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The 2018 Reebok CrossFit Games are Underway
WHO LEADS AT THE END OF THE DAY?

MADISON, Wisconsin, U.S., Aug. 1, 2018 — The first day of the 2018 Reebok CrossFit Games got underway at 8 a.m. CT. Competing athletes started the day with an event called Crit: 10 laps for time on a Trek bike. Each lap was around 1,200 meters. Switzerland's Adrian Mundwiler took the event win for the men with a time of 18:32.24, and Kristin Holte of Norway won on the women's side with a time of 20:00.20.

Next, individual athletes were challenged with 30 muscle-ups for time on rings that were swaying in the wind under the enormous rig, Zeus, on the new field at the Alliant Energy Center. Games veteran Kristi Eramo won the event with a time of 2:32.52, and American Logan Collins finished in 1:46.00 to take the win for the men.

The CrossFit Total, which made its competition debut at the 2007 CrossFit Games, brought out the heavy weights for Event 3 as athletes attempted to lift their maxes in the back squat, shoulder press and deadlift.

Australia's Royce Dunne lifted 1,255 lb. across the three lifts to take the win for the men, while reigning Fittest Woman on Earth Tia-Clair Toomey took the event win for the women, lifting 875 lb.

Individual Event 4 was a marathon row. Under the constraint of a four-hour time cap, athletes were tasked with rowing 42,195 meters on the Concept2 Rower. Switzerland's Lukas Esslinger was the first finisher for the men (2:43:50), followed closely by Sweden's Lukas Högberg (2:44:33). Margaux Alvarez was first off the rower for the women (3:00.42).

In the team competition, two-time Affiliate Cup champion CrossFit Mayhem Freedom finished

the day on top of the leaderboard after logging a first- and a fifth-place finish in the first two events: Bike Deadlift (3 rounds for time of 1,600 meters on the bike and 25 team deadlifts with a 715-lb. bar) and The 30s (30 synchro muscle-ups, 30 back squats per pair, 30 push presses per pair and 30 box jump-overs).

Tomorrow is a rest day for the individual and team athletes, but the masters and teen competitions will be underway starting at 8:25 a.m.

Visit games.crossfit.com to view the full leaderboard.

About CrossFit:

CrossFit Inc. is the developer and provider of the CrossFit® Fitness Program and a recognized worldwide leader in functional fitness. Founded by Greg Glassman and built on the foundations of constantly varied, high-intensity functional movements, education and collaborative competition, CrossFit-brand workouts develop strength and fitness while cultivating community and camaraderie in each of the more than 14,000 affiliated gyms in CrossFit's global network. CrossFit Inc. is a leading accredited certificate issuer for physical training professionals worldwide and offers specialty certificate programs in addition to its core curriculum. CrossFit Inc. publishes the CrossFit Journal, promotes physical and cognitive health and fitness through the CrossFit Kids Foundation, and created and operates the CrossFit Games, an annual competition where elite athletes compete to be named the Fittest on Earth™. To learn more, visit CrossFit.com, Facebook.com/CrossFit or YouTube.com/CrossFitHQ.

About the CrossFit Games:

The CrossFit Games are the world's premier test to find the Fittest on Earth™. They are world-renowned as a grueling test for the toughest athletes and a thrilling experience for spectators. Since their inception in 2007, the CrossFit Games have become “[one of the fastest growing sports in America](#),” according to Forbes. The Games season is broken up into three stages. The first stage is the Open, the largest participatory sporting competition in the world. After the Open, top athletes from each of the 18 worldwide regions qualify for the second stage of competition—Regionals. Following Regionals, the top 40 men, 40 women and 40 teams move on to the final stage of competition: the CrossFit Games. The Games present the playing field where the fittest athletes are given a chance to distinguish themselves through consistently exceptional performances across broad time and modal domains. At the end of the competition, the Fittest on Earth are crowned™. To learn more, visit Games.CrossFit.com or Facebook.com/CrossFitGames.