



QUOTES

DAY 3 // FRIDAY, APRIL 17, 2015

UNATTACHED **JESSICA MAROSZEK** (WOMEN'S DISCUS)

On today's performance:

"It was all right; I started off kind of shaky, but was able to come back a little bit. I'm still missing the disc right now, so moving forward that will be the goal - to hit it with my reverse instead of relying on my non-reverse."

On the last throw being her best throw:

"I expected to throw a little farther, because it's the home environment, our home rink. I pulled off that last one a little bit, I thought it was going to go a little farther, but I'm happy with it."

On throwing in front of the home crowd at Kansas Relays:

"It's awesome. Anytime you can get in front of a home crowd it's nice to get a few cheers. Now that we are in the infield it's nicer that people can see us and see what throwers do."

KANSAS STATE JUNIOR **AKELA JONES** (WOMEN'S 100-METER HURDLES)

On what the win does for her confidence:

"It's a good start. I wasn't expecting to run today; we were supposed to run tomorrow. It's a good feeling to come out here, meet these expectations and still do well."

On winning in a field of such tough competitors:

"It feels good to win. I've been training hard, so I just come out here to compete against myself and do my best. I don't worry about competitors. I wish them all the best and I know they come out here to fight. I came out here to fight as well."

On competing at the Kansas Relays:

"Well I haven't been around this yet. This is the first event on the track at this meet for me. I don't think I've been able to fully take in the atmosphere yet, but I like it."

COFFEYVILLE COMMUNITY COLLEGE SOPHOMORE **ANGELO GOSS** (MEN'S 110-METER HURDLES)

On the win adding momentum for the rest of Friday's events:

"It was a good time for right now. I'm hoping to continue to get better, though. There are just some things I have to work on."

On winning among a tough field of competitors:

"It feels good. Like I said, I can still do better. I have a lot of work to do."

On competing at the Kansas Relays:

"The rescheduling of events threw me off a little last night. I had to get my mind right last night and come out here and perform the best I could today. It was the same routine, just a different day."

KANSAS JUNIOR **SYDNEY CONLEY** (WOMEN'S 100 METERS)

On her performance:

"I thought the race went well for me. That was one of the best starts I've had. It could have been better, but it's still a work in progress."

On what the win does for her momentum going into the rest of the Kansas Relays:

"This win is just another win. It's nothing special to be praised for. I'm blessed that I won, but I need to get focused on my next events now. It's starting back from scratch all over again. My main focus is doing that."

On winning among a tough field of competitors:

"It's always great. I'm honored to compete in a tough field every time I'm on the track. It's a blessing and to be able to win is a great thing. I'm just happy I'm here, honestly."

On competing in front of a home crowd:

"Competing in front of a home crowd is always great. I love the atmosphere and that everyone is cheering for me. It gets me extra pumped before I run."

KANSAS STATE FRESHMAN **A'KEYLA MITCHELL** (WOMEN'S 200 METERS)

On what the win does for her momentum going into the rest of the Kansas Relays:

"Today I didn't feel as great as I usually do. There were only three of us in my heat and I run better under pressure. My time wasn't good enough, so right now I'm feeling like I still need to improve."

On competing at the Kansas Relays:

"I like it. It's a nice meet to compete at. It's good practice because we go to California next week."

On winning among a tough field of competitors:

"Right now it feels great. Winning always feels that way for me, and for anyone. I'm feeling good but I still have more work to do today."

ADIDAS KYLE CLEMONS (MEN'S 200 METERS)

On what the win does for his momentum going into the rest of the year:

"The win definitely gives me confidence. It helps me know that I'm where I need to be. It lets me know (that I need) to keep doing what I'm doing and continue to work. It's not my best event, but that's one of my best times. It keeps me honest about where I am. (The) Conditions aren't bad; it was a little windy on the first 100 meters."

On winning among a tough field of competitors:

"To be honest, I was not expecting to compete against Maurice (Mitchell) and Carlos (Rodriguez). They're phenomenal. I was just hoping to go out there and compete. I wasn't expecting to win. It's great to win in front of a home crowd being a former Jayhawk."

UNATTACHED **ERICA TWISS** (WOMEN'S 400-METER HURDLES)

On how today's victory boosts her confidence:

"It's really encouraging to see where this year's training and hard work has put me. I am glad to see the pace that I am at."

On the kind of momentum today's victory gives her moving forward through the outdoor season:

"It definitely gives me something to shoot for. I am glad to see that as a starting point and see myself improve from there."

On how it feels to come out on top among such a field of impressive competitors:

"It's exciting, I feel really good about it. I am glad to see things are falling into place."

