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Contact: Tim Chan
press@crossfitgames.com
619-944-3302

CrossFit Games website: <http://games.crossfit.com/>
Twitter: <https://twitter.com/CrossFitGames>
Facebook: <https://www.facebook.com/CrossFitGames>.

Parker, Gillespie, Centaurs Finish Day at No. 1

Richmond, British Columbia, June 7, 2013—The man known as Teen Wolf is sitting atop the leaderboard after the first day of competition at the Canada West Regional. Lucas Parker, 23, leads second place by six points. He finished 15th at last year's CrossFit Games. Heather Gillespie, who finished 34th at the 2012 Games, ended the day at the top spot among the women. In the team competition, The Centaurs are at No. 1 with seven points.

All told, individuals completed three workouts on the first of the three-day event, 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 muscle-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. Lucas Parker (7 points)
2. Tyson Takasaki (13 points)
3. Joey Lutz (19 points)

Women

1. Heather Gillespie (9 points)
2. Erin Light (15 points)
3. Alicia Connors (15 points)

Teams

1. The Centaurs (7 points)
2. Team Taranis (9 points)
3. CFC Crew (10 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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