

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

Meet Program - 17-11-2019 Morning

Event 12 Boys 11 Year Olds 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 31 Timed Finals				
3	Mazen Ihab Mohamed Nabel	11	Beni Suef Club	NT
4	Bilal Ahmed Sayd	11	Beni Suef Club	NT
5	Amr Tamer Farook	11	Sharks Team	NT
6	Adham Mahmoud Kira	11	Raas El Bar Club	NT
7	Yosef Mohamed Elsayd	11	15 May	NT
Heat 2 of 31 Timed Finals				
1	Mohaz Ali Mohsan	11	El Obour	NT
2	Omar Ahmed Abdelrahman	11	Beni Suef Club	NT
3	Mark Saleeb Eshak	11	Al Qusiya Club	NT
4	Yassin Tamer Mohamed	11	Senzo	NT
5	Malik Haisam Abd Elkader	11	Raas El Bar Club	NT
6	Joun Maikel Sophy Kamal	11	Rahalat Sohaj	NT
7	Abdelrahman Esam Abdelatif	11	Al Qusiya Club	NT
8	Yossef Essam Ibrahim	11	Canal El Suez	NT
9	Abdel Rahman Ahmed Nour El Din	11	Bank Ahly Geza	NT
10	Youssef Bakr Abd EL Rahman	11	Rowad	NT
Heat 3 of 31 Timed Finals				
1	Abdelrahman Ahmed Mohamed	11	Canal El Suez	NT
2	Mohamed Ayman Mohamed	11	Moasasa Riadhia Askaria	NT
3	Shady Osama Waheeb	11	Al Qusiya Club	NT
4	Amiro Mohamed Amiro	11	Canal El Suez	NT
5	Ibraam Ehab Tawadrous	11	Telephonat B.N.S	NT
6	Antouny Joun Roshdy Aziz	11	Rahalat Sohaj	NT
7	Ahmed Ebrahim Farag	11	Al Qusiya Club	NT
8	Mustafa Tarek Mustafa Mahmou	11	Beni Suef Club	NT
9	Omar Mostafa Eladawey	11	Al Shark Port Said	NT
10	Yousif Amro Drahim	11	Raas El Bar Club	NT
Heat 4 of 31 Timed Finals				
1	Ziad Mohammed Shaker	11	Raas El Bar Club	NT
2	Abdelrahman Moataz Yahia	11	Bank Ahly Geza	NT
3	Ahmed Mohamed Ebrahim	11	Misr Insurance	53.13
4	Ahmed Esmail Talaat	11	Al Zaher	45.67
5	Youssef Ahmed Elshat Salem	11	Misr Insurance	44.24
6	Saif el din Sherin Mohamed	11	Al Tersana	45.55
7	Zaiyad Amir Adly	11	Police Club	49.36
8	Mohamed Hossam Mohamed Goda	11	Zagazig Universty	NT
9	George Onsy Makram	11	Al Qusiya Club	NT
10	Keroles Onsy Makram	11	Al Qusiya Club	NT
Heat 5 of 31 Timed Finals				
1	Yahia Mostafa Yahia	11	El Shrook	43.64
2	Karam Osama ali ali	11	Misr Insurance	43.40
3	Yousef Mohamed Ebada	11	M S B-Sweif	42.84
4	Mohamed Ayman Mohamed	11	Mansheit Naser	42.62
5	Malek Mohamed Badawy	11	Moasasa Riadhia Askaria	41.16
6	Moaz Ayman Mohamed	11	Mansheit Naser	42.52
7	Mohamed Waleed Mohamed Nageb	11	Taleaa El Gish Club	42.81
8	Marwan Ashraf Salah	11	Misr Insurance	43.23
9	Ahmed Hosam Eldein	11	Al Shark Port Said	43.55
10	Mohamed Khaled Ibrahim	11	Taleaa El Gish Club	44.18

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 6 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Yosuif Mohamed El- Tokhy	11	S Shbein Al Koum	40.55
2	Mohab Ahmed Abass	11	Tagamoa Heljhts	40.23
3	Ahmed Mohamed Tharwat	11	Moasasa Riadiah Askaria	39.13
4	Mohand Tamer Mohamed abd Elmaged	11	Gezira El Ward	39.05
5	Nour ELDin Mohamed Fouad Selim	11	Tawfekaya	38.90
6	Selim Mohamed Husein	11	Beni Suef Club	38.92
7	Mohamed Diea El-Dein Fathey	11	El Obour	39.10
8	Belal Mohamed Mohamed	11	Police Club	39.67
9	Ahmed Hassan Jafar	11	Misr Insurance	40.36
10	Taher Mohamed Elazab Ebrahim	11	Gezira El Ward	40.80

Heat 7 of 31 Timed Finals

1	Abdel Rahman Emad Ezat	11	Al Shehk Zaeid	38.70
2	Omar Ahmed Haggag	11	M S Benha City	38.63
3	Yossef Mohamed Amin Zaky	11	Elethead	38.54
4	Hazem Hatem Nasr Ahmed Mohamed	11	Heliolido	37.93
5	Yousief Emad Saied	11	Cairo	37.85
6	Mohamed Medhat Abd ElHalim	11	Canal El Suez	37.90
7	Yousif Ahmed Saied	11	Mansheit Naser	38.12
8	Basem Mohamed Rejeb	11	El Obour	38.54
9	Ali Mohamed Sophi Abdel-azem	11	El Obour	38.65
10	Ahmed Mohamed Yousef	11	Moasasa Riadiah Askaria	38.87

Heat 8 of 31 Timed Finals

1	Eyad Mohamed Abdalla Mohamed Mansour	11	Heliolido	37.75
2	Ahmed Hossam El Din	11	Canal El Suez	37.58
3	Mostafa Wael Samier	11	Al Shark Port Said	37.44
4	Nader Khaled Mostafa Raheem	11	Moasasa Riadiah Askaria	37.38
5	Saif Eldin Ayman Elsayed Awad	11	Taleaa El Gish Club	37.30
6	Omr Hany Magdy	11	Enppi	37.37
7	Omar Walid Sayed Mohamed Shehata	11	Heliolido	37.42
8	Saif Khaled Ibrahim AbdelWahab	11	Tawfekaya	37.47
9	Maher Mohamed Maher	11	Rowad	37.69
10	Mohab Elden Esmeil abd Elsamia	11	El Obour	37.76

Heat 9 of 31 Timed Finals

1	Mohamed Ahmed Mohamed Mostafa	11	Tawfekaya	37.02
2	Mohamed Ashraf Salah	11	Nasr City	36.96
3	Omar Moustafa Mohamed El Hemeely	11	Heliolido	36.84
4	Yousif Amir Godah	11	El Nasr Club	36.81
5	Mohand Medhat Ezzat	11	Helwan Club	36.72
6	Mohammed Ibrahim Salman	11	El Temsah	36.73
7	ali Walid Fathy	11	El Mekaweloun	36.81
8	Mohammed Magdy Hassan	11	El Temsah	36.87
9	Yasuin Basem Saeyd	11	Enppi	36.97
10	Moaz Sherif Wagdy Abdelaal	11	Moasasa Riadiah Askaria	37.07

