

Travelers Championship

Friday, June 20, 2025

TPC River Highlands

Cromwell, Connecticut, USA

Jason Day

Quick Quotes



TRAVELERS
CHAMPIONSHIP

Q. How would you characterize the day today?

JASON DAY: Dramatically different from yesterday. It was tough. It's one of those days where you're sitting there going -- you wake up, and I knew I had an afternoon tee time, and I'm sitting in my bus and the bus is moving. I'm like, that's pretty strong wind to move the bus.

Then you get out here and I decide to check the weather, and it was 15 to 20 miles an hour but gusts of 40. That's usually one where you're like -- you're looking forward to it, but you also know it's going to be a grind through the day.

Q. What did you do so well to post the number you did today?

JASON DAY: I got off to a bit of a rough start. I shouldn't say that. I birdied the first hole. But I kind of missed -- I started leaving a lot out to the right, got a little bit ahead of it.

It was really difficult to have a correct warmup today because of the 40 miles an hour gusts left to right on the range. When it's windy, typically -- pretty much everyone, I would say a majority of the guys out there get really fast with their tempo, so it's very difficult to time everything correctly because you're obviously battling the elements and you're trying to hit a shot, and everyone gets a little bit quick, especially in transition.

That's kind of what I did. I got a little bit ahead of it and started leaving things out to the right just because I was a little bit late.

Then the back nine was a lot better for me because I started to -- I found my groove a little bit. We got down through 10, 11, 12 and there wasn't as much wind and I hit a few shots and I started trusting the swing again, and then obviously had a great finish.

Q. Off the U.S. Open, a solid week there, did you take a little extra time off to recover on Monday? What was your transition into this week?

JASON DAY: No, I didn't. I took a day off. But it's difficult because I know that -- this is a hard -- I don't want to miss this event because I absolutely love this event. I think Travelers does a fantastic job. People here in Cromwell, or Connecticut, at least, they enjoy having the tournament here.

I think it goes both ways. I think the fans and even the players don't realize how good we have it here. I think everyone is just really happy that the tournament is here, and I think we take it for granted sometimes that Travelers -- they do put a great tournament on. It's a great golf course, great facility.

When you're coming out of a U.S. Open, you kind of -- I typically would take the week off, so it was very difficult for me to miss this one. And mind you, with some injuries I've had, I've missed two Signature Events, and I'm a little behind the -- this is my 12th event for the year. So it's kind of difficult. I'm a little bit in catch-up mode right now, so I've got to try and play as much as I can.

Q. Do you feel sharp this week?

JASON DAY: I feel good. I feel good. I finished 23rd; I wasn't really in contention. I was kind of close enough but far enough away where there wasn't a lot of stress on my shoulders last week, so I was able to take a day off on Monday and get out here Tuesday and prep the way that I wanted to. Had a really good Tuesday practice round and great Wednesday pro-am. I feel very energized.

Mind you, I've missed a lot of golf, so I should feel pretty good.

Q. I see some tape on your left wrist. Is that preventative?

JASON DAY: It was a strain, a TFCC strain, so anytime I stabilize it, it feels pretty solid. I wouldn't be surprised if I keep wearing it from here on in.

Q. Are you surprised 9-under is the leader or does that sound about right?



JASON DAY: That sounds about right. Thomas shooting 64 today was -- that's very solid. I'm assuming he went off earlier, which means he got a lot of the crazy wind. When we came in just a minute ago, the wind started dying down a little bit.

That was some good playing there. But it's not surprising. I wouldn't be surprised if the tournament ends around somewhere between 18- and 20-under or so from here.

It's definitely a golf course you can get after it. It's also a head scratcher, too, because you can walk off 2-over par for the day and go, how did I shoot that. Good first two days. Looking forward to the weekend.

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