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## **FOR IMMEDIATE RELEASE**

### **Jana Strain Sets Another Pan American Freediving Record Today.**

Jana Strain continues her rise to the top in Freediving. Claiming her fourth Pan American record, in her third discipline. Today, April 25, the record was set in Dynamic No Fins with a swim to 116 meters (380 feet) in two minutes and ten seconds in Montreal, Canada during the Canadian Indoor Nationals.

Jana was ecstatic when exiting the pool and said, "Today was a challenge, static this morning, then going into the dive with a pounding CO2 headache and performing in the deep end of the pool. It was not an easy dive, but it helps me to grow and keeps things interesting and exciting."

Jana broke the existing records of Mandy-Rae Cruickshank at 100M (328 feet) and Tanya Streeter at 113M (370), both set in 2005. Again this is the best performance by a woman in the Western Hemisphere in almost four years.

For more information about Jana Strain please visit [www.janastrain.com](http://www.janastrain.com)

Dynamic Without Fins (DNF) is covering the greatest possible horizontal distance under water on a single breath, without the use of any propulsion device. DNF requires very good technique. Performances can only be recognized in pools with a minimum length of 25 meters.

Jana was competing with many other talented athletes today including William Winram who also set a new record in DNF. Jana's record was officiated by Grant W. Graves and Robert King, AIDA Judges. This competition was the 1<sup>st</sup> AIDA Canada sanctioned competition since being awarded the national delegate by AIDA International earlier this year.

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