



J.T. POSTON (-9)

Q. Long delay there, but you come back and finish out nicely. A long break, does that affect you at all? It didn't look like it did.

J.T. POSTON: No, not really. We've been doing this long enough, I guess. It's not too foreign to have a rain delay like that every once in a while. It was a little bit of a bummer because I was playing really good going right into the break and was just wanting to kind of keep it rolling. One little bogey right out of the gate, but nice to get a couple on the last few.

Q. That string of birdies that you had there early, what was working?

J.T. POSTON: The putter. Made a lot of really good putts, something I hadn't really done the first two rounds hitting it good but not really matching up the line with the speed. I felt pretty good about my reads and my stroke, but I just wasn't doing a good job of matching them up.

Q. How did the course fare after the long delay? What were the changes out there?

J.T. POSTON: It was a little breezier, a little more wind, but it's really soft and feels like it's starting to calm down already, so I think there will be some more birdies being made coming in.

Q. This last month, J.T., pair of 62s, a 64 today, are you just growing accustomed to going low?

J.T. POSTON: I'd like to think it was something I already learned how to do a little bit, but it was just a culmination of the game finally coming together. Every piece has been good, ball-striking has what's been lacking in probably the last 12 months or so and really since probably April it's been much better meeting heating up and that leads to a lot birdies and low scores.

Q. What's the mindset going into the final round?

J.T. POSTON: I mean, I don't even -- I don't know what Scott's at right now, but I know I'm way back, so I need to try and shoot something really low and just see what happens. I think he's in a position where he kind of controls the golf tournament at the moment. It's not playing too hard right now so I wouldn't be surprised if he makes a couple more birdies coming in.

Q. When you're playing as well as you are right now, what's the mentality going into

each round or where's the confidence level I guess knowing that you could post a nice number on any given day?

J.T. POSTON: The confidence level is high, it's great. I know I'm capable of making a bunch of birdies, I've done that the last few months, last few tournaments. Even missing the cut last week in The Open, I made 12 birdies in two rounds. So I know I'm making enough birdies to shoot a low number, I just need to keep doing what I'm doing and keep feeling off that sort of momentum and confidence a little bit.

Q. How have you kept from getting like tired from zig-zagging across the pond and back here, playing a lot of golf in a row?

J.T. POSTON: Yeah, it's definitely been a little bit of an adjustment. That was my first Open, so I've never really done the whole going over and then coming back, playing the next week, but fortunately we got here Sunday night and have had a few days to kind of reboot.

Honestly, it was really windy here the first few days of the week so I didn't do a whole lot of practicing because I felt it wasn't going to do me a whole lot of good. I felt like I was better off resting. So it kind of forced me to rest instead of sitting on the range or sitting on the putting green and probably spending too much time out there.

Q. Is the Presidents Cup something that's motivating you to play a lot, try to increase your resume?

J.T. POSTON: Yeah, absolutely. Anytime you can play on one of those teams is a huge honor and it's something that is definitely a goal of mine, a career goal of mine is to play on one of those teams. I know I've still got a lot of work to do to have probably even a chance of getting on that team, but feel like I'm doing a lot of the right things.

It would be really cool to play in North Carolina an hour from where I grew up, but still a lot of golf to play before that team's set in stone, so I'm just going to try to keep doing what I'm doing.

Q. (No microphone.) He talked about his grandpa's always following your scores. Did you know that?

J.T. POSTON: I didn't know that until recently. I think I saw it on social media somewhere or maybe Ben told me, but I had no idea that his dad lived in Hickory or was from Hickory where I grew up. That's cool. I had somebody that I always looked up to when I was growing up in the golf world, so if that's who I was to Ben, then awesome. I feel like we're a little closer in age so we feel more like good buddies as opposed to me being a role model to him. But he's a great kid, great player and he'll do really good out here next year.