Gender Bias in Sports Commentary:

the CrossFit Games

Jesper Carlsson

Degree Thesis 1: 15 credits

Title: Gender Bias in Sports Commentary: The CrossFit Games

Author: Jesper Carlsson

Supervisor: Hyeseung Jeong

Examiner: Anna Elgemark

Date: October 2019

Abstract:

This paper examines the phenomenon of gender-biased language of sports commentary in the 2019 CrossFit Games. Three events from the 2019 CrossFit Games were transcribed verbatim and analyzed to answer five hypotheses relating to the overarching question of this paper; Do commentators' talks contain noticeable differences in the mentions of female and male athletes? The results of the five hypotheses were mixed; two were confirmed, two were ambiguous, and one was refuted. However, in relation to previous research, the conclusion of this paper was that the phenomenon of gender-biased speech in sports commentary exists in the sport of CrossFit in the year 2019. This paper suggests that further research should be carried out in the field of gender-biased commentary in sports and its relation to society and, more specifically the communities of both athletes and commentators.

Table of Contents

1. Introduction

Different sports air uncountable hours around the world throughout the whole year. From the world's most popular to smaller events, most of the sports events have someone commentating on the action. Who are these commentators? How do they influence viewers? This essay will not answer these questions; it will, however, further investigate the known phenomenon that sports commentators' language tends to be gender-biased. Time and time again, previous research has found that commentators in events such as, but not only, the Olympic Games are gender-biased. This essay will continue this research, looking at a sport not yet to my knowledge subjected to similar research, namely, CrossFit.

Specifically, this study aims to investigate if the typical gender bias among commentators in well-established mainstream sports is also present in a relatively young and modern sport, CrossFit. By analyzing commentators' speech from some events of the 2019 CrossFit Games, this essay will attempt to answer the question: Do commentators' talks contain noticeable differences in the mentions of female and male athletes? With this overarching research question, I will formulate hypotheses by reviewing what previous studies have found out and examine the hypotheses against the data in this study.

The next chapter, Chapter 2: Literature Review, will present a brief background on CrossFit, Commentators, and the companies behind the sport, as well as previous research on how gender is represented by different media in sports. The first section of the chapter will deal with CrossFit, which is not only a sport but also a large company, commentator's role in sports, and lastly, a brief background on Rogue Fitness, the company that provides the commentators for my analysis. The second section will focus mainly on previous research on gender language in sports and provide the background and basis for formulating the hypotheses to be examined.

Chapter 3: Methodology, will firstly present the hypotheses and then explain how the data of this essay was collected, coded, and analyzed. Next, Chapter 4: Results, will report the results to the hypotheses and conclude with the answer to the question if commentators' speech is gender-biased in the 2019 CrossFit Games. Lastly, Chapter 5: Discussion and Conclusion, will summarize the results provided in chapter 4 and discuss the possible implications of the results. The chapter will also discuss limitations of this study, and lastly, provide suggestions for future research.

2. Literature Review

2.1 CrossFit, Commentators' Role and Rogue Fitness

The CrossFit Games have been held each year since 2007. Athletes compete in several events across several days, and each event is a test of strength, fitness, and conditioning. "Each year the Games are a more comprehensive test of fitness, and the athletes raise the level of competition to unprecedented heights." (CrossFit, 2019). One unique feature of the CrossFit Games, at least in 2007, is that events are often kept secret until just right before the start of each event. That means that the athletes cannot prepare for the sports in the same way as many other athletes can prepare.

In July 2011, Forbes wrote an article on the 2011 CrossFit Games, calling it "one of the fastest-growing sports in America." (Forbes, 2011). According to CrossFit, the top twenty male and female qualifiers in the 2019 CrossFit Games earn a share of U.S $1.9 million (CrossFit, 2019). In 2019, approximately 11.6 million live views were tallied up, according to Lofranco (2019), founder of the CrossFit Newsletter 'Morning Chalk Up'. He gives some more detail:

> For the first time in the CrossFit Games' history, viewers could tune in to streams produced by outside media partners and in another language. Altogether 23 different media platforms offered live streams of the CrossFit Games in 11 different languages on both Facebook and YouTube channels. (Lofranco, 2019, p. 1).

Moreover, the Rogue Fitness YouTube stream was the most popular stream, with 5.07 million live views (Lofranco, 2019). CNN reported on CrossFit in February 2018 with the headline: "Is the CrossFit Open the biggest sporting competition on Earth?". However, it is essential to distinguish between the CrossFit Games and the CrossFit Open as they are two different events.

CrossFit is a corporation with a commercial purpose, under which several trademarks and affiliates exist. For an athlete to be able to compete in the CrossFit Games, they need to be part of an official affiliate. An affiliate within CrossFit is a gym, called a box in CrossFit-terms, which has been approved by CrossFit Inc. The process is managed online, and if a box is approved, it is allowed to use the CrossFit brand name, paying a monthly fee to CrossFit Inc. Members of a CrossFit box can enter the CrossFit Open for a fee to CrossFit Inc, a competition held by all sanction boxes around the world. The top athletes within each region and division move on for a chance to eventually reach the CrossFit Games (CrossFit, 2019), where the best athletes compete against each other. It is, therefore, important to be aware of the enormous financial interest CrossFit Inc. has in all its different branches.

A sports commentator, also known as a sports announcer or a sportscaster, is a profession interpreting and providing commentary to a sporting event in real-time. The sports commentator's role is to guide the audience and provide insights to the audience watching the event. The primary commentator is often called a play-by-play commentator, as it is their role to announce what is going on in the moment. Often the play-by-play commentator is accompanied by an analyst or a color commentator whose job is to provide background information, as statistics and information about the athletes, to the audience. The color commentator provides a narrower field of information while the primary, play-by-play, commentator provides broader information and explains what is happening in the event in real-time (ASA n.d). The profession is heavily skewed towards male practitioners (ASA 2017).

In 2019 Rogue Fitness provided live streams of the CrossFit Games on YouTube. Sanctioned by CrossFit Inc., they were one of several companies allowed to stream CrossFit's video feed on their channels while providing commentators. Rogue Fitness was undoubtedly the most popular live feed of the CrossFit Games on YouTube, with 5.07 million views. CrossFit's live stream had 2.41 million views on YouTube, coming in at a second place, according to Morning Chalk Up (Lofranco, 2019). Now, several months after the live streams aired, Rogue Fitness provides the original streams to be viewed like episodes on YouTube.

The American company Rogue Fitness established in 2006 manufacture equipment primarily used by CrossFit boxes but also other gyms. They also operate several CrossFit boxes and manage a CrossFit team with over 600 members that compete for the first place in the CrossFit Games. Moreover, Rogue Fitness is an exclusive partner of CrossFit Inc. and supply all equipment for the CrossFit Games (Rogue Fitness, 2019).

2.2 Previous Research on Gender Language in Sports

Several studies have been published in the field of gender language in sports. Halbert and Latimer (1994) examined "how sports commentators minimized women's athletic participation, abilities, and achievements…" (p. 298). Among other things, they found that the commentators named Martina Navratilova, a female athlete, almost 50 times more than Jimmy Connors, a male athlete. They also found that the commentators used Connor's last name five times as much as they did Navratilova's. Furthermore, they used Navratilova's first name about two times more than Connor's first name. The commentators also referred to Navratilova as 'girl' (four times) or 'lady' (three times). Connors was referred to as 'gentleman' (once) and 'guy' (twice). He was, however, never called 'boy.' Moreover, Halbert and Latimer (1994) found clear patterns of a hierarchical structure in how the commentators refer to female and male athletes. For example: "Jimmy Connors's full name was used in conjunction with Martina's first name 19 times—the reverse did not occur." (p. 303). Furthermore, they argue that it is common

to refer to female athletes as, for example, girls. However, men are almost always referred to as men. Halbert and Latimer (1994) argue that referring to a female as girl signals immaturity and incompetence and as such it is a construct of a hierarchical system based on gender. Moreover, they argue that a second way to constructing a gender based hierarchical system is by using names differently based on gender. Using one's last name signals a more formal approach while a first name is more informal.

In a similar vein, Billings and Eastman (2000) examined a large sample of videotaped sports events from the most famous American networks and compared it to reports in *New York Times* and *USA Today* to address the question of current women's sports coverage. Results pointed to that women were more likely to have their age in focus, whereas men were rarely described by age. Men were also compared to fictional characters such as Superman or Jesus by using terms as '*kryptonite,*' '*savior*' or '*messiah,*' unlike female athletes who instead were compared to other male athletes. However, no men were compared to a female. Similar to Halbert and Latimer's (1994) observation, Billings and Eastman (2000) argued that male athletes were placed higher in the hierarchy than female athletes. However, it could be argued that the hierarchical structure Halbert and Latimer (1994) and Billings and Eastman (2000) discuss is not only a part of sports and commentator's language; it is a societal and patriarchal structure.

Similar to Billings and Eastman (2000), Billings, Halone, and Denham (2002) found that male athletes were described as much more physical and athletic than female athletes when analyzing commentary surrounding men's and women's basketball games. Moreover, they found that comments about female athletes received more positive consonance and were more often about their personality, background, looks and appearance, rather than the men's physical and athletic descriptions.

The Olympic Games have been a focalizing point for many studies on gender issues in sports events. For example, Billings (2007) analyzed the commentary of NBC's coverage of the 2004

Summer Olympics and found that sports with subjective assessments, such as gymnastics and diving, contained more gender biases than sports with objective[1] assessments, such as track and field and swimming. Contrary to the previous study, Angelini and Billings (2010) found significant gender bias in sports with objective assessments in their analysis of the 2008 Beijing Olympics. The different results of the two studies indicate that commentators' background might have an impact on their gender biases.

Most studies examine gender bias in the use of language. However, Greer, Hardin & Homan (2009) analyzed visual production techniques of the 2004 Olympic track and field coverage. Their study found that men's coverage was presented more visually "exciting" than the women's coverage. They hypothesized that the differences found may contribute to perceptions that women's sports are inferior and less interesting than men's sports. A result in line with the hierarchy discussed by Billings and Eastman (2000) and Billings, Halone and Denham (2002) discussed earlier.

Similarly, Economides and Washington (2016) discuss the focalizing point of media published by CrossFit Inc. as they discuss the postfeminist framing of women who participates in CrossFit. Their findings raise awareness of the duality of CrossFit as a company, namely, how it brands itself to attract women. They argue:

> CF bases its appeal on a postfeminist understanding of empowerment. 'That is, by offering women the illusion that there was a "choice" in their desire to adopt this workout over others, or even to workout at all, their consumption of and participation in CF constitute empowerment and serve as an example of agency in action' (Economides & Washington, 2016, p. 148).

However, Economides and Washington (2016) found that more often than not, women's physical attributes were front and center in media published by CrossFit Inc., "[w]here female

---

[1] Objective sport meaning the athletes' performance is based on set variables such as finishing with the best time earns the best position in contrast to subjective sports where athletes are evaluated by judges such as gymnastics or diving

physical strength and strong bodies are valorized and widely touted, it also reinscribes those bodies as sexual objects for both the heterosexual male gaze and the narcissistic gaze" (Economides & Washington, 2016, p. 156).

While the studies discussed so far reported clear-cut gender bias tendencies in sports commentaries, some other studies have reached mixed conclusions. For example, a study by Billings and Eastman (2001) tested several race and gender-focused hypotheses in a study researching college basketball games. They found that there was no significant difference in the overall proportion of commentary spent on women versus men's games, "[a]nnouncers do not 'talk less' about women players than they do about men players, at least not in college basketball games" (Billings & Eastman, 2001, p. 191). However, they found that comments on women's backgrounds were more frequent than comments on men's background.

Similarly, Duncan and Messner (2005) found that the quality of reporting on women's sports had improved, but that it is still gender biased. They reported that portraying women athletes as objects of humor and sex continued to exist. "Fox […] introduced the coverage with a teaser about Sharapova: 'She's young, she's talented, and very beautiful, but could Maria Sharapova stay focused tonight at Staples Center?'" (Duncan & Messner 2005, p. 15). Furthermore, they argue that the quality of reporting on women's sports has increased, however, they also report that gender biased behavior such as treating women as objects continue.

More recently, Yip (2018) found that ESPN, an American televised sport channel, offered women's tennis more importance than men's tennis. However, similar to Duncan and Messner 2005, Yip found that male tennis players were still portrayed as stronger than female tennis players. Therefore, he argues that it may be premature to conclusively say that gender equality is not an issue anymore in broadcast sports commentaries. That is, even though ESPN featured women's tennis as more important, several gender issues were persistent in Yip's examination.

2.3 Moving Forward

The inconclusiveness in the findings of the studies reviewed in the last section gives rise to the question that the present study seeks to address: if gender bias is still apparent in the commentating of 2019 CrossFit Games. It will examine if the commentators in the games use female athlete's first name more than male athlete's first name, if female athletes age is mentioned more times than male athletes, and if the commentators use different terms for man and woman when referring to the athletes in question. The mixed findings in the previous studies may be a sign of progressive improvement in the issue of gender equality, or may not. This is the particular interest of this study. While pursuing it, this study will be underpinned by Hall's (1988) insight that researching the field of gender and sports without involving feminism leads nowhere. According to her, feminism allows one to "[see] women as exploited, devalued, and often oppressed, and that is committed to changing their condition" (p. 337). She argues that "to do feminist scholarship in the world of sports is to recognize that female athletes and sportswomen are devalued, often exploited, and very often oppressed" (p. 337). I will also consider, Hall's further suggestion that whenever one focuses on gender roles, one needs to be aware of the underlying fundamentals of roles, such as race, class, age, and ethnicity and the fact that gender roles including, the concepts of femininity and masculinity are socially constructed.

3. Methodology

3.1 Hypotheses

CrossFit is a relatively young and modern sport. Thus, the object of this study was to find out if the climate in gender-biased commentary has changed, or if it remains the same. In order to test this; the study poses the overarching research question:

Do commentators' talks contain noticeable differences in the mentions of female and male athletes?

Most previous research has shown that there are differences in how commentators talk based on the sex of the athlete. However, Billings (2007) and Angelini & Billings (2010) found that significance in gender bias drastically decreases when dealing with objective sports. Therefore, it will be interesting to see if the research question will prove to hold, seeing as CrossFit is an objective sport. In order to answer the overarching research question, I have formulated the following hypotheses:

- Hypothesis 1: A comparison of the comments in the Men's and Women's Clean Event will reveal that the participating male athletes will be referred to more than the women participating.

- Hypothesis 2: Women will be compared to men more than men will be compared to women.

- Hypothesis 3: Women will be overrepresented in the commentators' use of the athletes' first names.

- Hypothesis 4: The commentators will refer to women's age more than to men's age.

- Hypothesis 5: There will be a noticeable difference in the number of times the commentators use another term, such as 'girl' or 'lady,' for woman than another term for man.

The five hypotheses are designed to test the overarching research question. Furthermore, they all test if the hierarchical structure of gender roles (see, e.g. Angelini & Billings, 2010; Billings & Eastman, 2000; Halbert & Latimer, 1994; Yip, 2018) is maintained by the three Rogue Fitness commentators when they report on the 2019 CrossFit Games events.

3.2 Data

The data was the commentator's talks in the complete coverage of the Women's and Men's "Clean: Event" and the co-ed "Swim Paddle Event" from the 2019 Reebok CrossFit Games in Madison, Wisconsin, which is available on the Rogue Fitness YouTube channel. The talks were transcribed verbatim, and the transcript of each event is presented in Appendices 1, 2, and 3. The selection of events was based on the reasoning that, because of the nature of the event, each athlete would be commented on at least once in the Clean Event. The Swim Paddle Event was selected because of its interesting dynamic, namely that the female and male athletes compete at the same time, although not against each other. Altogether, the selected data provided a similar amount of commenting on female athletes and male athletes.

Since Rogue Fitness reached the largest audience during their stream of the 2019 CrossFit Games while also being a famous brand in the CrossFit sphere, the choice to transcribe the commentators provided by Rogue Fitness was made. Furthermore, since they are such a popular brand and company within the CrossFit sphere, I assumed that they would provide professional and balanced commentary.

When transcribing, I tried to start and end the transcription similarly for all three events. In the Women's and Men's Clean Event, the transcript starts at the moments when all athletes have entered the arena, and commentator Sean Woodland begins to present the opening weight. In the Swim Paddle Event, the transcript starts at the sound of the start signal. The transcript ends when the last athlete had crossed the finishing line. In the Clean Events, Sean Woodland and Chase Ingraham, together with weightlifting coach Mike Burgener, commented on the women's individual event followed by the men's event. In the Swim Paddle Event, Sean Woodland and Chase Ingraham commented on the event together with Annie Sakamoto and Dan Bailey. Since the commentators changed between the Swim Paddle Event and the Clean Event's, I only compared comments by Woodland and Ingraham, who participated as commentators in all three

events. However, when examining some hypotheses against only the two clean events, I included Mike Burgener who participated as an addition commentator in the clean events. It is also important to note that hypothesis 1 excludes the Swim Paddle Event from its data since it is not relevant to the hypothesis.

