

## **WESTERN CANADA REGIONAL QUALIFIER MAY 2-3, 2009**

### **CROSSFIT CALGARY**

**Calgary, Alberta, Canada**

### **FINAL RESULTS**

**May 4, 2009**

The Western Canada Qualifier held at CrossFit Calgary this past weekend was rocking- with 64 athletes, 200 spectators, and 45 volunteers crammed into a 2,000 square foot space the energy was unlike ever felt before. There was some very tight competition (the final female Games spot went to a tiebreaker and the top 3 men were separated by 4 points) and plenty of sweat, blood and tears (in that order).

There was a whisper in the Calgary winds that a CrossFit robot had been sent from Vancouver on a seek-and-destroy mission. That robot is Joy Nguyen. She finished in the top spot, overcoming some tough moments and a near disaster on Sunday. In the first WOD "Every rep counts" Joy was edged out by 16 year-old Katy Josephs by 1 rep for the WOD win. Lauren Pryor finished 7 reps behind Joy for 3<sup>rd</sup> place, positioning the former track athlete to potentially overtake the leaders in WOD2 "The Kanadian", a 1K run.

Later Saturday, minutes before Joy Nguyen's run, her calves cramped up and she was in her first crisis of the weekend. She would need as many points as possible in this event... and she could barely walk. Some quick physio worked wonders and she toughed out her run for 2<sup>nd</sup> place. Lauren Pryor easily won the WOD, finishing her 1K in 3:28, 16 seconds faster than Joy. The eventual tie for third place had yet to materialize as Joy and Lauren finished the first day tied for 1<sup>st</sup> with Katy Josephs rounding out the top 3 with 4 points of breathing room over Laura MacDonald and Stacey Deering whom were tied for 4<sup>th</sup> place.

Michael Fitzgerald led the men at the end of the day Saturday after finishing 2<sup>nd</sup> to DJ Wickham in WOD1 "Every Rep Counts" by 6 reps and smoking WOD 2 "The Kanadian", a 1K run, with a 2:56 finish. Rob Corson sat in 2<sup>nd</sup> and Pete Kendrick and DJ Wickham were tied for 3<sup>rd</sup>. Andrew Swartz, who later finished in a Games qualifying spot, sat in a tie for 5<sup>th</sup> place with Jesse Bifano... 6 points out of the top 3.

Sunday morning brought WOD3 "Pick it Up and Put it Overhead" in which the athletes had 3 attempts at a 1RM lift where they must extend and control a barbell with the weight of their choice overhead. Enter Joy Nguyen's second crisis of the weekend... she missed her first 2 attempts at 155 lbs, a weight she had put overhead easily in her warm-up. She had 1 attempt left; a successful lift could win the WOD, a 3<sup>rd</sup> failure would be a DNF and no qualifying spot. Moments later she held 155 lbs overhead and screamed in excitement, narrowly escaping disaster. Her lift would score high enough for 1<sup>st</sup> place and would push her into the lead over Lauren Pryor. Lauren was in a comfortable 2<sup>nd</sup> and Katy Josephs and Katrina Burton were now tied for 3<sup>rd</sup> place. Katrina had moved up from 8<sup>th</sup> place with a 2<sup>nd</sup> place finish in WOD3 by lifting well over her bodyweight.

DJ Wickham came out strong in "Pick it Up and Put it Overhead" with a successful 264 lb lift. He followed it up with a 274 lb lift and finished with a 284 lb attempt that he missed... which would cost

him some valuable points. Obviously frustrated DJ sat down on a rack of dumbbells with his head in his hands and a 3<sup>rd</sup> place finish. Max Gagne would win the WOD with a 254 lb lift (his bodyweight is 167 lbs which was factored into scoring using the SIFF formula). Andrew Swartz would finish the WOD in 2<sup>nd</sup> place, earning him a top 3 spot that he would not relinquish. DJ, Michael Fitzgerald and Andrew would hold the top spots going into the final WOD.

