

Quotes Thursday USATF Championships

Men's javelin final

Sean Furey, winner with final-round throw of 272-7/83.08m

On winning his second national championship (his other USA win came in 2010):

"These are the moments that make you glad you stick with this. It's why I'm 32 and I'm still doing this."

On moving past leader Riley Dolezal (264-11) with his sixth-round throw:

"I said when I started throwing the javelin that I wanted to win 10 national titles. This is just my second, so I'm going to have to throw until I'm 90 to make it. On my last throw, I knew that I would at least finish second and go to worlds, but I stopped myself and said, 'No, you only have so many chances to win championships. Go for it.'"

On how far he's capable of throwing:

"I know there's a lot more. People would say I'm crazy if I told them how much more."

Women's 800m first round

Ajee Wilson, winner of first women's 800 heat in 2:01.96

On winning the heat

"My coach wanted me to go out and lead it, or try to lead it. I wasn't sure what Alysia (Montano) was going to do. At the top of the (final turn), he told me to bring it home."

Looking forward (semifinal Friday, final Sunday)

"I'm not counting anyone out."

Molly Ludlow, winner of second heat in 2:03.73

"I'm getting the cobwebs out, my legs were feeling a little flat because I've had zero practice this week really. Just getting the job done."

"I'm really glad the field is deep, 2:03 to win in the first heats. It's going to force me to move forward."

Brenda Martinez, winner of third heat in 2:02.33

"I felt relaxed most of the way. I tried not get overly excited. It felt good."

On her form this season:

"I've been a little inconsistent in my racing. I'm trying to concentrate on what I've done in training. We backed off on the some of the volume recently and I'm starting to feel more like myself .. snappier."

Chanelle Price, winner of fourth heat in 2:02.60

"Coach just said go out there, lead it and be smooth. Have something left. The goal is to make it to the next round."

On the depth of the field

"I love it, it's anybody's game. Just make it to Sunday. I love how it's wide open. There's no heavy favorites."

Men's 800 first round

Duane Solomon, defending champion and winner of first heat in 1:47.39

"There are certain times when I don't know how the body's going to react, like in New York. I've been running with a calf injury all year. But I was confident today and look forward to defending my title."

Erik Sowinski, winner of second heat in 1:47.80

"I tweaked my hamstring a little in a race in Birmingham (England), and I wanted to go out today and prove to myself that I've got it figured it. It felt good and I'm looking forward to Friday's semifinal."

Nicholas Symmonds, second place in third heat in 1:46.37

"I think the semis will be quite a bit competitive tomorrow. I probably won't goof around as much in those semis."

"I never watch rounds that much. I think they're a little anti-climatic. Usually the favors get through with not much trouble and a lot of times guys come out flat in the first round and great in the second round or vice versa so I just need to focus on myself."

Brannon Kidder, winner of fourth heat

"I just wanted to get out. Going into the second lap I got wide and started moving up. I moved up on the backstretch. It's just about getting to Sunday."

Women's 400 heats

Allyson Felix, winner of first heat in 51.40

"It's a little windy out there. I just wanted to get through (and advance)."

On whether she might run the 400m at the World Championships (she has an automatic spot in the 200 meters):

"I'll focus on this and see. I've got to make the team first (before deciding)."

Quanera Hayes winner of second heat

"I was doing what I need to do to get to the next level in my career. One of the main things I was working on is my third 100. We've been working on that in practice every day. That's what I was looking for."

Sanya Richards-Ross, winner of fourth heat in 51.93

"It felt pretty good - my first race in three weeks. I'm a little bit rusty, but I'm looking forward to (Friday) and then a great final."

Francena McCorory, third heat winner in 51.25, Thursday's fastest qualifying time

"It felt nice and easy. I'm happy with the time. I train in Virginia so the heat doesn't bother me."

On being in one of the U.S. women's top events:

"The 400 is always stacked, so I'm used to it. It's a lot of fun to run against such good competition."

Junior Men's Javelin

"How does it feel to beat your competition by such a large margin?" – Camelio:

"Really I'm not here to compete against other people. I like to compete against myself. However the marks landed that's just how it is. It was really just competing against myself and doing better than what I normally do or staying consistent with what I've done." – Thompson

"At what point did you know you were going to win?" – Camelio:

"I didn't know until after everybody got done throwing; until I passed the last one. Normally I pass on one by one. I don't want to pass all of them and then somebody beats me or two people or whatever. It's not over till it's over." – Thompson

"What was going through your head when you threw that winning javelin?" – Camelio:

"It felt good. I was really thinking about finally securing a spot and looking more forward to seniors." – Thompson

Junior Women's Discus

Josephine Natrasevski (Brown), first place, (175-7/53.52m)

On winning the event:

"It's a great feeling. This is big for me. I have Olympic aspirations, and this is one of the steps."

On returning to Eugene after placing 16th at the 2015 NCAA Championships with a best mark of 51.38m/168-7:

"I felt kind of flat at NAAs. I was really struggling with my energy level. Today was much better."

Men's 400 meters first round

David Verburg, winner of first heat in 45.20

"I'm happy with the outcome. The heat doesn't have much of an effect on us. We were training in 100-degree heat all last week so we feel right at home."