The transcripts of these three events will be referred to as Women's Clean Event (Appendix 1), Men's Clean Event (Appendix 2) and Swim Paddle Event (Appendix 3)

3.3 Coding

The coding process began with reading through the three transcripts. I used the text highlighter tool in Microsoft Word to mark any relevant data with different colors. On a second readthrough, I checked if the coding was done correctly and if the marked utterances are those relevant to answering the research question; Do commentators' talks contain noticeable differences in the mentions of female and male athletes? The data were quantified in excel and tabulated, as presented in Chapter 4: Results. The transcripts in Appendices 1 to 3 include the color coding. I used different colors for each hypothesis in order to differentiate between them, as well as different colors for each athlete. The different colors are explained in the appendices.

For hypothesis 3, I counted all instances where an athlete's names were uttered. Methodically, I counted utterances of just the first names, the last names, and the full names. I also traced who, of the three commentators, spoke the name. As shown in the three appendices, I color-coded each name. There were instances of names not marked with any color. The reason for this is that these were not counted towards the result since they were uttered by a commentator not included in the data. Moreover, when calculating the percentages of how many times the commentators used a name, I tallied how many times an athlete's name, in any way, was spoken. Then dividing each result with the overall frequency of the athlete's name. For example, Barnhart's full name had a frequency of 32; in total they spoke her name (First, last,

or full) 47 times. By dividing 32 by 47 I can calculate that when the commentators spoke Barnhart's name, they used her full name 68.1% of the time. When this calculation was done for all athletes, the percentages of all athletes' names (first, last and full name separately) was added and then divided by the number of athletes.

4. Results

In this chapter, the results for each hypothesis will be presented. The hypotheses posed in this essay were created to answer if the distinct differences in commentators' speech regarding men and women also applied for the commentators of the 2019 CrossFit Games. Interestingly, not all hypotheses were proven to be in line with previous research.

4.1 Results for Hypothesis 1

The first hypothesis was: A comparison of the comments in the Men's and Woman's Clean Event will reveal that the participating male athletes will be referred to more than the women participating.

First of all, it needs to be noted that the Swim Paddle Event was not considered for Hypothesis 1, as both male and female athletes participated in the event. The hypothesis was formulated to test if commentators referred to the other gendered athletes who participated in the 2019 CrossFit Games Clean Event. For example, would the commentators talk about any of the ten male athletes during the Women's Clean Event? Or, the other way around, would they talk about any of the ten female athletes during the Men's Clean Event? After analyzing the transcripts in Appendix 1 and 2, I found no evidence to support the first hypothesis. At no time during either the Women's or Men's Clean Event did the commentators refer to athletes of the opposing sex participating in the event. Therefore, hypothesis 1 is neither proven nor refuted.

4.2 Results for Hypothesis 2

The second hypothesis was: Women will be compared to men more than men will be compared to women.

Previous studies, such as Billings and Eastman (2000), found that female athletes were compared to male athletes while male athletes was never compared to female athletes. The aim of Hypothesis 2 was to test if this pattern holds. At first glance, hypotheses 1 and 2 might seem similar, and therefore the results for the two might look contradictive. However, it should be noted that while hypothesis 1 tests if the commentators would refer to a specific athlete of the other gender participating in the 2019 CrossFit Games Clean Event, hypothesis 2 tests if they would *compare* an athlete to another gender, in other words, anyone of the opposing sex. Another difference in testing the two hypotheses is that while hypothesis 1 excludes the Swim Paddle Event from its data, hypothesis 2 includes it.

First, table 1 illustrates how frequently female athletes are compared to men and vice versa in the Women's and Men's Clean Event by the three different commentators.

Table 1: Frequency of Comparisons Over Gender in the Women's and Men's Clean Event

Commentator:	Female Athletes	Male Athletes
Woodland	2	0
Ingraham	3	2
Burgener	0	0

As shown by Table 1, a frequency of five to two in the Women's and Men's Clean Event indicates a small difference in how female and male athletes were compared to each other.

Then, in the Swim Paddle Event, as seen in Table 2, females were compared to men five times while men were compared to females only once.

Table 2: Frequency of Comparisons Over Gender in the Swim Paddle Event

Commentator:	Female Athletes	Male Athletes

Woodland	0	0
Ingraham	5	1
Burgener	0	0

As seen in Tables 1 and 2, Burgener makes no over gender comparison while Ingraham makes 11 of the 13 over gender comparisons. However, what the quantified results tell us is partial, and in order to draw any reasonable conclusions, one also needs to look at the context of the utterances.

Analyzing the context of the comparisons between female athletes and men will reveal more. At the presentation of the Women's Clean Event, Woodland, the main commentator, introduces the opening weight for the females, which is then taken up by the color commentator, Ingraham.

> Woodland: we start at 215 pounds for the women […]
> Ingraham: You sure that's not the men's opening weight 215
> Woodland: It's insane
> Ingraham: So I would last two rounds and then be doing some deadlifts (Appendix 1)

While not comparing a single athlete to another, Ingraham was comparing the females to the men by implying that the opening weights are heavy enough to be the men's opening weights. In his next sentence, Ingraham also remarked that he would last two rounds, comparing female athletes to himself, and in doing so, he implied that they are stronger than him. However, later in the event, when the female athletes reach 265 pounds, Ingraham says: "although if they get to 275, I will ask them to stop" (Appendix 1), suggesting that the female athlete is reaching his level of strength.

At first glance, it would seem as if Ingraham thought that the women were strong enough to be competing at the same level as men as the opening weight is heavy enough even for the men, while also presenting himself not to be as strong as the female athletes. However, when the

female athletes reach 265 pounds, Ingraham implies that they have reached his actual level of strength and thus diminishes his previous statements. Later, Woodland comments that "four or five years ago these are men's weights." (Appendix 1). In doing so, Woodland is comparing women's strength to men's strength, suggesting that the strongest women of 2019 are only as strong as men were five years ago when the sport was in its early stages.

When only Barnhart and Toomey, two female athletes, remain in the Women's Clean Event, Ingraham compares them to two male boxers, Frazier and Ali, who according to the International Boxing Hall of Fame, boxed in 1971 in a match famously titled 'The Fight of the Century' (IBHOF, 2000) ; "we got Frazier and Ali going head to head in the 13th round that's what I want" (Appendix 1). By this comparison, Ingraham wants to emphasize that the two female athletes are the best of the ten female athletes in the field and that it will be exciting to see who wins. Although the analogy offered a particular emphasis on Ingraham's comparison, it could have been said without comparing female athletes to male athletes. Both utterances are similar as to what Billings and Eastman (2000) found; women are being compared to men.

Similarly, in the Swim Paddle Event, a female athlete is compared to, in the commentator's view, a more superior, male athlete.

> Ingraham: The difference between Tia and Matt McLeod is that Tia has a very short stroke in terms of her arms coming out of the water she'll enter just in front of her face but she has a good reach where you see Matt McLeod just below her he has a much longer stroke and so what you see between the two is that Matt has a much more comfortable long technique stroke which is very beneficial for something like a thousand-meter Tia is just strong you can just see the power that she has so yes she's in the lead but she is working a lot harder than I was saying Matt. (Appendix 1)

This comment by Ingraham is uttered relatively early in the event when the athletes have not swum for a long time. Nevertheless, Ingraham comments that Tia, the female athlete, has a short and ineffective stroke while Matt, the male athlete, has a much more comfortable technique. Ingraham also suggests that the female athlete is working a lot harder than the male

athlete. However, it is the female athlete who reaches the shore first. Perhaps what Ingraham perceives to be a proper technique for the male athlete is not for the female athlete. Nonetheless, Ingraham's comment argues that the male athlete is better.

The only time a male athlete is compared to a female athlete is when Woodland wonders if the male athlete will use the same technique as the female athlete.

> Woodland: Toomey is off and McLeod is off now Toomey right to her knees and starts to paddle let's see if McLeod does the same thing (Appendix 1)

Before this utterance, the commentators have discussed Mcleod, the male athlete, and his background as a surf-rescuer, claiming that he should be "very proficient at this." (Appendix 1). However, it is the female athlete, Toomey, that leads. When Toomey reaches the water first Woodland wonders if Mcleod will use the same technique as her. As such, Woodland compares Mcleod to Toomey. However, it could be argued that this comparison should not be included in the results. The comparison is only uttered because Toomey, a female athlete, happened to be the first athlete to reach the paddleboard, quickly followed by a male athlete. Would she be followed by another female athlete, or if she followed Mcleod or any other male athlete, this comment would be changed following whoever was in the lead. However, since I cannot know if this would be so, I have chosen to include the utterance in the results.

In conclusion, hypothesis 2 is deemed to be confirmed. The same pattern emerges in this study data as in Billings and Eastman (2000). Female athletes are more prone to be compared to male athletes than the other way around. Moreover, when they are compared to male athletes, it is often in such ways as to have the male athletes be better, stronger, or more proficient.

4.3 Results for Hypothesis 3

The third hypothesis was: Women will be overrepresented in the commentators' use of the athletes' first names.

Hypothesis 3 aims to answer if the finding of Halbert and Latimer (1994) is replicable in a sports event in 2019. The study found that commentators used the last name more if an athlete was male while they more frequently addressed female athletes with the first name.

Table 3 illustrate the frequency of utterances of the athlete's names in both the clean event and the swim paddle event combined. The data is presented in order of name.

Table 3

Frequency of Names in the Clean Event and Swim Paddle Event

Men's Event

	Total Freq:	First Name Freq:	Last Name Freq:	Full Name Freq:
Adrian Mundwiler	26	0	11	15
Björgvin Karl Gudmundsson	37	0	20	17
Jacob Heppner	17	0	5	12
James Newbury	25	0	10	15
Mathew (Matt) Fraser	70	8	22	40
Matt Mcleod	50	3	12	35
Noah Ohlsen	77	13	21	43
Saxon Panchik	31	8	6	17
Scott Panchik	48	6	12	30
Will Moorad	18	0	8	10
In Total	399	38	127	234
Percent		7,3%	33,7%	59,0%

Women's Event

	Total Freq:	First Name Freq:	Last Name Freq:	Full Name Freq:
Amanda Barnhart	47	3	12	32
Anna Fragkou	32	0	19	13
Bethany Shadburne	14	1	5	8
Haley Adams	13	0	1	12
Jamie Greene	22	0	3	19
Karissa (Kari) Pearce	20	1	5	14
Katrin Davidsdottir	43	3	20	20
Kristin Holte	33	0	11	22
Thuridur Helgadottir	9	0	2	7
Tia Clair Toomey	91	8	35	48

In Total	324	16	113	195
Percent		3,4%	30,7%	65,8%

At first glance, it seems as if hypothesis 3 'Women will be overrepresented in the commentators' use of the athletes' first names.' is proven to be false since the commentators choose to address male athletes more often by their first names than they do for female athletes. Men's first names are used 7.3% of the time while women's first name was used 3.4% of the time, according to table 3.

In total, there are five men who are addressed by their first name. Noah Ohlsen, Mathew Fraser, Matt Mcleod, and Saxon and Scott Panchik. Mathew Fraser is the current champion of the CrossFit Games, while Noah Ohlsen is the current leader of the 2019 CrossFit Games. Hence, it is no surprise that they have their names mentioned a lot. Matt Mcleod receives much attention during the swim paddle event as he takes an early lead in the event. However, since Saxon and Scott Panchik are brothers, it could play a role in how the commentators choose to address them. The commentators might avoid using the last name only when addressing Saxon or Scott Panchik to avoid confusion as to whom they are talking about. If they tend to use their first name instead, the result might need to be compensated for. Table 4 illustrates how the frequency of Saxon and Scott Panchik's names and also the percentages of first, last and full name.

Table 4　　　　　　　　Frequency of Saxon and Scott Panchik's Names

	Total Freq:	First Name Freq:	First Name	Last Name Freq:	Last Name	Full Name Freq:	Full Name
Saxon Panchik	31	8	25,8%	6	19,4%	17	54,8%
Scott Panchik	48	6	12,5%	12	25,0%	30	62,5%

As shown in table 4 the utterances of Saxon and Scott Panchik's full name correlates to the frequency of all athletes, when the commentators choose to utter Saxon Panchik's name they

choose his full name 54.8% of the time. Scott Panchik's full name is used a bit more at 62.5%. However, looking at the use of their first names, a small deviation is apparent. The percentage for the commentator's uses of the first name in all events was 7.3% for men. When choosing to address Saxon Panchik, the commentators opt for his first name, 25.8% of the time, while they choose to use Scott Panchik's first name, which is only 12.5% of the time they address him. Would excluding the Panchik brothers provide a different result? To answer this question, a descriptive statistic was calculated, as presented in table 5. Table 5 illustrates the frequency of male athlete's name excluding Saxon and Scott Panchik from the data.

Table 5	Frequency of Names in the Clean Event and Swim Paddle Event			
Men's Event	Excluding Saxon and Scott Panchik			
	Total Freq:	First Name Freq:	Last Name Freq:	Full Name Freq:
Adrian Mundwiler	26	0	11	15
Björgvin Karl Gudmundsson	37	0	20	17
Jacob Heppner	17	0	5	12
James Newbury	25	0	10	15
Mathew (Matt) Fraser	70	8	22	40
Matt Mcleod	50	3	12	35
Noah Ohlsen	77	13	21	43
Saxon Panchik	0	0	0	0
Scott Panchik	0	0	0	0
Will Moorad	18	0	8	10
In Total	320	24	109	187
Percent		4,3%	36,6%	59,1%

Table 5 presents that the commentators used male athletes first names 4.3% of the time when excluding the Panchiks from the data, compared to the use of female athlete's first name of 3.4% according to table 3. Although the frequency changes when excluding Saxon and Scott Panchik, the fact remains: the commentators were more prone to use male athletes' first name. Even

when excluding the Panchiks, there is a small difference in favor of using male athlete's first names compared to using female athlete's first names.

These results are not in favor of the hypothesis. In the CrossFit Games, the commentators were more prone to use male athlete's first names rather than female athlete's first names. Even though the difference is small, the data in this essay cannot confirm the results of Halbert and Latimer (1994). In the three events from the CrossFit Games 2019 included in the data, the commentators did not use female athletes' first names more often than male athletes' first names, but because of the small data set, the results are not strongly indicative.

4.4 Results for Hypothesis 4

The fourth hypothesis was: The commentators will refer to women's age more than to men's age.

The aim of hypothesis 4 is to test if the commentators would mention the female athlete's age more frequently than the male athlete's age, similar to previous studies (Billings & Eastman, 2000; 2001; Yip 2018).

In the Swim Paddle Event, age was not mentioned at all; therefore, the data to test this hypothesis will consist only of the transcripts from the Women's and Men's Clean Event (Appendix 1, 2). Because of this, I have chosen to include Woodland, Ingraham, and Burgener, the three commentators in the Clean Events, in the data. Table 6 illustrates the frequency of athlete's age in the clean events by order of commentator.

Table 6   Frequency of Athlete's Age in the Clean Events

Commentator:	Female Athletes	Male Athletes
Woodland	0	5
Ingraham	0	0
Burgener	3	0

According to table 6, hypothesis 4 is rebutted. The commentators mentioned male athletes' age a total of five times, whereas they mention female athletes' age three times. Woodland alone, the main commentator, count for all utterances of age in the Men's Clean Event while in the Women's Clean Event, it is Burgener, the expert commentator, that comments on the age of the female athletes. However, similarly to the situation in hypothesis 3, the Panchik brothers are central in the results of this hypothesis. Five out of five utterances of age in the Men's Clean Event have to do with either Saxon or Scott Panchik, as the examples provided next will illustrate, all of them uttered by Woodland:

> "that is good for the younger of the two Panchik's who were left in this competition"
> "Scott Panchik (pause) trying to equal his younger brother here at 325"
> "just 23 years old"
> "and now the elder Panchik Scott Panchik at 345"
> "we're down to five lifters as Scotts younger brother Saxons failed at this weight" (Appendix 2)

Only one of the five utterances refer to a specific age when Woodland comments on Saxon Panchik's age: "just 23 years old". However, one might wonder if Woodland had mentioned Saxons age at all, were it not for his brother. In contrast, in the Women's Clean Event, the utterances are more specific.

On the other hand, in the Women's Clean Event, Burgener comments on Haley Adams's age three times. All three occurrences are clearly to state how young she is.

> "I can't overstate it enough an 18-year-old out there in the top ten"
> "she's what 18 years old"
> "Haley she's young" (Appendix 1)

The difference between the comments on Haley Adams's age and the comments of Saxon and Scott Panchik's age is that Adams's age has to do with how young she is in the eyes of the

commentator. In the brothers' case, the comments are more comparative, except when Woodland comments on that Saxon is twenty-three years old. In conclusion, there was not enough data to either prove or disprove hypothesis 4. One could argue that Adams's age is commented on in a 3:1 ratio; however, the frequency is so small that it is hard to draw a conclusion.

4.5 Results for Hypothesis 5

The fifth, and last, hypothesis was: There will be a noticeable difference in the number of times the commentators use another term, such as 'girl' or 'lady,' for woman than another term for man.

