



## **2019 NCAA OUTDOOR TRACK & FIELD CHAMPIONSHIPS JUNE 5-8 | MIKE A. MYERS STADIUM | AUSTIN, TEXAS**

### **Event Winner Quotes Saturday, June 8, 2019**

#### **TWANISHA TERRY, USC, So. (Women's 4x100m Champions)**

"I ran the last leg, so I tried not to focus too much on the (rest of the) race. I watched them pop off, and then I just turned my head. Then once the second leg gets running, I get in position and wait for them to come around."

"We talked about (setting the tone for a team championship) a lot. We said as long as we get the baton around the track and execute, we can win this race. We knew coming in it would be more of a challenge because we were running by ourselves all year."

#### **CHANEL BRISSETT, USC, So. (Women's 4x100m Champions)**

"I'm grateful (to improve my PR), but I'm never satisfied. There's always more that you want, so I'm happy that I got the PR and that we won the race."

"We're just glad that we had clean handoffs all year. Our chemistry is great, so no matter who leads off, it's always great. I'm just glad I got to be a part of the relay this year. It was just great to have a chance to run with those girls."

#### **SINCLAIR JOHNSON, Oklahoma State, So. (Women's 1500m Champion)**

"I knew I could (perform this way), but in the fashion I did it, I mean (Oregon's) Jessica Hull is an awesome competitor, she hasn't lost a race, she has two or three national titles to her name. To beat her and to run what I did today, honestly, I'm at a loss for words. I really can't believe it."

"I know she likes to sit a lot because I've watched her race before, and I knew that if I was going to pass her, that was going to be the only time, so I really wanted to wait until the last possible moment, and I knew I have a pretty strong kick, so when I passed her, I was like, 'Okay, this is it. I can't let her come back.' I just went for the home run."

"Last year was heartbreaking. I was in the stands watching this very race, and to come back and win it, I really don't know what to say. I'm so shocked."

**ALLIE OSTRANDER, Boise State, Jr. (Women's 3000m Steeplechase Champion)**

"It's so special (to have three steeplechase titles). It's never been done before, and I feel like most of the stuff I've done in the NCAA is stuff that other people have done, and I'm just replicating it, but this one is all mine, and that feels really special."

"I've definitely been working on my kick this year, but if I can make it more of an endurance race, it's definitely something I'm interested in doing. I felt coming off that third to last water jump that it was a good time to try to move into the lead. I was a little bit boxed in so I had to maneuver to get around, but I was glad when I got into the lead."

"This one definitely feels special. Coming out of regionals, it was the fastest West Regional ever, in prelims yesterday I felt like it was probably the fastest ever. There are so many competitive ladies this year, and I also had the added pressure of two past titles, so to be able to be able to pull this one off was something really special."

**JANEEK BROWN, Arkansas, So. (Women's 100m Hurdles Champion)**

"I was a little nervous coming in, because you know, much was expected from me, but before I get into it, I just want to say Psalm 43, Verse 5, 'God is within me. I will not fail.' Last time I was here for the Texas Relays, it didn't end well, but God decided it was time. I was going through a little breakdown in the time of the transition between the indoor and outdoor, and I was just like, 'God, don't give up on me.' He showed me today that he didn't."

"Today I told myself in the hotel room, 'You've got to rise to the occasion.' I'm going to come out for the 200m and give it my best for the team."

**SHA'CARRI RICHARDSON, LSU, Fr. (Women's 100m Champion)**

"I was just coming in thinking about what me and my team did in the 4x100m, it was really motivation to just come in and execute the race for everyone who supports me, everyone who's against me, it was all just motivation to execute my best in the 100m."

"I just wanted to continue the legacy (of LSU in the 100m), so I'm happy I was able to do something for my team."

**WADELIN JONATHAS, South Carolina, Jr. (Women's 400m Champion)**

"I asked God (for an extra gear), and I was looking at my mom, the training, everything that had to be put together for me to be here. I mean, they brought me here for a reason, so I just did His will, and I'm thankful. This is a dream come true."

