



*mgiankos*



I am a passionate and driven individual who is motivated by problem solving, breaking new ground, and embracing challenge. I have sought out and thrived in challenging situations, from competing professionally as a world class Freediver and Spearo to creating and directing the business operations of the flourishing organizations, Freediving Spearfishing WorldWide and Spearfishing Instructors. In the past 20 years I have trained and certified thousands of athletes, recreational freedivers/spearos and freediving/spearfishing instructors alike in many dive locations around the world.

**Profile**









- Radiologic Technologist (ATEI of Athens, Greece)
- Post-graduate studies in Farm Business Management
- Instructor Trainer of Spearfishing Instructors (SI)
- Freediving Instructor Trainer for CMAS via Hellenic Federation of Underwater Activities and Sport Fishing (EOYDA) and APNEA Academy
- Molchanovs, APNEA Academy, Freedive Institute and AIDA International Freediving Instructor
- CMAS Spearfishing Instructor Trainer via Hellenic Federation of Underwater Activities and Sport Fishing (EOYDA)
- Medic First Aid, AED and Basic Life Support Instructor Trainer

# Education







# Freediving

## Sea Disciplines

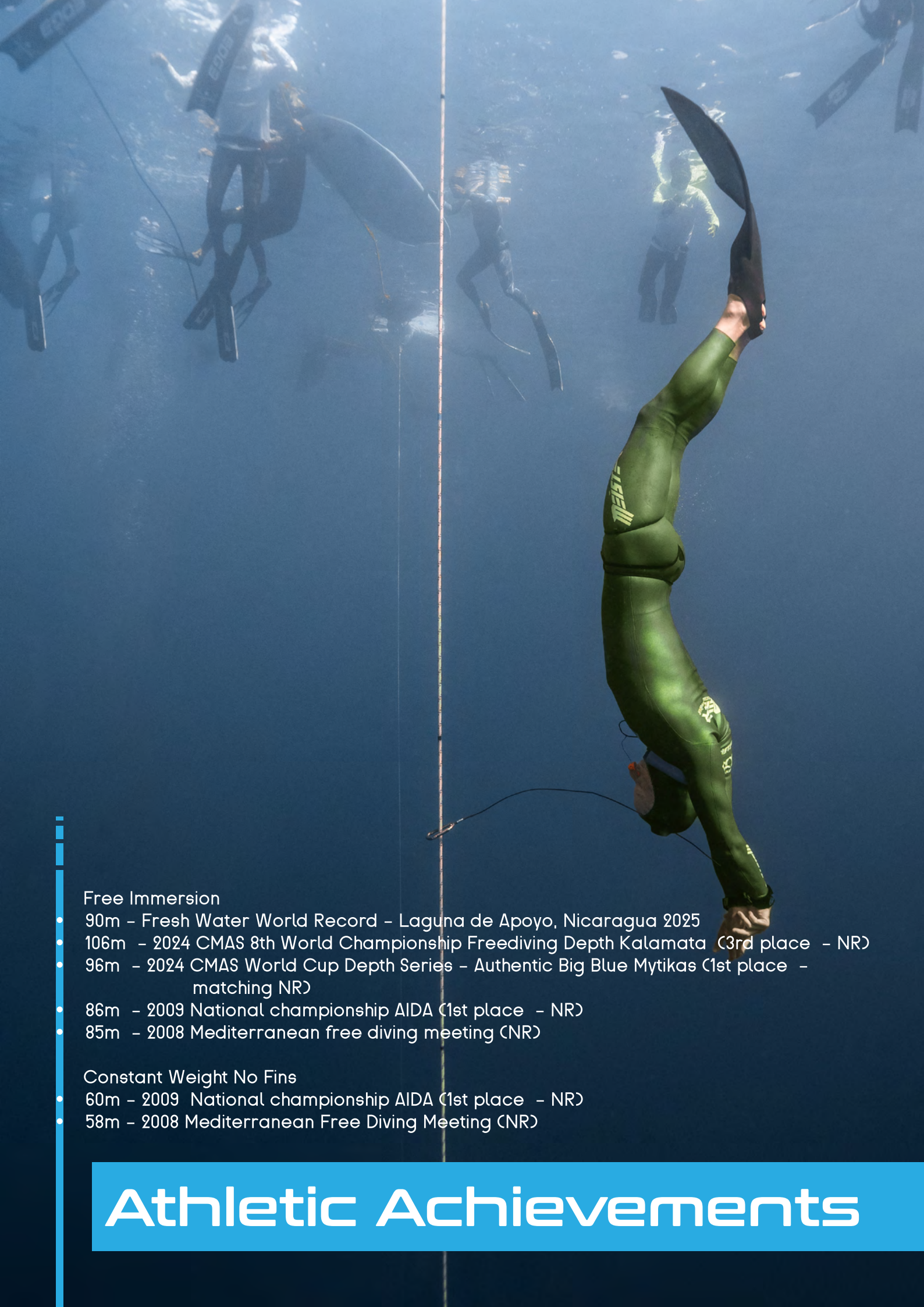
### Constant Weight

- 118m CWT – 2024 CMAS 8th World Championship Freediving Depth Kalamata (2nd place)
- 105m CWT – 2023 CMAS 7th Freediving Depth Outdoors World Championship Roatan (8th place)
- 100m CWT – 2008 World Championship Egypt (2nd place – NR)
- 86m CWT – 2008 National Championship AIDA (1st place – NR)
- 85m CWT – 2006 National Championship AIDA (1st place – NR)
- 81m CWT – 2001 World Championship Ibiza (1st place combined ranking – NR)
- 68m CWT – 2001 Record attempt Sony Hellas – FDI record event (NR)
- 66m CWT BF – 2000 World Cup–Nice France (2nd place – NR)
- 58m CWT BF – 2000 National Championship (1st place – NR)
- 55m CWT BF – 1999 Record attempt Cressi-sub Hellas 11-9-2001 (NR)
- 48m CWT BF – 1999 World Championship AIDA Egypt (NR)
- 46m CWT BF – 1999 National Championship (1st place – NR)



# Athletic Achievements





#### Free Immersion

- 90m – Fresh Water World Record – Laguna de Apoyo, Nicaragua 2025
- 106m – 2024 CMAS 8th World Championship Freediving Depth Kalamata (3rd place – NR)
- 96m – 2024 CMAS World Cup Depth Series – Authentic Big Blue Mytikas (1st place – matching NR)
- 86m – 2009 National championship AIDA (1st place – NR)
- 85m – 2008 Mediterranean free diving meeting (NR)

#### Constant Weight No Fins

- 60m – 2009 National championship AIDA (1st place – NR)
- 58m – 2008 Mediterranean Free Diving Meeting (NR)

