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<IfModule mod_rewrite.c>
RewriteEngine On
RewriteBase /crossfit/

#Removes access to the system folder by users,
#Additionally this will allow you to create a System.php controller,
#previously this would not have been possible.
# 'system' can be replaced if you have renamed your system folder.
RewriteCond %{REQUEST_URI} ^system.*
RewriteRule ^(.*)$ /index.php?/$1 [L]

#When your application folder isn't in the system folder
#This snippet prevents user access to the application folder
#Submitted by: Fabdro1
#Rename 'application' to your applications folder name.
RewriteCond %{REQUEST_URI} ^application.*
RewriteRule ^(.*)$ /index.php?/$1 [L]

#Checks to see if the user is attempting to access a valid file,
#such as an image or css document, if this isn't true it sends the
#request to index.php
RewriteCond %{REQUEST_FILENAME} !-f
RewriteCond %{REQUEST_FILENAME} !-d
RewriteRule ^(.*)$ index.php/$1 [L]
php_flag short_open_tag off
php_flag magic_quotes_gpc Off
</IfModule>

<IfModule !mod_rewrite.c>
# If we don't have mod_rewrite installed, all 404's
# can be sent to index.php, and everything works as normal.
# Submitted by: ElliotHaughin

ErrorDocument 404 /index.php
</IfModule>
```