

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

Meet Program - 01-03-2019 Morning

Event 19 Men 20 & Over 200 LC Meter IM

20-24 Nation:	2:52.01	12/6/2018	Amen Saady Kamel
25-29 Nation:	2:11.71	2017	Ahmed Hamdy Salem
30-34 Nation:	2:21.17	2017	Ahmed Kamal Hafeiz
35-39 Nation:	2:32.99	12/6/2018	Waled Ahmed Fouad
40-44 Nation:	2:44.59	2018	Haytham Mohamed Hazem
45-49 Nation:	2:40.25	2012	Amin Ahmed
50-54 Nation:	2:54.46	2010	Abdel Aziz Hashim
55-59 Nation:	2:50.95	2017	Osama Ahmed Momtaz
60-64 Nation:	3:13.91	2006	Marwan Mokhtar
65-69 Nation:	3:13.32	2015	Ghareb Atia Ahmed

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

2	Karim Mohamed Farouk	23	SHOOT	NT
3	Nour Essam Ismail Ossman	24	WARD	NT
4	Mohamed Ahmed Shendy	25	AHLY	NT
5	Moaataz Bella Ali Mohamed	27	HELOP	NT
6	Sherif Sami Ahmed	27	ZOHOR	NT
7	Mohamed Nour Ibrahim	24	AHLY	NT
8	Amen Saady Kamel	23	SHOOT	NT
9	Marwan Essam Ismail Ossr	22	WARD	NT

Heat 2 of 6 Finals

1	Karim Ebrahim Abdelfattah	28	SHOOT	NT
2	Ahmad Adel Elsayed Shalab	32	SHOOT	NT
3	Islam Hany Ahmed	33	SHAMS	NT
4	Ahmed Hafeiz Sharaf El Din	33	ZOHOR	NT
5	Sherif Adel Ramses	35	ZOHOR	NT
6	Karim Karam Ahmed	34	HELOP	NT
7	Mostafa Ahmed Al Gabry	33	SHOOT	NT
8	Omar Moh. Hossam Al Saba	32	GEZIR	NT
9	Mohamed Wageh Mstafa	32	AHLY	NT
10	Ayman Mohamed Mokhta	27	SHOOT	NT

Heat 3 of 6 Finals

1	Waled Ahmed Fouad	38	SHOOT	NT
2	Mohamed Ahmed Ibrahim	39	NCITY	NT
3	Mohamed Hany	40	SHOOT	NT
4	Haytham Hazeim	41	ALEX	NT
5	Amr Ali Mohamed Ibrahim	43	WARD	NT
6	Gaser Mohamed Al Seikhy	43	YACHT	NT
7	Kamal Fouad Hanafy Abdel	41	SMOHA	NT
8	Ali Mohamed Ali Salman	40	GEZIR	NT
9	Karim Saad El Din Ibrahim	38	WARD	NT
10	Mohamed Al Sayed Yosry	35	SHOOT	NT

Heat 4 of 6 Finals

1	Hany Farouk Mostafa Abdel	45	TANTA	NT
2	Ayman Mohamad Saed Elk	47	SHOOT	NT
3	Khaled Salah El Din Moham	48	SHOOT	NT
4	Aleksandr Ghrekhon Aleksa	52	SHOOT	NT
5	Sherif Salah El Din Mahmou	53	NCITY	NT
6	Khaled Hossny Abdel Salan	53	SHOOT	NT
7	Khaled Abdel Hamed Solim:	49	NCITY	NT
8	Hazem Amir	48	NCITY	NT
9	Nabil Fayez Hanin	47	SHOOT	NT
10	Ibrahim Ahmed Hafeiz	43	HELOP	NT

