**FASTEST 100 M FREESTYLE (FEMALE)**
Britta Steffen (Germany) swam the women's 100 m freestyle in 53.30 seconds in Budapest, Hungary, on 2 August 2006.

**FASTEST 100 X 1,000 M RELAY (MIXED TEAM)**
On 2–3 September 2006, a relay team of 100 swimmers (comprising 50 men and 50 women) took 2 h 48 min 43.10 sec to each successfully swim 1,000 m at Volkspark, Dortmund, Germany.

**DIVING**

**OLDEST SCUBA DIVER**
Herbert Kilbride (USA, b. 8 March 1914), a qualified PADI instructor, celebrated his 90th birthday on 6 March 2004 and remains an active scuba enthusiast.

**LONGEST SCUBA DIVE IN OPEN FRESH WATER**
Jerry Hall (USA) – a Tennessee diver, not the Texan actress! – remained underwater at a depth of 3.6 m (12 ft) on a submerged platform in Watauga Lake, Tennessee, USA, for 120 hr 1 min 5 sec from 29 August to 3 September 2004. In accordance with the rules, he did not surface at any time.

**HIGHEST HIGH DIVE**
Olivier Favre (Switzerland) recorded a dive of 53.9 m (176 ft 10 in) from a diving board at Villers-le-Lac, France, on 30 August 1987.

**GREATEST HIGH-DIVE SCORE**
In 2000, during the Cliff-Diving World Championships in Kau'ulu, Hawaii, USA, Orlando Duque (Colombia) performed a double back somersault with four twists from 24.4 m (80 ft).

He earned a perfect 10 from all seven judges and scored 159.00 points.

**YOUNGEST CLIFF DIVER**
In December 2005, 12-year-old Iris Alvarez (Mexico) became the youngest person – and first female – to dive 18 m (59 ft) off the Acapulco rock in Acapulco, Mexico. A person diving from the top of the cliff (at 30 m; 100 ft) would hit the water at 90 km/h (56 mph)

**FASTEST 400 M FREESTYLE (FEMALE)**
Laure Manaudou (France) swam the women's 400 m freestyle in 4 min 2.13 sec in Budapest, Hungary, on 6 August 2006.

**FASTEST 200 M BUTTERFLY (MALE)**
Michael Phelps (USA) won the men's 200 m butterfly in a time of 1 min 53.8 sec in Victoria, Canada, on 17 August 2006. He also holds the record for the most swimming medals won by an individual at a single Olympic Games with six golds (100 m and 200 m butterfly, 200 m and 400 m medley, 4 x 200 m freestyle and 4 x 100 m medley) and two bronze (200 m freestyle and 4 x 100 m freestyle) at the 2004 Games.

**NEW RECORD**
**UPDATED RECORD**

**DID YOU KNOW?**
The oldest woman to swim the Channel was Carol Sing (USA, b. 24 August 1941), who was 57 years 361 days old when she completed the journey on 21 August 1999.

The Brits call it the English Channel to the French, it's La Manche ("The Sleeve"). At its narrowest – between Dover (UK) and Cap Gris-Nez (France) – this slim stretch of water separating England and France measures just 21 miles (34 km) – and to some people, that represents a challenge...