

### 9:00 a.m. - Hammer Throw - UC/CD Women Final

**Champion Sara Savatovic, SO, Kansas State, 60.53m, 198-07**

**First Last, Class, School, Distance**

Notes

*On today's effort ....*

"It was pretty early in the meet. It was a good effort, but earlier this year I threw 65 meters. I was expecting to get closer to that but it didn't happen. It was good practice and I won. I am happy with that.

*On this point of the season ....*

"We have conference in three weeks so we are preparing for that. We have a girl from Baylor who is in my conference and she is very good (Erin Atkinson). There were some good girls in there. I just like to compete."

### 9:00 a.m. - Discus - UC/CD Men Final

**Champion Gabe Hull, Jr., Iowa, 60.05m, 197-00**

Hull was second to Jordan Williams of Northern Iowa by two centimeters at the 2013 Relays

*On winning versus finishing second last year ....*

"Last year I was competing against a close friend of mine. That was tough to lose to my friend. It hurt a little last year. It was eating me up inside. This is an elite track competition. Last year, not performing as well I thought I should have was just tearing me up."

*On difference from last year ....*

"Last year I lost by two centimeters to Jordan Williams. Since then I have put on weight, about 40 pounds, and have trained a little harder. I am on what I call a see food diet. I see it, I eat it. My workouts consist of eating, lifting and eating. The coaches have been hounding me to put on the weight. There is a science behind it. Getting bigger, more momentum gets better throws."

*On conditions ...*

"The conditions were pretty good. We had a crosswind, which is good. It was sunny then cloudy so it was okay. This is the stepping to the Big Ten Championships. Hopefully I will have another good meet. This was my second best throw of the season."

### 9:00 a.m. - Sprint Medley Relay - CD Women Final

**Champion - Oklahoma Baptist, 3:47.03**

**Aspen Marical, Jr., Jura Levy, Sr., Stacy Warrior, Sr., Hannah Helker, Jr.**

Drake Relays record. Beat former mark of 3:49.11 set by Nebraska-Omaha in 2010.

*On the race ....*

**Marical:** "I just knew if I got the baton around the rest of them would win it. It was one of my best starts of the season. I am also a hurdler so I am used to coming out of the blocks all the time."

**Levy:** "I'm a 200 runner so I knew what to do. I had to take it around and give to me team."

**Warrior:** "Aspen had a great lead-off leg. I knew if Jura had the lead I had to maintain it. I knew if I gave it to Hannah she would win. She can do anything."

**Helker:** "Before the race I knew, not to sound cocky, but knew if they gave it to me in the lead we would win. They are super fast. That put me in a good position and I just had to maintain it."

*On the lead going into the final 800 ....*

**Helker:** “The pressure is on you to stay in front. When you are out there by yourself it is just you and your mind. Sometimes that is a scary place to be. I never have before, but I did today (look at video board). I could tell when he announced there was not a sense of urgency in his voice. That was pretty comforting.

### 9:20 a.m. - Sprint Medley Relay - CD Men Final

**Champion - Iowa Western Community College, 3:24.67**

**Corneil Lionel, SO, Henry Offiah, SO, Strymar Livingston, FR, Andre Hosey, SO.**

*On running from lane 8 ....*

**Lionel:** “At home we practice in lane one and eight so we felt at home. I like lane eight.”

**Offiah:** I always get stuck in lane eight so I felt I was at home.”

**Livingston:** “In the third leg you have to cut over to lane one. For me that’s a lot of work. We were practicing to do cuts in so it felt good giving my teammate the baton in first.”

**Hosey:** “My teammates did all the work and I had to maintain it. My teammate told me to go and I am just focused down the track to the finish line.”

*On the race ....*

**Lionel:** “Felt good. It was a warm-up before the 4-by-4.”

*On receiving a Drake flag...*

**Livingston:** “We have been working hard this year so we knew good things would happen to us.”

### 9:35 a.m. - 4x800 - HS Girls Final

**Champion - Assumption, 9:23:78**

**Kennedy King (SR), Mallory King (SO), Clare Carroll (JR), Joy Ripslinger (FR)**

*On improving time...*

**Ripslinger:** “Earlier in the season, the same group... we ran the 4x800. From that day, we cut off a lot of time. It just shows the improvement that we’ve had.”

*On running a relay with her sister*

**Mallory King:** “We say we’re sisters first, teammates second, and competitors third. We always push each other— we’re our biggest fans and opponents at the same time.”

### 9:50 a.m. - 4x800 - HS Boys Final

**Monticello - 7:51.46**

**Ben Ahlrichs Sr., Nick Meyers Sr., Matt Manternach So., Michael Melchert Sr.**

*On winning at the Drake Relays....*

**Ahlrichs:** “It feels great. We saw the lead Matt was able to get and I turned to Michael (anchor) and said you got this.”

*On being a smaller school and beating several big schools ....*

**Melchert:** “It’s pretty exciting. We know that we are aren’t as big of a school with the facilities they have and all the places they have to run. But we can compete with anybody.”

### 10:00 a.m. - Sprint Medley Relay - UD Women Final

**North Dakota State - 3:47.73**

**Antoinette Goodman, Morgan Milbrath, Ashley Tingelstad, Paige Stratioti**

*On the last 100 meters of the race...*

**Stratioti:** "I tried to focus and execute. I knew I had it for my teammates. It is easier running with a baton, I don't know what it is about a baton, but it gives you a euphoric feeling for your teammates. I kicked it into gear, found my gear and took it home."