Heat 5 of 6 Finals

1	Ashraf Al Sayed Younes	58	HELOP	NT
2	Ahmed Mohamed Ibrahim	59	SHOOT	NT
3	Mostafa Hassan Abou El Fot	61	SHOOT	NT
4	Yasser Mohamad Monir Ism	63	SHOOT	NT
5	Montaser Mohamed Awad	65	AHLY	NT
6	Amr Mansour	64	ALEX	NT
7	Ragaa Ahmed Taha Maarou	62	SHOOT	NT
8	Nabil Abdel Hamed Ibrahim	60	MAADI	NT
9	Tarik Mohamed Abaza	58	AHLY	NT
10	Mahmoud Mahmoud Al Ash	57	SHOOT	NT

Heat 6 of 6 Finals

1	Ali Selim Al Halaby	66	HELOP	NT
2	Hany Kamal Nasar	67	HELOP	NT
3	Taher Khaled Mohamed Abu	69	SHOOT	NT
4	Khameis Ibrahim Al Adawy	72	ALEX	NT
5	Ahmed Mohamed Abdel Ba:	77	GEZIR	NT
6	Hassan Khameis Al Toumy	73	ALEX	NT
7	Karam Mohamed Habieb	72	HELOP	NT
8	Ibrahim Ahmed Zaki	69	HELOP	NT
9	Moneir Hossein Eisa Abdel	67	SHOOT	NT
10	Yahya Gamal Eddin Aly Elba	66	SHOOT	NT

Event 20 Women 20 & Over 200 LC Meter IM

25-29 Nation:	2:50.41	2018	Samira Mohamed Maher
30-34 Nation:	2:51.62	12/6/2018	Sherok Sherif Al Shenawy
35-39 Nation:	3:05.15	2017	Hoda Mohamed
40-44 Nation:	3:11.32	2007	Sherwitte Wafa Hafez
45-49 Nation:	3:23.77	2014	Sherwitte Wafa Hafez
50-54 Nation:	3:45.93	2014	Caroul Mary
55-59 Nation:	3:48.87	12/6/2018	Caroul Mary Reineh Gan Zakar
60-64 Nation:	4:31.38	2016	Neven Salah
65-69 Nation:	4:15.61	2015	Soheir El Attar Ahmed
70-74 Nation:		NT	

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

3	Haidy Hossam Nabil El Cote	20	GEZIR	NT
4	Nour Hany Abou El Azzm	23	ALEX	NT
5	Sameha Yassin Mobarak	31	SHAMS	NT
6	Nada Magdy Mohamed Abd	27	AHLY	NT
7	Hannya Hossam Nabil Ibrah	22	GEZIR	NT

Heat 2 of 2 Finals

1	Sama Ali Sulttan	40	ALEX	NT
2	Soah Mohamed Lotfy Shahe	48	ALEX	NT
3	Gaclen Mary Reneh Gan Zak	58	GEZIR	NT
4	Mona Mostafa Kamel	62	HELOP	NT
5	Souher Al Atar Anwar Al At	70	GEZIR	NT
6	Sahar Mohamed Al Taeiby	63	HELOP	NT
7	Mona Abdel Halim Abou Ali	59	ALEX	NT
8	Caroul Mary Reineh Gan Za	56	GEZIR	NT
9	Rasha Yousef Moh. Abd Elft	45	GEZIR	NT
10	Hoda Moh.Fouad Al Redy	38	GEZIR	NT

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

Meet Program - 01-03-2019 Morning

Event 21 Men 20 & Over 200 LC Meter Freestyle

25-29 Nation:	1:57.77	2017	Ahmed Hamdy Salem
30-34 Nation:	2:04.53	2017	Ahmed Kamal Hafeiz
35-39 Nation:	2:12.12	2012	Omar El Hamawy
40-44 Nation:	2:21.94	2016	Ayman Mohamed
45-49 Nation:	2:20.10	2018	Ayman Mohamed
50-54 Nation:	2:28.91	2018	Mostafa Ahmed Amin
55-59 Nation:	2:27.51	2017	Osama Ahmed Momtaz
60-64 Nation:	2:42.63	12/7/2018	Ragaa Ahmed Taha Maarouf
65-69 Nation:	2:54.25	2006	Ahmed Gawad Hamada
70-74 Nation:	2:52.77	2012	Ahmed Gawad Hamada

