



# Bob Croft Navy Diver, Submariner and Father of American Freediving

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## **Bob Croft Navy Diver, Submariner and Father of American Freediving** Bob Croft

Bob Croft literally rewrote the book on deep breath-hold diving. At the time of his first record attempt, the U.S. Navy diving manual clearly stated that breath-hold diving below 120 feet could prove fatal. Despite this warning, Bob decided to test the limits of human freediving potential. On February 8, 1967, holding a heavy lead weight in his hand, he hurtled beyond a depth of 200 feet, and into history.

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