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FOR IMMEDIATE RELEASE

ENCHANTE GALLARDO BREAKS USA NATIONAL FREEDIVING RECORD FOR CONSTANT WEIGHT BIFINS--81 METERS

ROATAN, HONDURAS. Enchante Gallardo, of Waianae, Hawaii, broke the USA Women's National Freediving Record in the discipline of Constant Weight Bifins (CWTB) on August 5, 2019, with a dive to 81 meters/ 265 feet on a single breath of air. Enchante's record dive took place at this year's Caribbean Cup International Annual Freediving Competition in Roatan, Honduras in a time of 3 minutes 21 seconds. Her new record surpasses the previous USA record of 80 meters set May 26, 2019 in Roatan, Honduras by fellow USA freediver Ashley Chapman of North Carolina.

As of January, 2019, AIDA International has a new depth category for the competitive freediving disciplines: Constant Weight Bi Fins; designated CWTB. Unlike the original category CWT, where the athlete can choose to wear a monofin, bifins or even no fins, with a propulsion style of their preference, the new discipline only allows for bi-fins and no dolphin kick is permitted.

This is Enchante's fifth USA national record. Earlier this year, she successfully completed four national record dives in CWTB, at the Xibalba 2019 AIDA Freediving competition in Yucatan, Mexico.

At only her second international competition, Enchante added to her record collection: "On this dive I felt much more relaxed than the previous day" said Gallardo. "After the dive I felt amazing I felt exhilarated all day for accomplishing my goal here. I felt like I had accomplished something great, not just for me but also for my country and home in Hawaii that I came here to represent, especially when you feel like the training you have done has paid off. I have even enjoyed the unsuccessful attempts as well because I know that it is part of the journey."

Gallardo is grateful to all the support she received, and happy to have fellow Hawaiian Kristin Kuba by her side as a coach, helping her to relax before her dive.

"Chante has a very zen approach. This is her first year of competition and she already has five national records" said Claire Paris, Member-At-Large of USA Freediving. "She is really strong in challenging conditions, going 6 meters deeper than her previous record. There is a lot of pressure in these international competitions. What she has done, far from her home in Hawai'i, is truly remarkable."

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 International)

(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>.