

National Masters Cup 2019 - 2/28/2019 to 3/1/2019

Meet Program - 01-03-2019 Evening

Event 23 Women 20 & Over 50 LC Meter Freestyle

20-24 Nation:	NT		
25-29 Nation:	26.75	2018	May Attef
30-34 Nation:	29.37	12/7/2018	Hebatalla Yehia Abdel Rahman
35-39 Nation:	32.40	2005	Sherwitte Wafa Hafez
40-44 Nation:	31.07	2007	Sherwitte Wafa Hafez
45-49 Nation:	31.83	2013	Sherwitte Wafa Hafez
50-54 Nation:	34.28	12/7/2018	Sherwet Wafaa Mohamed
55-59 Nation:	38.43	2016	Nesrin Saad Mostafa
60-64 Nation:	38.67	12/7/2018	Gehan Ismaeil Ahmed Metwally
65-69 Nation:	42.05	2010	Nagwa Ghorab

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

2	Menah Alla Amer Moh. Shar	20	GEZIR	NT
3	Haidy Ashraf Farouk	21	ZOHOR	NT
4	Fareda Ahmed Eid	22	HELDO	NT
5	Wegdan Ashraf Mohamad A	25	SHOOT	NT
6	Nour Hany Abou El Azzm	23	ALEX	NT
7	Hannya Hossam Nabil Ibrah	22	GEZIR	NT
8	Sara Reda Al Hefnawy	21	WARD	NT
9	Farah Esam Esmail Othman	20	WARD	NT

Heat 2 of 6 Finals

1	Mai Attef Abd El Fattah	28	AHLY	NT
2	Wesam Hossam Eddin Ebra	28	SHOOT	NT
3	Aya Ezz El Din Abdel Halein	31	SHAMS	NT
4	Hebatollah Yahya Abdelrah	33	SHOOT	NT
5	Ghada Salah Omar	36	AHLY	NT
6	Sara Adel Mahros Mahmou	33	SHOOT	NT
7	Sameha Yassin Mobarak	31	SHAMS	NT
8	Soher Abdelmonem Moham	29	SHOOT	NT
9	Sara Hasheim Mohamed Ab	28	SHOOT	NT
10	Dalia Samier Ahmed	27	AHLY	NT

Heat 3 of 6 Finals

1	Mena Mourad Noeir	39	ZOHOR	NT
2	Eman Ahm. Ateef Abd Elbal	40	GEZIR	NT
3	Sama Ali Soultan	40	ALEX	NT
4	Nevein Mahmoud Ali	42	SHOOT	NT
5	Marwa Abdel Razeik	43	NCITY	NT
6	Mona Mahmoud Rzk	43	GEZIR	NT
7	Doneia Ahmed Mohamed A	41	SHOOT	NT
8	Doaa Mohamed Abdel Kade	40	WARD	NT
9	Yassmin Hamdy Emam	39	ALEX	NT
10	Walaa Mohamed Al Gouhar	38	SHOOT	NT

Heat 4 of 6 Finals

1	Soah Mohamed Lotfy Shahe	48	ALEX	NT
2	Ghada Farouk Yousef	50	SHOOT	NT
3	Eman Hazem Abou Seteit	51	HELOP	NT
4	Sherwet Wafaa Moh. Hafez	52	GEZIR	NT
5	Hanan Hamdy Abdelrahem	53	SHOOT	NT
6	Noha Mahmoud Deiab	52	SHOOT	NT
7	Hala Ghazy	52	AHLY	NT
8	An Taysier Noseir	50	ZOHOR	NT
9	Salam Taha Houssein	48	SHOOT	NT
10	Raneia Hazem Said	45	SHOOT	NT

Heat 5 of 6 Finals

1	May Mohamed Ossman Nei	55	SHOOT	NT
2	Angred Wezman	56	GEZIR	NT
3	Maha Mahmoud Al Hkouly	58	HELOP	NT
4	Nazla Faeidalla	59	AHLY	NT
5	Gehan Ismaeil Ahmed Metw	62	SHOOT	NT
6	Mona Mostafa Kamel	62	HELOP	NT
7	Maha Maher Taha Ali	59	SHOOT	NT
8	Seham Abdel Monaem Ahm	56	GEZIR	NT
9	Caroul Mary Reineh Gan Za	56	GEZIR	NT
10	Nevein Farouk Al Housseiny	55	HELOP	NT

Heat 6 of 6 Finals

1	Mona Kamel Youseif	65	HELOP	NT
2	Fareida Abdel Aziz Gemeia	71	HELOP	NT
3	Sameha Kamal Seif El Nasr	76	HELOP	NT
4	Nageya Salah El Din Zolfaka	76	GEZIR	NT
5	Nabela Ahmed Sayed Ahme	82	GEZIR	NT
6	Omayma Hamed Abou El Kl	76	AHLY	NT
7	Nagwa Yousef Gharab	76	HELOP	NT
8	Enas Al Atar Anear Al Atar	72	GEZIR	NT
9	Sahar Mansour	68	AHLY	NT
10	Neven Mohamed Khlel	63	GEZIR	NT

Event 24 Men 20 & Over 50 LC Meter Freestyle

20-24 Nation:	24.91	12/7/2018	Omar Ahmed Eid
25-29 Nation:	23.35	2014	Shehab Younis
30-34 Nation:	24.26	12/7/2018	Ahmed Kamal Hafeiz
35-39 Nation:	26.48	2018	Walid Ahmed
40-44 Nation:	26.53	2017	Mohamed Mostafa
45-49 Nation:	27.50	2007	Amr Abd El Fattah Hassan
50-54 Nation:	27.80	2014	Wagdy Askandar khalil
55-59 Nation:	27.54	2017	Amr Abd El Fattah Hassan
60-64 Nation:	28.92	2017	Montaser Awad
65-69 Nation:	30.65	2005	Ahmed Gawad Hamada

