
THE CrossFit JOURNAL SPECIAL

New Friends

The first CrossFit-USAW Open is a hit with Oly lifters and CrossFitters alike.



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On Day 3 of the CrossFit-USAW Open in Colorado Springs, Coach Greg Glassman was standing in the back looking out over the indoor tennis courts at the Cheyenne Mountain Resort.

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On his right, a crowd of CrossFitters in singlets were warming up on Oly platforms. On his left, a pack of bare-chested men were attacking a CrossFit triplet featuring squat cleans, pull-ups and double-unders.

"This is a sport that's in trouble, and it doesn't deserve to die," Glassman said, gesturing to the lifting platforms. "We're in the heart of a renaissance in weightlifting, and I'm really proud of that."

He continued: "There's another thing going on here that's significant, and that is taking the purity of the weightlifting events and infusing it with a decidedly CrossFit component. So here we have a USA Weightlifting event, but what are the kids doing? They're doing CrossFit out here."

Bridging the Gap

The first event of its kind, the CrossFit-USAW Open paired a classic Oly competition with a CrossFit workout, bringing together two groups that had once stood apart. In perhaps the best example of the union, two-time Olympian and PanAm Games gold medalist Chad Vaughn competed in the 85-kg men's class, dominating the lifting portion and putting in a very respectable performance in the triplet.

Throughout the weekend, elite USAW athletes such as Vaughn, Natalie and Casey Burgener, and Kendrick Farris milled about and spoke with CrossFitters, shaking hands, talking technique and making new friends. For their part, CrossFitters reluctantly donned singlets and then jumped wholeheartedly into a judged USAW competition where press-outs were not allowed and dropping the barbell was forbidden.



D.J. Wickham has been a force at the last two CrossFit Games and finished second to Matt Chan in the 94-kg division.

Just after lifting in the 105-kg class, CrossFit Games vet Dave Lipson summed up the event:

"I think CrossFit has done a really good job. Everyone came in here with really small egos and a very respectful attitude. I think the Olympic-lifting community has also embraced us very well.

"I think the biggest take-away from this is exposing Oly lifters to CrossFit and CrossFit to Olympic lifters, and I think that this relationship is going to be great or both USAW and CrossFit because you'll find some great Oly athletes who are going to want to get more into this CrossFit thing, and you'll find some CrossFitters that are going to pick up Olympic lifting and might turn out to be phenomenal O-lifters."

Indeed, Courtney Kulick, events and operations manager for USA Weightlifting, had compliments for the CrossFitters who braved the platform.

"I was totally impressed by all of their form and technique, and they lifted some really good weight, so it was really impressive overall," she said. "I can say that we saw probably at least five CrossFitters that you'd want to bring them over to weightlifting. They were under 25 and they had really good form. We could hopefully train them and maybe something could happen with weightlifting."

Kulick was also pleased with the event itself:

"I definitely think it was the most exciting weightlifting event we've had probably ever," she said. "I know we've gotten a lot of good feedback from a lot of the CrossFitters and weightlifters and definitely hope to do it again."

Just about every CrossFitter would welcome another hybrid event, and most competitors said they would absolutely enter another Oly contest. The first event, of course, was a learning process for most.

"What's knowable is the movements, but the process of getting there is sort of up in the air ...," said James Hobart, who finished just off the podium in the 85s. "There's this whole process of when you start warming up and how much you warm up to. It depends on how many attempts you are out from lifting, and I guess there's a lot of mind games lifters will play with each other. At the last minute they'll change their weight to give themselves more rest or maybe make another lifter have to go sooner. That was a really interesting thing. It certainly made it a little more stressful that I thought it would be."



Matt Chan put together impressive lifts and a strong performance in the triplet to post the top overall score of any competitor in the CrossFit-USAW Open.

Friends ... (continued)

Austin Malleolo, who finished sixth at this year's CrossFit Games and fourth in the 77s in Colorado, agreed with Hobart.

"It was very different. The Olympic-lifting part of it, there's so much strategy and game-planning and unknown in when you were going, so that was a whole new avenue that I hadn't learned—and also the kilos that I've never trained in. So there was so much.

"It was a lot harder than the Games. (At the Games), you don't know what you're going to do, and when you go out you just do your best and go as hard as you can and lift as much as you can. Here you have to be smart in what weights you pick and how good you feel and your confidence level, so there's a lot in play. It was a very unique experience. Although it was known, it was very unknown."

For spectators including Mike Brei of Nebraska, the event represented a new way of looking at both sports.

"It looks very interesting to me," he said. "You can't just be one-dimensional. You have to be multidimensional, so it's really good."

Brei's daughter Amanda finished ninth in the 75s.

Stronger, Faster and Better

Overall, the weekend can certainly be considered a very a successful first date, and one that will warrant a follow-up. It offered both CrossFitters and the Olympic-lifting community a chance to get to know one another and realize that both groups can indeed help each other.

