

**PRE-TOURNAMENT PRESS CONFERENCE**  
**May 3, 2023**

**JASON DAY**



---

**JOHN BUSH:** Like to welcome Jason Day into the interview room making his seventh career start at the Wells Fargo Championship and our 2018 champion.

Jason, welcome back. If we can get some comments.

**JASON DAY:** What would you like me to comment on?

**JOHN BUSH:** Just talk about how much you're looking forward to this week and what this tournament and the course mean to you.

**JASON DAY:** Well, you pretty much summed it up. It's obviously great to be back. When was the last time we were back here? We weren't back here last year, were we? 2021?

Yeah, obviously this is a premier golf course to be a part of and obviously the tournament is huge. Obviously this year even more so, but in the past they've always had a pretty big field, which has been great. Rory seems like he's got the formula for success around here as well.

I was fortunate enough to win here in 2018, as you said, so the course and the way that the course sets up, I actually really -- I thoroughly enjoy the way that the course layout is. Not only on top of that, but the way that the grass is and the sand and everything as well, it's just I feel like it sets up well for my game.

**JOHN BUSH:** And just the state of your game? Six top-10s and 11 top-25s in 14 starts this year, so good play. If you can talk a little bit about the state of your game.

**JASON DAY:** Yeah, it's been good. Obviously Augusta was a little bit of a hiccup, last round was not where I needed it to be. But overall coming into this week, I've had three weeks off so looking forward to getting some good momentum going not only this week but next week and then the PGA after that, so I've got three in a row.

Yeah, we'll see how it goes. Overall I'm very pleased with how things are, I just would like to try and get myself closer to the lead on the weekend to give myself a chance at winning an event here soon.

**Q. Jason, just wondering what specifically about this course you think sets up well for your game and why you've been able to have success either winning or being in the lead?**



**JASON DAY:** I just think it's not only there's a good mix of risk-reward holes here, there's a good mix of being able to attack certain hole locations, but also it's a tough enough course to be able to -- I mean, the average winning score every year is probably around 14 under par. It does yield a lot of birdies, but it also is pretty hard to the point where if you shoot somewhere 3 under a day, you're not too far away from the lead at the end of the week.

It's not an overly long golf course, but I think the playing surface is what I like the most. It's very similar to what I have at home in Ohio. Then the actual, the green -- how the green pitches are and the structure of the greens, I typically tend to like these bigger, larger, more pitch on the greens where you actually have to have a lot of imagination, you have to kind of position yourself around the golf course and if you have a good short game and you can match that up with some good hitting for the week, then typically that is -- gives you better results when you're just trying to survive sometimes.

Obviously this is a major style golf course because we had the PGA here not too long ago and just overall with the amount of people that come here as well, it just feels bigger overall and that's typically why I like playing here.

**Q. Jason, looked like you were firing on all cylinders in the Match Play, especially against Scottie Scheffler there. Birdies, eagles, it was all going your way. Didn't quite get across the line there. Same thing with the Masters, you kind of got off to a good start and kind of faded.**

**What's it going to take for you? Is it a physical thing, just a stamina thing or what's it going to take to sort of get you through to the end?**

**JASON DAY:** So last round of the Masters I had vertigo, so that was obviously not fun to play in that final round. We had to finish our third round Sunday morning and then I was sitting in the caddie hut and that's when I got vertigo.

I mean, I was supposed to play RBC, that was on the schedule to play and then pulled out because of that and had to go back and run some tests. I think it's just hard because when you feel like you're running on all cylinders, you're making a lot of birdies, you're doing a lot of good things, it's difficult when sometimes the health plays a factor. If it's a back, I understand, but I feel like I'm kind of beyond that now, which has been great because I worked really hard on it. Obviously there's this sort of thing. So it's just one thing after another where I just kind of have to peel it back a little bit, kind of understand a little bit more, get a little bit better.

