



FÉDÉRATION  
INTERNATIONALE  
DE NATATION



Day 7 - August 12, 2016

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

## LEDECKY IMPERIAL, SCHOOLING MAKES HISTORY!



And the seventh World Record came at Day 7 of the swimming competition at these Rio 2016 Olympic Games. In an outstanding solitary effort in the women's 800m free, Katie Ledecky (USA) largely improved her own global mark, touching for gold in 8:04.79, almost two seconds faster than the time (8:06.68) she recorded in January 2016. With this victory, the 19-year-old earns her fifth medal and fourth gold here in Rio, after the titles in the 200m, 400m and 4x200m free, and the silver in the 4x100m free. This victory also continues her winning strike in individual events since London 2012, and including the 2013 and 2015 FINA World Championships.

In a race without opposition for Ledecky, the silver went to Jazz Carlin (GBR) in (a distant) 8:16.17, while Boglarka Kapas (HUN) got the bronze in 8:16.37. The British swimmer had been third at the 2015 Worlds, while the Magyar competitor was sixth in the Olympic final four years ago. Lotte Friis, the 2009 world champion and silver medallist in 2011 and 2013 was only seventh, while Mireia Belmonte (ESP), runner-up in London, finished in fourth.

[More on fina.org](http://More on fina.org)

## PHOTO GALLERY



>>SEE ALL PHOTOS<<

## ABEL LEADS THE WAY ON THE 3M BOARD

Canada's Jennifer Abel, narrowly denied a medal earlier in the week, upstaged the Chinese favourites to lead qualifiers for the semi-final in the Olympic women's 3m springboard preliminary round on Friday.

Abel edged 2013 world champion He Zi into second place among the 29 divers, while reigning world champion Shi Tingmao lacked her usual consistency on an afternoon which swung from sunny at the start to cold and windy in the Maria Lenk Aquatics Centre. Shi, who partnered Wu Minxia to victory in the synchronised 3m event which opened the Olympic diving programme on Sunday, placed third among the 18 qualifiers for Saturday's semi-final, which will reduce the field to 12 for the final.

[More on fina.org](#)

## AQUATIC MEDALS

Country	G	S	B	Total
USA	11	7	9	27
CHN	4	2	4	10
AUS	3	3	3	9
HUN	3	0	1	4
GBR	2	3	1	6
<b>Total</b>	<b>29</b>	<b>27</b>	<b>29</b>	<b>85</b>

>>SEE ALL MEDALS<<



## FOLLOW US



THIS EMAIL WAS SENT FROM THE FINA COMMUNICATIONS DEPARTMENT

### 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).

> Unsubscribe <

FINA OFFICE // AVENUE DE L'AVANT-POSTE 4 - 1005 LAUSANNE // TEL. (+41 21) 310 47 10 // FAX (+41 21) 312 66 10