Lane	Name	Age	Team	Seed Time
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Heat 1 of 17 Finals

1	Yousf Ashraf Nassar	20	WARD	NT
2	Amr Akram Ahmed Al Ghar	22	WARD	NT
3	Karim Mohamed Farouk	23	SHOOT	NT
4	Omar Ahmed Eid	23	HELDO	NT
5	Zeyad Mohamed Khalad	24	ZOHOR	NT
6	Ahmed Yaser Salah El Din	23	HELDO	NT
7	Amen Saady Kamel	23	SHOOT	NT
8	Youssef Ahmed Shendy	22	AHLY	NT
9	Ahmed Mahmoud Khalil	21	SHOOT	NT

Heat 2 of 17 Finals

1	Mohamed Ahmed Shendy	25	AHLY	NT
2	Mahmoud Mohamed Fatthy	25	GEZIR	NT
3	Mohamed Medhat Ahmed S	26	WARD	NT
4	Mohamed Hesham Mohame	27	WARD	NT
5	Omar Hesham Kandeil	28	SHOOT	NT
6	Sherif Abd Elazim Elbalal	27	ZOHOR	NT
7	Omar Ahmed Saad	27	HELOP	NT
8	Mostafa Bahaa	26	AHLY	NT
9	Omar Khaled Salah Eddin E	25	SHOOT	NT
10	Tarik Reda Mohamed Al Gac	24	R.BAR	NT

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Heat 3 Finals (#24 Men 20 & Over 50 LC Meter Freestyle)

1	Amr Ibrahim	28	AHLY	NT
2	Adham Ali Mohamed	29	HELOP	NT
3	Karim Mohamed Lotfy	29	AHLY	NT
4	Eslam Ahmad Mohamad Yo	31	SHOOT	NT
5	Ahmed Abraham Abotaleb	32	ZOHOR	NT
6	Ali Ahmed Ramah	31	AHLY	NT
7	Mostafa Hisham	31	HELOP	NT
8	Ahmed Ibrahim Abdel Fatta	29	SHOOT	NT
9	Abdel Hakeim Essam Farag	29	HELOP	NT
10	Omar Hesham Farouk	28	ALEX	NT

Heat 4 of 17 Finals

1	Omar Moh. Hossam Al Saba	32	GEZIR	NT
2	Islam Tarek Elnahas	32	ZOHOR	NT
3	Mohamad Adel Mansor Ask	32	SHOOT	NT
4	Ahmed Kamal Hafeiz	32	MAADI	NT
5	Mahmoud Ibrahim Mahmo	33	WARD	NT
6	Mostafa Ahmed Al Gabry	33	SHOOT	NT
7	Ahmed Mohamed el Saghir	32	NCITY	NT
8	Hazem Aly Saad	32	SHOOT	NT
9	Marwan Atef	32	AHLY	NT
10	Youseif Hesham Goumaa	32	HELOP	NT

Heat 5 of 17 Finals

1	Zeyad Samy Raghieb	33	ZOHOR	NT
2	Islam Hany Ahmed	33	SHAMS	NT
3	Basem Ashraf el Rfaae	34	HELOP	NT
4	Abdelrahman Mohamad Za	34	SHOOT	NT
5	Sherif Tarik Ahmed Nafeia	34	SHAMS	NT
6	Mahmoud Mohamed Mossa	34	ALEX	NT
7	Karim Karam Ahmed	34	HELOP	NT
8	Saied Abd El Kerem Saied	33	ZOHOR	NT
9	Hassan Aly Al Kordy	33	GEZIR	NT
10	Mohamed Abdelhady Shom	33	WARD	NT

Heat 6 of 17 Finals

1	Hashem Samy Ragheb	34	ZOHOR	NT
2	Ahmed Fahmy Masoud	35	SHAMS	NT
3	Mahmoud Abdel Rahman A	36	WARD	NT
4	Mostafa Adel Abdelrahman	37	SHOOT	NT
5	Sherif Karam Ahmed Ossma	37	ZOHOR	NT
6	Amr Ezz El Din Al Hamzawy	37	ZOHOR	NT
7	Ahmed Mohamed Gadalla	37	SUEZ	NT
8	Khaled Mahmoud Elsayed F	36	SHOOT	NT
9	Amr Mohamed Maged Bara	35	TANTA	NT
10	Khaled Mahmoud Tawacoul	34	SHOOT	NT

Heat 7 of 17 Finals

1	Mohamed Mohamed Nehad	38	AHLY	NT
2	Shehab El Din Yousef Helmy	38	ZOHOR	NT
3	Mohamed Ahmed Ezzat	38	SHOOT	NT
4	Adnan Hesham Omar	39	SHOOT	NT
5	Abdelmoneim Mohamed Kl	40	ALEX	NT
6	Ahmed Khatab	40	ALEX	NT
7	Mohamed Safy El Din Hafez	39	GEZIR	NT
8	Mohamed Ahmed Gamal El	38	AHLY	NT
9	Mahmoud Hossein Mahmo	38	NCITY	NT
10	Mahmoud Amr Mostafa Elw	38	AHLY	NT