# Athletic Achievements



# Freediving

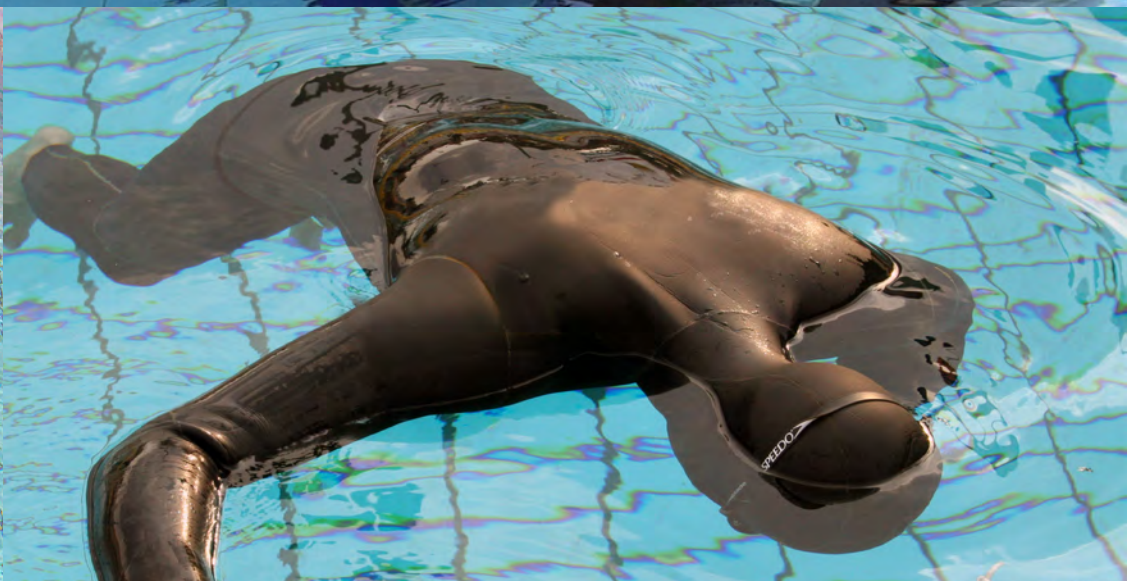
## Pool Disciplines

### Dynamic Apnea

- 229m DYN BF – 2024 Indoor CMAS World Cup Alimos (2nd place – NR)
- 175m DYN BF – 2024 Indoor One-breath Pool Games (1st place)
- 203m DYN – 2008 WC Egypt (2nd place NR)
- 188m DYN – 2008 Record attempt AIDA Hellas(NR)
- 180m DYN – 2008 National Championship AIDA (1st place –NR)
- 150m DYN – 2003 National Championship AIDA (1st place –NR)
- 131m DYN – 2002 National Championship AIDA (1st place –NR)
- 125m DYN – 2001 National Championship AIDA (1st place –NR)
- 121m DYN – 2000 National Championship AIDA (1st place –NR)
- 111m DYN – 2000 International Championship–Bari Italia ( NR)
- 105m DYN BF – 1999 National Championship (1st place –NR)

### Static Apnea

- 6 min 58 sec – 2009 National Championship AIDA (2nd place)
- 6 min 28 sec – 2002 National Championship AIDA (1st place – NR)
- 6 min 11 sec – 2001 World Championship Ibiza ( 1st place combined ranking – NR)
- 5 min 50 sec – 2001 National Championship AIDA (1st place – NR)
- 5 min 40 sec – 2000 World Cup–Nice France (NR)
- 5 min 35 sec – 2000 National Championship AIDA (1st place – NR)
- 5 min 25 sec – 2000 International Championship–Bari Italia (NR)
- 5 min 18 sec – 1999 World Championship AIDA Egypt (NR)



# Athletic Achievements





## Swimming

- Member of swimming team of University of Thessaly 2007 – 2011
- Member of swimming team of ATEI of Athens 1998 –2003
- Member of competition swimming team of OEANAB (Volos city club) 1988–2008 with a lot of good places in local and national level.
- Basic member of water polo team of OEANAB (Volos city club) 1995–2002 (2nd national category)

# Athletic Achievements



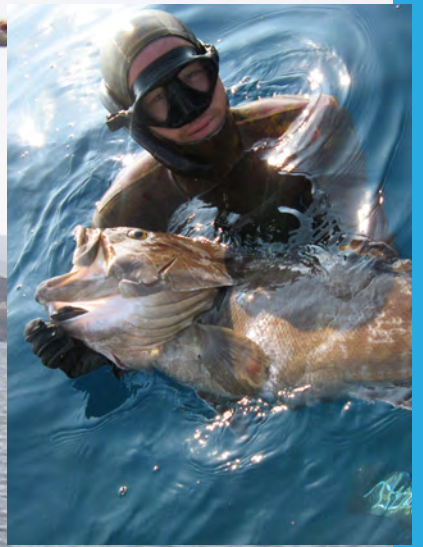


## Spearfishing

- 2022 – 1st place VII Open International isla de Tenerife (Spain)
- 2022 – 1st place individuals National championship (Syros – Greece)
