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Shi Tingmao: Nomen est omen!

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Chinese diving star Shi Tingmao seems unbeatable on 3 metres. The 25-year-old athlete won gold in the individual event and in synchro at the 2015 FINA World Championships and the 2016 Olympics as well. She has a good chance to continue this excellent run of results at the 2017 FINA World Championships in Budapest.

Nomen est omen, that is to say: name is omen, and it seems true for Shi Tingmao. She was registered as Shi Tingting after her birth, but her father changed her name at age nine. He removed the second 'ting' as in Chinese it means stagnation. He added 'mao' on the end of her name as it is an uncommon word that means hard work.

She was noticed by a gymnastics coach when she was in kindergarten and then turned to diving after practising gymnastics for five years. Her idols are multiple Olympic and world champion Chinese divers Guo Jingjing and He Zi.

Shi's first major international success was winning a gold medal at the 2010 Asian Games, where she finished first in the 1 m springboard event. In 2011 she became the first Chinese diver to become world champion without being part of the national team's training programme. Her training prior to the 2011 World Championships in Shanghai had been done at her local club. She won further gold medals at the 2013 and the 2015 FINA World Championships. In Kazan she won the 3 m springboard and (with Wu Minxia) the 3 m synchro competition as well.

Shi was competing superbly in 2016, too, since she won again both 3 m events at the Rio Olympics. No wonder she was named the Female Diver of the Year in 2015 and 2016 by the International Swimming Federation (FINA). Will 2017 be another perfect year for her?

The women's 3 m synchro competition will be held on 17 July, the women's 3 m springboard on 19 and 20 July at the 2017 FINA World Championships in the [Dagaly Aquatics Complex](#).

SHI TINGMAO

Born: Chongqing (China), 31 August, 1991

Medal record:

Two-time Olympic champion (2016 Rio de Janeiro: 3 m springboard, 3 m synchro)

Four-time world champion (2011 Shanghai: 1 m springboard; 2013 Barcelona: 3 m Synchro; 2015 Kazan: 3 m springboard, 3 m synchro); bronze medallist (2015 Kazan, 1 m springboard)

Asian Games champion (2010 Guangzhou, 3 m synchro)

Universiade champion (2011 Shenzhen, 1 m springboard)