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 10 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Youssef Mohamed el Derwy	11 Sporting	36.59
2	Karim Walid Wagdy	11 Sharks Team	36.41
3	Adam Abdullah Ahmed Hassan	11 Tawfekaya	36.36
4	Saif Wael Eprahem	11 El Mekaweloun	36.31
5	Mostafa Hesham Fatehy	11 Nasr City	36.30
6	Abddallah Ahmed Abdallah	11 Police Club	36.30
7	Mostafa Ahmed AL Saeed	11 Rowad	36.33
8	Abdelhammid Walid Abdelhammid	11 Stad Mansoura	36.38
9	Amar Ahmed Abdel Ader	11 Beni Suef Club	36.59
10	Philobateer Sameh Abdelmassih Nashed	11 Heliolido	36.65

Heat 11 of 31 Timed Finals

1	Yosuif Mohamed Abdel Baset	11 Police Club	36.26
2	Yassen Mohamed Abd EL Naeem	11 Rowad	36.21
3	Hussein Mahmed Hussein	11 El Nasr Club	36.08
4	Ahmed Walid Abdelsatar	11 Enppi	36.00
5	Mohamed Waled Taher	11 Rowad	35.93
6	Mohamed Ahmed Mahfoz	11 Sharks Team	35.98
7	abd Elrhman Mosad Abosrea	11 15 May	36.02
8	Bishoy Loka Abdo	11 Sharks Team	36.17
9	Ahmed Shady Ahmed	11 Hadak Al Ahram	36.22
10	Baraa Mostafa ElSayed Bayoume	11 Heliolido	36.29

Heat 12 of 31 Timed Finals

1	omr Sameh Samer	11 15 May	35.90
2	Mostafa Hossam el din	11 Stad Mansoura	35.88
3	Mahmoud amr EL_Meniawy	11 Sporting	35.85
4	Mohamed Moustafa Mohamed Fahim	11 Maadi	35.84
5	Yassin Safy Eldin	11 El Ghaba	35.76
6	Yassin Alaa Zaki	11 El Ghaba	35.79
7	Abd El Aziz Mohamed Abd El Aziz Wahba	11 Maadi	35.85
8	Omer Mohamed Mostefe	11 El Obour	35.88
9	Khaled Mostafa Hassan	11 Helwan Club	35.89
10	Yassin Mostafa Nasr	11 Sporting	35.91

Heat 13 of 31 Timed Finals

1	Yasin Wael Elfshawy	11 El Nasr Club	35.70
2	Kareem Osama Attia	11 15 May	35.69
3	Omar Yasser akl	11 Nasr City	35.69
4	Yossef Ayman Said	11 El Ghaba	35.62
5	Kariem Ahmed Mahmoud	11 Cairo	35.55
6	Hesham Essam Mohamed	11 Stad Mansoura	35.55
7	Uoussef Mohamed Mostafa Nour	11 Taleaa El Gish Club	35.66
8	Ziad Ahmed Abd EL Wahab	11 Rowad	35.69
9	Omar Mohamed Talaat	11 El Ghaba	35.70
10	Moustafa amr Abdelazem	11 Helwan Club	35.73

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 14 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Eyad al Shareef Mahmoud	11	Nasr City	35.37
2	Mazen Khaled abo Gazy	11	Al Tersana	35.31
3	Omar Mohamed abd el Basit	11	Police Club	35.28
4	Mohamed Hossam Ebrahim Alghwalby	11	Raas El Bar Club	35.23
5	Ali Ahmed Magdy	11	Cairo	35.21
6	Omar Mostafa Ahmed Mostaf	11	Rowad	35.22
7	Ali El- Sayed Hessuin El-Gafary	11	Senzo	35.23
8	Marwan Mohmed Yahia	11	Cairo	35.29
9	Yousef FatoH Moustafa	11	El Nasr Club	35.36
10	Amr Mohamed Moustfa	11	Enppi	35.45

Heat 15 of 31 Timed Finals

1	Ahmed Ebrahim Abd Elfatah Ahmed	11	6th	35.14
2	Abdalla Ashraf abd Elmonam	11	15 May	35.09
3	Abdelrahman Hany Abdel Mohsen	11	El Mekaweloun	35.00
4	Kerolos Moheb Youssef	11	Rehab	34.97
5	Aley Ezzeldeen	11	El Zohour	34.94
6	Youssef Mohamed Fathalla	11	Sporting	34.97
7	Hussein Mohamed Tolba	11	Hadak Al Ahram	34.99
8	Saif Khalid Abdul Aziz	11	Hadak Al Ahram	35.02
9	Seif Tamer Abdel Meneem	11	El Mekaweloun	35.12
10	Omar Mohamedmohmd Elsayed	11	El Ghaba	35.16

Heat 16 of 31 Timed Finals

1	Ahmed Mohamed Hamdy Almaghlawy	11	Raas El Bar Club	34.86
2	Karim Moh. Adel Moh. Munir	11	El Gezira	34.85
3	Ali Adel Mohamed Fathy	11	El Nasr Club	34.82
4	abd Elrahman Ashrf Nabil	11	Al Tersana	34.77
5	Adham Amr Hassan	11	Rehab	34.70
6	Ahmed usama Ezzat Ahmed	11	Taleaa El Gish Club	34.72
7	Mohamed Osama Abdelhameed	11	M.S Tagamoa	34.77
8	Youssef Mohmed Ahmed Maher	11	M.S Tagamoa	34.83
9	Jack Vahram Guevrekian	11	El Gezira	34.86
10	Yazan Mohamed El Moamen Beallah	11	6th	34.92

Heat 17 of 31 Timed Finals

1	Abdelrahman Ibrahim Ahmed Abdelrheem	11	Moasasa Riadiah Askaria	34.66
2	Basel Hisham Samer	11	Al Shehk Zaeid	34.59
3	Mokhter Mohamed Said	11	M S Benha City	34.56
4	Yassen Hossam Ahmed	11	15 May	34.51
5	Anas Mohamed Sayed	11	Enppi	34.44
6	Mohamed Sameh Mohamed Ragb	11	Tanta	34.49
7	Yassin Mohamed Ahmed	11	Helwan Club	34.52
8	Seif Sameh Said	11	Helwan Club	34.58
9	Seif Ahmed Hussein	11	Helwan Club	34.60
10	Adahm Abdel -saiam	11	Nasr City	34.69

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 18 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Mohamed Mahmoud Mohamed Shah	11	Tanta	34.41
2	Omar Ahmed Elzeni	11	El Zohour	34.35
3	Mohamed Rafe3 El Sayed Ramda	11	A S E C	34.31
4	Yasien Ahmed Mansour Nour	11	A S E C	34.27
5	Ahmed Wael Sedky	11	Hadak Al Ahram	34.24
6	Slem Wesam Samy Mohamed	11	Heliopolis	34.25
7	Mouhmed Tarek Mouhmed	11	Cairo	34.28
8	Adham Mohamed Abd Elrahman	11	El Zohour	34.34
9	Yousef Ahmed Mahmoud Elnomrsy	11	6th	34.38
10	Zyad Mohamed Hedaya	11	Sharks Team	34.44

