

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

## Meet Program - 18-11-2019 Evening

## Event 26 Boys 14 Year Olds 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 7 Timed Finals</b>				
2	Bashar Ahmed Mohamed	14	El Mekaweloun	NT
3	Ahmed Mohamed Elhadary	14	Canal El Suez	NT
4	Ahmed Nader Khalil	14	Zamalek	11:54.79
5	Frouk Mohamed Frouk	14	Zamalek	10:54.74
6	Youseef Hany Fayez	14	Zamalek	11:31.81
7	Mohamed Yaser Omar	14	Raas El Bar Club	NT
8	Houssein Salem Sayed	14	Canal El Suez	NT
9	Moaz Ahmed Ismail	14	Canal El Suez	NT
<b>Heat 2 of 7 Timed Finals</b>				
1	Salah Eldin Mohamed Salaheldin	14	Cairo	10:43.60
2	Yosef Fathy Al Ghanduor	14	Canal El Suez	10:36.81
3	Mohamed Housam Eldin	14	Zamalek	10:33.88
4	Mostafa Tarek Hassaneen	14	Cairo	10:26.07
5	Mazen Yousry El Ghonimy	14	Tanta	10:21.23
6	Ahmed Yasser Yehia	14	Cairo	10:25.78
7	Karim Ahmed Gamal	14	Tanta	10:28.82
8	Mokhtar Emad Abdelhamied	14	Moasasa Riadiah Askaria	10:34.58
9	Mahmoud Emad Abd Elmoghny	14	El Zohour	10:43.21
10	Yassen Moh. Shrif Moh. Elbarbary	14	El Gezira	10:46.29
<b>Heat 3 of 7 Timed Finals</b>				
1	Hassan Hossam Hassan Kamel Ali	14	El Shams	10:16.63
2	Mohamed Tarek Seiam	14	Heliopolis	10:07.18
3	Omar Nader Ali Mohamed	14	Wadi Degla	10:06.38
4	Yossif Khaled Morsy	14	A S E C	10:04.31
5	Mohmd Ahmed Faruk Abdlhmed	14	6th	10:02.93
6	Khaled Mhmoud Mostfa Ali	14	6th	10:03.24
7	Yousif Shawky Mahros	14	Shooting	10:04.49
8	Youssef Khaled Mohamed	14	Ahly	10:06.80
9	Yahya Ahmed Refat	14	Sporting	10:08.27
10	Adham Hany	14	Sporting	10:20.69
<b>Heat 4 of 7 Timed Finals</b>				
1	Mohamed Yasser Mohmoud	14	Zamalek	9:59.42
2	Yousef Mohamed Farouk Saleh	14	6th	9:56.90
3	Seif Eldin Yasser Ahmed	14	Ahly	9:51.13
4	Mhmoud Wled Fkri Mhmoud	14	6th	9:47.95
5	Mostafa Emad Mohamed Awad	14	Gezira El Ward	9:47.28
6	Mohamed Ali Mohamed Ali	14	Wadi Degla	9:47.64
7	Mostafa Tamer Mamdouh	14	Baladyat El Mahala	9:49.90
8	Adham Mhammed Arafa Hasan	14	Al Hawar	9:55.61
9	Abdalla Mohamed Hassan	14	Ahly	9:58.06
10	Yosef Atef el Sadaty	14	Al Hawar	10:02.45

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 5 Timed Finals... (Event 26 Boys 14 Year Olds 800 LC Meter Freestyle)**

1	Ahmed Mahmoud Fouad Mahmoud	14	Wadi Degla	9:46.64
2	Hesham Nader Kamal	14	Ahly	9:45.48
3	Omar Ibrahim Elshahat Eln	14	Smouha	9:40.74
4	Ali Khaled Ali	14	Shooting	9:39.41
5	Marawan Ayman Abd El Hafiz	14	Shooting	9:38.83
6	Yousif Ayman Mohamed Elgwil	14	Smouha	9:38.84
7	Omar Tarek Omar el Koly	14	Al Hawar	9:39.57
8	Fathey Ahmed Fathey abd el Fatah	14	Stad Mansoura	9:43.86
9	Aly Shref Aly Mohamed	14	Shooting	9:45.94
10	Yasin Mahmoud Mostafa	14	Shooting	9:46.95

**Heat 6 of 7 Timed Finals**

1	Mohamed Tarek Rashad Abd el Hamed	14	El Shams	9:36.67
2	Ahmed Hisham Safwat Radwan	14	Police Club	9:32.73
3	Ahmed Beshar Mostafa Mohamed	14	6th	9:28.39
4	Marawan Emad Hamed	14	Ahly	9:25.99
5	Yousf Mohamed Mdht Mohamed	14	6th	9:23.77
6	Marwan Mohamed Abdallah Hassan	14	Wadi Degla	9:24.28
7	Amr Khaled Mohamed Abdel Aziz	14	Wadi Degla	9:26.91
8	Yasin Housam Fyd Altranesy	14	6th	9:28.75
9	Omar Wael Galal	14	Police Club	9:35.86
10	abd Elrahman Sherif Karam Monir	14	Al Tersana	9:38.14

**Heat 7 of 7 Timed Finals**

1	Seif Walaa Antar	14	Wadi Degla	9:18.72
2	Eyad Ahmed Zakaria	14	Ahly	9:14.21
3	Adham Ayman Monir Hashem	14	Al Tersana	9:09.95
4	Ziad Ehab Tawfek	14	Wadi Degla	9:08.83
5	Omar Ahmed Hassan Ryaan	14	El Shams	9:01.55
6	Seif Eldin Ahmed Mohamed	14	Ahly	9:04.16
7	Mohamed Elsaid Ibrahim Badr	14	Stad Mansoura	9:09.86
8	Omar Mohsen Ramdan AbdElm	14	Smouha	9:13.55
9	Sife Mohamwd Saber	14	Zamalek	9:16.72
10	Mohamed Elsaed Elsaed abd Elghani	14	Baladyat El Mahala	9:19.45

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

## Meet Program - 18-11-2019 Evening

## Event 27 Girls 14 Year Olds 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>				
2	Joanna Ateef Gatas	14	Zamalek	12:43.17
3	Mariam Mohamed Mosaad	14	Zamalek	11:17.34
4	Nour Mohamed Abd El Hady	14	Sporting	11:06.57
5	Dina Ebrahim Ebid	14	Sporting	10:53.58
6	Shado Abd Elaziz Fayez Mohamed	14	El Shams	10:54.54
7	Nadin Atef Mohamed	14	Ahly	11:10.54
8	Nouran Mohamed Ali Mohamed	14	Rowad	11:32.48
<b>Heat 2 of 3 Timed Finals</b>				
1	Fareh Shiref Hassan Ahmed Azab	14	El Shams	10:48.02
2	Reem Mohamed Ibrahim	14	Zamalek	10:41.10
3	Salma Khaled Elsayed	14	Wadi Degla	10:29.90
4	Mayar Yasser Tolba	14	Ghazl El Mahala	10:28.18
5	Salma Ahmed ali Mostafa	14	El Ghaba	10:15.17
6	Nily Karem	14	Shooting	10:16.96
7	Lougin Adel Mohamed	14	Ahly	10:29.58
8	Fdwa Amer Ahmed Rmdan	14	6th	10:38.68
9	Jana Hassan Abdel Fattah	14	Wadi Degla	10:43.58
10	Marim Ahmed Farouk	14	Hadak Al Ahram	10:49.49
<b>Heat 3 of 3 Timed Finals</b>				
1	Habeba Maysara Abdelhamed	14	El Mekaweloun	10:13.92
2	Nour Ahmed aly Elsheshtaw	14	Gezira El Ward	9:55.28
3	Joudy Mohamed Aly	14	Sporting	9:49.61
4	Mena Tarek Aly	14	Ahly	9:38.74
5	Zaina Mohamed Haitham Hassn	14	Shooting	9:28.72
6	Sara Mohamed Bhaa	14	Heliopolis	9:38.40
7	Kenzy Mostafa Zakaria	14	Ahly	9:42.44
8	Lila Mohamed Fahmi	14	Elethead	9:50.44
9	Basant Ibrahim Mahmod	14	Gezira El Ward	9:57.99
10	Leila Mohamed Ibrahim	14	Wadi Degla	10:14.35