Halbert and Latimer (1994) found that the commentators were more prone to use different terms for a woman than for a man. For example, terms like 'girl' or 'lady' instead of, for example, 'boy.' Hypothesis 5 was to test if this is the case for the commentators in the 2019 CrossFit Games as well. Again, the data from the Swim Paddle Event was excluded since there were no single utterances relevant to this hypothesis, and thus, Burgener was included in the data. Table 7 illustrates the frequency of terms other than woman or man by commentator and gender.

Table 7	Frequency of Terms Other Than Woman or Man	
Commentator:	Female Athletes	Male Athletes
Woodland	0	0
Ingraham	0	4
Burgener	9	3

As seen in table 7, Burgener is overrepresented in the use of terms other than woman and man, and he counts for 12 of the total 16 utterences. After analyzing the transcript, it was found that Burgener uses four different terms other than woman or female to address the female athletes at nine different times. He uses 'Gal' (1), 'Girl' (5), 'Guys' (2) and 'Ladies (1)':

"I also like the way these guys are setting up"

"this girl is really strong"

"this gal really impresses me"

"this girl is…"

"I would adopt these two girls for weightlifting so sure "

"and both of these girls have leg strength"

"these guys are wearing weightlifting shoes"

 "very very strong ladies"

 "this girl could probably clean and jerk 275 280" (Appendix 1)

Meanwhile, he uses two different terms for men on three different occasions. He uses 'Guy' 'Guys' and 'Fella':

"most guys still got to continue"

"that guy is strong"

"this fella means business" (Appendix 2)

 Similarly, Ingraham also uses 'guy' as a term when talking about male athletes at four different times.

The Oxford Dictionary defines 'guys' as "People of either sex." (Lexico, 2019). However, some argue that 'guys' should never be used to address women or mixed-gender groups. Garvey argues that one should use 'people' instead of 'guys' seeing as it is truly gender-neutral (Ritschel, 2018). While Pinsker (2018) does not favor the term 'people,' he does agree with Garvey; he argues that language develops, and so if enough people begin to think of 'guys' as not being gender-neutral, the meaning of the word changes. It is, therefore, a dilemma for the results in this study. One can assume that the commentators find the word 'guys' gender-neutral and therefore uses it, and thus, it should not be counted towards a result of this study. However, one cannot know if the commentators use the term 'guy' as a gender-neutral term or not. Nor is it know if the recipients of the term 'guys' find it neutral or not. Nonetheless, hypothesis 5 is deemed to be proven.

Even if all the instances of 'guys' are removed from the results, the female athletes are called by different terms more times than the male athletes. The singular 'Girl' or the plural 'Girls' being the most popular. However, it is only one of the commentators, Burgener, who addresses the female athletes as girls. Removing Burgener from the equation will drastically change the results. Nonetheless, the data includes Burgener, and the result stands; the fifth hypothesis confirms that there is a noticeable difference in the number of times the commentators, in this only one of the three, use another term form woman. As I will discuss in the next chapter, researching the background and profiling of commentators would prove valuable for further research.

5. Conclusion and Discussion

5.1 Summary of Results

Out of the five hypotheses in this essay, two were confirmed, two provided ambiguous results, and one was refuted.

Hypothesis 1 was included to test if the commentators would refer to male athletes in the women's Clean Event, and vice versa, of the 2019 CrossFit Games. Since the two events were held following each other with only a short time pause in between, I believed the commentators would refer to the athletes not currently participating in the event; however, the hypothesis was proven wrong. At no time during either the Women's or Men's Clean Event did any of the three commenters bring up an athlete of the other sex. The broader hypothesis 2 outcome was, however, positive.

Hypothesis 2 tested if women will be compared to men more than men will be compared to women, and the results confirmed this hypothesis. The data showed a frequency of ten to three, where female athletes were compared to male athletes ten times and male to female athletes

three times. The hypothesis was based on Billings and Eastman's (2000) study, which produced similar results.

In Halbert and Latimer's study (1994), it was found that a female athlete was more likely to be addressed by her first name than a male athlete was. Thus, hypothesis 3 tested if women will be overrepresented in the commentators' use of the athletes' first names. The results were ambiguous and did not confirm the hypothesis. In the data, male athletes were addressed by their first names at 7.3% of the total number of name mentions, but the percentage dropped to 4.3% when excluding the two brother athletes who had been called by their first names to be differentiated, while female athletes were addressed by their first name at 3.4%. As I will discuss in more detail in the next section, there was a difference between the first names mention between female and male athletes participating in the events studied in this essay, but the difference was too small to confirm or reject the hypothesis.

The fourth hypothesis tested if the commentators would refer to women's age more than to men's age. Several studies have found that female athletes did not only have their age mention more times than male athletes, but their background was also mentioned more (Billings & Eastman, 2000; 2001; Yip 2018). I decided to test the narrower hypothesis of age in order to reach an attainable result. Although the results were in favor of confirming the hypothesis, the female athletes age was mentioned three times while, after correcting for contextual instances, the male athletes had their age mentioned only once; once again, the data sample proved to be too small to either confirm or disprove the hypothesis.

Lastly, hypothesis 5 aimed to answer if there will be a noticeable difference in the number of times the commentators use another term, such a 'girl' or 'lady', for woman than another term for man, similar to Halbert and Latimer (1994). It was clear that one commentator was more predisposed to address female athletes by other terms than 'woman' (or female). Although the data set could be considered too small to draw any conclusions for this hypothesis, I deemed it

to be confirmed. There was a clear difference in the number of times commentators used another term, most commonly 'Girl,' and as such, it is confirmed. However, as I will discuss section 5.2, the background of the commentator that utter these terms might need to be considered.

5.2 Reasoning behind the Results

In this study, I analyzed commentators' language in terms of gender biases. Hypothesis 1 was proven false, and individual female and male players were not mentioned in the other gender's events. This seems to indicate the commentators' professionalism. Duncan and Messner (2005) found that the quality of reports on female athletes has increased over time. The commentators reporting on the 2019 CrossFit Games Clean Events did indeed focus on what was happening in the event that they were reporting on. The female athletes were just as important as the men in reporting the event. This was similar to Billings and Eastman (2001) who found that the overall proportion of commentary spent on women versus men's basketball games did not differ. However, the commentators still made comparisons between female and male athletes, and as results showed, in favor of male gender, as hypothesis 2 tested.

When I analyzed the transcript qualitatively, it was clear that female athletes as a group were compared to male athletes more times than the other way around. It was also clear that comments were often descriptive of how male players were stronger than female players. Examples can be found in how the color commentator Ingraham first commented that the female athletes were stronger than himself, but later in the event corrected himself and by doing so, saying that he was stronger than the females. Furthermore, he compared Mcleod and Toomey the Swim Paddle Event, suggesting that Mcleod was both stronger and had better technique than Toomey. Billings, Halone, and Denham (2002) found that male athletes were described as much more physical and athletic than female athletes. The results of this essay provide the same result.

Moreover, Billings and Eastman (2000) found that male athletes are often placed higher in the hierarchy than female athletes. I would argue that within our society, with its patriarchal structure, this type of hierarchy does not only affect athletes but almost all women and men. Furthermore, Hall (1988) argues, the commentator's background, gender, and ethnicity come to play a role in how they compare male and female athletes. Therefore, it might not come as a surprise, considering that all the commentators analyzed in the data were men.

Similar to the paragraph above, hypothesis 3, 4, and 5 are to do with the hierarchical and patriarchal structure. 'Women will be overrepresented in the commentators' use of the athletes' first names.' 'The commentators will refer to women's age more than to men's age.' And 'There will be a noticeable difference in the number of times the commentators use another term, such a 'girl' or 'lady,' for woman than another term for man.' Halbert and Latimer (1994) argue that there is a hierarchical structure in the use of terms such as 'girl' and 'lady,' furthermore; they argue that gender bias language like this reinforces existing negative attitudes.

I argue commentators' language contributes to how sports and athletes are perceived. For example, when commentators use the term 'girl' for a female athlete they contribute to how that athlete is perceived. Similarly, Greer, Hardin & Homan (2009) hypothesized that how sports were presented contribute to perceptions that women's sports are inferior and less attractive than men's sports. In order to fully understand the results of this study and other studies, further research is required into the social construct and background of commentators themselves. Understanding the person behind the commentator might provide insight into why, for example, the only commentator to use other terms for women was the weight-lifting coach, Burgener. Perhaps investigating his background, where he is from, and the values and attitudes of his community could answer more questions.

5.3 Limitation of the Study and Suggestions for Further Research

In hindsight, a greater data set would have proven valuable for this study. The study would have produced a more reliable result with a larger data set. It would also have proven to be valuable to investigate the commentator's background. Furthermore, a more in-depth qualitative analysis for closely investigating the context of utterances and comparisons could have made the results more reliable. The results of this study were not conclusive; it is, however, still indicative of gender-biased language in sports commentaries, calling for further research.

For future research, in order to achieve a more credible and convincing result, it is recommended collecting more data from more events of the 2019 CrossFit Games as well as comparing the extended selection with commentary on previous years CrossFit Games. Building on the extended data or other studies on gender-biased language, analysis on the commentators should be a viable resource. As Hall (1988) argues, underlying fundamentals, such as race, class, age, and ethnicity, and of course gender, should be investigated, not only in the athletes being commented on but the commentators themselves.

Another interesting approach to future research would be to compare the language and gender biases of commentators from different countries and cultures. Previous studies suggest that the hierarchical structure of society (Billings & Eastman 2000, Billings, Halone and Denham 2002, Halbert & Latimer 1994) and background (Hall, 1988) play a role in the language of commentators. However, their findings were exclusive of Western countries. Therefore, comparing commentators' language from different countries and cultures might reveal interesting results about the societal implications on the language of sports commentary.

References
Primary Sources

Rogue Fitness. "Rogue Iron Game - Ep. 21 / Swim Paddle - Individuals / Teams - 2019 Reebok CrossFit Games." *YouTube*, uploaded 4 August 2019, https://youtu.be/1mkW4yEZB9k Accessed 5 September 2019

Rogue Fitness. "Clean - Individual Women Event 8 - 2019 Reebok CrossFit Games." *YouTube*, uploaded 3 August 2019, https://youtu.be/mC7nN8OShvY Accessed 5 September 2019

Rogue Fitness. "Rogue Iron Game - Ep. 19 / Clean - Individual Men Event 8 - 2019 Reebok CrossFit Games." *YouTube*, uploaded 3 August 2019, https://youtu.be/584unKBCiuo Accessed 5 September 2019

Secondary Sources

Angelini, R, J., & Billings, A, C. (2010) An Agenda That Sets the Frames: Gender, Language, and NBC's Americanized Olympic Telecast, *Journal of Language and Social Psychology* 29(3) 363–385

"ASA n.d" *The Sports Commentator: A Brief History & Job Description*. http://www.americansportscastersonline.com/sportscasterdefinition.html Accessed 6 November 2019

"ASA 2017" *Women in Sportsasting: The Next Chapter* http://www.americansportscastersonline.com/women_in_sportscasting_2.html Accessed 6 november 2019

Billings, A, C. (2007) From Diving Boards to Pole Vaults: Gendered Athlete Portrayals in the "Big Four" Sports at the 2004 Athens Summer Olympics, *Southern Communication Journal*, 72:4, 329-344

Billings, A, C., & Eastman, S, T. (2001) Biased Voices of Sports: Racial and Gender Stereotyping in College Basketball Announcing, *Howard Journal of Communications*, 12:4, 183-201

Billings, A, C., & Eastman, S, T. (2000) "Sportscasting and Sports Reporting – The Power of Gender Bias, *Sociology of Sport Journal*, Volume 24, No 2. May. 192-213

Billings, A, C., Halone, K, K., & Denham, E, B. (2002) "Man, That Was a Pretty Shot": An Analysis of Gendered Broadcast Commentary Surrounding the 2000 Men's and Women's NCAA Final Four Basketball Championships, *Mass Communication & Society*, 5:3, 295-315.

"CrossFit, 19 July, 2019" *CrossFit Games* https://games.crossfit.com/announcement/11649/games Accessed 5 September 2019

"CrossFit – About the Games" *CrossFit Games* https://games.crossfit.com/about-the-games Accessed 5 September 2019

Duncan, C, M., & Messner, A, M. (2005) Gender in Televised Sports: News and Highlights Shows, 1989 – 2004 *Amateur Athletic Foundation of Los Angeles*, July

Economides, E. & Washington, S, M. (2016) Strong Is the New Sexy: Women, CrossFit, and the Postfeminist Ideal, *Journal of Sport and Social Issues*, Vol. 40(2) 143–161

Greer, D. J., Hardin, M. & Homan, C. (2009) ''Naturally'' Less Exciting? Visual Production of Men's and Women's Track and Field Coverage During the 2004 Olympics, *Journal of Broadcasting & Electronic Media*, 53:2, 173-189.

"Guy" *Lexico* https://www.lexico.com/en/definition/guy Accessed 26 September 2019

Halbert, C., & Latimer, M. (1994) "Battling" Gendered Language: An Analysis of the Language Used by Sports Commentators in a Televised Coed Tennis Competition, *Sociology of Sport Journal*, 11, 298-308

Hall, M, A. (1988) The Discourse of Gender and Sport: From Femininity to Feminism, *Sociology of Sport Journal*, 5, 330-340

Lofranco, J. "CrossFit Games Racks Up 11.6M Views on YouTube, Facebook" *Morning Chalk Up*, 27 August 2019 https://morningchalkup.com/2019/08/27/crossfit-games-racks-up-11-6m-views-on-youtube-facebook/ Accessed 5 September 2019

Pinsker, J. "The Problem With 'Hey Guys'" *The Atlantic*, 23 August 2018, https://www.theatlantic.com/family/archive/2018/08/guys-gender-neutral/568231/ Accessed 26 September 2019

Rishe, P. & SportsMoney. "CrossFit's Relationship with Reebok Enhances Its Financial and Commercial Credibility," *Forbes*, 22 July 2011, https://www.forbes.com/sites/sportsmoney/2011/07/22/crossfits-relationship-with-reebok-enhances-its-financial-and-commercial-credibility/#589a09011bd2 Accessed 5 September 2019

Ritschel, C. "Why This Woman Says People Should Never Use 'Guys' to Address Men and Women" *Independent*, 1 August 2018, https://www.independent.co.uk/life-style/hi-guys-men-women-gender-netural-jane-garvey-greeting-rule-a8473146.html Accessed 26 September 2019

"Rogue Fitness – The Rogue Way" *Rogue Fitness* https://www.roguefitness.com/about-us#industrial-revolution Accessed 5 September 2019

"The Fight of the Century" *International Boxing Hall of Fame* http://www.ibhof.com/pages/archives/alifrazier.html Accessed 14 October 2019

Yip, A. (2018) Deuce or advantage? Examining gender bias in online coverage of professional tennis, *International Review for the Sociology of Sport*, Vol. 53(5) 517–532

Appendix 1

Commentators:
Sean Woodland

Mike Burgener

Chase Ingraham

Teal (Hypothesis 1), yellow (H2), red (H4) and green for (H5). For hypothesis 3 several colors are used to distinguish between athletes' names.