Heat 19 of 31 Timed Finals

1	Ahmed Shirief Ahmed Mohamed	11	El Shams	34.16
2	Amjad Ahmed Shawky	11	Hadak Al Ahram	34.12
3	Basel Mohamed Ibrahim	11	A S E C	34.08
4	Yaseen Mostafa Mahmod Moneb	11	Tanta	34.06
5	Mohamed Eslam Mohamed	11	Stad Mansoura	33.97
6	Eyad Mohamed EL Saed	11	Mansheit Naser	33.99
7	Ahmed Khaled Hashem Ali	11	Heliopolis	34.07
8	Ibrahim Moh. Abd Elaziz Glal Salim	11	El Gezira	34.09
9	Saif Mohamed Salah Eisaa	11	6th	34.14
10	Ebrahim Khaled Effat	11	Heliopolis	34.18

Heat 20 of 31 Timed Finals

1	Samer Ismaeil Hafez	11	Talbeia	33.93
2	amr Magdy Elsayed	11	Al Tersana	33.87
3	Abdelrahman Sobhy Abdelhalem Moh	11	Bank Ahly Alex	33.82
4	GabaLLa Yousry Gaballa	11	Sharks Team	33.73
5	Adham Ashraf Sheta	11	Sporting	33.69
6	Moaz Emad	11	Talbeia	33.71
7	AlHassan Mohamed Hassan	11	El Ghaba	33.75
8	Omar Abdelmonaim Mohamed	11	Taleaa El Gish Club	33.87
9	Loaay Ahmed Rezk	11	Al Hawar	33.89
10	Seif Elasmaam Ahmed Mohamed	11	El Zohour	33.94

Heat 21 of 31 Timed Finals

1	Mohamed Sameh Saied Mohamed	11	Bank Ahly Alex	33.68
2	Felemon Eshaq Fangary	11	El Ghaba	33.67
3	Ahmed Karam Hamam	11	A S E C	33.63
4	Marawan Hani Samy	11	Rehab	33.54
5	abd Elrahman Mohamed Ebrahim gad	11	Tanta	33.49
6	Omar Khaled Gamal El Din Sayed	11	Maadi	33.52
7	Adam Mohamed Eldegwy	11	S Shbein Al Koum	33.61
8	Mohamed Walid Hosny Ahmed	11	Maadi	33.67
9	Eslam Ahmed Elsayed	11	El Zohour	33.67
10	Mostafa Ebrahim Yehia Mahmoud Ramadan	11	Heliolido	33.68

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 22 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Yasisen Mohmed Seif	11	M S Benha City	33.46
2	Amir Maged Eid Yousef	11	Heliopolis	33.45
3	amr Khaled	11	Talbeia	33.43
4	Eyad Mohamed Shokry Mohamed	11	6th	33.36
5	Yasin Ashraf Ali	11	Canal El Suez	33.30
6	Yassin Mohamed Saleh Abdelhakam	11	Olympic	33.35
7	Omar Mahmoud Saied	11	El Shams	33.37
8	Abdallah Hassan Gheith	11	Rehab	33.43
9	Yasin Ahmed Fawzy Abdul Moaty	11	S Shbein Al Koum	33.46
10	Omar Reda Mohamed	11	Al Shehk Zaeid	33.48

Heat 23 of 31 Timed Finals

1	Yousief Ahmed Yousief	11	Cairo	33.26
2	Zeyad Essam abd Elmoaty	11	Talbeia	33.26
3	Mohand Alaa Mohamed	11	YMCA	33.20
4	Mostafa Moh. Monir Mostafa Abdeen	11	El Gezira	33.20
5	Yassin Mohamed Mowafy	11	Al Shark Port Said	33.17
6	Mahmoud Mohamed Fayek Elshaer	11	6th	33.17
7	Karim Ahmed Atef	11	Nasr City	33.20
8	Loay Alhesen Mohamad Alam	11	Smouha	33.23
9	Ahmed Osama Abdelhameed	11	M.S Tagamoa	33.26
10	Omar Ali Fathy Mohamad Es	11	Smouha	33.30

Heat 24 of 31 Timed Finals

1	Hamed Mohamed Hamed Mohamed	11	El Shams	33.12
2	Moaz Mohamed Hashim	11	Raas El Bar Club	32.97
3	Omar Ayman Wahied Mohamed	11	El Shams	32.96
4	Mohamed Osama Mohamed	11	A S E C	32.84
5	Tarek Ahmed Tarek	11	Heliopolis	32.74
6	Yassin Ahmed Abou Khedr	11	Al Shark Port Said	32.75
7	Hamza Mohamed Ebrahim Fath	11	Tanta	32.85
8	Basel Sameh Mohamed	11	Hadak Al Ahram	32.97
9	Saif Mohammed Salama	11	El Temsah	32.98
10	Yehya Karem Mamdoh Ahmed	11	Gezira El Ward	33.15

Heat 25 of 31 Timed Finals

1	Mohamud Mohamad Roshdey Abde	11	Smouha	32.71
2	Mazen Mostafa Asfoor	11	El Zohour	32.52
3	Hady Mohamed Sabry	11	Enppi	32.45
4	Yassin Hussein Nabil Hussein	11	Shooting	32.36
5	Abd Allah Ahmed Abd El Aziz Hussien	11	Maadi	32.32
6	Yassin Hossam Eldin Farouk	11	Taleaa El Gish Club	32.32
7	Hossen Ahmed Mohamed Hashad	11	Tanta	32.39
8	abd Allah Mohamed Abdelaziz	11	Zamalek	32.51
9	Mahmoud Ahmed Mohamed Anwar	11	A S E C	32.68
10	Yousef Emad El Din Mostafa	11	Al Shark Port Said	32.72

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 26 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Yassein Waleed Elsayed	11	Talbeia	32.22
2	Youssef Amr Yasseen Mady	11	El Gezira	32.21
3	Nour Eldin Karem Mohamed	11	Ahly	32.06
4	Mohamed Ashraf Safwat	11	Zamalek	31.96
5	Ahmed Khaled Farouk Fadel	11	6th	31.93
6	Malek Ahmed Mohsen	11	Wadi Degla	31.96
7	Hassan Ahmed Mohamed Essam	11	Heliopolis	32.00
8	Omar amr Helmy	11	El Temsah	32.18
9	Aser Nayrouz Raafat	11	El Temsah	32.22
10	Moustfa Mohamed Mahmoud	11	Enppi	32.28

Heat 27 of 31 Timed Finals

1	Ahmed Adel Abdel aal	11	Al Hawar	31.90
2	Youssef Khaled Mohamed	11	Wadi Degla	31.88
3	Essa Shref Abd EL Monem	11	Heliopolis	31.82
4	Ali Ehab Ahmed Mohamed	11	El Shams	31.73
5	Malek Haythm Mohamad Elsaw	11	Smouha	31.64
6	Almohand Wael	11	15 May	31.65
7	Omar Ahmed Hasan Khedr	11	Shooting	31.81
8	Ahmed Mohamed Kaowd	11	Baladyat El Mahala	31.85
9	Mahmoud Hossam El din Mahmoud	11	Shooting	31.89
10	Marawan Mohamed Sayed	11	Ahly	31.90

