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Ladeairous Sets World Record in First Regional Weekend

Canton, Mass., May 17, 2013—On the opening day of the CrossFit Games North East Regional, Kaleena Ladeairous bested European powerhouse Sam Briggs by nothing more than one second to secure the women's world-record time in a classic CrossFit workout called Jackie. Ladeairous had the fastest time across all four regions in the first weekend of Regional competition. The day ended with weightlifting followed shortly thereafter by gymnastics movements that further widened the gap between those who have a shot at the Games and those who must return to training for another year

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 workout 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. Daniel Tyminski (11 points)
2. Austin Malleolo (13 points)
3. Eric Magee (16 points)

Women

1. Danielle Horan (6 points)
2. Amanda Goodman (9 points)
3. Stacey Kroon (14 points)

Teams

1. CrossFit New England Team A (5 points)
2. Team Dynamix (7 points)
3. CrossFit Bay Back (13 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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