"The wind was a little strong down the backstretch and I'm not the biggest guy out there so I just held my composure and I knew the wind would be on my back coming home so I just waited."

LaShawn Merritt, winner of second heat in 44.95

"I just need to take it one race at a time. I haven't ran three rounds in a couple years. I'm pretty sure it's going to be hot in Beijing, so this is perfect weather to prepare me."

Marcus Chambers, winner of third heat in 45.27

"It felt smooth. I felt good. I just need to recover and see what happens next. Your confidence has to be really high if you want to race against these guys, and I think I can race with anybody. I'm just going to go out there confident and run my race."

"I'm not nervous, I'm confident. I know I can race with these guys. If I wasn't confident, I wouldn't run my race. I'd run a 46 and be out of here."

Vernon Norwood, winner of fourth heat in 45.49

"I can't make any bold predictions. I'm just coming out to do my best, shoot for the stars. I hope to do something big."

Men's 400 hurdles first round heats

Johnny Dutch, winner of fourth heat in 50.43

"I felt relaxed and in control. That was the most important thing for me, to qualify for the next round. I definitely have the confidence, this is about my seventh year here. It's more so just me putting pressure on myself."

On competing unattached

"I'm like a blank canvas, waiting for a painter to paint me. I'm blank, I have a support system in my family and even though I don't have a sponsor, I'm blessed to have people who love and support me."

Michael Stigler, winner of second heat in 49.66, Thursday's fastest qualifying time

Other than the final, the first round is the toughest race, because you have butterflies but don't want to waste too much energy. To get it out of the way and advance is the big thing."

Bershawn Jackson, winner of the third heat in 49.96

"The first round is always the hardest round. It's hard to go slow."

"My confidence is pretty high. Now it's time to reload and get ready for (Friday)."

Women's 100 first round heats

Jenna Prandini, winner of 1st heat

"I worked a lot with the trainers and they got me ready and I feel great."

"I was looking at the heat sheets and I was like, Wow every single person on here is really good. I was excited to come out here and compete against the best people in the United States."

"I'm really happy about my race. Any time you qualify is good, and I really executed today."

On running in front of the home crowd:

"I love racing here so anytime I get to do it, it's always special to hear all the fans screaming and yelling. I definitely get that sense of the Hayward magic."

Jasmine Todd, winner of 2nd heat

"That was absolutely outstanding for me because I felt so much better about myself after NCAA's running not too good of a race so I'm really happy to come here and make it to the semis so it's a great feeling."

On coming back from a bad performance at NCAA's

"I was so sad. I was devastated but I didn't really have the time to feel that emotion because I had another duty to do which was long jump so I kind of had to let it go to the side. It was a learning experience for me because I didn't run my race at NCAA's. I had a bad start so I freaked out instead of running my race but it actually really prepared me for this. I knew I needed to come out and run my race and do my best and use my top end speed."

English Gardner, winner of heat three

"It's the first round, I'm always the most nervous for that round. I just went out there and did what my coach said. He told me to run a good 60 and kinda shut it down. I used my peripherals to see who was around me. I'm happy I was able to run 10.92 with a reasonable wind. Not too shabby for the first round."

On Jenna Prandini

"She's an awesome runner, I had the honor to run with her, mentor her, coach her up for most of her college career. For her to be able to use what I taught her and get out there and run amongst the nation's best, I feel like a proud parent."

"The execution was a little rocky, a little shaky, I finally got the jitters out. My start in my opinion was horrible, but I'm glad it happened in the trials and not the finals. I'm gonna go back and watch some film, learn how to cope with the nerves and be ready to go tomorrow."

Men's 100 m first round heats

Isiah Young, winner of heat one in wind-aided 9.85

"It felt good. Today was all about execution and I think I came out and did that today. I have two more rounds to go so I'm still putting stuff together to make sure I'm feeling how I'm supposed to."

"I don't think my start was as aggressive as it should be but I still think I put enough together to win my heat and that's what the plan is - to go out and win my heat and make the team."

Michael Rodgers, winner of heat two in 9.92

"I kind of stumbled at the beginning, but coming out with the victory is pretty nice. Two more rounds tomorrow will tell a lot. The field is great, tomorrow will tell more, today we are all kinda spread out, we'll see a lot more tomorrow."

Tyson Gay, second place heat 3

"I just wanted to get through as easy as possible, my coach told me Remontay would run pretty well, so he just told me to gauge it off how I feel. I just wanted to run comfortable and make it to the next round. It felt good, I felt relaxed, wanted to get out there and get the nerves out of the way and go from there."

Trayvon Bromell, first place heat 4

"Over the years of running track, I've been in a lot of races where there's false starts. You just have to stay focused."

"I'm really surprised by my time because when I slowed it down, I didn't think I was going to run that fast. This is crazy because I wasn't planning on running that fast in prelims."

“It’s all in gods hands honestly to see how I recover and I’m just going to leave it in his hands to see what happens.”

“It’s all about having a championship mindset. A lot of people thought when I was growing up since I was young that I didn’t have that mindset but you have to understand that you can’t win them all. God has a plan for everybody. Maybe it wasn’t his plan for me to win NCAA’s but maybe it was for me to come out and make the world championship team. It all happens for a reason.”