

Flash quotes

As of SAT 5 JUL 2025

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Ethan KATZBERG (CAN)

Hammer Throw Men

"I felt really good. I had a good first throw at 80 meters and I thought I could put a little more on it."

"It was a good day, but not enough for the win. Rudy, he killed it out there, he did an awesome job, but it was a really awesome competition."

"It's pretty incredible to see where hammer throw is going, and everybody is throwing unbelievably far right now so it's really exciting."

"Coming off of an Olympic year, people are motivated, they might not be super happy with the results they had in that season and they want to prove to themselves that they have more in the tank. And everybody's proving to themselves that they have way more in the tank. It's unbelievable performance coming out right now."

"Right now is a very heavy training block, coming out of the European season. I'm happy to throw 81.73, it was a good result for where I am at right now, but I definitely want to get some time into training and build into the rest of the season."

"I'm definitely not in my peak shape right now in the season...so it's definitely a little bit slower, keeping the pedal to the metal on heavy training and just getting some better shape in the gym, in the circle, and stuff like that. It's definitely just slowing it down and knowing that we have a long ways to go."

"This could be a world final, this is top class of athletes. You're competing with them, familiarizing yourself with where they're at this year. Just getting that experience is incredibly important, if you don't do it I think it's really hard when you get to the majors if you're not familiar with who you're competing with. But they're all good guys and it's a lot of fun throwing with them."

05.07.2025 11:44



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Rudy WINKLER (USA)

Hammer Throw Men

"My training this week was very bad, so I kind of came into this like zero expectations of like 'whatever I throw, I throw,' so I was super surprised by that today."

"I train out in Washington D.C. so we had some of the worst humidity and heat in the country this pas week, so that was really tough."

"I was coming back yesterday in my pre-meet so I was like, 'right I just need to get some throw in and see how I'm feeling tomorrow.' And then in my warmups todaz I was like 'right, I'm back to where I was and can throw far today.'"

"I know I always throw well here. My last American records was here at trials in 2021. It feels good to be back. I love Eugene. I love the stadium. It's always fun to throw here."

"I released it and I felt like it could be a PR. I saw it land, and I was like 'it looks like it could be a PR,' and then it came up as '83 and then I kind of blacked out for a few seconds, but I had to regain my composure from my last couple of throws."

"It's good to know that what we're doing is working and I'm able to throw far even on weeks where I don't feel very confident in my technique; it's a huge confidence boost. Today, if Ethan popped out with '84 and beat me, like if I throw '83 and get second, I'm not going to complain, so it just gives me confidence in myself and that I have that in me and can pull it out when I need to."

"I'm 30 now; You don't usually peak as a thrower until your late 20s and early 30s. I think in 2021 I was throwing it really far, but it was always kind of like 'what the heck just happened? Why did I throw that far?' Whereas this year it's a lot more consistent and my training is lining up with how these meets are going, so I think it's just experience, confidence and consistency overall."

05.07.2025 12:08



Flash quotes

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Edwin KURGAT (KEN)

10,000m Men

"It feels really good. It was really confusing at first to know what pace we were going. I just knew I want to get a good time, and at the same time I want to get a qualification for the World Championship. And so I knew, I had to be really mentally ready to secure it. So I just had to chill, relax, try to go with the 26:40 pace."

"Now I think I'm ready to work on my speedwalk."

05.07.2025 12:19

Ralford MULLINGS (JAM)

Discus Throw Men

"It was pretty good; It was my first ever Diamond League, so it was good to come out here and perform, repeat what I've been doing and practicing stuff."

"I didn't really have any expectations, to be honest, I was just trying to stay poised, come out here and compete."

05.07.2025 12:24



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Biniam MEHARY (ETH)

10,000m Men

"I actually had no idea at the time, I was just trying to be competitive and have a time that was close to my personal best, but it was more than I expected. I got first and that's it. That's the thing that every athlete wants."

"It was a little bit hot, but you can see the crowd, how they are cheering for us, and so it was amazing."

"My goal is to the World Championship, so I'm gonna prepare for that this season."

"It's a lot of excitement, my age is like you said, it's really great for me. It's a big achievement."

05.07.2025 12:28

Mykolas ALEKNA (LTU)

Discus Throw Men

"It was amazing. It's my new home, Oregon, so I love it here. The crowd is amazing. After a tough National Championships, I'm back, feeling good. Hunger is back, everything's back, and I'm ready to improve and win World's this year."

"I feel welcome here. I chose Oregon because it's a track town. Everyone loves track and field here, amazing coaches."

