

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 16-11-2019 Morning

Event 1 Girls 11 Year Olds 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 19 Timed Finals				
1	Wafaa Mohamed Ahmed Kandel	11	Ezbet Nahda	NT
2	Rodaina Mohamed Ameen	11	M.S Tagamoa	NT
3	Farida Mohammed Zakaria	11	Raas El Bar Club	NT
4	Bsmla Abdo abd Eltawab	11	15 May	NT
5	Natally Sameh Rashad	11	Al Qusiya Club	NT
6	Joliana Gerges Bebawy	11	Al Qusiya Club	NT
7	Youanna Ashraf Fawzy	11	Al Qusiya Club	NT
8	Malak Amr Salah	11	Senzo	NT
9	Habiba Ahmed Rabah	11	Canal El Suez	NT
Heat 2 of 19 Timed Finals				
1	Nathalie Hani Ayad Shokry Badrous	11	Heliolido	1:00.80
2	Basmla Tamer Ramadan ali	11	Taleaa El Gish Club	56.03
3	Jody Waseem Adel	11	Moasasa Riadiyah Askaria	55.29
4	Habiba Akram Zienom	11	M.S Tagamoa	54.59
5	Habiba Bassam	11	El Ghaba	53.87
6	rem Hassan Ahmed	11	Al Tersana	53.91
7	Sofya Somael Fakhre	11	El Mekaweloun	54.79
8	Nada Mahmoud Anber	11	Rehab	55.93
9	Sohaila Mohamed Sayed	11	Moasasa Riadiyah Askaria	58.13
10	Jana Mohamed Maged	11	Enppi	1:05.67
Heat 3 of 19 Timed Finals				
1	Marim Maged Amaad	11	Sharks Team	53.68
2	Nada Mohamed Fouad	11	Taleaa El Gish Club	53.46
3	Mariam Ahmed Elsayed Gado	11	Moasasa Riadiyah Askaria	52.67
4	Arwa Mohamed Shawky	11	Moasasa Riadiyah Askaria	51.00
5	Noor Mohamed Ahmed Elsayed Elkhoully	11	Heliolido	50.79
6	Donna Nader Emile Barsome Khalile	11	Heliolido	50.99
7	Sama Bassem Mahmoud Kamel	11	Moasasa Riadiyah Askaria	51.98
8	Malak Ashraf	11	Mansheit Naser	53.31
9	Jody Islam Ibrahim	11	Moasasa Riadiyah Askaria	53.58
10	Sarah Saber Mohamed	11	M.S Tagamoa	53.73
Heat 4 of 19 Timed Finals				
1	Maram Eslem Edal	11	El Obour	49.43
2	Maram Ahmed Saed Mahmid	11	Tanta	49.04
3	Sahar Nader Ibrahim Hassan	11	Tawfekaya	48.97
4	Rana Sherif Ibrahim	11	El Nasr Club	48.78
5	Habiba Yousery Abdel Monaem	11	El Nasr Club	48.25
6	Farida Ramy Mahmoud Magdy Abdelhamied	11	Heliolido	48.28
7	Zena Tamer Sayd	11	El Mekaweloun	48.92
8	Gana Mahmoud Foad Mahmoud	11	Tanta	48.98
9	Hana Tahir Mohamed Ali	11	Tawfekaya	49.16
10	Fatma Ebrahim Elshabrawy	11	Sharks Team	49.84

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 5 Timed Finals... (Event 1 Girls 11 Year Olds 50 LC Meter Backstroke)**

1	Amira Ahmed Mohamed	11	El Ghaba	48.11
2	Aya Mohsen	11	Cairo	47.93
3	Goudy abd Elazez Mostafa	11	Talbeia	47.84
4	Noha Mohmed Mohmed	11	15 May	47.75
5	Retal Hesham Elazap	11	El Mekaweloun	47.39
6	Marina Sameh Mina Saleb Mina	11	Heliolido	47.47
7	Sarah Haitham Hazem	11	Sporting	47.79
8	Jana Ahmed Ali	11	El Ghaba	47.86
9	Goody Hany Nabil	11	Nasr City	47.98
10	Farida Ahm. Aly Shakeeb	11	El Gezira	48.18

Heat 6 of 19 Timed Finals

1	Sama Ahmed Mohamed	11	Tagamoa Heljhts	47.37
2	Login Hossam Eldin Tageldin	11	Sharks Team	47.09
3	Gana Mohamed Abd Elslaam	11	Taleaa El Gish Club	46.74
4	Nouren Mohamed Elsayed	11	Helwan Club	46.43
5	Khadija Eslam Ahmed Samih	11	Sporting	46.23
6	Khadija Moustafa Mohamed Talaat	11	Maadi	46.23
7	Almas Maged Mohamed	11	Helwan Club	46.52
8	Salma Ahmed Morsi AhmedMorsi	11	6th	46.90
9	Sara Ahmed Hamza	11	El Obour	47.29
10	Kenzy Ahmed Abd Elmenaim Aly	11	6th	47.39

Heat 7 of 19 Timed Finals

1	Gomana Hosam Elashtokhy	11	Tanta	46.15
2	Donya Ahmed aly Yousef	11	Tanta	45.74
3	Hana Tarek Mostafa	11	Enppi	45.70
4	Logein Mohammed Mostafa	11	Talbeia	45.60
5	Hala Tarek Asim Mohamed	11	Nasr City	45.42
6	Kenzy Motaz Elsayed Ahmed	11	Tanta	45.49
7	Gody Mohamed Esmail	11	Enppi	45.63
8	Malak Mohamed el Bahr	11	Sporting	45.73
9	Mariam Ahmed Attia Mohmud	11	Taleaa El Gish Club	46.11
10	Malk Amr Hassan	11	Enppi	46.17

Heat 8 of 19 Timed Finals

1	Hapepa Mohamed Helmy	11	El Mekaweloun	45.29
2	Lojen Mohamed Omar	11	El Nasr Club	45.12
3	Jana Mohamed Darwish	11	El Ghaba	45.08
4	Nourhan el Sayed Mahmoud	11	Hadak Al Ahram	44.93
5	Logein Mohamed Ahmed Hany	11	El Obour	44.80
6	Malk Mohamed Effat	11	Hadak Al Ahram	44.81
7	Karma Mohmed Ahmed	11	Cairo	45.03
8	Hana Asad Alsaid Shmata	11	6th	45.09
9	Ganaa Mohamed Shehata	11	Al Shehk Zaeid	45.24
10	Yasmin Amr Nagib Mahmoud	11	Heliopolis	45.29

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 9 Timed Finals... (Event 1 Girls 11 Year Olds 50 LC Meter Backstroke)**

