

Flash quotes

As of SAT 25 MAY 2024

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Beatrice CHEBET (KEN)

10000m Women

For Paris, I'm going to double. But my target is to run 5000 first, then 10,000 comes second. Because this is my first 10,000 outside the country to run, and I'm so happy to run 28, a world record. The last lap just motivated me, especially when Gudaf dropped. Then I realised Oh, I am the best, so I can go. I just want to thank my management, my coach and everyone at home for their great support. I did very well because I see my body was responding good. I say because Gudaf requested a world record, let me go with her and see how my body responded, and the body responded well then I decided to go.

25.05.2024 03:40

Daniel MATEIKO (KEN)

10000m Men

This is actually a big motivation for me. Actually, from now I see myself in another level and I'm hungry for more. It's all about the confidence that I have, I believe in myself that I can do it that is why I was able to stay with the the light until then. We have a good coaches and also the good management. We are doing a good program towards this trial. The program was perfect. I'm so very, very happy for this win. This is my second time competing here in a Eugene track and I'm so very happy. I was not expecting this one despite the fact that I was doing the marathon training.

26.05.2024 03:46



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Camryn ROGERS (CAN)

Hammer Throw Women

I'm super excited. The Diamond League, I think to compete in for hammer throwers is always a dream. And so for them to host it here at Pre, such a world-renowned track meet that so many incredible athletes come to, it's incredible. And especially to come back to a track that I feel like I've competed very well at over the years and just to have so much fun with such a great group of women, like it's the best feeling in the world. An Olympic year is always going to be absolutely huge and I think for us, to plan it out takes time and a lot goes into it. I mean, it's years of work in the making. And so coming into the season, we definitely wanted to build up to the big moment in Paris. We're just taking it one step at a time, looking to improve every meet and go in there and just be a force to be reckoned with. One of the things that my coach and I have tried to implement into our training for years now is just consistency and being able to do it when it counts. With the group of women that's going to be [in Paris], I think hammer throw has to be one of the most stacked events and I'm sticking by that. I'm sticking by that fact because I mean, Brooke, Deanna Anita and I are all four of the top five women in the event in history. And that's to have that all come into an Olympic games. It's going to be crazy. And then on top of that, you have Janae, you have so many other amazing athletes who are out here putting in the work, doing the time. They're going to come in there with the same goal that I have and it's going to be a battle to the end, but I can't wait to be in the mix.

26.05.2024 04:05

Gerald DRUMMOND (CRC)

400m Hurdles Men

In the final 100 I see the possibility to win, so I take it. It is my first time only, so I don't think so, but I win. So I'm very happy for that. My goal is I want to be in the finals, so I want to train for that.

26.05.2024 04:19



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Rasmus MÄGI (EST)

400m Hurdles Men

Mostly it was like a rust buster. It was my opener, so I just wanted to get it over with. I've had a solid block of training, so just wanted to see where I'm at. All in all, things kinda worked out, so I know I'll be better in a few weeks. I think my race strategy strategy has been kind of consistent. Just got to be ready to race. I definitely need to improve my first part of the race. That's the most important thing, I guess. And I think every race I'll get smoother and smoother.

26.05.2024 04:27

Ferdinand OMANYALA (KEN)

100m Men

It's always a good feeling, seeing Kenyans around the world supporting you. It's motivating honestly, and I feel great that I'm giving them something that's exciting. This season is all about progress and I'm glad that the progress is going on well, and we want just to time that Olympic period and get it right then.

26.05.2024 04:29

Christian COLEMAN (USA)

100m Men

I feel good. I feel like I'm in the best shape I've ever been in and I feel like now it's just mentally putting it all together and doing what I know I'm capable of on race day. Every race is different. I was happy I was able to execute today, come out with a win, and we'll go back to the drawing board and be better next time. I felt really good today, but then you can't really control the elements and other factors, wind and all that. So you just take what you can. I feel like it will take care of itself as long as I just do what I know I'm capable of. So I'm in a good spot. I'll talk to my coach and will adjust and be better next time.

26.05.2024 04:41



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Brandon HICKLIN (USA)

100m Men

Going forward. I know I need to work on. I need to execute my own race and not feel a little pressure. I know after all the training I've been through, it's more so like, yeah, I'm here to compete than to have fun. I want to show the world that jumpers can run too. It's more so working on my block start and working on my transition up, you know, just holding it. The faster I move my hands, my legs will move. Jumpers don't even get the recognition for being able to sprint. I'm just here to be able to say, hey, look, us jumpers can sprint too and just cause we're known for jumpers, sometimes jumpers can be the best sprinters too.