KANSAS SENIOR **MICHAEL STIGLER** (MEN'S 400-METER HURDLES)

On how his Texas Relays' race compare to today's:

"It was good; (but) today was just coming out here and working hard. (The) Conditions weren't perfect and I didn't have a perfect race, but it's a good one."

On what he's looking to achieve at the NCAA Championships:

"To bring home a national championship in the 400-meter hurdles for the Kansas Jayhawks!"

Based on Kansas track & field's history of having Olympic medalists, what he believes his chances to be:

"My chances are pretty good. If I keep working, trust in my coaches and just keep working, I can get there."

KANSAS SENIOR **JAIMIE HOUSE** (WOMEN'S POLE VAULT)

On her performance today:

"I am very excited and thrilled. It was a PR (personal record) for me today by 10 centimeters (or four inches), so that was exciting in itself."

On her new personal-best mark:

"I have attempted that bar the last two weeks in meets and I am really excited that everything came together and I went over. I'm excited I made this bar because this height is closer to the height that would be more likely to get me in regionals or nationals. Knowing I can do it again, it makes it easier wanting to compete to get to nationals."

UNATTACHED **BRIAN BISHOP** (MEN'S DISCUS)

On winning against such a competitive field:

"It's definitely a great meet, I train with these guys [KU throwers] every once in a while when I come back because I used to throw here. So it's a lot of fun to come back and compete against them because they are all some of the best in the Big 12 (Conference). It was a great time."

On his performance:

"It was better than what I expected. I had some decent warm-ups but I tightened up for a bit. It is definitely a great start to my season; I'm coaching full-time, so this is my first meet competing. I coach at UMKC so this is my first legit meet where I got to throw on my own."

On competing at Rock Chalk Park and the Kansas Relays:

"I love it. This is my home. My old coaches are here so I love coming back and seeing all the old faces and competing. It's great to finally have an awesome facility to compete at."

KANSAS STATE FRESHMAN **A'KEYLA MITCHELL** (WOMEN'S 400 METERS)

On how today's victory boosts her confidence:

"Right now, it boosted it a lot. I wasn't really prepared to come out here and run. My coach told me either I'd run the 200 or the 400. Something in my mind and body told me, 'A'Keyla you have to go out there and run the 400.' So I just picked to run the 400."

On if she gets nervous prior to running:

"I'm nervous every event! I pray, pray and pray until all the butterflies are out of my system."

On how winning makes her feel:

"It feels excellent. As a freshman it feels good and I love it."

KANSAS SENIOR **KENNETH MCCUIN** (MEN'S 400 METERS)

On how today's victory boosts his confidence:

"It didn't boost my confidence too much, but it made me feel good and consistent."

On if he gets nervous before competing:

"Of course, I always have nervousness. I overcome it by just getting on the blocks and going."

On how achieving the victory feels:

"It feels really great. I felt a little pressure in the last 100, but just kept on moving."

KANSAS STATE SENIOR **LAURA GALVAN** (WOMEN'S 1,500 METERS - QUADRANGULAR)

On her win:

"It's really nice that I could win here today, since I'm a senior. I'm trying to do my best in my last season and enjoy the moment, but it's better if you win."

On contributing to the K-State team total in the scored quadrangular:

"This isn't my event. The 5k is my main event, but it's nice that I can do something else to help the team."

KANSAS SENIOR **JOSH MUNSCH** (MEN'S 1,500 METERS - QUADRANGULAR)

On winning at home at the Kansas Relays:

"This is my first win at the Relays ever, so it's a great feeling."

On if there is any added motivation competing in the scored quadrangular:

"It's definitely different. It puts the focus more on competing. Sometimes when you focus on just trying to run fast, it doesn't always work out."

On what his strategy was for the race today:

"We weren't really sure what the field was going to be like. James (Wilson, Kansas teammate) and I decided that he was going to help me through the first 800 meters and then after that I was going to try to take it."

PURDUE REDSHIRT FRESHMAN **BYRON FERRELL** (MEN'S POLE VAULT)

On how it feels to be a Kansas Relays Champion:

"I am pretty excited about the victory. Kansas and Kansas State have some good guys jumping here. Even though it was a tiebreaker and we jumped the same height, I am still excited I got the win."

On his performance today:

"This is not my best jumping yet, so this lets me know I'm in a good spot and I've still got more to come."

KANSAS STATE FRESHMAN **CHRISTOFF BRYAN** (MEN'S HIGH JUMP)

On why he continued jumping after winning:

"I just wanted to go out and see where I'm at. This is my first outdoor (meet of the season)."

