



## 2012 Big 12 Outdoor Track & Field Championships Notes & Quotes - Day 1



### Notes

#### Javelin Champion

##### Sam Humphreys, Texas A&M

- 78.98 meters (259-01) -- Big 12 Championship record, R.V. Christian Track Complex facility record, US Olympic Trials A Standard
- Back-to-back-to-back champion

#### Women's Javelin Champion

##### Brittany Borman, Oklahoma

- 55.21 meters (181-02) -- US Olympic Trials A Standard
- Borman is the first Oklahoma female to win back-to-back conference titles in two different events since Kellie Cathey won the 10,000-meter run in 1983 and 1982 and the 5,000-meter run in 1982 and 1981. Borman has won the Big 12 discus title in each of the last two seasons. She is also the fifth Oklahoma female to win four or more individual conference titles in her tenure as a Sooner, joining Cathey, Kay Gooch, Jane Clough and Cecil Hansen on the list.

#### Women's Hammer Throw Champion

##### Alena Krechyk, Kansas Jayhawks

- 69.02 meters (226-05) -- Big 12 Championship record, R.V. Christian Track Complex facility record, Kansas school record, IAAF Olympic B Standard

### Quotes

#### Men's Javelin Champion

##### Sam Humphreys, Texas A&M

*On what he wanted to do coming into the Big 12 Championship...*

"To get the Big 12 record. I've been over it since my freshman year. It's just amazing. I didn't feel like I hit everything right, but it just took off. It was 77, and I was, 'That's pretty good.'

*On the crowd and passing on his final three throws...*

"You get the adrenaline going in you and you want to hit it as hard as you can. After I got the 78.98, I just wanted to hit 80 meters. If would have hit the shot put ring, as long as it went 80 meters, it wouldn't have mattered to me. I had to force my coach to let me throw that last one. He said after the prelims to shut it down. I said, 'I got one meter to go, just let me do one more.'

#### Women's Javelin Champion

##### Brittany Borman, Oklahoma

*On her performance today...*

"I felt pretty good about it. I had a rough week this week. I strained my back earlier in the week, so it felt good to come out and (throw 181-2). The first throw was alright and then I struggled a little bit. I started to pick it back up at the end. Some of the other girls started throwing farther and it got me fired up a little bit."

*On repeating at Big 12 champion...*

"It feels pretty good. I think the team's going to do really well this weekend. I'm excited for everyone."

*On prelims and nationals...*

"Yeah, I'm excited. I'm excited to get back to training and have a couple of weeks to get things back together and get going here again."

#### Heptathlon Leader

##### Precious Nwokey, Texas Tech

*On finishing the day with a PR in the 200 meters:*

"That was very important because I was leading throughout the competition until about the shot put so I had to go out there and really compete in the 200 meters. I had to at least break 24 [seconds] to put myself back into the lead and put myself in a good standing to finish out Day 1. I felt like that was really good for me. I was really excited about it."

*On the momentum heading into Day 2:*

"It gives me a lot of momentum going into tomorrow. It just means that I have to come out here prepared and determined to get it done in every event from the long jump to the javelin and then finish strong like I did in the 200 and we will just see how the results play out."

### **Decathlon Leader**

#### **Isaac Murphy, Texas Longhorns**

*On his mindset entering the day...*

"I went out today and told myself I needed to have a solid day to set myself up to gain points for the team. I am on a good pace for that. I just need to stay solid, stay relaxed and have a good time tomorrow."

### **Women's Hammer Throw Champion**

#### **Alena Krechyk, Kansas Jayhawks**

*On her performance...*

"I was surprised that I threw that far. I'm proud of it. I'm really happy that I got the points the coaches expected."

*On her expectations when she came to Kansas...*

"I never thought I'd be this successful. I knew that Coach (Andy Kokhanovsky) would make me into a great thrower. I am proud of the things I have done, but want to keep improving."

*On her training regimen resulting in big throws this season...*

"I've had a pretty good year. It's been tough balancing practice and school, so I didn't expect to compete this well. Coach has been working me hard in practice. That has really helped me a lot."

### **Women's 10,000m Champion**

#### **Natosha Rogers, Texas A&M**

*On her mindset after finishing second twice at Big 12 Indoors...*

"I was sick of getting beat. So, I wanted to make sure this time. This feels really good to win."

*Her thoughts on moving up to the 10,000m...*

"I definitely want to pursue the 10k, I've always wanted to run it. We've been a little hesitant to do it this season. I guess this is a pretty good opener, so I'll definitely keep running it."

*On her kick with four laps to go...*

"It felt really weird, since I've never been in a race where I felt that relaxed before. It did gradually get harder. Then I just had a lot left at the end. I wanted to make my move before the 9k split, but I was being a little cautious. When Sutherland of Texas moved up to my shoulder, my fighter instinct took over. With all the miles I've been running in practice it felt pretty natural and good to close the race like that. I didn't know I hit it that fast though."