"Throws were good, can't complain. Everything's perfect."

"I think it's all about consistency. This meet showed that I'm more consistence. Didn't foul a single throw, all of them were over 67, two over 70, so I think I'm on the right track. And I hope that leading towards Worlds, I'll get even better, more consistent over 70."

05.07.2025 12:28



Flash quotes

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Orla COMERFORD (IRL)

100m Women Mixed Class. Para Athletics

"I came in feeling really good, really strong and very confident and really excited to be here at Pre, and it's a real honor to be invited to be part of such a strong field as well, but unfortunately performance just wasn't really there for me today. I had a really bad stumble out of the blocks, but no excuses, just go back to the drawing board and make sure that when we step out next, we're looking toward those personal best world records. But look, World Championships at the end of the season is still another couple of months away, so we have time to work. I'm only dissatisfied I didn't put the best foot forward on such a momentous stage, but still very honored and privileged to take the win and to be here."

"My creativity is a way that I express myself on the track. It's a way that I find creative solutions and challenges at the track, especially being visually impaired, like how can I think outside the box, how can I do things differently than other people, and I suppose that all ties back to how you make good artists, how do you go outside the box, how do you do something someone hasn't done before and how do you do something that inspires you and so I think they're very important to the ebb and flow of my life."

"I think all of us in our class at the moment are all looking at that world record, we're all looking at gold and I do really think the rising tide brings up all boats, you know what I mean? We are all very ambitious, we have all worked very hard and I think those times are getting faster, faster and faster and that's a good thing. It pushes me in training, it keeps me humble, it keeps me honest and I think it's really, you know, shoot for the stars and if you land on the moon, great."

"I think patience has to be (one of my takeaways). It's a very long season this year and I think as athletes we always want more and we want it now and we want the rewards and we want the results and the accolades, and I think patience and being present in what we do is really important."

"It's a real honor and I hope it's not my last time here. It's a great, great crowd and a great audience. Everyone at Pre just puts on a real spectacular show and it's a privilege to be a part of it, so thank you for having me."

05.07.2025 12:36



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Salum Ageze KASHAFALI (NOR)

100m Men Mixed Class. Para Athletics

"Yeah it's a big win, especiallz when I race against Noah Malone, he's one of the hardest competitors in the sport. So it's a big win, I'm happy for it."

"It's the people. It's how it's pulled together. It's the best competition in the world. Just the energy of being here is amazing."

"I've been struggling a lot with knee problems for three months...where I win, I didn't believe it. Ball of emotional happiness, thank God."

"It gives us a big platform to show people that we train hard and we're fast. And it pushes me, when I run with different classifications, it pushes me to be the best."

05.07.2025 12:40

Brooke ANDERSEN (USA)

Hammer Throw Women

"I'm not at all disappointed with today, I'm actually really happz. Showing that much consistency, getting all six throws in is really huge for me. I didn't throw a 79 or anything, or my season's best, but I'm really proud of how I did today."

"I just didn't have as much intensity on the throws today, I felt a little bit sluggish. If my coach and I can time it up right for USAs, we'll be rocking and rolling."

"It's really nice that (Worlds) is a little bit later, it gives us a little more time to prepare and really set into a specific program before US championships, so it is definitely an advantage I think."

05.07.2025 12:51



Flash quotes

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Hunter WOODHALL (USA)

200m Men T62/T64 Para Athletics

"I got a lot to work on, but it's so fun to compete out here and I still ran well enough, so it's a good thing to build on."

"I think just continuing to train; we're trying to peak in September so I think racing these shorter distances is just helping me put it together for the 400 later in the year."

"It's important for the athletes because you don't get a lot of opportunities for this outside of the Paralympic games, so it's just cool to be in front of a crowd and compete and then for the audience it's fun because you get to learn, you get to see something maybe you don't get to see everyday and it just kind of goes to show how cool humans can be and what they can fight through."

"It was so cool; everything leading up to it was so fun, all the media, the Nike excitement and the crowd was awesome. I wish I ran a little better, but other than that, it was such a great meet."

05.07.2025 12:56

Aleia HOBBS (USA)

100m Women Invitational

"I'm just happy I'm healthy finally. It's been a long four, five months. From my Achilles, to hamstring strain. I'm just happy to be healthy and out here racing."

"Go back, reset, work on that last ten meters. The last ten meters is killing me, but once I get that right, we're good."