26.05.2024 04:48

Tsigie GEBRESELAMA (ETH)

5000m Women

It was nice. It was really hard but I run PB, so I'm very excited. I'm very happy. My training was really hard, so I expected.

26.05.2024 04:49

Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women

This year I kinda took time. I don't feel like I have to rush for everything and be so perfect early on. I'm gonna peak at the right time. It's just like enjoying the process. I know the pressure that I put on myself, so I'm not doing that no more. I just wanna enjoy it. Before I was just putting so much pressure on myself. I was just competing, wanting to not let nobody else down and I wasn't really taking care of myself. So now it's like I'm just gonna run and enjoy what I do. I think my block start was a little better today, but it's slow to get there. At this point I just gotta get the races in and get prepared. We don't have much races as hurdlers, so we're just out here trying to figure it out...it's a reality. I can say I'd be upset and dwell on it, but there's no point; it's not changing anything. So you just gotta figure out what meets I can go to--everything's in Europe from this point. So just gotta figure it out from here.

26.05.2024 04:57



Cyréna SAMBA-MAYELA (FRA)

100m Hurdles Women

I didn't really have any set goals except winning that is always in the back of every athlete's mind. But today I just wanted to execute everything that I'm doing in training and getting ready for the Olympics. Because I know I will meet those girls again, so getting used to it and execute the best way possible. I didn't have time to relax. I give my best from the beginning to the end. I was under stress as if I was in the middle. What I'm doing right now, getting used to running with those girls because they are always doing the final and all of that and being able to execute the same thing I'm doing at the training, giving my best, being happy. The European Championships are coming soon. So I'm getting ready for this. It's also gonna be a kind of a training for the Olympics with a championship condition. So I'm really excited about it. [about the Paris Olympics] It means the world because I know there will be all my family, all the people that support me, all the French people and I'm so excited to be able to represent my country in the best way possible. And I'm sure it's gonna push me to my best.

26.05.2024 05:07

Daniel ROBERTS (USA)

110m Hurdles Men

I think the start was really raggedy. Like my first three hurdles was not good at all, floated over them. Once I got in the rhythm and got like feeling out the race, it was a little better, but there's a lot of things that did not go well. So I'm not happy at all, to be honest. I'm just focused on the technical part, staying in good position. Being in the best position to use all the strength that I built, the speed that I built, and just carry that through. I've been having good reactions and push through the first hurdle, but my first few hurdles haven't been the cleanest. It's been a little sloppy. So once I clean that up, I'm not worried about the rest to be honest, because I know how to compete. I know how to race, but just setting it up a whole lot better.

26.05.2024 05:15



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Grant HOLLOWAY (USA)

110m Hurdles Men

Viva is worldwide. I just wanna be able just to go out there. Obviously the fans knew I had put a tweet out, so I just want to continue just doing that. I guess that's a new tradition. It's definitely a building block but I think I could be better. Going forward, I just want to continue just to build off of that. The race is gonna be a little sloppy. It's still end of May, but, going forward, we just continue to build off of that. Staying consistent. I mean, throughout the years, I've been running high 12.9s, low 13.0s, and I think that's what it takes. Obviously on any given day, it could be faster, it could be slower, but I just want to continue to go out there with an attitude of winning and we'll see whatever that falls into. Jewelry is one of my new sponsors, David Yurman Jewelry. It's been great, obviously came out for a little bit of bling today in the Diamond League, but it's been great. I'm excited about it. Just resting up until Olympic trials. Having that performance under my belt is just one of the things and I just want to continue to to build off of it. It was a fun race. The atmosphere, the crowd, you relate to tracks that you ran fast at. So I just want to continue to do that and it's been fun.

26.05.2024 05:23

Diribe WELTEJI (ETH)

1500m Women

I've been waiting for this race for a long time. I was just hoping to run a good time, but I'm really happy with how the race turned out. Training has just been going much better as of recently. It's taken a little while to get to this time. But now everything's good. Just looking for better results as the season goes on.

