



## FOR IMMEDIATE RELEASE

Contact: Tim Chan  
[press@crossfitgames.com](mailto:press@crossfitgames.com)  
619-944-3302

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

## Smith, Phillips, Explode Win Regional

Landover, Md., June 9, 2013—Building a dominating buffer of 31 points between him and second place, Ben Smith took top honors at the Mid Atlantic Regional today. The 23-year-old placed third at the CrossFit Games in 2011. Meanwhile, frequent Games competitor Christy Phillips took first place among the women. And CrossFit Explode placed No. 1 among the teams.

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

Individual athletes completed two events on the final day, as did teams.

For the individual athletes, the morning brought Event 6, which was 100 double-unders, 50 handstand push-ups, 40 toes-to-bar, 30 shoulder-to-overhead with an axle at 100 lbs. for the women and 160 lbs. for the men, and then a 90-foot walking lunge with the same axle in the front-rack position for time. The final event of the competition was four rounds for time of two 15-foot rope-climb ascents, a 100-foot sprint, four squat cleans at 135 lbs. for the women and 225 lbs. for the men, and another 100-foot sprint.

Organizers structured the team events similarly with a curveball. Event 6 for the squads was for time: one man and one woman complete 100 double-unders (50 each), 50 handstand push-ups while partner holds a handstand, 50 toes-to-bar while partner hangs from the bar, 50 shoulder-to-overhead with the axle (100 lbs.

and 160 lbs.) while partner holds axle in the front-rack position. Then both partners take a 90-foot walking lunge with the same axles in the front-rack position. And finally, the last team event was: one male and one female complete three rounds of two 15-foot rope-climb ascents and two squat cleans (135 lbs. and 225 lbs.), then one male and one female each complete three rounds of two 15-foot rope-climb ascents and three squat cleans, then one male and one female each complete three rounds of two 15-foot rope-climb ascents and four squat cleans.

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

#### Men

1. Ben Smith (19 points)
2. Gary Helmick (50 points)
3. Jordan Troyan (61 points)

#### Women

1. Christy Phillips (23 points)
2. Gretchen Kittelberger (34 points)
3. Michelle Crawford (38 points)

#### Teams

1. CrossFit Explode (16 points)
2. RAW Training (26 points)
3. CrossFit Wilmington Team A (37 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](http://www.CrossFit.com) or <http://www.youtube.com/user/CrossFitHQ>.

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