*On beating bigger schools at the Drake Relays....*

**Stratioti:** "Before this year, it would have felt like a lot of pressure, but we made NCAAs in the 4x400 indoors, so that has given us a lot more confidence. We are confident in each other, we know what we are capable are, and we were confident heading into today."

*On winning a title at the Drake Relays....*

**Stratioti:** "It's one of my favorite meets of all time. There's nothing like it. We have gotten lucky with weather, it's absolutely beautiful here. There's nothing like the crowd here."

**10:00 a.m. - High Jump - UC/CD Men Final**

**Second Place**

**Trevor James, Sr. Carthage, 7-2.5**

*On his goal at the Relays ....*

"I'm very ecstatic about my performance, but of course I'm not content. I had some good shots at the Division III record and I'm excited about what's to come."

*On clearing a personal best at the Relays*

"It's a blessing, honestly. I'm at a loss for words. It's great to come out and compete against these guys. They drive my performance and you strive to try to beat them. It's good to come here and compete against some of the best in the country."

**10:20 a.m. - Sprint Medley Relay - UD Men Final**

**Champion - Georgia, 3:18.22**

**Brandon Thompson Fr., Reggie Glover Fr., Derrick White Fr., Charles Grenthen, Jr., 3:18.22.**

It was Georgia's third straight win in the event. Grenthen was the 2013 anchor, too.

**On the race...**

**Grenthen:** "We were in third when I got the baton. I like be in that position. I can stay relaxed and feed off the other runners. I have competed a lot against Tomas Squella, of Arkansas. I knew what I was getting into. I just tried to be behind him. My teammates put me in reach to win."

"It was kind of tricky the last 50 meters, but I knew I had it in me. I am just happy to win here. Georgia has a great tradition of coming here and running a fast sprint medley relay. I am happy with everything."

**10:40 a.m. - 3,000-Meter Steeplechase - UC/CD Women Final**

**Champion**

**Courtney Frerichs, Unattached, 9:50.42**

*On being a Drake Relays champion..*

**Frerichs:** "Amazing! It is such an amazing meet and it has so much tradition that to be able to come out and win is just awesome. I feel great! I was just hoping for the win and to find out I got the record too is great!"

*On how it feels beating the record by seven seconds ...*

**Frerichs:** "So great! I had a little bit of a rough indoor season and I just wanted to attack the outdoor and to be able to come out here and get the PR and get a win and get the win is exactly the start I needed."

*On being an unattached athlete..*

**Frerichs:** "It's a little harder not having your team here to really get you going, but the crowd here was so amazing that every corner I turned I had people cheering me on so it was like having my team here."

## **10:53 a.m. - 3,000-Meter Steeplechase - UC/CD Men Final**

### **Champion**

**Jeffrey Mettler, Senior, University of South Dakota, 8.51.95**

Set new personal record

*On being a Drake Relays champion*

"It feels amazing getting to do that victory lap was the greatest things ever."

*On the rest of the season*

"I would like to win the steeple again at conference, I've won every year so far so winning all four would be really awesome and I want to make that second round it's eluded me so far but all American status would be a great way to finish my college career."

*On mindset coming into the race*

"During this week I just didn't feel like I was mentally prepared for it but maybe that was a good thing because I was stressed out but I wasn't stressed out about racing so I just came out here and wanted to win but was just going to see what happened and it worked out!"

## **11:05 a.m. - 4x800 - CD Women Final**

**Champion - Lincoln (MO), 8:52.53**

**Willomena Williams So., Jhevere Hall So., Ebony Rose So., Monique Thompson Jr.**

*On being a Drake Relays Champion....*

**Hall:** "I feel like I'm at the Olympics."

*On their goals for the rest of the season..*

**Thompson:** "We plan to train hard and we plan to take the victory for the outdoor conference title and also the nationals."

## **11:17 a.m. - 800 Meters - Masters Women**

**Chris Gentile, 44, Jane's Elite Racing, 2:24.97**

It is the second year of the women's masters 800 and Gentile's first Drake appearance.

*On the race:*

"I wanted to set the record, but the wind was a little stronger than I thought it would be. The record is not too steep to get. Hopefully, next year I will be able to come back and get it."

*On Drake:*

"I am so honored as a master to finally get here. In college I ran at Villanova and we always ran at the Penn Relays. When I moved out west I would always get to Mt. Sac, the week before Drake. I ran Mt. Sac last week. I did not care about getting on a plane. I was just so excited about finally getting to the world famous Drake Relays."

## 12:20 p.m. - Shuttle Hurdle Relay - HS Girls Final

**Urbandale - 62.41 (Drake Relays Record)**

**Sydney Lafrentz Jr., Mallary Erbes Jr., Jessie Hovey Jr., Mary Young Sr.**

Urbandale won the shuttle hurdle relays in a Drake Relays record time after Mt. Pleasant was disqualified.

*On waiting after the race ....*

**Young:** "It was the longest time of my life. There were a lot of emotions thinking we lost. We came in wanting to win so bad. When she came in and told us about them, (Mt. Pleasant) being disqualified, I felt bad for them, but then again I realized that makes us Drake Relays champions. It was the best feeling ever."

*On how the team found out that Mt. Pleasant was disqualified ....*

**Young:** "When we were walking, the lady that does the awards told us not to leave so soon. We thought she wanted to interview us. She told us that they (Mt. Pleasant) got disqualified we lost it all crying and we were so excited."

