

CROSSFIT GAMES

THE INCREASING INTERNATIONAL POPULARITY OF THE SPORT



THE GAMES

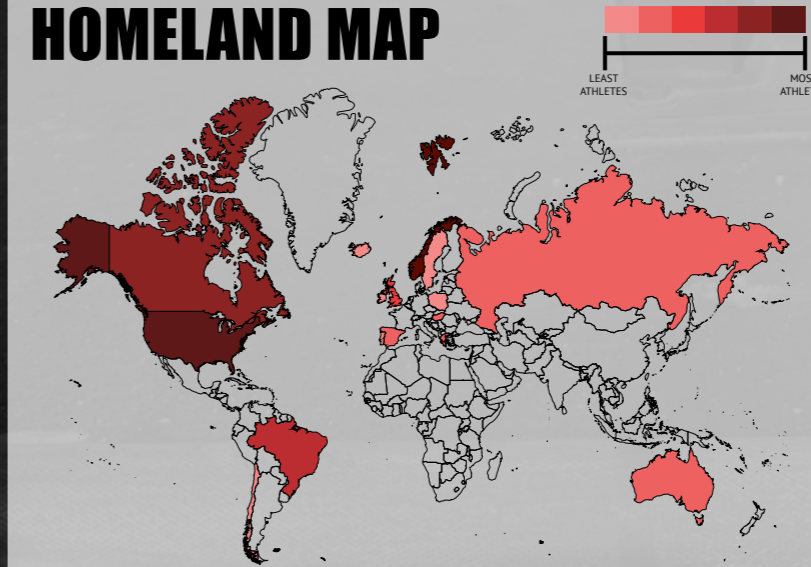
The CrossFit Games are a series of competitions, welcoming both teams and individuals to compete for the Fittest Man and Fittest Woman on Earth. Renowned as the definitive test for fitness, the world-popular games include athletes from over 120 countries.

The games began in 2007, in Aromas, California, as the first objective fitness competition. Being unique from traditional sports sets the games apart from events like track and field, gymnastics, weightlifting and more – all specialist sports in which the events are known long in advance. In the CrossFit games, athletes from around the world are tested against a variety of unannounced workouts. These workouts are exclusive, each with different movements, equipment, and time ranges.

The test has continually evolved, pushing competitors to train for the unknown and fight outside of their comfort zone for ultimate strength, speed, power, endurance, and skill performance.

<https://games.crossfit.com/about-the-games>

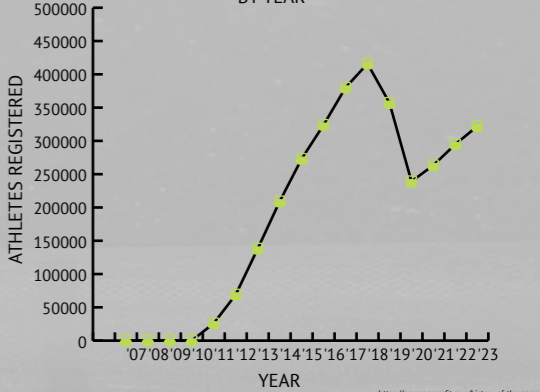
2023 ATHLETE HOMELAND MAP



<https://games.crossfit.com/athletes>

GROWTH OF THE GAMES

ATHLETES PARTICIPATING IN CROSSFIT GAMES EVENTS BY YEAR



<https://games.crossfit.com/history-of-the-games>

1 THE OPEN

The Open is the first qualifying stage at the Games. It's open to all those willing to compete. Last year, 294,980 people competed.

2 QUARTERFINALS

Quarterfinals are the second stage of the CrossFit Games. This competition is for the advancement of the top 10% international athletes, where they compete for a Semifinal spot.

3 SEMIFINALS

The top 300 individual men and women are invited to compete around the world, according to their location on the globe. Here, they all continue their trek to the Games.

4 THE GAMES

The CrossFit Games is a yearly event that brings together athletes from all over the world to determine the fittest on Earth. 40 men and 40 women take on the final test.

<https://games.crossfit.com/about-the-games>

THE STAGES



THE ARENA

WHERE IT ALL BEGAN



<https://www.crossfit.com/battle/crossfit-battles-timeline>