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

## Meet Program - 18-11-2019 Evening

## Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 26 Timed Finals</b>				
4	Mohamed Hossam Mohamed Goda	11	Zagazig Universty	NT
5	Mustafa Tarek Mustafa Mahmou	11	Beni Suef Club	NT
6	Seif Mohamed Loutfy	11	Sokar Elhwmdeia	NT
<b>Heat 2 of 26 Timed Finals</b>				
1	Mohanad Hany Abd Elkader	11	Canal El Suez	NT
2	Omar Mostafa Eladawey	11	Al Shark Port Said	NT
3	Yossef Adel Hamed	11	M S B-Sweif	NT
4	Keroles Onsy Makram	11	Al Qusiya Club	NT
5	Eyad Hisham Mahmoud	11	Canal El Suez	NT
6	Abdelrahman Ahmed Mohamed	11	Canal El Suez	NT
7	Ahmed Hossam El Din	11	Canal El Suez	NT
8	Antouny Joun Roshdy Aziz	11	Rahalat Sohaj	NT
9	Omar Ahmed Abdelrahman	11	Beni Suef Club	NT
10	Yassin Tamer Mohamed	11	Senzo	NT
<b>Heat 3 of 26 Timed Finals</b>				
1	Abdelrahman Esam Abdelatif	11	Al Qusiya Club	NT
2	Mostafa ElSayed Hassan	11	Canal El Suez	NT
3	Abdel Rahman Mohamed Shaban	11	15 May	NT
4	Yosef Mohamed Elsayd	11	15 May	NT
5	Aser Mohamed Ahmed Elsayed	11	Moasasa Riadhia Askaria	1:01.30
6	Youssef Ahmed Elshat Salem	11	Misr Insurance	1:02.78
7	Shady Osama Waheeb	11	Al Qusiya Club	NT
8	George Onsy Makram	11	Al Qusiya Club	NT
9	Mazen Ihab Mohamed Nabel	11	Beni Suef Club	NT
10	Mohamed Ayman Mohamed	11	Moasasa Riadhia Askaria	NT
<b>Heat 4 of 26 Timed Finals</b>				
1	Mohamed Ahmed Mohamed Abdelslam	11	Taleaa El Gish Club	59.89
2	Hussain Amr Fouad Elguindy	11	El Gezira	56.69
3	Sallha Hani Farouk	11	Cairo	56.53
4	Selim Mohamed Husein	11	Beni Suef Club	55.23
5	Fras Tarek abd al Azim	11	Nasr City	54.91
6	Basem Mohamed Rejeb	11	El Obour	55.18
7	aly Ahmed aly Ahmed	11	Taleaa El Gish Club	55.52
8	Anas Hisham Mahmmmod	11	Misr Insurance	56.59
9	Hamza Faisal Ngib	11	El Obour	57.01
10	Saif Wissam Mohmoud Bayoumi	11	Tawfekaya	1:00.06
<b>Heat 5 of 26 Timed Finals</b>				
1	Mohand Ehab Mohamed	11	M S B-Sweif	54.01
2	Mohmed Ahmed Lotfy	11	Cairo	53.91
3	Yasin Mohamed Refaee	11	Beni Suef Club	53.56
4	Mostafa Mohamed Nishait	11	Nasr City	53.22
5	Mohaz Ali Mohsan	11	El Obour	52.99
6	Mohamed Medhat Abd ElHalim	11	Canal El Suez	53.13
7	David Wael Samer	11	Rehab	53.47
8	Asser Ahmed Hussien	11	Cairo	53.68
9	Nader Khaled Mostafa Raheem	11	Moasasa Riadhia Askaria	53.92
10	Mohamed Ahmed Mohamed Mostafa	11	Tawfekaya	54.55

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 6 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Yosuif Mohamed Abdel Baset	11	Police Club	52.30
2	Yousief Ahmed abd Elhamed	11	Cairo	52.21
3	Yasen amr Mohamed Mosa	11	El Mekaweloun	51.89
4	Gaser Sherif Shawky Abdalla Abdelrahim	11	Heliolido	51.66
5	Abdelrahman Ahmed Metwaly	11	Enppi	51.33
6	Moaz Ehap Ahmed	11	El Mekaweloun	51.58
7	Asser Sherif Shwky Abdalla Abdelrahim	11	Heliolido	51.83
8	Omar Mohamed Heggaz	11	Taleaa El Gish Club	52.06
9	Yousif Ahmed Saied	11	Mansheit Naser	52.26
10	Ali Mohamed Glal	11	Taleaa El Gish Club	52.95

**Heat 7 of 26 Timed Finals**

1	Yasuin Basem Saeyd	11	Enppi	50.79
2	Marwan Mahmoud Mostafa	11	Hadak Al Ahram	50.67
3	Mohand Tamer Mohamed abd Elmaged	11	Gezira El Ward	50.60
4	Omer Mohamed Mostefe	11	El Obour	50.50
5	Abdallah Khaled Mahmoud	11	Helwan Club	50.43
6	Ahmed Ayman Ismail	11	Rehab	50.46
7	Mohab Elden Esmeil abd Elsamia	11	El Obour	50.51
8	Ahmed Ramy Said Amin	11	Moasasa Riadiah Askaria	50.61
9	Tayem Wessam Azab	11	Sporting	50.71
10	Omar Ahmed Farouk Hassan	11	Maadi	51.25

**Heat 8 of 26 Timed Finals**

1	Ahmed Hessin Ahmed	11	Enppi	50.31
2	Mazen Saher Samy	11	Helwan Club	50.20
3	Seif Walid Ramdan	11	El Nasr Club	50.01
4	Mohamed Ahmed Mohamed	11	Hadak Al Ahram	49.84
5	Marwan Mohamed Mansour	11	Hadak Al Ahram	49.76
6	Karim Ahmed Mohamed Sharawy	11	Heliopolis	49.82
7	Zeyad Mohamed Hashem	11	Helwan Club	49.84
8	Mahmoud Soliman abd Alkhalek	11	Taleaa El Gish Club	50.06
9	Mohamed Ayman Mohamed Hasan	11	Tanta	50.23
10	Eyad Mahmed Arafa	11	El Nasr Club	50.37

**Heat 9 of 26 Timed Finals**

1	Mostafa Ahmed AL Saeed	11	Rowad	49.35
2	Mahmoud amr El_Meniawy	11	Sporting	49.30
3	Adam Abdullah Ahmed Hassan	11	Tawfekaya	48.99
4	Omar Mohamed abd el Basit	11	Police Club	48.95
5	Abdel Rahman Emad Ezat	11	Al Shehk Zaeid	48.82
6	Abdalla Mohamed Fathy	11	15 May	48.86
7	Mobeen Mohamed Sobhy Abdel Ghani	11	Tawfekaya	48.97
8	Yossif Mohamed Esmail	11	Enppi	49.02
9	abd Elrhman Mosad Abosrea	11	15 May	49.35
10	Ahmed Haitham Mohamed	11	Enppi	49.73

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 10 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Mostafa Kamal Ebrahim	11	15 May	48.80
2	Ahmed Mohamed al Sayed	11	Nasr City	48.69
3	Omar Mohamed Hazem	11	Police Club	48.56
4	Hany Mohamd Hany Aboshlei	11	Tanta	48.21
5	Yousief Emad Saied	11	Cairo	48.11
6	Mohamed Wahid Ahmed Abo El Fottoh	11	Maadi	48.11
7	Aly Osama Ahm. Sayed Ahmed	11	El Gezira	48.23
8	Amir Tadros Mouner	11	Heliopolis	48.66
9	Omar Moustafa Mohamed El Hemeely	11	Heliolido	48.79
10	Ibrahim Ahm. Aziz Ezzat Hasan	11	El Gezira	48.81

