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Contact: Tim Chan
press@crossfitgames.com
619-944-3302

CrossFit Games website: <http://games.crossfit.com/>
Twitter: <https://twitter.com/CrossFitGames>
Facebook: <https://www.facebook.com/CrossFitGames>.

Briggs, Salo Qualify for Games After 2012 Injuries

Copenhagen, Denmark, May 19, 2013—It was a year off but not out for both Samantha Briggs and Mikko Salo who skipped last year's CrossFit Games to focus on rehabilitating injuries. At the end of the three-day European Regional, they both qualified for the Games in July in Carson, Calif. Briggs dominated on the women's side, putting a 17-point margin between her and second-place finisher Caroline Fryklund. Meanwhile, Salo finished second—just eight points behind Lacey Kovacs.

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. Lacey Kovacs (25 points)
2. Mikko Salo (33 points)
3. Frederik Aegidius (54 points)

Women

1. Samantha Briggs (13 points)
2. Caroline Fryklund (30 points)
3. Katrin Tanja Davidsdottir (39 points)

Teams

1. Team Reebok CrossFit Nordic (18 points)
2. Thor (19 points)
3. CrossFit Reykjavík (31 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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