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## **Khalipa, Maddox in Top Spots in NorCal**

Santa Rosa, Calif., May 24, 2013—Jason Khalipa, 2008 CrossFit Games champion, is in first place at the Northern California Regional after setting a world record in the opening day's first event. Ashley Carriveau leads the women, while CrossFit 808 is No. 1 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 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. Jason Khalipa (4 points)

2. Neal Maddox (14 points)
3. Garret Fisher (16 points)

#### Women

1. Ashley Carriveau (8 points)
2. Chyna Cho (9 points)
3. Alessandra Pichelli (11 points)

#### Teams

1. CrossFit 808 (6 points)
2. CrossFit Santa Cruz (10 points)
3. Rocklin CrossFit (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](http://www.CrossFit.com) or <http://www.youtube.com/user/CrossFitHQ>.

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