**Heat 11 of 26 Timed Finals**

1	Mohamed Osama Abd EL Sam'ea	11	Rowad	47.99
2	Abddallah Ahmed Abdallah	11	Police Club	47.95
3	Yassin Medhat Mohamed	11	Sharks Team	47.69
4	Mohamed Samir Mahmud	11	Al Tersana	47.66
5	Mohamed Reda Badr	11	15 May	47.62
6	Loaay Ahmed Rezk	11	Al Hawar	47.64
7	Hassan Karim Ahmed Klela	11	Heliopolis	47.67
8	Mostafa Moh. Monir Mostafa Abdeen	11	El Gezira	47.91
9	Mazen Ahmed Salam	11	Enppi	47.99
10	ali Walid Fathy	11	El Mekaweloun	48.02

**Heat 12 of 26 Timed Finals**

1	Yousef Hosam Elden Arafa	11	El Mekaweloun	47.49
2	Mohamed Amin Abd Elsatar	11	El Nasr Club	47.45
3	Marawan Waleed Mohamede Said Mekaw	11	Rowad	47.35
4	Mohammed Ahmed Abdelreheem	11	Talbeia	47.28
5	Yassin Mohamed Mowafy	11	Al Shark Port Said	47.09
6	Ahmed Hasan Ahmed	11	Hadak Al Ahram	47.22
7	Omar Ahm. Hasan Moh. Elshrbene	11	El Gezira	47.34
8	Omar Khaled Mohamed	11	El Zohour	47.38
9	Foaad Samer Foaad	11	Sharks Team	47.45
10	Abd El Aziz Mohamed Abd El Aziz Wahba	11	Maadi	47.58

**Heat 13 of 26 Timed Finals**

1	Omar Moustafa Mahamed Mahmoud	11	Heliolido	47.01
2	Sief Ahmed Farouk	11	El Zohour	47.00
3	Mohamed Khaled Saad	11	El Ghaba	46.91
4	Marwan Ayman Usama	11	El Zohour	46.85
5	Zeyad Mohamed Ghazy	11	Hadak Al Ahram	46.81
6	Adam Sameh Hosny	11	Talbeia	46.84
7	Omar Mohamed Talaat	11	El Ghaba	46.86
8	Mohamed Walid Mohamed	11	El Ghaba	46.96
9	Mostafa Ibrahim Moh. Abo Bakr ELMisiry	11	El Gezira	47.01
10	Amar Ahmed Abdel Ader	11	Beni Suef Club	47.07

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 14 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Ahmed Ebrahim Abd Elfatah Ahmed	11	6th	46.79
2	Taim Ahmed Abd Elwhab	11	El Zohour	46.75
3	ali Abdelmonaim Mohamed	11	Taleaa El Gish Club	46.62
4	Hazem Hisham eid Hamed	11	Moasasa Riadiah Askaria	46.60
5	Yassin Ahmed Nabil	11	Sporting	46.56
6	Ahmed Wael Sedky	11	Hadak Al Ahram	46.57
7	Marwan Ahmed Mostafa Kamel	11	El Zohour	46.61
8	Abd EL Rahman Ahmed Ramadan	11	Rowad	46.63
9	Yazan Mohamed El Moamen Beallah	11	6th	46.78
10	Malek Ahmed Sayed	11	El Ghaba	46.79

**Heat 15 of 26 Timed Finals**

1	Adham Ashraf Sheta	11	Sporting	46.45
2	Ahmed Abdeleal Nabeh	11	Helwan Club	46.41
3	Seif Tamer Abdel Meneem	11	El Mekaweloun	46.29
4	Yassin Mohamed Saleh Abdelhakam	11	Olympic	46.22
5	Mahmoud Tamer Mahmoud	11	Helwan Club	46.06
6	Mustafa Ahmed Mostafa Yousry Ahmed	11	Shooting	46.14
7	Mohamed Waled Barakat	11	Heliopolis	46.22
8	Adam Mohamed Atya	11	Rowad	46.38
9	Yassin Hussam Yassin Shebata	11	Shooting	46.45
10	Mostafa Medhat Mabrok	11	El Ghaba	46.48

**Heat 16 of 26 Timed Finals**

1	Yossef Efraim Sabry	11	El Ghaba	46.00
2	Yosif Ayman Halmy	11	Al Tersana	45.95
3	Zeiad Samir Abdelazeem	11	Sharks Team	45.89
4	Moamen Amr Mohamad Hamed Ko	11	Smouha	45.63
5	Steven Ehab Magdy	11	Nasr City	45.51
6	Youssef Mohamed Fathalla	11	Sporting	45.59
7	Kerolos Moheb Youssef	11	Rehab	45.81
8	Mohamed Haitham El Sayed Awad	11	Maadi	45.92
9	Karim Sameh Karim	11	Al Tersana	45.99
10	Aly Moh. Ibrahim El Awady Abd Elaziz	11	El Gezira	46.01

**Heat 17 of 26 Timed Finals**

1	Mohmed WaLed Atef	11	El Obour	45.45
2	Omar Waiel Saied Bader	11	El Shams	45.40
3	Karim Tarek Ezzat Mohamed	11	Shooting	45.22
4	Omar amr Helmy	11	El Temsah	45.10
5	Yasin Wael Elfshawy	11	El Nasr Club	44.98
6	Moayed Khaled Sayed Hassan	11	Shooting	45.02
7	abd Elrahman Waled Afefy	11	Tanta	45.14
8	Mostafa Mohamed Mohamed Ashrf	11	Gezira El Ward	45.35
9	Ali Osama Abdel Mohsen Gado	11	Heliolido	45.41
10	Omar Ahmed Mohamed Darwish	11	El Shams	45.50

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 18 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Yassin Ahmed Hessin	11	Sharks Team	44.95
2	Nabil Ahmed Nabil Elharas	11	Tanta	44.84
3	Yousef Hatem Makrem	11	Shooting	44.78
4	Yousef Khaled Mohamed Raslan	11	6th	44.64
5	Zyad Hany Rashad	11	El Mekaweloun	44.62
6	Yassin Hesham Mohamed EL Zahby	11	Heliopolis	44.63
7	omr Mahmoud Abdallah	11	15 May	44.73
8	Yossef Waled Ebrahim Mohama	11	Smouha	44.78
9	Ahmed Wahid Mohamed	11	El Zohour	44.94
10	GabaLLa Yousry Gaballa	11	Sharks Team	44.97

**Heat 19 of 26 Timed Finals**

1	Loay Alhesen Mohamad Alam	11	Smouha	44.58
2	Ahmed Mohamed Zohdy	11	Helwan Club	44.54
3	Maher Mohamed Maher	11	Rowad	44.44
4	Omar Mahamed Karam Ali ElSharkawy	11	Heliolido	44.33
5	Moaz Emad	11	Talbeia	44.09
6	Marwan Mohamed Elsaid	11	Stad Mansoura	44.29
7	Abdelhammid Walid Abdelhammid	11	Stad Mansoura	44.37
8	Mahmoud Mohammed Mosaad	11	Talbeia	44.51
9	Mohamed Ahmed SalahELdin	11	El Shams	44.56
10	Ziad Ahmed Barghash	11	Zamalek	44.61

**Heat 20 of 26 Timed Finals**

1	Hamza Mohamed Elmohamady	11	Zamalek	44.03
2	Karim Mohamed Hany	11	A S E C	43.93
3	Joshua Joseph Fouad	11	Al Tersana	43.85
4	Mohamad Emad Abdelmaksowd Eb	11	Smouha	43.68
5	Abdel Rahman Ehab Mohamed	11	Al Shehk Zaeid	43.65
6	Ahmed Mohamed Yaseir	11	Zamalek	43.66
7	Ahmed Mahmoud Magdy	11	Sporting	43.77
8	Mohamed Osama Abdelhameed	11	M.S Tagamoa	43.85
9	Mohamed Moustafa Mohamed Fahim	11	Maadi	43.98
10	Yousef Ahmed Fathy	11	Stad Mansoura	44.08