1	Yasmin Abdel Gawad Hamed	11	Hadak Al Ahram	44.71
2	Malak Hesham Abd El Sallam Beshr	11	Maadi	44.65
3	Joudy Mohamed Saied	11	El Zohour	44.58
4	Hana Hany Mohamed Salah Eldin	11	6th	44.53
5	Sandra Emad Onsy	11	Rowad	44.47
6	Maya Hazem Fouad Morsy	11	El Shams	44.52
7	Demi Ahmed Fahmy Marwan	11	Nasr City	44.56
8	Sama Salah Eldin Mohmud Morade	11	Taleaa El Gish Club	44.61
9	Habiba Mohamed Zaki	11	Helwan Club	44.66
10	Miracle Ramy Guirguis	11	Rehab	44.75

Heat 10 of 19 Timed Finals

1	Farha Mouhamed Mahmmoud	11	Al Shehk Zaeid	44.40
2	Hana Amr Mohamed Taha	11	6th	44.29
3	Jana Saied Othman Mohamed Othma	11	Olympic	44.23
4	Jana Mohamed Abdeltawab	11	Helwan Club	44.03
5	Laila Mahmoud Mohamed Mahmoud	11	Shooting	43.95
6	Rokaia Ayman Mohamed Magdy	11	El Zohour	44.03
7	Lily Mohamed Abdel Raouf Ahmed	11	Tawfekaya	44.20
8	Goudy Esmail Adel	11	Heliopolis	44.23
9	Salma Ahmed Elsaid	11	Gezira El Ward	44.32
10	Ayla Mohamed Ali EL Medany	11	Heliopolis	44.42

Heat 11 of 19 Timed Finals

1	Malak Hesham Ibrahim	11	El Zohour	43.73
2	Jana Mostafa Hassan	11	El Zohour	43.63
3	Farida Amr Tarek Zaied	11	El Zohour	43.44
4	Nada Amr Mohamed ElGhareeb ElSayed	11	Heliolido	43.02
5	Malk Jamal Mohamed	11	Hadak Al Ahram	42.94
6	Joanna Waleed Shanan	11	Maadi	43.01
7	Habeba Ahmed Mohmed Abdou	11	Heliopolis	43.26
8	Gana Mohamed Mostafa	11	Tanta	43.51
9	Jana Samir Mohamed Mohamed	11	El Nasr Club	43.72
10	Salma Mohamed Ibrahiem Ibrahiem	11	El Shams	43.81

Heat 12 of 19 Timed Finals

1	Lina Mohamed Ramadan Ahmed	11	6th	42.74
2	Karen Gource Victor	11	El Ghaba	42.60
3	Malak Reda Mohamed Soror	11	Taleaa El Gish Club	42.47
4	Saja Walid Metwally	11	Sporting	42.34
5	Malak Hassan abu Sheashea	11	Stad Mansoura	42.06
6	Malak Yasser Abdellatif	11	Sporting	42.32
7	Zeina amr Mohammed	11	Talbeia	42.38
8	zad Ahmed Mohamed	11	15 May	42.57
9	Goody Aslam Mohamed Shawky	11	Nasr City	42.62
10	Rahma Hatem	11	Talbeia	42.76

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 13 Timed Finals... (Event 1 Girls 11 Year Olds 50 LC Meter Backstroke)**

1	Lojain Mahmoud Fouad Abd Elalem	11 Shooting	41.91
2	Kenzy Hamada Saad	11 Ahly	41.85
3	Haya Samir Mohamed	11 Nasr City	41.77
4	Jenviave Micheal Ibraheim	11 Taleaa El Gish Club	41.65
5	Hania Mohamed Asem	11 Enppi	41.49
6	Gana Khaled Mostafa	11 Ahly	41.63
7	Laila Hossam Eldin	11 Enppi	41.75
8	Hana Mohmed Safwat	11 Cairo	41.80
9	Farida Mostafa Ahmed Fathy	11 Shooting	41.90
10	Khadeja Osama Hussien	11 Cairo	41.92

Heat 14 of 19 Timed Finals

1	Shahd 0 Mohamed Mahmoud	11 Shooting	41.46
2	Zeina Mohamed Abdel Moaez	11 Ahly	41.35
3	Lana Bassem Hesham	11 Stad Mansoura	41.30
4	Nour Mohamed Elsoda	11 Maadi	41.20
5	Habeba Waled Mahmud Shref O	11 Smouha	41.11
6	Yara Tamer Saed Mohamed	11 6th	41.14
7	Salma Mohamed Azmy Abdallah	11 Moasasa Riadiah Askaria	41.29
8	Marim Amr Mohamed	11 El Nasr Club	41.31
9	Loujaen Ahmed Abd Al Halem	11 Shooting	41.37
10	Kinzy Yahia Mohamed Sameh	11 Enppi	41.48

Heat 15 of 19 Timed Finals

1	Retag Abas Sayed Abas	11 Tanta	40.91
2	Hour een Samer Elsaeid Shaban	11 Smouha	40.88
3	Nour Mohamad Hassan Moham	11 Smouha	40.63
4	Logain Ahmed Hamdy	11 Hadak Al Ahram	40.42
5	Saba Ahmed Elshabrawy	11 Ahly	40.31
6	Yasmin Khaled Abdelraoof	11 Zamalek	40.33
7	Menatallah Galal Samir	11 Zamalek	40.56
8	Shahd Abdelhammid Elsaid	11 Stad Mansoura	40.71
9	Shahd Hassan Gamal	11 Cairo	40.90
10	Hanin Saeed	11 Zamalek	40.97

Heat 16 of 19 Timed Finals

1	Hana Nabil Ahmed	11 Cairo	40.20
2	Fayruz Hussien Hanfy Baker	11 El Shams	39.94
3	Yara Ahmad Nageb Ahmad Ab	11 Smouha	39.87
4	Nijar Mousa Mohamed	11 Helwan Club	39.74
5	Nancy Mostafa Ibrahiem Mohamed	11 El Shams	39.65
6	Kenzy Shadi Mohamed Elhena	11 Stad Mansoura	39.73
7	Sadan Khaled Mostafa Mahmo	11 Bank Ahly Alex	39.75
8	Lojain Tarek Esmail	11 Heliopolis	39.93
9	Noor Hassan Mohamed	11 Hadak Al Ahram	40.13
10	Zeina Amr Hussein	11 Ahly	40.28

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 17 Timed Finals... (Event 1 Girls 11 Year Olds 50 LC Meter Backstroke)**

1	Marem Ahmad Abdelgafar Ahm	11	Smouha	39.47
2	Jana Maged Amir	11	El Zohour	39.45
3	Laila Waled EL Shahat Mansour	11	Heliopolis	39.24
4	Salma Mohamed Saeed	11	Hadak Al Ahram	38.99
5	Norai Mohamed Galal	11	Shooting	38.76
6	Farah Ahmed	11	Heliopolis	38.79
7	Mariam Hossam Elden Hassan	11	Cairo	39.21
8	Rawan Mohamed Saleh Mohmaed	11	El Shams	39.38
9	Rawan Yahia	11	Zamalek	39.46
10	Hala Eslam Adel Yasin	11	Ahly	39.50

