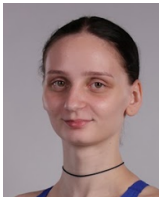


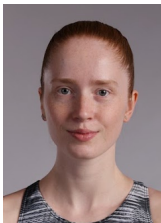
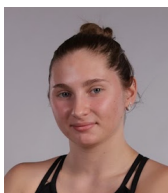
DIVING – DAY 04

WOMEN's 3m SPRINGBOARD – 04 August 2026

2021 European Champion	Tina Punzel, GER, 330.85
2021 Olympic Champion	Tingmao Shi, CHN, 383.50
2022 World Champion	Yiwen Chen, CHN, 366.90
2022 European Champion	Chiara Pellacani, ITA, 318.65
2023 European Champion	Chiara Pellacani, ITA, 321.45
2023 World Champion	Yiwen Chen, CHN, 359.50
2024 World Champion	Yiwen Chen, CHN, 354.75
2024 European Champion	Desharne Bent-Ashmeil, GBR, 305.15
2024 Olympic Champion	Yiwen Chen, CHN, 376.00
2025 European Champion	Michelle Heimberg, SUI, 335.10
2025 World Champion	Yiwen Chen, CHN, 389.70

Name	Personal Info	OG	WC	EC
Elisa PIZZINI ITA QP 268.60 (12.)	DoB: 21 JAN 2005 (21) PoB: Verona Club: Fiamme Gialle Nuoto – Circolo Canottieri Aniene Coach: Benedetta Molaioli Height: 166cm		10. 3m 25 5. SYN-3m 25 (Chiara Pellacani) JUN-8 1m 22 JUN-15. 3m 22 JUN-13. Team 22	5. 1m 26 4. SYN-3m 25 (Pellacani) 7. 3m 25 10. 3m 22 14. 3m 23 JUN-2. 3m 22 JUN-1. Jump Event 22 JUN-3. 1m 22 JUN-6. SYN-3m 22
Kseniia BOCHEK UKR QP 269.90 (11.)	DoB: 24 MAR 2009 (17) PoB / Residence: Kyiv Club: UKR National Team Coach: Illia Tseliukin Occ.: High school student Height: 165cm	Note In 2023, she debuted at the Junior Europeans. In 2024, she became European Junior champion 1m. At the 2024 Junior Worlds, she won gold in the women's SYN-3m with Diana Karnafel and bronze in the Mixed Team Event. Celebrated her senior debut 2025 in Antalya.	8. SYN-3m 25 (Diana Karnafel) 23. 3m 25 44. 1m 25 JUN-1. SYN-3m 24 (Karnafel) JUN-3. 1m 24 JUN-3. Team 24	3. Team 26 1. SYN-3m 25 (Karnafel) 5. 3m 25 7. 1m 25 JUN-1. 1m 24 JUN-7. 3m 24 JUN-7. SYN-3m 24
Yasmin HARPER GBR QP 270.00 (10.)	DoB: 28. JUL 2000 (26) PoB: Chester Residence: Sheffield Club: Sheffield Performance Centre Coach: Tom Owens Height: 165cm / 64kg	5. 3m 24 3. SYN-3m 24 (Scarlett Mew Jensen) Commonwealth Games 6. 3m 22 7. 1m 22 8. Mix-SYN-3m 22 Note Does special nails for each event for herself and synchro partner Scarlett Mew Jensen.	2. SYN-3m 25 (Mew Jensen) 8. 1m 25 23. 3m 24 3. SYN-3m 24 (Mew Jensen) 24. 3m 23 2. SYN-3m 23 (Mew Jensen) 15. 1m 22 25. 3m 22 JUN-1. Team	3. 3m 22 6. 1m 22 4. Team 21 5. SYN-3m 21 23. 1m 21