Heat 28 of 31 Timed Finals

1	Yassin Youssef Mohamed Elshaabeny	11	Olympic	31.62
2	Ahmed Waleed abd Elhady	11	Talbeia	31.60
3	Abdelrahman Mahmoud Mohamed	11	El Shams	31.58
4	Ahmed Mohamed Yaseir	11	Zamalek	31.54
5	Moumen Moustafa Mohamed	11	Zamalek	31.53
6	Belal Tamer Aly	11	Ahly	31.53
7	Selim Shrif Osama Helmy Mohsen	11	El Gezira	31.55
8	Adam Ahmed Hasan	11	Wadi Degla	31.58
9	Selim Ahm. Mah. Ahm. Niazy Mahmoud	11	El Gezira	31.60
10	Yousief Mohamed aly	11	Zamalek	31.63

Heat 29 of 31 Timed Finals

1	Farouk Mohamed Moharam	11	Wadi Degla	31.48
2	Ahmed Hossam Ahmed Ali	11	A S E C	31.42
3	Abd Allah Tamer Abd El Raaf	11	Maadi	31.40
4	Adam Mohamed Mahmoud Mohamed	11	Shooting	31.34
5	Fares Karm Refaay	11	Ahly	31.26
6	Yassen Osama Yosef Ebrahim	11	Smouha	31.33
7	Hamza Mahmoud Ibrahim	11	Stad Mansoura	31.37
8	Yossef Ayman Abdalla Mohama	11	Smouha	31.41
9	Mostafa Mohamed Salah Safoh	11	Tanta	31.47
10	Adham Ahmed 0 Mohamed	11	Shooting	31.50

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 30 Timed Finals... (Event 12 Boys 11 Year Olds 50 LC Meter Freestyle)**

1	Ahmed Samir Mohamed	11	Hadak Al Ahram	31.19
2	Omar Abdelaziz Hussein	11	Talbeia	31.07
3	Hussien Mohamed Hussien Shawky	11	El Shams	30.88
4	Marwan Ali Mahmoud	11	Wadi Degla	30.77
5	Hamza Ahmed Sayed	11	Canal El Suez	30.68
6	Ahmed Yasser Mahmoud Salman	11	El Zohour	30.69
7	Mohamed Osama Fekry	11	Wadi Degla	30.86
8	Belal Mohamed Fouad Ramadan	11	Olympic	30.93
9	Abdala Mdhat	11	Baladyat El Mahala	31.10
10	Mohamed Tarek Mohamed Zaky	11	Olympic	31.21

Heat 31 of 31 Timed Finals

1	Youssef Emad Shaaban	11	Ahly	30.47
2	Yasien Mohamed Roshdy	11	Zamalek	30.33
3	Omar Emad Samir Abdallah	11	Wadi Degla	30.09
4	Ibrahim Bahaaeldin Ibrahim Sayed	11	Olympic	29.99
5	Saif Mohamed O Mahmoud Metwaly	11	Shooting	29.64
6	Omar Mohamed Hassan	11	Ahly	29.79
7	Mohamad Amr Mohamad Mense	11	Smouha	30.08
8	Nour Eldin Mohamed Refaat	11	Ahly	30.33
9	Omar Ahmed Emad	11	Shooting	30.43
10	Zeiad Ashraf Essam El Din Mohamed	11	Maadi	30.50

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

Meet Program - 17-11-2019 Morning

Event 13 Boys 14 Year Olds 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 20 Timed Finals				
1	Ahmed Mohamed Abd Elrasool	14	Mansheit Naser	NT
2	Albraa Mohamed Alameldeen	14	Al Qusiya Club	NT
3	Ahmed Mohamed Elhadary	14	Canal El Suez	NT
4	Mohamed Ahmed Ebada	14	Canal El Suez	NT
5	Abdel Rahman Ibrahim Hassan	14	Canal El Suez	NT
6	Mohamed Abdelhafez Ezat	14	Al Qusiya Club	NT
7	Mohamed Ezat Ali Elgzar	14	Smouha	NT
8	Sohib Tamer Elsayed	14	Zagazig Universty	NT
9	Monzer Mahmoud Ahmed	14	El Zohour	NT
Heat 2 of 20 Timed Finals				
1	Abdallah Ashraf Abdallah	14	M S B-Sweif	NT
2	Ahmed Hossameldeen Abdela	14	Al Qusiya Club	NT
3	Aly Ahmed Elsayed	14	Nasr City	46.11
4	Ahmed Mohamed Hessuin Labi	14	Al Zaher	38.60
5	Yousief Ahmed Abd Elrahman	14	Mansheit Naser	37.33
6	Omar Abd Elnaby Gabr	14	Mansheit Naser	37.42
7	Moamen Ahmed Farouk	14	M S Benha City	38.60
8	Abdelrahman Maged Mhany	14	Al Zaher	49.69
9	Ahmed Esam Mohamed Abd ely	14	Zagazig Universty	NT
10	Mena Magdy Fayez	14	Al Qusiya Club	NT
Heat 3 of 20 Timed Finals				
1	Marwan Mohamed Bakry	14	Beni Suef Club	36.53
2	Ibrahim Ahmed Galal	14	El Shrook	36.30
3	Sief El Dien Tamer	14	Misr Insurance	35.72
4	Saif al-Islam Mohamed Mostafa	14	Police Club	35.70
5	Moaz Osama Mohamed Omar	14	El Mekaweloun	35.48
6	Hassan Mohamed Hassan Abdel	14	Beni Suef Club	35.57
7	Abdel Rahman Ashraf Mohamed Kamal	14	Misr Insurance	35.70
8	Esmael Mostafa	14	Al Tersana	35.74
9	Moustafa Mohamed Shehata El Nekhily	14	Heliolido	36.32
10	Mohamed Elsayed Zaky	14	Al Zaher	36.54
Heat 4 of 20 Timed Finals				
1	Mohame Alsaied abd Elhamed	14	Al Shark Port Said	35.30
2	Mahmoud Mohamed Samy	14	Mansheit Naser	34.57
3	Haytham Hesham Yehia Mourad	14	Helwan Club	34.39
4	Sameh Mohamed Sameh	14	Police Club	34.12
5	Omar Wael Ismail Eid	14	Moasasa Riadiyah Askaria	33.76
6	Ahmedd Maged Khorshed	14	Heliopolis	33.91
7	Ziad Ramy Akmal	14	Moasasa Riadiyah Askaria	34.24
8	aly Mohamed m aly Mohamed	14	Moasasa Riadiyah Askaria	34.54
9	Zeiad Hossam El Din Mahmoud	14	S Shbein Al Koum	35.06
10	Ahmed Abdelmoneam Ahmed	14	M S Benha City	35.42

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 5 Timed Finals... (Event 13 Boys 14 Year Olds 50 LC Meter Freestyle)**

