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Jones Leads Women; Barto in 4th Place

San Antonio, Texas, May 24, 2013—Jenn Jones might be new to the South Central Region, but she's not new to the top of the leaderboard. The former gymnast is currently leading the women after the first day of competition. Among the men, Mike McGoldrick is in first place; Aja Barto, who competed at the CrossFit Games in 2011 and 2012, sits in fourth place. Meanwhile, CrossFit Dallas Central's closest competitor is three points behind 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. Mike McGoldrick (5 points)
2. Drew Bignall (7 points)
3. Bryan Diaz (10 points)

Women

1. Jenn Jones (4 points)
2. Cassidy Lance (8 points)
3. Holly Mata (12 points)

Teams

1. CrossFit Dallas Central (8 points)
2. Atomic CrossFit (11 points)
3. CrossFit Katy (15 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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