

“This year is going to be the most challenging,
physically and mentally, that you guys will
ever encounter at the CrossFit Games.
... We are gonna ask a lot of you guys.”

—DAVE CASTRO

CrossFit Media photographers document the many tests of the 10th edition of the CrossFit Games.



RANCH TRAIL RUN

For the individual athletes, the 10th edition of the CrossFit Games began at the sport's birthplace: The Ranch in Aromas, California. There, 80 competitors faced a 7-km trail run shortly after Games Director Dave Castro unveiled the event. Modeled after the

course athletes ran in the 2009 Games—except harder—the run had athletes climbing 1,200 feet, negotiating steep drop-ins lined with sharp boulders and managing an incline of 50 degrees all while being watchful for mountain lions along the dusty path.





RANCH DEADLIFT LADDER

It pays to be first, especially when a deadlift ladder is involved. For this event at The Ranch, competitors lifted in the reverse order of their trail-run finish. No rest for the weary. The Ranch Deadlift Ladder also harkened to the third edition of the Games,

when a single rep was performed every 30 seconds through a series of ever-heavier barbells. Again, Castro upped the ante to meet athletes' improved fitness over the course of seven years by increasing loading. The men's weight topped out at 615 lb.

and the women's ended at 415 lb. In 2009, the heaviest barbells were 505 lb. for the men and 375 lb. for the women. Exactly one man and one woman were able to clear all 20 bars in 2016.





RANCH MINI CHIPPER

In 2009, it was a straight sprint—as much as one could sprint such a thing—up the infamous hill at The Ranch with a sandbag in hand (two if you were male). But seven years brings much adaptation. So at this year's Games, that sprint was preceded by 50 wall-ball shots (30/20 lb.) and 25 med-ball GHD sit-ups. And the sandbag was

replaced with the med ball. Despite the years that had passed, the women's victor was the same—Annie Thorisdottir from Iceland, who had earned her first muscle-up on that very same piece of land years earlier.





OCEAN SWIM

The athletes made up all sorts of stories, not believing it could be just a simple swim. A popular theory was a helicopter would fly competitors out into the ocean, where they would have to jump in the water and swim back to shore. In the end, Castro was

practicing full disclosure. It was the simplest of events: a 500-meter ocean swim for time. All 80 athletes—both men and women—started on the beach, swam around two buoys, then finished back on the beach.





It was an appropriate test in 2015, and it was an appropriate test in 2016. For some athletes, Murph was the last thing they wanted to see as a Games event. But for competitors such as Kara Webb and Annie Thorisdottir—both of whom required

medical attention after last year's Murph event—it was a welcome opportunity to prove their mettle. The event—and CrossFit.com Hero workout—honored Lt. Michael Murphy, a Navy SEAL who died in combat in June 2005. Athletes still wore weighted

body armor (20/14 lb.) this year and began and finished the event with a 1-mile run. However, the middle was partitioned as 5 rounds of 20 pull-ups, 40 push-ups and 60 squats. Webb finished 7th, while Thorisdottir finished 13th.





SQUAT CLEAN PYRAMID

Sometimes events are so fun they need to be repeated. But differently. Such was the case for Squat Clean Pyramid, similar to this year's first regional event, in which athletes had to squat-snatch increasingly heavy barbells for descending reps over

the course of five stations. For the men at the Games, the bars began at 245 lb. for 10 reps and ended at 325 lb. for 2 reps, while the women started with 165 lb. and finished with 215 lb. The event was a crowd favorite as it played out on the floor of

the StubHub Center's tennis stadium, with roars given for athletes who demonstrated virtuosity under load with the clock ticking.





DOUBLE DT

At last year's Games, the fans voted: Heavy DT. Little did they—or competitors—know they also were voting for Double DT. Forgoing it as a regional event, Castro opted

instead to make it a Games event beneath the lights of the tennis stadium Friday night. There, athletes faced not 5 but 10 rounds for time of 12 deadlifts (155/105

lb.), 9 hang power cleans (155/105 lb.) and 6 push jerks (155/105 lb.).