- 2016 – 1st place teams World championship (Syros – Greece)
- 2014 – 1st place individuals National championship (Corfu – Ionian Islands)
- 2014 – 6th place spearfishing Masters cup (Mallorca – Spain)
- 2014 – 5th place ten nations cup (Mallorca – Spain)
- 2013 – 1st place teams National championship (Pelion – Magnisia)
- 2013 – 1st place individuals EuroAfrican championship (Helsinki – Finland)
- 2013 – 2nd place teams EuroAfrican championship (Helsinki – Finland)
- 2013 – 1st place individuals National championship (Saranti – Voiotia)
- 2013 – 3rd place five nations cup (Mallorca – Spain)
- 2012 – 1st place individuals National championship (Volos – Thessaly)
- 2012 – 5th place teams World championship (Vigo – Spain)
- 2012 – 9th place individuals World championship (Vigo – Spain)
- 2011 – 2nd place individuals National championship (Tiros – Arcadia)
- 2011 – 3rd place teams EuroAfrican championship (Peniche – Portugal)
- 2011 – 6th place individuals EuroAfrican championship (Peniche – Portugal)
- 2010 – 1st place individuals National championship (Methana – Peloponnese)
- 2010 – 1st place teams National championship (Methana – Peloponnese)
- 2009 – 2nd place individuals National championship (Kalamata – Peloponnese)
- 2009 – 3rd place teams National championship (Kalamata – Peloponnese)
- 1997 – 5th place teams National championship (Paliouri – Chalkidiki)

# Athletic Achievements









Educational Organizations



I am the founder and Educational Officer of Spearfishing Instructors (SI). SI is an established global Spearfishing Education Organization; it is the first ever of its kind, specialized, strictly Spearfishing Education Organization, aiming to provide high quality training and education services to spearos around the world. SI grew out of the passion of a few avid Spearfishing Champions and Freediving Instructors, who are intent on making it possible for anyone to learn how to spearfish.

