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### **(Neb.)-Eagles post strong marks at Long Beach meet**

By: Andrew Lacy Posted at: 04/21/2013 10:06 AM

Led by senior Cody Hunt's second place finish among the 63 entries in the men's shot put, Chadron State College athletes turned in some good marks Saturday at the Long Beach State Invitational Track and Field Meet in California.

Hunt, a graduate of Lingle-Fort Laramie High School, threw the shot a season-best 59 feet, 5 inches Saturday. Hunt also placed second in the shot on Friday with a mark of 57-10 ½ at the Bryan Clay Invitational Meet at Azusa Pacific University.

The shot put at both meets was won by Tim Nebow, a DePaul University standout and former Big East Conference champion. Nebow hit 66-9 ¼ on Saturday.

Nebow's participation in the meets was an example of the caliber of the athletes that were drawn to the California meets. The competition was particularly strong at the Long Beach Meet. Pre-meet information said nearly 2,000 athletes and 3,000 entries from schools in 34 states and 22 club teams were expected.

Another major highlight for the Eagles came when sophomore Rebecca Volf of Wood River, Neb., ran the women's 3000 steeplechase in 11 minutes, 42.79 seconds to knock nearly 20 seconds off the school record that was set in 2001 by Andrea Lanka. Volf also ran the 400 hurdles on Friday. CSC coach Ryan Baily called the events "two of the most grueling there are."

Chadron State relay teams also had superb times Saturday.

The men's 4x400 relay made up of Brandon Segelke, Fred Culp, Gavan Archibald and Phil Rivera were timed in 3:16.41, the second best in school history and just 35 hundredths of a second off the school record.

The Chadron State women's time of 49.34 in the 4x100 relay was the fifth best all-time for the Lady Eagles and their mark of 3:59.29 in the 4x400 was the fourth best ever for CSC women. The runners on both teams were Trae Patch, Meagan Nahrwold, Shelby Guy and Monique Fair.

Nahrwold's time of 1:06.04 in the 400-meter hurdles was the fourth best ever for a CSC women.

Freshman Mel Herl had a season-best throw of 43-6 in the women's shot put and sailed the discus 143-11

While pole vaulters Kolten and Kaelie Jelden did not quite match the heights they achieved on Friday when both set school records, both showed consistency by doing well again Saturday at the Long Beach Meet. Kolten went 15-5 ¾ and his sister went 11-4 ½. The previous day, Kolten cleared 15-9 and Kaelie topped 11-10 ½ for the new records.

Other CSC vaulters Joe Hoffman went 15-0 and Erin Krause 10-10 ¾, both career bests, Saturday.

Besides running on the men's relay team, Archibald ran the 400 hurdles in 53.80 seconds Saturday, just six one-hundredths of a second slower than Friday's time Friday, which was the second best in CSC history.

In addition, Charith Kapukotuwa's discus throw of 155-4 Saturday was a season best.

Karl McFarlane, who broke his own school record in the 110 high hurdles on Friday at Azusa Pacific in 13.97 seconds, did not enter the event again on Saturday. Besides being the third best in NCAA Division II this season, McFarlane's time at the Friday meet was better than the 14.06 that won the race Saturday.

McFarlane also went 47-7  $\frac{3}{4}$  in the triple jump on Friday to match his career best.