



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

July 18, 2018

FOR IMMEDIATE RELEASE

DANIEL KOVAL BREAKS USA NATIONAL FREEDIVING RECORD FOR CONSTANT WEIGHT--102 METERS

Long Island, Bahamas. Daniel Koval, of Kona, Hawai'i, broke the USA Men's National Freediving Record in the discipline of Constant Weight (CWT) on Wednesday, July 18, 2018, with a self-powered dive to 102 meters/335 feet below the surface on a single breath of air. Koval's record dive occurred during the Origin ECN Vertical Blue international freediving competition held annually at Dean's Blue Hole on Long Island, Bahamas and took 2 minutes fifty seconds to complete. His new record surpasses the previous USA record of 101 meters set May 31, 2016 in Roatan, Honduras by fellow USA freediver Kurt Chambers, also of Hawai'i.

In the competition freediving discipline of Constant Weight (CWT), as recognized by 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 kicks themselves down to depth, usually using a monofin. The athlete follows a safety line and any weight the athlete wears must remain on them throughout their dive.

This is Koval's first USA national record and he becomes only the third American diver to reach or surpass the depth of 100 meters in any discipline.

"It was a great dive, I don't remember much of it-- it was all a blur. But it felt awesome. It felt amazing" said Koval. He also thanked his many supporters and sponsors back in Hawai'i and expressed his appreciation for the local conditions, which he said were in many ways like those back home in Hawai'i. Asked what his immediate plans were, Koval stated "I prepared a lot for this so it's finally done and I can enjoy the Bahamas even more." Koval is also serving as a coach to his partner and fellow competitor Kristin Kuba as she prepares for her dives later in the competition.

"Daniel trained very hard for this dive and he made an outstanding effort to clinch this record" said John Hullverson, President of USA Freediving. "Daniel is extremely talented and works super hard so we're all excited to see where he goes from here. His is the third national record set in the past several months by USA freedivers, following fellow Hawaiian Shelby Eisenberg's Constant Weight dive of 85 meters/279 feet on May 13, 2018 at Deja Blue 9 on Grand Cayman and Claire Paris' 184 meter/604 feet Dynamic Apnea with Fins record set for distance in a pool on a single breath on June 3, 2018 at the South Florida Apnea Challenge in Miami, Florida.

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>.

-END-