**Heat 21 of 26 Timed Finals**

1	Mazin Mohamed Ahmed Abaas	11	Enppi	43.46
2	Mohamed Magdy Abdo	11	Police Club	43.41
3	Omar Alaa el din Mahmoud	11	Hadak Al Ahram	43.21
4	Mostafa Hesham FatoH Basune	11	Smouha	43.01
5	Ahmed Nabil Mohamed Shltot	11	Tanta	42.86
6	Mazen Ahmed Abdallah Saad	11	El Shams	43.00
7	Moaz Abdelfatah Ali Abdel	11	Smouha	43.11
8	Omar Ayman Wahied Mohamed	11	El Shams	43.31
9	Ahmed Mohamed Mohamed Elsayed	11	El Ghaba	43.44
10	Andria Wael Nagy Mosad AbdElshahed	11	Heliolido	43.51



**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 22 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Adham Ahmed 0 Mohamed	11	Shooting	42.83
2	Hassan Ibrahim Arafa	11	Rowad	42.79
3	Mohmed Mostafa Moktar	11	Cairo	42.28
4	Ehab Ashraf Ebrahim esa	11	Tanta	42.23
5	Ahmed Mohsen Mohamed	11	Ahly	42.11
6	Moaz Emad Abdelmaksoud Eb	11	Smouha	42.16
7	Eyad Hany Mohamed	11	Sharks Team	42.25
8	Yasen Alwan	11	Baladyat El Mahala	42.51
9	Mohmnad Mahmoud Maher	11	Talbeia	42.83
10	Yasser Mohamed Abbas	11	Zamalek	42.83

**Heat 23 of 26 Timed Finals**

1	Yousef Mohamed Mostafa Aly	11	El Shams	42.01
2	Nour Eldin Karem Mohamed	11	Ahly	41.91
3	Zad Ahmed Mohamed Asran	11	Wadi Degla	41.63
4	Seif Khalied Fathy	11	Zamalek	41.61
5	Youssef Ahmed EL_Sisi	11	Sporting	41.51
6	Abdallah Hassan Gheith	11	Rehab	41.58
7	Saleh Mohamed Mahmoud Shawkt	11	Ahly	41.63
8	Yassin Ahmed Eisa	11	Rehab	41.84
9	Mohamed Ibrahim Zakreya	11	A S E C	41.94
10	Mohamed Hossam el din Saber	11	Wadi Degla	42.08

**Heat 24 of 26 Timed Finals**

1	Yassin Mohamed Abdelghany Elsaid	11	6th	41.39
2	Mohamed Yousef Alebs	11	Baladyat El Mahala	41.33
3	Omar Mohamed Abdel Azem	11	Al Hawar	41.23
4	Ahmed Sameir Hassan	11	Talbeia	40.89
5	Mohamed Ahmed Mohamed Osman	11	Ahly	40.81
6	Yousief Mohamed aly	11	Zamalek	40.87
7	Omar Mohamed Ezzat	11	Ahly	41.09
8	Mohamed Sameh Saied Mohamed	11	Bank Ahly Alex	41.30
9	Yousif Waleed Eid Abdul Azim	11	6th	41.34
10	Mazen Maged Mahmoud	11	Wadi Degla	41.49

**Heat 25 of 26 Timed Finals**

1	Kamal Mohamed Kamal	11	Ahly	40.60
2	Ahmed Hossam Ahmed Ali	11	A S E C	40.41
3	Yousif Haitham Elsaid	11	Zamalek	40.37
4	Mohamed Walid Hosny Ahmed	11	Maadi	40.22
5	Mahmoud Mohamed Fayek Elshaer	11	6th	39.88
6	Adham Mostafa Abdulla	11	Elethead	39.97
7	Omar Ahmed Emad	11	Shooting	40.25
8	abd Elrahman Mohamed Ebrahim gad	11	Tanta	40.38
9	Mohamed Afifi Mohamed	11	Wadi Degla	40.58
10	Ali Ahmed Magdy	11	Cairo	40.79

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 26 Timed Finals... (Event 28 Boys 11 Year Olds 50 LC Meter Breaststroke)**

1	Ahmed Hamdi Salah Mohamed	11	Elethad	39.61
2	Nour Eldin Mohamed Refaat	11	Ahly	39.30
3	Amr Assem Shawkat	11	Wadi Degla	38.62
4	Hamza Mahmoud Ibrahim	11	Stad Mansoura	37.85
5	Hazem Hossam Nady	11	Wadi Degla	37.29
6	Omar Emad Samir Abdallah	11	Wadi Degla	37.85
7	Hamza Mohamed Hassan Moubarak	11	Heliopolis	38.01
8	Essa Shref Abd EL Monem	11	Heliopolis	39.24
9	Omar Khaled Gamal El Din Sayed	11	Maadi	39.61
10	Amr Wael Elhamy Abdelmoniem	11	Olympic	39.67

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Event 29 Boys 14 Year Olds 50 LC Meter Breaststroke**

<b>Lane</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>Heat 1 of 14 Timed Finals</b>				
1	Mohamed Tamer Fahmy	14	Canal El Suez	NT
2	Mena Magdy Fayez	14	Al Qusiya Club	NT
3	Sohib Tamer Elsayed	14	Zagazig Universty	NT
4	Ahmed Hossameldeen Abdela	14	Al Qusiya Club	NT
5	Sief El Dien Tamer	14	Misr Insurance	51.79
6	Ahmed Abdo abd Eltawab	14	15 May	52.39
7	Ashraf Higazy Ahmed Sayd	14	Beni Suef Club	NT
8	Marwan Waled Salem	14	Canal El Suez	NT
9	Salah Eldin Mohamed Salaheldin	14	Cairo	NT
<b>Heat 2 of 14 Timed Finals</b>				
1	Omar Mahmoud Awad	14	Moasasa Riadiah Askaria	49.42
2	Yousef Ahmed Khafaji Sacran	14	Beni Suef Club	48.62
3	Daved Ayman Nabil	14	Cairo	47.13
4	Ahmed Sherif Sayed Abdel R	14	Beni Suef Club	46.86
5	Ziad Ramy Akmal	14	Moasasa Riadiah Askaria	46.26
6	Sayd Mohmed Sayd	14	Police Club	46.50
7	Mahmoud Mohamed abd Rabo	14	Enppi	47.11
8	aly Mohamed m aly Mohamed	14	Moasasa Riadiah Askaria	48.40
9	Ali Abdalla Ali	14	El Shrook	49.29
10	Hassan Aboulgoud Hassan	14	15 May	51.68
<b>Heat 3 of 14 Timed Finals</b>				
1	Omar Salah Mamdouh Ahmed	14	Beni Suef Club	45.95
2	Zeiad Hossam El Din Mahmoud	14	S Shbein Al Koum	45.46
3	Badr Reda Badr	14	15 May	44.44
4	Ahmed Reda Mahmoud	14	15 May	44.34
5	Ammar Waled Mohamed	14	El Zohour	44.13
6	Yousef Wesam Mohamed Samer	14	El Mekaweloun	44.14
7	Yousef Hany Samuael	14	Moasasa Riadiah Askaria	44.43
8	Belal Ahmed Mohamed Elsaid	14	Moasasa Riadiah Askaria	45.38
9	Adham Mohammed Goma	14	Hadak Al Ahram	45.71
10	Ahmed Sameh Hussein Sayed	14	Beni Suef Club	46.16
<b>Heat 4 of 14 Timed Finals</b>				
1	Yousf Soltan Ali Ahmed	14	6th	43.69
2	Marawan Mohamed Saed Abd Elmetaal	14	6th	43.01
3	Mrwan Ahmed Farok	14	15 May	42.63
4	Abdelrahman Ahmed Abdelmonem	14	Cairo	42.28
5	Mohamed Samir Abo ElFtooh	14	El Nasr Club	41.70
6	Mahmoud Aymen abd Elsatar	14	Tanta	41.97
7	Ibrahim Ahmed Galal	14	El Shrook	42.43
8	Stephen Hany Samir Ramzy	14	Taleaa El Gish Club	42.75
9	Yousif amr Fahmy	14	Beni Suef Club	43.12
10	Mohamed Taher	14	Mansheit Naser	43.94

