WHAT ARE THE CROSSFIT GAMES?

The CrossFit Games are a grueling multi-day, multi-event competition where elite athletes and teams from around the world compete in the ultimate test of fitness. Events are kept secret until just before the competition, and athletes train all year to prepare themselves for the unknown and unknowable challenges they will face.

CrossFit Games events contain a wide range of high-intensity, functional movements including gymnastics skills, powerlifting, Olympic lifting, running, rowing, and more. Athletes might perform snatches, attempt deadlifts, climb ropes, scale obstacles, lift sandbags—any movement is fair game if it tests skill, overall athleticism, and determination.
THE FITTEST ON EARTH

Athletes and teams are ranked against their peers, and the winners are crowned Fittest on Earth after proving their fitness in a series of diverse events over the course of several days. The 2019 event is the 13th annual edition of the CrossFit Games, and the total purse this year is more than $2.8 million USD.

Past winners include four-time champion Rich Froning, two-time champion Annie Thorisdottir, and three-time champion Mathew Fraser, who holds the record for the highest percentage of points earned in any CrossFit Games.
CrossFit introduced the Sport of Fitness to the world in 2007 when about 70 athletes gathered at a ranch in Aromas, California, for the inaugural CrossFit Games.

CrossFit defines fitness as increased work capacity across broad time and modal domains. Since 2007, the CrossFit Games have evolved to push athletes’ limits and determine who is the fittest.

Several unique characteristics define the CrossFit Games. Athletes train year-round to prepare themselves for an ever-changing competition full of unknown elements. When athletes reach the Games, their training and mental fortitude are measured as they take on a range of challenges that test overall physical capacity. At the close of competition, the Fittest on Earth™ have clearly distinguished themselves.

The CrossFit Games have also evolved to accommodate the growing diversity of the CrossFit community. CrossFit’s rapid, worldwide growth has enabled athletes and teams from every corner of the globe to participate. Extensive media coverage from outlets such as ESPN and CBS Sports, as well as livestreams, serve to inspire rising competitors.
THE GAMES SEASON OVERVIEW

There are two main pathways competitors can take to get to the Games:

The Open
Sanctionals

THE OPEN

The worldwide Open is a community-driven, five-week competition. The top-ranked competitors in a number of categories will advance to the Games.

<table>
<thead>
<tr>
<th>National Champions</th>
<th>Worldwide Leaderboard</th>
<th>Age Group Online Qualifiers</th>
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<tbody>
<tr>
<td>The top man and woman from each country with a CrossFit affiliate.</td>
<td>The top 20 men and women overall.</td>
<td>The top 200 men and women in each division advance to the AGOQ, which will send the top 10 from each age group to the Games.</td>
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SANCTIONALS

Hosted around the world, Sanctionals competitions name the top man, woman, and team. Sanctionals winners receive invites to the Games. Sanctionals are the only way for teams (2 men + 2 women) to earn invitations to compete.
THE GAMES SEASON OVERVIEW

Sanctionals
- TEAMS
- INDIVIDUALS

The CrossFit Games Season
- The Open
  - Worldwide Leaderboard
  - National Champions
  - National Champions

AGE GROUPS
- Age Group Leaderboard
- Age Group Online Qualifier

Invitation / Qualification Overlap
- Teams
- Sanctionals Champion
- Top 20
- National Champions
- Masters Teenagers

Where we crown the Fittest on earth

Download
SANCTIONALS

CrossFit-sanctioned competitions are a direct pathway for top men, women, and team competitors to receive invitations to compete at the CrossFit Games.

Find the full list and more info at Games.CrossFit.com.
Download assets.
Visit the 2019 Press Page at Games.CrossFit.com/Press to find:

- Complete media guidelines
- Announcements throughout the competition
- History of the CrossFit Games
- Season overview
- Prize purse information
- Complete list of past champions
- Statistics and quick facts
- List of additional resources
- Downloadable logo
- Ready to use photos and videos from the 2018 Games
- Ready to use photos and videos from the 2019 Games (to be updated throughout the weekend)
CrossFit, Inc. is the developer and provider of the CrossFit® fitness program and is the 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 15,000 affiliated gyms in CrossFit's global network. CrossFit, Inc. is the leading accredited certification issuer for physical training professionals worldwide and offers specialty certification programs in addition to its core curriculum. CrossFit, Inc. promotes health and fitness through the CrossFit Foundation and created and operates the CrossFit Games, an annual competition where elite athletes compete to be named the Fittest on Earth™.

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