



CrossFit 845

Fittest Alive in the 845

Executive Summary

In June, 2017, CrossFit 845 used Wodify Arena to run the third annual “Fittest Alive in the 845” competition at their Wappingers Falls location. This CrossFit competition consisted of four events, one of which included a tie-breaker. A cash prize of \$500 was awarded to the first place male and female finishers, and according to trainer and organizer Jess Maurer, the competition went off without a hitch.

“Arena made the scoring so much easier and saved me a ton of time.”



Jess Maurer
CrossFit 845 Trainer

About CrossFit 845

CrossFit 845 has locations in Wappingers Falls and Poughkeepsie, both in New York’s Hudson Valley. They offer a host of different programming options, including CrossFit, barbell classes, CrossFit Teens and personal training services in their 3500 sq. ft. and 3200 sq. ft. facilities, respectively.

Challenges

This was the third year that CrossFit 845 held their “Fittest Alive in the 845” competition, but the first using Wodify Arena. Previous years’ competitions were scored using Excel spreadsheets, an admittedly slower and less efficient system. “The biggest pain in the butt with spreadsheets is that you have to keep changing the size of the boxes for people’s names,” said organizer and coach Jess Maurer. With so many people and events to deal with, a system that could save her time was a priority.

The Solution

Maurer and her CrossFit 845 team were able to enjoy their event due to the features in Wodify Arena that make running competitions fun and hassle-free. “My favorite feature is definitely the heat assignments,” said Maurer. “[Arena] made it easy to have split divisions and shared divisions in the heats. The tie-breaker was also great. In the past, we haven’t been able to have a tie-breaker for some events. Our original tie-break scoring plan [without Arena] would’ve made things a lot more complicated.”



For more information on how to run your event or competition with a streamlined tool, please visit wodify.com/products/arena.

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Results

Maurer was most impressed with the amount of time Wodify Arena saved her. From the ease of entering scores, to the fact that waivers were collected automatically through the software, she was thrilled that everything went according to plan.

“This was the best competition we’ve had. We are in third year and this one had the best turn out and ran the smoothest. Usually there is some sort of hiccup in scoring that we find, but there really was nothing,” said Maurer. “This was the first year that I was not stressed, running the event.”



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