Heat 8 of 17 Finals

1	Mohamed Saad Ibrahim	41	WARD	NT
2	Ahmed Ali Youseif	41	ALEX	NT
3	Hady Ahmad Hassan	42	SHOOT	NT
4	Nagy Abdel Aziz Mohamed	43	WARD	NT
5	amr Mohamed el Saghir	43	NCITY	NT
6	Ashraf Ali	43	AHLY	NT
7	Salah A. Aziz Mohamd Gom	42	WARD	NT
8	Mohamed Sabry Al Hakim	42	GEZIR	NT
9	Kamal Fouad Hanafy Abdel	41	SMOHA	NT
10	Sameh Mohamed Zalat	40	TANTA	NT

Heat 9 of 17 Finals

1	Ahmed Mohamed Nagieb	44	NCITY	NT
2	Mohamed Esam Eldenm Eb	44	HELOP	NT
3	Tamer Zeinhoum	45	AHLY	NT
4	Taeimour Ahmed Seifalla Gl	46	GEZIR	NT
5	Tamer Samir Ismail	46	SHOOT	NT
6	Ahmed Mohamed Samy Abc	46	SHOOT	NT
7	Osama Hassanein Ibrahim	45	SHOOT	NT
8	Abdel Rahman Yousef	45	SHOOT	NT
9	Emad El Din Yosef Mostafa	44	SHOOT	NT
10	Bahy Amir	44	NCITY	NT

Heat 10 of 17 Finals

1	Yaser Aseim Mahmoud	46	HELOP	NT
2	Karim Assem Moh. Abou El	48	GEZIR	NT
3	Mohamed Ahmed Fadel	48	AHLY	NT
4	Nezar Ahmed Abdel Rahma	49	GEZIR	NT
5	Ahmed Adel Talaat Noaama	50	SHOOT	NT
6	Hesham Hany Abdel Haleim	49	SUEZ	NT
7	Hazem Amir	48	NCITY	NT
8	Khaled Salah El Din Moham	48	SHOOT	NT
9	Tarek Mohamad Zakareya E	47	SHOOT	NT
10	Hassan Mohamed Ebeid	46	SHOOT	NT

Heat 11 of 17 Finals

1	Abaa Ahmed Mamdoh	51	HELOP	NT
2	Hisham Samy Abdel Khaleil	52	SHOOT	NT
3	Tarik Labib	52	AHLY	NT
4	Ayman Abou El Nasr	53	ZOHOR	NT
5	Yaser Farouk Yousef	55	SHOOT	NT
6	Yaser Mohamed Badr Al Gh	53	SHAMS	NT
7	Mohamed Al Azab	53	ALEX	NT
8	Sherif Al Coutb Ahmed	52	AHLY	NT
9	Yasser Saed Aly Ahmad Kha	52	SHOOT	NT
10	Amr Mohamed Samy Abdel	50	SHOOT	NT

Heat 12 of 17 Finals

1	Hany Aziz Sedky	56	SHOOT	NT
2	Khaled Ramdan	57	HELOP	NT
3	Mohamed Zaki Mehana Has	57	GEZIR	NT
4	Hassan Abdel Aziz Hassan	59	WARD	NT
5	Hossny Hassan Ali	60	AHLY	NT
6	Ayman Fouad Zakareia	59	GEZIR	NT
7	Ahmed Morsy Mostafa Fahn	59	GEZIR	NT
8	Ashraf Abdel Monaeim Moh	57	SUEZ	NT
9	Mahmoud Mahmoud Al Ash	57	SHOOT	NT
10	Hamdy Yossef Abbas Ragab	55	SHOOT	NT

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Heat 13 Finals (#24 Men 20 & Over 50 LC Meter Freestyle)

1	Nabil Abdel Hamed Ibrahim	60	MAADI	NT
2	Saleh Mohamed Said	62	TANTA	NT
3	Mohamed Houssein Warda	63	ALEX	NT
4	Mahmoud Nabih Mahmoud	64	WARD	NT
5	Montaser Mohamed Awad	65	AHLY	NT
6	Amr Mansour	64	ALEX	NT
7	Mohamed Sherif Amin Samy	63	MAADI	NT
8	Yaser Ahmed Al Maghraby	62	HELOP	NT
9	Taher Mohamdy Moh. Solen	61	GEZIR	NT
10	Mostafa Hassan Abdel Tawa	60	AHLY	NT

Heat 14 of 17 Finals

1	Gamal Ismail Mohamed	66	SHOOT	NT
2	Moaataz Mohamed Talaat	67	HELOP	NT
3	Montaser Mohamad Elkady	67	SHOOT	NT
4	Mohssein Abdel Kawy Al H	68	AHLY	NT
5	Taher Khaled Mohamed Ab	69	SHOOT	NT
6	Mohamed Ali Hegazy	68	HELOP	NT
7	Moneir Hossein Eisa Abdel	67	SHOOT	NT
8	Hany Kamal Nasar	67	HELOP	NT
9	Mohamed Abdelfatah Moha	66	SHOOT	NT
10	Al Sayed Mohamed Bouraie	65	SHOOT	NT

Heat 15 of 17 Finals

1	Ahmed Hany Yosef Ezz El D	70	SHOOT	NT
2	Kamal Metwally Mandour	72	SUEZ	NT
3	Khaled Ahmed Elayaat	72	GEZIR	NT
4	Mohamed Abdel Fattah Al S	74	ALEX	NT
5	Mohamed Refaat Ahmed Re	75	AHLY	NT
6	Yousef Anwar Ahmed Wahs	75	GEZIR	NT
7	Tarik Ahmed Mongy Geiasa	73	GEZIR	NT
8	Karam Mohamed Habieb	72	HELOP	NT
9	Hatem Omar Sedk	71	SHOOT	NT
10	Mohamed Mahmoud Abas	69	SHOOT	NT

