



JACOB COWING

WR | ARIZONA

6

5-9 × 171 × 2.4.01 × MARICOPA, AZ × 3RD YEAR × ACQUIRED D-4C IN '24

2025

- Spent the entire season on the team's Injured Reserve List.

2024

- Appeared in 15 games as a rookie and registered 4 receptions for 80 yards through the air to go along with one carry for 7 yards on the ground. Added 28 punt returns for 245 yards (8.8 avg.) and one kickoff return for 32 yards.
- Tallied 2 receptions for 50 yards vs. KC (10/20), including a 41-yd. reception, marking the longest reception of his career.
- Registered 3 punt returns for 36 yards at TB (11/10), including a 30-yd. punt return, marking the longest punt return of his career.
- Caught 5 punt returns for 51 yards vs. LAR (12/12), both of which marked career highs.
- Notched 2 receptions for 30 yards at Arz. (1/5/25).

COWING'S GOLDEN NUGGETS

- Has a son, Chase Henry Cowing.
- Finished his collegiate career as just the 22nd player in FBS history to register 4,000-or-more receiving yards.
- Owns the single-season program record for receiving TDs at Arizona with 13, which he set in 2023.

COLLEGE

Appeared in 54 games (45 starts) over five seasons at Arizona (2022-23) and Texas-El Paso (2019-21) and registered 316 catches for 4,477 yards and 33 TDs. In 2023, appeared in 13 games (12 starts) and tallied 90 receipts. for 848 yards and a program record 13 TDs, earning All-Pac-12 Honorable Mention for the second-consecutive season. He was also named the Valero Alamo Bowl Offensive MVP after recording 152 yards and 2 TDs on 7 receipts. In 2022, earned All-Pac-12 Honorable Mention after leading the conference with 85 receipts. for 1,034 yards and 7 TDs. At UTEP in 2021, hauled in 69 receipts. for 1,354 yards and 7 TDs, earning First-Team All-Conference USA honors. During the shortened 2020 COVID-19 season, registered 41 receipts. for 691 yards and 3 TDs, earning Second-Team All-Conference USA honors. As a true freshman in 2019, appeared in 12 games (7 starts) and registered 31 receipts. for 550 yards and 3 TDs, leading all C-USA freshmen.

PERSONAL

- Attended Maricopa (AZ) HS where he earned three varsity letters.
- Born Jacob Henry Cowing (2/4/01) to parents Monte Cowing and Nycole Parker.

INJURY REPORT

2024: Inactive vs. Arz. (10/6) with a shoulder injury. Inactive at GB (11/24) with a concussion.

2025: Placed on the Injured Reserve List on 8/27 with a hamstring injury.



COWING'S CAREER STATISTICS

YEAR	TEAM	GP	GS	RECEIVING					ATT	RUSHING				
				NO	YDS	AVG	LG	TD		YDS	AVG	LG	TD	
2024	SF	15	0	4	80	20.0	41	0	1	7	7	7	0	
2025	SF	—	—	—INJURED RESERVE (Hamstring)					—	—	—	—	—	
TOTALS		15	0	4	80	20.0	41	0	1	7	7.0	7	0	

YEAR	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		NO	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD
2024	SF	1	32	32.0	32	0	28	11	245	8.8	30	0
TOTALS		1	32	32.0	32	0	28	11	245	8.8	30	0

PLAYOFFS

YEAR	TEAM	GP	GS	RECEIVING					ATT	RUSHING			
				NO	YDS	AVG	LG	TD		YDS	AVG	LG	TD
2025	SF	—	—	—	—INJURED RESERVE (Hamstring)				—	—	—	—	—
TOTALS		0	0	0	0	—	—	0	0	0	—	—	0

Additional Statistics:

Fumbles—Lost — 2—1: 2024 (2—1)

Milestones:

NFL Debut: vs. NYJ (9/9/24); **First Reception:** Regular Season — vs. KC (10/20/24 — 9—yd. pass from QB Brock Purdy); **First Punt Return:** vs. NYJ (9/9/24 — 8—yd. PR)

COWING'S CAREER HIGHS

Receptions: Regular Season — 2 (2 times) Last at Arz. (1/5/25)

Receiving Yards: Regular Season — 50 vs. KC (10/20/24)

Long Reception: Regular Season — 41 vs. KC (10/20/24)

Punt Returns: Regular Season — 5 vs. LAR (12/12/24)

Punt Return Yards: Regular Season — 51 vs. LAR (12/12/24)

Long Punt Return: Regular Season — 30 at TB (11/10/24)

Kickoff Returns: Regular Season — 1 at Arz. (1/5/25)

Kickoff Return Yards: Regular Season — 32 at Arz. (1/5/25)

Long Kickoff Return: Regular Season — 32 at Arz. (1/5/25)

COWING'S TRANSACTIONS

Originally the third of three 4th—round (135th overall) draft choices by SF in 2024...Placed on the Injured Reserve List on 8/27/25.



