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**(Col.)-Chacin And Helton Off Rockies DL**



By: Chris Fankhauser Posted at: 05/06/2013 08:16 AM

DENVER (AP) - The Colorado Rockies activated first baseman Todd Helton and right-hander Jhoulys Chacin from the 15-day disabled list and both were in the lineup for Sunday's game against the Tampa Bay Rays.

Infielder Ryan Wheeler and right-hander Tyler Chatwood were optioned to Triple A Colorado Springs to make room for Helton and Chacin on the roster.

Helton appeared in 13 games before going on the disabled list last month with a left forearm strain. Chacin, the Rockies' opening day pitcher, left his last outing on April 19 with a lower back strain. Before exiting with the injury, Chacin threw 6 1-3 scoreless innings against the Arizona Diamondbacks en route to winning a third straight game.

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