--- START OF TRANSCRIPT ---

Sean: There is nothing better than big weights on the big stage in a big pressure situation here at the 2019 Reebok CrossFit Games event 8 a 1 rep max clean it's in a ladder form but here's the twist one person lifts at a time on the floor all eyes are on you Chase

Chase: I cannot imagine what that feels like we just had two of the best Olympic lifters in the world with us this is similar to that but now we're talking CrossFit style right you're gonna have people screaming in your face to get these lifts I the only thing I am disappointed is that I don't get to be on the floor to listen to this crowd and watch these athletes take on this event

Sean: And we appreciate our media partners CrossFit for providing us with these image via their world feed and I look I can't imagine the nerves I get nervous enough with my dog watches me look I don't know what it would be like having tens of thousands of people sitting there waiting for you to pick up a barbell

Chase: here's the thing though is there's something about being in front of a crowd with a single lift every time I've PR a lift which is few and far between it's it's during a competition right and and there's if you handle it the right way but you got something like a clean it'd be different I would say if it was the snatch because that it's so technical there's so much room for error let's a clean you could fight man you get a stand pull get your elbows around if you can get close to that people are gonna do some I think you're gonna see some amazing things from these athletes especially when they're going one at a time

Sean: Tia Toomey is your overall leader we just spoke with an Olympian here on the set she was an Olympian in weightlifting in 2016 for Australia at the Rio Summer Games she is used to this type of event

Chase: And coming off that last event I can only imagine how charged up she is to put an exclamation point on the end of the day

Sean: we start at 215 pounds for the women and then we work our way up every time you make a lift you advance the next one when you miss a lift you move to the 195 pound bar and you complete as many deadlifts as you can I'm sorry (inaudible) five reps for time that's a tie breaker as quickly as you complete five reps on the deadlift at 195 once you miss a lift but 215 pounds is the opening weight for the women and now

Chase: <mark>You sure that's not the men's opening weight 215</mark>

Sean: It's insane

Chase: So I would last two rounds and then be doing some deadlifts

Sean: this is the lifting order to Amanda Barnhart who did well in the speed clean-and-jerk ladder last year won the event she's going to start things off followed by Anna Fragkou overall leader Tia Toomey we'll get to wait and see what happens before she takes to the floor so here comes Amanda Barnhart tenth overall now after several events

Chase: And she had a tough event in the last one you know we're talking earlier she might be dealing with a little bit of an ankle injury pegboards were a struggle for her last year she's sure that up a little bit

Sean: I want to correct something the tiebreak is a clean tie break it is not a deadlift so it's five reps Clean not deadlift so let's make that clear to everybody that's insane so 215 is easy for Amanda Barnhart

Chase: what's really fun about this is that it's kind of like weightlifting limbo instead of the bar slowly getting lower and lower and we go one at a time those weights are increasing and increasing and I can only imagine is standing in line getting next to call it up on a platform for these lifts

Sean: Anna Fragkou is next she is in 9th place overall 420 total points 215 pounds on the bar that will count and she will move on to 220 Fragkou walking off the floor and we have a treat for you ladies and gentlemen as Thuridur Helgadottir gets out to the lifting platform we are joined now by coach Mike Burgener gonna be with us for the rest of this event and for the men coach how are you man

Mike: I'm doing really great how are you

Sean: I'm doing fantastic now that you're here yeah this is gonna be a blast

Mike: I love this this is a great event right here

Sean: this has got to remind you a lot of what you're used to and weightlifting competitions

Mike: yeah it's awesome you know here's the thing I've always said is that you know you kind of milk the snatches but you win with the clean-and-jerk

Sean: Thuridur Helgadottir will miss her first attempt (pause) and held it on a whim and that is the effect of the crowd

Mike: so much of this stuff is about motivation and getting within yourself to really make it happen and she pulled deep within there to make that happen

Sean: here comes Bethany Shadburne now at 215 pounds you prepared athletes for events like this will you tell them before they go out there on the platform

Mike: Now just you know do what you've learned all along don't make it too simple don't make it too complex just get up there and clean the weight

Sean: 215 for Shadburne (pause) Shadburne struggling to get out of the hole won't be able to do it (Pause) the crowd want her to attempt it again

Mike: love the way she moves her feet that's where you get your speed from but it might be a little wide to come out of that yep no more

Sean: didn't have enough left in the tank so Bethany Shadburne is gonna bow out after 215 and (pause) she'll go for the tie break later on at 195 pounds we're down there now nine athletes before we even cleared the first barbell (pause) here comes Haley Adams making her rookie debut here at the individual competition at the CrossFit Games

Mike: I can't overstate it enough an 18-year-old out there in the top ten

Sean: And she will not be able to make that first attempt the crowd wants her to go for it again looks like she had a good pull on that

Mike: She had a great pull but you know she has no leg drive right now it's all about speed and timing she's got to build get that leg drive going and really and truly that bar is high enough for her to pull herself into the front squat position she's not mentally ready for

Sean: Haley Adams will bow out we're down to eight athletes left as she will be doing the tiebreaker at 195 later on here comes Katrin Davidsdottir who has been working her way up the leaderboard got into the top ten in event six moved up to fifth overall in event seven

Chase: it's actually a big event for her because clean isn't necessary her biggest strength between the two lifts

Sean: no problem for Katrin Davidsdottir she will advance to 220 pounds now we work our way into the top four athletes in the overall standings here comes Kari Pearce fourth overall with 534 points just seven points back of Jamie Greene so she could beat Jamie Greene in this event she'll move back into third (pause) 215 for Pearce and she has trouble getting out of the hole

Mike: that bar was just way in front of her center of gravity was all it was a bit more balanced and she's got it

Sean: 10 seconds for Pearce she's gonna make another run at 215 (pause) and she won't be able to complete that lift so Kari Pearce will bow out at 215 and now we're down to seven (pause) that's good news for Jamie Greene because Kari Pearce is directly behind her in the overall standing so Jamie Greene if she can make this lift will add to her lead over fourth-place Kari Pearce (pause) 215 for Greene without a doubt

Mike: nicely

Sean: Kristin Holte up next second overall (pause) 576 total points 45 back of Tia Toomey after Toomey's win in events 7 (pause) and Holte will stick that

Mike: very nice lift nice and strong smooth good leg drive pull herself into that front squat beautifully

Sean: one lifter remains here at 215 and that is your overall leader Tia Toomey

Chase: she has my favorite march up to the platform over any other athlete in the field I remember her coming out for the Olympics up to that clean it was amazing

Sean: get out of her way (pause) 215 for Tia Toomey (pause)

Mike: that's a power clean

Sean: yes she's just warming up the old legs

Mike: that is the beauty of her being able to go through her patterns right before she lifts and addresses the bar it's the same every single time if you watch her she's got time she addresses the bar the same goes up there very confidently and puts a lot of acceleration on the bar unbelievable

Sean: message loud and clear they're from Tia Toomey (pause) now in the tiebreak from the athletes who missed the 215 pound bar they'll step up to 195 pounds and they'll have to clean it five times as quickly as they possibly can (pause) that'll get going in one minute Kari Pearce and Haley Adams chalking up to get ready for that test and Haley Adams really struggled with 215 and she's about 20 fewer pounds on the bar (pause) but this will be order of finish with five reps at 195

Chase: and this is a big deal because this is 10 points apiece

Sean: right

Chase: off how they separate each other

Sean: these are spots be spots 8 through 10

Chase: and for Kari Pearce it's a very big deal

Sean: that's huge because Kari Pearce right now in fourth place overall try not to fall out of the top 5 (pause) they're underway Kari Pearce Bethany Shadburne in the middle of them Haley Adams closest to the camera five reps and 195 (pause)

All: Laughing (Haley Adams is having trouble with her first lift)

Sean: what did you like about that

Mike: oh yeah I mean you know notice that she's pulling the bar out she was trying to get low by throwing her feet out she's trying to muscle the bar up it she's what 18 years old

Sean: Yeah you talking about Haley Adams

Mike: there you go right

Sean: Kari Pearce

(Inaudible)

Mike: you can see the leg strength that you know starting to be compromised a little bit right (pause) Haley she's young and she's I'm sure that it's a little bit of a

Sean: sure get there

Mike: she'll definitely get there

Sean: Pearce (Inaudible) three Shadburne back on the barbells Haley Adams continues to recover

Chase: I think if you could combine Kari pull with Shadburn catch

Mike: oh my god she is so strong (Pause) good technique

Sean: and Pearce will finish in eighth place (Pause)

Chase: and see how (Inaudible) a 20-point safe

Sean: Bethany Shadburne will hit that (Inaudible) up for Haley Adams at this point that's

Chase: as a coach if I can be there I just tell her to stop

Sean: yeah why why waste energy it's boring(?)

Chase: you're not gonna beat Bethany

Sean: right

Chase: you're gonna get the same place whether you get two more lifts or one

Sean: correct

Chase: and you have an opportunity to not injure yourself moving forward we still have a whole another day of competition

Sean: Shadburne will make that so she will take ninth in the event and Haley Adams will take tenth Bethany Shadburne Kari Pearce and Haley Adams their days are now finished and they will turn their attention to Sunday but we still have business to tend to as seven women remain Amanda Barnhart who powerclean 215 now steps up to 220

Mike: those borderline muscled clean what she did it out bar on the first round (Pause)

All: oh really Oh my goodness

Sean: 220 good for Amanda Barnhart

Chase: oh yeah if I was sitting in the chairs I'd look left and right like so second place

Sean: Wow

Mike: beautiful lifts a lot of leg strength there guys

Sean: Anna Fragkou coming up next she was ninth place overall making her first career appearance here at the CrossFit Games she has 420 total points and now stepping up to the 220 pound bar (Pause) And

Fragkou will make that lift since she stays alive she'll move on to 225 7 lifters remain here on the second barbell (Pause) Thuridur Helgadottir had to fight through 215 now she steps up to 220

Chase: it's only a five pound increase from the first one and I think getting in just a little better position has a dramatic effect on standing up out of a hole

Sean: Helgadottir under it and not able to stand it up (pause) just 15 seconds left to make another attempt here comes the crowd getting behind Helgadottir (pause) and it will not go for Thuridur Helgadottir so she will bow out at 220 and we are now down to six lifters left

Mike: I'm really impressed with the fact that she came back that quick she's still got underneath the bar she's got great speed great leg drive but she just needs to get her leg stronger that's all

Chase: The old back to the squat rack

Mike: Front squats and a lot of them

Sean: Katrin Davidsdottir now at 220 this place overall coming into the event no problem for Katrin Davidsdottir

Mike: nice technique

Sean: Jamie Greene third place overall (pause) Wow Jamie Greene will hit that and she will move on as the weight will increase to 225 on the next barbell (pause) here comes Kristin Holte who currently sits in second place overall (pause) 35 points up on Jamie Greene who sits in third and 45 points back of Tia Toomey who is our overall leader (pause) and Holte will hit that and she moves on

Chase: in between her and Jamie Greene she seemed a bit more balanced at the bottom of the receiving position where I think like five more pounds for Greene I'm getting a little on the toes

Mike: right remember it's all about balance coming out of that hole - if that bar is a little bit in front of you it's really gonna be much heavier and inefficient coming out of the hole there should be no problem I would predict here but Never Say Never if you know how it's gonna

Sean: go out on the limb

Mike: yeah look at that oh my gosh

Sean: Toomey for 220 well I mean every time I see these fittest woman women on earth do this I still marvel at their strength and skill

Mike: but if you watch their hips the hips go up right the hips go upwards the bar go goes up if the hips don't go all the way up the bars gonna go out a little bit that is such a beautiful lift and she's very efficient with her body and create an acceleration on that barbell that standard

Sean: we're down to six that we now move to 225 pounds as Thuridur Helgadottir will not have to do a tiebreaker she's the only woman who failed on that barbell so she will take seventh in the event (pause) these other women left in the field and Amanda Barnhart followed by Fragkou Davidsdottir Greene Holte and Toomey and that is the order in which we will proceed as you move through this events the 8th event of the 2019 Reebok CrossFit Games and that woman Amanda Barnhart could really use an event win right now tenth place overall coming into this event 386 total points just put that in perspective Tia Toomey your overall leader has 621 (Pause) let's see if Amanda Barnhart decides that she might need to squat this one

Mike: I don't think so but you never know

Chase: like save the legs for when you need em

Mike: exactly

Sean: 225 for Amanda Barnhart

Mike: well yeah okay

Sean: and no problem

Mike: very efficient Tia is looking pretty doggone good

Sean: I think we're this one Toomey yeah yeah

Chase: now that's gonna be interesting to see what time (In audible) between the additional weight jumps between the two and

Sean: Anna Fragkou up next 225 pounds on the bar Fragkou coming in at 9th place overall

Chase: I felt like she had a good last lift its just kind of gonna depend on what the weights end up stopping her

Mike: its quick another bar outstanding nicely done uses the energy of the bar to help her out of their squat that was very very nice (pause) I also like the way these guys are setting up with their hips right underneath the bar the feet are underneath the hips to get more leg drive that creates a lot more acceleration on the bar

Sean: there comes Katrin Davidsdottir is so far were two for two at the 225-pound bar Davidsdottir along with Toomey trying to become the first women to win three CrossFit Games championships

Chase: this is a big lift for Katrin

Mike: love that look

Sean: little sticky point there in the middle but Katrin Davidsdottir will hit 225

Mike: if you check her grip width her grip is much wider than most of the field here and that just tells me that she really needs fast elbows to get around and then she's doing a great job she's really using her legs nicely as well

Sean: the voice your hearing is coach Mike Burgener I'm sure you all are very familiar with him we really glad to have you here in the booth with us I'm Sean Woodland with Chase Ingraham this is the eighth event of the 2019 Reebok CrossFit Games as we close out day three of competition big weights under the lights it doesn't get much better than this at the CrossFit Games as Jamie Greene steps up to 225 pounds (pause) 20 seconds plenty of time for Jamie Greene she looks to make one more attempt at 225 (pause) just not enough time to recover so Jamie Greene she will bow out they are down to five (pause) if Kristin Holte can hit this lift (Inaudible) Holte will increase her lead over Jamie Greene Holte coming in in second place overall Jamie Greene right behind her in the overall standings 35 points back in third

Chase: it's also huge for Katrin Davidsdottir when you talking about the strength event being a claim normally that would be a tough thing for Katrin to do it to put herself and what would look like the top four

Sean: And Holte is going to fight through and make it and that is huge for Kristin Holte

Mike: That is outstanding

Chase: I mean was the last time Kristin Holte or Katrin Davidsdottir I got top four in any strength event other than a snatch for Katrin Davidsdottir

Sean: now Katrin Davidsdottir will sit and watch Tia Toomey the final woman to lift in this round (pause) getting the crowd behind her early here is he steps up to 225 pounds (pause) and that was no problem for her so we are through 225 Jamie Greene the only woman to bow out of the competition she will finish in sixth place in the event five lifters remain and we move up to 230 pounds

Chase: here's what I'm really enjoying about this event different than anyone they've done at the games we've always had the speed something ladder where it rewards speed not necessarily technique right this

brute strength and power we've even done ladders to a certain extent but the single lift where they get to take their time right different anything we've seen you at the games

Sean: coach takes us through this re-play just how picture-perfect

Mike: it's unbelievable I mean if you if you take a look at that bar if it goes up the mid thigh then all of a sudden she does what they call the double knee bend the knees rebound she is beautifully over the bar and her legs just extend very aggressively and viciously to create acceleration on the bar as well as elevation pulls yourself into the front squat it's just outstanding (pause) and of course she's thinking that uh she's an Olympian in weightlifting right so this is her this is her

Chase: it's not boring

Mike: now this is her event she loves this and if you threw the jerk in there would even be better

Sean: hey (pause) Amanda Barnhart steps up to 230 pounds Barnhart looking to move herself up the overall leaderboard it's just one of five lifters remaining here oh yeah and that looked almost effortless

Mike: and it's just so smooth (pause) I mean

Sean: you look offended right now

Mike: I really am I don't know if I'm impressed or I'm insulted I can't

Sean: A little bit of both

Mike: I'm in a glass box of emotions right I figure out how I feel about it

Sean: there goes Anna Fragkou five lifters remain 230 pounds on the bar Amanda Barnhart the first lifter successful at 230 and now Fragkou

Mike: and I love shifting kind of switching from the power athlete to the speed athlete (pause) look how quick she is

Sean: oh yeah she will win that fight

Mike: outstanding (pause) she is quick (pause) that quickness really helped her get out of there to get out of the hole

Sean: we're calling this from inside the rogue tent as Katrin Davidsdottir steps up to the barbell everybody in here no one is shopping no ev everyone's watching the action on the big screen it's incredible

Mike: don't you just love the Olympic lifts

Sean: it's fantastic

Chase: And you guys are outside sweating your butt off got some air conditioning in here for you I had

Sean: a giant screen Davidsdottir at 230 (pause) gets herself out of the hole so Katrin Davidsdottir moves on thee for three two lifters remaining

Chase: talk me through the double bounce there

Mike: double bounce is like you know we practiced that in training actually when you do one during a quarter front squats in order to learn to receive that bar to put energy on the end of the bar that will help you come out of their squat you got to practice that movement it just doesn't happen oh and I'm sure that she's been heavy enough in the front squat to have to practice that double knee that double balance in there we call them one and a quarter front squats

Sean: here comes Kristin Holte at 230 pounds (pause) Holte trying the same thing as Davidsdottir but Holte - unable to get out of the hole plenty of time but you wonder how much that took out of her (pause)

one more attempt to hold won't be able to get it - hope is going to bow out at 230 we're down to four athletes

Mike: this girl is really strong and I love her (Inaudible) because her work ethic is just phenomenal and really uses every bit of energy from her body of it she's a champion

Sean: Tia Toomey stepping up to 230 pounds of final lifter to go here on this weight

Mike: she sets up the same every single time follows this thing (Pause)

Sean: an easy day for Tia Toomey Kristin Holte the only one to be eliminated on the 230 pound barbell we moved the 235 Holte will take fifth overall in the event and that'll be good for 60 points for her so she will pick up points on Jamie Greene she'll add about 10 points to her lead look at Anna Fragkou with 230

Mike: nicely done notice how she brought her hips back under the bar to help her get out of that front squad it's outstanding

Sean: and now one more look at Katrin Davidsdottir who did the double bounce out of the bottom of that squat

Mike: As she bangs her hips port under the bar to help her get out of there

Sean: four women remain Amanda Barnhart and Anna Fragkou Katrin Davidsdottir and Tia Toomey as we now move to 235 pounds (Pause) Amanda Barnhart up first this is the fifth barbell that these women have faced (Pause) Barnhart at 235 (pause) right to work and no problem whatsoever but now Chase is just laughing

Chase: I think I saw a yawn in the middle I swear to you

Mike: Oh contests going on here guys

Sean: yeah I think Barnhart and Toomey were just throwing some aiming on each other right now here comes Anna Fragkou

