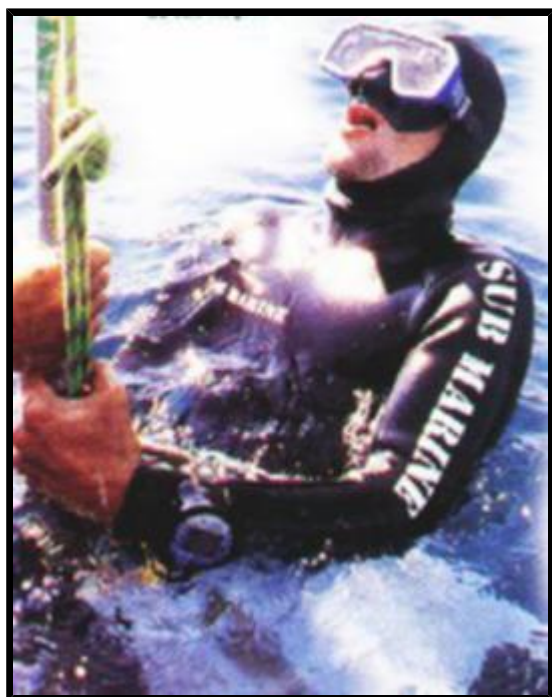


## II MODALITIES AND RECORD

The apnea is divided basically in five great categories (without counting on the feminine variant masculine ~), that are very different to each other and that diverse techniques and fisicas capacities are developed from A to weigh of this, some competitors hold the record of more at the moment than a modality, thanks to the existence of great factors



### STATIC APNEA

The static apnea consists of measuring the time that the participant can remain under the water having inhaled normal air.

The record shows the French Andy him,al Willow to register a total time under the water of 7 minutes and 35 seconds,el four of April of 1995, breaking its own record.

### DYNAMIC APNEA.

In this category one is moderate the Maxima distance that can be crossed under the water using fins

,y is a modality very little well-known does not have the irnportancia and the followers of

others.

In May of 1996 Andy Him Willow did the best mark crossing 164 meters under the water of a swimming pool.

### CONSTANT WEIGHT.

It consists of reaching the Maxima possible depth with the only motor aid of the fins and with a fixed ballast That is to say, you must raise with the same weight with which the immersion began. Due to this, the sportsmen usually use very little ballast, which makes difficult the reduction enormously, sobrand everything during the first meters.



In this category it is necessary to remember very the depth and its multiple consequences, that suppose a great increase in the difficulty

The used suits of neopreno have a great bouyancy, ya that this material is, basicamente, rubber with watertight air cells. The increase of the pressure is very fast (to the 10 meters it happens there of 1 to 2 atmospheres and from 1 atmosphere more through each 10 meters), reason why to a certain depth the air of the cells is compressed, losing its positive bouyancy, as well as it happens to the air and other gases that contain the lungs and other internal cavities. In summary, during the twenty first meters an enormous amount is spent of air to manage to descend, asi as also it turns out very expensive to ascend until reaching an acceptable bouyancy.



By this and other reasons,se considers to the variable weight the most competitive and dificiel modality. The trajectory of a tense cable usually is made the immersion following in whose end is a small metallic board indicating the depth.

The 13 of September of 1997 in Portovenere, Italy, the world-wide plusmarquista Umberto Pelizzari, made a reduction to 75 meters of depth.

The new world-wide contante ballast record shows Alexander Ravelo (Cuban), lowering -76m.

In categoria feminine, the Cuban Deborah Andollo reached 62 meters e! 5 of October of 1996

### **VARIABLE WEIGHT**

In this modality it is allowed to descend with a weight different from the one from the ascent.

It is possible to at heart leave a total of thirty kilos, to be able to make a faster reduction and an ascent to easier surface, although always with the only aid of the fins. Aqui receives a special importance the adaptation to means and the depth, that the main problem constitutes to beat.

The 20 of September of 1997 in poflovenere, Italy, Umberto Pelizzari reached the depth of 115 meters,en an immersion that lasted 2 minutes 47 second ' and in that it beat all the previous marks.

In women,la Cuban Deborah Andollo arrived at 90 meters in Sardinia, Italia,el 27 of Julio of 1997.

### **NONCLimits**

This, without a doubt, most spectacular, dangerous and is controverted of the modalities. The same name explains the rules to follow:sin you limit, all bond with so reaching the Maxima depth in a single normal air inspiration. The apneista can lower with the amount of weight that wishes and to raise frees of such weight In addition are allowed inflatable globes that raise to him great speed. The ballast usually has form of a heavy metallic bar in which the sportsmen can be held facilmente

' and who lower by a cable that arrives at great depths.

It is enough with clearing the brake to begin the reduction, and once down, great globes inflan that raise quickly dismissing air with the taken hold profundistas them.

It limits of veilidad in the ascent and reduction only comes marked by the own physiology from the apneista, and by the decompression that there is to make each few meters so that nis not broken the eardrums.

This modality, due to the great depths in which it works, entails great dangers that several times have received victimas. Still more existing a rivalry like the one of these moments between Pipin and Pelizzan, that already have happened to comprise of the subaqueous legend.

These two sportsmen, supported by a solid and numerous equipment of professionals and means, mainly maintain a great rivalry that causes a book of records more than updated, in these three last categorias. Also there are very negative consequences, like the death of two of the divers of security of Pipín, caused by the difficulties of the submarinismo with gas cylinders to great depth, that also takes to think that they will not be the last tragedies. In the last record of Pipín, a the Maxima proundidad waited for a submarine to him instead of a diver. \*\*\* TRANSLATION ENDS HERE \*\*\*

Debido a estos accidentes ,Pelizzari anunció en 1996 que no continuaria en la modalidad no limits .

Además ,las diversas organizaciones que promocionan y organizan las actividades apneísticas no han homologado el no limits ,ya que no estaban dispuestas a afrontar el peligro consiguiente ,y lo han declarado actividad experimental .

De hecho ,ambos deportistas están siendo estudiados a fondo por especialistas ,ya que su adaptación al medio acuático es algo nuevo para ellos , y teóricamente es imposible alcanzar tales profundidades . Científicos de Cuba , la Unión Soviética , y América , así como la universidad de Búfalo les estudian , comprobando con sorpresa que en muchas características superan a algunos mamíferos marinos.

El récord mundial en no limits ,es decir ,la mayor profundidad alcanzada por el hombre con la única ayuda de sus pulmones , la estableció Gianluca Genoni (italiano) a -135m..

*Nota importante : esta página es complicada de realizar porque la información que contiene se actualiza prácticamente cada mes . Os agradecería a todos que me ayudárais indicando las nuevas marcas y récords , así como cualquier fallo que pudiera tener .*