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 5 Timed Finals... (Event 29 Boys 14 Year Olds 50 LC Meter Breaststroke)**

1	Khaled Amr Abdelatif	14	Al Tersana	41.62
2	Ebrahim Sameh Mohamed	14	El Mekaweloun	41.58
3	Ahmed Mohamed Ahmed Zaky	14	Al Ealamein	41.46
4	Ahmed Hossam Mohamed Abdallah	14	El Shams	41.15
5	Youssef Mohamed Ibrahim	14	El Zohour	41.02
6	Daniel Imad Talat	14	Beni Suef Club	41.15
7	Yehia Khaled Yehia Mohamed Ali	14	6th	41.36
8	Ahmed Mohamed Hassan	14	El Ghaba	41.55
9	Mohamed Hatem Mohamed Abd el Rahma	14	El Shams	41.60
10	Moustafa Haytham El Sayed Shahin	14	Helioliido	41.65

**Heat 6 of 14 Timed Finals**

1	Mohamed Magdy Ezzat	14	Moasasa Riadia Askaria	40.81
2	Ahmed Mohamed Mosaad	14	Talbeia	40.63
3	Mario Hany Wadea	14	El Ghaba	40.15
4	Mohamed Ayman Ali	14	El Shrook	40.06
5	Yousef Mohamed Adel	14	Tanta	39.83
6	Batrek Ateef Gatas	14	Zamalek	39.92
7	Ammar Mohamed el Gnedey	14	Al Tersana	40.10
8	Yossef Khaled Magdy Ibrahim	14	Taleaa El Gish Club	40.24
9	Youssef Hazm	14	Taleaa El Gish Club	40.80
10	Yassien Mohaned Rizek Rizek	14	El Shams	40.89

**Heat 7 of 14 Timed Finals**

1	ali Diaa el Gendy	14	Heliopolis	39.50
2	Mohamad Ayman Mohamd Abdelr	14	Smouha	39.30
3	Yousef Amr El Sherif	14	Sporting	39.21
4	Igoor Ehab Fayz Fahmy	14	S Shbein Al Koum	38.98
5	Abdul Rahman Wayil	14	Talbeia	38.70
6	Omar Ehab Rida	14	Shooting	38.80
7	Hosaam Fahim Waled	14	Al Tersana	39.20
8	Mohamed Badwy Salah	14	Zamalek	39.27
9	Ahmed abd el Hady Hassan	14	Zamalek	39.42
10	Ali Ahmed Ali Shaaban	14	El Zohour	39.83

**Heat 8 of 14 Timed Finals**

1	Omar Mohamed Mohamed Amin	14	Shooting	38.59
2	Yossef Ahmed Galal	14	El Ghaba	38.11
3	Ahmed Safwat Mohamed	14	El Zohour	37.90
4	Abd EL Malek Ashour	14	El Shams	37.88
5	Mohamed Hisham Mohamed	14	El Nasr Club	37.65
6	Ziad Gawad Mahmoud	14	Cairo	37.77
7	Hosam Eldien Shreef Mahmoud	14	Tawfekaya	37.90
8	Mohamed Hazm	14	Taleaa El Gish Club	37.96
9	Yousif Ahmed Said Shoshan	14	Smouha	38.59
10	Ahmed Hassan Mohamed	14	El Zohour	38.69

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 9 Timed Finals... (Event 29 Boys 14 Year Olds 50 LC Meter Breaststroke)**

1	AbdelRahman Mohamed Sayed	14	El Obour	37.53
2	Belal Mohamed Abd El Aziz Saad	14	Maadi	37.36
3	Abdalla Alaa Elden Fahmy	14	El Mekaweloun	37.26
4	Mohamed Wael Abdala Abdelgilil	14	Nasr City	37.13
5	Yaseen Nabil Mohamed	14	Zamalek	36.99
6	Yousef Mohamed Hashim Mohamed	14	Moasasa Riadiah Askaria	37.02
7	Nour el Sayed Kamal el din	14	Al Tersana	37.18
8	Marawan Bader Eldin Radi	14	El Shams	37.35
9	Ibrahim Mohamed Ibrahim Al Gamal	14	Raas El Bar Club	37.45
10	Gaser Mohamed el Shahat	14	Al Tersana	37.56

**Heat 10 of 14 Timed Finals**

1	Abd Alaa Hany Ahmed	14	Shooting	36.93
2	Youseif Emad Salah	14	Zamalek	36.85
3	Yahya Tarek Fawzy	14	Sporting	36.75
4	Abdel Rahman Mohamed Moustafa	14	El Obour	36.55
5	Mrawan amr Mostafa abd el Aziz	14	Al Tersana	36.39
6	Abdla Mohmd Ahmd Ali Almhdi	14	6th	36.45
7	Yehia SeifEL din EL Marghany	14	El Shams	36.60
8	Yosef Amr Mohamed Gohar	14	Maadi	36.77
9	Yehia ali Mohsen	14	Heliopolis	36.89
10	Loai Hany A bd EL Haliem	14	El Shams	36.96

**Heat 11 of 14 Timed Finals**

1	Adham Khaled Kamal	14	Shooting	36.25
2	Yassin Hisham Nour	14	Smouha	36.08
3	Youssef Ahmed El Tahlawy	14	Ahly	35.52
4	Mohamed Emad Shaaban	14	Ahly	35.41
5	Adham Ahmed Mahmoud	14	Ahly	35.36
6	Yehia Emad eL Toukhy	14	Sporting	35.40
7	Karim Mohamed Mahmoud	14	El Shrook	35.47
8	Mohamed Alaa Azouz	14	Ahly	35.67
9	Omar Hatem Hassan	14	El Zohour	36.19
10	Karim Osama Abu Zaid	14	Tanta	36.25

**Heat 12 of 14 Timed Finals**

1	Adham Hesham Mohmed abd Alaa	14	Shooting	35.32
2	Mazn Alsaeid Atya Dawoud	14	6th	35.08
3	Azz El Din Hany Nagy Ahmed	14	Shooting	35.04
4	Abdlrhmn Amro Nshat Abdlghni	14	6th	34.84
5	Ahmed Eslam Hossny	14	Wadi Degla	34.37
6	Youssef Tamer Mohamed Hamed	14	Wadi Degla	34.67
7	Amr Maged Abdel Gawad	14	Wadi Degla	34.85
8	Hamza Mohamed Abo El Dahb	14	Ahly	35.07
9	Abdalla Gasser AbdelLatif	14	Ahly	35.24
10	Adam amr Essam	14	Heliopolis	35.35

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 13 Timed Finals... (Event 29 Boys 14 Year Olds 50 LC Meter Breaststroke)**

1	Ahmed Emad Samir Hassan	14	Heliolido	34.11
2	Mohaned LiwaaEldin Ali	14	Smouha	33.91
3	Darren Dimitrios Chin	14	Sporting	33.59
4	Mohamed Ayman Mostafa	14	Wadi Degla	33.36
5	Esmat Ashraf Esmat Hatata	14	Smouha	33.18
6	Eazz El Din Mohamed Khamis	14	Sporting	33.21
7	Ahmade Hamed Abbaas	14	Talbeia	33.45
8	Belal Mohamed Abdel Wahab	14	Wadi Degla	33.88
9	abd Elrahman Mohamed Bader	14	Al Tersana	34.05
10	Omar Tamer Said AbdElaziz	14	Smouha	34.36