And then I am under a lot more stress this year than what I was in previous years just because of where I am week in and week out. I've been playing a lot better so there's obviously more stress and when you have more stress, your immune system can get compromised and for me it was just unfortunate that happened in the last round.

But I've had three weeks off and I feel like I'm getting a handle on it, which is good, so it will



just take some time.

**Q. Just to follow up on that, is that what happened in the Scheffler match or was it allergies? Is it stress induced or is it fatigue induced, or do you still not know what causes it?**

**JASON DAY:** No, I know what happens. I'm going to say it was vertigo, but I just didn't really want anyone to -- I didn't want to talk about it too much, especially the Match Play because it was just like a small bout of it, but it really kicked my butt at Augusta. That was like kind of the time where I had to take a step back.

I think for me personally, I've always put myself in a position where I've just like worked really, really hard, I made a lot of changes in my swing so I'm always constantly going and pushing it. It's never really the mental side or the actual me going out there and trying to work harder that stops me from golf, it's typically my body saying no, you can't do that anymore.

But overall I know exactly what happened. It is obviously the stress of playing the game, and I understand there's obviously competitive stress and there's stress outside the game that is totally separate that everyone goes through as well. When you put yourself under stressful conditions all the time, sooner or later your immune system gets compromised. I wasn't eating as healthy as I should have, so I made some changes to my diet.

Then, yeah, it's a virus that attacks my inner ear, which is the vestibular nerve in the ear, so when that happens you can't get rid of a virus obviously, the only way you can do it is suppress it. I just needed to take some time off, that was pretty much plain and simple. And then obviously on top of it just rework how I come to the golf course and work as well.

**Q. Not to make you keep talking about the vertigo, you talked about what you do between events to cope with it, but how have you learned to deal with it when it actually happens during an event like it does at the Masters? How have you learned to deal with that and, like you said, kind of suppress --**

**JASON DAY:** Obviously the first time it ever happened to me was 2015 U.S. Open at Chambers Bay and I didn't know how to handle it. I think as it's progressed along the years, because I really haven't had too many bouts of it, it would typically come for about three holes or so and then like gradually got better and better and I'm like OK, I feel kind of dizzy and nauseous, but I can get through this, no problem.

Yeah, I just never really had to worry about it too much. I felt like I was pretty healthy for the most part outside of other injuries. Yeah, I think it was just a matter of how much more stress I was under and then how much workload I was putting into it. I never gave myself more than a day or two days break in between tournaments for the whole year. Then this has kind of put me on the bench for a good two weeks just to kind of find out what was going on.



**Q. When was the first time you ever dealt with it and did you ever have this issue when you won?**

**JASON DAY:** No, I've never had an issue when I won a tournament. 2015 was the first time it ever happened and that was quite alarming because I never had that before. It happens sporadically, every so often, but nothing too crazy.

**Q. And if I told you when you won this tournament in 2018 you wouldn't win a tournament for the next five years, what would your reaction have been?**

**JASON DAY:** Probably questioned what I was doing. You know, what happened in those five years to cause me not to win. Yeah, it would be interesting because I was coming off the back end of 2015 and '16 and then two more events in 2018.

I mean, I need to get back into the winner's circle, I know that. I feel that my game is starting to round into some really good form where I know that I can win more consistently, it's just a matter of putting myself into contention a little bit more.

Not too worried about it too much. To be honest, I've got past the point of like thinking about winning and more of the point of just trying to go through the correct process every single day and then at some point it's going to yield more confidence and better play. When that happens, it's going to happen a lot, which would be nice.

**Q. Jason, how do you think that the designated event plan has worked out? How's it worked for you and what do you think about it going forward?**

**JASON DAY:** I mean, what do you guys think? Do you like it?

**Q. Well, I think --**

**JASON DAY:** Do you like having a cut compared to a non-cut?

**Q. Well, that's another issue.**

**JASON DAY:** Do you like having the cut?

**Q. Yes.**

**JASON DAY:** I like having the cut, too. I'm like on the other side of what most people think in regards to having a shorter -- we're just going back to the WGC days essentially. You're going to have a great field, which is great. If you play well in those events, typically you'll stay inside the top 50 every single year and that typically it's a lot easier for you to stay in the top 50 that way.