1	Adham Mohammed Goma	14	Hadak Al Ahram	33.71
2	Daniel Imad Talat	14	Beni Suef Club	33.45
3	Ali Abdalla Ali	14	El Shrook	33.25
4	Mohamed Magdy Ezzat	14	Moasasa Riadiah Askaria	33.16
5	Ahmed Sameh Hussein Sayed	14	Beni Suef Club	32.92
6	Hazem Mostafa Abdel Azim	14	Beni Suef Club	33.01
7	Ismail Mohamed Ramdan	14	Sporting	33.25
8	Daved Ayman Nabil	14	Cairo	33.31
9	Mustafa Sayed Hussein Abdel	14	Beni Suef Club	33.61
10	Yousif amr Fahmy	14	Beni Suef Club	33.73

Heat 6 of 20 Timed Finals

1	Khaled Walied Atia	14	El Shams	32.73
2	Moustafa Haytham El Sayed Shahin	14	Heliolido	32.62
3	Mohamed Hazm	14	Taleaa El Gish Club	32.37
4	Abdel Rahman Adel Abdel Rahman	14	Talbeia	32.26
5	Saif Mohamed Awad	14	Al Tersana	32.09
6	Yousif Emad El Din Abdel Ra	14	El Shrook	32.26
7	Yossef Ahmed Mohamed	14	Al Shark Port Said	32.33
8	Omar Mohamed Mouslhy	14	Moasasa Riadiah Askaria	32.62
9	Sayd Mohamed Sayd	14	Police Club	32.70
10	Ali Mohamed Goma	14	Hadak Al Ahram	32.75

Heat 7 of 20 Timed Finals

1	Yousef Wesam Mohamed Samer	14	El Mekaweloun	32.04
2	Salah Mohamed Salah	14	15 May	31.96
3	Omar Hssan Ahmed Wahba	14	Tagamoa Heljhts	31.82
4	Ahmed Mohamed Mosaad	14	Talbeia	31.75
5	Ahmed Saad Al Mandoh Khattab	14	Maadi	31.66
6	Ali Ahmed Ali Mohamed	14	Moasasa Riadiah Askaria	31.72
7	Mohamed Mansour Saeed	14	Cairo	31.80
8	Mohamed Ebrahim Sadoma	14	Tanta	31.94
9	Yosif Ehab Mohamed Refaat	14	El Nasr Club	32.00
10	Yassen Saied	14	Talbeia	32.05

Heat 8 of 20 Timed Finals

1	Omer Mohamed Mahrous	14	Taleaa El Gish Club	31.52
2	Youssef Ahmed Abd El Whab	14	El Zohour	31.47
3	Ahmed Hassan Mohamed	14	El Zohour	31.36
4	Belal Ahmed Mohamed Elsaid	14	Moasasa Riadiah Askaria	31.29
5	Adham Mohammed ali	14	Talbeia	31.23
6	Yousef Moustafa Fargaly	14	Rowad	31.29
7	Yassien Mohaned Rizek Rizek	14	El Shams	31.30
8	Youssef Mohamed Ibrahim	14	El Zohour	31.37
9	Ahmed Hossam Mohamed Abdallah	14	El Shams	31.51
10	Khaled Amr Abdelatif	14	Al Tersana	31.59

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 9 Timed Finals... (Event 13 Boys 14 Year Olds 50 LC Meter Freestyle)**

1	Ahmed Magdy Abd Elhakim	14	El Nasr Club	31.19
2	Abdallah Mohamed Ahmed Sayed	14	Hadak Al Ahram	31.14
3	Igoor Ehab Fayz Fahmy	14	S Shbein Al Koum	31.12
4	Yousf Ahmed AbdElrazk Kamel	14	6th	31.00
5	Youssef Walid Mahmoud Ahmed	14	Taleaa El Gish Club	30.98
6	Yousf Abdltef Hsanin Abdltef	14	6th	30.98
7	Mohamed Abd El Kader Abo El Dahab	14	El Zohour	31.01
8	Salih Samy Hassan abo Ghada	14	Raas El Bar Club	31.13
9	Abdel Rahman Ahmed Abdel Haseib	14	M S B-Sweif	31.15
10	Yossef Mohamed Sayed Idris	14	Taleaa El Gish Club	31.21

Heat 10 of 20 Timed Finals

1	Mohamed Wael Mohamed Hashem	14	15 May	30.89
2	Omar Ahmed Shehata	14	Mansheit Naser	30.82
3	Omar Feisal Mahmoud Mohamed	14	S Shbein Al Koum	30.63
4	Zeiad Ahmed Bhaa Alden	14	Enppi	30.62
5	Abd El Manaam Moh Abd Elmanaam	14	El Ghaba	30.55
6	Hussein Hassan Ahmed AbouSteit	14	Heliolido	30.56
7	Ahmed Mohamed Ahmed Zaky	14	Al Ealamein	30.62
8	Mrawan Mahmoud Ahmed	14	Talbeia	30.74
9	Zayad Badr Fathallah	14	M.S Tagamoa	30.82
10	Mohmed Wled Talat Hsanen	14	6th	30.97

Heat 11 of 20 Timed Finals

1	Karim Ali Mohamed	14	El Ghaba	30.46
2	Omar Mohamed Hosny	14	15 May	30.34
3	abd al Rahman Hatam Mohmed	14	15 May	30.13
4	Yhea Mohamed Anwar	14	Al Shark Port Said	29.89
5	Seif Walid Hosny Ahmed	14	Maadi	29.86
6	Mohamed Elssameldin Mahmoud	14	Cairo	29.87
7	Ahmed Mahmoud Araby	14	Tanta	30.00
8	Ahmed Safwat Mohamed	14	El Zohour	30.32
9	Mohamed Salah El Din Abdel M	14	El Shrook	30.42
10	Yousef Mohamed Adel	14	Tanta	30.49

Heat 12 of 20 Timed Finals

1	Hossam Eldin Ghsan Mohamed	14	Taleaa El Gish Club	29.72
2	Yosif Moh. Fawzi Moh. Kandel	14	El Gezira	29.59
3	Ibrahim Mohamed Ibrahim Al Gamal	14	Raas El Bar Club	29.58
4	Mohamed AbdEl Rashed Mohamed	14	El Ghaba	29.53
5	Abd El Monaem Mahmoud Abd Elmonaem	14	El Zohour	29.51
6	Omar Tarik Assem	14	Nasr City	29.52
7	Abdulrahman Wael Hassen	14	Police Club	29.57
8	Yossef Ahmed Abd Allah Salem	14	El Ghaba	29.58
9	Omar Mohamed Mahmoud	14	Sporting	29.60
10	Saif El Dien Ahmed Mohamed	14	Hadak Al Ahram	29.83

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 13 Timed Finals... (Event 13 Boys 14 Year Olds 50 LC Meter Freestyle)**