Name	Personal Info	OG	WC	EC
Kaja SKRZEK POL QP 274.80 (9.) 	DoB: 12 NOV 1998 (27) PoB/Residence: Rzeszow Club: KS Stal Rzeszow Coach: Andrzej Kozdaranski Occupation: Height: 165cm		21. 3m 25 25. 1m 25 9. Mix-SYN-3m 25 11. SYN-3m 25 19. 1m 24 40. 3m 24 10. Mix-SYN-3m 23 18. 1m 23 33. 3m 23 21. 1m 17 22. 3m 17	4. Team 26 14. 1m 26 4. Team 25 5. SYN-3m 25 (Aleksandra Blazowska) 11. 3m 25 18. 1m 25 7. 1m 18 8. Mix-SYN-3m 18 (Lesiak) 10. 1m 16 11. 1m/3m 17 JUN-3. 3m 13
Jette MUELLER GER QP 276.50 (8.) 	DoB: 01 MAR 2003 (23) PoB: Rostock Club: Dresdner SC 1898 Coach: Shabaz Shanazi Occupation: Sports soldier, Student (communications and media) Height: 159cm	20. 3m 24 6. SYN-3m 24 (Lena Hentschel) University Games 1. Team 25 3. SYN-3m 25 4. 3m 25 Note In the autumn of 2024, Jette moved to the Dresden training base; a year later, she also changed club colors and has since been competing for Dresdner SC. Lives and trains in Dresden.	13. 3m 25 6. SYN-3m 25 8. Team 25 4. 1m 24 6. SYN-3m 24 7. 1m 22 10. 1m 23 JUN-1. 1m 21 JUN-1. 3m 21	2. SYN-3m 25 (Hentschel) 4. 1m 22 7. 1m 23
Lena HENTSCHEL GER QP 280.55 (7.) 	DoB: 17 JUN 2001 (25) PoB: Berlin Club: Berliner TSC Coach: Christian Picker Height: 155cm	3. SYN-3m 21 (Tina Punzel) 6. SYN-3m 24 (Jette Mueller) Note Finished her studies in Columbus/USA at Ohio State University and returned to Berlin in spring. Starting in Autumn, she will join the Federal Army.	4. 3m 25 13. 1m 25 6. SYN-3m (Mueller) 6. Mix-3m 25 (Avila) 4. Mix-SYN-3m 24 4. Team 24 6. 3m 24 6. SYN-3m-24, 25 18. 3m 24 3. Team 23 9. SYN-3m 23 4. SYN-3m 22 12. 3m 22	3. Mix-SYN-3m 26 (Luis Avila) 10. 1m 26 7. Team 26 1. MIX-SYN-3m 25 (Avila) 2. SYN-3m 25 (Mueller) 2. Team 25 3. 3m 25 1. SYN-3m 21, 22 2. SYN-3m 18, 19, 23 12. 3m 22 4. 1m 19 4. 3m 23 5. 1m 23, 25 JUN-1. 1m, 3m 16
Elizaveta KUZINA NAB QP 282.45 (6.) 	DoB: 09 MAY 2003 (23) PoB/Res.: Electrostal Club: Sports school "Electrostal", Electrostal Coach: Aleksandr Vinogradov Height: 163cm	Note Kuzina When she didn't make it to the Olympics, she wanted to quit her career, but she stayed.	28. 3m 25 16. SYN-3m 25 5. Team 25	2. MIX-SYN-3m 26 (Illia Molchanov)

Name	Personal Info	OG	WC	EC
Aleksandra BIBIKINA ARM QP 286.35 (5.)	DoB: 16 APR 2002 (24) PoB: Penza Residence: Yerevan Club: Yerevan Diving Club Coach: Hracha Chandryan Occ.: Student (sports) Height: 168cm	Note Competed until August 2022 for Russia. Since March 2025 competing for Armenia. Her mother is a former athlete too.	10. 1m 25 17. 3m 25 17. Mix-SYN-3m 25 19. Team 25	8. 1m 26 9. Team 26 2. 3m 25 4. 1m 25 7. Team 25 For RUS: JUN-2. 3m 21 JUN-1. 1m, Team 16
				
Desharne BENT-ASHMEIL GBR QP 291.30 (4.)	DoB: 02 SEP 2004 (21) PoB: Croydon Residence: London Club: Dive London Aquatics Club Occ.: Student (sports science) Height: 162cm	Commonwealth Games 4. 3m 22 4. SYN-3m 22 4. Mix-SYN-3m 22 Note Former gymnast	9. SYN-3m 22 JUN-2. SYN-3m 22 JUN-6. 3m 22	3. 1m 26 3. SYN-3m 25 (Amy Rollinson) 3. Mix-SYN 3m 25 13. 3m 25 1. 3m 24 1. SYN-3m 23, 24 1. Mix-SYN-3m 24 4. SYN-3m 22 6. 3m 23 7. Team 23 JUN-1. 1m 19
				