*On winning the Drake Relays title ....*

**Erbes:** "It was like the best feeling that all of our hard work, we thought it was done. It was what we were looking for all season, and the fact that we won, is just the best feeling."

On if they were in the Mt. Pleasant's shoes...

**Lafrentz:** "If we were in their position, we would be pretty devastated. I felt bad for them. They ran a really good race."

## 12:25 p.m. - Shuttle Hurdle Relay - HS Boys Final

**Champion - Waukee, 56.40**

**Josh Brdicko, SR, Kalen Renshaw, SO, Scott Stanley, SR, Jared Brdicko, SR**

*On subbing for Noah Larrison ....*

**Renshaw:** "I found out this morning I was running. I received a text last night to be prepared. Noah was injured yesterday. I received the text that I would find out who would run this morning. I got here this morning and found out I was running and I was really pumped. I was laying on a bench (in the fieldhouse) asleep when I found out."

*On Waukee tradition ....*

**Jared Brdicko:** "I was a freshman and I remember watching the seniors going about their work and they were running crazy times. I thought if I could be part of that dynasty I thought it would be awesome. Last year again this year to be in this position. It kind of scared us when our other runner couldn't run, but Renshaw stepped in. Our coaches have been helping all of us, hurdle brothers."

*On running third leg ....*

**Stanley:** "It is always nerve-racking running the Drake Relays Saturday afternoon in prime time. It was obviously great competition. There were teams we hadn't run against all year. We were running all together and the third leg is usually the one that gets the separation. I wanted to give our team the lead and allow him to run the anchor leg against the high hurdle champion (Sydney Davis of Des Moines Roosevelt).

## 12:30 p.m. - Shuttle Hurdle Relay - UC/CD Women Final

**Champion - Purdue, 54.85**

**Devynne Charlton (FR), Ciana Tabb (SR), Cierra Brown (SO), Shantyra Delaney (FR)**

*On goals*

**Tabb:** "Winning, of course! We wanted to be in the top three, at least."

*On their race strategy*

**Brown:** "We wanted to put our strongest up front so that we would have a good lead."

**12:35 p.m. - Shuttle Hurdle Relay - UC/CD Men Final**

**Champion - University of Wisconsin-Milwaukee, 56.39**

**Durell Busby (SR), Nate Pozolinski (FR), Jordan Schmidt (JR), Dexter Schleis (SR)**

Notes

Won the event last year

*On what they were thinking during the race ....*

**Schmidt:** "We ran a really good race, even better than last year, so I feel pretty good about it."

*On being Drake Relays Champions ....*

**Pozolinski:** "It's awesome. I'm a freshman on the squad, these guys are all upperclassmen, so they've been working with me. They told me how awesome it was last year, and it lived up to it. It was the greatest thing in the world."

*On their goals for the rest of the season ....*

**Schleis:** "Our ultimate goal is to win conference and then try to qualify for national meets."

**12:40 p.m. - Distance Medley Relay - UD Men Final**

**Champion – Texas-El Paso, 9:35:45**

**Cosmas Boit FR, Abiola Onakoya SR, Daniel Tarango SO, Anthony Rotich JR**

Defending Champions of the Men's Distance Medley at the Drake Relays

*On winning today...*

**Rotich:** "It really feels good because last year we won here and we were trying to regain our title."

**Tarango:** "I was just trying to stay in the race, I got it off in first place so I was just trying to maintain somewhere in the top-three somewhere in the top two even first."

*On inspiration for the race...*

**Onakoya:** "The crowd, the coaches, and we do it for ourselves."

**12:55 p.m. - 1,500 Meters - HS Girls Final**

**Stephanie Jenks, Sr., Linn Mar, 4:28.7.**

Jenks just missed the meet record 4:28.3 Jenks also won the Girls High School 3000. She also won the 2013 high school girls 1500 and 3000.

*On missing the meet record:*

"I am pretty happy with my race, even though I did not get the state record by a small margin. I thought it would be cool to get two records. That was the plan. I am up for any challenge. If you ask me to do something, I will do my best to do it. My legs were not too tired today. I think the 800 yesterday loosened them up. I have felt good all week."

### 1:02 p.m. - 1,600 - HS Boys Final

**Josh Evans, Jr., Linn Mar, 4:10.76.**

Evans time, 4:10.76, broke his 2013 meet record 4:10.86

#### *On the race:*

"The pace started out insane. Before the race the Boone guys were talking about taking it out hard. At the end Thomas Pollard was able to keep the pace hot and I was able to hang on."

#### *On the meet record:*

"It feels great. I was just out there having fun; regardless of the time. Having a lot of people to race against does not happen that often. This meet is huge. You never get used to the atmosphere. It is cool with so many people yelling and screaming."

### 1:10 p.m. - Distance Medley Relay - UD Women Final

**Champion -Washington, 11:09:59**

**Katie Knight FR, Kayla Stueckle SR, Eleanor Fulton SO, Katie Flood SR**

Notes

#### *On title*

**Flood:** "This is a lot of fun, I think everyone reached their top performance today and it always a fun team to celebrate with."

#### *On competing on her home track*

**Flood:** "It's always a great feeling, I am very lucky to get that opportunity and come back to my home track, I'm appreciative of doing so well here."

#### *On the winning results*

**Knight:** " You know, it's definitely good to earn the win, coming on the last 200 meters it was a little bit surprise, but it is what it is, and everybody feels it and it's okay."