Heat 18 of 19 Timed Finals

1	Malak Saher Samy	11	Helwan Club	38.61
2	Yasmen Naser Esmael Mohamad	11	Smouha	38.47
3	Gana Allaeldin Mohamed	11	El Shams	38.26
4	Haya Mohamed Mahmoud	11	Wadi Degla	38.25
5	Lina Haythaim Hassan	11	Wadi Degla	38.21
6	Salma Khaled Mohamed	11	Wadi Degla	38.24
7	Logien Osama Mohamed Mahfouz	11	El Shams	38.25
8	Malak Mohamed Hassan	11	Ghazl El Mahala	38.37
9	Gana amr Shahen	11	Zamalek	38.51
10	Joudy Khaled Saied Ismail	11	Olympic	38.72

Heat 19 of 19 Timed Finals

1	Rokan Tamer O Ismail	11	Shooting	37.25
2	Malak Islam Gamal	11	Wadi Degla	37.10
3	Mennatallah Tamer Fawzy	11	Wadi Degla	36.49
4	Arwa Faisal El Sherif	11	Wadi Degla	36.35
5	Mariam Yasser Mohamed	11	Wadi Degla	36.21
6	Habeba Mohamad SaeydShabl	11	Smouha	36.33
7	Maya Abdelaziz Zakaria	11	Ahly	36.39
8	Hala Amr	11	El Ghaba	36.57
9	Zeina Ahmed Medhat	11	El Zohour	37.14
10	Hala Aboser	11	Baladyat El Mahala	37.64

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 16-11-2019 Morning

Event 2 Girls 14 Year Olds 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Timed Finals				
2	Nadira Mohamed aly al Najjar	14	15 May	NT
3	Rahma Esam Abdelatif	14	Al Qusiya Club	NT
4	Manal Mahmoud Aily Mohamed	14	Al Shark Port Said	49.46
5	Joumana Sayed Shahat	14	El Nasr Club	47.17
6	Malak Gamal Matwally	14	El Zohour	47.52
7	Mariam Mohamed Atef	14	Al Qusiya Club	NT
8	Fatma Mohammed Abu Arab	14	Heliolido	NT
Heat 2 of 8 Timed Finals				
1	Nourhan Hussien Ahmed	14	Taleaa El Gish Club	46.94
2	Lyla Mohamed Rmdan	14	6th	46.19
3	Menna Alla Mohamed Moustafa	14	Zamalek	44.89
4	Yara Osama Mohamed Zaatara	14	Taleaa El Gish Club	43.60
5	Sindrilla Mohamed Saied	14	Zamalek	41.92
6	Maria Mina	14	El Ghaba	43.29
7	Malak Hesham Ahmed	14	Zamalek	44.41
8	Gana Mohamed abd el Salam	14	Hadak Al Ahram	46.17
9	Nour Bahaa Mostafa	14	Hadak Al Ahram	46.30
10	Nor Sheref Adel	14	Mansheit Naser	47.04
Heat 3 of 8 Timed Finals				
1	Shza Ahmed Hmdy Ahmed	14	6th	41.38
2	Karma Ahmed Elmohandes	14	Cairo	40.92
3	Yosr Wael Gmal	14	Heliopolis	40.42
4	Malak Amr Abd EL Khalek	14	Heliopolis	40.16
5	Nor Salah El Din Mohmed	14	Shooting	40.03
6	Hana Walaa Abdelhakim	14	El Obour	40.15
7	Karma Abdel Fattah Abdul Muttalib Kedr	14	Shooting	40.27
8	Fareda Shreif Halouda	14	Heliopolis	40.63
9	Doha Hussein Fathy Hussein	14	El Nasr Club	41.19
10	Nadin Hatem MakramAbd Elraouf	14	Shooting	41.78
Heat 4 of 8 Timed Finals				
1	Gana Walid Mohamed	14	Ahly	39.75
2	Jana Mohamed Samy	14	Smouha	39.54
3	Shahd Ahmed 0 al Ansari	14	Shooting	39.27
4	Sara Ibrahim Mohamed	14	Ahly	38.58
5	Gana Mohamed Ibrahim	14	Ahly	38.45
6	Hana Hisham Mohamed Yousi	14	Smouha	38.52
7	Joanna Ateef Gatas	14	Zamalek	39.10
8	Reem Ashraf Hassan	14	Ahly	39.35
9	Salma Osama Kamal	14	Elethead	39.55
10	Laila Mohamed Nabil Baiomy	14	Heliopolis	39.83

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 5 Timed Finals... (Event 2 Girls 14 Year Olds 50 LC Meter Backstroke)**

1	Amira Shawky Abd Elal Elsnosy	14	El Nasr Club	38.26
2	Farida amr Atia Saad	14	Nasr City	38.00
3	Sama Houssen Zahyan	14	Zamalek	37.55
4	Farah Mohamed Moussa Kotb	14	Olympic	37.46
5	Nour Mohamed Abd El Hady	14	Sporting	37.23
6	Rim Husin Khallaf	14	Tanta	37.33
7	Malak Mostafa Beshir	14	Ahly	37.50
8	Karma Abd el Rhman Ezzt Mohamed	14	El Shams	37.68
9	Habiba Ahmed Abd El Fattah	14	Wadi Degla	38.10
10	Malak Hasan Moh. Elhoshy	14	El Gezira	38.40

Heat 6 of 8 Timed Finals

1	Habiba Sameh Fahmy	14	Heliopolis	37.10
2	Fyrouz Wael Youssef	14	Talbeia	36.51
3	Jana Sherif Mahmoud	14	Wadi Degla	36.33
4	Zena Mahmoud Mohamed Mosa	14	El Ghaba	36.22
5	Rewan Saed Khames Mahmoud	14	Bank Ahly Alex	35.97
6	Jana Mohamed Mahmoud	14	El Zohour	36.04
7	Karen Emad Email	14	Wadi Degla	36.26
8	Alaa Amr El Sokry	14	Sporting	36.34
9	Soha Hesham El Said Mohamed	14	Shooting	36.65
10	Anan Mohamed Yehia	14	El Mekaweloun	37.14

Heat 7 of 8 Timed Finals

1	Sama Tarek Salah	14	Wadi Degla	35.82
2	Haya HossamEldin Kndel	14	Smouha	35.47
3	Somia Ahmed Mohamed	14	El Ghaba	34.71
4	Farah Mohammed Abd Rabbo	14	Wadi Degla	34.47
5	Gana Tarek Mohamed Farid	14	Shooting	34.04
6	Gody Ahmed Badawy Mhmoud	14	Smouha	34.27
7	Malak Mohamed Mhmoud Hamad	14	Smouha	34.49
8	Aida Ahm. Mohssin Abd Elrazek	14	El Gezira	35.28
9	Haya Hisham ali	14	Al Tersana	35.58
10	Sara Tarek Ahmed Mohsen	14	Maadi	35.97