SI addresses to all levels of spearos, from beginner to advanced. Special stages for VIPs, electronic device applications, competitive spearfishing, deep spearfishing, variable weight use etc., are targeting to cover every need of the modern spearo who wants to rapidly develop in the sport.

In addition to all existing freediving education programs, most of the teaching and training in SI system Alpha-Omega is open water oriented, emphasizing in real action conditions, on boats and in solid safety due to our recently developed "4-diver" and "total safety" safety protocols.

SI Education System is in English (also translated to several languages), aiming to educate spearos all around the world. It is a collection of knowledge, training, teaching and spearfishing experience in all three Oceans the last 30 years!



# Educational Organizations



An underwater photograph of a diver holding a large, silvery fish. The diver is wearing a helmet and a wetsuit. The background is a dark, rocky underwater environment with some green algae. A white circular graphic with a blue arrow is overlaid on the image.

# FREEDIVING SPEARFISHING

WorldWide

Educational Organizations





I am the founder and Head Training Director of Freediving Spearfishing WorldWide. It is an education and training academy with a new and innovative approach to freediving and spearfishing. Based in Athens, Greece, but available globally, our school offers the highest level of freediving and spearfishing education available through passionate and experienced instructors.

Furthermore, Freediving Spearfishing WorldWide trainers and instructors implement training programs for enhancement of aquatic abilities, apnea skills, spearfishing performance and participation in freediving and spearfishing competition events.

In addition to all these, we provide high quality guided experiences specialized on freediving and spearfishing. We give our clients the opportunity to live the adventure of a lifetime by organizing trips all over Greece but also around the globe.

# Educational Organizations







## What I can offer

I can use and promote your company's equipment/products in all events I partake in.

These include:

Freediving Spearfishing WorldWide and Spearfishing Instructors International training courses: Throughout all activities that I partake in, I can wear clothes and/or equipment that bear your company logo.

YouTube: Two options are available:

I can promote your equipment through my videos that are regularly uploaded on my channel.

I can produce and upload special promotional videos depicting me using your equipment in events or other activities or I can upload promotional videos already produced by your company advertising your equipment and merchandise.

Facebook, Instagram: Once a week I can upload photos, videos, stories or links promoting your products and your company. In addition, I can share and communicate any news (that you send to me) regarding your company.

Videos: I can provide you with raw footage of unique underwater videos in order to make promotional videos for your company (details will be discussed in person).

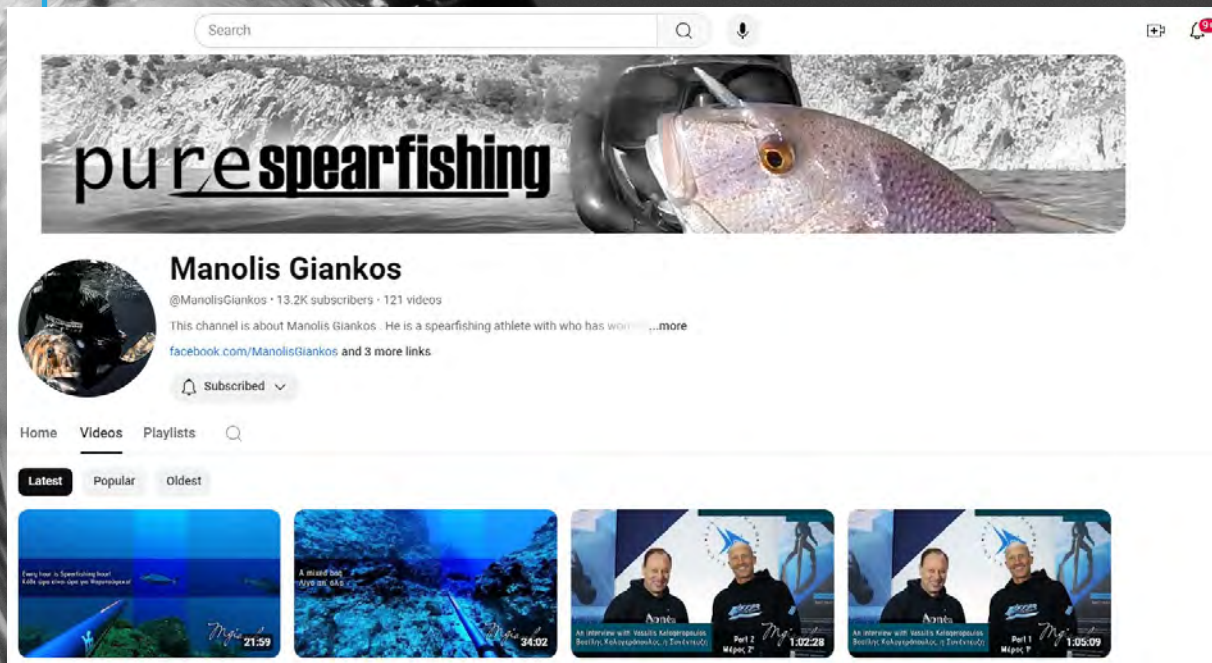
Expos and events: I can attend expositions and events, in which your company is represented, as a booth guest and/or speaker (details will be discussed in person).