On what his first outdoor meet was like:

"It felt pretty good. I really enjoyed it."

On what it felt like having the Kansas Relays crowd cheering him on:

"It was pretty exciting for everybody to be cheering me on. This (Kansas) is the rival school of Kansas State, so it was pretty cool."

KANSAS SENIOR **COLLEEN O'BRIEN** (WOMEN'S HIGH JUMP)

On what she wanted to accomplish at the Kansas Relays:

"I wanted the win to get the 10 points for our team because I really want to win this quad (quadrangular) and my goal has been six feet all year."

On clearing three-straight jumps in a row:

"I felt pretty confident. I knew what I had to do to win, and making them all in the first attempt was it."

On clearing 1.85 meters:

"I felt awesome, that's what I've been wanting. That's what I needed to do."

On quieting the crowd:

"I just like to focus, and sometimes when the crowd is clapping it gets me off my rhythm. I just wanted to stay on rhythm because it's been good the whole meet."

PURDUE REDSHIRT JUNIOR **CHUKWUEBUKA ENEKWECHI** (MEN'S SHOT PUT)

On his preparation for today's event:

"The hammer is normally the priority, so with shot, especially during the week, we try to drill a lot. I have bad habits, especially in the back of the ring. I worked all week on getting out of the back of the ring and hope for the best when it comes to competition."

On his and his team's goals for the outdoor season:

"Building on the last meet, either technically or distance wise. We have to qualify for the regionals and nationals, so moving up on that ranking list is how we determine it."

On competing at the Kansas Relays:

"We have been to a lot of high-powered meets and this meet fits right in. It's one of the best facilities we have been in. The atmosphere is great, the staff is great, the competition was great -- so this is right in line with the rest of the meets we have been to."

PURDUE JUNIOR **VANESSA MCLEOD** (WOMEN'S 800 METERS)

On winning at the Kansas Relays:

"It was pretty exciting. This is my first time at the Kansas Relays. Going into it, I thought I really needed to win it. I took it easy on the first 400 meters and tried to stay relaxed. I saw one of the Kansas girls take the lead and I wanted to go with her but not too quickly because I didn't want to die around the 600 mark."

On her thoughts about coming from behind in the last 100 meters to win the race:

"Coming off the corner, I saw she (Kansas' Rhavean King) was close and I told myself to not tighten up and stay loose. I figured if I stayed relaxed I had a shot at catching her at the end and I did."

On the atmosphere at the Kansas Relays:

"It's awesome! I definitely didn't expect that many people out here. This is my first time, so I'm really impressed. The facility is fantastic and it's really athlete-friendly. The spectators are fantastic."

IOWA WESTERN COMMUNITY COLLEGE SOPHOMORE **STRYMAR LIVINGSTON** (MEN'S 800 METERS)

On winning at the Kansas Relays:

"It feels good. I just came here to have fun. That's what it's all about and today was fun. It's a nice track, nice facilities, it was just fun."

On the atmosphere here at the Kansas Relays:

"It's good. It's loud! The guys I ran with today – they're really good athletes. They ran pretty well and coming here is fun. This is my first time doing an individual event out here. I have only ran in a 4x400-meter relay race previously."

On if running individually or with a relay is more fun:

"The individual race, but it hurts."

PURDUE REDSHIRT SENIOR **TYLER ASKEW** (MEN'S LONG JUMP)

On his performance:

"Honestly, I never had this many legal jumps in one competition. Five of my six jumps that were legal so this is one of my best series as far as how my approach worked."

On his goals for this season:

"I'm just trying to get better for regionals and nationals. I just need to continue to keep faith in myself, God and my coach and let my teammates continue to motivate me. They came out here and competed good as well."

On his victory today:

"I like to win and that's what I came out here to do today. It was even better that I got the win on my last jump."

KANSAS STATE JUNIOR **AKELA JONES** (WOMEN'S LONG JUMP)

On her performance today:

"I'm really not that excited but it was good to get the win at Kansas Relays. I am going to use this experience to learn from this and train on this for the next time I compete."

KANSAS STATE SOPHOMORE **MORGAN WEDEKIND** (WOMEN'S 3,000-METER STEEPLECHASE - QUADRANGULAR)

On her strategy going into the race:

"I was honestly supposed to run around an 83-second split lap, but instead I was back in the 85 and 86 range. Overall the goal was just to win, because I like to win. I just didn't want to let the competition get to me because the Kansas girls are good and so is my teammate (Kayla Doll). I was a bit nervous."

On if the quadrangular added to the competition:

"I just want to score points for my team and I only have one shot to do it. So I had to make sure it was my best."

