

DISCIPLINE	PROPOSED Bottom Limit MEN	PROPOSED Bottom Limit WOMEN
Dynamic apnea with fins in Olympic pool (no salty water)	CMAS	CMAS
Dynamic apnea without fins in 50 mt. Pool (no salty water) with no Fins	180	160
Dynamic apnea without fins in 25 mt. Pool (no salty water) with no Fins	CMAS	CMAS
Dynamic apnea with fins in open water (sea or lake)	200	175
Dynamic apnea without fins in open water (sea or lake)	170	140
Jump Blue apnea with fins (at sea)	CMAS	CMAS
Jump Blue apnea with fins (at no salty water)	160	150
Constant Weight with fins (at sea)	CMAS	CMAS
Constant Weight with fins (at no salty water)	CMAS	CMAS
Constant Weight without fins (at sea)	CMAS	55
Constant Weight without fins (at no salty water)	CMAS	50
Static apnea	CMAS	CMAS
Speed 100 mt. apnea with fin (no salty water)	CMAS	CMAS
Speed 50 mt. apnea without fin (no salty water)	28 sec	32 sec
Endurance 400 mt. apnea with fin (no salty water)	4 min 45 sec	5 min 15 sec
Endurance 200 mt. apnea without fin (25 mt. Pool, no salty water)	3 min	3 min 15 sec
Free immersion apnea without fin (at sea)	CMAS	CMAS
Free immersion apnea without fin (at no salty water)	80	70
Variable weight apnea with fin (at sea)	CMAS	110
Variable weight apnea with fin (at no salty water)	120	100
Variable weight apnea without fin (at sea)	CMAS	CMAS
Variable weight apnea without fin (at no salty water)	75	55
All applicable Disciplines for DISABLED PEOPLE	20	20
Variable weight apnea without fin (at sea)-DISABLED	CMAS	20
Free immersion apnea without fin (at sea)-DISABLED	CMAS	20
Skandalopetra apnea without fin	NA	NA
NA= NOT APPLICABLE		
By the date of 07 August 2014		