YouTube is a free to use video-sharing service and can be a great space for freediving and spearfishing enthusiasts to discover how to guides, equipment reviews and things they like. One of the main benefits of YouTube is that it has great promotional power. It offers the opportunity to expand and endorse your brand to a number of new subscribers.

YouTube is one of the main tools I use for promoting freediving and spearfishing education.

I am the owner and administrator  
of Manolis Giankos YouTube Channel:  
<https://www.youtube.com/channel/manolisgiankos>  
with more than 12 K subscribers



# Social Media Coverage

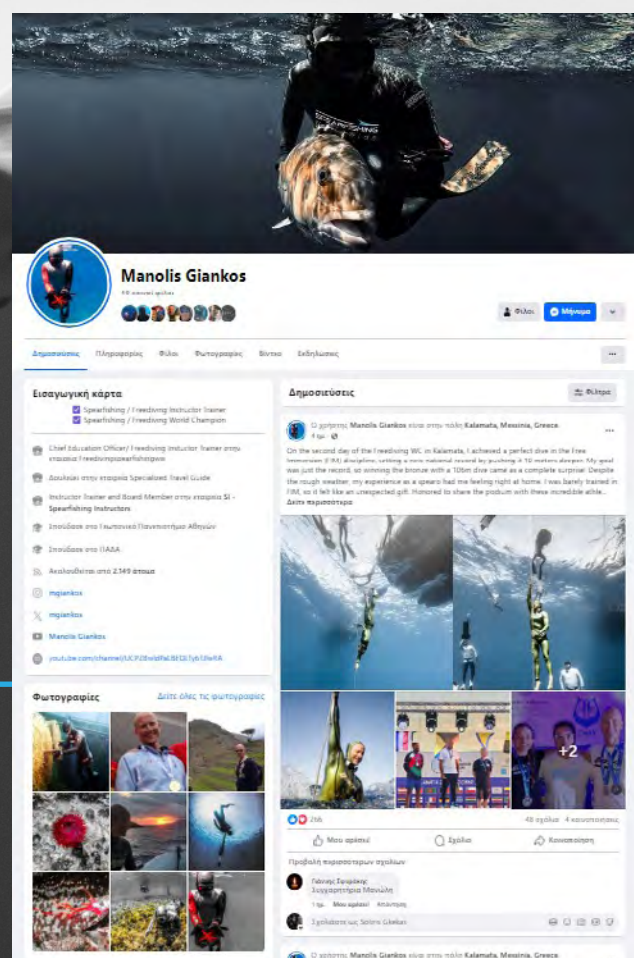
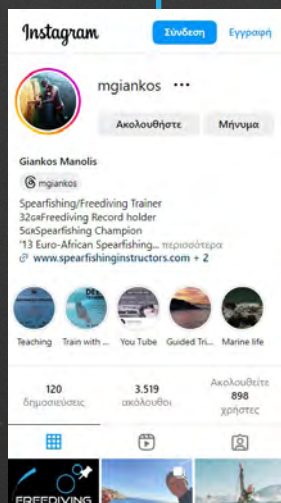


I am the owner and administrator of  
Manolis Giankos

FACEBOOK

Instagram

and Instagram accounts.



At least once per week I upload a photo, video or link that promotes me and my sponsors. In my absence (due to professional obligations) authorized personnel keep the accounts updated.

Social Media Coverage



Annually, I am invited to talk at various exhibitions, educational organizations and clubs on matters concerning freediving physiology, freediving and spearfishing techniques, marine electronics applications, safety in the water, and seminars concerning environmental awareness, educational and training techniques.



**Speeches - Seminars**





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