"I really wanted to win. I wasn't able to sleep last night thinking about how I'm going to be able to win this. I've played this out a million times in my head, but I wasn't expecting it to happen like that. I don't know. I'm just thankful to my coach, and I love everyone who supported me, especially my coaches and family. I don't know, I just knew I had it in me, and if you want something bad, you have to go out and get it."

**JAZMINE FRAY, Texas A&M, Sr. (Women's 800m Champion)**

"It's my last one. I gave it everything I had. Coming off the 150m, I was like, 'You can do this,' and I just went for it."

"I was more determined than ever. I looked forward to this day so much, and I'm just so grateful right now, words can't even express it. I'm so happy."

"It was good. Just going in, I wanted to execute my race plan, so I wanted to make sure I hit at least 60, or if not, I wanted to hit the 59 mark, but whatever happens, happens, and I know I'll be in control. I'm experienced because I've done this so many times, and I've had so many mistakes in the past, so I really learned to grow from them and just take my opportunity when I know it's needed. I felt (Penn's) Nia (Akins) coming up on me, so it was good because I felt like she was going to push me and push me to go. I just tried to make it as least stressful as possible and not to panic. She kind of came up towards me, and I just wanted to make sure I kept going with her to the finish line. She used my energy, and I used her energy, and we just went as fast as we can, and it turned out well."

"It feels amazing (to win). I honestly don't have the words to explain, I'm just so grateful and so thankful. When I finished, I was almost in awe, because waited for this moment for so long. I've dreamt about this, and it's finally here."

**ANNA COCKRELL, USC, Jr. (Women's 400m Champion)**

"I had to do this for my team, I had to do this for the shield. I just went after it and came around the turn and just thought, 'Go. Go, go, go,' and I went."

"It's a huge motivation (to take care of business for the team). We knew we needed to execute. We knew we need to put forth our best effort. That's what we did, and that's what we're doing. We're going to keep doing it, and we're going to keep fighting. Fight on."

**SHARDIA LAWRENCE, Kansas State, Sr. (Women's Triple Jump Champion)**

"I know that they are great athletes, and I've been training a long time for this. I've been training so hard, and I was telling myself I wasn't going to let that go to waste."

"I didn't know for sure (what I'd have for the last jump), but I knew I had something."

"I love those types of competitions (where everyone is so good). I was just smiling when I saw them in front of me, because I knew I had something big. It was amazing, and my sister, she told me I could win, and I believed, and my family back home in Jamaica told me I could win. I knew that my future depended on this day. That's why I came out here really hard, and my coach stuck with me last year when it was really, really bad. I told him I wasn't going to do that again. I knew I had that one surprise for everybody. I came out here to be victorious, and I was victorious."

**ANGLERNE ANNELUS, USC, Jr. (Women's 200m Champion)**

"I just prayed to God before the race to just have a smooth race, and whatever the results are, I'm going to be happy with them. I'm just overjoyed right now."

"I was giving it my all. I really wanted to back up the title, and I'm just so happy."

"I'm so happy, and I'm so happy I was able to get a PR and come out here and defend the title."

"It was a toss up. I know we were both leaning at the line, so I was just happy to see my name pop up first."

**LAULAUGA TAUSAGA, Iowa, Jr. (Women's Discus Throw Champion)**

"When it comes to me throwing a PR and then trying to do something in the next two weeks, I usually struggle. So with that throw, I felt it come off my fingers, and I was like, 'That's the one.' It was, and it was amazing. I was hoping to build on it and didn't quite get to, but it was still amazing."

"Sometimes I kind of flatten out (after a PR). I'll still be in the range of my PR but I'll never really improve as much as I did today from the last two weeks. I prayed for this and it happened, so I'm so happy."