Heat 16 of 17 Finals

1	Mosaad Hassan Shehab	76	SHOOT	NT
2	Mohamed Samy Al Sarky	77	GEZIR	NT
3	Housam Zaki Fahmy	78	GEZIR	NT
4	Ehab Mohamed Abdel Hafei	79	HELOP	NT
5	Ahmed Gawad Hamada	80	ALEX	NT
6	Mohamed Salah El Din Mori	79	SHOOT	NT
7	Mostafa Mohamed Rashad	78	AHLY	NT
8	Salah El Din Mostafa Al Sab	77	SHOOT	NT
9	Ahmed Mohamed Abdel Ba	77	GEZIR	NT
10	Mohamed Sary Abdel Mona	75	TANTA	NT

Heat 17 of 17 Finals

1	Ali Kamel Ali Kamel	82	AHLY	NT
2	Ahmed Samy Abdel Waneis	85	HELOP	NT
3	Ahmed Fouad Kamal Ahme	86	GEZIR	NT
4	Ahmed Mostafa	88	SHOOT	NT
5	Ahmed Ibrahim Abdelaal	91	GEZIR	NT
6	Fawzy Zaki	88	ALEX	NT
7	Al Sayed Mohamed Ahmed	87	SHOOT	NT
8	Mahfouz Gerges Ghabreial	86	AHLY	NT
9	Mahmoud Fahmy Souliman	82	GEZIR	NT
10	Mohamed Fadel Waheba	80	GEZIR	NT

Event 25 Women 20 & Over 100 LC Meter Backstroke

25-29 Nation:	1:13.74	2016	Dina Mostafa
30-34 Nation:	1:21.38	2017	Sherok Sherif Al Shenawy
35-39 Nation:	1:26.12	2017	Hoda Mohamed Fouad Al Redy
40-44 Nation:	1:27.79	2014	Ranya Samy Mohamed
45-49 Nation:	1:25.92	12/6/2018	Rania Samy Mohamed
50-54 Nation:	1:37.13	12/6/2018	Sherien Ali Sery
55-59 Nation:	1:33.63	2008	Soheir El Attar Ahmed
60-64 Nation:	1:33.41	2009	Soheir El Attar Ahmed
65-69 Nation:	1:39.30	2015	Soheir El Attar Ahmed
70-74 Nation:	2:04.06	2014	Nagwa Ghorab

Lane Name Age Team Seed Time

Heat 1 of 3 Finals

4	Nour Hany Abou El Azzm	23	ALEX	NT
5	Walaa Mohamed Al Gouhar	38	SHOOT	NT
6	Hebatollah Yahya Abdelrah	33	SHOOT	NT

Heat 2 of 3 Finals

2	Maha Ali Mohamed Al Magh	41	SHAMS	NT
3	Salam Taha Houssein	48	SHOOT	NT
4	Manal Fawzi Gadalla	54	HELOP	NT
5	Maha Mahmoud Al Hkouly	58	HELOP	NT
6	Gaclen Mary Reneh Gan Zak	58	GEZIR	NT
7	Sherien Ali Sery	53	HELOP	NT
8	Nevein Mahmoud Ali	42	SHOOT	NT
9	Sama Ali Soultan	40	ALEX	NT

Heat 3 of 3 Finals

1	Neven Mohamed Khlel	63	GEZIR	NT
2	Gelan Akl Fawzy	64	HELOP	NT
3	Fareida Abdel Aziz Gemeia	71	HELOP	NT
4	Madeha Mohamed Sherif	76	HELOP	NT
5	Nabela Ahmed Sayed Ahme	82	GEZIR	NT
6	Sameha Kamal Seif El Nasr	76	HELOP	NT
7	Nagwa Yousef Gharab	76	HELOP	NT
8	Souher Al Atar Anwar Al At	70	GEZIR	NT
9	Rawiea Mohamed Asaad	63	SHOOT	NT
10	Gehan Ismaeil Ahmed Metw	62	SHOOT	NT

Event 26 Men 20 & Over 100 LC Meter Backstroke

20-24 Nation:	1:37.62	12/6/2018	Yoseif Mohamed Hassan
25-29 Nation:	1:02.40	2014	Islam Refaie
30-34 Nation:	1:04.42	2017	Islam Refaie
35-39 Nation:	1:13.24	12/6/2018	Khaled Hawas
40-44 Nation:	1:09.33	12/6/2018	Haytham Hazeim
45-49 Nation:	1:11.38	2012	Amin Ahmed
50-54 Nation:	1:14.31	2016	Amin Ahmed Amin Amer
55-59 Nation:	1:16.43	2005	Ghareb Atia Ahmed
60-64 Nation:	1:20.48	2011	Ghareb Atia Ahmed
65-69 Nation:	1:22.28	2017	Ghareb Atia Ahmed

Lane Name Age Team Seed Time

Heat 1 of 6 Finals

4	Youssef Ahmed Shendy	22	AHLY	NT
5	Loway Al Sabahy	26	AHLY	NT
6	Mohamed Nour Ibrahim	24	AHLY	NT

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Heat 2 Finals (#26 Men 20 & Over 100 LC Meter Backstroke)

