



USA Freediving Contact:
John Hullverson, President
USA Freediving
media@usafreediving.com
415-203-5191
www.usafreediving.com

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FOR IMMEDIATE RELEASE

KURT CHAMBERS BREAKS USA NATIONAL FREEDIVING RECORD FOR FREE IMMERSION--96 METERS

Soufrière, Dominica

Kurt Chambers, of Kona, Hawai'i, broke the USA Men's National Freediving Record in the discipline of Free Immersion (FIM) on Friday, November 30, 2018, with a self-powered dive to 96 meters/315 feet below the surface on a single breath of air.

In the competitive freediving discipline of Free Immersion (FIM), as recognized by the Association Internationale pour le Développement de l'Apnée (AIDA), the sport's international governing body, an athlete takes a single breath on the surface and then pulls themselves down through the water to depth along a safety line, using only their hands and arms and without the use of fins of any type. Any weight the athlete wears must remain on them throughout their dive. The athlete must retrieve a tag at the target depth and then pull himself or herself back to the surface where they must perform a specific surface protocol to signal to the judges that they have completed their dive and are under control.

Chambers' record dive took 3 minutes and 1 second to complete and occurred during the final day of the Blue Element international freediving competition held just off the coast of the idyllic Caribbean island of Dominica from November 23-30. Chambers' diverse athletic ability was on display as he put together solid scores in four separate disciplines to place second in the event.

Chambers' new record eclipses the previous record of 94 meters/308 feet, which he himself set on May 27, 2016 at the Caribbean Cup competition off the island of Roatan, Honduras. All together, this is Chambers' fifth USA national record. He has claimed four national records in Free Immersion to go along with the national record he set in the discipline of Constant Weight (CWT) in 2016. On that dive, Chambers used a monofin to kick down to 101 meters/331 feet and back to become the second American, and one of only three Americans ever, to reach the 100 meter mark.

Chambers, who is renowned for his intense and disciplined training regimen, wished to offer sincere "thanks to Octopus Freediving, Merman Custom Gear and Cetma Composites for their help with my gear and to Katie Pentz for being my coach, and to Jonathan Sunnex for putting on the fantastic Blue Element competition."

US NATIONAL RECORD

FIM 96m

Kurt Chambers



BLUE ELEMENT
DOMINICA
NOV. 30TH, 2018



Kurt Chambers descends on his way to a national record 96 meter/315 foot dive.

USA Freediving is a nonprofit association founded on the democratic representation of freediving within the United States and internationally. Founded in 2003, USA Freediving is the national governing body dedicated to furthering the development of the sport and recreation of freediving in the United States and abroad. For more information about USA Freediving, Team USA, and membership please visit www.usafreediving.com.

The **Association Internationale pour le Développement de l'Apnée (AIDA)** (English: *International Association for Development of Apnea*), is the international sanctioning body for freediving, individual and team competition, and freediving world record attempts. For more information about AIDA please visit <http://www.aidainternational.org>.