"I have a lot of Texas family out here, and my mom drove all the way from California, so thank God I actually did something for her. I'm just happy they got to witness what me and my coach have been working toward all year."

**ASHTIN ZAMZOW, Texas, Sr. (Women's Heptathlon Champion)**

"My long jump (stood out today). That was huge PR, I think an eight-centimeter PR, and that's what I was needing going into the javelin because (Texas A&M's) Tyra (Gittens) had such a great day one and amazing long jump again. I kept fighting to be up with her, and I finally got my big throw in, passed her, and held her off with the 800m. It was a dream come true. It was incredible. I was in a daze in the first lap and a half, and then the pain set in, the first two days set in, and I was like, 'Just finish.' It was fun, and it was amazing. I'm so thankful to finish my last year – it was a long one – on this track."

"It was a dream I couldn't have thought I would have lived (to win the title on this track). It was just an out-of-this-world feeling and experience, everything. It was perfect. Ending my last season here, I just can't explain it."

**DANI JONES, Colorado, Jr. (Women's 5000m Champion)**

"I knew I just had to stay calm. There were so many impressive girls out there. (Arkansas') Taylor (Werner) put up a really good fight. I just really tried to enjoy it like I did in cross (country). It was a really similar finish, really last minute, but I looked up at the screen and got to celebrate at the end. You've got to enjoy those moments because they don't happen very often."

"Cross (country) is really just all about confidence. It really boosted me, especially with the injury I had. I was just keeping that race in mind, so it was super helpful."

"It's so special (to win another distance title for Colorado). I'm so proud to be part of Colorado. The past six months have been really hard for me, but I just have wonderful coaches, friends back at home and family. It's because of them, the staff and CU and the grace of God that I'm here."

**ZARRIEA WILLIS, Texas Tech, Sr. (Women's High Jump Champion)**

"It means so much to me (to win a national championship), especially because I've been going through a lot of things this year. I feel like I struggled during outdoor season a lot, but I got it together, so I'm very grateful. I actually just thank God, because today, I was just like, 'Wow, I've just got to go through it.'"

"I've never done a jump off. Either I just lose or win. There's no such thing as a perfect competition, but today was one of those where the better jumper was going to get it or someone with the strongest mentality today was going to get it."

"My coach can tell you I'm the least emotional athlete he's ever had. The most emotion I've shown was today (so that helped me stay composed)."

**SYAIRA RICHARDSON, Texas A&M, So. (Women's 4x400m Champions)**

"Starting out today I had to open with the 400m, and it didn't go as planned, but I was still grateful because this is my first National Championship as an Aggie after I transferred from Ohio State last year. Just being able to be on this platform in my sophomore year as an individual it means a lot. I wasn't too disappointed about placing seventh in the 400m because I just came a long way. Coming back after that short rest and not on fresh legs and to win the 4x400m and set the record, it's just amazing. I think I just blacked out a little because I couldn't believe it, but it's so exciting. We all definitely worked hard for it, so it means a lot."

"It means so much (to win the championship). Just thinking of where I was until now, it's like a dream come true because I was nowhere in the picture. A lot can happen in a year, and I'm just really excited because we worked really hard. I'm not surprised it happened, but I'm just really happy it did happen."

**LANCE HARTER, Arkansas Head Coach (Women's Team Champion)**

"This was 100 percent team effort that came right down to the mile relay. We have to do the challenge by USC, they were on a roll, we just told the mile relay, 'You've just got to get the stick around.' Fortunately, we were able to do that."

"Anytime you can win a national title, that's a very special moment, no matter how many you accumulate. But I have a fantastic staff with Chris Johnson and Bryan Compton, and with the athletes we're able to have, they're so special, and they were so united in what they wanted to do and this weekend, and the national title was always the challenge at hand."

"We brought the largest squad here, and they rose to the challenge. Some people had an off day, but we had others fill the void. Cumulatively, that was the total team effort."