Mike: this gal really impresses me I mean she is tiny but a dynamite type of body right there right she's very quick (pause) she can catch this the right way she might be able to come out of it but I think it's going to be a challenge

Sean: here's Fragkou at 235 won't be able to stand up she has plenty of time but with these heavier weights that just takes a lot out of it you don't have a lot of time to recover

Mike: this girl is

Sean: here comes the crowd to help (Pause) Fragkou won't be able to hit that so she will drop out we're down to three (Pause)

Chase: this is gonna be big for Kathy (Katrin) because if she can make this it's not just the finishing place that she'll get by double but she might have a hard time with a 195 against Fragkou now

Sean: well three out of the four women she's chasing have already bowed out (Pause) 235 for Davidsdottir

Mike: Gotta stay with a little bit longer

Sean: looked like she had it had been lost it forward (pause) let's see if the crowd can get her through this lift 235 one more attempt for Davidsdottir

Mike: huh come on

Sean: can't get out of the hole so Davidsdottir will bow out which means gonna have a tie break between her and Fragkou we're down to two and the two that we thought would be left at this point Amanda Barnhart and Tia Toomey but Toomey has yet to make a run at 235 (pause) no problem for Tia Toomey

we're down to Toomey and Barnhart we're gonna have a tie break between Fragkou and Davidsdottir before the heavyweight title fight will begin here as we move up to 240 pounds

Mike: I'd say 50/50 on it

Chase: what if they just say it's like what do they just hit a gentlemen's agreement 215 you wanna stop messing around (pause) lets lift some weight

Mike: man both of these are great athletes very good Olympic weightlifters two different styles to right I mean God Barnhart is just amazing she's strong powerful

Sean: now the winner of this tie break will take third place and that'll be good for 80 points (pause) fourth place will receive 70 Katrin Davidsdottir it's something she really really can use

Chase: yes getting an extra 10 points here at the tail-end when she's trying to charge herself back up sitting in fifth place this is going to be a big tiebreaker for Katrin Davidsdottir

Sean: And she is 70 points back of Kari Pearce so she's going to be able to cut into that lead pretty significantly here (pause) five reps at 195 (pause) Fragkou hits the first Davidsdottir both back on the barbell Fragkou took two - just ahead of Davidsdottir now 3 for Fragkou and that'll count Davidsdottir two three fourth attempt for Fragkou Davidsdottir with her fourth attempt (pause) then one more remains for Anna Fragkou she looks to take third place from Katrin Davidsdottir Fragkou will get up and over and Anna Fragkou will finished third in the event and Davidsdottir is going to take forth (pause) Katrin Davidsdottir (Inaudible) is going to finish up anyway get herself across the finish line and day three done for those two competitors then we are now down to the final two it's Amanda Barnhart and Tia Toomey (Inaudible)

Chase: rub my hands together real hard

Mike: I would adopt these two girls for weightlifting so sure

Sean: How much fun are you having right now

Mike: are you kidding me I'm loving this I feel like it's hard for me to keep my mouth shut I both yell and scream for them right and it's just amazing see they mean business

Sean: 240 now here comes Amanda Barnhart (pause) just stop it I'm just stop it come on easy for Amanda Barnhart

Mike: that you know how high that bar is going

Sean: Higher than I can get it

Mike: she should be power cleaning I guarantee that is amazing

Chase: I'm just happy when that bar gets off the ground

Sean: oh happy to deadlift that

Mike: oh yeah exactly well wait you (Inaudible) even happy to look at it

Sean: Tia Toomey steps up to 240 240 pounds (pause) and she will widen her lead on Kristin Holte the question is now can she win this event Toomey will hit that let's go to 245

Chase: I'm saying it's the first time Tia's look significantly faster out of the hole than Amanda has it's so easy for both of them right at Tia's speed isn't isn't slowing down

Sean: The worst Tia Toomey can do in this event is second place and that was good for 90 points as we take one more look and Amanda Barnhart now Toomey's attempt

Mike: a good old double knee bend there coming up great acceleration

Sean: (Inaudible) the only downside and coach maybe feel better to answer this question than I am that Amanda pulls it so high yet she's still catching a full squat it's almost crashing on her a little bit

Mike: yeah you always want to remember when you're coaching athletes that you make them go to the bar and not the hole when you go to the hole too soon the bar can crash on you and then you've got all kinds of problems that the bar can come out of position so you always go meet the bar then you go to the hole you never want to go to the hole and then the bar crashes on so fast elbows notice also that Barnhart's grip is much more narrow so that's gonna be a harder for her to get the elbows around I like a wider grip I actually like the grip of the Dottirs (Helgadottir and Davidsdottir) because they really go wide and they come back to the bar very quickly obviously the legs strength needs to be there a little bit more and both of these girls have leg strength it's going to come down to the very end I'm telling you they're both great well I think Tia is the one that I just got very good legs from failing

Sean: Barnhart stepping up to 245 if Toomey wins this event she will almost double her lead over Kristin Holte (Pause) Amanda Barnhart who came in a tenth place overall that's gonna change after this event 245 (pause) and that will count (pause)

Mike: 245 guys that's amazing (pause) at 111 kilos (pause)

Sean: now Toomey up next (pause) even if Toomey finishes second in this event she will increase her lead over second place Kristin Holte by 30 points she's in a really good spot right now (pause) Toomey stepping up to 245 we only have three barbells remaining (pause)

Mike: I say keep going

Sean: why not (pause) that's about the first time we've seen maybe a minor fault in the form but it still goes up pretty easily

Mike: her leg strength is definitely there the back collapsed a little bit on the receiving position so she's gonna be aware that otherwise that could pull her forward and she have a harder time getting out of the getting out of the hole

Sean: now we move up to 250 pounds (pause)

Mike: how much time are they giving them in between the lifts now you know

Chase: there's about 30 or 45 seconds

Sean: that's weak (pasue) Amanda Barnhart

Chase: reset within a minute

Sean: as you mentioned last time Toomey look a little faster I think this time Barnhart may have looked a little better Toomey

Mike: it looks pretty doggone good both of them man

Sean: they said it is a little wasn't much but at those weights that's a little extra inch for it makes the world

Mike: it makes all the difference in the world yeah I also like the fact that these guys are wearing weightlifting shoes they can get more drive against the ground here (Inaudible)

Sean: 250 for Amanda Barnhart she and Tia Toomey the only two athletes remaining (pause) man Barnhart has no problem with that

Chase: and it's kind of over time about earlier is that you know for Barnhart where she was pulling it so high but is coming down on her I think almost the weight increase where she's not able to pull it as high as actually working to her benefit

Mike: you know every pull is like a power clean (Inaudible) pull a full clean you pull it like a power clean and you (Inaudible) and everything you meet the bar where it is very very strong ladies

Sean: Tia Toomey now to 250

Mike: it's gonna be big for her she's gonna come back with a good technique

Sean: Toomey double bounce it'll work for and she stays alive and now we move on to 255 the final weight is 260 (pause) well maybe get some more weights up

Chase: hell I see them there right there

Mike: good lift

Sean: I think when someone hits a lift at this weight that is all you really can say this boy

Mike: I really like the way Barnhart stays flat-footed for as long as possible and drives against the platform as long as she can create an acceleration on the bar that really looked like a great lift from her I had to guess this girl could probably clean and jerk 275 280 I mean she's very powerful (pause) on a fresh day you know

Sean: well that's a really good point they've been through seven events over the last couple of days

Mike: oh right they did 200 pistols yesterday

Sean: yeah think about all the pulling as well in Mary (pause)

Mike: She's serious (Barnhart)

Sean: we're at the 255 pound barbell as Amanda Barnhart is looking to really improve her position on the overall leaderboard she came into this event in tenth place overall that is gonna change she can rack up one hundred points in an event win here *255 pounds* (Sean's emphasis) (pause)

Mike: that's just a missed focus that was so unbelievably easy do you see the hips and how high that bar came

Chase: half way up there I was like oh yeah no problem

Sean: oh yeah yepp she's got that (pause) 255 is good for Barnhart and now Tia Toomey

Chase: you think some of those little slip-ups just come to maybe putting more effort than you need to this because you think the weights getting up a little bit

Mike: I just think that it's the focus and concentration just a little bit gets out of the way and you might have what I always say as a brain fart yeah you know she just got up you just got to stay with that

Sean: there's Toomey's first attempt at 255

All together: wow look at that there it is wow

Sean: we go to 260 so that's the final barbell but listen just gonna have a tie-break after that so this might come down to the 195 barbell if they're gonna go that path

Chase: I don't want it to come down to the 195

Sean: I don't either just keep throwing plates on there

Chase: hey we're here for the entertainment to begin with just keep going we're not on a time schedule we're not we're here for the we're here for the show and we're getting it (pause) I hope they keep going (pause) why not

Sean: Another look at Amanda Barnhart and that was

Mike: where she had the little collapse on her or you were talking about the bar crashing on her right that one actually crashed a little bit on her it gotta be able to meet that bar

Sean: 260 on the barbell Barnhart and Toomey going toe-to-toe here on event eight in the Coliseum at the Alliant Energy Center in Madison Wisconsin as we close out day three of competition for the women the men are coming up next

Chase: the men can wait (Sean's laughing) you just sit down shut up

Sean: wait your turn

Chase: I'm watching some lifting

Mike: I'm with you on that

Chase: the men can wait

Mike we´ve got two great athletes here going head to head how much fun is that

Chase: we got Frazier and Ali going head to head in the 13th round that's what I want

Sean: now Amanda Barnhart will step up to 260 pounds (pause) 255 was the first time we saw her looked less than perfect but she still completed the lift pretty easily 260 for Amanda Barnhart

Chase: okay (Ironic emphasis)

Sean: there you go that's good

Chase: so you put one finger up there you like fixed it

Mike: okay

Chase: now Tia Toomey to step up to 260 pounds (long pause)

Sean: yeah okay what do we do now Dave

Mike: whoa hey

Sean: what will Dave Castro do is we've got a tie out of barbell

Chase: okey I didn't mean to just Dave you right there I'm sorry Mr. Castro please walk onto the platform and go this is the CrossFit Games who wants to see them keep going

Sean: waiting to see what's going to happen but this is Toomey's attempt at 260 coach

Mike: look at her feet too that was outstanding feet are flat she goes right through the ground push that platform away from her create a lot of acceleration Jesus oh my god

Sean: all right we've got word we're gonna keep going

Chase: you're welcome everyone this this just goes to show you that if you complain enough you're gonna get what you want

Sean: all right 265

Chase: although if they get to 275 I will ask them to stop

Sean: your ego can't take that (pause) we're gonna keep going to 265 and we started at 215

Mike: the efficiency now has got to be critically really gotta be efficient

Sean: I mean these are weights that

Chase: I was gonna say that's a great (Inaudible)

Sean: four or five years ago these are men's weights

Chase: yes

Sean: and now we're watching the women get to this point (pause) 265 pounds for Amanda Barnhart (pause) Oh first time she's failed to lift

Mike: got to get the elbows around on this lift look at the narrow grip she uses here

Sean: and she won't be able to hit (pause) it but Barnhart at worse will finish second and if you can hear behind me that's the crowd here in the Rogue tent applauding her and she's hearing it from the crowd as they come to their feet to salute her that was a hell of a show

Chace: if I think back to cinco's (?) wasn't the women's dead lift weight close to 265

Sean: maybe right you may be right about that that sounds about right

Chase: and now they are cleaning it

Sean: so here's Toomey for her second straight win if she hits it she wins if she misses we go to the tiebreak (pause) Toomey for the win and it's two for Toomey 100 points and two straight up wins for the defending CrossFit Games champion

--- END OF TRANSCRIPTION --- 48:11 --- END OF TRANSCRIPTION ---

Appendix 2

Commentators:
Sean Woodland

Mike Burgener

Chase Ingraham

--- START OF TRANSCRIPT --- 00:09:41 --- START OF TRANSCRIPT ---

Sean: the men start with 315 we go all the way up to 385 unless we need maybe another barbell or two the tiebreak weight moves up to 295 pounds

Mike: how would you like to see a 400 pound clean today

Sean: you know oh well I mean I wouldn't do it if you're asking me personally but I would love to see that from these athletes

Mike: I I I think it's if I would love to see that happen that 400 pounds

Sean: the roof on this building might come off

Mike: yeah

Sean: if that happens Saxon Panchik is first up to 315 (pause) and he will hit that (pause) it'll go in reverse order of the standings 10th to first and that means Adrian Mundwiler will be up next

Chase: but if there's any situation better setup or something like that lift this is it

Sean: 315 from Mundwiler and that account (pause) two for two so far here on the opening barbell (pause) now Will Moorad first time he's been to the cross a game since 2014 and here he is in the final ten (pause) best finish was fifth in the sprint worse finished 46th in second cut

Chase: okay so I thought I saw this after the sprint and a big on that final sprint (pause) and I think on that final sprint Moorad might have tweaked something towards the end there I mean this is not a bar that he would miss

Sean: I mean he can almost snatch 300 pounds

Chase: so I this is definitely a there's an issue with Will Moorad physically where it won't attempt the lift

Mike: that smart move

Sean: Moorad going over to Dave Castro (pause) Moorad automatically to take tenth in the event we're down to nine lifters Moorad and Castro talking something over

Mike: it's hamstring

Sean: Moorad grabbing his left hamstring (pause) here comes Matt Mcleod first appearance at the CrossFit Games and (pause) that'll go for the Australian

Chase: I think we noticed this a little bit on the women's side earlier is that that first lift you you've been sitting in the back for a while you've been waiting in this athlete staging area you've been standing and watching it even if this is a relatively light lift for a lot of these athletes they can have some trouble with it being the first one

Mike: yeah we like to have our athletes rest to two and a half three minutes maybe max and that's a good resting a lot longer than that and you're not used to that then it could it could play havoc with you

Sean: 315 for James Newbury and he will hit (pause) now Jacob Heppner(pause) good to see him back here at the CrossFit Games have been absent for a couple of years and making a triumphant comeback here in 2019 he steps up to the 315 pound bar his first lift of the event (pause) Heppner will stick that (pause) now Scott Panchik will step up for his first lift (pause) Panchik is (pause) been to the games multiple times has never been able to get himself onto the podium (pause) and that's no problem for Panchik

Mike: great speed through the middle there of all the athletes so far Scott's the only one that's shown me that there's a lot of speed through the middle there and that was very easy for him

Sean: and somewhere I think Bill Grunther screaming at a television because he poped that off his shoulders a little early there and I know Bill at one year that was sort of his downfall so Bill and if you're watching I'm sorry my brother (pause) but they do give him credit for the lift and now here comes Björgvin Gudmundsson at 315 Björgvin Gudmundsson in third place overall (pause)

Mike: like the wide grip here those elbows come around fast

Sean: and Gudmundsson hits that easily

Mike: very efficient wider the grip the faster the elbows more leg drive that we have the narrower grip I found that the athlete has the tendency to want to pull the bar up too long instead of driving up with your legs and pulling the body down

Sean: here comes Matt Fraser second place is 55 points back of Noah Ohlsen

Mike: I love the way he gets set up just like a weightlifter does (pause)

Sean: and that is simply achieved for Matt Fraser no problem on 315 pounds and Noah Ohlsen the last man to go Will Moorad the only man not to hit this opening lift (pause) here's Noah Ohlsen who's trying to finish on the podium for the first time in his career his best finish two years ago he was one spot out when he finished fourth overall (pause) and that's good for Noah Ohlsen we mentioned before about mistakes costing him that fourth place finished in 2017 if not for that performance in the two two two three intervals Noah Ohlsen is probably on the podium back here

Chase: hundred percent

Sean: Will Moorad is gonna exit the floor he'll take tenth and now we need to find out exactly what is wrong with him as he didn't even try and lift the bar (pause)

Chase: and we saw him grabbing at his hamstring while he's talking to Dave Castro I'm not going to assume what the injury may be but coming off of this sprint event earlier this morning

Sean: here's one more look at Scott Panchik at 315 (pause)

Mike: very efficient lift good speed through the middle

Sean: back to Saxon Panchik and up to 325 pounds nine lifters remain (pause) that is good for the younger of the two Panchik's who were left in this competition

Mike: I've actually thought that was the better lift than his first one so add ten pounds and that could be a lot what you were saying is that they been sitting a long time and all of a sudden you have to come out with to an easy weight but you've been sitting this that one's a lot better a lot more efficient than the first one

Chase: and it's probably not quite the same as just that that opening lifts jitters that a lot of weight lifters kind of come up to

Mike: absolutely right

Sean: Adrian Mundwiler is up next (pause) and he will hit that (pause) he will move on to the 335 pound bar (pause) Matt Mcleod will now step up as Will Moorad would have been next but he bowed out on

45

the first barbell so here comes Matt Mcleod out of Australia (pause) and Mcleod (pause) fights his way through that (pause) still nine lifters remaining on the second barbell 325 pounds as another Australian James Newbury who has guaranteed himself his best career finished at the CrossFit Games by making it into the final ten (pause)

