

ROUND 3 QUICK QUOTES
February 17, 2024

JASON DAY (-10)



Q. How would you characterize your round today?

JASON DAY: A little up and down, but, I mean, just trying to think like this is probably the most stressful and frustrating golf course you can potentially play if you're just missing fairways. Like it's really difficult to hit the greens when you miss fairways. I missed a lot of them over the last couple days. Just saving them for tomorrow.

Q. What was maybe a little bit off do you think with your driver?

JASON DAY: I just feel like I'm getting a little underneath, and that's just on everything. I just can't quite get the club, you know, back out late coming into the golf ball. And when I get a little bit underneath, essentially it's like dragging the club, so you've got a little bit of an open face so you get a little bit of a two-way miss.

I'm just trying to -- mind you, like a lot of it, I think a lot of it comes back to my setup. I was kind of on the back foot a little bit more leaning to the right. When that happens, you kind of have a little bit of forward press or, you know, kind of push the hands a little bit forward just to kind of bring the flight down because I'm so far behind it.

Worked on it yesterday, still not quite there. I know the fix, but it's just hard to do it under pressure.

Q. What's your mentality heading into tomorrow four back?

JASON DAY: You know what, yeah, I don't know. I think I'm -- I mean, it would be nice to play stress-free golf tomorrow, but I know that's just not how my game is. Hopefully, wake up tomorrow and it just happens.

To be honest, I just, I feel good about my game in regards to where my head's at. I just have to get the process a little bit better. It would be nice to just try and work a little bit on the stuff before tomorrow's round. I don't want to do too much because obviously you've got to go out there and play.

Cantlay's got a lead right now, hit just short of the green so most likely going to get that up and down, have two shots going into tomorrow over some guys that played really good golf.

I'm kind of back a little bit. If I can go out there and shoot a decent score, especially on a Sunday because Sunday scores as you know are a little bit different to the rest of the week,



everything tightens up, so might give myself a shot if I can shoot a decent one.

Q. Jason, they showed a breakdown of your swing on the broadcast from 2015 versus today. You're getting a lot more hip turn in the backswing. Is that something you were trying to implement?

JASON DAY: Yeah, well, I mean, I was getting a little bit -- I wouldn't say that I'm swinging it the greatest right now, but I was getting a little bit too restricted in the hips and then getting too far lateral on the way back down.

If I can get deep enough into my right hip, typically that will just set up a better transition on the way down. Essentially what I'm trying to do is just trying to keep my hips back far enough where I keep my head over the ball a little bit better and I can kind of rotate through the shot a little bit better.

It actually elongates the spine and everything, too, so it's actually better for your health. I'm still trying to do it. Like it's not 100 percent perfect, but I'm still trying to do it and it's been great for my body because I feel healthy.

Q. So are you trying to get your right hip deeper?

JASON DAY: Deeper, yeah, yeah, deeper. Essentially if you get too lateral, then the femur bone in the hip just gets jammed and you restrict your hips to turn even more. Essentially I'm just trying to have my femur just turning my hip and then that's typically when I get a little bit deeper.

It kind of relates back to my rib cage as well. If my shoulder or rib cage gets a little high, then typically I get too lateral. So I've just got to feel like I keep this down and when I push my left shoulder down, it usually gets my right hip back further.

Q. So it's a health motivated change?

JASON DAY: Yeah, all the swing changes have been health motivated. Obviously I want to hit good, too. I feel like it's getting there and it's shown a lot of good progress and a lot of good results over the last year and a bit. It's just like the little, fine, small things that I'm trying to get a handle of now. Like I was talking about, like getting the club to kick back out late, not get too far underneath and steep. I mean, too far underneath and like get the club dragging is what I mean, sorry.

Once I can do that, then I'll have a lot more confidence with my swing, but till then, got to have a good short game.

Q. In your opinion, what makes the 10th hole a good hole?

JASON DAY: Well, there's just so many -- I wouldn't say like I mean a lot of options, but the



majority of the time you're -- it's just a great hole because the green complex is off the charts. I know they flattened out the right side. It's important to get a good tee shot there because if you're in the wrong position, you're chipping sideways to the middle of the green, putting across essentially.

It can bring in birdie, for the most part you don't really have a lot of eagles there and it can bring in double. When you have that massive variance of shot or shots over a really small hole, that's what's so unique and great about that hole.

Q. Jason, I think across this property you can find some places that you're hitting shots where there's not a ton of people around.

JASON DAY: Yeah.

Q. Which makes me wonder if when you crest the hill on 18 and suddenly you see this amphitheater --

JASON DAY: Yeah, it's cool.

Q. -- does that stand out to players like yourself?

JASON DAY: Yeah, it does. It's nice to be able to have that type of atmosphere. I know like it just sets up great for like fan watching on 18, especially how that hill sets up. But it is unique because it's not the easiest hole, you know what I mean? Especially coming to that green, the way the green sits and pitches and how hard the green can be, the left-to-right slope, everything wants to push the second shot a little bit right.

It's a tough finish because like everything kind of moves that way and you try and give yourself the best chance of making a birdie, especially if you're around the lead or leading. Then you've got the fans on top of you, that's kind of cool.

Q. Does it feel like they're on top of you?

JASON DAY: They're right there, they're not too far from the edge of the green. That's kind of like a little coliseum to a certain degree, you know what I mean?