### 1:23 p.m. - 400-Meter Hurdles - UC/CD Men Final

**Champion**

**Michael Stigler, Kansas, (49.47):**

"It was a little rocky race for me. It was a great field of athletes. But I ran to compete but I didn't execute. I stuttered a lot on the first half of my race which probably cost me a 48-second race. But you learn from today. Overall I got the win in my first Drake Relays which is a great accomplishment.

*On watching Moscow Rematch Men's 110-meter hurdles Friday night:*

"It inspired me a lot because I'm really close with Bershawn Jackson. It gave me a boost to watch those guys run, knowing that I'm next in line to be out there with those guys. I'm in good shape now. Once we start backing off the weight room and take the intensity off our workouts, starting tapering down my times will drop.

*On NCAA Championships*

"You're always looking toward NAAs. An NCAA title is in my grasp. I just have to execute, continue pay attention to my coach and details, focus and the NAAs will take care of themselves."

### **1:30 p.m. - Shot Put - UC/CD Men Final**

#### **Champion**

**Kurt Jensen, Senior, Illinois State**

Notes

*On his overall performance*

"Honestly, it wasn't my best day, but at the end of the day it is about finding a way to win."

*On his winning throw ....*

"I was down heading into the fifth round, the second throws of the finals, and I had to find a way to make it happen. It wasn't my best technical throw, but to go out and throw it as hard as you can and hope it goes far enough to win."

*On winning a Drake Relays title...*

"It was good as we had a hard time throwing in the ring. To be able to figure it out towards the end of the meet and throw something big was really good."

### **1:35 p.m. - 400-Meter Hurdles - HS Girls Final**

#### **Champion**

**Sarah Plock, Junior, Iowa City City High School, 62.38**

Plock is the defending champion of this event, her second year winning. However, her time was a 1:01 last year, making her one second slower this year.

*On the final stretch (close to Carly Donahue) ....*

"We were really pushing each other, I knew she was one of my best competitors. I think you just had to gut it out on the last 100 stretch."

*On repeating her win ....*

"It was definitely a lot of pressure coming in to hold that position, but I used that as momentum to do it again and keep getting faster and faster."

*On having a sprinting kick in the last 100 when the race is close ...*

"I like being even with people more than ahead or behind...If you have someone next to you, you can push yourself and get an even better time than you would have if you were just in first."

*On being a Drake Relays Champion ...*

"It's a big honor to do this twice. It's an honor in itself just coming here being in the top eight, but to win is so awesome."

### **1:43 p.m. - 400-Meter Hurdles - UC/CD Boys Final**



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### Champion

**Jack Bergstrom, Johnston, JR**

Defending champion in the event

*On winning...*

**Bergstrom:** "One title is special, two is really incredible."

*On motivation...*

**Bergstrom:** "I did this for my grandpa really who died in October. Winning was definitely for him so I find that really special. I had that image in my head when I was running this one."

*On winning last year...*

**Bergstrom:** "My Grandpa was here last year when I won and he was definitely my biggest supporter. It was just that extra push to work harder to get that second one in a row."

### 1:45 p.m. - High Jump - MWCR Women

**Champion Chaunte Lowe, Nike, 6-05 (1.96m)**

**First Last, Class, School, Time**

Notes

*On returning after maternity leave ....*

"I really didn't know what to expect. It was a coin toss. I have been training really, really hard, but I hadn't had any great competitions up to this point. I had two small ones just to see where my steps were. This week I came and jumped at Hy-Vee. That was exciting. To come out here and take the win made me feel like I still have the juice. The last real competition I had was in Belgium in 2012 right after the Olympic Games."

*On running at Drake ....*

"I always like to start my season here. The crowd is awesome, the weather is awesome."

*On Prize money ...*

"This is the first time I have jumped against competition from overseas. I saw competitors from Sweden, Nigeria, Spain. Usually don't have get to see them until we go over there. Adding the prize money has been able to bring in the high caliber talent. I know the talent gets split between here and the Penn relays, but they say I like to go there, but I want some of that prize money. That is what I have been wanting all these years."

### Second Place

**Inika McPherson, Unattached, 1.96, 6-05**

Notes

*On competition ....*

"It was a great day. I thought it might be raining. But the Drake fans get behind you. It's a great place to compete and hear the crowd. It was a great day and I got a PR. I like great competition. It makes me want to do better. It was great start. I will be in Shanghai in three weeks."

### 1:50 p.m. - 800 Meters - UC/CD Men Final

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**Chris Low, Junior, Long Beach State, 1:51.74.**

**Low was also part the fourth place Sprint Medley Relay.**

**On the race...**

"I made a move with about 200 meters to go. My coach said to get in position with 200 meters to go and that is what I did. I was racing to win. My coach told me not to worry about time and just get the win. The whole experience was fantastic."

## **2:02 p.m. - Mile - Special Men**

**Champion**

**Aman Wote, Unattached, 3:53.39**

*On his overall race ....*

"The conditions were good, but it was a hard race. I'm the winner, I'm very happy that I won. I like racing in America and am thankful to be here."

**Third Place**

**Pat Casey, Oregon Track Club, 4:00.86**

*On the race ....*

"Everyone was saying it would be fast, and it was windy, so I thought not a lot of people would go with the pacer. I wanted to run smart, it felt smooth the whole race. I came up short in the Grand Blue Mile, and couldn't get second today. I just have to take another step in the right direction

*On his race strategy....*

"I wanted to get in the mix of things and close hard."