"This is awesome," Lipson said. "It's very cool to see the guys who are Olympic lifters and how honed in their technique is. They give us kind of an idea of the gap between an elite CrossFitter and being an elite Olympic lifter. These guys, they are very talented. I loved seeing Chad Vaughn compete yesterday. He's as elite at Olympic lifting as our guys at the Games are at CrossFit, and it's cool to see the difference in weights they can put up and how fast they are."

CrossFitters, of course, will be happy to take the lessons of the weekend back to the box, where they'll refine their technique and get stronger and faster. Then they'll move their whiteboard numbers up, crush some workouts and return to the platform in search of new PRs. After all, CrossFit is about taking the best parts of other sports and ultimately improving human performance.

When it comes to speed and power, could you ask for better instructors than some of the world's top Olympic lifters?



The Weekend's Whiteboard

Women

Best snatch: 75 kg
Sarah Veress/Kelly Allen

Best clean and jerk: 91 kg
Lindsey Benson/Katie Hogan

Best total: 164 kg
Sarah Veress/Kelly Allen

Best triplet score: 302
Kristan Clever

Best overall score: 451
Kristan Clever

Men

Best snatch: 141 kg
Chad Vaughn

Best clean and jerk: 172 kg
Chad Vaughn

Best total: 313 kg
Chad Vaughn

Best triplet score: 359
Chris Spealler

Best overall score: 563
Matt Chan

Medal Winners

Women 48 kg

1. Natalie McClain: 95 kg (43, 52) + 255 reps = 350
2. Christina Mailloux: 73 kg (30, 43) + 144 = 217

Women 53 kg

1. Megan John: 114 kg (50, 64) + 260 reps = 374
2. Gayle Shalloo: 107 kg (40, 67) + 261 reps = 368
3. Rosanne Allen: 108 kg (45, 63) + 210 reps = 318

Women 58 kg

1. Elyse Umeda: 132 kg (55, 77) + 295 reps = 427
2. Shannan Simpson: 115 kg (48, 67) + 257 reps = 372
3. Mie Greenberg: 119 kg (54, 65) + 220 reps = 339

Women 63 kg

1. Kristan Clever: 149 kg (64, 85) + 302 reps = 451
2. Colleen Maher: 112 kg (48, 64) + 259 reps = 371
3. Emmalee Moore: 116 kg (49, 67) + 253 reps = 369

Women 69 kg

1. Jasmine Dever: 137 kg (58, 79) + 259 reps = 396
2. Michelle Benedict: 136 kg (61, 75) + 228 reps = 364
3. Lindsey Benson: 160 kg (69, 91) + 201 reps = 361

Women 75 kg

1. Sarah Veress: 164 kg (75, 89) + 212 reps = 376
2. Robin Lyons: 135 kg (55, 80) + 226 reps = 361
3. Laura DeMarco: 136 kg (57, 79) + 210 reps = 346

Women 75+ kg

1. Katie Hogan: 156 kg (65, 91) + 213 reps = 369
2. Caity Matter Henniger: 150 kg (65, 85) + 216 reps = 366
3. Kelly Allen: 164 kg (75, 89) + 178 reps = 342

Men 56 kg

1. Kevin Wu: 145 kg (63, 82) + 211 reps = 356
2. Thai Tran: 122 kg (54, 68) + 137 reps = 259

Men 62 kg

1. Chris Spealler: 200 kg (91, 109) + 359 reps = 559
2. Robert Sirkis: 178 kg (75, 103) + 174 reps = 352

Men 69 kg

1. Russell Berger: 197 kg (85, 112) + 315 reps = 512
2. Deric Maruquin: 206 kg (93, 113) + 254 reps = 460
3. Richard Trujillo: 160 kg (78, 82) + 294 reps = 454

Men 77 kg

1. Kevin Montoya: 203 kg (89, 114) + 337 reps = 540
2. Gary Baron: 230 kg (105, 125) + 296 reps = 526
3. Ryan Stitt: 187 kg (80, 107) + 303 reps = 490

Men 85 kg

1. Josh Everett: 267 kg (117, 150) + 259 reps = 526
2. Pat Burke: 225 kg (100, 125) + 295 reps = 520
3. Gabe Subry: 208 kg (90, 118) + 296 reps = 504

Men 94 kg

1. Matt Chan: 257 kg (113, 144) + 306 reps = 563
2. DJ. Wickham: 250 kg (115, 135) + 264 reps = 514
3. Mike McGoldrick: 247 kg (108, 139) + 265 reps = 512

Men 105 kg

1. Nick Branting: 242 kg (110, 132) + 262 reps = 504
2. Spencer Hendel: 256 kg (116, 140) + 226 reps = 482
3. Chris Dozois: 213 kg (88, 125) + 253 reps = 466

Men 105+ kg

1. Cody Fleming: 260 kg (120, 140) + 228 reps = 488
2. Wesley Kimball: 246 kg (111, 135) + 180 reps = 426
3. Paul Beckwith: 250 kg (115, 135) + 126 reps = 376

For complete results, visit the [USAW website](http://usa.crossfit.com).