**Heat 14 of 14 Timed Finals**

1	Youssef Mohamed Soliman	14	Wadi Degla	33.15
2	Adhm Montser Kmaal	14	Shooting	32.72
3	Mohamed Mahmoud Attia	14	Wadi Degla	32.53
4	Karim Mohamed El Gharabawy	14	El Zohour	32.28
5	Mohamed Mashhour Yehia	14	Ahly	30.96
6	Ali Mohamed Ali Hasan El	14	Bank Ahly Alex	32.09
7	Yousof Hesham Anwer	14	Tanta	32.31
8	Adam Moh. Awaad Awaad	14	El Gezira	32.56
9	Mohamed Salem Essa	14	Heliopolis	33.14
10	Omar Hazem	14	Zamalek	33.15

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

## Meet Program - 18-11-2019 Evening

## Event 30 Girls 11 Year Olds 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 20 Timed Finals</b>				
1	Habiba Attia Youssef	11	Senzo	NT
2	Natally Sameh Rashad	11	Al Qusiya Club	NT
3	Joy Moheb Yehia	11	Al Qusiya Club	NT
4	Salma Ahmed Moustafa	11	Senzo	NT
5	Logina Ahmed Mostafa	11	Police Club	NT
6	Hala Reda Metwaly	11	Al Qusiya Club	NT
7	Hoda Fathi ElGahndour	11	Canal El Suez	NT
8	Hala Khaled Hagag	11	Canal El Suez	NT
9	Samar El Hossiny Ahmed	11	Canal El Suez	NT
10	Hana Tamer Ramadan	11	Beni Suef Club	NT
<b>Heat 2 of 20 Timed Finals</b>				
1	Nada ali Fathy	11	Sharks Team	NT
2	Farah Ahmed Maher	11	Nasr City	1:04.52
3	Yara Ahmed abd Elkader	11	15 May	1:02.82
4	Goda Ramy Faraq	11	M.S Tagamoa	1:01.20
5	Khadija Ihab Hosni	11	Sporting	59.94
6	Habiba Akram Zienom	11	M.S Tagamoa	1:01.13
7	Gloria Joseph George Mikhail Barsom	11	Heliolido	1:01.72
8	Mariam Ahmed Elsayed Gado	11	Moasasa Riadiah Askaria	1:02.92
9	Youanna Ashraf Fawzy	11	Al Qusiya Club	NT
10	Maria Eshaq Rezik	11	El Ghaba	NT
<b>Heat 3 of 20 Timed Finals</b>				
1	Jana Mohamed Salah	11	Helwan Club	57.76
2	Malak Ali Anwar	11	Sharks Team	57.59
3	Noha Mohamed Mohamed	11	15 May	57.20
4	Gomana Ahmed Said	11	Sharks Team	55.99
5	Malak Mohamed el Bahr	11	Sporting	55.23
6	Lojen Mohamed Omar	11	El Nasr Club	55.24
7	Karma Mohamed Elsayd Elabsy Elshafeey	11	Heliolido	56.71
8	Shaza Ashraf Saad	11	Sharks Team	57.27
9	Rodaina Amer Said Amer	11	Taleaa El Gish Club	57.61
10	Retaj Hosny Maher	11	Helwan Club	58.73
<b>Heat 4 of 20 Timed Finals</b>				
1	Hana Tahir Mohamed Ali	11	Tawfekaya	54.59
2	Maria Remon Nsem	11	Helwan Club	54.38
3	Khadija Eslam Ahmed Samih	11	Sporting	53.87
4	Malak Hany Gad Elhaq	11	El Ghaba	53.79
5	Donna Nader Emile Barsome Khalile	11	Heliolido	53.62
6	Joudy Sameh	11	El Nasr Club	53.68
7	Malak Ashraf	11	Mansheit Naser	53.87
8	Nada Mahmoud Anber	11	Rehab	54.36
9	Haneen Talaat Abdelrazek	11	Helwan Club	54.42
10	Jomana Mohamed ali	11	Helwan Club	54.78

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 5 Timed Finals... (Event 30 Girls 11 Year Olds 50 LC Meter Breaststroke)**

1	Sama Yousef Abdallah	11	Talbeia	52.90
2	Malak Mohamed Esmail	11	Al Zaher	52.20
3	Maya Gamal Mohamed	11	Hadak Al Ahram	51.97
4	Abrar Eslam Yehie	11	El Obour	51.71
5	Gana Ahmed ali	11	Cairo	51.62
6	Nour Omar Abdelfatah Omar Mohamed Zarad	11	Heliolido	51.66
7	Rama Mohamed Abo Agwa	11	Tagamoa Heljhts	51.73
8	Godana Nader Mohamed	11	Sharks Team	52.05
9	Nada Moustafa Mohamed Hassan	11	Maadi	52.73
10	Haneen Ahmed Elsayed	11	El Zohour	53.13

**Heat 6 of 20 Timed Finals**

1	Kelara Ehab Magdy	11	El Nasr Club	51.59
2	Gana Mahmoud Foad Mahmoud	11	Tanta	51.46
3	Sara Medhat Yossef	11	El Ghaba	51.04
4	Ireny Alaa Fathy	11	Talbeia	50.82
5	Loujin Mahmoud Gamal Metwally	11	El Zohour	50.49
6	Maram Eslem Edal	11	El Obour	50.65
7	Donya Ahmed aly Yousef	11	Tanta	50.82
8	Salma Shreef	11	Mansheit Naser	51.12
9	Judy Maged Mohamed	11	Rowad	51.50
10	Sahar Nader Ibrahim Hassan	11	Tawfekaya	51.61

**Heat 7 of 20 Timed Finals**

1	Angela Magdy Mechelle	11	El Shams	50.37
2	Malak Mohamed Elhady	11	El Ghaba	50.26
3	Malak Ahmed Abd El Aal El Sayed	11	Maadi	50.14
4	Miral Hatem Mohamed Abdelrahman	11	El Shams	50.02
5	Logien abd Elgafar Azab	11	Cairo	50.00
6	Goody Aslam Mohamed Shawky	11	Nasr City	50.02
7	Mariam Maher AL Said	11	Rowad	50.03
8	Malk Amr Hassan	11	Enppi	50.18
9	Goumana Sameh Mohamed Ahmed	11	Heliopolis	50.28
10	Habiba Mohamed ElSayed Zaki	11	Enppi	50.41

**Heat 8 of 20 Timed Finals**

1	Malak Khaled Darwiesh	11	Maadi	49.85
2	Jana Amr Abd El Maabod Soltan	11	Maadi	49.67
3	Jana Mostafa Hassan	11	El Zohour	49.45
4	zad Ahmed Mohamed	11	15 May	49.33
5	Arwa Mohamed Shawky	11	Moasasa Riadhia Askaria	49.12
6	Miracle Ramy Guirguis	11	Rehab	49.32
7	Farah Samy Mahdy	11	Helwan Club	49.42
8	Zainab al Sayed Hussein	11	Nasr City	49.56
9	Jomana Maged Magdy Abbas	11	Taleaa El Gish Club	49.77
10	Demi Ahmed Fahmy Marwan	11	Nasr City	50.00



**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 9 Timed Finals... (Event 30 Girls 11 Year Olds 50 LC Meter Breaststroke)**

1	Hager Mostfa Mohamed	11	Tagamoa Heljhts	48.98
2	Lojain Mohamed 0 Salim	11	Shooting	48.84
3	Yara Tamer Saed Mohamed	11	6th	48.80
4	Laila Hossam Eldin	11	Enppi	48.77
5	Habiba Ahmed Abdelsalam ali	11	Taleaa El Gish Club	48.43
6	Tasnim Ramy ElSayed	11	El Ghaba	48.48
7	Ethar Ahmed Gamal	11	Heliolido	48.79
8	Nawara Ashraf Abdo	11	Hadak Al Ahram	48.83
9	Nigar Mohamed Talaat	11	Tawfekaya	48.94
10	Shaza Tamer Arpe	11	El Mekaweloun	49.11

