



2006 SEC Indoor Track & Field Championships

Feb. 24-26 * Gainesville, Florida

Sunday, Feb. 26 Quotes

Jenny Dahlgren, Georgia, Women's Weight Throw Champion

On winning the weight throw:

"I definitely felt the pressure going out there because it was such a great field. I knew that my team was relying on me to get the big points, and I used that to give myself the mindset to have a very good series today. I had a lot of people tell me that this was in the bag, but I kept telling them that it was still a competition and I would have to do well to win. It's a great feeling."

Mike Morrison, Florida, Men's High Jump Champion

On setting a personal best jump of 7-05.25:

"I just tried to relax and perform the little things we've been working on all year. I'm really proud of my team and proud of myself and hopeful we can continue to do well."

Beau Walker, Alabama, Women's 55 Meter Hurdles Champion

On winning the 55 meter hurdles:

"SEC Champion is a great title to have. This meet is really big, and just to be a part of it is a big deal. To make the finals is even better and to win it is great."

Aries Merritt, Tennessee, Men's 55 Meter Hurdles Champion

On his performance in the finals:

"I really didn't feel any pressure, but I knew I had to come in and execute my run. I was kind of tired from the 200 meter run yesterday, but I'm glad I made it through. The time was slow for this particular meet, but it will be faster by nationals."

Kerron Stewart, Auburn, Women's 55 Meter Dash Champion

On being the underdog and winning the race:

"I came in here, not ranked, not noticed and probably overlooked by my competition. But I work hard with my coaches, I train hard everyday, I listen to what my coaches tell me and today I came in here and did what they told me to do. I feel great right now."

Levern Spencer, Georgia, Women's High Jump Champion

On winning her first SEC indoor title:

"I'm really thrilled about it because it's my first indoor meet. I had specific goals in mind for this meet and I think I achieved them. I'm just happy for winning this meet."

Natalie Picchetti, Georgia, Women's Mile Run Champion

On her come-from-behind victory:

"I'm pleased with my performance today. After running cross country I really wanted to get back into racing, develop good habits and score some points for the team. It definitely feels great to be a champion."

Said Ahmed, Arkansas, Men's Mile Run Champion

On the tight race with Florida's Shane Stroup:

"It was fun. I wanted to defend my title. This is my senior year and it's the third to last race of my college career, so there was no way I was going to lose. This guy (Stroup) was great. He challenged me last year at our house, and he challenged me again this year. What a race."

Xavier Carter, LSU, Men's 400 Meter Dash Champion

On winning the race:

"It always feels good to win. I raced well - I felt good during the race. I'm looking forward to the 4x400 relay; hopefully we can get the win there too."

Michelle Vaughn, Auburn, Women's Triple Jump Champion

On winning the event:

"The competition went back-and-forth, but I had to stay focused and do what I had to do. Yesterday I had a little bit of a setback, so I knew today I had to be perfect. It was hard to stay in the center of the runway because of the bumps, so you have to use your technique and adjust."

Penny Splichal, Arkansas, Women's 5000 Meter Run Champion

On winning and her strategy for the run:

"I am just flabbergasted right now. This is beyond my wildest dreams to get a second win at SEC's. It's an unbelievable feeling and I just thank God. I wanted to take the race out at an aggressive pace and see if anyone wanted to come play with me. Thankfully my strength carried me through and I'm very pleased with the results."

Shay Shelton, South Carolina, Women's 800 Meter Run Champion

On what winning the race means to her:

"This was a struggle. Nobody really knows what I've been through and what it's taken for me to get to this point. But throughout everything I've stayed positive. I just thank my mom, all of my family and especially God because without him I wouldn't be here at all."

Peter Etoot, Alabama, Men's 800 Meter Run Champion

On winning the title for the third time:

"It feels good. It's very nice to come out here and race well like this. I'm proud of myself for recapturing the title."

Kerron Stewart, Auburn, Women's 200 Meter Dash Champion

On winning her second SEC title of the day:

"First of all I would like to thank God, because without him I could not have done this. It's a great feeling, but I knew I could do it. I just thank God for the strength, and I thank my coach for everything, and my family as well for supporting me. It's a good feeling to be able to get points for my team, because I want us to win so bad."

Kelly Willie, LSU, Men's 200 Meter Dash Champion

On

"To just come out here and win is a blessing in itself. Since it is my last year, I can't really express the feeling. I love being out here. I love competing. I thank the Lord I could come out here and compete at this level and do my best. In this race I got 10 points for my team, earlier I got eight, so that's 18 points I've gotten to contribute to my team. Hopefully we can get some more points from some other areas and rebound."

Peter Kosgei, Arkansas, Men's 5000 Meter Run Champion

On working as a team:

"This felt pretty good. I just wanted to help my team. We help each other throughout the race and do what we can to win the race."

Gavin Ball, Kentucky, Men's Shot Put Champion

On winning his first SEC championship:

"I've been coming off of one injury after another, so it's nice to finally have this. (Corey) Martin was definitely the favorite coming into today after winning the weight event, but it's hard to double on consecutive days."

Lavera Morris, Kentucky, Women's Distance Medley Champion, First Leg Runner

On winning the race as the underdog:

"Last year we actually finished third with a freshmen and sophomore team, and this year we were just trying to come back and do the same thing. We ended up doing better than we thought we would. We just ran hard and it paid off."

Michael Hogue, Tennessee, Men's Pole Vault Champion

On winning the event six weeks after being in the hospital:

"It has certainly been an adventure; I have so many people to thank. My teammates have been incredible. I never realized how close of a family we are until I got injured. My hospital room was filled with guys every night. They've been really supportive."

Jaanus Uudmae, Arkansas, Men's Triple Jump Champion

On competing with teammate Nkosinza Balumbu in the finals:

"Yesterday I was third in the long jump and took six jumps, so today I was a little tired. In the second round, Nkosinza (Balumbu) passed me, and I got so fired up and come right back and tried to beat him. He's a freshman, so he can't win yet."

Carlos Phillips, Florida, Men's Distance Medley Champion, First Leg Runner

On winning the event and defending the Gators' distance medley title:

"I think it's amazing we got the win in this event. It's my first year here, so it's great to come in and contribute to the team. They won this event at SEC's last year and we wanted to come back and bring the title home again."

Deonna Lawrence, LSU, Women's 4x400 Champion, Anchor Leg Runner

On running anchor and what it meant to contribute to a relay win:

"It feels good to get the win. We haven't really been having a good day today. I fell in the 400 earlier today, so it just feels good to be able to run anchor for my team in this event and contribute to a win. We won this race here last year so it's nice to get the title back."

Kelly Willie, LSU, Men's 4x400 Champion, Lead Runner

On team's accomplishment:

"We have high expectations to come in and perform the way we are capable of performing in the past. Just to withstand all the adversity that has comes in front of us makes this more meaningful."