



Press release

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New World Record Attempt in Freediving

Freediver Martin Štěpánek sets a second world record!!!

Prague, May 23, 2009

In just two days Martin Štěpánek sets two world records. Yesterday it was the constant weight with fins dive and today he continues with a new world record in free immersion. Martin descended to 110 meters and broke the current record held by Herbert Nitsch. The dive lasted 3 minutes and 56 seconds. The free immersion discipline allows the diver just to pull on the rope during descent and ascent as well. The use of fins is prohibited.

In the fore coming days Martina will attempt to set a new record in one last discipline, the constant weight without fins. The current record is held by William Trubridge and is 88 meters. During both the descent and ascent the diver uses breaststroke only, without fins. The athlete must not touch the guising line with the exception of a single hold of the rope to stop the descent and start the ascent. At that point the contestant may take the line, loosen the tag indicating depth and bounce back. It's also called "constant weight" because it's not allowed to ease the dive by discarding diving weights before the ascent.

These attempts to break world records were made possible for the second time thanks to a considerable support by SONY Corporation under the name **SONY Free like.no.other 2009** and by **Aquasoft** which is also the official partner of the Czech free-diving national team. The records are under auspices of F.I.I. (**Free-diving Instructors International**).

You will find more information, photographs and videos from this event on a website created just for this occasion:

www.stepanek-wr09.cz or www.stepanek-wr09.com

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