**Heat 10 of 20 Timed Finals**

1	Marim amr Mohamed	11	Al Tersana	48.29
2	Habiba Ayman Abbas Maamoun	11	Sporting	48.22
3	Gana Mohamed Yhya	11	El Mekaweloun	48.09
4	Lela Ahmed Hassan Hosny	11	Heliopolis	47.98
5	Marina Sameh Mina Saleb Mina	11	Heliolido	47.77
6	Gody Hatem Adel Osman	11	Maadi	47.79
7	Salma Hisham abd Elrhim	11	Al Tersana	47.99
8	Hager Mohamed abd al Aleem Mohamed	11	Taleaa El Gish Club	48.19
9	Hala Sherif Samir abd Elmohsen	11	Taleaa El Gish Club	48.25
10	Retal Mohamed Khamis	11	Sporting	48.40

**Heat 11 of 20 Timed Finals**

1	Nada Mohmed Elsaied	11	Cairo	47.64
2	Salma Sameh Mohamed	11	El Mekaweloun	47.55
3	Salma Hesham Sayed	11	Shooting	47.48
4	Sohaaila Magdy Mahmoud Hassan	11	Heliopolis	47.43
5	May Ahmed Saied	11	Enppi	47.30
6	Lemar Samer Elsaied Anwar	11	Smouha	47.39
7	Mariam Hossam Elden Hassan	11	Cairo	47.44
8	Lamar Eshaq Osman	11	El Ghaba	47.51
9	Dilara Hany Mahmoud Ibrahim	11	Maadi	47.63
10	Sara Ahmed Kamal	11	Hadak Al Ahram	47.75

**Heat 12 of 20 Timed Finals**

1	Rokia Tamer Abbas	11	Canal El Suez	47.28
2	Nisrena Mohmed Khalil	11	Cairo	47.12
3	Habeba Mohamed Soliman	11	Zamalek	47.05
4	Gody Ahmed Anour	11	Police Club	46.93
5	Goudy Ahmed Samir	11	Al Shark Port Said	46.58
6	Nour Waleed Ezzat	11	Talbeia	46.70
7	Joumana Ahmed Mohamed Amin	11	Shooting	47.01
8	Malak Hassan abu Sheashea	11	Stad Mansoura	47.08
9	Amina Moustafa Mohamed Talaat	11	Maadi	47.12
10	Sama Tamer Mohamed	11	El Ghaba	47.28

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 13 Timed Finals... (Event 30 Girls 11 Year Olds 50 LC Meter Breaststroke)**

1	Haya Ahmed Samer	11	Heliopolis	46.54
2	Jenviave Micheal Ibraheim	11	Taleaa El Gish Club	46.44
3	Malak Mohamed abd Elmawla	11	Tanta	46.18
4	Marem Ali Mohamad Ali Moha	11	Smouha	45.99
5	Basmala Atef Ahmed	11	Mansheit Naser	45.80
6	Rahma Mahmed Abdel Hady	11	El Nasr Club	45.84
7	Gana Mohamed Mostafa	11	Tanta	46.15
8	Nefeen Mohamad Amer Tawfek	11	Smouha	46.41
9	Malak Reda Mohamed Soror	11	Taleaa El Gish Club	46.44
10	Hana Ahmed Helal	11	Enppi	46.57

**Heat 14 of 20 Timed Finals**

1	Gasmine Ahmed Elbadawi	11	Nasr City	45.64
2	Sama Mohamed Shokry	11	Stad Mansoura	45.48
3	Sohila Alaa Eldin Abd Elwahab	11	6th	45.41
4	Hana Abd Elazem Matar	11	El Nasr Club	45.30
5	Ronzy Ahmed Shawky	11	Cairo	45.24
6	Mariem aly Mahdy Mohamed	11	Zamalek	45.28
7	Nada Ahmed Mohamed	11	Royal	45.34
8	Rokaya Emad Samir Hassan Abdel Khalek	11	Heliolido	45.45
9	Laila Waled EL Shahat Mansour	11	Heliopolis	45.62
10	Mariam Ali Yosry	11	Heliopolis	45.74

**Heat 15 of 20 Timed Finals**

1	Sara Ahmed Abdelsatar ele	11	Tanta	45.22
2	Toka Ayman Ebrahim Eldsok	11	Smouha	45.14
3	Gody Mohamed Esmail	11	Enppi	45.05
4	Hanen Hassan Qassim	11	Hadak Al Ahram	45.00
5	Mariem Tamer Fathi	11	Cairo	44.80
6	Jana Wael Samir	11	El Nasr Club	44.96
7	Rahma Samira Mufawaboun	11	Hadak Al Ahram	45.04
8	Menh Alla Mohamad Mohamad Nage	11	Smouha	45.07
9	Salma Mohamed Elsaid Tanta	11	Zamalek	45.14
10	Salma Saed Elsamadony	11	Tanta	45.23

**Heat 16 of 20 Timed Finals**

1	Gamela Hassan EL Saied	11	Heliopolis	44.58
2	Jannat Safwat Saleh	11	El Zohour	44.45
3	Malak Mohamed Hassan	11	Zamalek	44.42
4	Menna Allah Mohmed Saleh	11	M.S Tagamoa	44.24
5	Zeina Mohamed Abdel Moaez	11	Ahly	43.81
6	Engy Sherif O Mahmoud	11	Shooting	43.92
7	Nadine Bassem Joseph	11	Wadi Degla	44.35
8	Maya Hazem Fouad Morsy	11	El Shams	44.45
9	Reem Ahmed Said	11	Wadi Degla	44.52
10	Haya Samir Mohamed	11	Nasr City	44.59

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 17 Timed Finals... (Event 30 Girls 11 Year Olds 50 LC Meter Breaststroke)**

1	Nada Mohamed Saed Elshrbiny	11	Gezira El Ward	43.44
2	Roqaya Saad Mohamed	11	Zamalek	43.29
3	Samaa Khames Mohamed Esmae	11	Bank Ahly Alex	43.20
4	Malk Jamal Mohamed	11	Hadak Al Ahram	43.09
5	Hana Mohamed Asharaf Makrem	11	El Shams	43.00
6	Malak Mostafa Mahmoud	11	Elethead	43.00
7	Gana Noaaman Samer	11	Al Hawar	43.11
8	Hana Amr Mohamed Taha	11	6th	43.23
9	Farah Hussein Ali Mohamd	11	6th	43.35
10	Jasmine Mohamed Youssef	11	Shooting	43.56

**Heat 18 of 20 Timed Finals**

1	Salma Waleed Raslan	11	Al Hawar	42.97
2	Jana Mohamed Abd Elkariem	11	6th	42.84
3	Haya Hesham Mohamed	11	Al Hawar	42.68
4	Marem Mohamad Ebrahim Elby	11	Smouha	42.52
5	Yara Hesham Mohsen	11	Ahly	42.12
6	Zina Ahmed Medhat	11	Ahly	42.18
7	Miray Ebram Mousad	11	El Shams	42.53
8	Zeina Mohamed Salah Eldin	11	Ahly	42.70
9	Malak Basem Ali	11	Rehab	42.95
10	Mariam Ahmed Abdel Hakm	11	Ahly	42.99

**Heat 19 of 20 Timed Finals**

1	Lama Abu Bakr Ahmed	11	Rehab	42.08
2	Saga Alaa Adel Ibrahim	11	Shooting	41.55
3	Login Hossam Mohamed	11	Wadi Degla	41.19
4	Ganna Sheref Mohamad Abdel	11	Smouha	41.08
5	Ganat Kareem Mohamed Hafez	11	Moasasa Riadhia Askaria	40.77
6	Lina Haythaim Hassan	11	Wadi Degla	40.81
7	Mennatallah Tamer Fawzy	11	Wadi Degla	41.13
8	Kinzy Yahia Mohamed Sameh	11	Enppi	41.49
9	Youmna Hesham Mohsen	11	Ahly	41.56
10	Nazly Mohamed Elokda	11	Shooting	42.10