1	Ahmed Al Hasafy	26	ALEX	NT
2	Mohamed Hesham Mohame	27	WARD	NT
3	Karim Ebrahim Abdelfattah	28	SHOOT	NT
4	Ahmed Hafeiz Sharaf El Din	33	ZOHOR	NT
5	Khaled Mahmoud Elsayed F	36	SHOOT	NT
6	Ibrahim Ahmed Ibrahim	35	NCITY	NT
7	Amr Mahmoud Rezk	28	ZOHOR	NT
8	Omar Hesham Farouk	28	ALEX	NT
9	Sherif Sami Ahmed	27	ZOHOR	NT

Heat 3 of 6 Finals

1	Sherif Karam Ahmed Ossma	37	ZOHOR	NT
2	Karim Saad El Din Ibrahim	38	WARD	NT
3	Karim Yosry Mahmoud Alla	40	SHOOT	NT
4	Nagy Abdel Aziz Mohamed	43	WARD	NT
5	Emad El Din Yosef Mostafa	44	SHOOT	NT
6	Ibrahim Ahmed Hafeiz	43	HELOP	NT
7	Haytham Hazeim	41	ALEX	NT
8	Adnan Hesham Omar	39	SHOOT	NT
9	Waled Ahmed Fouad	38	SHOOT	NT
10	Ramy Mohamed Wafa Moha	36	WARD	NT

Heat 4 of 6 Finals

1	Ahmed Mohamed Samy Abc	46	SHOOT	NT
2	Ahmed Ali Mohamed Youse	47	TANTA	NT
3	Hisham Samy Abdel Khaleil	52	SHOOT	NT
4	Khaled Hossny Abdel Salan	53	SHOOT	NT
5	Ashraf Al Sayed Younes	58	HELOP	NT
6	Ashraf Hamdy Zeiyada	53	SHOOT	NT
7	Mohamed Al Azab	53	ALEX	NT
8	Ahmed Adel Talaat Noaama	50	SHOOT	NT
9	Nabil Fayez Hanin	47	SHOOT	NT
10	Hany Farouk Mostafa Abdel	45	TANTA	NT

Heat 5 of 6 Finals

1	Ahmed Morsy Mostafa Fahr	59	GEZIR	NT
2	Yaser Ahmed Al Maghraby	62	HELOP	NT
3	Mohamed Sedky Nour El Di	63	HELOP	NT
4	Ali Selim Al Halaby	66	HELOP	NT
5	Mohamed Mahmoud Abas	69	SHOOT	NT
6	Adel Yakout Mohamed	67	SMOHA	NT
7	Al Sayed Mohamed Bouraie	65	SHOOT	NT
8	Ragaa Ahmed Taha Maarou	62	SHOOT	NT
9	Mohamed Hesham Al Khesl	59	SMOHA	NT
10	Tarik Mohamed Abaza	58	AHLY	NT

Heat 6 of 6 Finals

1	Karam Mohamed Habieb	72	HELOP	NT
2	Hassan Khameis Al Toumy	73	ALEX	NT
3	Baheig Boshra Meikhaeil	79	HELOP	NT
4	Mohamed Fadel Waheba	80	GEZIR	NT
5	Fawzy Zaki	88	ALEX	NT
6	Mahmoud Fahmy Souliman	82	GEZIR	NT
7	Mohamed Salah El Din Mort	79	SHOOT	NT
8	Ahmed Mohamed Abdel Ba	77	GEZIR	NT
9	Ahmed Abdel Lattef Al Gaza	72	GEZIR	NT
10	Hatem Omar Sedk	71	SHOOT	NT

Event 29 Women 20 & Over 50 LC Meter Breaststroke

20-24 Nation:	NT		
25-29 Nation:	33.12	2016	May Attef
30-34 Nation:	39.07	12/6/2018	Aya Ezz El Din Abdel Haleim
35-39 Nation:	43.52	2011	Rasha Youssef Mohamed
40-44 Nation:	43.63	2016	Rasha Youssef Mohamed
45-49 Nation:	44.48	2018	Soah Mohamed Lotfy Shahein
50-54 Nation:	48.58	2018	Eman Abou Steit
55-59 Nation:	49.78	2018	Caroul Mary
60-64 Nation:	50.53	12/6/2018	Neven Mohamed Khlel
65-69 Nation:	55.32	2017	Douriea Ahmed Nazzmy

Lane Name Age Team Seed Time

Heat 1 of 5 Finals

4	Haidy Ashraf Farouk	21	ZOHOR	NT
5	Nour Hany Abou El Azzm	23	ALEX	NT
6	Fareda Ahmed Eid	22	HELDO	NT

Heat 2 of 5 Finals

1	Dalia Samier Ahmed	27	AHLY	NT
2	Wesam Hossam Eddin Ebra	28	SHOOT	NT
3	Aya Ezz El Din Abdel Haleim	31	SHAMS	NT
4	Sara Adel Mahros Mahmoud	33	SHOOT	NT
5	Yassmin Hamdy Emam	39	ALEX	NT
6	Walaa Mohamed Al Gouhar	38	SHOOT	NT
7	Eman Mohamed Samy	32	AHLY	NT
8	Sara Hasheim Mohamed Ab	28	SHOOT	NT
9	Mai Attef Abd El Fattah	28	AHLY	NT

Heat 3 of 5 Finals

1	Eman Ahm. Ateef Abd Elbak	40	GEZIR	NT
2	Doneia Ahmed Mohamed Al	41	SHOOT	NT
3	Marwa Abdel Razeik	43	NCITY	NT
4	Rasha Yousef Moh. Abd Elft	45	GEZIR	NT
5	Eman Hazem Abou Seteit	51	HELOP	NT
6	An Taysier Noseir	50	ZOHOR	NT
7	Raneia Hazem Said	45	SHOOT	NT
8	Nevein Mahmoud Ali	42	SHOOT	NT
9	Sama Ali Soutlan	40	ALEX	NT
10	Doaa Mohamed Abdel Kade	40	WARD	NT

