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FOR IMMEDIATE RELEASE

Gilmore Breaks USA Men's Freediving Record at Deja Blue 007.

George Town, Grand Cayman, BWI. Tom Gilmore, a resident of Panama City Beach, FL, broke the USA Men's National Freediving Record in the discipline of Dynamic No Fins (DNF) with a swim of 153 meters / 502 feet on a single breath. Tom added three meters / ten feet to the existing record set almost a year ago by John Hullverson in Serbia. Tom's performance took place May 10 at the annual Performance Freediving International competition Deja Blue. Tom's performance took two minutes and forty-three seconds.

Half a world away and just days after Jackie Dent broke the women's record in Australia, Tom completed the renewal of the record for the men in Cayman, making this a truly international spectacle. He is competing along with eighteen athletes from five countries.

Tom's life has centered on swimming in the pool and ocean. He is a graduate of the United States Merchant Marine Academy where he earned honors as an NCAA swimming All-American. He has coached swimming at the age group, Special Olympics, and college level. He is a scuba and freediving instructor as well. All that swimming makes for an ideal foundation for Dynamic No Fins.

Tom said, "I am super proud to be competing in freediving with my daughter Meghan Gilmore, who is on the cusp of setting American Records herself. The culture of mutual support fostered by Kirk and Mandy Krack at Deja Blue has a great deal to do with Team Gilmore's success. Previous American record holder John Hulverson coached Meghan and I to our current level of success, exceeding what we imagined possible."

The Performance Freediving International Competition, DéjàBlue, is an annual event that has taken place in Grand Cayman since 2005. For more information checkout

Dynamic No Fins (DNF) is performed by swimming without fins in a pool with the athlete holding their breath swimming as far as they can using a modified breaststroke technique. Distance is measured with the use of a metered tape measure.

USA Freediving is a non-profit association founded on a democratic representation of freediving within the United States and internationally. Founded in 2003, US Freediving brought together a diverse group of 21 founding members, all interested in the development and growth of freediving. In just six months, this highly dedicated group was able to create an association recognized as the voice of freediving in the United States by the international community. The association has grown to over one hundred members with continued growth expected. <http://www.usafreediving.com>

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Images available upon request.