from the first day. I knew I could have a good second day.”

### **Ole Miss junior Brian Williams – men’s discus throw champion**

“I figured it out when it mattered, and that’s when the big throw came. I was just thinking go for it. You train all year for this situation, and you need to trust your technique and your coaches and go for it.”

### **Georgia sophomore Keenon Laine - men's high jump champion**

“Winning my first SEC title means the world to me. To win this in THE hardest conference in the nation in my first SEC outdoor meet is unbelievable. For me to be able to come out here and win is like giving candy to a baby. This is what I needed and now I want to scream, cry, about every emotion.”

### **Florida junior Lloydricia Cameron – women’s shot put champion**

“I started off, and it was a little rough for me. I didn’t have a good feeling in the circle, but my coach kept pumping me up. On my third throw before finals, I finally got more pump, and my technique kicked in – I knew I had a chance then. I was in the finals with three more throws, and I had nothing to lose. I just knew I had a chance to win it.”

### **Arkansas sophomore Alexis Weeks – women’s pole vault champion**

“Coming into the meet today with Victoria (Weeks), Desiree (Freier) and myself, we wanted to go 1-2-3. We did that, so we’re very happy to give our team as many

points and give ourselves a shot at another championship. After the rain delay, it was about focusing on my mentality and what I needed to do on the runway.”

**Ole Miss senior MJ Herb – men’s 300m steeplechase champion**

“It feels great anytime you can walk away with a conference title. It was a perfect night – I just want to save as much energy as possible to come back tomorrow and get another win. I stayed patient, and let the race go as people wanted to make it. With 900 meters to go, I wanted to put in a really hard lap and get separation.”

**Kentucky junior Kay Kunc – women’s 300m steeplechase champion**

“I’m so thrilled – I’ve worked so hard for this all season. I felt so comfortable, and I knew it was mine from the beginning. I’m still in shock right now. I wanted to get an early start and focus on my jumps because in the past I have fallen. I wanted to take the lead at the mile and start pushing the pace.”

**Alabama senior Quanesha Burks – women’s long jump champion**

“It feels amazing. This one is very special because it’s my senior year. I really wanted to go out with a bang because it’s my last SEC meet. The best way to go out is as a champion.”