Heat 4 of 5 Finals

1	Hala Ghazy	52	AHLY	NT
2	Elham Ali Mohamed Ibrahim	54	WARD	NT
3	Nevein Farouk Al Housseiny	55	HELOP	NT
4	Angred Wezman	56	GEZIR	NT
5	Nazla Faeidalla	59	AHLY	NT
6	Lameia Ahmed Maher	58	GEZIR	NT
7	Caroul Mary Reineh Gan Za	56	GEZIR	NT
8	Manal Fawzi Gadalla	54	HELOP	NT
9	Hanan Hamdy Abdelrahem	53	SHOOT	NT
10	Noha Mahmoud Deiab	52	SHOOT	NT

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Heat 5 Finals (#29 Women 20 & Over 50 LC Meter Breaststroke)

1	Mona Mostafa Kamel	62	HELOP	NT
2	Mona Kamel Youseif	65	HELOP	NT
3	Fareida Abdel Aziz Gemeia	71	HELOP	NT
4	Nageya Salah El Din Zolfaka	76	GEZIR	NT
5	Nabela Ahmed Sayed Ahme	82	GEZIR	NT
6	Madeha Mohamed Sherif	76	HELOP	NT
7	Enas Al Atar Anear Al Atar	72	GEZIR	NT
8	Elyzapeth Greem	65	SHOOT	NT
9	Neven Mohamed Khlel	63	GEZIR	NT
10	Neven Ramez Al Nagar	59	HELOP	NT

Event 30 Men 20 & Over 50 LC Meter Breaststroke

20-24 Nation:	NT	
25-29 Nation:	29.07 2014	Ahmed Kamal
30-34 Nation:	29.32 12/6/2018	Ahmed Kamal Hafeiz
35-39 Nation:	32.13 12/6/2018	Mohamed Safy El Din Hafez
40-44 Nation:	34.81 12/6/2018	Tamer Zeinhoum
45-49 Nation:	35.67 2007	Khaled Nasr El Din
50-54 Nation:	36.46 2010	Mohamed Galal El Din
55-59 Nation:	37.71 2011	Mohamed Hessien Warda
60-64 Nation:	38.02 2011	Ghareb Atia Ahmed
65-69 Nation:	41.29 2014	Ahmed Al Ghazaly

Lane Name Age Team Seed Time

Heat 1 of 12 Finals

2	Ahmed Mahmoud Khalil	21	SHOOT	NT
3	Marwan Essam Ismail Ossr	22	WARD	NT
4	Ahmed Yaser Salah El Din	23	HELDO	NT
5	Loway Al Sabahy	26	AHLY	NT
6	Nour Essam Ismail Ossman	24	WARD	NT
7	Karim Mohamed Farouk	23	SHOOT	NT
8	Abdalla Mohamed Taher	22	WARD	NT

Heat 2 of 12 Finals

1	Mohamed Medhat Ahmed S	26	WARD	NT
2	Omar Ahmed Saad	27	HELOP	NT
3	Amr Ibrahim	28	AHLY	NT
4	Karim Mohamed Lotfy	29	AHLY	NT
5	Ali Ahmed Ramah	31	AHLY	NT
6	Ahmed Ibrahim Abdel Fatta	29	SHOOT	NT
7	Mohamed Ebrahim Al Bakal	29	SHOOT	NT
8	Omar Hesham Kandeil	28	SHOOT	NT
9	Moaataz Bella Ali Mohamed	27	HELOP	NT
10	Ahmed Al Hasafy	26	ALEX	NT

Heat 3 of 12 Finals

1	Ahmad Adel Elsayed Shalab	32	SHOOT	NT
2	Ahmed Kamal Hafeiz	32	MAADI	NT
3	Hazem Aly Saad	32	SHOOT	NT
4	Zeyad Samy Raghib	33	ZOHOR	NT
5	Hashem Samy Ragheb	34	ZOHOR	NT
6	Mahmoud Mohamed Mossa	34	ALEX	NT
7	Islam Hany Ahmed	33	SHAMS	NT
8	Omar Moh. Hossam Al Saba	32	GEZIR	NT
9	Ahmed Abraham Abotaleb	32	ZOHOR	NT
10	Ahmed Mohamed el Sakhir	32	NCITY	NT

Heat 4 of 12 Finals

1	Basem Ashraf el Rfaae	34	HELOP	NT
2	Amr Mohamed Maged Bara	35	TANTA	NT
3	Mostafa Adel Abdelrahman	37	SHOOT	NT
4	Ahmad Samir Hussen Farag	37	SHOOT	NT
5	Ahmed Houssein Doura	37	TANTA	NT
6	Sherif Karam Ahmed Ossmæ	37	ZOHOR	NT
7	Amr Ezz El Din Al Hamzawy	37	ZOHOR	NT
8	Khaled Mahmoud Elsayed F	36	SHOOT	NT
9	Sherif Tarik Ahmed Nafeia	34	SHAMS	NT
10	Khaled Mahmoud Tawacoul	34	SHOOT	NT