05.07.2025 13:00



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Jacious SEARS (USA)

100m Women Invitational

"All glory to God that race. Trust in your coaches, Coach Ross, I thank him so much. I'm following his process and yeah, thank you Jesus."

"I attribute it to being patient and trusting my training place, and knowing that God has a plan for me and it's gonna happen when it happens."

"My start is something we've been practicing really hard, so I think that start was probably my best part of the race."

"I feel so grateful to even be here. I'm running with professionals, and this is my first year as a professional, and being able to have the opportunity to compete at this meet is huge."

"I am training hard and trusting in God. It's a very competitive domestic scene to make the World Championship team, and of course if you're able to make that team, you're a threat for the medals."

"I think I need to stay disciplined, and take this win, be happy about it, but go back to practice and back to the drawing board."

05.07.2025 13:03



Flash quotes

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Olivier HENDRIKS (NED)

200m Men T62/T64 Para Athletics

"We don't often do the 200 meters, for our class it's just the one and the four, so I've run two 200s in the past two years."

"This track is amazing. The atmosphere, I think it really helps me to push myself if there's a big crowd."

"When we walked out, I felt little goosebumps on my body again with the crowd cheering and stuff. It's always so much fun."

"Speed is so important, that's why we train for the one and the two as well, just to get the speed higher to be able to do the first 200 more easily on the 400 meters."

"There's Nationals, and then afterwards maybe one more race, and then there's just preparation for Worlds in India in September."

05.07.2025 13:09

Ackera NUGENT (JAM)

100m Hurdles Women

"The race was okay. My allergies are killing me, but I was able to hold it together. I knew that with the ladies I would be lined up with that I have to be at my A game. So, I came out here today and followed the instructions of my coach and I executed."

"I'm where my coach wants me to be right now, so being there is really good for me right now."

"In 2003, I was just turning one-years-old so it's a really good feeling because these are ladies that I'll always show up with each and every meet that I compete at so getting the feel of them a bit more this season is a great feeling."

"I'm done until August, so ya'll won't see me until August; your baby needs a break. I'm gonna try and go clear my nose, and then I'll probablz go out with my friend that lives here."

05.07.2025 13:12



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Ethan STRAND (USA)

1 Mile Men International Mile

"I haven't run fast in a while. With the NCAA season, it's a lot of tactical races. Today was getting back out there and really just trying to see what I'm capable of. It's basically the start of a new season, so I'm excited for the rest of the summer."

"I feel like I come back better after losses. I was really motivated to come out here and run well today. Put forth the good effort, and if I got the win, I got the win."

"I just signed a professional contract with Nike, and I'm gonna go train in Flagstaff with Coach Smith after this season. I'm just so excited to get this journey started. It's been a long time coming, it's always been a dream of mine, but I have some bigger dreams beyond just wearing the kit."

"I think after that, I don't know if I need to race again. I've shown that I can run fast off of just training. The heat that we had today had a lot of people who are gonna be in the top 10 in the U.S., and I won that, and I think there are three names right now that we gotta go try to beat, and I'm ready for the challenge."

"If I can put myself up in the top five, and I'm there with 200 meters to go, there's no telling what I'm capable of."

"This is the most filled I've ever seen this place, and it's incredible. Especially repping the swoosh in here a little more directly is really cool and I'm glad to be a part of it."

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Alison dos SANTOS (BRA)

400m Hurdles Men

"I'm just really excited and proud of the race. I know a bunch of things could be better, could be different but I want more, so I'm excited for the next one."

"I think about every single session that I did before, how hard it was to finish the session and remind myself that I can finish strong."

"I think we are not going to stop over here. We're going to keep trying to get better, to grow faster and just keep the expectation high because we're working."

"I'm going to keep doing what I'm doing right now: working on myself, keeping healthy, eating well and resting."

"(I did green gummy bear earrings today) because go time, give it everything I had and try to do my PR."

05.07.2025 13:33

Rai BENJAMIN (USA)

400m Hurdles Men

"I ran fast, 46.7 is still a good time, so I can't be mad at that."

"Just working on that second half, I haven't been able to do that for the past couple weeks because I had my opener, ran three races back-to-back, came home...just gotta keep working, that's it."

"It's amazing, sold out crowd. Some people were saying that Hayward never sells out, it sold out today, so that's all I got to say about that."

05.07.2025 13:39



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Trayvon BROMELL (USA)

100m Men

"Stay hungry what you want. You gotta stay focused, that's really it. Stay focused and stay hungry."