1	Mohamed Ahmed Elkhashab	14	Elethead	29.39
2	Mohamed Abd EL Hamid EL Zaiady	14	Heliopolis	29.32
3	Abdelrahman Ahmed Abdelmonem	14	Cairo	29.18
4	Adam Ehab Mamdouh	14	Taleaa El Gish Club	29.05
5	Yosef Amr Mohamed Gohar	14	Maadi	28.78
6	Adam amr Essam	14	Heliopolis	28.80
7	abd Elrahman Mohamed Saad	14	Zamalek	29.14
8	Yasin Mohamed Abu Raya	14	Tanta	29.23
9	Karim amr Mahmoud	14	Nasr City	29.37
10	Omar Mohamed ali	14	El Ghaba	29.48

Heat 14 of 20 Timed Finals

1	Abdalla Alaa Elden Fahmy	14	El Mekaweloun	28.78
2	Yousif Mo`men Elkady	14	Smouha	28.70
3	Loay Amgad el Mongy	14	Al Tersana	28.68
4	Marwan Mohamed Maged	14	Cairo	28.64
5	Mostafa Mahmoud Mostafa	14	Shooting	28.60
6	Omar Sherif Hamed	14	El Ghaba	28.61
7	Moustafa Salah El Din Abdel M	14	El Shrook	28.68
8	Omar Khaled Hasan	14	El Nasr Club	28.69
9	Youssef Fathy Essawy Hassane	14	6th	28.75
10	Omar Mohamed Talat	14	Police Club	28.78

Heat 15 of 20 Timed Finals

1	Mostafa Mahmoud Yousry	14	Shooting	28.51
2	Yousef Hisham ali	14	Al Tersana	28.48
3	Mohamed Hassan Mohamed	14	Helwan Club	28.47
4	Ali Ahmed Abd el Monem Omara	14	El Shams	28.44
5	Omar Walid Mohamed	14	Ahly	28.33
6	Omar Ahmed Elebyary	14	Tanta	28.38
7	Ahmed Yhya Zkrya Twfek	14	6th	28.44
8	Omar Sameh Mohamed Hamed	14	Ahly	28.47
9	Marwan Mohamed Sabry	14	Enppi	28.51
10	Mark Hany Raof	14	El Shrook	28.55

Heat 16 of 20 Timed Finals

1	Loai Hany A bd EL Haliem	14	El Shams	28.27
2	Abd El Rahman Mohamed Ali	14	Shooting	28.23
3	Mazen Ashraf Mohamed Abdel	14	Bank Ahly Alex	28.18
4	Adham Ahmed Mahmoud	14	Ahly	27.95
5	Ahmed Mohamed Baranek	14	Wadi Degla	27.88
6	Youseif Emad Salah	14	Zamalek	27.90
7	Mohamed Yehia aly Elshenawy	14	Nasr City	27.97
8	Khalied Mohamed Gadallah	14	Zamalek	28.21
9	Khaled Khaled Mohamed Wali Alla	14	Shooting	28.23
10	Marawan Hatem Abo Adma	14	Shooting	28.31

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 17 Timed Finals... (Event 13 Boys 14 Year Olds 50 LC Meter Freestyle)**

1	Moustafa Mahmoud Ali	14	Wadi Degla	27.82
2	Omar Khaled Khamis	14	A S E C	27.77
3	Omr Jamal Eldin Hassain	14	Elethead	27.74
4	Omar Khaled Soliman	14	El Nasr Club	27.65
5	Karim Samir Mohamed	14	Hadak Al Ahram	27.63
6	Malek amr Mahdy	14	Cairo	27.63
7	Mohmed Khaled Ookel Abdallah	14	6th	27.73
8	Yousef Ahmed Shalaby	14	Tanta	27.75
9	Mohamed Ahmed El Hefnawy	14	Wadi Degla	27.82
10	Yassin Ahmed Aly Eldin	14	Ahly	27.83

Heat 18 of 20 Timed Finals

1	abd Alrahman Ahmed Mansor	14	Al Shark Port Said	27.62
2	Fares Husin Atia	14	Tanta	27.61
3	amr Khaled Mohamed Mahmoud	14	Zamalek	27.48
4	Adham Hadee Mohamed Talaat	14	Bank Ahly Alex	27.45
5	Yassen ali Yossry	14	Heliopolis	27.33
6	Adham Tarik Ali Baiuomy	14	Smouha	27.45
7	Youssef Mohamed Soliman	14	Wadi Degla	27.46
8	Zeyad Mohamed Saad Zaky	14	Olympic	27.60
9	Ali Waled Yossef	14	El Ghaba	27.61
10	Omar Tamer Said AbdElaziz	14	Smouha	27.63

Heat 19 of 20 Timed Finals

1	Yasser Walid Abo Elela	14	Ahly	27.24
2	Adham Khaled Kamal	14	Shooting	27.12
3	Moamen Khalid Mohamed	14	Zamalek	26.99
4	Waleed Samer Mahmoud	14	Ahly	26.81
5	Mohamed Hany Farouk	14	Hadak Al Ahram	26.78
6	Mohamed Yasser Mohamed	14	Zamalek	26.80
7	Yousif Mohamed Soliman Omra	14	Smouha	26.92
8	Omar Mohamed Abdel Meguid	14	Ahly	27.00
9	Seif Ahmed Nasr	14	Al Tersana	27.24
10	aly Mohamed aly Elsobky	14	Wadi Degla	27.27

Heat 20 of 20 Timed Finals

1	Yosaf Tamr Mosa	14	Tagamoa Heljhts	26.69
2	Yehia Emad eL Toukhy	14	Sporting	26.48
3	Adam Moh. Awaad Awaad	14	El Gezira	26.02
4	Esmat Ashraf Esmat Hatata	14	Smouha	25.57
5	Ahmed Wael el Mohandes	14	Heliopolis	24.94
6	Omar Sherif Galal Eldin Mahmoud	14	Maadi	25.16
7	Mohnad Khaled Mohamed Mahmoud	14	Shooting	25.93
8	Mohamed Taha Abd El Raouf	14	Wadi Degla	26.19
9	Mohamed Khaled Mohamed ali	14	Wadi Degla	26.66
10	Yassin Mohamed Tayaa	14	Pegasus Club	26.69