*On the atmosphere at Drake...*

"It was awesome, standing room only. Any meet you can get that many people for is and get such competitive race is awesome. I hope to be back next year.

**12th Place**

**Ty Mulder, 4:07.73**

Orange City, Iowa, native

"I was supposed to settle within pack but I found myself getting out easy which is good for the 800 but at this distances I found myself in the front where I didn't want to be. I'm not quite strong to hang around a runner like Wote (winner Aman) so I was trying to let up and was hoping for someone to pass me and no one did until the 1200 mark. At that point you're tired from being in front with the wind so I didn't have much of a kick left."

*On 2014 his goals*

"It would have been nice to set a personal best here which was my goal but given the conditions it wasn't bad. I wanted to run this so I wouldn't get stale in the 800. I'll have a lot of racing in the next month."

## **2:10 p.m. - 400-Meter Hurdles - MWCR Women**

**Champion**

**Tiffany Ross Williams, adidas, 55.53**

*On her goals for today ....*

"For me to come out and win this race is a big stepping stone because we have Diamond League coming up. These last three years have been a real struggle for me. And when you're use to winning but I had a baby (2010). So to be back to be on top feels great. I finally had my race together.

*Her strategy for today....*

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"I knew this was in me because my training has been going really well. My steps are finally back on and I'm getting my rhythm back and I'm back with my coach who I ran my personal best with. "

### **Second Place**

**Nickiesha Wilson, Jamaica, 55.68**

*On how the race went today....*

"I felt good. I went out and executed. I did all that I needed done. It was successful."

*On running at the Drake Relays....*

"It is always good to have support when I'm out competing, but you have to be careful and keep your focus."

### **Third Place**

**Lashinda Demus, Nike, 55.97**

*On her first Drake Relays ....*

"The field was great and the crowd was great. I just didn't perform very well, but I heard so many things about the track and expected to run well here. My training suggested that I would run well, but I'm disappointed in the outcome.

*On her race strategy ....*

"I wanted to work on what I've been working on in practice. It was my first open race, so I wanted to put to test what I've been training on. It didn't come out well."

*On what is next ...*

"I will go to Doha for one of the first Diamond League race and will compete there."

### **Fourth Place**

**Shevon Stoddart, Puma, 56.22**

"This is my first time competing at Drake and I'm really happy running a season best. I didn't compete in the 2013 World Championships, so to beat out one of the Moscow finalists here (Nickiesha Wilson) I feel good about it."

### **Seventh Place**

**Dawn Harper-Nelson, 12.87**

"My start was ok but then I clipped a hurdle and it was over. it was a bad race. My goals this year are to run a personal best and to execute my event."

## **2:15 p.m. - 100 Meters - UD/CD Women Final**

### **Champion**

**Levy, Jura Women's, Senior, Oklahoma Baptist, 11.63**

*On Tall Green Striped Socks...*

"I just like tall socks."

*On Race Strategy...*

"I focus on my starts. I don't usually have good starts, but today I did."

*On Goal for Race...*

"I wanted to beat my time. I didn't end up doing that, but I won the race, so thats fine."

## **2:15 p.m. - Pole Vault - MWCR Men**

**Champion Renaud Lavillenie, Nike, 5.70m, 18-8.25**

*On competition ....*

"It was good to have a good feeling about my rhythms. I had some good jumps. It was like a training for me. It was a good start and gave me something for the future. I jumped at the mall the other night. I jumped there last year, but it is always a different experience because the people are closer."

*On switch to jumping east-west ....*

"Today it was a good solution for us to switch because the wind was with us. It was sometimes crossing. It was a good wind."

### **Third Place**

**Mark Hollis, 18-8.25**

*On the conditions....*

"It's a little tricky being in the stadium. Leading up into the meet, we were looking at the forecast and they were saying we would have an east wind, which is a direction we haven't gone before. It is a little bit tricky, even if you have the wind at your back in the stadium. It's fun to rise up to the challenge."

*On his performance ....*

"I think this early in the year and jumping at the mall on Wednesday and having the result that I had today and finishing third, it is just great. I am very happy with it."

*On what's next ...*

"Next week I will compete in Bloomington, Ind., and in May I will go to Asia to do a few meets over there."

## **2:20 p.m. - 100-Meter Hurdles - UD/CD Men Final**

**Trayvon Brownell, Fr., Baylor, 10.19**

Co world junior record holder. Won the USA Junior Championship this past summer on the Blue Oval.

*On being a Drake Relays Champion....*

"To be back after winning the USA Juniors feels great. I love this track. To be able to win here a second time feels pretty good"

## **2:28 p.m. - 100-Meter Hurdles - UD/CD Women Final**

**Champion**

**Jade Barber, JR, Notre Dame, 13.29**

Notes

*On Thought of finish ....*

"I honestly didn't think I took top three. So my only thoughts were: time to run the 4 by 1 and how to get there in the fastest way possible without running past my coach 'because I knew i was probably going to get in trouble, so that was my thought process."

*On Running 100 Hurdles to 4x100 ....*

"I used to try to have a strategy like where if I don't put too much energy in here maybe I'll last longer, but this year i found it works better if i take it one race at a time and, like I don't think about the next one until I'm done."

*On Relays Record...*

"No I knew I wasn't going to. I already ran three events yesterday."