Heat 5 of 12 Finals

1	Mohamed Ahmed Ezzat	38	SHOOT	NT
2	Mohamed Safy El Din Hafez	39	GEZIR	NT
3	Abdelmoneim Mohamed Kh	40	ALEX	NT
4	Karim Yosry Mahmoud Alla	40	SHOOT	NT
5	Salah A. Aziz Mohamd Gom	42	WARD	NT
6	Ahmed Ali Youseif	41	ALEX	NT
7	Ahmed Khatab	40	ALEX	NT
8	Mohamed Hany	40	SHOOT	NT
9	Shehab El Din Yousef Helmy	38	ZOHOR	NT
10	Mohamed Ahmed Gamal El	38	AHLY	NT

Heat 6 of 12 Finals

1	Nagy Abdel Aziz Mohamed	43	WARD	NT
2	Ashraf Ali	43	AHLY	NT
3	Mahmoud Taha Mahmoud S	44	WARD	NT
4	Ahmed Mohamed Nagieb	44	NCITY	NT
5	Bahy Amir	44	NCITY	NT
6	Mohamed Esam Eldenm Eb	44	HELOP	NT
7	Tarik Ragab Meki	44	NCITY	NT
8	Ibrahim Ahmed Hafeiz	43	HELOP	NT
9	Amr Ali Mohamed Ibrahim	43	WARD	NT
10	Gaser Mohamed Al Seikhy	43	YACHT	NT

Heat 7 of 12 Finals

1	Mohamed Mahmoud Fahmy	45	SHOOT	NT
2	Taeimour Ahmed Seifalla Gl	46	GEZIR	NT
3	Yaser Aseim Mahmoud	46	HELOP	NT
4	Ahmed Moha,med Nabil	47	HELOP	NT
5	Ahmed Ali Mohamed Yousef	47	TANTA	NT
6	Nabil Fayez Hanin	47	SHOOT	NT
7	Ahmed Mohamed Samy Abc	46	SHOOT	NT
8	Tamer Samir Ismail	46	SHOOT	NT
9	Tamer Zeinhoum	45	AHLY	NT
10	Abdel Rahman Yousef	45	SHOOT	NT

Heat 8 of 12 Finals

1	Khaled Salah El Din Moham	48	SHOOT	NT
2	Khaled Abdel Hamed Solim:	49	NCITY	NT
3	Yasser Saed Aly Ahmad Kha	52	SHOOT	NT
4	Yaser Mohamed Badr Al Gh:	53	SHAMS	NT
5	Mahmoud Mahmoud Al Ash	57	SHOOT	NT
6	Hany Aziz Sedky	56	SHOOT	NT
7	Omar Yehya Al Said	52	HELOP	NT
8	Amr Mohamed Samy Abdel	50	SHOOT	NT
9	Mohamed Ahmed Fadel	48	AHLY	NT
10	Hazem Amir	48	NCITY	NT

National Masters Cup 2019 - 2/28/2019 to 3/1/2019

Meet Program - 01-03-2019 Evening

Heat 9 Finals (#30 Men 20 & Over 50 LC Meter Breaststroke)

1	Ayman Fouad Zakareia	59	GEZIR	NT
2	Mostafa Hassan Abou El Fot	61	SHOOT	NT
3	Mohamed Sherif Amin Samy	63	MAADI	NT
4	Mohamed Houssein Warda	63	ALEX	NT
5	Mahmoud Nabih Mahmoud	64	WARD	NT
6	Ahmed Ibrahim Ghaly	64	HELOP	NT
7	Abdel Aziz Mohamed Hashi	63	HELOP	NT
8	Yasser Mohamad Monir Ism	63	SHOOT	NT
9	Mohamed Hesham Al Khesl	59	SMOHA	NT
10	Mohamed Zaki Mehana Has	57	GEZIR	NT

Heat 10 of 12 Finals

1	Yahya Gamal Eddin Aly Elba	66	SHOOT	NT
2	Gamal Ismail Mohamed	66	SHOOT	NT
3	Mohssein Abdel Kawy Al Hc	68	AHLY	NT
4	Ahmed Hany Yosef Ezz El D	70	SHOOT	NT
5	Tarik Ahmed Mongy Geiasa	73	GEZIR	NT
6	Ahmed Abdel Lattef Al Gaza	72	GEZIR	NT
7	Ramy Ahmed Refaat	70	GEZIR	NT
8	Adel Yakout Mohamed	67	SMOHA	NT
9	Mohamed Abdelfatah Moha	66	SHOOT	NT
10	Ahmed Mohamad Khairat	65	SHOOT	NT

Heat 11 of 12 Finals

1	Hassan Khameis Al Toumy	73	ALEX	NT
2	Yousef Anwar Ahmed Wahs	75	GEZIR	NT
3	Mohamed Sary Abdel Mona	75	TANTA	NT
4	Mohamed Samy Al Sarky	77	GEZIR	NT
5	Mahmoud Mohamed Ali	77	AHLY	NT
6	Salah El Din Mostafa Al Sab	77	SHOOT	NT
7	Mosaad Hassan Shehab	76	SHOOT	NT
8	Mohamed Refaat Ahmed Re	75	AHLY	NT
9	Mohamed Abdel Fattah Al S	74	ALEX	NT
10	Hesham Omar Sedky	73	SHOOT	NT

Heat 12 of 12 Finals

1	Mohamed Salah El Din Mori	79	SHOOT	NT
2	Ali Kamel Ali Kamel	82	AHLY	NT
3	Ahmed Samy Abdel Waneis	85	HELOP	NT
4	Al Sayed Mohamed Ahmed	87	SHOOT	NT
5	Ahmed Ibrahim Abdelaal	91	GEZIR	NT
6	Fawzy Zaki	88	ALEX	NT
7	Ahmed Fouad Kamal Ahmei	86	GEZIR	NT
8	Mahmoud Fahmy Souliman	82	GEZIR	NT
9	Ahmed Gawad Hamada	80	ALEX	NT
10	Housam Zaki Fahmy	78	GEZIR	NT