Heat 8 of 8 Timed Finals

1	Lela Ahmed Kamal	14	El Ghaba	33.49
2	Hanan Ahmed Mohamed Mahmoud	14	Olympic	33.19
3	Farida Amr Mohamed Abd El Motelib	14	Shooting	32.58
4	Nour Mohamed Ibrahim Ali	14	Smouha	32.17
5	Raghd Mohamed Elsaid Moham	14	Smouha	31.19
6	Rodaina Mohamed Saad	14	Wadi Degla	32.07
7	Leila Mohamed Ibrahim	14	Wadi Degla	32.56
8	Malak Khaled Abdel Aziz	14	Ahly	32.85
9	Goumana Tarek Yehia	14	Ahly	33.28
10	Jana Gehad El Assal	14	Tawfekaya	33.52

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 16-11-2019 Morning

Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 23 Timed Finals				
3	Abdel Rahman Mohamed Shaban	11	15 May	NT
4	Hamza Ahmed Sayed	11	Canal El Suez	NT
5	Omar Mohamed Abdel Azem	11	Al Hawar	NT
6	Mostafa ElSayed Hassan	11	Canal El Suez	NT
7	Yasin Mohamed Refaee	11	Beni Suef Club	NT
8	Antouny Joun Roshdy Aziz	11	Rahalat Sohaj	NT
Heat 2 of 23 Timed Finals				
1	Shady Osama Waheeb	11	Al Qusiya Club	NT
2	Yousif Amro Drahim	11	Raas El Bar Club	NT
3	Mohamed Medhat Abd ElHalim	11	Canal El Suez	NT
4	Samer Mohamed Abdul Fttah	11	Enppi	2:05.28
5	Ahmed Ayman Ismail	11	Rehab	2:00.15
6	Kamal Amr Mohamed Moselhey Mor	11	S Shbein Al Koum	2:01.06
7	Mohamed Mahmoud Mawod	11	Enppi	2:05.81
8	Abdelrahman Ahmed Mohamed	11	Canal El Suez	NT
9	George Onsy Makram	11	Al Qusiya Club	NT
10	Mohamed Ayman Mohamed	11	Moasasa Riadiah Askaria	NT
Heat 3 of 23 Timed Finals				
1	Fras Tarek abd al Azim	11	Nasr City	1:59.89
2	Basem Mohamed Rejeb	11	El Obour	1:58.20
3	Mahmoud Mohamed Atef	11	Taleaa El Gish Club	1:57.37
4	Mostafa Mohamed Ramzy	11	Helwan Club	1:56.66
5	Omar Abdelkhalek Mahmoud Elhaggar	11	Taleaa El Gish Club	1:55.20
6	Steven Sami Fanous Yacoup Mossa	11	Heliolido	1:56.15
7	Ahmed Reda Ismaail	11	Helwan Club	1:56.76
8	Nader Khaled Mostafa Raheem	11	Moasasa Riadiah Askaria	1:58.03
9	Mostafa Mohamed Nishait	11	Nasr City	1:59.17
10	Karim Mahmoud Shafik	11	Enppi	2:00.04
Heat 4 of 23 Timed Finals				
1	Mohaz Ali Mohsan	11	El Obour	1:54.77
2	Hamza Mohamed Shaaban	11	Hadak Al Ahram	1:53.47
3	Abdelaziz Mohamed Abdelaziz	11	Helwan Club	1:53.23
4	Mostafa Sayed Hashem Sayed	11	Taleaa El Gish Club	1:52.56
5	Yassin Mohamed Samy	11	Hadak Al Ahram	1:52.37
6	Eyad Mahmed Arafa	11	El Nasr Club	1:52.50
7	David Wael Samer	11	Rehab	1:52.80
8	Mohamed Amr Mohamed Mosulhy Mors	11	S Shbein Al Koum	1:53.40
9	Gaser Sherif Shawky Abdalla Abdelrahim	11	Heliolido	1:53.60
10	Eyad Ehab Abdelfattah	11	Helwan Club	1:54.91
Heat 5 of 23 Timed Finals				
1	Mazen Saher Samy	11	Helwan Club	1:52.14
2	Ahmed Ramy Said Amin	11	Moasasa Riadiah Askaria	1:51.34
3	Fady John Nagy Fahmy	11	Taleaa El Gish Club	1:51.09
4	Mazen Ahmed Salam	11	Enppi	1:50.84
5	Abdelrahman Ahmed Metwaly	11	Enppi	1:49.85
6	Omar Mohamed abd el Basit	11	Police Club	1:49.87
7	Adam Abdullah Ahmed Hassan	11	Tawfekaya	1:50.95
8	Yosif Hatem Yosif	11	El Nasr Club	1:51.12
9	Eyad Molham Mahmoud Mohamed	11	Maadi	1:51.49
10	Yousief Emad Saied	11	Cairo	1:52.31

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 6 Timed Finals... (Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke)**

1	Amar Ahmed Abdel Ader	11	Beni Suef Club	1:49.74
2	Yousef Hosam Elden Arafa	11	El Mekaweloun	1:49.08
3	Yasin amr Morad	11	Heliopolis	1:48.88
4	Omar Moustafa Mohamed El Hemeely	11	Heliolido	1:48.49
5	Omer Mohamed Mostefe	11	El Obour	1:48.11
6	Hamza Mohamed Abdelmonem Abdelfata	11	Taleaa El Gish Club	1:48.17
7	Yousef FatoH Moustafa	11	El Nasr Club	1:48.79
8	Tayem Wessam Azab	11	Sporting	1:48.90
9	Mohamed Waled Taher	11	Rowad	1:49.23
10	Mohamed Ahmed Mohamed	11	Hadak Al Ahram	1:49.74

Heat 7 of 23 Timed Finals

1	Moaz Almansy	11	Baladyat El Mahala	1:47.56
2	Mostafa Kamal Ebrahim	11	15 May	1:47.54
3	Mohmed Mahmoud ali Mohmed	11	15 May	1:47.22
4	Ibrahim Ahm. Aziz Ezzat Hasan	11	El Gezira	1:47.00
5	Ahmed Haitham Mohamed	11	Enppi	1:46.32
6	Mohamed Reda Badr	11	15 May	1:46.34
7	Omar Mohamed Hazem	11	Police Club	1:47.06
8	Abdullah Ahmed Farouk	11	M.S Tagamoa	1:47.37
9	Mohamed Tamer Ahmed	11	Shooting	1:47.56
10	Abdel Rahman Emad Ezat	11	Al Shehk Zaeid	1:47.67

