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Peru's Trejo at Top Spot

Guayaquil, Ecuador, June 7, 2013—At the Latin American Regional, Orlando Trejo is at the top of the leaderboard among the men. The 25-year-old qualified for the Games last year, but took himself out of contention by withdrawing from the first event at Camp Pendleton. And totaling just four points, Courtney Modecki, who competed at last year's Mid Atlantic Regional, leads the women after the first day. In the team competition, CrossFit 7 Mile swept all three events to take the No. 1 spot.

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 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. Orlando Trejo (7 points)
2. Conor Murphy (14 points)
3. Andres Danelutto (24 points)

Women

1. Courtney Modecki (4 points)
2. Tarasa Barnett (6 points)
3. Solange Jean-Francois Mon (15 points)

Teams

1. CrossFit 7 Mile (3 points)
2. CrossFit SP (15 points)
3. Reebok CrossFit PTY (23 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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