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This FINA newsletter provides you with daily highlights from Rio 2016 Olympic Games.

BALANDIN, NEW HERO IN KAZAKHSTAN



Swimming in lane 8 of the men's 200m breaststroke final, Dmitriy Balandin wrote another chapter in the Games history. Winning the race in 2:07.46, the 21-year-old got the first medal-ever for Kazakhstan in Olympic swimming. Balandin did a brilliant race, saving his energy for an epic final. Almost in the other extreme of the pool, in lane 3, US Josh Prenot also made an additional effort to arrive first, but had to content with the silver in 2:07.53. The bronze went to Russia's Anton Chupkov in 2:07.70.

The first initiative in the race came from Japan's Yasuhiro Koseki, who departed very fast and was even under World Record pace at the 100m-mark. This speed didn't pay off and the Japanese star could not end his effort in the same strong way, ending up in fifth (2:07.80). Ippei Watanabe (JPN), the fastest qualifier and owner of the Olympic record in the semis (2:07.22) was only sixth in 2:07.87. Finally, in the absence of 2012 Olympic champion Daniel Gyurta (HUN), not qualified in the prelims, the 2015 world champion Marco Koch (GER) could not prevail as well, touching in seventh (2:08.00).

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HISTORIC FIRST OLYMPIC DIVING TITLE FOR GREAT BRITAIN

Jack Laugher and Chris Mears won Great Britain's first-ever Olympic diving title and ended China's monopoly on the Rio boards with a rainswept victory in the men's synchronised 3m event on Tuesday. Laugher and Mears, Commonwealth and European champions, claimed victory at the highest level of the Olympics in the strangely green water of the Maria Lenk open-air pool, defying a ferocious last-round challenge from Americans Sam Dorman and Mike Hixon as the Chinese world champions were consigned to bronze.

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AQUATIC MEDALS

Country	G	S	B	Total
USA	8	7	9	24
CHN	4	2	2	8
AUS	3	2	3	8
HUN	3	0	1	4
GBR	2	3	1	6
Total	24	24	25	73

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Fédération Internationale de Natation (FINA)

The Fédération Internationale de Natation, FINA (founded in 1908) is the governing body for aquatics worldwide. Its five disciplines - Swimming, Open Water Swimming, Diving, Water Polo and Synchronised Swimming - are all included in the Olympic programme. High Diving is on the World Championships programme since 2013. FINA organises World Championships, World Swimming Championships in 25m-pool and World Masters Championships every two years. FINA counts 207 affiliated National Federations on the five continents and has its headquarters in Lausanne (SUI).

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