Mike: oops

Sean: Newbury struggles through that but does make the lift (pause) Jacob Heppner (pause) fifth place overall with 454 points 21 points back of Scott Panchik in forth (pause) 44 points back Björgvin Gudmundsson he's in third (pause) Heppner will stand that up perfect so far here through this 325 pound barbells we have four lifters remaining in Scott Panchik (pause) trying to equal his younger brother here at 325 (pause)

Mike: nice

Sean: no problem

Mike: excellent lift

Sean: now give way to Björgvin Karl Gudmundsson third place 498 points (pause) 325 good for Gudmundsson and he's trying to get back on the podium for the first time since 2015 (pause) that was the same year that he won Merv (pause) two lifters remain Matt Fraser his expression has not changed as he has stepped on the floor (pause) and that is picture perfect for Matt Fraser (pause) what does he do so well

Mike: a lot of good drive you know getting the bar up but the real coaching point here is that he slides his feet out and while he's sliding his feet out he's pulling on the bar and that really shoots them underneath the bar in a very quick and efficient manner just outstanding (pause) most guys still got to continue to pull after the acceleration has been made to get him underneath the bar outstanding job

Sean: there's Noah Ohlsen now (pause) at 325 (pause) Ohlsen will hit that (pause) maybe bothered him a little bit but not enough to throw him off so we go nine for nine nine lifters remain (pause) as we move now to 335 pounds you know you contrast the expressions of Noah Ohlsen and Matt Fraser right now and they could not be more different

Chase: they're also two completely different human beings

Sean: that is a good point

Chase: I mean you know Matt's all business and Noah is in his own way I do like to see the brevity with Noah coming in besting the situation that he's in when you're looking at you probably got four or five guys that have ability you're gonna get close to the same weight towards the top Noah being one of them but with those he might be the later of that group you know I can see Scott Matt (pause) Saxon all probably lifting better then what Noah probably is capable of and we talking about that that's a 30 or 40 point loss if he can't hang on to sum close to the top three if Matt is going to go into terror like we think he is

Sean: Saxon Panchik who last year finished 19th overall the CrossFit Games this would be his best career finish by virtue of the fact that he's in the final 10 athletes and here comes Adrian Mundwiler (pause)

Chase: I think we're gonna see a couple guys that this weight really start to struggle

Sean: hey

Chase: weights gonna get real

Sean: 335 (pause) the man from Switzerland the Swiss national champion out of the open (pause) he will hit that

46

Mike: I'll tell you what I'm impressed with him his first lift didn't look that good to me but the last two lifts has been very efficient looks really good big and strong and fast

Sean: here comes Matt Mcleod

Chase: Matt Mcleod on that last one he went pretty wide with his feet

Mike: I think he's got to me it looked like he might have something done a little bit wrong with his left knee to beacuse look looks like he was favoring it just a little bit

Sean: 335 for one of the two Australians here on the top 10 Matt Mcleod and he gets pinned and won't be able to stand that up he has time to make one more run (pause) Mcleod won't be able to hit it and (pause) he will bow out

Mike: and I'll promise you he doesn't front squat like that

Chase: yeah

Sean: we're now down to eight (pause) James Newbury the other Australian here in the top 10 will step up to 335 pounds

Chase: 25 wasn't the easiest lift for him it didn't seem he lost any bad position it just the weight starting to creep up on (pause)

Sean: Newbury will make that lift

Chase: I thought he got a little maybe into the toes a bit but he recovered much better he did on the last one

Mike: very nice yep don't like his narrowness of the grip but you know we'll see what happens if it gets heavier but that was a much better lift than the last one

Chase: Sean I don't know about you but when I go home I'm narrow or I'm widening the grip and I'm never catching in a squat clean again because I don't want to fail my power cleans

Sean: yeah I absolutely

Mike: just meet to bar

Sean: Jacob Heppner making his first career appearance or first appearance of the CrossFit Games since 2016 when he finished 7th that was his career best finish and he will hit 235 pounds he went to the Games three straight years 14 15 and 16 and hasn't been back since

Mike: I really like Heppner's pull he's got a lot of good acceleration through the middle leg strength looks like it might be off a little bit so we'll see if that comes back and gets him or not

Chase: I think some of the footwork and

Mike: yes

Chase: some people go out it seems like he almost kicks his heels in

Mike: yeah really I mean 90% of all missed lifts are because of the feet somehow

Sean: there's Scott Panchik at 335

Mike: that looks really solid

Sean: and that was easy and once again popping it off the shoulder maybe a tad early but they were gonna give him credit for the lift Scott Panchik we've mentioned this consistency from 2012 to 2017 he was at the Games every year he finished fourth twice fifth once sixth three times (pause) his worst career finish came last year when he finished 18th As Björgvin Karl Gudmundsson is back to the bar (pause) eight lifters remain this is the third barbell 335 pounds and Gudmundsson will make that

Mike: excellent lift

Sean: two lifters remain and Matt Fraser will be up next

Mike: thank you that's right thanks

Sean: 335 for Matt Fraser (pause) twelve career event wins here at the CrossFit Games

Mike: Jesus

Sean: he has plenty left of the tank

Mike: see that speed through the middle there I mean it's like it's it's effortless the the weightlessness on the bar because of the leg drive everything's leg drive that was awesome

Sean: I mean for people who might be a little bit new to this obviously got that strength but you've gotta have good technique

Mike: you gotta you gotta have that you always have good technique it's called mobility speed and strength in that order and once I have the mobility then I work on the strength and then technique is going to be there you got to have a good technique first so

now Noah Ohlsen the final lifter at 335 (pause)

Chase: okay

Sean: Ohlsen will hit that

Chase: I like that one better than the last

Mike: Oh yeah

Sean: eight lifters remain and we go to 345 pounds as Matt Mcleod and Will Moorad are the only two men who have bowed out ey's going to finish 10th in Mcleod will finish ninth (pause) there's one more look at Jacob Heppner at 335

Mike: there's a good lift but he just didn't have the acceleration and the speed through the middle of that lift it's nicely done but still (pause)

Sean: Saxon Panchik will get us started here in (pause) the fourth round 345 pounds on the bar eight men left (pause) and that is easy

Mike: I think he's getting and better Jesus mmm that's that's amazing is a beautiful lift

Sean: just 23 years old (pause) thanks for being with us here on the Rogue iron game everybody we hope you are enjoying the coverage that we are watching provided by the CrossFit world feed I'm Sean Woodland with Chase Ingraham and coach Mike Burgener kind enough to spend the afternoon with us talking about some weightlifting (pause) 345 for Mundwiler and he will hit that (pause) I don't think he got below parallel

Mike: no I'm gonna say that was actually probably his best effort right there he really received that bar very high

Sean: here comes James Newbury (pause) Newbury trying to bounce his way up and he will win that (pause) Newbury gets in a fight with a barbell when he takes that round and he'll stay alive so the look of relief as he walks back and once again we are in the Rogue tent calling this event (pause) this place is packed and I think maybe three people are actually shopping everyone else is watching the big screen that they have here (pause) so it's always fun to feed off the crowd

Chase: we got our own crowd in the Rogue tent

Sean: here's Jacob Heppner at 345 (pause) Heppner not able to make it (pause) he has time for another run but I don't know if he has enough left in the tank the crowd is trying to will him back to that barbell

(pause) nope not gonna happen for Jacob Heppner (pause) and we're now down to seven so Heppner if everyone else succeeds (pause) he's going to take eight in the event (pause) after letting the crowd know that no I'm done that's all I had

Chase: you want me lift what five times (Inaudible) I'll take it thank you

Sean: and now the elder Panchik Scott Panchik at 345 and he will hit that

Chase: it's getting better

Mike: absolutely outstanding (pause) he's got a mission as well

Sean: Gudmundsson Fraser and Ohlsen the last three lifters here at 345 before we moved to 355 pounds (pause)

Chase: there we go

Sean: and Gudmundsson call for a little crowd support (pause) 345 for Björgvig Karl Gudmundsson (pause) I don't know if we needed the crowd on that one

Chase: you gonna save them save those wave hit the NOS a little early

Sean: two lifters remain as Matt Fraser comes up to 345 (pause) and there was an audible murmur that just passed through the crowd here inside the Rogue tent as he stepped up to the to the barbell

Chase: I feel bad for that platform if he wins this event

Sean: see how durable that thing is 345 for Fraser (pause) easy day for Matt Fraser and there's a little bit of a stares as he exits the platform so Matt Fraser trying to send a message here and win his second straight event and he is pumped up as he comes back to Björgvin Karl Gudmundsson a little fist bump from Scott Panchik and Noah Ohlsen still all smiles (pause)

Mike: Noah's got a mission

Sean: so 345 on the barbell for your overall leader he leads Matt Fraser by 55 points we're down to 7 lifters (pause) Ohlsen will hit that and we moved to 355 pounds seven lifters remain Jacob Heppner (pause)

Chase: the only danger I can see for Noah is that he's faster to the bar but it seems he might starting to try to get too under too quick and up finishing that extension

Mike: not finish and he's more of a hip bumper anyway instead of a hip driver so that could come back and haunt him

Sean: here's one more look at James Newbury who really struggled with this but was able to stand it up

Mike: I mean just that's just sure guts and will that's all it is I mean he's just the weights getting a little bit too heavy it's got a really narrow grip there as well (pause)

Sean: Saxon Panchik now we're on to the fifth barbell 355 pounds (pause) Panchik will stand that up easily Saxon Panchik he has a second-place finish at the CrossFit Games last year that was in chaos his best finish of his career coming into this year and he finished 19th overall in 2018 here comes Adrian Mundwiler who has never finished inside the top ten at the CrossFit Games and is gonna change here he's 34th in 2016 and then last year 2018 finished 16th (pause) 355 for the Swiss national champion (pause) and he will hit that

Chase: I mean that's like halfway through coming off the floor I don't think it's there

Sean: right

Chase: and he gets it to his hips

Mike: yeah I I'm not I'm not a real big fan of the the old you know drive the hips forward a little bit but boy he hits that bar and pulls himself right into good position excellent lift

Sean: here comes James Newbury who struggled with 345 now 10 more pounds 355 his first attempt (pause) Newbery doesn't seem to have enough in the tank (pause) crowd doesn't want him to quit (pause) Newbury gonna make one more run at 350 (pause) and he just doesn't have anything left in the tank it's a great effort from James Newbury this certainly was not a wheelhouse event for him

Chase: no but it I mean that's a great finish that is a wheelhouse

Sean: he's going to take seventh in the events as we are now down to six lifters that's unless no one else bows out here Scott Panchik now at 355

Chase: oh man

Sean: that is smooth Scott Panchik

Mike: strong and fast very efficient (pause)

Sean: three lifters remain Björgvin Karl Gudmundsson Matt Fraser and Noah Ohlsen (pause) Gudmundsson going the crowd again here I don't know and again on the last lift he didn't he

Chase: I would have had the crowd going at 215 alright who am I to say

Sean: hey if they're there he may as well use them (pause) 355 for Gudmundsson and Gudmundsson stands that up and he will live to fight another day (pause)

Chase: tell you what to get that buried in the squat that far back and to stand up the way he did he's got some strong legs under that bar

Mike: that guy is strong

Sean: here comes Matt Fraser 355 on the barbell Fraser in second place overall 55 points back of Noah Ohlsen (pause) and that goes up quickly (pause) Matt Fraser said he's gonna try and win them all and he keeps that up you might get a second straight victory here at the 2019 Reebok CrossFit Games so here comes Noah Ohlsen final lifter at 355

Mike: That was Matt Fraser the weightlifter right there

Sean: no question about that (pause) 355 pounds of the overall leader Noah Ohlsen

Chase: it's gonna be a big one for Noah (pause)

Sean: and Ohlsen will hit that

Chase: and here's where I think the pressure starts to build a little bit right your your Noah Ohlsen you're looking at the number of guys left and that number changes your finishing place if Matt were to win this event and you were to get last in the next wave so something when you're doing the math in your head that starts to add a little bit to that pressure now it's good for Noah's that he's going at the end of the round but it starts to build up it's not just about the weight going up

Sean: well with six men remaining if we take a look at Saxon Panchik if Noah Ohlsen were to finish six he'd earn 50 points Fraser to win he'd get a hundred and you'd gain 50 points Ohlsen would still have a five point lead (pause) so Ohlsen (pause) has basically guaranteed himself that he is going to have the white overall leader's jersey heading in tomorrow now the question is going by how much (pause) Saxon Panchik steps up to 365

Chase: come on

Sean: Saxon still fighting it won't be able to hit it be still has a little more time and as we've seen the second attempts usually don't go well because those first attempts takes so much (pause) let's see how

he does with a screaming crowd at the Coliseum at the Alliant Energy Center behind him Panchik underneath it but won't be able to hit the lift and he will (pause)

Mike: there comes that time when there's just too heavy

Chase: it was just a month ago he actually hit 370 as a PR so you thought about 365 99.1% I mean after all those lists after

Mike: all the other stuff he's done

Sean: down to 5 and Saxon Panchik right now if no one else bows out would finished 6 overall Adrian Mundwiler see 365 (pause) and will make

Mike: he is strong

Sean: wow (pause) I mean that strength overcoming technique there

Mike: oh there it is strong it was ugly but it was strong

Sean: if you said we hit 365 to see that's a good lift

Mike: exactly

Sean: Scott Panchik up next (pause) we're down to five lifters as Scotts younger brother Saxons failed at this weight (pause) first attempt for Scott Panchik at 365 (pause) and that goes up fast

Mike: beautiful beautiful lift (pause)

Sean: Björgvin Karl Gudmundsson set to come out next (pause) the Icelandic national champion he finished second overall in the worldwide open behind Matt Fraser (pause) Gudmundsson coming in in third place overall (pause) 36 points back a Matt Fraser for second place 365 for Gudmundsson

Mike: come on come on come on come on

Sean: Gudmundsson is fighting it and he will stand it up (pause) and the Icelandic contingency in the crowd loves that as Gudmundsson is going to make it to the next round two athletes remain Matt Fraser and Noah Ohlsen we have five remaining in the competition (pause) and that will count

Chase: man

Sean: Matt Fraser

Mike: okay Matt's gonna become weightlifter now again

Chase: if Björgvin Karl Gudmundsson does not ask for the skull clap for a spinal bar we will have missed a grand opportunity that it's often (inaudible)

Sean: that would have been a lot of fun to see maybe we will see it here comes Noah Ohlsen now a 365 final lifter to go at this weight (pause) its three barbells remaining planned barbells remaining I should say after this 365 for your overall leader (pause) Ohlsen fighting it won't hit it now keep in mind if he bows out here he's got to do a tiebreaker with Saxon Panchik (pause) he will still have the overall lead (pause) but Matt Fraser now has the opportunity to cut into that significantly heading into the final day so Ohlsen's gonna call it quits and now we're gonna happen tiebreaker between Ohlsen and Saxon Panchik so it's either sixth place or fifth place for Noah Ohlsen as four men remain (pause) the worst Ohlsen can do is sixth and that would be 50 points and he leads Matt Fraser by 55 (pause) there's one more look at Björgvin Gudmundsson

Mike:oh god I love the way he moves his feet here (pause)

Sean: Gudmundsson into the final four along with Scott Panchik Adrian Mundwiler and Matt Fraser (pause) but first a tie-break to take care of between Saxon Panchik and Noah Ohlsen

Mike: what's the tie breaker 295

Sean: its 295 five reps for time (pause) those are the four men who remain as we move to 375 but first we have the tie break between Noah Ohlsen and Saxon Panchik and Saxon has had a lot more rest than Noah Ohlsen has right now (pause) the winner of the tiebreak will finish fifth in the event (pause) and that would be good for 60 points (pause) gonna be Noah Ohlsen versus Saxon Panchik here in the tiebreak fifth place on the line (pause) 60 points for fifth 50 points for sixth (pause) first of five reps of 295 (pause) Ohlsen hits his first Panchik hits his first both right back on the barbell

Chase: jeeze

Sean: Ohlsen choosing the power clean that (pause) both through two Panchik hits three Ohlsen will power clean three

Chase: Saxons faster on the squat

Sean: that's four for Panchik four for Ohlsen one rep remains (pause) it's going to come down to the sprint to the finish line (Screams) (pause) here we go (pause) it's Ohlsen by three one hundredths of a second keep that in mind tomorrow because that means that Matt Fraser won't be as close as five points those points are going to be huge maybe for Noah Ohlsen three one hundredth of a second (pause)

Mike: holey cow is that amazing or what

Chase: how many times have we seen things come down on the final day in the final event of five reps or less or five points or less (pause) Sean you're right this could be huge for Noah

Sean: so Ohlsen's gonna finished fifth that gives him 60 points (pause)

Mike: you know what the difference was their Panchik slid way up higher and Noah went right at the line

Sean: so a weightlifting event comes down to a baseball slide well Noah Ohlsen what that means is with the fifth place finish here in 60 points so the most Fraser can pick up on him is 40 Fraser trails him by 55 right now that's the difference between a 15 point lead going into the final day and just a 5 point lead going into the final day (pause) so now (pause) we are up to 370 pounds Adrian Mundwiler four men remain (pause) this is fun I love this stuff