Heat 8 of 23 Timed Finals

1	Mostafa Ibrahim Moh. Abo Bakr ElMisiry	11	El Gezira	1:45.77
2	Omar Ahm. Hasan Moh. Elshrbene	11	El Gezira	1:45.39
3	Mostafa Ahmed AL Saeed	11	Rowad	1:45.03
4	Marwan Ahmed Mostafa Kamel	11	El Zohour	1:45.00
5	Ibrahim Alaa Eldin El Messary	11	Shooting	1:44.90
6	Hassan Karim Ahmed Klela	11	Heliopolis	1:44.90
7	Mohamed Samir Mahmod	11	Al Tersana	1:45.02
8	Mohamed Wahid Ahmed Abo El Fottoh	11	Maadi	1:45.25
9	Mahmoud Soliman abd Alkhalek	11	Taleaa El Gish Club	1:45.61
10	Ebrahim Mohamed Ahmed	11	El Ghaba	1:45.92

Heat 9 of 23 Timed Finals

1	Mohab Elden Esmeil abd Elsamia	11	El Obour	1:44.72
2	Abd El Aziz Mohamed Abd El Aziz Wahba	11	Maadi	1:44.43
3	Ahmed Hasan Ahmed	11	Hadak Al Ahram	1:44.27
4	Marwan Ayman Usama	11	El Zohour	1:43.49
5	Mahmoud Khaled Mahmoud Samy Bishr	11	El Shams	1:43.35
6	Omar Khaled Mohamed	11	El Zohour	1:43.48
7	Omar Ahmed abd Elbary	11	Nasr City	1:44.14
8	Taim Ahmed Abd Elwhab	11	El Zohour	1:44.36
9	Hassan Nabil Samy Elnaggar	11	El Gezira	1:44.66
10	Youssef Monir Nabil el Sayed	11	Sporting	1:44.72

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 10 Timed Finals... (Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke)**

1	Yassin Medhat Mohamed	11	Sharks Team	1:43.23
2	Yaseen Mostafa Mahmod Moneb	11	Tanta	1:42.95
3	Adham Osama Khames	11	15 May	1:42.84
4	Ahmed Wael Sedky	11	Hadak Al Ahram	1:42.44
5	Mohamed Khaled Saad	11	El Ghaba	1:42.35
6	Yossef Mohamed Ahmed Fawzy	11	Tanta	1:42.36
7	ali Abdelmonaim Mohamed	11	Taleaa El Gish Club	1:42.56
8	Yasin Wael Elfshawy	11	El Nasr Club	1:42.88
9	Mohmed WaLed Atef	11	El Obour	1:43.18
10	Foad Samer Foad	11	Sharks Team	1:43.26

Heat 11 of 23 Timed Finals

1	Yassin Mohamed Saleh Abdelhakam	11	Olympic	1:42.04
2	Youssef Mohamed Fathalla	11	Sporting	1:41.86
3	Adam Mohamed Atya	11	Rowad	1:41.72
4	Aly Moh. Ibrahim El Awady Abd Elaziz	11	El Gezira	1:41.65
5	Mahmoud Tamer Mahmoud	11	Helwan Club	1:41.57
6	Yassin Hussam Yassin Shebata	11	Shooting	1:41.61
7	Abdallah Ahmed Mahmoud	11	Rowad	1:41.70
8	Adham Ashraf Sheta	11	Sporting	1:41.85
9	Yassin Hesham Mohamed EL Zahby	11	Heliopolis	1:42.00
10	Aley Ezzeldeen	11	El Zohour	1:42.21

Heat 12 of 23 Timed Finals

1	Amer Ehab Mohamed	11	15 May	1:41.41
2	Karem Mohamed Ismael Mohamed	11	Gezira El Ward	1:41.15
3	Mostafa Medhat Mabrok	11	El Ghaba	1:40.99
4	Ahmed Mohamed Mohamed Elsayed	11	El Ghaba	1:40.72
5	Yassin Ahmed Nabil	11	Sporting	1:40.50
6	Yassin Ahmed Hessin	11	Sharks Team	1:40.51
7	Yosif Ayman Halmy	11	Al Tersana	1:40.97
8	Mohamed Hasan Ghanem Fayed	11	Gezira El Ward	1:41.07
9	Ahmed Wahid Mohamed	11	El Zohour	1:41.18
10	Ali Osama Abdel Mohsen Gado	11	Heliolido	1:41.48

Heat 13 of 23 Timed Finals

1	Mustafa Ahmed Mostafa Yousry Ahmed	11	Shooting	1:40.44
2	Eyad Ahmed Hasan Abd Elhmid	11	6th	1:40.40
3	Abdelrahman Mohamed Hassan	11	Sharks Team	1:40.21
4	omr Mahmoud Abdallah	11	15 May	1:40.05
5	Andria Wael Nagy Mosad AbdElshahed	11	Heliolido	1:39.93
6	abd Elrahman Waled Afefy	11	Tanta	1:39.93
7	Mohamed Haitham El Sayed Awad	11	Maadi	1:40.18
8	Mohamad Emad Abdelmaksowd Eb	11	Smouha	1:40.22
9	Omar Mostafa Esmael Ebrhe	11	Smouha	1:40.40
10	Mohamed Ayman Ismail	11	El Nasr Club	1:40.46

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 14 Timed Finals... (Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke)**

1	Omar Ahmed Mohamed Darwish	11	El Shams	1:39.87
2	Adam Sameh Hosny	11	Talbeia	1:39.75
3	Yossef Efraim Sabry	11	El Ghaba	1:39.57
4	Zyad Hany Rashad	11	El Mekaweloun	1:39.19
5	Ziad Mohamed Gamal ElDine Mahmoud	11	Heliolido	1:39.16
6	Yossef Waled Ebrahim Mohama	11	Smouha	1:39.18
7	Steven Ehab Magdy	11	Nasr City	1:39.21
8	Marawan Waleed Mohamede Said Mekaw	11	Rowad	1:39.65
9	Omar Waiel Saied Bader	11	El Shams	1:39.78
10	Mohamed Waled Barakat	11	Heliopolis	1:39.89

Heat 15 of 23 Timed Finals

1	Abd EL Rahman Ramy Mohsen	11	Rowad	1:38.90
2	Marawan Hani Samy	11	Rehab	1:38.66
3	aly Walid Mohamed Abdelf	11	Zamalek	1:38.36
4	Omar Mostafa Fadl	11	Talbeia	1:38.28
5	Yousef Hatem Makrem	11	Shooting	1:38.22
6	Zeyad Mohamed Ghazy	11	Hadak Al Ahram	1:38.24
7	Yasin Maged Ragab	11	Canal El Suez	1:38.29
8	Karim Sameh Karim	11	Al Tersana	1:38.57
9	Mohamed Rafe3 El Sayed Ramda	11	A S E C	1:38.69
10	Anas Wael	11	Talbeia	1:39.14