"My faith is my optimism. For me, I'm like, 'okay, God didn't bring me here for no reason. I use that as momentum to push myself through my hard times growing up. It kind of made me tough; my struggles and what I deal with, it just helped me over come by adversity."

"I definitely didn't feel like I put my race together properly. Honestly, I got to go and review the tape, but I mean, it was a good feel. For me, I'm happy because I'm still under that 12 mark for all my races, so I'm happy."

"It's insane. I know you didn't hear that, but it's sold out out here. It's always good to come to Hayward. It's a big, big environment for track and field, so we come in and we get all the love."

"It's just about not making excuses: look at the tape, figure out what we need to fix and go from there."

05.07.2025 13:47

Kishane THOMPSON (JAM)

100m Men

"I'm the only one that can stop me. I don't say that to brag, but to be honest, once I better my execution, amazing things are going to happen."

"It's not just one component, it's putting all of them together, from the start to the finish. Because I can work on one component, but if I can't put them together it doesn't make sense."

"It was a fierce competition, they run me to the line. I'm really appreciative of it, it will help me to get better, step by step, and vice versa for everyone."

"It's work, mental and physical. And you got to trust yourself, trust the process, trust the team, trust the coach, and so forth."

"It's an amazing crowd. I didn't know so many people over here actually knew me."

05.07.2025 13:50



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Sarah MITTON (CAN)

Shot Put Women

"The atmosphere here was amazing. It is so fun here in Eugene. This meet, from the second we got here, the environment's been amazing, but I mean the meet was so much fun. I think we had five women over 20, so it kept like going back and forth, and we didn't know who was gonna throw. That was one of the best competition's we have had in a long time."

"I think I just need to compete a little bit more. I took a big break after the Chinese Diamond League, went home and reset, and I think now I'm just kind of getting into that groove a little bit more to be able to find that next level. I had three throws over 20, so I'm pretty happy with the consistency and am just waiting for my body to rebound a little bit."

"For me, I try not to get on the time zones. I sleep as much as possible and really bank up that sleep so that I can have something to pull me through, and then just a lot of caffeine."

"My technique is coming together; there's been a few things from indoors that are starting to be more consistent, so I'm at the front of the throw, staying on the ground a long time and am able to use my legs a lot more. I want to be able to put some more speed through the finish, but I think I'm coming out of the back really nice. Everything looks really beautiful, but it just needs to be a little bit snappier."

"We've seen the men's shot put kind of go off over the last few years and I think that that really starts to build up and you want to be a part of that. Everyone starts to throw further, I think in every event and it's starting to be just a bunch of people who can do that and everyone's having to level up in order to do it, which is really cool."

"We just want to be a part of something, and the group of us are really pushing that forward in Canada and we're just kind of showing the world that Canada is a throwing nation."

05.07.2025 13:59



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Chase JACKSON (USA)

Shot Put Women

"I've made some good changes in training, so I'm pretty confident in these competitions. Took me a little longer to get going in this one, but I preferred my series to the last one because I kind of got excited, started sector fouling, so I was happier with today, but I know I have more in there."

"I feel like I'm ready to throw 21, and I'm ready to do it at a big meet. I'm excited to get some training days with my coach...excited to clean it up and see what we can do going into Tokyo."

"I just have to have a goldfish mindset--forget about (Paris)--and that's kind of what I've done. I'm using it to push harder and this season I've never been more driven, so I'm just taking that into Tokyo and going for my third world title in a row."

"Based on today, it's a little disappointing because I think it was one of the best women's shot put competitions in recent history and it didn't get any kind of attention. So it was a little irritating, but just seeing that, I could see that 20-high or 21 is what's gonna win, and it's gonna be a big competition for medals this year. I can't be more excited for where we're at."

"Stay consistent so the confidence stays where it's at. I just really want to hone in on the technical things that I've changed and be so consistent in those that I don't even worry when I hit competition."

"I feel really good, I kind of wanted to throw a little further today, but I just felt like maybe the environment wasn't there for it."

"Today five girls or six girls over 20, or something ridiculous like that, but we're at this place where it's historical, and it feels good to be leading that movement."

05.07.2025 14:03



Flash quotes

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Beatrice CHEBET (KEN)

5000m Women

"I'm so happy; after running in Rome, I said I have to prepare for a record, because in Rome I was just running to win a race, but after running 14:03, I said that I'm capable of running a world record. So, let me go back home, and then come to Eugene. When I was coming here to Eugene, I was coming to prepare to run a world record, and I said I have to try. I said if Faith is trying, why not me? And today, I'm so happy because I've achieved being the first woman to run under 14. I'm so happy for myself."