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	Youssef Ahmed Shendy	22	AHLY	NT
2	Mohamed Nour Ibrahim	24	AHLY	NT
3	Mohamed Ahmed Shendy	25	AHLY	NT
4	Sherif Abd Elazim Elbalal	27	ZOHOR	NT
5	Sherif Sami Ahmed	27	ZOHOR	NT
6	Ayman Mohamed Mokhta	27	SHOOT	NT
7	Loway Al Sabahy	26	AHLY	NT
8	Taher Mohamed Taher	24	WARD	NT
9	Omar Ashraf Ahmed Al Said	22	WARD	NT

Heat 2 of 7 Finals

1	Adham Ali Mohamed	29	HELOP	NT
2	Abdel Hakeim Essam Farag	29	HELOP	NT
3	Mohamed Wageh Mstafa	32	AHLY	NT
4	Omar Moh. Hossam Al Saba	32	GEZIR	NT
5	Sherif Tarik Ahmed Nafeia	34	SHAMS	NT
6	Ahmed Hafeiz Sharaf El Din	33	ZOHOR	NT
7	Yaser Mohssein Fahmy	32	SHAMS	NT
8	Ahmed Kamal Hafeiz	32	MAADI	NT
9	Mohamed Ebrahim Al Bakal	29	SHOOT	NT
10	Karim Ebrahim Abdelfattah	28	SHOOT	NT

Heat 3 of 7 Finals

1	Mohamed Al Sayed Yosry	35	SHOOT	NT
2	Mohamed Ahmed Ezzat	38	SHOOT	NT
3	Mohamed Ahmed Ibrahim	39	NCITY	NT
4	Ali Mohamed Ali Salman	40	GEZIR	NT
5	Amr Ali Mohamed Ibrahim	43	WARD	NT
6	Ahmed Ali Youseif	41	ALEX	NT
7	Mohamed Hany	40	SHOOT	NT
8	Waled Ahmed Fouad	38	SHOOT	NT
9	Ahmed Mohamed Gadalla	37	SUEZ	NT
10	Sherif Adel Ramses	35	ZOHOR	NT

Heat 4 of 7 Finals

1	Ayman Mohamad Saed Elkvi	47	SHOOT	NT
2	Mohamed Ahmed Esaad	48	AHLY	NT
3	Aleksandr Ghrekhon Aleksa	52	SHOOT	NT
4	Ashraf Hamdy Zeiyada	53	SHOOT	NT
5	Yaser Farouk Yousef	55	SHOOT	NT
6	Sherif Salah El Din Mahmou	53	NCITY	NT
7	Yasser Saed Aly Ahmad Kha	52	SHOOT	NT
8	Amr Mohamed Samy Abdel	50	SHOOT	NT
9	Karim Assem Moh. Abou El	48	GEZIR	NT
10	Nabil Fayez Hanin	47	SHOOT	NT

Heat 5 of 7 Finals

1	Ashraf Al Sayed Younes	58	HELOP	NT
2	Ahmed Mohamed Ibrahim	59	SHOOT	NT
3	Mohy Ali Moh. Gamal Awaa	60	GEZIR	NT
4	Mohamed Sedky Nour El Di	63	HELOP	NT
5	Yahya Gamal Eddin Aly Elba	66	SHOOT	NT
6	Mahmoud Nabih Mahmoud	64	WARD	NT
7	Ragaa Ahmed Taha Maarouf	62	SHOOT	NT
8	Hassan Abdel Aziz Hassan	59	WARD	NT
9	Tarik Mohamed Abaza	58	AHLY	NT
10	Hamdy Yossef Abbas Ragab	55	SHOOT	NT