Event 31 Women 20 & Over 100 LC Meter Butterfly

20-24 Nation:	1:17.88	12/7/2018	Nour Hany Abou El Azzm
25-29 Nation:	1:18.52	12/7/2018	Nada Magdy Mohamed
30-34 Nation:	1:27.90	2009	Basant Ibrahim Abd El Wahab
35-39 Nation:	1:26.76	2005	Sherwitte Wafa Hafez
40-44 Nation:	1:33.42	2007	Sherwitte Wafa Hafez
45-49 Nation:	1:27.20	2013	Sherwitte Wafa Hafez
50-54 Nation:	1:50.63	12/7/2018	Sherwet Wafaa Mohamed
55-59 Nation:	2:20.73	2016	Mona Abd El Halem
60-64 Nation:	2:05.57	2009	Soheir El Attar Ahmed
65-69 Nation:	2:23.58	2015	Soheir El Attar Ahmed

Lane Name Age Team Seed Time**Heat 1 of 1 Finals**

2	Haidy Hossam Nabil El Cote	20	GEZIR	NT
3	Nour Hany Abou El Azzm	23	ALEX	NT
4	Hoda Moh.Fouad Al Redy	38	GEZIR	NT
5	Sahar Mohamed Al Taeiby	63	HELOP	NT
6	Sherwet Wafaa Moh. Hafez	52	GEZIR	NT
7	Nada Magdy Mohamed Abd	27	AHLY	NT
8	Sara Reda Al Hefnawy	21	WARD	NT

Event 32 Men 20 & Over 100 LC Meter Butterfly

20-24 Nation:	58.07	12/7/2018	Omar Ahmed Eid
25-29 Nation:	55.63	2017	Marwan Adel
30-34 Nation:	56.43	2015	Mostafa Ateif
35-39 Nation:	1:02.53	2018	Wael Dowidar
40-44 Nation:	1:04.44	12/7/2018	Haytham Hazeim
45-49 Nation:	1:09.90	2009	Osama Momtaz Ahmed
50-54 Nation:	1:11.94	2010	Osama Ahmed Momtaz
55-59 Nation:	1:14.94	2017	Osama Ahmed Momtaz
60-64 Nation:	1:24.28	12/7/2018	Magdy Khilil Mandur
65-69 Nation:	1:31.34	2013	Khameis Al Adawy

Lane Name Age Team Seed Time**Heat 1 of 5 Finals**

4	Marwan Essam Ismail Ossm	22	WARD	NT
5	Ahmed Yaser Salah El Din	23	HELDO	NT
6	Omar Ahmed Eid	23	HELDO	NT

Heat 2 of 5 Finals

2	Moaataz Bella Ali Mohamed	27	HELOP	NT
3	Mohamed Hesham Mohame	27	WARD	NT
4	Adham Ali Mohamed	29	HELOP	NT
5	Mostafa Ahmed Al Gabry	33	SHOOT	NT
6	Youseif Hesham Goumaa	32	HELOP	NT
7	Marwan Gamal Mahmoud T	27	SHOOT	NT
8	Ayman Mohamed Mokhta	27	SHOOT	NT
9	Nour Essam Ismail Ossman	24	WARD	NT

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1	Mahmoud Mohamed Refaat	34	SHAMS	NT
2	Sherif Adel Ramses	35	ZOHOR	NT
3	Karim Saad El Din Ibrahim	38	WARD	NT
4	Mohamed Ahmed Ibrahim	39	NCITY	NT
5	Haytham Hazeim	41	ALEX	NT
6	Adnan Hesham Omar	39	SHOOT	NT
7	Waled Ahmed Fouad	38	SHOOT	NT
8	Mohamed Al Sayed Yosry	35	SHOOT	NT
9	Abdelrahman Mohamad Za	34	SHOOT	NT
10	Ahmed Hafeiz Sharaf El Din	33	ZOHOR	NT

Heat 4 of 5 Finals

1	Mohamed Mahmoud Fahmy	45	SHOOT	NT
2	Ayman Mohamad Saed Elkv	47	SHOOT	NT
3	Hazem Amir	48	NCITY	NT
4	Aleksandr Ghrekhon Aleksa	52	SHOOT	NT
5	Ashraf Abdel Monaeim Moh	57	SUEZ	NT
6	Khaled Hossny Abdel Salan	53	SHOOT	NT
7	Hesham Hany Abdel Haleim	49	SUEZ	NT
8	Karim Assem Moh. Abou El	48	GEZIR	NT
9	Hany Farouk Mostafa Abdel	45	TANTA	NT
10	Osama Hassanein Ibrahim	45	SHOOT	NT

Heat 5 of 5 Finals

1	Ahmed Mohamed Ibrahim	59	SHOOT	NT
2	Mahmoud Nabih Mahmoud	64	WARD	NT
3	Ibrahim Ahmed Zaki	69	HELOP	NT
4	Khameis Ibrahim Al Adawy	72	ALEX	NT
5	Mohamed Sary Abdel Mona	75	TANTA	NT
6	Kamal Metwally Mandour	72	SUEZ	NT
7	Maged Mahmoud Kamel Fai	69	SHAMS	NT
8	Ali Selim Al Halaby	66	HELOP	NT
9	Ragaa Ahmed Taha Maarou	62	SHOOT	NT
10	Hassan Abdel Aziz Hassan	59	WARD	NT