Sean: oh yeah and just won't be able to complete that lift so Mundwiler is going to take fourth place assuming Panchik Gudmundsson and Fraser hit this lift we are now down to three here comes Scott Panchik and now it's all business for him (pause) first attempt for Scott Panchik 370 pounds

Chase: yes yeah

Sean: Panchik stand it up and he stays alive

Chase: I don't know what's louder the Colosseum or this place right now

Sean: I mean it's nice to have these people here it helps you feel out the energy

Chase: it's missing

Sean: I wish people could see this it is literally like a sports bar here right now no one is looking at any of the stuff that Rogue has for sale if they're all just sitting down watching the giant screen and fans around the campus here are just trying to find a way to watch this thing and we're glad that these these fans are here right now (pause) now Gudmundsson at 370

Mike: oh

Sean: and that doesn't look like it's gonna go for Gudmundsson so we're gonna have another tie break as we're down to the final two Matt Fraser is gonna be the last one to go but we're gonna have a tiebreaker between Mundwiler and Björgvin Karl Gudmundsson for third place (pause) it's going to be Fraser versus Panchik if Fraser hits this lift

Chase: oh gosh he looks so angry

Mike: this fella means business

Sean: Fraser at 370 and he has the whole crowd behind (pause) Fraser is gonna stand it up its gonna be Panchik versus Fraser for the win

Chase: and they're correct me if im wrong but it looked a little not as clean but it's there's way more in there I think he he had it so far back and almost knocked him backwards

Mike: that was absolutely right and that was gonna affect the balance

Chase: that wasn't a strength thing

Mike: oh no no I don't think so I think he just received a little bit back so you had to regather himself to come out of the hole there

Sean: one more look at Scott Panchik here at 370 (pause)

Mike: so we got 385 next right

Sean: I think it's 375

Mike: oh okay (pause) that looks good

Chase: Matt looks good

Sean: there ever a time I'd love to be inside the Colosseum's right now man good that first the tiebreak between Björgvin Gudmundsson and Adrian Mundwiler the winner finished his third and takes 80 points

Chase: and I thought it was interesting between Noah and Saxon and last one is Saxon squat cleaning was just a bit faster than know about the pickup time was faster on Noah side so it's two different styles taking the same amount of time here's see what these guys do

Sean: 295 five reps per time the last time ray came down to a slide across the finish line (pause) Gudmundsson will hit his lift as will Mundwiler and they are dead even after one rep second rep good for Mundwiler he's power cleaning this Mundwiler third rep Gundmundsson through three that's four for the swiss national champion four for Gudmundsson Mundwiler will hit that and Adrian Mundwiler is going to take third Gudmundsson will finish in fourth (pause)

Mike: Mundwiler is strong

Chase: I didn't expect that for him no

Sean: we're down to the final two Scott Panchik (pause) thought Matt Fraser was going for the handshake he wanted the chalk (pause) here's Fraser's last lift at 370 (pause)

Mike: I love the fact he still got a hook grip on that bar and this means he can pull longer right here he's got the mobility he's pulling all the way through that pattern there is no release of that to become weightless in space he's actually continuing to pull all the way through

Sean: now we're down to the final two (pause) Scott Panchik up first (pause) 375 on the barbell (pause)

Chase: if Scott just got to keep his technique like he had on the last one Panchik is under and Panchik will stand it up and Scott Panchik hits 375

Chase: that's it for Scott he's so strong he has the legs underneath the bar that he needs he's got to keep that bar close to him now for Fraser I want to see is that he had a bobble on the last one but I think it was a more of a technical flaw than a strength flaw

Sean: now to 375 for Matt Fraser (pause)

Mike: go go

Sean: and Fraser will hit that

Chase: oh yeah there it is

Mike: there we have it

Sean: and this heavyweight slugfest will continue and I think that look says at all on Scott Panchik like really seriously we're gonna do some more of this

Mike: look at this techniques look at that bar move wow I love this speed through the middle

Sean: and my heart's beating through my chest right now

Chase: I'm sweating

Sean: this is awesome

Chase: I can't remember if I've been watching weightlifting or running a mile

Mike: okay check that eyeballs eyeballing you

Sean: it's if Scott Panchik were to win this event it would be his first career event win since 2012 when he took Fran

Chase: Wow

Mike: 380 wow

Sean: 380 pounds

Mike: man

Sean: Panchik and Fraser for the event win (pause) Fraser looking for his fourth victory of the competition and his second straight (pause)

Mike: it's like a hundred and seventy three kilos or something like that it's unbelievable (pause)

Sean: what's going through these guys minds right now coach

Mike: well I really like what Panchik's doing he's just sitting down there he's not panic and he's just kind of hold it within and Fraser's like the gorilla this taunt you know stalking the platform he wants to get up there lift we've got two different types of getting yourself ready type thing before you lift I prefer Patrick's mode a little bit better because he's still got to just gather all the energy that he can to put forth on the platform

Sean: Scott Panchik is gonna overtake Björgvin Gudmundsson for third place

Chase: I have never seen Scott look like this

Sean: I hadn't I haven't either this is incredible 380 pounds the crowd on its feet for Scott Panchik as he makes his first attempt (pause) and won't be able to get that (pause) Panchik has another chance to make another try but

(Inaudible)

Mike: find the grip and rip

Sean: the way that bar went up there I'm not sure he's got enough in a tank there (pause) the worst he can do is second place (pause) one more try and Panchik just isn't having it

Mike: nah no that's smart move right there (pause) now he's got to hope that Matt's gonna miss it as well then they'll be a liftoff right

Sean: he'll go to a tiebreaker if Fraser misses this lift (pause) so Matt Fraser for the event win

Chase: he wants to walk off

Mike: yeah

Sean: 380 for the three-time champ (pause) he hits this he wins the event (pause)

Mike: up come on man oooh yeees

Sean: two straight wins and strap in everybody sunday is going to be a blast at the CrossFit Games (pause)

--- END OF TRANSCRIPT --- 00:58:13: --- END OF TRANSCRIPT ---

Appendix 3

Commentators:
Sean Woodland

Annie Sakamoto

Dan Bailey

Chase Ingraham

---- START OF TRANSCRIP --- 28min58sec --- START OF TRANSCRIPT

Sean: … one year

Annie: did you fall in the drink Dan

Dan: I surfed a wave on the way in and sang to Ben Smith as well on the way back halfway there (Inaudible)

Sean: we are underway on the start of the swim and Chase you know a lot about this with this kind of mass start I mean this is chaos right here

Chase: it is chaos and it's also very violent when you're in the water there's kicking there's grabbing there's elbows because nobody really cares it's different than a mass start on a run where you know people can see what you're doing but when it comes to the water it's super important to try to get ahead early I would put mass start into quotations since it's only 20 athletes coming in both men and women but if you can't if you don't know what you're doing it becomes very daunting like you take one kick to the face and that this might be the end of your event

Sean: and the Australians are out front early the men will be wearing the dark caps the women are wearing the light caps and it's Matt McLeod and Tia Toomey who are out front on this 1,000 meter swim they have to go out and around and then back and then they will pick up their paddles and then they will navigate the same course 2,000 total meters 1000 swim 1000 on the paddleboard 9th event here to kick off day number 4 the final day of competition at the 2019 Reebok CrossFit Games the numbers they are wearing on their swim caps correspond with their placement on the overall leaderboards 74° it's a beautiful day here in Madison Wisconsin great day for a water event

Annie: it is a great day because if you look at how calm the water is with no wind that's really gonna help a lot of these athletes because a part of open water swimming is being able to spot the target or your your turnaround point right and so it's every time you pick up your head and swallow a chunk of water over a thousand meters that's gonna be a big belly full of water

Dan: And Chase you mentioned or well to your point of the glassy water how important it is it to get out in front being a part of that glassy water being it'll swim into that fresh clean water rather than being in the chop being created by people who are in the front

Chase: it's two folds and I feel like it depends on your skill level as a swimmer you're a great swimmer it's vital clean water no one's in your face you can do sight on your own if you're a bad swimmer you actually want to try to tail off on somebody who's a better swimmer than you because if you can park behind someone a that knows how to sight better than you and that just means they can look where they're going because that's a hard skill to do in open water but two drafting in the water is so it has such a massive positive effect if you can tail on someone's toes and just follow those it's a good place to be if you're not the strongest swimmer in the world

Annie: well and that will actually be true on the paddleboard as well you can very much draft on a paddleboard but it's doubtful a lot of these folks know how to do that

Sean: the Australians continue to lead it's Matt McLeod number 8 in the dark swim cap next to him is Tia Toomey in the light swim cap again the numbers that they are wearing on their caps correspond with where they stand on the overall leaderboard men and women competing at the same time but not against each other they will be scored separately

Dan: the thing that I'm interested is seeing once they come in from this swim on that narrow paddle board the paddle board there's really two techniques that you can use one you can be laying on your belly paddling like normal hopefully that you're not going to fall off just using your arms the other is a paddling from your knees

Sean: right

Dan: so when you're able to do that you're actually able to activate more core to extremity movement you're able to use your mid line to kind of push your arms through the water it is a way faster method to move through the water in 2015 I remember Kon Porter doing that as he passed me at great speed on the paddle board so the Australians are out in front now I'm wondering if any of them are going able to hop on that paddle board use that technique to further their lead

Sean: why is that technique so hard

Dan and Annie: balance

Dan: then very narrow paddle board and any movement to the left of the right will roll you right into the water

Annie: right I'm actually very impressed that Tia right now has such a huge lead on Amanda Barnhart I don't know if that's a Amanda playing a specific game right now or if Tia is just really that good of a swimmer

Chase: when you look at Tia the difference between Tia and Matt McLeod is that Tia has a very short stroke in terms of her arms coming out of the water she'll enter just in front of her face but she has a good reach where you see Matt McLeod just below her he has a much longer stroke and so what you see between the two is that Matt has a much more comfortable long technique stroke which is very beneficial for something like a thousand-meter Tia is just strong you can just see the power that she has so yes she's in the lead but she is working a lot harder than I was saying Matt now they're not competing against each other but we said earlier is how important it is on the thousand meter swim in terms of time it takes to do the event a thousand meters upwards of 20 minutes probably more towards 25 for most of these athletes because of the distance now if it's a legit thousand we've heard we've seen distances in the past where is like it is a 500 meters like they didn't break the world record 300 but it's gonna take twice as long as the paddleboard event will do and if you can put distance between them and what these two athletes especially Matt Mcleod is that he's going to finish this event comfortably on the first half of the swim because if you're a swimmer it's it's the difference between let's I'll put myself me doing an Olympic lifts versus an Olympian all right I can do it it looks like olymp you know it looks like the snatch but then there that's the night and day difference if you are a swimmer then you have a swimming background not just you practice it you can do this thousand as almost active recovery and be minutes ahead of the rest of the field

Dan: and there's not enough time to catch you on a paddleboard

Sean: this is the pack behind Mcleod and Toomey as they're on the first the trip out I should say on this initial 1000 meter swim that's go around that buoy and then back and then they get there paddle boards but things are certainly started to separate out here on this initial 500 meters out and Chase there was a time not that long ago where you would it was open almost comical when you would watch CrossFitters try to swim it if you were just just basically proficient at moving through the water you could smash these events

Chase (Inaudible) I liken it to weight lift the weightlifting community watching us all do Amanda in 2010 totally pooping on the snatch and when you look back myself included in that and what we saw in 11 12 and watching people how to swim is like trying to watch Arnold Schwarzenegger swim in predator

yeah you know he did a pretty good job but the training that they have put in and understanding is that swimming is such a foreign movement to them you can fake a run you can fake a bike you cannot fake a swim

Sean: yeah

Chase: it requires a lot of training and athletes have been living in the pool since this has been involved and I know it's been in the games every year and it should be here to stay as a good test and so it is nice to see good swimming out on the on on the lake

Annie: but you bring up Chase they've been a lot of these athletes have been swimming in a pool swimming in a pool with a lane line to track is it wildly different than swimming open water right so when you when you open water swim like Chase was saying you have to sight you have to pick something so you don't end up just zigzagging all over Lake Monona and these athletes oddly obviously have that huge orange buoy to use as their site where every couple of strokes you pick your head up and you make sure you're on track but if you're used to just following the lane line and waiting for the wall open water swimming is gonna really catch you by surprise

Sean: Tia Toomey and Matt Mcleod are getting set to make the turn back to shore on the second half of this 1000 meter swim Toomey's in the white Matt Mcleod is in the left and the two Australians (pause) are way out in front here remember men and women are competing together with their scored separately

Chase: now it's talking earlier about how long it will take for an OK swimmer about if you can hold a two-minute 100 meter pace you are a good swimmer

Annie: right

Chase: you're capable say you're a capable swimmer you're not a good swimmer that's actually not that good you're capable swimmer if you are a good swimmer holding a 1:30 pace for 100 meters is not hard to do at all and it's a 5 minute difference between you and a good swimmer you think about that

Sean: Toomey and Mcleod made the turn around the 8 minute mark

Annie: so like is it likely that this isn't quite a thousand meters swim Toomey it looks a little bit shorter but regardless this is the longest swim we've seen in the CrossFit Games thus far

(pause)

Sean: Toomey and Mcleod left on your screen Toomey is in the white swim cap Mcleod is in the dark swim cap and these are the athletes who are behind them and it's hard to pick out numbers on the swim caps but once we do we'll try and identify them (pause) that could be Noah Ohlsen that is Noah Ohlsen Noah Ohlsen in second place right now

Chase: see Noah he has a very very short choppy stroke and that works in water polo you know gonna have head up and short choppy movement when we were talking about open water swimming you need length and you need technique and so Noah though he's in a good position with the field he's working extremely hard and we got to remember it's like we still have a thousand-meter paddleboard right after this I said it's not going to take us long but it is in no means easy

Sean: yeah Noah Ohlsen second place for the men behind Matt McLeod as he has now made to turn back (pause) we've had Amanda Barnhart in the white swim cap so she's in second a distant second behind Tia Toomey

Chase: one thing about open water swimming and swimming in general it's not like going for a long run I think a lot of times if you're running about you know say like a 5k or even a you know two miles is that you can start at a certain pace and you actually can feel better as though

Annie: right

Chase: the run goes on even biking to a certain extent that doesn't happen in swimming it gets harder and harder and harder because when you get fatigued on a run you can just kind of you know back the

pace off and slow down a little bit you can stop pedaling on a bike when you're in the water there is no stop and if you go slower it just makes it harder so that's the challenging part about swimming is that the difficulty of the distance increases as you go so you gonna reach the halfway point no one's gonna sit here with negative split which just means go faster on the second half than the first half it's gonna get exponentially harder as they get closer to shore

Annie: well and when you say that a lot of that comes down to the breathing if you're jogging you can more readily control your breath than if you're swimming with swimming there is an inherent holding your breath right which is counterintuitive to most of us as we start to get more taxed

Sean: Tia Toomey and Matt Mcleod are your leaders after this is that 1000 meter paddle Amanda Barnhart sits in second place behind Tia Toomey so if this holds and we still have a long way to go on this event but Toomey can put even more distance between herself and Kristin Holte we don't know where Kristin Holte is in that pack but Tia Toomey came in with a with an eighty five point lead over Kristin Holte and if she can get Amanda Barnhart between the two of them she can pick up 20 points

Annie: well and this also bodes really well for Tia Claire Toomey because as we saw last year she was one of the few female athletes that was able to knee paddle that prone paddleboard and so assuming that she comes in a good distance of ahead of Amanda Barnhart for her to have that lead on the board is has got to be a big confidence booster for Tia

Sean: about 12 minutes 30 seconds unofficially into the race here

Chase: and I think it's very deceiving when you look at distance in the water versus what you would just approach distance on land is that that looks like about a 50 meter gap between your two leaders in your second and third place or a third and fourth place that's a minute

Annie: right

Chase: that's a minute time frame they have on these athletes

Sean: we're hearing that Matt Fraser is starting to challenge Noah Ohlsen now for second behind Matt McLeod (pause) so Matt Fraser working his way up on Noah Ohlsen and that's huge for Fraser but if he only beats Ohlsen by one spot he still won't overtake him for the overall lead he'll be five points back but right now Matt Fraser challenging Noah Ohlsen for second place behind Matt McLeod

Chase: this is definitely something where Noah needs to fight for these points this is something that he kind of a wheelhouse event for him something he's very good at if there's anything we know about Matt once we get back into the Coliseum and the indoor arena he seems to be incredibly dominant inside of there with borderline being untouchable over the years so no one needs to pick up as many points as he can in this swim event and push not just let Matt kind of cruise in front of him and think oh it's okay I'll still have the lead after this event

Sean: there is (pause) it's Adrian Mundwiler on number seven so he's back (pause) that was Noah Ohlsen so the seven and the one looking a lot of like but that's Noah Ohlsen and he is basically all by himself in second place so he's held off Matt Fraser and still sits in second behind Matt McLeod Matt McLeod is in the dark swim cap on the left of your screen next to him Tia Toomey who is in first place for the women