On Future Goals for 4x100  
"I really just want to win"

## **2:36 p.m. - 100-Meter Hurdles - MWCR Women**

### **Champion**

**Kristi Castlin, USA, 12.58**

*On her reaction to winning ....*

"I was surprised. This is my first race of the season. I had a little bit of a chip on my shoulder being in lane eight. I had to execute my best race since I was out there on my own."

*On going against such a talented, deep field....*

"It is motivation. Its hard to be in the US because we are so deep. I want to establish myself and hopefully one day win a gold medal."

*On running in the Drake Relays ...*

"I won the Drake Relays in 2012. That was a great year for me. Unfortunately I hurt my hamstring right before the Olympics. I had the third fastest time in the world. It calms me to run here. I love the crowd here because they are so supportive. It is very laid back but not too laid back. They are so accomodating here."

### **Second Place**

**Brianna Rollins, Nike, 12.58**

A 2014 gold medalist at World Championships, who was second in photo finish in Moscow Games Rematch (12.576):

*On opening her outdoor season ...*

"This was a great opener. I just wanted to run a relaxed race and tried focus on myself. Someone else beat me to the line but that's okay. Someone beat to the line but that's okay it was all in God's plan. I have a race in Jamaica next weekend. "

### **Fourth Place**

**Queen Harrison, 12.70**

*On her race ...*

"It was kind of a sloppy race for me. I had a real clean race when I ran in the shuttle hurdle relay Friday night, so I thought I might have wasted that race after today. I was very competitive. I was in the race but when it came time jump the hurdle I was all over the place.

"Of course, I'm upset about how I ran but I'm not upset about how I finished because it was a strong field. Of course I wanted to defend my title to show that I could win against there are more Drake Relays to win and I'll keep coming back.

I didn't know indoor this year so it was a little bit harder to get the wheels turning. Other than that I've been training well and the times are going to drop. It just wasn't today."

### **Seventh Place**

**Kellie Wells, Nike, 12.68, seventh**

*Thought on her race today....*

"I really wanted to come out today really execute and have good first race out. I' really happy my finish today in such an amazing field."

*On her competitors....*

"I love my competitors, but we are absolutely cutthroat so I'm really happy with my finish today."

*On running at Drake again after finishing 4th at Nationals here last year...*

“I was so excited to be back and wanted to come out and run a clean race, and I think I executed well today. The Drake Relays crowd is so amazing. Des Moines has the nicest people on the face of the planet. Everyone treats you like family so you want to come out and run a good race for them.”

*On the absence of a Shuttle Hurdle Relay at Worlds in Jamaica....*

“Yes, of course I'm upset about not having a Hurdle Shuttle Relay race but I'm hoping we can get it in there soon.”

## 2:42 p.m. - 110-Meter Hurdles - UD/CD Men Final

### Champion

**Vanier Joseph, Senior, Illinois, 13.68**

#### Notes

*On his performance....*

“I feel like I had a pretty good start with the guys. Early on, hurdle three or four, I hit it and fell back. I tried to keep my composure and I started to come back hard towards the end of the race. It was unfortunate that there was a spill, but as my coach said I had to capitalize on the moment and pushing hard. A win is a win, no matter how you get it.”

*On the spill during the race ....*

“I saw it out of my peripheral heading out of the last hurdle. I had to keep my composure and finish it all the way through the line.”

*On the crowd ...*

“When you run in front of a crowd like this it is a energy boost. It gets your heart rate going and it is so much more fun.”

## 2:52 p.m. - Shuttle Hurdle Relay - Special Men

### Champion - 53.77

**Jeff Porter, Dominic Berger, Aries Merritt, Ty Akins**

#### Notes

*Thoughts on the race this weekend ....*

**Porter:** Overall I thought it was a great race and I was very happy with the way I ran and going into the season I had two good races this weekend and it good to see where I'm at.

**Berger:** It was a really exciting race, mostly because you don't get to run shuttle relays very often so the chance to have some of the best in the world as teammates is a lot of fun.

**Akins:** It was such an exciting race, especially for me as the anchor leg because I was able to see everything unfold and had the World Record holder coming at me to handoff at full speed so it got me going to not drop the ball for my teammates.

**Merritt:** This race was a lot different because the hurdles are so close to the 110 so there isn't a lot of room for error because what I mean that the hurdles are so close to one another so if you hit one, it can bounce on another.

*On the absence of a shuttle hurdle relay at Worlds in Jamaica....*

**Porter:** It's very disappointing, but every time you put four guys together on a team and have them race together. If there were some more shuttle relays everything will be right in the world.

**Berger:** I cannot believe that it's a called a World Relays event and it does not have a shuttle hurdle relay featured. It's disappointing as a hurdler to not see the event there, but I understand I'm not the one to make those decisions. When it says “World Relays” you would think without a doubt it would be there. If you look at the depth the U.S has for hurdlers as well as other countries like Jamaica and Great Britain, so it's disappointing to see.

**Akins:** It's such an exciting race and you can see that when we run them here at Drake, so maybe next time they will consider putting it in as a race.

**Merritt:** This race gives hurdlers another chance to win medals for our countries, because if you're a hurdler running the 100 hurdles, you don't get to run the 4x100 relays. This is a fun race and I think a lot of countries like the U.S. have a lot of depth in hurdlers and can put together a competitive team to race with.

*On running at Drake*

**Porter:** This was my first time running at shuttle relay at Drake and I loved the crowd, the track. It's a great place to be and to meet fans.