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

Meet Program - 17-11-2019 Morning

Event 14 Girls 11 Year Olds 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 13 Timed Finals				
4	Youanna Ashraf Fawzy	11	Al Qusiya Club	NT
5	Sama Ahmed Eladawy	11	Canal El Suez	NT
6	Hala Reda Metwaly	11	Al Qusiya Club	NT
Heat 2 of 13 Timed Finals				
1	Hala Khaled Hagag	11	Canal El Suez	NT
2	Rokaia Mohamed Elsayed	11	El Ghaba	4:18.15
3	Hana Mohamed Baheeg	11	Taleaa El Gish Club	4:08.22
4	Habiba Mohamed ElSayed Zaki	11	Enppi	4:06.80
5	Mariam Ahmed Attia Mohmud	11	Taleaa El Gish Club	4:04.84
6	Rawan Ashraf Sayed Ameen	11	Taleaa El Gish Club	4:05.16
7	Lama Walid Mostafa	11	El Ghaba	4:07.44
8	Haneen Talaat Abdelrazek	11	Helwan Club	4:09.80
9	Maria Eshaq Rezik	11	El Ghaba	4:23.69
10	Samar El Hossiny Ahmed	11	Canal El Suez	NT
Heat 3 of 13 Timed Finals				
1	Sara Medhat Yossef	11	El Ghaba	4:03.45
2	Gody Sobhy Hussin	11	Al Tersana	3:58.84
3	Hanin Sobh Atef	11	El Nasr Club	3:57.68
4	Nada Foud Ahmad Hafez Mla	11	Smouha	3:55.46
5	Loujin Mahmoud Gamal Metwally	11	El Zohour	3:55.02
6	Radwa Mohamed Attia	11	Al Tersana	3:55.10
7	Jasmen Maged Magdy Abbas	11	Taleaa El Gish Club	3:56.68
8	Habiba Ayman Abbas Maamoun	11	Sporting	3:58.19
9	Ashrakat Mohamed Helmy Shehat	11	Tanta	4:03.18
10	Hana Hossam Kamal	11	El Ghaba	4:03.79
Heat 4 of 13 Timed Finals				
1	Yasmin Amr Nagib Mahmoud	11	Heliopolis	3:52.19
2	Hala Sherif Samir abd Elmohsen	11	Taleaa El Gish Club	3:51.90
3	Mariam Maher AL Said	11	Rowad	3:51.24
4	Shaza Tamer Arpe	11	El Mekaweloun	3:50.80
5	Lamar Eshaq Osman	11	El Ghaba	3:48.89
6	Malk Amr Hassan	11	Enppi	3:49.30
7	Gana Mahmoud Foad Mahmoud	11	Tanta	3:50.91
8	Lama Medhat Elsaid	11	Taleaa El Gish Club	3:51.40
9	JanaTamer Mohsen	11	Shooting	3:52.06
10	May Ahmed Saied	11	Enppi	3:53.48
Heat 5 of 13 Timed Finals				
1	Salma Sameh Mohamed	11	El Mekaweloun	3:47.56
2	Hams Mohamed Ahmed	11	Al Tersana	3:46.15
3	Hana Ahmed Helal	11	Enppi	3:44.74
4	Toka Ayman Ebrahim Eldsok	11	Smouha	3:42.49
5	Sara Mohamed Bogdady	11	Al Tersana	3:41.48
6	Ronzy Ahmed Shawky	11	Cairo	3:42.02
7	Kenzy Ahmed Abd Elmenaim Aly	11	6th	3:43.89
8	Logina Ahmed Mostafa	11	Police Club	3:46.11
9	Sara Ahmed Kamal	11	Hadak Al Ahram	3:46.52
10	Farah Samy Mahdy	11	Helwan Club	3:47.92

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 6 Timed Finals... (Event 14 Girls 11 Year Olds 200 LC Meter Breaststroke)**

1	Salma Saed Elsamadony	11	Tanta	3:41.18
2	Retal Mohamed Khamis	11	Sporting	3:40.85
3	Habeba Mohamed Soliman	11	Zamalek	3:39.91
4	Mariam Ali Yosry	11	Heliopolis	3:39.31
5	Marim amr Mohamed	11	Al Tersana	3:37.56
6	Nour Waleed Ezzat	11	Talbeia	3:38.38
7	Gody Hatem Adel Osman	11	Maadi	3:39.53
8	Sama Islam	11	Zamalek	3:40.13
9	Habeba Waled Mahmud Shref O	11	Smouha	3:41.08
10	Habiba Ahmed Abdelsalam ali	11	Taleaa El Gish Club	3:41.45

Heat 7 of 13 Timed Finals

1	Nancy Mostafa Ibrahim Mohamed	11	El Shams	3:36.94
2	Gana Mohamed Yhya	11	El Mekaweloun	3:35.52
3	Gasmine Ahmed Elbadawi	11	Nasr City	3:34.19
4	Sama Mohamed Ibrahim Ibrahim	11	El Shams	3:32.15
5	Malak Aseem Mohamed	11	Zamalek	3:31.18
6	Ganat Kareem Mohamed Hafez	11	Moasasa Riadia Askaria	3:31.64
7	Nefeen Mohamad Amer Tawfek	11	Smouha	3:32.38
8	Rahma Mahmed Abdel Hady	11	El Nasr Club	3:35.26
9	Malak Mohamed abd Elmawla	11	Tanta	3:35.94
10	Malak Islam Gamal Abdelhamied	11	El Shams	3:37.18

Heat 8 of 13 Timed Finals

1	Nisrena Mohamed Khalil	11	Cairo	3:30.06
2	Gamela Hassan EL Saied	11	Heliopolis	3:29.52
3	Basmala Atef Ahmed	11	Mansheit Naser	3:28.83
4	Mariam Mohamed Fathy	11	Wadi Degla	3:28.34
5	Hana Abd Elazem Matar	11	El Nasr Club	3:27.86
6	Malak Basem Ali	11	Rehab	3:28.32
7	Goudy Mostafa Ahmed	11	Ahly	3:28.55
8	Menh Alla Mohamad Mohamad Nage	11	Smouha	3:29.09
9	Sohila Alaa Eldin Abd Elwahab	11	6th	3:29.95
10	Malak Mohamed Hassan	11	Zamalek	3:31.14

Heat 9 of 13 Timed Finals

1	Farah Hussein Ali Mohamd	11	6th	3:27.47
2	Sara Ahmed Abdelsatar ele	11	Tanta	3:26.83
3	Mariam Tamer Fathi	11	Cairo	3:25.88
4	Roqaya Saad Mohamed	11	Zamalek	3:25.76
5	Zeina Mohamed Abdel Moeaz	11	Ahly	3:24.67
6	Zeina amr Mohammed	11	Talbeia	3:25.62
7	Marly Nabil Talat	11	Wadi Degla	3:25.78
8	Haya Hesham Mohamed	11	Al Hawar	3:26.22
9	Karima Mohamed Saied	11	Wadi Degla	3:27.33
10	Lougin Mohamed Abdel Sattar	11	Ahly	3:27.86

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 10 Timed Finals... (Event 14 Girls 11 Year Olds 200 LC Meter Breaststroke)**

1	Gana Mohamed Mostafa	11	Tanta	3:23.97
2	Nazly Mohamed Elokda	11	Shooting	3:23.69
3	Farida Mostafa Ahmed Fathy	11	Shooting	3:23.30
4	Salma Mohamed Ibrahim Ibrahim	11	El Shams	3:23.21
5	Nada Mohamed Saed Elshrbiny	11	Gezira El Ward	3:21.27
6	Gana Noaaman Samer	11	Al Hawar	3:22.38
7	Hana Mohamed Asharaf Makrem	11	El Shams	3:23.24
8	Rokaya Emad Samir Hassan Abdel Khalek	11	Heliolido	3:23.38
9	Hanen Hassan Qassim	11	Hadak Al Ahram	3:23.81
10	Login Hossam Mohamed	11	Wadi Degla	3:24.58

