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#### **(Neb.)-Chadron State track teams shine at RMAC championship**

By: Andrew Lacy Posted at: 05/07/2013 10:29 PM

GOLDEN, Colo. – The Chadron State College men's and women's track and field teams proved they're among the best in the Rocky Mountain Athletic Conference Tuesday during the final day of the RMAC Track and Field Championships hosted by Colorado School of Mines.

The men's squad, which featured five conference champions and a relay team, scored 183 points and finished in second place behind perennial power Adams State, while the CSC women's team scored 99 points to finish fourth.

"Honestly, I couldn't be more proud of the way my team performed today," CSC head coach Ryan Baily said.

The Grizzlies scored 197 to capture the men's title and they also won the women's crown with 178 points.

Chadron State's Cody Hunt in the shot put and Hunter Dittbenner in the decathlon claimed their RMAC titles during Monday's competition but the Eagles continued to add to their hardware Tuesday.

Karl McFarlane won the 110-meter hurdles in 14.00 seconds, Phil Rivera claimed his fifth RMAC championship in the 400 meters (47.85) and Gavan Archibald cruised to a win in the 400 hurdles (52.87).

In addition, the 1,600 relay team of Archibald, Brandon Segelke, Xavier Kvistad and Frederick Culp set a new school record (3:14.45) en route to their championship.

Lanar Newman also had a strong meet for the Eagles, finishing in the top six of the 110 hurdles, long jump and triple jump. He also joined McFarlane, Segelke and Rivera in CSC's second place 400 relay team.

The Chadron State throwers also performed well. Charith Kapukotuwa finished second in the shot put and discus and added a third place finish in the hammer.

The highlight for the women's team came in the discus as Chadron State athletes swept the top three spots and had four in the top six.

Alyssa Norton sailed the discus 155-feet, 10-inches to cruise to her title and her teammates Mel Herl (146-01) and Sadie Waugh (144-10) finished second and third, respectively.

Jamie Bair also scored some points for the Eagles in the event, finishing sixth with a throw of 129-03.

The women's throwers weren't just strong in the discus, though. Norton added top three finishes in the shot put and hammer throw, while Herl and Cyndi Thomas also fared well in the shot put.

Also for the Eagles, Chelsea Murray, who was fifth in the heptathlon Monday, ran the 400 hurdles in 1:04.64 and the 100 hurdles in 15.39 seconds.

Michaela Odenbaugh also had a solid day. She ran the 400 hurdles in 1:05.35, added a sixth place finish in the javelin (111-05) and then ran a leg on Chadron State's second-place 1,600 meter relay team (3:57.75). Others

on that relay included Meagan Nahrwold, Monique Fair and Shelby Guy.

Other All-RMAC performers included Trae Patch in the 100 meters (12.73) and Kaelie Jelden (11-10 3/4) and Josey Pehringer (10-11) in the pole vault.