**Berger:** I love the Drake Relays. I ran my personal best on this track back in college so I just love coming back to this track. I would definitely rank this as my top track in the U.S, even over Oregon, I just love it that much, and that's a bold statement.

**Akins:** This weekend was awesome, the weather was fantastic, the crowd and the atmosphere were awesome, the production with the introductions and the fireworks are all part of that. The competition here rivals some other diamond meets in the world, so I think with all the excitement and the crowd participation are all part of that too.

Merritt: It's the Drake Relays and the crowds here are always fantastic

### **3:00 p.m. - 1,500 Meters - UD/CD Women Final**

#### **Champion**

***Carly Hamilton, Junior, Georgia, 4:17.59.***

**Hamilton also won the 2013 Drake Relays 1500 and set the meet record, 4:12.15. Hamilton was fifth in the 2014 NCAA indoor mile.**

#### **On the defending the title...**

"Going into the race I wanted to defend my title, but I did not want to over analyze it. I was not going for the record today as much as I was going for the win. I hung back the first lap and did not want to lead the whole way. Halfway we were five or six seconds slower than last year. I felt good and decided to go up front and push the pace."

#### **Second Place**

**Molly Hanson, Sophomore, Wisconsin 4:19.98**

#### **Notes**

*On her last lap...*

"I wasn't sure when to start kicking, but my coach told me to wait until the last possible moment to start going. I waited until 200 meters to go, but Christy Cazzola passed me on the last turn. I knew it would be a battle. It was a tough race."

*On running in front of a packed house at Drake....*

"I think it was the biggest crowd I have ever run in front of. I tried to zone them out and pretend it was just another race. It did help when you are in the race and you feel the energy from the crowd."

### **3:08 p.m. - 1,500 Meters - UD/CD Men Final**

#### **Champion**

***Sam Penzenstadler, Junior, Loyola, 3:45.27***

**Penzenstadler also won the 2013 Drake Relays 1500.**

#### **On the defending the title...**

"I wanted to come out here and try to win again. I wanted go out hard today. I did not care if it was me or someone else. I just kind of sat behind the pacer. With a lap to go, I took the lead and kicked it in.

It was an honor to win last year. To do it again this year is amazing. The crowd is great and everyone was giving me high fives afterwards. I signed my first autograph today."

### 3:15 p.m. - 4x100 - UD Women Final

Champion - Iowa, 44:51

Lake Kwaza SO, Elexis Guster FR, Alexis Hernandez FR, Brittany Brown FR

Notes: They won by 00:01

*On the final leg of the relay...*

**Brown:** "I just had to get the baton and I had to go... I didn't know if I was gonna get it until I looked at the scoreboard and I was like 'Oh, I got it!'"

*On the Drake Relays as a whole...*

**Brown:** I love the whole Drake Relay atmosphere. It's my first time being here so I really wanted to win.

*On her teammates....*

**Brown:** "I was excited but I was stressed out for them (her teammates). I know that they had big goals of coming in and winning Drake and beating the school record, but I'm proud of all of us."

### 3:20 p.m. - 4x100 - UD Men Final

Champion - Baylor, 39.14

Alex Reece SO, Blake Heriot SR, Everett Walker SR, & Trayvon Bromell FR

Notes

*On Winning ....*

**Bromell ...**

"It feels good. Just to come out here as a team like we did and be able to execute this race like we did. And you know pray about it and we just came out here and did what we had to win"

*On Strategy for Race...*

**Reece:** "Basically, get the stick around 'cause this is like basically our first time running this relay because the last meet we didn't get the stick around, so we just wanted to get the stick around and get a good time, you know. Yeah this is our first time with this lineup"

*On Baylor's Success at Meet....*

**Bromell:** "Trying to bring it back to the old days"

*On Other Races...*

**Bromell:** "Me and him (Everett) ran distance medley, but that's basically it"

*Thoughts about the race and winning it...*

**Reece:** "I knew when he (Trayvon) got the stick we were gonna win"

**Walker:** "Right now he's the fastest man in the world. With him, give him the stick in first place, ain't nobody gonna catch him, ain't nobody catchingus. So we know it was a wrap from here"

**Bromell:** "It' like, we all got the same mindset. You know, we work hard and we just come together as a team, and we just got that mentality that we are hungry and we want to eat something. Came out with a clear mind and executed it. Basically, that's what we do, and we stay together as a team and go to war together, so that's what we do."

### 3:25 p.m. - 4x100 - CD Women Final

Champion - Lincoln, Mo., 45.59

Judith Riley SR, Yanique Ellington JR, Kimberly Bailey FR, Janae Johnson JR



On reason for success ...

**Riley:** "Basically we did just what our coach told us to do. We have been working hard on getting the baton around."

**Bailey:** "It was teamwork. That's what it is all about."

**Johnson:** "Like they said it is teamwork. We practice, practice, practice."

### 3:35 p.m. - 4x100 - HS Girls Final

Champion - Davenport Assumption

Emma Bassier (Sr.), Rose Ripslinger, (Sr.), MarkeI Mommsen (Sr.), Maddie Irmen (Sr.), 48.14

*On the race....*

**Mommsen:** "I saw Rose and Emma had a really good handoff, and Rose was coming on hard. I wanted to get out fast enough and handed it off to Maddie and watched her bring it in. It was a close race."

*On winning the Drake Relays title*

**Mommsen:** "It was really exciting and cool to hear your parents yell. It was also awesome to hear everyone else cheer you on and it was amazing."