"Discipline and hard work, my coach and my husband have been there assisting me in everything I'm doing in training and supporting me, and Faith has been a close friend to me."

"Hayward Field is good for me. This isn't my first time coming here, so I can say that it's a good track for me."

"I'm happy to represent my country and I know when going to the World Championship, we have a strong field. We hope for good health and good results there."

05.07.2025 14:13

Christopher BAILEY (USA)

400m Men

"A fast time came just in time for trials, you know, so I can't be too upset. I gotta go back, talk to my coach and see what my splits were. Hopefully my first 200 was better. If it is, I'm proud of that, and I'm really looking forward to trials at the end of the month."

"My coach was determined that I was gonna have a good race today, and to come out with a PR, I can't complain. It's just believing in my coach, believing in my training, and you know, I put the work in, so I expect positive results."

05.07.2025 14:23



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Matthew HUDSON-SMITH (GBR)

400m Men

"I believe in my coach, my team around me, we're putting together and being ready when it matters, and that's all we really care about, is Tokyo."

"It's gave me a different type of motivation. I've got family to feed now, rather than just myself. I've got to try now, rather than just coasting...it's a different type of focus and energy when you've got a child on the way and another person to look after."

05.07.2025 14:26

Malaika MIHAMBO (GER)

Long Jump Women

"I was feeling it in my leg, so I didn't want to overdo it today because it's not about today, it's about the World Championships in September, so I just kept it cool and just go for it and maybe you beat the No. 1, and maybe not. Today I got second, so I'm very proud."

"I've been doing it for such a long time and still have to pull it together again and again and be even better, so I think the competition is really on, and you have to really give it your best, and that's what I'm in it for."

05.07.2025 14:31



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Tara DAVIS-WOODHALL (USA)

Long Jump Women

"That was incredible, that's what competition is about. I haven't been the last jumper in a long time, since the new order, so it was really good to have all eyes on me and put myself under that pressure. I loved it."

"You have to have a good competition to bring eyes. You have to have that dynamic of 'who's gonna win? Who's gonna win?' and when people say field events are boring--was that boring to you?"

"I was all over the place on this runway. I'm trying to figure some new things out. I've got so much more speed, so much more power. 7.07, I'm okay with it. Another season's best, I'm stepping up two centimeters further, I can't complain."

"This is insane, the crowd was silent when they were waiting for that jump, and that was perfection. The energy, it's here. You're cheering for everyone that comes out. This is one of the most knowledgeable stadiums ever."

05.07.2025 14:35

Jemma REEKIE (GBR)

800m Women Mutola 800m

"I'm happy with the first lap. I just need to work on that second part, and I think that comes with racing. I'm on a roll right now with racing, so hopefully we'll see that all come together."

"I'm really hungry to get one of those medals. It's going to be really tough and the first step will be making a team, then making my way through the rounds and not taking it for granted."

05.07.2025 14:39



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Sydney McLAUGHLIN-LEVRONE (USA)

400m Women

"I'm feeling okay, it wasn't my best work, but just happy to be here and happy to get another race under my belt."

"I definitely have to go back and watch the race, probably with my first 200 just going out a little more fearlessly, trusting my fitness on the back end, but I'll have to go home and watch the race."

"I think it's on the mind always, of course it's about executing, making sure all the things match up and that will come when it comes, and Song is an amazing athlete, so I'm not surprised (the record) is still standing. I know I'm capable of it, it's just a matter of putting the race together."

"It's a long year, so I'm really just taking it day by day, taking it slow, building and seeing which direction you want to go in by the end of it."

05.07.2025 14:44



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Sam KENDRICKS (USA)

Pole Vault Men

"I needed to find an excuse to let loose today and I did, and almost to the detriment of my season. I really wanted to feel my legs, and really hit the runway hard. I haven't been back to Hayward since the Olympic trials last year, which I won. I was just jumping free that day and I want to get back to feeling that in some regards at this stage of the game. Mondo's stealing the show all the time and you gotta keep them honest for sure. You never just want to give up the goat to the first place. But you've just got to keep fighting for it"

"Anytime you mention the name of PR, the temple of Hayward really fills up, and I can't disregard the fact that this is the best crowd I've seen in here. They played Shout in here earlier and I thought they were gonna tear this place down. It was awesome, you know, we got a ton of good racing left. I'm gonna stand up on the mezzanine in the shade with the greats. I see like four gold medalists up there I haven't caught up with in years, so I need to go say hey and just be thankful that I'm out here for the tenth time."

