



CMAS
THE WORLD UNDERWATER FEDERATION

Update 30-junio-2025

CMAS Freediving Commission

**OUTDOOR (FRESHWATER) AMERICA CONTINENTAL
RECORDS**

		01 - CWT - CONSTANT WEIGHT WITH FIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
01 CWT	MEN	SENIOR	82 m.	Mauricio Alejandro Lemus	Mexico	25-febrero-2021	Yucatan/Mexico
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		02 - CWTBF - CONSTANT WEIGHT WITH BIFIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
02 CWTBF	MEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		03 - CNF - CONSTANT WEIGHT NO FIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
03 CNF	MEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		04 - FIM - FREE IMMERSION (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
04 FIM	MEN	SENIOR					
		MASTER M1 (50-54)	40 M.	Rodolfo PACHECO	Peru	20-jun-25	Masaya/Nicaragua
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		05 - VWT-MF - VARIABLE WEIGHT WITH MONOFIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
05 VWT MF	MEN	SENIOR	94 m.	Mauricio Alejandro Lemus	Mexico	24-febrero-2021	Yucatan/Mexico
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR	70 m	Melissa PONDER	USA	14-abril-2021	Leona Vicario/Mexico
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		06 - VWT-BF - VARIABLE WEIGHT WITH BIFIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
06 VWT BF	MEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					

		07 - VWT-NF - VARIABLE WEIGHT NO FIN (FRESHWATER)					
		Category	Record	Athlete	Country	Date of Record	Place of Record
07 VWT NF	MEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					
	WOMEN	SENIOR					
		MASTER M1 (50-54)					
		MASTER M2 (55-59)					
		MASTER M3 (60-64)					
		MASTER M4 (65-69)					
		MASTER M5 (70-...)					
		SPECIAL NEEDS					