



2025 NCAA Outdoor Track & Field Championships

Saturday, June 11, 2025
Hayward Field (Eugene, Ore.)

Kostas Zaltos, Minnesota (Hammer champion)

"Coming here I was a little nervous today, it was my last ride with the University of Minnesota, being a Gopher. I was very excited to compete. Technically I wasn't as good as I looked the day before or two days before, but I'm very satisfied. I PRed again and I can't complain, and I finally won on my fourth time being here. I'm very, very happy for that and excited, of course. Very happy for my teammate too, he had a great series, he was very consistent and got second, too."

"This year coming back, I feel fortunate to have all the extra resources, that I didn't have last year. Of course, not making the Olympics last year by one spot was crucial for me from a mistakes zone, just doing an extra step. Sometimes you take two steps back and one step forward, so I'm really happy to win the NCAAs."

Jason Swarens, Wisconsin (Shot Put champion)

"I knew it was coming, I've had some big throws this year, I had to line one up. I threw big at our home meet, I threw 21.37 there so I knew it was going to take 21 to win today. Going into the last throw I hit that, wish I could have done it a little earlier, but I'll take it."

"I've gotten fourth, third, second, so I had to finish off that quad with a first, so it feels good. I've always wanted to solidify myself as one of the greatest shot putters at Wisconsin and I think today was the icing on the cake."