"Everything about this sport and this discipline is commanding more of you. I mean, I've won the Prefontaine Classic jumping what I jumped today. I'm in the best fitness I've ever been in, stronger faster. I got two kids, and one on the way. I've got all the best reasons; it's just sometimes not good enough. You gotta keep jumping higher and it's frustrating sometimes and you've got to remember that you can't skip steps."

05.07.2025 14:52

Faith CHEROTICH (KEN)

3000m Steeplechase Women

"Race was good, I'm so happy and I like to say thank you to my colleagues and I want to congratulate my colleagues."

"Today I was not feeling like I was good...but for the next I'm going to train, see where I'm not okay, then I come back strong."

05.07.2025 15:06



Flash quotes

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Armand DUPLANTIS (SWE)

Pole Vault Men

"It was super beautiful, perfect weather, amazing wind and a nice little tailwind. I just really had trouble adjusting and I just couldn't really find a way to control the polls because I was going through everything so quickly, but it was super fun. I'm not going to complain about it too much. It's just nice to be back"

"For the most part when you're in a stadium that's fully closed, you don't have much wind to deal with as far as like a massive tailwind or anything, and that was actually a thing today. It demands perfection as far as everthing for those really high bars so I wasn't quite able to do it, but it felt really good and it's really just a lack of being able to adjust quickly enough."

"I don't know (how high I can go). You got to stay tuned, I guess. It's going to be a lot higher than it is now that I'm pretty confident of, but we just have to see. I guess the nice thing about post-Olympic years is that you're able to be a bit more aggressive with the competitions and have a little fun with it. "

"I love it here in Eugene. It was such a beautiful day too. The crowd was amazing and I hope to be back next year and hopefully it's as good of a crowd as this year because it was pretty amazing."

05.07.2025 15:10

Courtney LINDSEY (USA)

200m Men

"I feel decent about it, but I wanted the win today."

"That 19.8 showed me that I've been working, and I've been working on the stuff I need to, so I feel good."

"I just want to race the best, so I can put myself in the position so when I come to the USAs, I know the best is gonna be there, so I'm already used to it, and not new to it."

"I know if I keep my head straight and keep working, keep listening to my coaches, I'll be good."

05.07.2025 15:13



Flash quotes

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Jake WIGHTMAN (GBR)

1 Mile Men Bowerman Mile

"It sets me up for a long season still. It wasn't quite as good as I'd hoped, my first proper race and I didn't really know how it was gonna be, so it's okay. It's just a nice start."

"I'm doing alright, I'm not running as much, I'm being a bit more controlled in what I'm doing, and as a result my body's in one piece and feeling healthy and that's the main thing."

05.07.2025 15:16

Yared NUGUSE (USA)

1 Mile Men Bowerman Mile

"I feel like I went out there and gave it everything I had, which at the end of the day is what I really wanted to do. I didn't get the record, but I'm still at a really good place right now."

05.07.2025 15:18



Flash quotes

As of SAT 5 JUL 2025

Sha'Carri RICHARDSON (USA)

100m Women

"The only motivation that I had today was having a healthy race and the fact that I execute a healthy race knowing that now I have the time, because I do have that by being the reigning World Champion, and all I have to do is just keep pushing and focusing in our practice, so I'm super excited to just finish. I prayed for a healthy race, and I got a healthy race, so I accept that."

"It's honestly about having a groundedness so I go back to my faith and to have that faith, if you don't believe in yourself first, you can't expect anyone else to believe. I believe in the fact that no matter what I do, when I am 100%, there's nothing that can really stop me but me."

"When it comes to working on my start, I always see that as an improvement, as well as when it comes to getting mentally more prepared for these moments. Despite a good race or a bad race, mentally tuning in every single time I run down the track."

"Every time I'm here I feel the magic, but the fact that it's a sold out stadium, it shows the respect here in Eugene that the fans have for track and field that we don't get unless we're in the games or in other parts of the world. The magic is here, the love is here and I appreciate it every single time."

"I will spending these next two weeks just working on speed endurance and knowing that when I come back here to the magic stadium, I'm going to be at my fullest, more confident and not executing just a healthy race but a speedy race too."

"It's a great dynamic having Christian there, who is really the best of all time at what he does. He motivates me better than anybody else does, and he always pushes me, and I do the same for him."

05.07.2025 15:20



Flash quotes

As of SAT 5 JUL 2025

Niels LAROS (NED)

1 Mile Men Bowerman Mile

"I feel great, you saying 'winner of the Bowerman mile' doesn't really sound real to me right now, so I'm just amazed by how the race went."