**Heat 20 of 20 Timed Finals**

1	Nada Mohamed Magdy	11	Elethead	40.70
2	Hana Sameh Younes	11	El Tamsah	40.48
3	Lana Bassem Hesham	11	Stad Mansoura	40.10
4	Hala Eslam Adel Yasin	11	Ahly	39.92
5	Dana Rafik El Saady	11	Wadi Degla	37.83
6	Noor Hassan Mohamed	11	Hadak Al Ahram	39.60
7	Masa Mostafa abd Elghany	11	Tanta	40.09
8	Sagwa Khaled Mostafa Mahmo	11	Bank Ahly Alex	40.38
9	Lily Hany Mohamed	11	Wadi Degla	40.66
10	Marim Mohamed Bakr	11	Al Tersana	40.73

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

## Meet Program - 18-11-2019 Evening

## Event 31 Girls 14 Year Olds 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 9 Timed Finals</b>				
4	Rina Amgad Sabry Ghaly	14	Senzo	NT
5	Nadira Mohamed aly al Najjar	14	15 May	NT
6	Rahma Esam Abdelatif	14	Al Qusiya Club	NT
7	Dareen Mohamed Ahmed	14	Beni Suef Club	NT
<b>Heat 2 of 9 Timed Finals</b>				
1	Jana Mohamed Ali	14	El Nasr Club	57.32
2	Manal Mahmoud Aily Mohamed	14	Al Shark Port Said	53.36
3	Gana Hazem Mohamed	14	Tagamoa Heljhts	51.93
4	Malak Gamal Matwally	14	El Zohour	50.16
5	Judy Hossam Eldin Abdelaz	14	Nasr City	49.23
6	Zenab Moh. Ibrahim Aly	14	El Gezira	49.88
7	Habiba Ehab Hassan Ebrahim	14	6th	50.22
8	Malak Maged El Sokkary	14	M S Benha City	53.33
9	Nagham Ayman Ibrahim	14	El Zohour	54.89
10	Fatma Nader Nabil	14	Cairo	1:09.53
<b>Heat 3 of 9 Timed Finals</b>				
1	Nadine Ahmed Abdel Maaboud	14	Taleaa El Gish Club	47.28
2	Mariam Ahmed Mokhtar Al Khersh	14	S Shbein Al Koum	47.09
3	Sawsan Wael Ahmed	14	Al Tersana	46.48
4	Shahd Akml Mohamed Mohamed Alna	14	6th	46.22
5	Amal Atef Ahmed	14	Zamalek	45.07
6	Fareh Yasser Mohamed Samy Mohamed	14	El Shams	45.72
7	Haya HossamEldin Kndel	14	Smouha	46.35
8	Salma Abd Ella Abd Elhameed	14	Talbeia	46.89
9	Roqaya Mahmoud Mohamed mah	14	Zamalek	47.17
10	Mariam Mohamed m Hamdy Soliman	14	Moasasa Riadiah Askaria	47.68
<b>Heat 4 of 9 Timed Finals</b>				
1	Alea Ahm. Adel Abd Elrahman Genena	14	El Gezira	44.67
2	Mariam Ahmed Mohamed Taher	14	Shooting	44.53
3	Haia Hazem Abdelrahman Ezzat	14	Wadi Degla	44.12
4	Habiba Mohamed Moustafa	14	Heliopolis	43.82
5	Rania Nabil Nassar	14	S Shbein Al Koum	43.59
6	Nour Mohamed Khairy Mohamed	14	Wadi Degla	43.71
7	Gana Mohamed abd el Salam	14	Hadak Al Ahram	44.02
8	Marim Mohamed Osman	14	El Nasr Club	44.27
9	Malak Hesham Ahmed	14	Zamalek	44.54
10	Sama Mohamed Sharaf	14	Talbeia	44.73
<b>Heat 5 of 9 Timed Finals</b>				
1	Salma Samir abd el Azim	14	Al Tersana	43.23
2	Yasmin Mohame ElSaid Ismael	14	Smouha	43.02
3	Malak Islam Mohamed	14	Ahly	42.88
4	Basmala Ahmed AbdElftah	14	Smouha	42.79
5	Mariam Mohamed Abbas	14	Ahly	42.69
6	Arwa Sherif Mohamed Samy	14	Shooting	42.73
7	Jana Alaa	14	Sporting	42.79
8	Gana Tarek Mohamed Farid	14	Shooting	42.93
9	Darien Wael Said Abdel Raouf	14	Al Shehk Zaeid	43.19
10	Sarah Hesham Abd El Hamid	14	15 May	43.37

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 18-11-2019 Evening****Heat 6 Timed Finals... (Event 31 Girls 14 Year Olds 50 LC Meter Breaststroke)**

1	Afrosena Sameh Kamel	14	Hadak Al Ahram	42.24
2	Rawan Ahmed Abdelwahab	14	Smouha	41.88
3	Hania Sherif Mohamed	14	Ahly	41.67
4	Rokaya Khalid El Masry	14	Sporting	41.59
5	Lamar Ebrahim Foaad	14	El Mekaweloun	41.36
6	Judy Awwad Mohamed	14	El Zohour	41.51
7	Nor Mahmoud Anbar	14	El Ghaba	41.63
8	Jasmin Wael Ahmed Hassan	14	Smouha	41.80
9	Kenzy Amr El Sayed	14	Tanta	41.95
10	Yara Waled Saed	14	Tagamoa Heljhts	42.42

**Heat 7 of 9 Timed Finals**

1	Jana Mohamed M Elhalawany	14	Wadi Degla	41.05
2	Hana Hisham Mohamed Yousi	14	Smouha	40.95
3	Rana Walid Ahmed	14	Shooting	40.83
4	Jana Gehad El Assal	14	Tawfekaya	40.33
5	Shza Ahmed Hmdy Ahmed	14	6th	40.04
6	Yasmin Ahmed El Tahlawy	14	Ahly	40.24
7	Gana Ashraf Abd El Hafez Mohamed	14	Shooting	40.54
8	Nouran Marawan Ramadan	14	Ahly	40.86
9	Khadija Mohamed Mahmoud	14	Ahly	41.01
10	Haneen amr Abdelaziz	14	Cairo	41.32

**Heat 8 of 9 Timed Finals**

1	Ganna Ahmed Yousof	14	Tanta	39.83
2	Nour Mohamed Fathy	14	Shooting	39.41
3	Basmalah Gomaa Ali	14	Bank Ahly Alex	38.75
4	Razan Mohamed Beshar Adbel Motal	14	Wadi Degla	38.11
5	Maryam Emad Mohamed Elhadid	14	Gezira El Ward	36.89
6	Gana Mohamed Abd ElSamed Abass	14	Shooting	37.69
7	Shams Anas Hessen Elsherif	14	El Shams	38.44
8	Malak Khaled Ahmed Abdallah	14	Wadi Degla	39.15
9	Sara Mohamed Ezzat	14	Heliopolis	39.69
10	Zeina Bassem Ali	14	Wadi Degla	39.83

**Heat 9 of 9 Timed Finals**

1	Nourhan Mohamed Moharam	14	Tanta	36.67
2	Sara Elhamy Foad Abd El Sallam	14	Maadi	36.44
3	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	36.09
4	Shahd Mohamed Ismael	14	Smouha	35.50
5	Nadin Ayman Hessien	14	Wadi Degla	35.13
6	Malak Mohamed Abbas Mohamed	14	Maadi	35.13
7	Rawan Wael	14	Ahly	35.60
8	Gana Mohamed Ahmed Salama	14	El Ghaba	36.19
9	Rodaina Mohamed Mohamed Hass	14	Nasr City	36.64
10	Rewan Sherief Zayan	14	Olympic	36.71