Heat 16 of 23 Timed Finals

1	Mazin Mohamed Ahmed Abaas	11	Enppi	1:38.10
2	Ahmed Mohamed Zohdy	11	Helwan Club	1:37.77
3	Ahmed Sameh Mohamed Emam	11	Heliopolis	1:37.53
4	Mohamed Ahmed SalahELdin	11	El Shams	1:37.15
5	Mohamed Ihab aly	11	Zamalek	1:36.59
6	Ali Gamal Ali Ali	11	S Shbein Al Koum	1:36.71
7	Adham Shady Mohsen El Habbal	11	El Zohour	1:37.25
8	Mohamed Moustafa Mohamed Fahim	11	Maadi	1:37.69
9	Mahmoud Mohammed Mosaad	11	Talbeia	1:37.85
10	Mohamed Ahmed Bahy Eldain	11	Al Tersana	1:38.16

Heat 17 of 23 Timed Finals

1	Moamen Amr Mohamad Hamed Ko	11	Smouha	1:36.40
2	Mazen Ahmed Abdallah Saad	11	El Shams	1:36.37
3	Karim Tarek Ezzat Mohamed	11	Shooting	1:36.13
4	Ehab Ashraf Ebrahim esa	11	Tanta	1:35.86
5	Yousef Mohamed Mostafa Aly	11	El Shams	1:35.40
6	Nabil Ahmed Nabil Elharas	11	Tanta	1:35.60
7	GabaLLa Yousry Gaballa	11	Sharks Team	1:36.06
8	Joshua Joseph Fouad	11	Al Tersana	1:36.28
9	Mohnnad Mahmoud Maher	11	Talbeia	1:36.38
10	Yassin Khaled Mohamed Lashi	11	El Ghaba	1:36.47

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 18 Timed Finals... (Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke)**

1	Yousef Khaled Mohamed Raslan	11	6th	1:35.24
2	Selim Moh. Foad Hamdy	11	El Gezira	1:35.08
3	Seif Khalied Fathy	11	Zamalek	1:34.81
4	Abdel Rahman Ehab Mohamed	11	Al Shehk Zaeid	1:34.66
5	Yasser Mohamed Abbas	11	Zamalek	1:34.36
6	Moaz Emad Abdelmaksoud Eb	11	Smouha	1:34.56
7	Moaz Abdelfatah Ali Abdel	11	Smouha	1:34.81
8	Adham Ahmed O Mohamed	11	Shooting	1:34.91
9	Mohamed Magdy Abdo	11	Police Club	1:35.08
10	Ahmed Mahmoud Magdy	11	Sporting	1:35.36

Heat 19 of 23 Timed Finals

1	Omar Alaa el din Mahmoud	11	Hadak Al Ahram	1:34.18
2	Mostafa Hesham FatoH Basune	11	Smouha	1:33.98
3	Mohamed Yousef Alebs	11	Baladyat El Mahala	1:33.54
4	Karim Mohamed Hany	11	A S E C	1:33.33
5	Mohmed Mostafa Moktar	11	Cairo	1:33.05
6	Abdelhammid Walid Abdelhammid	11	Stad Mansoura	1:33.31
7	Ali Ahmed Mohamed Ali	11	Ahly	1:33.41
8	Ahmed Nabil Mohamed Shtot	11	Tanta	1:33.98
9	Mohamed Ibrahim Zakreya	11	A S E C	1:33.98
10	Hamza Mohamed Elmohamady	11	Zamalek	1:34.35

Heat 20 of 23 Timed Finals

1	Ahmed Mohsen Mohamed	11	Ahly	1:33.03
2	Yassin Ahmed Eisa	11	Rehab	1:32.71
3	Hassan Ibrahim Arafa	11	Rowad	1:32.65
4	Marwan Mohamed Elsaid	11	Stad Mansoura	1:32.29
5	Ahmed Mohamed Abdel Salam Mohamed	11	Heliolido	1:31.43
6	Karim Hesham Moh. Fakry Abd Elhalim	11	El Gezira	1:32.02
7	Mohamed Sameh Saied Mohamed	11	Bank Ahly Alex	1:32.56
8	Nor Eldin Amr Elsayad Basuony	11	Elethead	1:32.70
9	Eyad Hany Mohamed	11	Sharks Team	1:33.02
10	Abdallah Hassan Gheith	11	Rehab	1:33.04

Heat 21 of 23 Timed Finals

1	Yousef Ahmed Fathy	11	Stad Mansoura	1:31.09
2	Mohamed Afifi Mohamed	11	Wadi Degla	1:30.62
3	Zad Ahmed Mohamed Asran	11	Wadi Degla	1:30.61
4	Mohamed Walid Hosny Ahmed	11	Maadi	1:29.98
5	Nour Eldin Karem Mohamed	11	Ahly	1:29.42
6	Yousif Waleed Eid Abdul Azim	11	6th	1:29.78
7	Youssef Ahmed El_Sisi	11	Sporting	1:30.30
8	Ali Ahmed Magdy	11	Cairo	1:30.62
9	Omar Mohamed Ezzat	11	Ahly	1:30.63
10	Ahmed Sameir Hassan	11	Talbeia	1:31.28

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 22 Timed Finals... (Event 3 Boys 11 Year Olds 100 LC Meter Breaststroke)**

1	Mahmoud Mohamed Fayek Elshaer	11	6th	1:29.12
2	Yousif Haitham Elsaid	11	Zamalek	1:28.89
3	Essa Shref Abd EL Monem	11	Heliopolis	1:28.60
4	Omar Khaled Gamal El Din Sayed	11	Maadi	1:28.26
5	Hussin Hesham Hussin	11	Wadi Degla	1:27.61
6	Mazen Maged Mahmoud	11	Wadi Degla	1:27.98
7	Mohamed Ahmed Mohamed Osman	11	Ahly	1:28.51
8	Yassin Mohamed Abdelghany Elsaid	11	6th	1:28.72
9	Yousief Mohamed aly	11	Zamalek	1:28.89
10	Kamal Mohamed Kamal	11	Ahly	1:29.33

Heat 23 of 23 Timed Finals

1	Ahmed Hamdi Salah Mohamed	11	Elethad	1:27.13
2	Amr Wael Elhamy Abdelmoniem	11	Olympic	1:26.57
3	Hamza Mohamed Hassan Moubarak	11	Heliopolis	1:24.97
4	Hamza Mahmoud Ibrahim	11	Stad Mansoura	1:23.22
5	Hazem Hossam Nady	11	Wadi Degla	1:19.96
6	Ibrahim Shams Eldin Mohamed	11	Ahly	1:22.02
7	Omar Emad Samir Abdallah	11	Wadi Degla	1:24.28
8	Amr Assem Shawkat	11	Wadi Degla	1:25.02
9	abd Elrahman Mohamed Ebrahim gad	11	Tanta	1:26.78
10	Adham Mostafa Abdulla	11	Elethad	1:27.44