CLIMBING SNAIL

Rogue's Caity Matter Henniger compared it to a bale of hay. At 500 lb. for the men and 400 lb. for the women, it was one big bale of hay. It's called the Snail, and it was

among the new implements Castro introduced to this year's competition. Athletes first faced it during Saturday's Climbing Snail, which also included a 500-meter berm run

and ascents on a rope hanging roughly 5 feet above a crash mat.





THE SEPARATOR

July 18, 2010—the date of the most recent Games event that included ring handstand push-ups. It was time. Castro included the gymnastics movement as part of The Separator, a medley that also featured ever-more-difficult versions of squats, as well

as burpees. Men hoisted themselves atop the rings via a muscle-up, while women worked off low-hanging rings. For men, the workout began there and moved on to the squats, then the burpees. Women, however, performed the workout in the reverse

order: squats first, then burpees, then ring handstand push-ups. More than half the 40 women didn't finish all the reps, and only nine men reached the finish mat.





100%

No strategy required. Unless “keep going fast when it hurts” counts as a game plan. For 100%, it was all accelerator, no brake. Two movements in a chipper-style event to end the fourth day of competition. Athletes started with 40 box jump-overs (30/24

in.) then attacked 20 D-ball cleans (150/100 lb.). The time cap was 5 minutes. If you blinked, you missed it.





HANDSTAND WALK

Soccer players know the difficulty of kicking the ball from one end of the field to the other. Sending the ball roughly 280 feet is no small task. When it happens, the crowd roars with excitement. It was no different during Sunday morning's handstand walk

that kicked off a trio of events. For time, competitors had to walk from one end of the soccer-stadium floor to the other. Only the reigning Fittest Woman on Earth did it unbroken—despite running right into a lane marker.





SUICIDE SPRINT

It's a rare treat when spectators get to see an athlete go full throttle, much less nearly 80 of them. For Suicide Sprint, competitors didn't have to leave anything in the tank for another movement; they just had to run hard. It was an 840-ft. shuttle sprint for

time—they ran one-third of the way down and back, then two-thirds of the way down and back, then sprinted the full length of the field to the finish line.

