

BMW Championship

Thursday, August 14, 2025

Owings Mills, Maryland, USA

Caves Valley Golf Club

Jason Day

Quick Quotes

Q. You had it really low there at one point, a couple back at the end, but how do you feel about that first round?

JASON DAY: Feel pretty good. Just one poor swing on 18. That's a tough one because obviously you're bringing in bogey if you go left as well. Bogey left, bogey or double right. Obviously I need to be smarter and make sure that I give myself at least an outside chance of making a par, and if I miss it, I miss it left.

It's difficult when you have 5-iron in your hand trying to hit a draw up there and get something bouncing up towards that pin and you just leave it a little bit out to the right.

But a lot of good stuff. Drove it well, putted really nicely coming down the stretch. Decent position. I'm obviously two back right now going into the next rounds.

Q. How are you viewing this week outside the top 30 trying to play your way in?

JASON DAY: I mean, it is on my mind but not really. Obviously I've just got to play well. If I don't play well, then I'm going home. There's no in between. As I was saying before, it's either I'm in East Lake or I'm out, and my playoffs are done.

That's the biggest thing for me is just to try to get myself into position to be able to at least win here this week because thinking about just getting inside the top 30, it's never a good combination. You've got to go out there and try and win this week, and if it falls your way, then great. The win would take care of everything.

Q. Last year you kind of had the inverse. You were inside the projections of BMW and fell out. What do you remember about that?

JASON DAY: Mate, I can't even remember what I did yesterday.

Q. The pro-am.



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JASON DAY: Yeah, it was the pro-am. You smart ass. (Laughter.)

I'd rather be inside than being on the outside. But it is a bit of a different feel, and it's like a do or die kind of thing, so you have to go out there and play.

Q. As critical as this tournament is for perks and everything, do you like the fact that it's a new place every year?

JASON DAY: I do. Yeah, I do.

Q. Do you think it would be better off if Memphis moved around?

JASON DAY: Yes, 100 percent.

Q. Do you have any solutions about that building on the fifth fairway at TPC Southwind, FedExCup headquarters?

JASON DAY: It's totally up to them, but it would be nice to be able to stay in the northeast area, go to some iconic places. It would be great to be able to do that.

I think that's definitely outside my payroll for that, but --

Q. Is it anything you guys talk about?

JASON DAY: I always talk about it because I don't really play well at Southwind. I'm like, when can we leave.

But I definitely think we should move around a bit, yeah, for sure.

Q. Do you find it weird that the TOUR is not in New York and Boston and Chicago every year?

JASON DAY: Yeah, I mean, that's probably our biggest market is kind of -- for fans and also TV is up in the New York area. Plus the golf courses that we have up in the northeast, the Midwest are phenomenal. Chicago has got some great golf courses as well. I think the fan bases are pretty big there too, as well.

We used to play TPC Boston and that was a great venue.



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I loved that golf course. The crowds always -- every year it seemed like it was always packed.

At some point I hope we go back there because I think it would be nice to go back to some good memories, especially at a golf course I've enjoyed playing.

Q. The last couple events of yours, not the best recently. What have you been working on or trying to find?

JASON DAY: Been trying to find my game, really, to be honest. I haven't been happy with my hitting. I'm trying to find a solution for that. Short game has been scratchy at best, and putting has been scratchy. The only thing that's really shown out a little bit has been my driving.

But that's golf, man. I'd love to be someone that's always dialed and on. I've had my moments where I've been dialed and on, and a career is very, very long, and it's hard to stay -- it's hard to do what Rory has done for a long time and it looks like what Scottie Scheffler is doing right now. It's very hard to do that.

Just got to see how the year goes, then review it, see what I need to improve and then start again next year.

Q. Is it any more frustrating given people might have named you doing that six, seven years ago, the sustained success, that you've felt it?

JASON DAY: Yeah, I mean, it's -- I feel more disappointed that my body didn't quite hold up as well as I'd hoped. But with that being said, going through what I went through with my body and then finally feeling like I'm out of it now and I feel very healthy, that's always a positive.

This is the end of my -- East Lake will be the end of my 18th season out here on the TOUR, so that's quite a long time. I feel like if I can keep myself healthy, not only physically but also mentally, I feel like I can stay out here until I'm 50.

Looking back on it, if you could say that I could spend another 12 years out here and say, hey, man, you've been out on TOUR for 30 years, I'm more than blessed; know what I mean? I've just got to have more of a gratitude feeling and know that, yes, I do want to be out there and I do want to go through those feelings and emotions when you're close to the lead and playing really good week in and week out, and that's something that I'm trying to build back towards.

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