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Event 4 Boys 14 Year Olds 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
Heat 1 of 13 Timed Finals				
2	Ashraf Higazy Ahmed Sayd	14	Beni Suef Club	NT
3	Ebrahim Sameh Mohamed	14	El Mekaweloun	NT
4	Ahmed Hossameldeen Abdela	14	Al Qusiya Club	NT
5	Marwan Waled Salem	14	Canal El Suez	NT
6	Ahmed Sherif Sayed Abdel R	14	Beni Suef Club	NT
7	Yousef Ahmed Khafaji Sacran	14	Beni Suef Club	NT
8	Yousef Ibrahim abu al Majd	14	Talbeia	NT
9	Ahmed Sameh Hussein Sayed	14	Beni Suef Club	NT
Heat 2 of 13 Timed Finals				
1	Adham Mohammed Goma	14	Hadak Al Ahram	1:43.57
2	Yassin Hesin Mohmed Hesin	14	6th	1:41.68
3	Yousef Hany Samuael	14	Moasasa Riadiah Askaria	1:39.03
4	Youssef Lotfy El Sayed	14	El Zohour	1:38.09
5	Mario John Nagey Fahmy	14	Taleaa El Gish Club	1:36.86
6	Mrwan Ahmed Farok	14	15 May	1:37.00
7	Yousif amr Fahmy	14	Beni Suef Club	1:38.20
8	Omar Salah Mamdouh Ahmed	14	Beni Suef Club	1:39.45
9	Hassan Mahmoud Hegazy	14	15 May	1:43.08
10	Omar Mahmoud Awad	14	Moasasa Riadiah Askaria	1:49.44
Heat 3 of 13 Timed Finals				
1	Yasin Khaled Ahmed Sami	14	6th	1:36.23
2	Mohamed Samir Abo ElFtooh	14	El Nasr Club	1:35.29
3	Stephen Hany Samir Ramzy	14	Taleaa El Gish Club	1:34.63
4	Ahmed Mohamed Hassan	14	El Ghaba	1:34.49
5	Mahmoud Aymen abd Elsatar	14	Tanta	1:32.31
6	Abdelrahman Ahmed Abdelmonem	14	Cairo	1:33.70
7	Mohamed Taher	14	Mansheit Naser	1:34.52
8	Ibrahim Ahmed Galal	14	El Shrook	1:34.75
9	Ali Mohamed Goma	14	Hadak Al Ahram	1:35.60
10	Ahmed Reda Mahmoud	14	15 May	1:36.66
Heat 4 of 13 Timed Finals				
1	Youssef Hazm	14	Taleaa El Gish Club	1:31.86
2	Sife Emad Eldin Saaed	14	Zamalek	1:30.85
3	Mohamed Magdy Ezzat	14	Moasasa Riadiah Askaria	1:30.54
4	Ali Ahmed Ali Shaaban	14	El Zohour	1:30.26
5	Yossef Moh. Shrif Moh. Elbarbary	14	El Gezira	1:29.43
6	Youssef Mohamed Adbel Rahman	14	15 May	1:29.44
7	Ahmed Mohamed Ahmed Zaky	14	Al Ealamein	1:30.43
8	Youssef Mohamed Ibrahim	14	El Zohour	1:30.66
9	Mohamad Ayman Mohamd Abdelr	14	Smouha	1:31.40
10	Yossef Khaled Magdy Ibrahim	14	Taleaa El Gish Club	1:31.93

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 5 Timed Finals... (Event 4 Boys 14 Year Olds 100 LC Meter Breaststroke)**

1	Moustafa Haytham El Sayed Shahin	14	Heliolido	1:28.86
2	Batrek Ateef Gatas	14	Zamalek	1:28.16
3	Yehia Khaled Yehia Mohamed Ali	14	6th	1:27.66
4	Yousif Ahmed Said Shoshan	14	Smouha	1:27.30
5	Mohamed Tamer Fahmy	14	Canal El Suez	1:26.77
6	Yossef Ahmed Galal	14	El Ghaba	1:26.95
7	Ahmed abd el Hady Hassan	14	Zamalek	1:27.38
8	Ziad Mohab Mostafa	14	Tagamoa Heljhts	1:28.07
9	Mohamed Badwy Salah	14	Zamalek	1:28.45
10	Igoor Ehab Fayz Fahmy	14	S Shbein Al Koum	1:29.33

Heat 6 of 13 Timed Finals

1	Ziad Gawad Mahmoud	14	Cairo	1:26.45
2	Ahmed Sameh Adel	14	Cairo	1:26.35
3	Ahmed Hassan Mohamed	14	El Zohour	1:26.05
4	Yousif Mohamed Fathy	14	Shooting	1:25.94
5	Ahmed Safwat Mohamed	14	El Zohour	1:25.78
6	Abd EL Malek Ashour	14	El Shams	1:25.93
7	Abdul Rahman Wayil	14	Talbeia	1:26.03
8	Yousef Amr El Sherif	14	Sporting	1:26.30
9	ali Diaa el Gendy	14	Heliopolis	1:26.44
10	AbdelRahman Mohamed Sayed	14	El Obour	1:26.46

Heat 7 of 13 Timed Finals

1	Mohamed Hisham Mohamed	14	El Nasr Club	1:25.45
2	Hade Mohamed Saed	14	El Mekaweloun	1:25.30
3	Mrawan amr Mostafa abd el Aziz	14	Al Tersana	1:25.12
4	Karim Samy Mohamed	14	Bank Ahly Geza	1:24.91
5	Ibrahim Mohamed Ibrahim Al Gamal	14	Raas El Bar Club	1:24.19
6	Marawan Bader Eldin Radi	14	El Shams	1:24.72
7	Hosaam Fahim Waled	14	Al Tersana	1:25.03
8	Hosam Eldien Shreef Mahmoud	14	Tawfekaya	1:25.29
9	Ziad Amr Samir	14	El Nasr Club	1:25.37
10	Yasein Abdel Hady Ahamed Abdel Hady	14	Heliolido	1:25.61

Heat 8 of 13 Timed Finals

1	Ahmed Waled Fayad	14	Smouha	1:23.48
2	Yaseen Nabil Mohamed	14	Zamalek	1:23.04
3	Abd Alaa Hany Ahmed	14	Shooting	1:22.57
4	Yehia SeifEL din EL Marghany	14	El Shams	1:22.26
5	Loai Hany A bd EL Haliem	14	El Shams	1:21.89
6	Gaser Mohamed el Shahat	14	Al Tersana	1:22.02
7	Nour el Sayed Kamal el din	14	Al Tersana	1:22.42
8	Omar Ehab Rida	14	Shooting	1:22.68
9	Yasin Mohamed Abu Raya	14	Tanta	1:23.28
10	Belal Mohamed Abd El Aziz Saad	14	Maadi	1:24.16

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 9 Timed Finals... (Event 4 Boys 14 Year Olds 100 LC Meter Breaststroke)**