Chase: and look at the distance they're putting on the rest of the field and the same here's the benefit there's where you see the sign of a good swimmer a true swimmer is that what does their stroke look like in the beginning of the race and what does their stroke look like at the end of the race and what you see on Matt Mcleod on the left he still has a nice good reach he's still breathes to one side the entire time and there's actually nothing wrong with that a lot of things with distance swimming is that you want to find yourself in a rhythm whether that's two breaths or two strokes of breath or three is that he finds a nice rhythm you kind of settle into that and when you have the ability to swim and Tia is the same way she doesn't have the cleanest technique in the world when it (inaudible) stroke length for her upper body but she's so efficient under the water it's just something we can't actually see her do and she's so strong

so Tia with that having experience plus a little bit of I mean sprinkle a little bit of fitness in there yeah you can handle yourself pretty well in the water

Annie: and it's been interesting to see her and Matt kind of stick together I wonder if you know it was almost more comfortable for them to almost just stay side by side throughout the whole swim again they're not racing each other for a spot here so in a lot of ways they might have just settled in about togetherness

Sean: unofficially fifteen minutes forty seconds have gone by in this event this is the 1000 meters swim the opening portion of this two-part event the next part the 1,000 meter paddle there's a 50 minute time cap here in this event Tia Toomey on the right Matt Mcleod on the left they are your leaders

Chase: and if you can see in the background all the athletes scattered across the water and that just shows you how difficult it is to look where you're going while you're swimming if you see traditional open water races it's just a single-file line down the length of the lake and that is the most unique part of open water swimming as athletes are unaware of if they've trained traditionally in a pool

Annie: yep

Sean: Matt Mcleod and Tia Toomey getting set to come out of the water here at Lake Monona and they will grab their paddle boards and they will get right back in and traverse the same course Toomey is out Mcleod is out

Annie: I'm really excited to see Matt Mcleod on the paddle board it says that he actually has a surf rescue background so that means in theory he should be very proficient at this

Sean: these things first showed up in 2015 this is now I think the third time that they've been used at the CrossFit Games (pause) and Toomey is off and McLeod is off now Toomey right to her knees and starts to paddle let's see if McLeod does the same thing

Dan: and there's a perfect example of the difference between the swim pace and the paddle pace it looks like there's a little motor underneath the boats that they have going on on the right side of the screen that's why I was so imperative to get ahead on the swim because the time-domain is so much shorter for the paddle

Annie: you know the other thing that knee paddling can do I don't know if you've ever gone surfing or done any sort of paddling but paddling for any distance I know this sounds funny but just holding your head up right so that you can look becomes extremely tiring on your neck and your shoulders so the ability to knee paddle really can save a lot of trap neck and shoulder fatigue

Sean: Tia Toomey on the right and Matt Mcleod on the left and Amanda Barnhart is getting set to come out of the water (pause) around the 18 minute mark here unofficially that duck is not in the competition he has the best seat now

Annie: he's watching for no reps as they come in

Sean: so Amanda Barnhart is out of the water 18 minutes 15 seconds she sits in second place in this event seventh place overall coming in now here comes Noah Ohlsen

Dan: that's a solid thousand meter course that is a legit thousand 18 something Tia and Mcleod around on 16 Barnhart was actually a minute 40 seconds behind her that distance didn't look that far

Sean: Ohlsen Bethany Shadburne James Newbury coming out there's Björgvin Gudmundsson so we have yet to see Matt Fraser (Pause) Jamie Greene and I think that was Kristin Holte that we just saw on the left as well but no one's catching these two

Chase: there's Matt McLeod actually putting me to shame as I said that the knee panel would be obviously faster he's even taken Tia Toomey laying on his stomach

Annie: but it does look like Tia's actually possibly drafting off Matt Mcleod right there

Dan: right work smarter not harder in this event if you can

Annie: Right and I don't know if you saw but Matt was originally in the lead

Sean: and here's Matt Fraser coming out of the water so he is way back in the pack here Saxon Panchik got out before him (Pause) Fraser with some ground to make up

Annie: Matt and Tia could even be doing a little shift on who's gonna draft off of who in typical paddle races my husband has actually done some prone paddle racing there is an etiquette where you can actually draft off of each other and each person switches who takes the lead and the others draft off of them that could be what's happening between Matt and Tia right now

Sean: Fraser back into the water with the paddleboard and he has a lot of ground to make up on the pack about four or five men got out of the water ahead of him

Dan: and correct me if I'm wrong Annie if we're looking at people laying down on the paddleboard we want to see them with those feet kept tight on the back of the paddleboard nothing dragging in the water back behind it

Annie: exactly and and kind of the more traditional right arm left arm paddle is much more efficient than the kind of two swing paddle that most of these females are doing right here

Dan: I think one thing you'll see the true guys they'll kind of alternate their feet in the air

(Inaudible)

Dan: right hand goes in left foot goes up and that little balance on the board

Annie: that's exactly what that is that that tends to help balance the board

Sean: here are your leaders Matt McLeod for the men Tia Toomey for the women and there is no one within shouting distance of them now Kristin Holte is out so Tia Toomey is looking to put significant distance between herself and Kristin Holte in the overall standings McLeod and Toomey meanwhile as Holte gets out of the water have made the turn twenty-one minutes have gone by here (Pause) and Noah Ohlsen is in the yellow he's on the yellow paddle board in the upper right I think behind him is James Newbury who's going to the knee paddle that was Will Moorad who just got out of the water for the men there's still more athletes to finish up this one hot one thousand meters swim that is Katrin Davidsdottir oh fifth place overall coming into this event and towards the back of the pack here after the 1000 meter swim

Chase: I haven't seen Kari Pearce's name either

Sean: fact (pause) Jacob Heppner coming out in the water and

Annie: there it is Kari Pearce she heard us talking about her

Sean: once again I said this yesterday don't get too attached to any of these leaderboards because they are going to change event after event

Annie: Scott

Sean: Scott now Scott Panchik is out (pause) back to your leaders Matt Mcleod and Tia Toomey

Annie: they seem to be almost chatting they're possibly right here

Chase: now what they had for breakfast

Sean: they could probably have a float a nice you know pina colada and just enjoy their trip back in here

Chase: like he's here kind of pick your hands up and see if you can ride it all the way oh hey

Sean: no reason for for Matt Mcleod to exert himself more than he needs her there's not another heat he's gonna win the event would be a second event win of the competition so far

Chase: that's actually a massive advantage moving into the rest of the day because what a thousand meter swim does to you physically in terms of exhaustion yeah and you do a thousand meter open water swim only when you're done you're depleted there's just something about swimming it's it's four times more just exhausting than other events and then you toss on another thousand meter paddle you know Dan you've done both back to back the paddle after the swim

Dan: oh it's devastating on your shoulders your arms everything I mean you know mostly athletes aren't going to have a whole lot of exposure to this if they've known their history they should find some way before coming to the event to get out on the paddleboard but it taxes your upper body in just a different way than swimming does alone

Sean: Tia Toomey and Matt Mcleod are just demolishing this right

Annie: I think I think the next female male competitors have just barely rounded that buoy out there (pause)

Sean: want to thank CrossFit for providing us with the world feed here as we get to enjoy event number nine of the individual competition the first of we don't know how many events to close out the final day of the 2019 Reebok CrossFit Games and the Mcleod and Toomey (pause) heading to shore and this will be the fourth event win for Tia Toomey she's only finished outside the top four twice that was in event number two and in event number four the Sprint Cup when she finished 12th everything else has been fourth or better (pause) and now the pack behind them as it looks like James Newbury in the orange paddleboard on the left has passed Noah Ohlsen

Annie: not surprising another athlete that I believe has some surf saving skills from his Austria from Australia

Sean: the Aussies love the water events they have typically dominated here whenever we're in the water and that's not going to change here is Matt McLeod and Tia Toomey the two Australians coming in together and they are both going to rack up another event wins second for Matt Mcleod four for Tia Toomey (pause) and they are gonna race each other it's not even gonna matter they want to cross the finish line together and Aussie pride on display Tia Toomey and Matt Mcleod win event nine

Chase: to me they look like it's like somebody needs to compete against me

Annie: could you pick it up

Sean: you're making feel like I'm in a race

Annie: could you pick it up Matt I'd like to run right now

Sean: James Newbury in the bottom right is now second place for the men behind him is Noah Ohlsen if Ohlsen finishes in third (pause) that would be 80 points now the question is where's Matt Fraser

Dan: right

Chase: well for Newbury too because if Matt's not careful and he loses four to five spots to Newbury that's 50 points off the board and Newbury's 30 points closer to the podium

Sean: it ain't over till it's over that's the lesson that we're gonna learn today (pause) past the 26 minute mark its Tia Toomey Matt Mcleod made this look like a warm-up event

Chase: and and you look at the times that they did they had about a 16 minute swim and about an eight eight and a half minute paddle so that was the that's I'm just showing you the major advantage it has in this event to be a good swimmer James Newbury looks like he will be the next man to finish followed by Noah Ohlsen (pause) Newbury employing that paddle from the knee technique that so many Australians have used on this paddleboard there's no secret

Dan: that is not want we want to see

Annie: well that is that is like I was talking about all of a sudden your head weighs about 2005

Chase: they just looked over saw Dan start shivering with bad memories

Annie: oh we still have another female

Sean: another woman in the water not sure who that is

Annie: I believe it might be Anna Fragkou

Sean: she is the one name that we haven't said yet here comes James Newbury he's gonna lock up second place in the event he'll earn 90 points in the overall standings Newbury coming in in fifth place overall and he's now looking to challenge respond to the podium here's Noah Ohlsen the overall leader after eight events will keep the white jersey and he will earn 80 points so now the question is where is Matt Fraser

Annie: huge finish for Noah Ohlsen right there

Sean: Björgvin Karl Gudmundsson coming in so he's going to take fourth

Annie: and that's gonna move him in front of Scott Panchik for sure So Gudmundsson will stay ahead of Panchik for the race of the podium here comes Björgvin Karl Gudmundsson fourth place finish for him

Annie: and I believe that was Haley Adams which just came in

Annie: Jamie Greene

Sean: Bethany Shadburne is out Haley Adams finish second so there's Matt Fraser (pasue) and he is getting closer to shore (pause) so if Matt Fraser finishes fifth that will be 60 points Noah Ohlsen has already locked up third so Ohlsen will add 20 points to his lead and Fraser will now trail him by 35 points after nine events Matt Fraser is in and he will take fifth place in event number nine (pause) that's Kristin Holte (Pause) here comes Saxon Panchik Saxon Panchik Jacob Heppner Adrian Mundwiler Will Moorad and then Scott Panchik have yet to finish this event but Saxon getting in ahead of his older brother he's going to take sixth and here comes Kristin Holte who is trying to do some damage control and keep herself in the top three

Annie: and that's Kari Pearce

Sean: as Jamie Greene has already finished

Annie: and I am just so surprised to see where Barnhart is shaking out in this race

Sean: it is a bit of a shock that she has fallen that far back in the pack (pause) Barnhart is actually already finished she came across when we weren't looking she when we did at the camera on her she finished fifth in the event so Amanda Barnhart already in so here comes Kristin Holte she's gonna finish sixth place (pause) so Holte is in so she will surrender 20 points to Jamie Greene (pasue) she was up by 45 and now here comes Jacob Heppner

Chase: (Inaudible) see Heppner actually dragging his arms forward but so you're trying to reach to swim except you pull yourself backwards you know

Sean: and then yourself forward one step back

Chase: the old cotton-eye Joe technique

Sean: yeah

Annie: usually what you do when you want to stop

Dan: it's like riding a bike and tapping your brakes every time you pedal twice

Sean: Kari Pearce getting set to come across the finish line for the women Jacob Heppner will take seven (pause) three men left in the water (pause) Scott Panchik Adrian Mundwiler and Will Moorad still have

yet to finish so Jacob Heppner in at seven (pasue) its Katrin Davidsdottir we just took a look at and here comes Kari Pearce Pearce will finish 7th

Dan: made up a lot of time

Sean: she did on the paddle board

Annie: yeah there's that upper body pulling shoulders stamina for you

Sean: Katrin Davidsdottir and Scott Panchik look to be next to finish (pause) Davidsdottir looking to lock up eighth place (pause) she will not gain ground on the women in front of her in the overall leaderboard Tia Toomey Kristin Holte Jamie Greene and Pearce have all already finished Davidsdottir sits in fifth but Anna Fragkou who is way back in the pack Davidsdottir won't surrender any ground to sixth place Fragkou

Chase: you look at the paddleboard you see a lot of these athletes that are so tired and they lay face down the problem is that that actually limits your stroke

Annie: right

Chase: when you're a bit more upright you can reach further into the water you have that it pushes your hands out to the side you can't have as good of a pull

Sean: Katrin Davidsdottir is out Scott Panchik is out Davidsdottir is gonna sprint to the finish I believe that is Thuridur Helgadottir behind her so Davidsdottir is in and she will take eighth place that would be good for thirty points here comes Thuridur Helgadottir in ninth with means Fragkou will finish in 10th and she will earn ten points in the overall standings (pause)

Dan: looks like that's Will Moorad coming in

Sean: Will Moorad one of two men still left in the water Adrian Mundwiler is the other one (pause) Moorad is out of the water and he's going to lock up ninth place easily Mundwiler will take tenth and Fragkou will take tenth of the only two athletes left in the water

Chase: Moorad is not moving fast he's got a bandage around his leg there it looks like something keeping the left leg tight

Sean: well we saw that last night when he wouldn't make an attempt at 315 the opening barbell kind of grabbed his hamstring a little bit and we speculated this maybe that was what was bothering him after the sprint event and clearly that looks to be the case (pause) that's Adrian Mundwiler he's the last man left in the water (pause) so to recap Tia Toomey for the women wins the event Hayley Adams and Bethany Shadburne rounding out the top three on the men's side its Matt Mcleod he gets his second event win James Newbury takes second Noah Ohlsen takes third and Matt Fraser takes fifth on the women's side Tia Toomey gets 100 points Kristin Holte who sat in second finishes in sixth place (pause) that is good for 50 points so Toomey will add 50 points onto her lead over Kristin Holte

Chase: the one thing I'm as I'm watching this event unfold and kind of realizing all the volume of pulling that has happened over the last three days yet the legless rope climbs you have good over 300 pull-ups pegboards what your lats go through on long-distance swimming I don't think people really truly understand because they think shoulders really just reach underneath your armpit and grab that sucker right there that gets so unbelievably tight and what that is going to do to these athletes moving forward if they haven't taken care of themself in between events over the weekend they might see some repercussions coming into the next few events

Adrian Mundwiler is getting set to finish up for the men and that'll do it for their event as he is the last man out of Lake Monona tenth place finished for him ten points in the overall standings (pause) Mundwiler is out and Mundwiler will take a stroll across the finish line and that'll do it for event 9 for the men as Matt Mcleod earns his second win of the competition it's an Aussie sweep Tia Toomey wins on the other side for the women it's her fourth event win and in nine events Tia Toomey has only finished outside the top four twice (pause) that leaves Anna Fragkou the only woman left in Lake Monona on

her paddleboard it's a 15-minute time cap so she has plenty of time to get in inside the time cap and even though she's finishing last and there is still pride in finishing inside the time

Annie: yeah

Chase: with the athletes finishing so fast some people might wonder why would the time cap perhaps be fifteen minutes right and I think some of that goes back to you don't want to cap all the athletes out too early because you're gonna make them do all the work

Sean: right

Chase: so Tia Toomey

Sean: that's a really good point

Chase: they they paddled the whole distance you mentioned the shoulder fatigue they've done all the reps this eliminates a way for an athlete to really potentially sandbag an event say I know I'm gonna get 10th anyway I'm gonna complain

Annie: why would I waste my energy

Chase: my swim or just slowly paddle through the water it's like no we're gonna give you enough time you should be able to complete this all the way through and do all the reps

Sean: there's Noah Ohlsen saying hello to his fans and he will continue to be the overall leader as he picks up 20 points on Matt Fraser and that leads him by 35 points Björgvin Gudmundsson this is all unofficial sits in third and he is

Annie: opened up the lead

Sean: opened up the lead on Scott Panchik for that final spot on the podium James Newbury meanwhile is creeping closer he is only 17 points back unofficially up Scott Panchik 60 points back of Björgvin Karl Gudmundsson and again keep in mind I know we're saying this a lot those those deficits can be made up very quickly in this format

Annie: well yeah when we're talking about ten point chunks all it takes is three or four places

Sean: look at the State Capitol building here in Madison Wisconsin

Annie: a beautiful day huh

Sean: about 75 76 degrees out there on Lake Monona perfect day for a water event the latest water event that we've ever had at the crossing games taking place on the final day

Chase: the most important and water event we've ever had in the CrossFit Games

Sean: speaking of which now the pressure is really on Noah Ohlsen we don't know how many events remain but now he still has the lead and we talked about the fear of success and how you can deal with success as opposed to failure as Anna Fragkou gets out Noah Ohlsen's gonna have to hold off Matt Fraser who is just gonna be hard charging there

Chase: I can't wait to watch the next event

--- END OF TRANSCRIPT --- 1:08:57 --- END OF TRANSCRIPT ---