On Rock Chalk Park and the Kansas Relays:

I really like the new track. It's really nice. I like how many people are here to support all the athletes. It's cool how they combine the collegiate and high school events."

KANSAS FRESHMAN **BEN BURCHSTEAD** (MEN'S 3,000-METER STEEPLECHASE - QUADRANGULAR)

On the strategy going into the race:

"Coach (Michael Whittlesey) told me to go out and hit a 72-second split time and that's exactly what I did. I felt pretty good for the lap after. I felt in control when Dalton (David Dalton of Purdue) passed me, so I was comfortable with him taking the lead for a lap or two. Once I saw him slowing down in the water pit, that's where I tried to take over. I threw in a few surges and it worked out."

On how the Relays are going so far:

"It's been good. I've been pent up in my apartment waiting all day since I wanted to stay off of my feet. From what it looks like, it's going really smoothly and it's a great atmosphere. Usually if it's a two-day thing people leave a lot earlier. Since everything is going on today, it's a really good crowd. It's always fun here."

On the quadrangular format:

"I like it. I think each team has something to offer in every event. Whether it comes down to throws or distance or sprints, it's going to be a close race. It looks like everyone is really throwing it all out there."

SHOCKER TC **MATT BYERS** (MEN'S JAVELIN)

On his confidence moving forward:

"It's always good to win a track meet, especially here at KU and the Kansas Relays. It's always been a special meet to me just because I'm from Kansas and grew up in Wichita and competed in this (meet) in high school. So it's nice to come up here and get a win. It's always exciting to come and compete in front of the fans in the beautiful, renovated stadium. I love it here – it's a lot of fun."

On his opponents and the competition faced:

"Coming into this meet, I knew a couple of guys who were here last year weren't going to be here this year. So I knew coming in I could use it (the meet) more as a glorified practice. Right now, I'm just trying to work on timing to where I can get a big throw. In javelin, if you're off by a split second, then you're off. But it's good; I've competed with these guys all year just because I've been at Emporia (State). It's nice to see them do well. Someone here had a good PR, so it's always nice to have that and communicate, and hang out."

On what needs to be done to improve for the next meet:

"It's just the last phase of the throw. My biggest problem is that I fall off to the left, and I kind of spray it (the javelin), so I don't get as much out of the javelin as I could with my legs – that's where it starts. I'm throwing a lot with my arm, to get the power and explosiveness. It's just all about reps, reps, on reps, on reps, on reps, and doing it right. I think the biggest thing is just trying to have fun. I've improved every week and thrown pretty much 70 meters every meet. It's nice to know that I can go into a meet and throw 70, but I need to get to the point where I can throw a big throw and get that. That's the next step for me – getting a PR out there which is 75-plus meters."

KANSAS STATE SOPHOMORE **DANIELLE PLANK** (WOMEN'S JAVELIN)

On where she stands in her conference:

"My conference is very strong in the javelin. I think I'm ranked fourth and the girls ahead of me are great javelin throwers and they are elite (athletes). To get ranked higher, I'm going to have to throw way further."

On the steps needed to throw further:

"I just need to work on my approach, it's pretty rough right now. Just more practice and reps."

On competing in the Kansas Relays:

"It's always great competing at Kansas. This atmosphere is awesome and the people are great. I love the officials and it's great to see familiar faces."

KANSAS STATE JUNIOR **SARA SAVATOVIC** (WOMEN'S HAMMER THROW)

On throwing a personal record:

"It feels great, I'm so happy! I've had a really great season and it was really good. Daina (Levy of Kansas) did awesome job, she pushed me to throw my PR. I am so thankful to God for peace because it was really hard to do that on my last throw. I'm so happy and so thankful. Now I will try even harder to throw this hammer ever farther."

On competing in the Kansas Relays:

"It's good, like a rival meet. It's great because the field is amazing and the ring is great. There are so many people that are competing and I hope there will be even better results. We are all excited to be here."

On throwing a school record:

"It feels amazing. I have one more year and I'm so happy for Daina, she did an awesome job also. We will keep to try to push Big 12 (Conference) hammer as high as possible and the NCAA ranking. It's good to have great competition."

KANSAS STATE JUNIOR **DANI WINTERS (WOMEN'S SHOT PUT)***On today's marks:*

"I felt pretty good, these ladies are all really strong competitors and so you have to come into a competition like today with a mindset of trying to be in control. I'm not satisfied with my marks by any means, but I'm happy with opening my season with that distance. It was definitely a fun competition."

