



2024 CFDA CrossFit Open Recap

The Open has come and gone, and this year CFDA put up some numbers. We had 57 registered participants (see our full roster [here](#)), with many more of our athletes taking on the 3 weeks of WODs during our Friday Night Lights. Congratulations to all athletes who completed this year's Open! Whether it's your first or your tenth, it's a huge accomplishment. Let's see how this year shook out, by the numbers:

FINAL STANDINGS

1. Do It Later's 323 points
2. Lunch Breakers 340 points
3. Go Getters 476 points

Quarterfinals

CFDA is proud to have 17 members earn a ranking within the top 25% in the world, granting them a chance to compete at the Quarterfinals!

We will be supporting our Quarterfinal athletes and running workouts 1 & 2 during classes on Thursday, April 18th and Friday, April 19th. Workouts 3 & 4 will take place Saturday, April 20th (after class) and Sunday, April 21st!

QUARTERFINALISTS

Sanaa Sanderson	Helen Kynes
Leanna Ehrlich	Jennifer Thompson
Lauren Rothschild	Scott O'Toole
Sarah Young	Benjamin Scofield
Katy Jaffee	Marques Chaplin
Anna Chambers	Brian Panasuk
Katie Derichsweiler	John Jarrett
Jennifer Panasuk	Michael Michaelides
	Sean Crosby

Top 3 Men and Women of CFDA

Lastly, big shoutout to our top 3 men and women in the gym. Impressive performance!

TOP 3 AT CFDA

MEN	WOMEN
1. Benjamin Scofield 6 points	1. Leanna Ehrlich 3 points
1. Brian Panasuk 6 points	2. Sanaa Sanderson 10 points
3. Scott O'Toole 11 points	3. Lauren Rothschild 11 points

FITTEST ON CHESTER

ICYMI: Check out our photo gallery from 24.2+24.3 [here](#).

Michael's Minutes - Injuries



Suffering from injury? Don't skip the gym. Focus on doing what you can with what you have. Check it Michael's take [here](#).

March 20+ Club

Congratulations to our members who achieved the 20+ club! Membership is earned by attending 20 or more classes in any given month.

MARCH 20+ CLUB

Benjamin Bigalke	Josh Noblitt
Benjamin Scofield	Kai Franklin
Christopher Hernstrom	Leanna Ehrlich
Davin Quarshie	Libby Galli
Diego A G	Michael Michaelides
Holly Young	Mimi Isaac
Jenn Panasuk	Scott O'Toole
Jennifer Thompson	Sean Crosby
Jonathan Siragusa	Shaquille Vaughn
	Sonia Janis

Upcoming Events & Schedule Changes

We will be hosting a couple of seminars this month. Check out the events and the schedule changes below:

- CrossFit Level 2 Certification Course - Saturday, April 13 & Sunday, April 14
 - We will hold a **park WOD on Saturday, April 13** in lieu of in-gym class.
- CrossFit Summit - April 16 & April 17
 - Tuesday, April 16 - **No class 8am to 5:45pm**
 - Wednesday, April 17 - **No class 8am to 1pm**



Join us for our next park WOD on 4/13 at Phoenix II Park in Summerhill!