



### Brands

Aqualung Sport · Boltz · Clubswim Sporti · Equina · Eyleine · Falcon · Finis · Flipper Swimsafe · Freker Sport · Glory · Hawaiian Reef Explorer · Kiefer · Marea Marfed · Ocean Pro · Olander Flow · Pantas · ProAm · Rise Aquatics · Tritan · US Divers · Vici.

### Sizes

Size	EUR	US Male	US Female	UK
01	22-24			
02	24-26			
03- XXXS	26-29	Junior 8-11	Junior 8-11	Y8½-11
04-XXS	30-33	Junior 11-13	Junior 11-13	Y12-1½
05- XS	34-35	1-3	2-4	2-3
06- S	36-37	3-5	4.5-6	3½-4½
07- M	38-39	5-7	6.5-8	5-6
08- L	40-41	7-9	8.5-10	6½-7½
09- XL	42-43	9-11	10.5-12	8-9
10- XXL	44-45	11-13	12.5-14	9½-10½
11- XXXL	46-48	13-15	14.5-16	11-12
12	49-51	15-17		

### Measurements

Size	Outer length	Outer width	Outer height	Inner length	Inner width	Weight
01						
02						
03- XXXS	13"/330mm	6"/153mm	2"/50mm	18.5cm		0.7 lb/320g
04-XXS	13.5"/343mm	6"/153mm	2"/50mm	19.5cm		0.9 lb/410g
05- XS	14"/356mm	6.25"/159mm	2"/50mm	20.5cm		1 lb/450g
06- S	14.5"/368mm	6.5"/165mm	2.5"/64mm	21.5cm		1.2 lb/540g
07- M	15.5"/394mm	7"/178mm	2.5"/64mm	22.5cm		1.3 lb/590g
08- L	16"/406mm	7.25"/184mm	2.5"/64mm	24.0cm		1.6 lb/730g
09- XL	17"/432mm	7.5"/191mm	3"/76mm	25.0cm		1.8 lb/820g
10- XXL	18"/457mm	8"/203mm	3"/76mm	26.5cm		2.2 lb/1,000g
11- XXXL	19"/483mm	8.5"/216mm	3"/76mm	28.0cm		3.1 lb/1,410g
12						

## Description

The DF300 is a rubber swim fin manufactured by AFS of Penang, Malaysia. It is available in one or two colours, including black, blue, yellow, red, green, orange and purple. It may be colour-coordinated by size for ease of identification, as with Finis Floating Fins, designed for training and increasing leg strength.

### Features:

- Floats in fresh and salt water: keeps legs buoyant to reduce body drag.
- Closed heel: reduces chance of hyperflexion of the ankle.
- Colour-coded sizes: makes it easier to find properly fitting fins.
- Long fin: adds extra power to kick and builds leg strength.
- Wide size range: from child size C8 to adult size 14.
- 100% natural rubber: does not include clay additives that may dry out or crack the rubber.

### Videos:

<https://www.youtube.com/watch?v=12FMb1YCc5c> · <https://www.youtube.com/watch?v=6ESaWK3BALQ> · <https://www.youtube.com/watch?v=4dc8m8DOpKQ>.

## Antecedents

These pictures show similarities and differences between the **original** DF300 fin design (below left) and the **new** DF300 fin design (below right):



- Both DF300 fin designs come with broad-fitting foot pockets and plain, soft concave tipped blades.
- The original design had a heel tread with six concentric-circle studs and a creased sole in the toe area, while the new design has a heel tread with studs and wavy lines and an integrated sole like the new DF100 fin design.
- A weakness of the soft foot pocket on the original design was the point where the toes protruded through the opening, while the new design has a firmer foot pocket with less risk of tearing around the toe opening but with more pressure on the forefoot.
- The month and year of manufacture are moulded on the sole of the new fin design, while the old design had no date markings.
- Over the decades and around the world, many leading brands in the swim goods industry, including Healthways and Voit, have opted for the original DF300 fin design, either entire or die-cut. The new design has attracted a large following too in the few years of its existence.