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## 2010 Affiliate Cup Winner Fort Vancouver Tops Teams

Kent, Wash., May 31, 2013— CrossFit Fort Vancouver had a strong showing on the first day of the North West Regional, beating the world-record time in Event 1 set by Hack's Pack Ute at the South West Regional earlier in the day. And it's a tight race in the men's competition as Bryan Miller holds first place by only one point and two athletes are tie for third. The story is similar among the women: Emily Carothers leads by one point at the end of the first day.

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. Bryan Miller (13 points)
2. Ben Stoneberg (14 points)
3. Kevin Simons and Ryan Swobody (18 points each)

## Women

1. Emily Carothers (9 points)
2. Rory Zambard (10 points)
3. Kendall Burnham (19 points)

## Teams

1. CrossFit Fort Vancouver (4 points)
2. Jet City (6 points)
3. Spokane Valley (12 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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