"I talked to my coach yesterday and because it's my opening 15 miles of the season, I wasn't so confident. He said let's see, and, I mean, winning here takes a miracle, but then he said 'but you're a special boy, so I wouldn't be surprised,' and he was right."

"Last year I had a 3:49 mile when I fell at the start, so I knew I could be close to this kind of time, but I mean it's all about the winner and that's what means the most."

"I just want to keep mixing it with the best. I showed in Paris that I belong there and now I think everyone knows. I'm excited to be battling for medals, and I'm still young so I'm excited for what's ahead."

05.07.2025 15:30



Flash quotes

As of SAT 5 JUL 2025

Jessica HULL (AUS)

1500m Women

"To get my position right off the line was super nice, then just tried to relax until the 1k mark. As soon as we lost Sage, I felt Faith put her foot down, she was aware that I was gonna be there this time, so she put her foot down and made it really hard for that last 500 meters."

"That's the first fast 1500 I've been in all year. It was definitely tough in the last 400, but that's a piece I'm okay with that part being tough in that part of the season."

"It's a skill that Faith has, to pop out and run her fastest in her openers."

"For someone to show up and just keep doing it over and over again, she's phenomenal. She's a great athlete, physically on the tack, but what she must think and her thought processes and her mind, she's a champion in every aspect, so it's just incredible to have someone at my side like that on the start line that I can really look up to every capacity. She's amazing. It's incredible to see her starting to get the respect she deserves beyond the track and field fanatics--the world is starting to see what an incredible woman she is."

"It's really fun to be back on the Diamond League circuit where the races are fast, the races are hard, it's just, like, let's see how fast we can go today."

05.07.2025 15:30

Nikki HILTZ (USA)

1500m Women

"When Faith runs fast, we all run fast and I finished seven seconds behind her and I had about 50 meters to go, and I hear the loudest roar I've ever heard. I think it honestly gave me a little extra gear to kick harder. She's an icon and we all really respect her."

"I think I'm in a really good spot for (USA's). The trial was like exactly a year ago and I ran a 3:55 there, so I'm in a good spot, I can't complain. I could be a little bit more engaged, I had just assumed we were on the line and then I looked up and there was a gap. So, maybe I fell asleep out there, and you know, to just be a little bit more awake and alert, but I'm very happy with where my fitness is at and excited to be back here in a month."

05.07.2025 15:36



Flash quotes

As of SAT 5 JUL 2025

Melissa JEFFERSON-WOODEN (USA)**100m Women**

"I'm showing up everyday for myself even on the days where it's hard and just trying to stay focused on being disciplined and becoming a better athlete, so I'm happy to see that out here today knowing that I'm gonna come out here three weeks later and try to do the same thing and more."

"I've been saying it time and time again, I'm here to stay. The goal is not just to be in these races, but to go out there and compete, execute, dominate and win. I feel like I started this year off doing a pretty good job of that and I'm just going to keep that train going."

"I think the biggest thing for me this year is that I'm learning how to become a professional track and field athlete and what all that entails. Realizing that it's my own journey and I am my own boss, but that it's up to me to be disciplined enough to stay true to what I want to be, to surround myself with people who will hold me to that standard that I hold myself and just try not to slack. It's hard and it's easy to get complacent, but I know that if I want to be World Champion this year, I'm going to have to be able to bring it day by day, and I know that the people around me have done a really good job of making sure that I hold up my end of the bargain."

"I started off last year with injury, so it set me back about two months, but I look at that girl in Paris and in that 100-meter final, and hats off to Julien that day because it was literally her race to lose. I know that every race isn't for me and that race that day was definitely for her, but I know that I had all the heart but just not the strength, but I made lemonade out of the lemons I did have. So, knowing that this year my main focus was to make sure that I stay healthy, that I stay on top of my body, stay on top of eating right and doing all the things that I know will prevent injury, so staying on top of those things and then just seeing how far a healthy Melissa can go."

"I've said it time and time again, that I've had good times and bad times at Hayward Field. I'm happy that the sun was out because normally when I come here it's raining and cold, so anytime the sun is shining in Eugene I know it's gonna be a great day for me, but really to just come out here and see all those amazing fans, it's just so good. All these people come from all over to come out and support us because we work so hard and we just wanna come out here and put on a show so I was happy I was able to do that."