1	Yehia ali Mohsen	14	Heliopolis	1:21.28
2	Karim Osama Abu Zaid	14	Tanta	1:20.80
3	Mohamed Wael Abdala Abdelgil	14	Nasr City	1:20.67
4	Omar Hatem Hassan	14	El Zohour	1:19.65
5	Mazn Alsaied Atya Dawoud	14	6th	1:19.19
6	Karim Mohamed Mahmoud	14	El Shrook	1:19.43
7	Abdel Rahman Mohamed Moustafa	14	El Obour	1:20.15
8	Yousef Mohamed Hashim Mohamed	14	Moasasa Riadhia Askaria	1:20.70
9	Adam amr Essam	14	Heliopolis	1:20.93
10	Abdalla Alaa Elden Fahmy	14	El Mekaweloun	1:21.59

Heat 10 of 13 Timed Finals

1	Yahia Mostafa Gamal Eldeen Salem	14	Rowad	1:18.13
2	Selim Ihab Ghali	14	Wadi Degla	1:17.71
3	Abdla Mohmd Ahmd Ali Almhdi	14	6th	1:17.67
4	Seif Mostafa Elkady	14	Ahly	1:17.31
5	Aly Mostafa Tareef	14	Ahly	1:17.15
6	Abdlrhmn Amro Nshat Abdlgzni	14	6th	1:17.24
7	Abdalla Gasser AbdelLatif	14	Ahly	1:17.41
8	Adham Hesham Mohmed abd Alaa	14	Shooting	1:17.71
9	Ahmed Hesham Mohsen	14	Ahly	1:17.79
10	Yahya Tarek Fawzy	14	Sporting	1:18.19

Heat 11 of 13 Timed Finals

1	Badr Ahmed Mohamed Anis	14	Olympic	1:16.93
2	Adam Moh. Awaad Awaad	14	El Gezira	1:16.80
3	Mohamed Ayman Mostafa	14	Wadi Degla	1:16.59
4	Azz El Din Hany Nagy Ahmed	14	Shooting	1:16.08
5	Ahmed Emad Samir Hassan	14	Heliolido	1:15.96
6	Youssef Tamer Mohamed Hamed	14	Wadi Degla	1:15.98
7	Omar Tamer Said AbdElaziz	14	Smouha	1:16.37
8	Youssef Ehab Mostafa	14	Ahly	1:16.78
9	Yassin Hisham Nour	14	Smouha	1:16.88
10	Mohamed Emad Shaaban	14	Ahly	1:17.14

Heat 12 of 13 Timed Finals

1	Youssef Mohamed Soliman	14	Wadi Degla	1:15.56
2	Mohamed Walid Abdel Aziz	14	Elethead	1:14.72
3	Ahmade Hamed Abbaas	14	Talbeia	1:14.61
4	Omar Walid Mamdouh Al Khayat	14	Maadi	1:14.46
5	abd Elrahman Mohamed Bader	14	Al Tersana	1:14.04
6	Darren Dimitrios Chin	14	Sporting	1:14.16
7	Ahmed Amr Magdy	14	Shooting	1:14.60
8	Omar Hazem	14	Zamalek	1:14.65
9	Nour El Din Ayman	14	Sporting	1:14.90
10	Amr Maged Abdel Gawad	14	Wadi Degla	1:15.73

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 16-11-2019 Morning****Heat 13 Timed Finals... (Event 4 Boys 14 Year Olds 100 LC Meter Breaststroke)**

1	Mohamed Salem Essa	14	Heliopolis	1:13.15
2	Belal Mohamed Abdel Wahab	14	Wadi Degla	1:12.70
3	Mohaned LiwaaEldin Ali	14	Smouha	1:11.78
4	Ali Mohamed Ali Hasan El	14	Bank Ahly Alex	1:10.94
5	Mohamed Mashhour Yehia	14	Ahly	1:07.89
6	Karim Mohamed El Gharabawy	14	El Zohour	1:10.55
7	Adhm Montser Kmaal	14	Shooting	1:11.69
8	Yousof Hesham Anwer	14	Tanta	1:12.42
9	Mohamed Mahmoud Attia	14	Wadi Degla	1:12.81
10	Eazz El Din Mohamed Khamis	14	Sporting	1:13.82

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 16-11-2019 Morning

Event 5 Girls 14 Year Olds 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Timed Finals				
4	Nawal Yasser Sayed	14	El Obour	NT
5	Salma Ahmed ali Mostafa	14	El Ghaba	NT
6	Jana Alaa	14	Sporting	NT
Heat 2 of 4 Timed Finals				
2	Hana Walid Mohamed	14	Ahly	3:38.34
3	Salma Mohamed Ewees	14	Ahly	3:33.12
4	Baiknam Tarek Gaber	14	Wadi Degla	3:21.83
5	Hames Mohamed Hanfy	14	Bank Ahly Alex	3:15.61
6	Goudy Wael Ahmed Abd EL Mounem	14	El Shams	3:17.03
7	Farida Talaat Lotfy Singer	14	Heliolido	3:26.40
8	Jasmin Tarek Habib	14	Wadi Degla	3:34.32
9	Menna Alla Mohamed Moustafa	14	Zamalek	4:08.96
Heat 3 of 4 Timed Finals				
1	Nour Reda Mohamed	14	15 May	3:04.27
2	Mariam Bassem Beshay Moussa Gobria	14	Heliolido	2:57.17
3	Hams Sameh Afify Matwaly	14	Wadi Degla	2:54.91
4	Dina Ebrahim Ebid	14	Sporting	2:52.57
5	Lojain Osama Mohamed	14	Wadi Degla	2:47.51
6	Mariam Nasr Ahmed Said	14	15 May	2:48.85
7	Gody Tarik Salah Elwilily	14	Smouha	2:54.34
8	Donia Ebrahim Ebid	14	Sporting	2:56.15
9	Hana A Ahmed Ateia	14	Wadi Degla	2:59.65
10	Arwa Sherif Mohamed Samy	14	Shooting	3:10.70
Heat 4 of 4 Timed Finals				
1	Shahd Yousry Mohamed Hassan	14	Olympic	2:42.11
2	Gody Ahmed Zaki	14	Tanta	2:36.51
3	Basant Ibrahim Mahmod	14	Gezira El Ward	2:35.63
4	Mena Tarek Aly	14	Ahly	2:30.85
5	Zaina Mohamed Haitham Hassn	14	Shooting	2:22.62
6	Kenzy Mostafa Zakaria	14	Ahly	2:27.84
7	Salma Ahmed Mohamed Khalil	14	Gezira El Ward	2:34.38
8	Nily Karem	14	Shooting	2:36.34
9	Habiba Khalid Ebrahiem	14	Tawfekaya	2:38.28
10	Nouran Mahmoud Mohamed	14	Wadi Degla	2:42.21