

# LOW ON OXYGEN AT FIRE&ICE

## fun breathhold competition



You are hereby invited to join us at the beautiful Fire and Ice Hotel in Cape Town for an exciting event that will take your breath away!

### SUPPORT!

Come watch the Top of South Africa's Freediving Elite as they hold their breath in the Fire and Ice Hotel Pool.

### COMPETE!

If you're like us and you like holding your breath in the bath, the sea, the shower, join us for one of the Fun Freediving Breathhold comps, all levels, all ages- any experience welcome!

### SATURDAY 22 NOVEMBER

18.30 meet at Fire and Ice  
(old Extreme Hotel- cnr New Church & Victoria Street, just behind Kloof)  
19.00 First Comp starts  
Later: Short Lecture on the physiological side of Breathhold diving.  
Drinks, snacks in the bar.

For all interested divers, beginners, enthusiasts, contact us to compete.  
Or just come, but remember a wetsuit!

**PROTEA HOTEL  
FIRE & ICE!**

### CATEGORIES:

#### TEAM RELAY BREATHHOLD

A team of three, no coaches, no outside help. The team has to communicate and solve the switches as best as they can. The team is also responsible for their own safety, tapping and OK-signs.

#### MAGIC 3

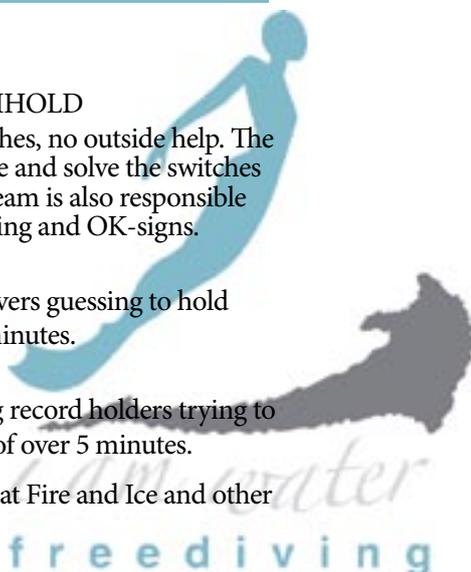
Simultaneous start, all divers guessing to hold their breath for 3 exact minutes.

#### BEST OF THE BEST

South African Freediving record holders trying to break their own records of over 5 minutes.

PRIZES: A night for two at Fire and Ice and other surprise prizes!

For more details:



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