05.07.2025 15:42



Flash quotes

As of SAT 5 JUL 2025

Joe KOVACS (USA)

Shot Put Men

"I think it's what Pre is--it's really a preview of coming to US championships here in a month. Everybody has it circled on their calendar that you gotta be ready now, so you make sure you're ready a month from now in the U.S. Championships."

"This crowd, the Hayward magic is real. This ring is the best in the world. Everybody agrees with it."

"My body's strong, it's it's moving fast, but it's just more reps and timing, and that's what really lets me be more relaxed. When I'm relaxed, I can whip the ball, so that's when it goes far."

"Don't take advice from somebody, do what feels right for you, do what's true. I can spend every day with my kids, I spend every day with my wife. We're locked in together. Of course when times aren't good, you've got to fight through it together, but when they're good and they're going in the right direction, it's absolutely amazing, and I think the tough times really make the good times even better."

"It just feels right when you come here, and I think that's part of the magic. You feel like it's a premium part of our sport. Everybody in the stands knows what 22 meters is."

"The tidal wave has gotten pushed so, so high. I'm thankful to be at the forefront and the tip of it, but there's so many more people coming behind."

"I'm a human canon, so I can make the ball go, it gets me excited...that's what keeps you coming back because you know what's possible."

05.07.2025 15:45



Flash quotes

As of SAT 5 JUL 2025

Faith KIPYEGON (KEN)

1500m Women

"This is the time I was expecting when I was in Paris, I say that it's still possible to run under 3:49, and I'm just so grateful. I thank God, I thank my management, I thank my coach and all of the support system who have been supporting me through this journey, so it feels amazing."

"I think the changes were that I was preparing myself for something special, which was to run under four minutes in a mile and I think I pushed myself, getting better and better toward the 1500, so I knew it was possible to still run under 3:49. I'm grateful to God that I made it today because I talked about it last week, and here I am breaking the world record."

"For me, I try to be consistent. I try to follow what my coach is telling me to do, to be better and better every year, so I'm grateful that I've started to break the four minutes like in Paris last week and coming here and running the 1500. This is the road to Tokyo and I would say I am in the right direction."

"To be honest, the ladies are pushing me too because they are running quick now and I'm happy that when I broke a world record, they are all running very fast, and that is what I wanted, to motivate the younger generation to come and do even better. For them to follow me, it feels so great that they are pushing me as well to break records. These ladies are amazing, I love them. I love competing with them and I normally tell them, let's push each other and we can still break barriers."

05.07.2025 15:57

Winfred YAVI (BRN)

3000m Steeplechase Women

"I come here ready...I'm so grateful for the results."

"Honestly I just wanted to come execute whatever I have in the body, and I knew I was gonna be first."

"The plan was to come, run my own race, and dig in."

"I really love the crowd...they keep us going."

"I'm really looking forward to defending the title because I know it's going to be tough."

05.07.2025 16:05



Flash quotes

As of SAT 5 JUL 2025

Valarie ALLMAN (USA)

Discus Throw Women

"Anytime you come to Hayward, it feels good and you want to put on a performance and that 70 meter mark has just been on my mind all year, so to be able to do it today at such a historic meet, I'm so grateful to get to be part of it and to put together a good series. It's so special to walk into a place and feel a sense of pride, and when people come to Hayward, they know about you, they care and they are invested. To feel that response from the crowd, it brings out the best in you, so I'm just excited to be back here in just one month for USA's and really going to take this next part of the season seriously."

"We just take it one (meet) at a time, but World Championships, the title of champion at that meet has been one that's been elusive, so I have 10 toes on the ground working toward that one and really hope to be at my best come September."

"(Champion) is a hard title to earn and everything has to come together, and I know that it requires being physically primed, mentally strong and honestly having a sense of luck that this is gonna be your moment, so I know that it's gonna take a big throw to win, and everyone wants it, so I'm on the hunt and I'm ready to go for it."

05.07.2025 16:09

Letsile TEBOGO (BOT)

200m Men

"For me, this is the tip of an iceberg...the 19.7 is a shock to me because we just recovered from an injury which took a lot of weeks of training, so I'm happy with how I performed today."

"I believe in showing up and those losses from the first Diamond Leagues, they built my character into a very confident man."

"I'm carrying the whole Africa on my back because if I don't do it, who's going to do it for them?"

"I mean, every athlete would want a medal, but for me, I just don't want to put myself under that pressure, but definitely I'm going to show up and make sure that nobody feels comfortable when I'm around."

"A great atmosphere and I'm happy to see my fellow citizens up in the stands."

05.07.2025 16:13