I think this year's worked out great with the cuts. I mean, we've had the best players in the



world rise to the occasion multiple occasions now. I feel like if we talk about -- now, granted I'm not in those meetings, I don't know all the facts about it, but I look at it and I say if the best players are supposed to stick around for the weekend, we should play better, and I understand that. If we don't play better, then we have to reevaluate why we didn't play better and get ourselves in contention.

To keep guys around for four days, I totally understand that side as well, but if I was looking at it, I'd rather have a cut and then -- granted, I know that like West Coast to right now, there's daylight issues so there's certain types of fields that we can only handle. Yeah, I prefer a cut, I think that would be much better.

**Q. But you understand, too, that part of that was, the idea is to reward guys? It's guaranteed pay basically in those tournaments.**

**JASON DAY:** Why do we need guaranteed pay?

**Q. It seems to be that -- look, some of this is in response to LIV obviously.**

**JASON DAY:** Yeah, 100 percent. I don't think -- look, we've played golf our whole lives. I think the majority of the fans out there know that you come in, you play two days. If you don't play well, you're out, you don't get paid. That's just how our lives work.

Don't get me wrong, if I'm in those events and we're playing for guaranteed money, tremendous. I mean, that's great. I think the biggest thing we've got to work out is see how this year goes, see how next year goes and then put them up against each other. Did the tournaments around the designated events with the no cuts, did they get better as in fields, were there more players there, was there just better play in general to having a no cut to a cut and then make the decision from there.

I think a lot of the decisions we've made, the Tour and the policy board has made over the last year, there obviously has been a reaction to what LIV has brought to the table. To be honest, I think everyone's better for it. I mean, we're playing for more money on both sides. What's more sustainable, I'm not sure, but I'm looking at the picture right now and it feels pretty good. I'm just trying to get back to winning at the end of the day and leave the decision making to Rory and those guys.

**Q. Jason, being an Aussie, LIV was just Down Under, I want to know did you see it and see the crowds' reaction? If you did, what in your opinion, if the PGA TOUR went down there, do you think it would be 10 times larger than that or just your thoughts on that?**

**JASON DAY:** I think Australia is kind of starved for an event with big players. We have the Presidents Cup that goes down there every so often and typically that has a good large field, but we're talking a total different type of golf, total different type of scene. I mean, if you watch it, there's music playing in the background and if you understand Australians, we tend



to typically like to have a good time.

Yeah, I think it was nice to be able to see that. Obviously I wanted to see how it would -- what would it be like down there with the Australian crowds and how it would be received. I feel like it was well received down there. If we went down there as the PGA TOUR, it would be a total different vibe, so I don't think there would be music playing and all that stuff. It would be a lot more professional in that sense.

**Q. (No microphone.)**

**JASON DAY:** Yeah, I'd love that. I haven't been back to Australia since 2017.

**Q. Did you watch the Presidents Cup last year at Quail Hollow or how did you handle missing that?**

**JASON DAY:** I didn't watch it, no.

**Q. Where were you at at that point last year with your game? Were you building towards having this sort of season?**

**JASON DAY:** Definitely not. I was -- to be honest, I was just trying to gain more confidence in myself and my game, just trying to build my game back up. Like I was kind of glad that I didn't get the call from Trev because my game was not in a position to be put on stage, a large stage like the Presidents Cup. There would have been a lot of holes exposed and I feel like I'm better off now for it.

But obviously not being able to be on the team kind of, it's hard because of the success I've had around here, but it was a good decision that I wasn't even picked, which was a good thing because looking back on it, it would have just -- I don't think I would have played well.

**JOHN BUSH:** Jason Day, thank you for your time.

**JASON DAY:** Cheers.

