



CrossFit Canada — 11 July 2025

Date	11 July 2025
Format	Video call
CF3	Simon Damborg, President
CrossFit Canada	Carianne Meti
CrossFit International	Ollie Mansbridge

WHY WE MET

Most Canadian functional fitness athletes train in CrossFit affiliates. CF3 asked for this conversation to explain what the federation is, and how it can help affiliates and the people running local competitions.

WHAT WE TALKED ABOUT

CF3's purpose as the governance body for the sport, unbranded and complementary to existing brands rather than competing with them: standardised movements, long-term athlete development pathways and access to government sport funding. What CF3 can offer affiliates today, namely technical official (judge) training and guidance on registering a local competition as a non-profit event, and how those resources might reach affiliates. Keeping provincial and national messaging aligned.

WHAT IT MEANS FOR MEMBERS

Affiliates and local organisers can use CF3's judge training and resources whatever brand they operate under. Your home gym does not have to choose a side to benefit.

WHAT HAPPENS NEXT

CF3 is sending a list of its current and upcoming resources, preparing a fuller description of what it offers after the National Championships, and clarifying how iF3's international movement standards relate to CF3's domestic ones. The conversation was exploratory; there is no formal agreement.