



# 2025 Big Ten Outdoor Track & Field Championships

Friday, May 16, 2025  
Hayward Field (Eugene, Ore.)

## **KOSTAS ZALTOS, MINNESOTA MEN'S HAMMER THROW**

### **On the meet record ...**

"I am happy to be here again and compete. That was my last dance, I was very pumped and excited to be here and perform and set another meet record. Last year Angelos messaged me saying 'I broke it a little bit just to give you something for next year,' and I said, 'just wait, I will break it again,' and I am happy I did."

### **On the team culture ...**

"Having Angelos with me and the rest of the team practicing together, we have friendly competition during practices. We are very close with each other, being together for a couple of years and this sets the tone and the culture for the team overall, not just for the throwers. We are happy we can create an environment that everybody can perform in a high level, and we know we can do great things for the next three days."

### **On the chemistry between he and teammate Angelos Mantzouranis ...**

"I can't catch a breath with Angelos. He is always there, always a good competitor, always trying to win. I am happy for him; he is the first in NCAA and I'm right behind him but today was a different day. Angelos said he didn't feel great, but some technical stuff wasn't going his way. He is a great teammate, very competitive in practice and I am just trying to be as strong as him. We are happy to be here and compete in the Minnesota logo and trying to throw far every single time. We are here to make history and make a statement not just for today but the rest of the season and to do this that has never happened before. So, we are excited for regionals and then excited for the next steps at nationals."

### **On coming out on top ...**

"It is going to be a great meet for everybody. The only thing we can do is control ourselves. We are going to do the things that we did today, go through our daily routine, our competition routine and be ourselves and have fun."



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**KOBY KESSLER, OREGON**  
**MEN DECATHLON**  
**(IN-PROGRESS FIRST)**

**On today's performance ...**

"Shoutout to my trainers. I wouldn't be able to do it without them. Coaches and trainers are keeping me healthy and that's probably the number one thing keeping me healthy from the knee injury I have been fighting since indoor at Arkansas having some tendinitis, but I have been able to push through. It's a rewarding experience when you have something that you have to push through."

**On the crowd ...**

"I love having the home crowd. It's awesome with family coming down and supporting. That's definitely a big part of having family come down and being supportive. I love it."

**On how you keep yourself in the right mindset ...**

"Some Advil and some reassurance the night before, writing down that the moment is not bigger than me and I can push through the pain."

**On the pressure ...**

"It puts a lot of pressure, but I love the pressure. I perform more under pressure; I had a moment in the Big Ten where, unfortunately, I didn't perform well under pressure. I know how I didn't evolve but I put in a lot of work since then and I am hoping it pays off some more."



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**ANTHONETT NABWE, MINNESOTA**  
**WOMENS HAMMER THROW CHAMPION**

**On what went right today...**

"The main thing was consistency. Yesterday I had a great practice that led into today. My coach kept reminding me of practice and to think like in practice and be relaxed. Consistency is a great factor."

**On feeling good today...**

"Today felt good because my warm-up throw usually isn't good. I was hitting the 70-meter line in warm-up, and I was also consistent, so that gives me more confidence to go out there and do it."

**On her goals for today...**

"Yes, it was to go above 70 meters because yesterday that happened in practice. The expectation was higher but I'm really grateful I got to PR today and also win."

**On improving from her freshman year...**

"Using the tools that come provided, like this year we get journals. When Coach tells me what I need to work on I get to write that in my journal. The one this year helped me a lot, building every practice instead of starting over every practice."



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## **CODY JOHNSTON, ILLINOIS** **MEN'S POLE VAULT**

### **On his first Big Ten title ...**

"It feels great, a relief. I expected to win it (my) freshman year indoor and outdoor, but I didn't come through, so I am happy I came through today."

### **On what made the difference today ...**

"This facility, being here in Oregon is always a blessing. The conference also makes a difference, it always pushes everybody. Just being here, I feel like this isn't Oregon's track but Nike's track. This is Track Town USA, so it is great to be here. "

### **On training ...**

"It has been a little rough. We switched to a different pole brand four weeks ago. So, we went to a different pole brand, and I have been jumping off it a lot. Today we were going a little blind with the different pole brand, but I knew what we had to do. There is a lot of stuff that goes into pole vaulting, so mentally if you aren't there, you will not be there with your jumps. If you aren't comfortable with your pole, you aren't going to be comfortable with your jumps. Therefore, getting that confidence and being comfortable on the pole is what is needed."



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## **ARTHUR PETERSON, NEBRASKA MEN'S JAVELIN**

### **On how Nebraska puts a lot of points on the board ...**

"We were stacked in javelin, but it was nice that we managed to pull a good amount of points together to keep our team in the hunt for the title."

### **On chemistry with teammates ...**

"A lot of chemistry in that program. It's amazing to have very good teammates to train with every single day. I feel like I have an advantage that I have compared to many other people and I'm glad that I came to the U.S. to start competing here. It has given me so many opportunities."

### **On training these last few weeks ...**

"I'm coming off an injury I got four to five weeks ago. I got a partial tear in my calf, so we were happy that I was able to put a good performance today."

### **On what helped get the win today...**

"I have had a lot of competitions, I am an old guy in the NCAA, so I have experiences other people don't have."

### **On what his emotions are for his last NCAA appearance ...**

"It feels nice that the Big Ten is here in Eugene, because you get a little trial before nationals. I will prepare more and get through regionals and repeat again at nationals."



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**EVAN JENKINS**  
**MEN'S 10,000-METERS**

## **On the last lap...**

"I don't remember much. I remember there was a big gap for me with a mile to go. I'm not sure if there was a strategy of some sort. One thing at a time, I feel like first and foremost. Once I did that, just tried everything I could to stay with it. Did the best I could to cut the lead at 200 to go and just start going as hard as I could. Saw Aiden (Smith) coming up on me, I know he's a great finisher, so I did the best I could to hang on. I think both our legs gave out in the last 10 meters and I'm not sure how I came out with the win, but I did; it was fun. Great race."

## **On Aiden Smith and him blacking out after 100 feet...**

"I think we both felt the same thing. If we had it on a day that had been inside, I think he would have won the next day; you never know. I thought it was my day today."

## **On a finish like his (falling)...**

"Never had that feeling before, it hurt a lot. But it's fine, won't see the doctor or anything."

## **On the early pace...**

"I was on the outside in the front. I didn't want to take the lead at all. I was happy where I was because I kind of came into this thing wanting to have fun with my boys. Just chatting with the guys, smile, just having fun, and then went up from there."

## **On the Pacific Northwest dominance...**

"Yeah, the Ducks are great. They went two, three, four and six. I don't think you see that much anywhere else, so congrats to them. It's fun being in the Big Ten, having them around through it all, it feels like home."

## **On the Huskies' placements...**

"Our Dawgs are great, thanks to Andy. We are best friends, we go through everything together, training together, it was great having done that here as well."



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**DIANA CHEROTICH, OREGON**  
**WOMEN'S 10,000-METERS**

**On the plan for the race...**

"I will run the 5k then after that I will prepare for regionals."

**On having a big lead ...**

"Yes, but it is not bad because I get to go alone. I wasn't struggling, I was going easy."

**On her fastest lap ...**

"I started to go fast on the last lap because I was going slow because no one was with me. I just kept pushing on each lap."

**On her first season at Oregon ...**

"I have enjoyed this season, especially training because of my coach, and have been improving since I came here. I think this is because of the training."