Heat 11 of 13 Timed Finals

1	Salma Waleed Raslan	11	Al Hawar	3:21.03
2	Salma Mohamed Elsaid Tanta	11	Zamalek	3:20.55
3	Ganna Sheref Mohamad Abdel	11	Smouha	3:19.87
4	Miray Ebram Mousad	11	El Shams	3:19.21
5	Malak Ashraf Ahmed Ezzat	11	Shooting	3:18.41
6	Saga Alaa Adel Ibrahim	11	Shooting	3:19.19
7	Malak Ahmed O Gamal al Shazly	11	Shooting	3:19.38
8	Sama Mohamed Shokry	11	Stad Mansoura	3:20.33
9	Jannat Safwat Saleh	11	El Zohour	3:20.68
10	Jessica Girgis Wadea Thabet Ellithy	11	Heliolido	3:21.25

Heat 12 of 13 Timed Finals

1	Samaa Khames Mohamed Esmee	11	Bank Ahly Alex	3:18.14
2	Zina Ahmed Medhat	11	Ahly	3:17.16
3	Yara Hesham Mohsen	11	Ahly	3:16.00
4	Kinzy Yahia Mohamed Sameh	11	Enppi	3:15.68
5	Hala Eslam Adel Yasin	11	Ahly	3:15.16
6	Jana Mohamed Abd Elkariem	11	6th	3:15.68
7	Marem Mohamad Ebrahim Elby	11	Smouha	3:15.83
8	Younna Hesham Mohsen	11	Ahly	3:16.12
9	Lama Abu Bakr Ahmed	11	Rehab	3:18.11
10	Hana Amr Mohamed Taha	11	6th	3:18.26

Heat 13 of 13 Timed Finals

1	Lily Hany Mohamed	11	Wadi Degla	3:12.63
2	Marim Mohamed Bakr	11	Al Tersana	3:08.38
3	Masa Mostafa abd Elghany	11	Tanta	3:04.76
4	Lana Bassem Hesham	11	Stad Mansoura	3:03.58
5	Lara Amr Mahmoud Alsokkary	11	6th	2:57.87
6	Dana Rafik El Saady	11	Wadi Degla	3:02.71
7	Sagwa Khaled Mostafa Mahmo	11	Bank Ahly Alex	3:04.13
8	Noor Hassan Mohamed	11	Hadak Al Ahram	3:05.95
9	Lina Haythaim Hassan	11	Wadi Degla	3:11.18
10	Nada Mohamed Magdy	11	Elethead	3:14.24

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

Meet Program - 17-11-2019 Morning

Event 15 Girls 14 Year Olds 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Timed Finals				
3	Rahma Esam Abdelatif	14	Al Qusiya Club	NT
4	Malak Hesham Ahmed	14	Zamalek	3:38.87
5	Sama Mohamed Sharaf	14	Talbeia	3:36.33
6	Gana Mohamed abd el Salam	14	Hadak Al Ahram	3:36.57
7	Malak Asem Hamd Kasem	14	6th	3:45.69
Heat 2 of 6 Timed Finals				
1	Hana Walid Mohamed	14	Ahly	3:31.15
2	Farah Yasser Bakry	14	El Nasr Club	3:30.71
3	Salma Abd Ella Abd Elhameed	14	Talbeia	3:26.97
4	Afrosena Sameh Kamel	14	Hadak Al Ahram	3:26.65
5	Laila Tarek Bakry	14	Heliopolis	3:24.45
6	Sara Sameh Awad Elsaid	14	Rowad	3:25.01
7	Eman Mohamed Rashad	14	Ahly	3:26.90
8	Zina Amr	14	Sporting	3:28.05
9	Farida Talaat Lotfy Singer	14	Heliolido	3:30.78
10	Amal Atef Ahmed	14	Zamalek	3:31.35
Heat 3 of 6 Timed Finals				
1	Judy Awwad Mohamed	14	El Zohour	3:23.34
2	Rawan Ahmed AbdElwahab	14	Smouha	3:21.24
3	Malak Islam Mohamed	14	Ahly	3:19.39
4	Habiba Mohamed Moustafa	14	Heliopolis	3:16.88
5	Maryem Sobhy abd el Fatah	14	Al Tersana	3:15.90
6	Rokaya Khalid El Masry	14	Sporting	3:16.55
7	Haneen amr Abdelaziz	14	Cairo	3:18.62
8	Kenzy Amr El Sayed	14	Tanta	3:21.21
9	Yara Waled Saed	14	Tagamoa Heljhts	3:22.89
10	Jana Alaa	14	Sporting	3:23.55
Heat 4 of 6 Timed Finals				
1	Rana Walid Ahmed	14	Shooting	3:14.09
2	Donia Ebrahim Ebid	14	Sporting	3:11.27
3	Lamar Ebrahim Foaad	14	El Mekaweloun	3:10.07
4	Gana Mohamed Abd ElSamed Abass	14	Shooting	3:09.00
5	Berehan Khaled Khalaf	14	Wadi Degla	3:08.15
6	Nour Mohamed Fathy	14	Shooting	3:08.33
7	Hana Hisham Mohamed Yousi	14	Smouha	3:09.20
8	Fdwa Amer Ahmed Rmdan	14	6th	3:11.05
9	Gana Ashraf Abd El Hafez Mohamed	14	Shooting	3:13.36
10	Sara Mohamed Ezzat	14	Heliopolis	3:14.56
Heat 5 of 6 Timed Finals				
1	Yasmin Ahmed El Tahlawy	14	Ahly	3:07.57
2	Goudy Ahmed Elsayed	14	Ahly	3:06.62
3	Shza Ahmed Hmdy Ahmed	14	6th	3:05.30
4	Nouran Mahmoud Mohamed	14	Wadi Degla	3:04.06
5	Shams Anas Hessen Elsherif	14	El Shams	3:00.77
6	Rodaina Mohamed Mohamed Hass	14	Nasr City	3:04.00
7	Ganna Ahmed Yousof	14	Tanta	3:04.53
8	Dorra Hesham Sayed Zahran	14	Wadi Degla	3:05.37
9	Rawda Ashrif Ramdan	14	15 May	3:07.40
10	Rawda Mohamed Mobark Abdel Azem	14	Wadi Degla	3:07.67

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 17-11-2019 Morning****Heat 6 Timed Finals... (Event 15 Girls 14 Year Olds 200 LC Meter Breaststroke)**

1	Shahd Mohamed Ismael	14	Smouha	2:58.58
2	Gana Mohamed Ahmed Salama	14	El Ghaba	2:57.13
3	Razan Mohamed Beshar Adbel Motal	14	Wadi Degla	2:55.04
4	Maryam Emad Mohamed Elhadid	14	Gezira El Ward	2:50.40
5	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	2:46.27
6	Sara Elhamy Foad Abd El Sallam	14	Maadi	2:47.45
7	Nadin Ayman Hessien	14	Wadi Degla	2:54.75
8	Basmalah Gomaa Ali	14	Bank Ahly Alex	2:55.91
9	Mariam amr Mohamed	14	Wadi Degla	2:57.44
10	Nor Mahmoud Anbar	14	El Ghaba	2:59.59