



## 2016 SEC Indoor Championships – Quotes, Day 1

Friday, February 26, 2016

Randal Tyson Track Center | Fayetteville, Ark.

### Men's 3,000 Meters

Champion: Ryan Walling, Ole Miss (8:08.55)

"The mindset going in was to get as many guys on the podium as we could. The race was slow but we took it out which my teammate MJ (Erb) did. I owe him a big favor for that. The goal was to start pushing it from one (kilometer) out and have the guys hop on with me, and that's what we did. I couldn't be happier. I never won a conference title in high school or my previous school so this is seriously like a dream come true."

### Women's 3,000 Meters

Champion: Chelsea Blaase, Tennessee (9:20.57)

"I'm just super excited and happy. I finally picked up a win after finishing in second and third at past SEC Championships. So it's nice to finally accomplish my goal after working so hard. My teammates helped so much. They were all around the track, screaming and yelling. I have the greatest teammates and coaches. They're awesome."

*(on confidence going into NCAA Indoor Championships)*

"This just builds my confidence more, knowing that I have that strength and can get it done when needed. I'm ready and excited."

### Men's High Jump

Champion: Ken LeGassey, Arkansas (2.19m/7-2.25)

"(Being an SEC champion) has been a goal since I got here as a freshman. I've been chasing that for three years now so to come in and win in the fashion I did with having to sneak that first attempt in at 2.19 (meters), it really feels nice to get the job done."

### Men's Pole Vault

Champion: Audie Wyatt, Texas A&M (5.51m/18-1)

"It was really something else for me to win with a new PR. It's an overall PR for me. It was an overall great day for me. I was pretty bummed about not getting the Olympic Trials standard of 5.65 (meters) because that's what I'm most looking forward to: making the Trials. I'm definitely very happy with the outcome today."

*(on confidence going into NCAA Indoor Championships)*

"Coming in, I was probably 12<sup>th</sup> or 13<sup>th</sup> and this definitely moves me up the national rankings. Going into Birmingham, I've got a lot of confidence and I'm ready to PR again. I'm ready to show everyone what I'm capable of doing, especially with two other Aggie vaulters in my teammates Chase (Wolfe) and Jacob (Wooten)."

### **Men's Long Jump**

Champion: Jarrion Lawson, Arkansas (8.11m/26-7.25)

"It's definitely a humbling experience. I have to thank God for the opportunity to stay healthy and giving me the ability to train through the indoor season. I'm feeling good, and I feel like a 'big one' is coming. My goal is to take that first spot every time I got out and compete."

### **Women's Long Jump**

Champion: Quanesha Burks, Alabama (6.75m/22-1.75)

"It feels great. My coach and I planned to get a big jump out of the way in the first two jumps and we executed that plan. He told me not to mess around and just do it the way we've been doing in practice. On the first jump when I fouled, he told me to move back a little bit and put the foot down. So when we hit it on the second one with a 6.70 (meters), that was it. We executed the plan."

### **Men's Shot Put**

Champion: Ashinia Miller, Georgia (20.06m/65-9.75)

"I'm grateful for the win. It was a season best but I can do better. I'll try to do better at nationals and build off what I did today, and hopefully qualify for the Olympics for (Jamaica). I had a goal of 68 feet. I got it in the warmup but after my first throw, I just had to keep working up toward a 65 or 66 feet. But I'm happy. I can't complain because I'm an SEC champion."

### **Women's Shot Put**

Champion: Raven Saunders, Ole Miss (17.28m/56-8.5)

"This win helps me learn how to keep my composure. I learned a lot during the meet, and there's definitely a lot more to learn. But I'm really excited to go to NCAAs."

*(on competing at her first SEC Championships)*

"It's pretty nice. The only difference for me is that I don't have two, three or four other shot put teammates that I've had around me in the past. So this year has been more about how to compete individually and bring out the energy inside of me."

### **Heptathlon**

Day 1 Leader: Lindon Victor, Texas A&M (3,424 points – SEC Indoor Championship Day 1 record)

"Today went well, there are some things I still need to improve, but it was good score overall. The shot put was one of my stronger events coming into Texas A&M, so I've been wanting to get over 50 feet. I had a 51-4 ½ today, but I also fouled another big one, so I still need to work on some things. The long jump came together today and I knew it was going to come."

*(on going after Grenada national record of 5,771 points set by his brother Kurt Felix in 2012)*

"I would love to get past that mark, and my brother wants me to break it. But if it doesn't happen tomorrow, I know I'll have another chance at the NCAA Indoor."

### **Pentathlon**

Champion: Kendell Williams, George (4,420 points)

"The win definitely gives me more confidence in the 800 (meters). I ran a really show 800 in my season opener. So I'm glad to have done the 2:17 because it was a relaxing run today. Going into NCAAs, I believe that I can run a little faster, get a personal record in the 800. As far as the rest of the

competition, I think it taught me a lot about resilience. I know at NCAAs that if I'm not having the meet I want, I can still come back and have a good strong 800 to finish it up."