26.05.2024 05:34



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Jessica HULL (AUS)

1500m Women

I think it played out pretty well as we sort of thought it might for 1200m, and then I just had to trust myself somewhere in the last 300. And I kind of feel like I'm gonna go and I was like, this might be a little soon but Haywood Magic. I'm a Duck so it gets me home. It just feels like home. It's so calm. Everyone looks after us so incredibly well and it just sets us up to come out here and perform on the day and yeah, it was awesome. It's nice when you run out onto the track and you hear people say, go Jess, it's like, yeah, I'm home. Last year I ran 3:57 which is a big PB at this time of year and I stayed there all year. And I kind of think to that next jump, I need to be a 3:55 woman or faster over and over and over again this year. So, starting here on the 25th of May is really exciting. I think I've made a really big jump in training this year and I think a big part of that is going to help me over the last 300, 400 of the race, and today I was working on some things and I think I did them quite well. So I thought I'd just keep building and I still got to get a little bit better at the last lap. Just trying to become more efficient at that pace, which means I've got to do a lot of slightly over and slightly under that to feel good in the 62 range and it's been fun. Training is really, really hard, but I'm seeing the benefit and when you come and have a race like that, it makes it a bit easier to go back and put your head down and stick to the grind. It's just a mindset. You just have to put yourself there and if your fitness is there too, it's gonna match up.

26.05.2024 05:44

Laura MUIR (GBR)

1500m Women

I've not run a track race this outdoor season yet and not ran a 1500 since the Diamond League final here last year. So yeah, really happy that that's my fastest ever opener. I want to be in the best shape I can for August, so it's a step towards that to run 56 in May. It's very promising. I knew the girls wanted to run quick, so it's a matter of trying to hang on as best I can. [about Olympics] I'm gonna give it my very best shot. I'm one of the few people who's been there and done that, and that gives me a lot of confidence to know I've done it before. And hopefully I can try and do it again. I'm really, really happy with it, to be mixing up with those girls who've raced before for me.

26.05.2024 05:51



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Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women

Feeling good today and feeling happy with the result. It's the next step to get to Paris and do well in Paris. Hope to keep getting better and reach 15 meters.

26.05.2024 05:57

Emily GROVE (USA)

Pole Vault Women

I just trust in my training and what I'm trying to do, and I just stay focused on those goals and try not to lose energy on anything that I can't control. A little bit of the timing at the take off for sure, I'm still quite rusty on. So if I can clean that up, I'll be very happy. I love Katie and she's been struggling with an injury. So it was really good to see her back on the field and she's got some timing things too and she knows she'll just fine for the trials. I have certain things I know I can get better at, so I just stay focused on working on those in the off season. I'm always mental prepping those things, keeps me motivated.

26.05.2024 06:01

Peruth CHEMUTAI (UGA)

3000m Steeplechase Women

I struggle for under 9 but today I run 8:55. I'm so happy. The track is nice, the people are cheering. I'm going back to to train for Paris because I need to defend my title in Paris. It's my biggest thing to defend my title.

26.05.2024 06:02



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Courtney LINDSEY (USA)

200m Men

I like to get out and see where I'm at on the turn. And then once I got off the turn, I just finished strong basically. So I feel like I did a little bit more of that today than I did in Doha. So it's coming all together for trials and I'll be ready. Staying healthy, staying in shape and keep getting technical things down and making sure I get that finish, getting it strong and stuff. We're all humans and we do training and stuff. But hey, the only thing that matters is trials and making a team. When we get the trials, whoever show up, show up and may the best man win.

26.05.2024 06:06

Kyree KING (USA)

200m Men

I feel like I've been pretty consistent. I'm ready for a drop. Every time I hit the track, I come out and execute pretty well. The times aren't replicated from what I really expect, but I'm very consistent. So at the right time then everything will happen together. I train with the best in the world. And I'm right there with them; I'm one of the best in the world as well. So we come out here and it's like practice, we just come out here and we know what we can do, we know who's gonna do what. And that's the same thing that's gonna be at trials, the same thing that's gonna be in the world. My goal this year is to win. I'm not coming for nothing else. I'm coming for the double. I'm trying to get on to relay, we're gonna get gold. I'm trying to get for three golds as well. You guys know I love it here. The crowd is electric. I mean, it's amazing here. I feel like I feel the love every time I come out here. So this is easily one of my favorite tracks.

26.05.2024 06:10



Kenneth BEDNAREK (USA)

200m Men

My goal is just to come out and compete and win. And that's what I did. I'm happy about this performance because the weather is pretty cold. So I wasn't really worried about the times. I ended up stumbling in the beginning of the race and that was kind of like, oh crap moment. So I just collected myself and got the job done. Just making sure just stay focused, get back in the zone and stay and relaxed and then everything else will come forward, not trying to put too much pressure on me and just relaxing. Trust my training, trust my coach, I've been here before so no reason to put too much pressure on myself. I just treat it like any other meet--go in there and, and execute it and I can win the thing. We're all about elevating every single year and I don't want to go backwards. So this year I'm going for the gold and you know, I'm a vet now, so I know how to get the job done. I have a strictly just gluten free diet. Instead of having dairy like almond milk and all that stuff, I just drink raw goat's milk and all that stuff. So I was just trying to stay more organic and raw and farm to fridge lifestyle. So that's been helping me out a lot. If your body's already dealing with stuff, you're going to run a little bit slower because your body can only work on so many things at a time. The times will come. Could be 20.00 that wins the race 19.1. I don't care. But as long as I'm going through the finish line first, that's what matters.