### 3:40 p.m. - 4x100 - HS Boys Final

Iowa City High

Chuck Riley Jr., Cory Lindsey Sr., Kole Butler Sr., Bryson Runge Jr., 42.84

First time winning an event at the Relays for each member.

*On his strategy coming from behind on the anchor leg ....*

**Runge** "If I am in range of anybody I can catch them. We had some issues with our lane assignments in the prelims, but we adjusted for the finals and used our training to push us to the win."

*On winning for the first time at Drake*

**Runge:** "It feels awesome. We had a couple of second places. We worked really hard for this. We came together as a team and it feels really good."

### 3:45 p.m. - 4x400 - UD Women Final

Champion - Baylor, 3:31.89

Alysaa Nichols, SR, Ashley Fields, SO, Olicia Williams, SO, Raena Rhone, JR

Notes

*On the race ....*

**Nichols:** "I really just wanted to make sure I got out and ran my own race. I knew it was a strong field and had to just bring it in and put us in good position."

**Fields:** "Like she (Nichols) said we knew it was going to be a good field and we each had to run our own race and not get crazy. She gave us a little bit of a lead."

**Williams:** "My job is to just keep us in the race, I feel. I tried to finish strong and hand the baton off to Raen."

**Rhone:** "I have the easy job. These two ladies (Nichols and Fields) had to run the 4 x 100 about 30 minutes earlier. I thought they would be tired, but they helped us PR (personal record)."

### 3:52 p.m. - 4x400 - UD Men Final

Champion - Arkansas, 3:03.89

Jarrion Lawson SO, Travis Southard SR, Omar McLeod FR, Neil Braddy SR

Notes: Neil Braddy was unavailable for interview due to throwing up after the race.

*On being at the Drake Relays....*

**Southard:** "We're excited to be here. Drake's a great track. We like coming here. Every time we come here we always run fast; something about that Drake Relays magic."

*On the strategy for this event....*

**Lawson:** "This time it was kinda different. There wasn't a strategy. It was just go out there, get it done, and get the baton to my teammate."

**McLeod:** "First of all I just want to thank God. He's the one who made this possible and without him we wouldn't have been here. As for the race strategy, we just went out there just to have fun. ... Our coach told us that if we win we would win overall so we didn't let that get into our heads. We just went out there ... and had fun and pulled out a victory."

### **4:00 p.m. - 4x400 - CD Women Final**

**Champion - Lincoln (MO) - 3:37.77**

**Tamara Keane SR, Jhevere Hall SO, Willomena Williams SO, and Donna-Lee Hylton SR**

Notes

### **4:07 p.m. - 4x400 - CD Men Final**

**Champion - Iowa Western, 3:09.03**

**Names, Gemechu Godi SO, Strymar Livingston FR, Travion Clark FR, & DeAndre McBride SO**

Notes:

*3 of them had just run the 4x100 and one ran the Sprint Medley...*

*On How often do they go back to back....*

**Clark:** "That's our first time because it seemed like as soon as we got done, we got up there, jogged two laps, and it was 'Iowa Western your turn!'"

*On being tired...*

**Strymer:** "I was. I mean we just got done."

**Clark:** "We know what we got to do, and if these three guys are going to suffer, I'm going to suffer too."

**On Getting team from 2nd to 1st position...**

**Clark:** "I don't know. I knew to run a good race, you gotta start the race hard and I had seen that the other guys, I know they are great runners obviously 'because they ran a really good time yesterday, so I knew I had to take advantage and I took advantage by starting out fast so I can carry my momentum through the rest of the race."

*On Anchor*

**McBride:** "I was nervous. I saw Trayvon get the lead, I gotta hold the lead, you know. I can't let my teammates down. I looked up at the screen and saw where my homeboy was at. i just ran my heart off."

**Livingston:** "We all did good today, you know. We've all been working really hard, you know. A coach has motivated us, you know, to do better and everything, so you know we gotta give a lot of credit to our team."

### **4:15 p.m. - 4x400 - HS Girls Final**

Champion

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Pleasant Valley, Kaley Ciluffo, Carly Donahue, Claire Scharz Addie Swanson, Loyola, 3:53.65

Addie Swanson (anchor) On the win( Swanson fell after the finish) "We knew we had to give all we got. Even it met falling on the ground at the end. We told each other we would give it all we had and that's what we did.

"I got the baton I knew I had to track Assumption down and see what happens. When I was on the ground I saw they brought me the Drake Relays flag and it put a smile on my face."

## **4:22 p.m. - 4x400 - HS Boys Final**

**Albia - 3:18.90**

**Ryan Sarver (Jr.), Brett Leshen (Sr.), Luke Sarver (Jr.), Alex Schultz (Sr.)**

*On winning Albia's first Relays title ....*

**Alex Schultz:** "We were here last year, but didn't really make an impression. We had different goals and instead of just making it here, we wanted to win it and put us on the map. It feels amazing. Last year we also won our first ever state championship for our school."

*On competing against bigger schools ....*

**Alex Schultz:** "There's a lot satisfaction knowing that we're out there competing with the best and knowing that now we are the best."

*On his start to the race ...*

**Ryan Sarver:** "When I start a race my goal is to catch up on that stagger. I knew if I could make up that stagger, our team had a really good chance of winning. I had faith in my other guys to run through."

*On watching his teammates race ...*

**Ryan Sarver:** "I was nervous. We were in first and then second. Then the fourth leg, our anchor fought through and brought it home."