Over 200 spectators crowded in to watch the final WOD, “Jackie” (with a chin over bar to break a center vertical plane pull-up standard). Joy Nguyen had already clinched 1 of the 3 spots at the 2009 Games (although it is obvious by her finish that she did not approach the last WOD with that attitude). Lauren Pryor was still in striking distance for first place. Joy gave “Jackie” hell and finished 1<sup>st</sup> with a time of 8:05. Lauren’s finish 40 seconds later would earn her 2<sup>nd</sup> overall. Katrina Burton would come off the row well behind her competition but she would make up some time on the thrusters and speed through her pull-ups as she tried to chase down Katy Josephs, who was tied with her for 3<sup>rd</sup>. With the final points tallied Katrina and Katy would finish tied for 3<sup>rd</sup> overall with the tiebreaker going to their “Jackie” finish times... and the final Games spot going to Katy by 13 seconds!

The men’s “Jackie” would hold more surprises than the women’s but no changes to the top three other than their order. The WOD would be won by then 10<sup>th</sup> place holder Jeremy Meredith with a time of 6:09 vaulting him into 5<sup>th</sup> place overall. Andrew Swartz would finish the WOD 3<sup>rd</sup> allowing him to switch positions with Michael Fitzgerald for 2<sup>nd</sup> overall. DJ Wickham would hold onto 1<sup>st</sup> place overall with a 4<sup>th</sup> place finish! It was a tight top 3, only 4 points separated 1<sup>st</sup> from 3<sup>rd</sup>!

Western Canada is proud to be sending these athletes to the 2009 CrossFit Games:

Qualifying Males:

DJ Wickham – CrossFit Calgary

Andrew Swartz – CrossFit Vancouver

Michael Fitzgerald – CrossFit Calgary

Qualifying Females:

Joy Nguyen – CrossFit Vancouver

Lauren Pryor – CrossFit Calgary

Katy Josephs – CrossFit Calgary

Complete results at <http://crossfitcalgary.ca/>

### **Saturday WOD1: “Every Rep Counts”**

As many rounds/reps in 20 minutes of:

10 Wallballs (20/14 lbs)

10 Box Jumps (20”)

10 Deadlifts (205/145 lbs)

10 Burpees

Top 3 Males:

DJ Wickham, 355 reps

Michael Fitzgerald, 349 reps

Rob Corson, 338 reps

Top 3 Females:

Katy Josephs, 288 reps

Joy Nguyen, 287 reps

Lauren Pryor, 280 reps

**WOD2: "The Kanadian"**

For time:

1K run

Top 3 Males:

Michael Fitzgerald, 2:56

Pete Kendrick, 3:02

Rob Corson, 3:06

Top 3 Females

Lauren Pryor, 3:28

Joy Nguyen, 3:44

Heather Bell, 3:49

**Sunday WOD 3: "Pick it Up and Put it Overhead"**

For max weight:

Barbell extended and controlled overhead, 3 attempts to reach a 1RM

Placement based on SIFF weightlifting formula which uses max successful lift and bodyweight to rank athletes.

Top 3 Males:

Max Gagne, 254 lbs

Andrew Swartz, 269 lbs

DJ Wickham, 274 lbs

Top 3 Females:

Joy Nguyen, 154 lbs

Katrina Burton, 124 lbs

Michelle Savard, 131.5 lbs

**WOD 4: "Jackie"**

For time:

1K Row

50 Thrusters (45 lbs)

30 Chin ups (chin over bar to break a vertical plane thru the center of the bar)

Top 3 Males:

Jeremy Meredith, 6:09

Max Gagne, 6:12

Andrew Swartz, 6:14

Top 3 Females:

Joy Nguyen, 8:05

Nancy McKeage, 8:15

Lauren Pryor, 8:45

**Scoring:**

Scoring of each WOD is based on the BOCCIA World Ranking System which awards points for place finished i.e. 1<sup>st</sup> place: 15 pts, 2<sup>nd</sup> place: 13 pts, 3<sup>rd</sup> place: 11 pts, 4<sup>th</sup> place: 9 pts, 5<sup>th</sup> – 8<sup>th</sup> place: 7 pts, 9<sup>th</sup> – 16<sup>th</sup> place: 5 pts, 17<sup>th</sup> – 18<sup>th</sup> place: 3 pts, 19<sup>th</sup> + place: 1 pt.