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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>.

## Valenzuela, Bridges, Invictus Win Southern California Regional

Del Mar, Calif., May 19, 2013—Two women battled it out this weekend and finished within one point of each other, with former collegiate volleyball player and Olympic weightlifter Lindsey Valenzuela finishing in first place and Rebecca Voigt finishing second. Josh Bridges, expected to be a formidable competitor to two-time CrossFit Games champion Rich Froning Jr., expectedly placed first in the men's competition. And CrossFit Invictus toiled away, remaining—and finishing—in the top spot throughout the weekend in the team competition.

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: 100 double-unders (50 each), 50 handstand push-ups while partner holds handstand, 50 toes-to-bar while partner hangs from the bar, 50 shoulder to overhead with axle while partner holds axle in front rack. Then, both partners take a 90-foot walking lunge with the axles in the front-rack position.

And, finally, the last team Event was: one male and female complete three rounds of two 15-foot rope-climb, two squat cleans, then one male and female each complete three rounds of two 15-foot rope climb ascents, three squat cleans, then one male and 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. Josh Bridges (21 points)
2. Kenneth Leverich (34 points)
3. Wes Piatt (69 points)

#### Women

1. Lindsey Valenzuela (17 points)
2. Rebecca Voigt (18 points)
3. Valerie Voboril (23 points)

#### Teams

1. Invictus (17 points)
2. Team CDR Redlands (19 points)
3. Brick Nation (34 points)

For complete results, visit <http://games.crossfit.com/leaderboard>.

### **About CrossFit**

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