

Registration Report for Record Attempts in Apnea

Discipline of the attempt: _____ Date of the attempt: _____

Current Record: _____ Current Record Holder: _____

Name of the Athlete: _____ Day of birth: _____

Citizenship: _____ and where the athlete is born: _____

Current address: _____

Location of the attempt: _____

Organizer: _____ Contact: _____

Prerequisites

According to the regulation, the athlete has to fulfil the following prerequisites, no earlier than three months and no later than one week before the attempt:

Within **3** meters of the announced attempt for constant weight with and without fins and free immersion.

Within **6** meters of the announced attempt for variable weight and no limit.

Within **5** meters of the preceding record for dynamic apnea with and without fins.

Within **15** seconds of the preceding record in static apnea.

Result of Prerequisites: _____

Date of prerequisites: _____ Location: _____

Signature of the Athlete

Signature of the Organizer

AIDA Representatives

AIDA Judge: _____ Level: _____ Citizenship: _____

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The AIDA Judges hereby certify that the athlete followed the regulation for the discipline and was not aided in any way during the whole dive until he received the final ok by the judges. Having arrived on the premises at : **am/pm**, the judge verified that the athlete did not breath from an artificial air supply. The Athlete did not experience any black-out, and made the surface protocol following the rules, and there was no doubt to the athlete's physical integrity. According to the conditions listed above and on the following pages, the athlete established this official result : **am/pm** this day. The total duration of the dive was minutes and seconds.

Realized Performance:

Signature of the AIDA Judge

Signature of the AIDA Judge

AIDA International Association for the Development of Apnea

In addition to the two official AIDA judges, the responsible for the medical, who have to be physician or emergency medical personnel, specialized in resuscitation, was:

Name: _____ Qualification: _____

Other major safety personnel included:

Name: _____ Qualification: _____

Name: _____ Qualification: _____

The following safety equipment was present: medical equipment, O₂ breathing apparatus,
 defibrillator, fast ambulance boat, stand-by ambulance, VHF reporting device,
 helicopter, open bell, telephone, therapeutic recompression chamber,
 safety system to bring the athlete to the surface,
 a full test of the safety system, prior the attempt, has been done,

Signature of the Responsible for the Medical: _____

Equipment

The athlete was using the following equipment: wet suit,mm,
 weights, kg, secured as follows: including quick releases
 mask lenses goggles bi-fins monofin nose-clip

Preparation

The athlete carried out the following preparations:..... minutes of dry land preparation, including breathhold
..... minutes of in-water preparation, including exhale/empty-lungs diving including static on surface
..... warm-up dives as follows: 1....., 2....., 3....., 4....., 5....., 6....., 7.....
Other/extra:

The athlete consented to the doping test after the record attempt, and the number on the test is:

The AIDA judges verified the following technical regulation points by discipline:

Pool Disciplines

..... video cameras, underwater camera, surface camera, camera on land, extra camera
 the videos include the whole dive, starting one minute before the start and end one minutes after the exit.
 all cassettes from all the official cameras have been verified, signed and sealed by the judges

Static Apnea:

The AIDA judges verified that the depth of the swimming pool was equal or less than 2 meters.
 The AIDA judges verified that the duration performed was determined by the exit of the mouth or nose.
 The AIDA judges verified that the timekeeping was conducted by the two AIDA judges
 The AIDA judges verified that the timekeeping and the chronographs were tested by the two AIDA judges

Dynamic Apnea with or without fins:

- The AIDA judges verified that the distance completed was determined by the exit of the mouth or nose of the athlete, except where the athlete ascends against the wall. Insofar as the athlete came in contact with the wall before the mouth or nose exit the water
- The AIDA judges verified that the athlete was immersed at least 1.50 m from the wall in the start and attained a distance of meters without external aid.
- The AIDA judges verified that the athlete, with a part of the body, was in contact with the wall in every turn.
- The AIDA judges verified that the athlete didn't use any propulsion assistance other than swimming movements and turns, including just before the surfacing of the mouth or nose

Depth disciplines

- The rope was initially anchored and measured under tension, with a force corresponding to kg of the ballast used for the attempt, between 20 and 50 kg for constant weight with and without fins and free immersion. Between 20 and 80 kg for variable weight and no limit. Actual weight this is...
- Official tags where posted on the rope and individually special sign by the judges.
- First tag was posted on meters. Second tag was posted on meters.
- Third tag was posted on meters. Fourth tag was posted on meters.