26.05.2024 06:15

Jemma REEKIE (GBR)

800m Women

I am still not quite what I want to be, but it's a good start to the season. I think I needed to come out a little bit more on that last 200. But, I'm glad I hung back a bit because it went real quick. Definitely knew it was gonna be fast today, we come here and it's always a good field and a really quick time. So, yeah. I think I judged it well, but I just need to sharpen up now.

26.05.2024 06:31



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Keely HODGKINSON (GBR)

800m Women

I knew I was in this kind of shape coming into it, but it doesn't really matter when you're racing these girls-- it's all about what they're gonna do, what are you're gonna do. All that tactics and stuff. I just learned to enjoy it. I think that's a big part of it and I just can't wait to keep coming out here, producing good times, producing good races and just being consistent. And I think that final in Paris is going to be insane. But I just hope to be a part of it and really challenge for the top place. Just the depth we have right now. Like there's new people coming left, right and center all over the world. Luckily I have an amazing coach that does everything for me. I just turn up and trust him. I've been with him for a long time now, so I think we just have that belief that we can do it and yeah, it's down in the numbers, so we just got to keep going.

26.05.2024 06:34

Valarie ALLMAN (USA)

Discus Throw Women

I was so excited to be here at Hayward again and you know, especially in 2024. This is a place where like I want that magic to happen knowing that our Olympic trials will be here in a month. For me, a lot of it was kind of just getting back in the stadium, feeling comfortable knowing that I can show up and I can execute. It was kind of one of my rougher [competitions] this season, a bit like up and down trying to find my technique, but I stayed in the fight and I feel proud of that. The competitors this year are strong and everyone is going to all of these big competitions so to see each other so much this season. It's really intensifying the battle and gonna make for a really great and exciting second part of the year. In some ways, I feel like I'm getting ready to compete at my first Olympics with just how different my life feels, how different the world is going into this summer in 2024. At the end of the day, I know that I'm my own biggest competitor and I'm just going to continue to try to push myself and show up and really leave a performance I'm proud of. I know it's going to take that 70 m type throw to walk away with gold. I feel so incredibly fortunate to have a coach that I trust completely. I feel like I'm here with like 20,000 of my friends. You know, these people, I'm so grateful that they've been following my journey since I was here as a world junior American...to have people that love track and field, they've been following along on the highs of my journey, the lows, people like that really make this sport so exciting and so meaningful for the athletes. So it was really special today.

26.05.2024 06:41



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Sha'Carri RICHARDSON (USA)

100m Women

It's always magical running here and of course, I don't have to travel too far, so I enjoy definitely coming to Hayward Stadium and running.[about Olympic Trials] Just continue to prepare in the way I've been preparing like another race. We've been preparing since the fall, so in a couple of weeks, there's nothing new.I feel like my performance reflects my training as well as my mindset and as well as my faith, continuing to understand who I am and develop me as a person, as well as an athlete and a woman.

26.05.2024 06:51

Julien ALFRED (LCA)

100m Women

I do want to win, but I'll take second for now.I think I kinda panicked a little at the end, so I think I have to look at my ending.I'm just focusing on the execution. I think before I would go out and just compete, but now it's just focus on execution and just trying to do my best and prepare for the Olympics. The last part of my race, I think it's always been a struggle of mine where I can't really stay upright the last part of my race, but it's just going back to the drawing board and trying to just stay up right the last 40, 30 m.I have my struggles to be honest, especially when it comes to confidence, when it comes to just not putting too much pressure on myself, because last year has such a great season. I'm becoming a pro, I'm putting the same pressure on myself to do well. And sometimes I can get in my own head and in my own way. So just taking my time, I'm just giving myself grace. It's my first year as a professional. I'm just trying to take one step at a time.

26.05.2024 06:58



Flash quotes

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Josh KERR (GBR)

1 Mile Men Bowerman Mile

I wanted to win and I knew it would take something along those lines to go out and win. I wasn't focused on the time and trying to find comfort in that first 800. I was able to find that and then press through the field and 600 to go, I thought, you know, what, why not, why not take it on and press and scare myself a little bit. You need to take the lead at some point in the race to go out and win it. So why not take it out when, you know, it's early in the season and everyone's kind of not trusting their instincts quite yet. If anyone's going to do it, I'm going to do it. These guys I'm racing against are going to get better and better each month, and I need to do the same to try and stay ahead. I've got into this position because of hard work and determination and the right staff around me and I'm going to stick to doing that for the rest of the season. There's a certain standard that happens within my team and within my group of employees and workers, and that standard is extremely high. And if I want to keep that standard of them, I need to keep that standard of myself. I'm focused on the present. I'm going to take it race by race, but some great signs for the future. I think you've got to weigh yourself up against some of the best, and I think bar maybe one or two, that's got every single best miler in the world cherry picked into this situation. So it's a great position to be in right now. [about the 1500] I think it's the right balance for me between strength and speed and it keeps everyone entertained. So that's what I enjoy doing. [about the Olympics] I want to get that title and then I'm going to have some real fun with lots of different records and distances and stuff, but that's the last one to check off of childhood dreams. And then I can go out and try to entertain the people as much as I can.

26.05.2024 07:08



Jakob INGEBRIGTSEN (NOR)

1 Mile Men Bowerman Mile

It's a very good start, definitely better than I was fearing. I've been injured and lost a lot of training. So you never know 100% how it's going. But if one thing is for sure, it's that if you're not able to do the work, then you're losing in fitness. But at the same time, I know that every day from here I'm gonna be better. I think I'm going to win both in Paris. But if that is to happen, I really need to have a flawless next two months. Which I believe that I'm able to do. With this race, I think, I can definitely reach the same fitness that I had last year, if not better. [on training by himself] My specific work is sometimes a little bit faster and maybe out of sync and rhythm from the rest of my group. It's all about consistency and especially in my training philosophy, if you lose that consistency, everything kind of breaks down. I think it's very important to surround yourself with a group of people that can really help you through it. And I'm here and I'm fighting against the best in the world already. I think it's a very honest event in athletics, usually the strongest runner wins. I was definitely not the strongest, but I'm not far behind. So I definitely believe in myself and I believe in my work. I think we can have a very exciting summer with a lot of good fighting and good competitions. But of course I believe I can come out on top. [on Norway] Even though we're a small country, we still put a lot of pride in sports and in ourselves, which I think we can, you know, fight at the biggest sports in the world and be at the top level and also succeed quite a lot. I think that's very cool. Sport is a, is a great arena to kind of try to create something because it's so honest with the competition and competitors, so you really need to just set the goal for yourself and you have to work hard to reach them, and we show Norwegians that we can do whatever we want. And that's amazing.

26.05.2024 07:20



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Joe KOVACS (USA)

Shot Put Men

I think every event has something that mark you want to get over. Sometimes it feels like it's a wall. I think there's a lot more in the tank, but we were really preparing for the Olympic trials. I'm trying to make sure my minimum level is super high. I'm kind of maybe a little bit more conservative in the technique right now because I want to make sure that no matter what, I'm in the ring, I'm throwing far. I can punch a ticket on that team because once you do that, you can have a little fun. Get wild. That's where the real far throws come. It's all Ashley. You know, she's the boss at home as my wife and of course, when we get to the track. Because for me, I end up going down some rabbit holes I don't need to and she zaps them before they happen. The effort that we are putting together as a team, I wouldn't be here without her. I wouldn't be enjoying this without her. When we go to the trials, we're getting the job done because of course you want to win that meet. I think Ryan will throw farther this year. I think I'll throw farther and I think it's not out of the question to throw another meter farther than we did today. But that's going to come with the stress off and the excitement and when we can just roll the dice because when you do that, that's when the real whips and the launches come and that's when the excitement comes after. If I can throw a PR, I'll be proud of that day. I know there's guys behind us trying to take myself Ryan and whoever's next after that spot. So you got to just keep rising the level and keep running away from it. And I hope that I'll be doing that right

now.
26.05.2024 07:27

Jake WIGHTMAN (GBR)

1 Mile Men Bowerman Mile

I could have chosen it, maybe it would have been a little bit less deep, but it's nice to race the guys that hopefully will be there on the big stage in July. It's good for you. Because I missed the whole of last year, you get understandably that not really mentioned. I've got to prove myself again this year. You don't get any guarantee to be back at the top, so I've got to work my way back there this season. I didn't really look at the time. I knew if I was to get myself in a good position early and be competitive, the time would come, which it did. <i>I just wish I finished a bit high up.

26.05.2024 07:35