On competing in the Kansas Relays and her home state:

"It's a blast. Having a meet this reputable in a local area and in my home state is always a lot of fun, there are a lot of faces and people I recognize around here from the past. It's a lot of fun. I really like these girls that we competed with, it's a nice size group, especially in the quad section. It's been a fun meet."

On using today's marks moving forward:

"I will definitely use my marks to improve, but more than that I will be driven by my technique because that's always in the back of my mind, even before the distances. At this point of the season, hopefully no one is at the top of their game, but (I will) just to continue on that and hopefully the rest will follow."

PURDUE SOPHOMORE **ANAQUAN PETERSON (MEN'S TRIPLE JUMP)***On his goals coming into the Kansas Relays:*

"Fifty feet was the bare minimum goal that I wanted to hit."

On the win:

"I feel pretty good. I'm glad it's over. I'm looking forward to another great relays (Drake Relays) next weekend. I'm just going to try to put my jumps together better because I didn't have a great series. I was jumping pretty badly in the prelims, but I put it together at the end so I'm happy."

On building off his performance:

"At practice when I take my shoulder press jumps, (I need to) just make sure I'm on it the first one, I don't want to wait until the last minute. So it's really just practice, focusing on practice."

On Rock Chalk Park:

"It was a great atmosphere. The fans are great out here, and there is a nice loud PA (public address) system that had the music going. It got me a little motivated on the last couple of jumps. It was great here."

KANSAS FRESHMAN **SHARON LOKEDI (WOMEN'S 5,000 METERS - QUADRANGULAR)***On her game plan going into the race:*

"At first I didn't know how I would do it and I was so tired. When you first start a race you are always nervous but with the help of my coach (Michael Whittlesey) I did it."

On how it felt to compete for the first time in the KU Relays:

"It was good because when you're home you don't let people get away, you just do it for your home crowd."

On the momentum that this victory gives her going forward:

"This is my first win and it gives me morale that I can do it more and more. I believe that I can do it. I am happy for everyone. If it was not for my teammates, I could not do it."

KANSAS JUNIOR **JACOB MORGAN (MEN'S 5,000 METERS - QUADRANGULAR)***On the team's game plan heading into the race:*

"The goal was to come out on top and provide points for the quad. It turned out all right."

On getting to run so close to home in front of family and friends:

"It's pretty special. I can't believe how many fans stayed to watch; it was awesome. I cannot believe they let us run on something this new. It's awesome that we get to hold such a high-profile meet and now we have a phenomenal facility."

On how it feels to win this race at the KU Relays:

"I think the more important thing was that we went one, two and three. The two guys (Kansas freshmen Chris Melgares and Carson Vickroy) behind me have so much talent and work so hard to be able to compete like they do. I look forward to see what they do in the future."

PURDUE FRESHMAN **BRIONNA THOMAS** (WOMEN'S 4X400-METER RELAY)

On how she feels about tonight's performance:

"Considering the circumstances, we performed excellently. We ran hard, and had a great time – one of the top. We're just blessed to be able to run this late and still have all of the energy we had to compete, and have it be one of our top performances."

On competing in the Kansas Relays:

"It's a beautiful track. Overall, the atmosphere was really good. Everybody cheering everybody (else) on so well and the stadium as a whole looks really nice."

On the team's goals moving forward in the season:

"As the season progresses, we want to continue to run fast. We want to run 3:35 or lower in the 4x4. We want to make nationals and win the Big Ten outdoor (championship) and just pray for our bodies' wellness and health. We are just blessed to have the coaches that we have."

KANSAS FRESHMAN **TRE DANIELS** (MEN'S 4X400-METER RELAY)

On their game plan going into tonight's race:

"The game plan is always to win, trust our training, go out and do exactly what our coach tells us to do and run the races that we train for."

On winning the last race of the day in his first Kansas Relays:

"For me it feels good to win alongside upperclassmen. It is my first home meet out here at Rock Chalk Park and it feels good to come out strong. I want to keep the rest of them (races) just like that."

On any other thoughts about closing out another successful Kansas Relays:

"One thing I will say is that we came and did what we came to do and Rock Chalk!"

KANSAS SENIOR **KENNETH MCCUIN** (MEN'S 4X400-METER RELAY)

On their game plan going into tonight's race:

"Our game plan was to run against the clock mainly. We try to keep our times consistent when we run and I think we did a good job of that today."

On winning the last race of the day in his last Kansas Relays:

"Since this is my last year it feels good to go out with a bang and set an example for the rest of the freshmen out here to show how strong our tradition is. It's really a blessing."

On any other thoughts about closing out another successful Kansas Relays:

"Not for me, I feel like we left everything on the track."