The rope was in the surface fastened to:

..... Official tape marks, sign by the judges and with different colours, where attached on the rope.

First mark with the colour of at a depth of meters.

Second mark with the colour of at a depth of meters.

Third mark with the colour of at a depth of meters.

Fourth mark with the colour of at a depth ofmeters.

- The attempt was held in saltwater. The attempt was held in freshwater.

The entire dive was tracked by:

- One freediving judge, (name) At the surface or atmeters deep with a visual check starting at meters up to the surface.
- A second freediving or scubadiving judge, (name) At the surface or atmeters deep with a visual check starting at meters up to meters or to the surface.
- underwater cameras, secured to the bottom ballast/plate, secured on the sled, mobile
- (name)..... where permitted to film the arrival of the athlete from a depth of meters and monitor the official depth gauge secured at meters.
- surface cameras filming the exit of the athlete. extra cameras at
- the videos include the whole dive, starting one minute before the start and end one minutes after the exit.
- all cassettes from all the official cameras have been verified, signed and sealed by the judges.

- The official AIDA depth gauges where verified, signed and sealed by the AIDA judges.
- The official AIDA depth gauges where calibrated before the attempt at meters of depth.

The depth indicated on the depth gauges after the attempt were:

- At final plate: meters
- On the athlete: meters, with the location on the athletes body:
- On the sled: meters, with the location on the sled:

Constant Weight with and without fins:

- The AIDA judges verified that the athlete duck dived underwater and that he/she attained the expected depth and returned by swimming, without any pulling on the rope or receiving external aid. (only one pull is allowed to reach the plate and one pull to start the ascent)
- The AIDA judges verified that the athlete collected and delivered the tag/marker to the surface judge.
- The AIDA judges verified that there was no change to the athlete's ballast.

Free Immersion:

- The AIDA judges verified that the athlete duck dived underwater and that he/she attained the expected depth and returned without any kind of propulsion or receiving external aid, using only the arms and legs
- The AIDA judges verified that the athlete collected and delivered the tag/marker to the surface judge.
- The AIDA judges verified that there was no change to the athlete's ballast.

Variable Weight:

- The AIDA judges verified that the attempted depth was non-equivocally determined by the gates that stop the ballast. The maximum difference between the gates and the head of the athlete is three meters.
- The AIDA judges verified that the athlete's wetsuit does not exceed the maximum thickness of 7 mm for salt water and 9 mm for freshwater.

No Limit:

- The AIDA judges verified that the attempted depth was non-equivocally determined by the gates that stop the ballast. The maximum difference between the gates and the head of the athlete is three meters.

Surface Protocol:

- The AIDA judges verified that the athlete respected the rules about the surface protocol, and that it was done without receiving external aid inside of the **15** seconds.

Exceptions:

Reminder and information to the judge:

- Two copies of this registration report must be printed BEFORE the attempt, by the judges.
- The first copy will be, signed by the judges and the Responsible for the Medical, and given to the athlete upon establishing the record dive.
- The second copy must be sent, as soon as possible, to the Sport Officer inside AIDA at the following address:

**AIDA International
Rue du Petit-Beaulieu 4
CH – 1004 Lausanne
SWITZERLAND**

- In addition, the official videos of the attempt must be sent to the same address by the judges. No record will be registered by the AIDA International without these official videos. Make sure everything is in order, well packed and with the right address.
- Remember to send the copy of the doping form with this report as well... important!
- The judges are asked to inform the Sport Officer or the President of AIDA about the outcome of the attempt as soon as possible at the following numbers or e-mail addresses:

To AIDA International directly: **info@aida-international.org**

AIDA Sport Officer

Name: Pim Vermeulen
Phone: +31 650 666 772
pim.vermeulen@aida-international.org

AIDA President

Name: Bill Strömberg
Phone: +39 347 674 20 88
bill.stromberg@aida-international.org

For internal use: