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Leblanc-Bazinet, Letendre One Point Apart

Mississauga, Ontario, May 24, 2013—It's a familiar and exciting story at the Canada East Regional, where experienced CrossFit Games athletes Camille Leblanc-Bazinet and Michele Letendre are separated by one point at the end of the first day of competition. Albert-Dominic Larouche has put 10 points between him and second-place holder Jean-Michel Riendeau. And CrossFit Select is in first place among the teams.

All told, individuals completed three events on the first of the three-day competition, as did teams.

For the individual athletes, the events included CrossFit classic Jackie, comprising a 1000-meter row, 50 45-lbs. thrusters and 30 pull-ups. Both men and women completed the event with a 45-lbs. barbell. Then it was on to a 7-minute ladder of overhead squats. After a 2-minute break, the day ended with 30 burpee muscle-ups for time.

For the teams, the morning also started with Jackie, except they worked in pairs of one man and one woman; both sexes used the same barbell. Squads then had 7 minutes to establish a three-rep max overhead squat. The women took it on first while the men completed as many burpee muscles-ups as possible in 7 minutes. The sexes switched after a 2-minute rest period.

At the end of the day, the overall standings were as follows:

Men

1. Albert-Dominic Larouche (5 points)
2. Jean-Michel Riendeau (15 points)
3. Brandon Crump (22 points)

Women

1. Camille Leblanc-Bazinet (4 points)
2. Michele Letendre (5 points)
3. Jessica Cote-Beaudoin (17 points)

Teams

1. CrossFit Select (11 points)
2. Lusine CrossFit (13 points)
3. Reebok CrossFit FirePower (16 points)

For complete results, visit <http://games.crossfit.com/leaderboard>.

About CrossFit

CrossFit Inc. is the world's foremost developer of functional fitness programming and a leading accredited certificate issuer for physical training professionals worldwide. Founded by Greg Glassman, CrossFit® is the principal strength-and-conditioning program for hundreds of accomplished and professional athletes and hundreds of thousands of individuals seeking to achieve elite fitness. CrossFit offers specialty certificate courses and programs, including the CrossFit Kids program; publishes the *CrossFit Journal*; and created and operates the CrossFit Games, an annual event that seeks to find and crown the Fittest on Earth™. There are currently more than 4,000 affiliated gyms in the global CrossFit training network. For more information, please visit www.CrossFit.com or <http://www.youtube.com/user/CrossFitHQ>.

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