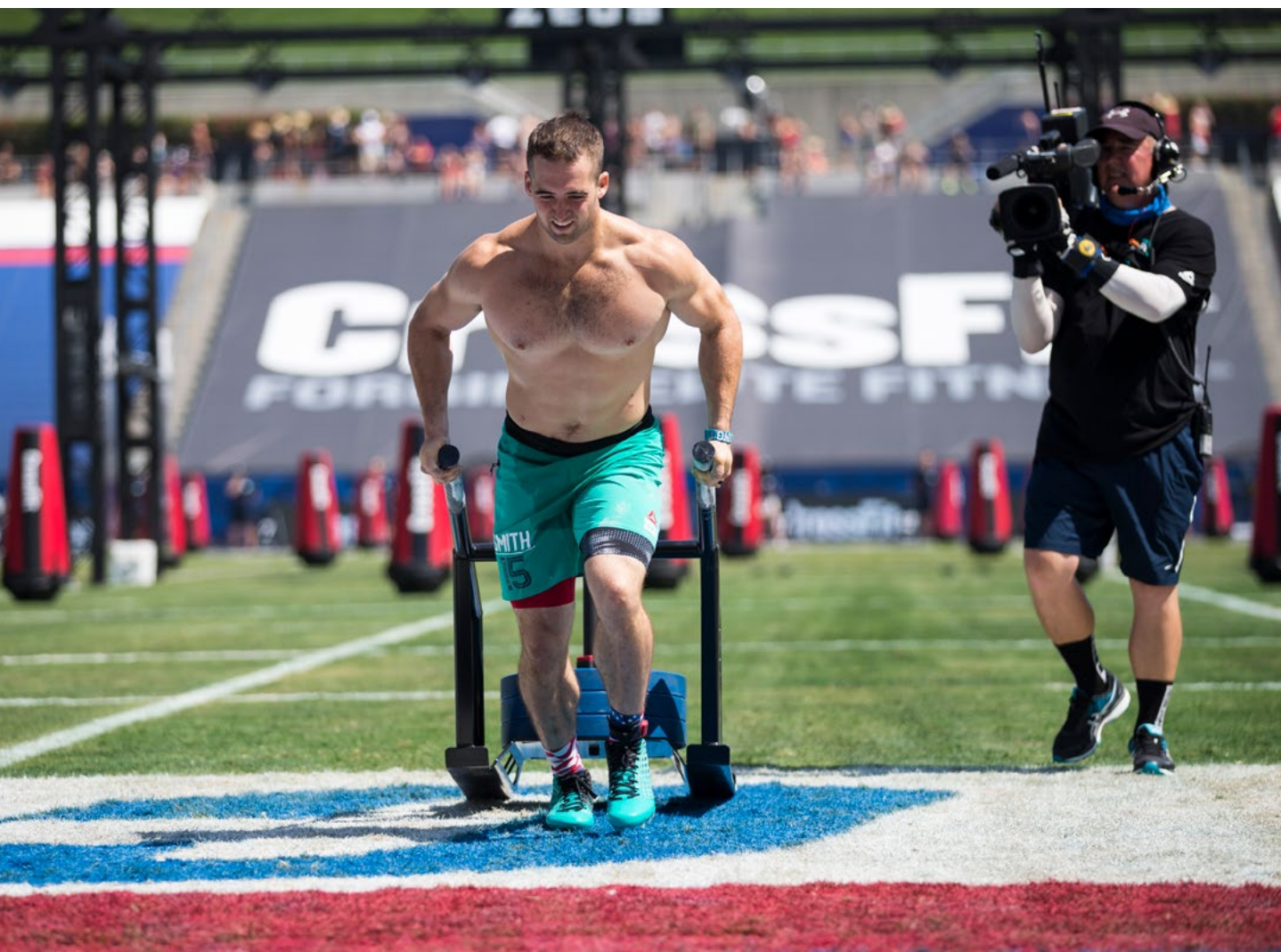




THE PLOW

Reminiscent of the farming implement, another new piece of equipment at this year's Games closed out the trio of events Saturday morning in the soccer stadium. It was straightforward grunt work: Drag this plow down the field and back again. Loaded

with 235 lb. for the men and 190 lb. for the women, the plow had athletes winded for several minutes after they dropped the handles at the finish line with 560 ft. of labor behind them.





ROPE CHIPPER

The final implement surprise at this year's Games was small in size but large in effect: a jump rope with weighted handles. Shortly before the event, athletes were fitted for their ropes before stepping out onto the tennis-stadium floor. A chipper awaited: 200

meters on the SkiErg, 50/40 double-unders, a 200-m row, 50/40 double-unders, 0.4 miles on the Assault Air Bike, 50/40 double-unders, a 200-m row, 50/40 double-unders, another 200 meters on the SkiErg and, finally, a 90-ft. sled pull

(310/220 lb.). The weighted handles were just enough to fry athletes' grip in time for the Games' final event, which required grip strength, of course.





REDEMPTION

When the pegboard first appeared at the Games—in 2015—only three women and 17 men were able to finish all the reps in the event that featured the apparatus. It only made sense for it to return, an opportunity to show the world how CrossFit's elite

continually adapt and improve. The aptly named Redemption called for 3 pegboard ascents, 21 thrusters (135/85 lb.), 2 pegboard ascents, 15 thrusters, 1 pegboard ascent, 9 thrusters. This year 10 women completed all the reps, along with 26 men.





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