Michelle HEIMBERG SUI QP 300.20 (3.)	DoB: 02 JUN 2000 (26) PoB: Wettingen Residence: Erlinsbach Club: Schwimmklub Thun Coach: Francisco Parga Occupation: Communication project manager Height: 165cm	11. 3m 21 Note First Swiss diver winning an EC medal (Kiev, 2017); European champion 2023 (1m). 8 European medals so far. Started Diving at age 12. Previously an artistic gymnast for 8 years, then switched to diving following 2 patella fractures.	5. 1m 25 8. 3m 25 9. 1m 24 33. 3m 24 6. 3m 22 8. 1m 22, 23 8. Mix-SYN-3m 17 15. 1m 17 16. 1m 19 22. 3m 23 24. 3m 17 28. 3m 19 JUN-4. 1m 16	2. 1m 26 5. Mix-SYN-3m 26 (Erik Passerone) 1. 3m 25 3. 1m 25 1. 1m 23 2. 1m 21 2. 3m 17, 22 3. 3m 23 3. Mix-SYN-3m 19 5. 3m 18, 19, 21 5. Mix-SYN-3m 17, 18 6. 1m 17 7. 1m 19, 22 9. 1m 18 JUN-1. SYN-3m 16 JUN-2. 3m 16 JUN-3. 1m 15, 16
				
Nadeszhda TRIFONOVA NAB QP 303.70 (2.)	DoB: 01 AUG 2008 (18) PoB/Res.: Saint-Petersburg Club: Sports school "Nevskaia Volna", Saint-Petersburg Coach: Svetlana Ivanova Height: 170cm	Note Trifonova Celebrated her 18 th birthday on August 01		2. Team 26
				

Name	Personal Info	OG	WC	EC
Chiara PELLACANI ITA QP 336.85 (1.)	 DoB: 12 SEP 2002 (23) PoB/Residence: Rome Club: Fiamme Gialle - Nuoto / MR Sport F.lli Marconi Coaches: Domenico Rinaldi, Tommaso Marconi Height: 158cm	4. 3m 24 4. SYN-3m 24 7. SYN 3m 21 Note Also competed in the Mix-SYN-3 final Today.	1. Mix-SYN-3m 25 (Matteo Santoro) 3. 1m, 3m 25 5. SYN-3m 25 (Pizzini) 6. Team 25 2. Mix-SYN-3m 22, 24 8. SYN-3m 24 10. 3m 24 10. Team 24 33. 1m 24 3. SYN-3m 23 3. Mix-SYN-3m 23 4. 1m 22 5. 3m 23 6. 1m 23 7. Team 23 7. SYN-10m 19 9. 3m 22 9. SYN-3m 19 JUN-1. Team 21	1. 1m 26 1. Mix-SYN-3m 26 (Santoro) 1. Team 26 1. 1m 25 2. Mix-SYN-3m 25 (Santoro) 3. Team 25 4. 3m 25 4. SYN-3m 25 (Pizzini) 1. 3m 22, 23 1. SYN-3m 18, 21, 23 1. SYN-10m 19 1. Team 22 1. Mix-SYN-3m 23 2. 3m 21 2. SYN-3m 21, 22 2. Team 21 3. 1m 21, 22 3. SYN-3m 23 3. Mix-SYN-3m 22 4. SYN-10m 17, 18 5. 1m 19 5. Team 17 6. 3m 19 JUN-1. 3m 17

Medallists at Recent Major Championships

2024 Doha (WCh) 1 354.75 Yani Chang, CHN 2 336.60 Yiwen Chen, CHN 3 311.25 Suji Kim, KOR	2024 Belgrade (ECh) 1 305.15 Desharne Bent-Ashmeil, GBR 2 243.20 Helle Tuxen, NOR 3 240.55 Clare Cryan, IRL	2024 Paris (OG) 1 376.00 Yiwen Chen, CHN 2 343.10 Maddison Keeney, AUS 3 318.75 Yani Chang, CHN	2025 Antalya (ECh) 1 335.10 Michelle Heimberg, SUI 2 322.95 Aleksandra Bibikina, ARM 3 312.70 Lena Hentschel, GER	2025 Singapore (WCh) 1 389.70 Yiwen Chen, CHN 2 356.40 Jia Chen, CHN 3 323.20 Chiara Pellacani, ITA
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