Heat 6 of 7 Finals

1	Hany Kamal Nasar	67	HELOP	NT
2	Ibrahim Ahmed Zaki	69	HELOP	NT
3	Maged Mahmoud Kamel Fa	69	SHAMS	NT
4	Khameis Ibrahim Al Adawy	72	ALEX	NT
5	Kamal Metwally Mandour	72	SUEZ	NT
6	Karam Mohamed Habieb	72	HELOP	NT
7	Mohamed Mahmoud Abas	69	SHOOT	NT
8	Taher Khaled Mohamed Ab	69	SHOOT	NT
9	Sherin Mohamed Eltaye	67	AHLY	NT
10	Moataz Mohamed Talaat	67	HELOP	NT

Heat 7 of 7 Finals

1	Mohamed Abdel Fattah Al S	74	ALEX	NT
2	Mahmoud Mohamed Ali	77	AHLY	NT
3	Ehab Mohamed Abdel Hafei	79	HELOP	NT
4	Mohamed Fadel Waheba	80	GEZIR	NT
5	Ahmed Mostafa	88	SHOOT	NT
6	Ahmed Fouad Kamal Ahme	86	GEZIR	NT
7	Baheig Boshra Meikhaeil	79	HELOP	NT
8	Housam Zaki Fahmy	78	GEZIR	NT
9	Mosaad Hassan Shehab	76	SHOOT	NT
10	Ahmed Abdel Lattef Al Gaza	72	GEZIR	NT

Event 22 Women 20 & Over 200 LC Meter Freestyle

25-29 Nation:	2:16.77	12/7/2018	Amina Magdy Mostafa
30-34 Nation:	2:37.38	2018	Hebatalla Hany Mohamed
35-39 Nation:	2:42.07	2015	Sama Ali
40-44 Nation:	2:46.98	2007	Sherwitte Wafa Hafez
45-49 Nation:	2:54.23	2013	Sherwitte Wafa Hafez
50-54 Nation:	3:03.77	2016	Mary Antwan
55-59 Nation:	3:26.32	12/7/2018	Caroul Mary Reineh Gan Zakar
60-64 Nation:	3:45.42	2011	Soheir El Attar Ahmed
65-69 Nation:	3:15.93	2018	Soheir El Attar Ahmed
70-74 Nation:	5:51.62	2017	Sameha Kamal Saif

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

4	Salwa Gorge Riae	26	ZOHOR	NT
5	Aya Ezz El Din Abdel Haleir	31	SHAMS	NT
6	Nada Magdy Mohamed Abd	27	AHLY	NT

National Masters Cup 2019 - 2/28/2019 to 3/1/2019**Meet Program - 01-03-2019 Morning****Heat 2 Finals (#22 Women 20 & Over 200 LC Meter Freestyle)**

1	Hebatollah Yahya Abdelrahi	33	SHOOT	NT
2	Sama Ali Soultan	40	ALEX	NT
3	Soah Mohamed Lotfy Shahe	48	ALEX	NT
4	Elham Ali Mohamed Ibrahim	54	WARD	NT
5	Gaclen Mary Reneh Gan Zak	58	GEZIR	NT
6	Angred Wezman	56	GEZIR	NT
7	Hala Ghazy	52	AHLY	NT
8	Mona Mahmoud Rzk	43	GEZIR	NT
9	Marwa Mohamed Abdelaaty	35	NCITY	NT
10	Sameha Yassin Mobarak	31	SHAMS	NT

Heat 3 of 3 Finals

1	Mona Abdel Halim Abou Ali	59	ALEX	NT
2	Sahar Mohamed Al Taeiby	63	HELOP	NT
3	Mona Kamel Youseif	65	HELOP	NT
4	Enas Al Atar Anear Al Atar	72	GEZIR	NT
5	Sameha Kamal Seif El Nasr	76	HELOP	NT
6	Nagwa Yousef Gharab	76	HELOP	NT
7	Souher Al Atar Anwar Al At:	70	GEZIR	NT
8	Gelan Akl Fawzy	64	HELOP	NT
9	Rawiea Mohamed Asaad	63	SHOOT	NT
10	Neven Ramez Al Nagar	59	HELOP	NT