COWING'S GAME-BY-GAME

2024									2024 Returns														
Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD	Date	Opp	KR	Yds	Avg	Lg	TD	PR	FC	Yds	Avg	Lg	TD		
Sep 9	NYJ	W	1/0	0	0	—	—	0	Sep 9	NYJ	0	0	0.0	0	0	2	1	15	7.5	8	0		
Sep 15	at Min	L	1/0	0	0	—	—	0	Sep 15	at Min	0	0	0.0	0	0	1	0	0	0.0	0	0		
Sep 22	at LAR	L	1/0	0	0	—	—	0	Sep 22	at LAR	0	0	0.0	0	0	1	0	9	9.0	9	0		
Sep 29	NE	W	1/0	0	0	—	—	0	Sep 29	NE	0	0	0.0	0	0	2	0	8	4.0	7	0		
Oct 6	Arz	L	—	—INACTIVE (Shoulder) —						Oct 6	Arz	—	—	—	INACTIVE (Shoulder) —						—	—	—
Oct 10	at Sea	W	1/0	0	0	—	—	0	Oct 10	at Sea	0	0	0.0	0	0	2	1	11	5.5	11	0		
Oct 20	KC	L	1/0	2	50	25.0	41	0	Oct 20	KC	0	0	0.0	0	0	1	1	11	11.0	11	0		
Oct 27	Dal	W	1/0	0	0	—	—	0	Oct 27	Dal	0	0	0.0	0	0	2	2	22	11.0	16	0		
Nov 10	at TB	W	1/0	0	0	—	—	0	Nov 10	at TB	0	0	0.0	0	0	3	1	36	12.0	30	0		
Nov 17	Sea	L	1/0	0	0	—	—	0	Nov 17	Sea	0	0	0.0	0	0	1	0	12	12.0	12	0		
Nov 24	at GB	L	—	—INACTIVE (Concussion) —						Nov 24	at GB	—	—	—	INACTIVE (Concussion) —						—	—	—
Dec 1	at Buf	L	1/0	0	0	—	—	0	Dec 1	at Buf	0	0	0.0	0	0	2	0	25	12.5	13	0		
Dec 8	Chi	W	1/0	0	0	—	—	0	Dec 8	Chi	0	0	0.0	0	0	4	1	22	5.5	8	0		
Dec 12	LAR	L	1/0	0	0	—	—	0	Dec 12	LAR	0	0	0.0	0	0	5	0	51	10.2	17	0		
Dec 22	at Mia	L	1/0	0	0	—	—	0	Dec 22	at Mia	0	0	0.0	0	0	1	1	8	8.0	8	0		
Dec 30	Det	L	1/0	0	0	—	—	0	Dec 30	Det	0	0	0.0	0	0	0	0	0	0.0	0	0		
Jan 5	at Arz	L	1/0	2	30	15.0	16	0	Jan 5	at Arz	1	32	32.0	32	0	1	3	15	15.0	15	0		
TOTALS									TOTALS														
									1 32 32.0 32 0 28 11 235 8.8 30 0														

2025									
Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD	
PLACED ON INJURED RESERVE (Hamstring) ON 8/27									
Sep 7	at Sea	W	—	—INJURED RESERVE (Hamstring)				—	—
Sep 14	at NO	W	—	—INJURED RESERVE (Hamstring)				—	—
Sep 21	Arz	W	—	—INJURED RESERVE (Hamstring)				—	—
Sep 28	Jax	L	—	—INJURED RESERVE (Hamstring)				—	—
Oct 2	at LAR	W	—	—INJURED RESERVE (Hamstring)				—	—
Oct 12	at TB	L	—	—INJURED RESERVE (Hamstring)				—	—
Oct 19	Atl	W	—	—INJURED RESERVE (Hamstring)				—	—
Oct 26	at Hou	L	—	—INJURED RESERVE (Hamstring)				—	—
Nov 2	at NYG	W	—	—INJURED RESERVE (Hamstring)				—	—
Nov 9	LAR	L	—	—INJURED RESERVE (Hamstring)				—	—
Nov 16	at Arz	W	—	—INJURED RESERVE (Hamstring)				—	—
Nov 24	Car	W	—	—INJURED RESERVE (Hamstring)				—	—
Nov 30	at Cle	W	—	—INJURED RESERVE (Hamstring)				—	—
Dec 14	Ten	W	—	—INJURED RESERVE (Hamstring)				—	—
Dec 22	at Ind	W	—	—INJURED RESERVE (Hamstring)				—	—
Dec 28	Chi	W	—	—INJURED RESERVE (Hamstring)				—	—
Jan 3	Sea	L	—	—INJURED RESERVE (Hamstring)				—	—
TOTALS			0/0	0	0	—	—	0	

2025 Postseason									
Date	Opp	W/L	P/S	Rec	Yds	Avg	Lg	TD	
Jan 11	at Phi	W	—	—INJURED RESERVE (Hamstring)				—	—
Jan 17	at Sea	L	—	—INJURED RESERVE (Hamstring)				—	—
TOTALS			0/0	0	0	0	0	0	