

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

Meet Program - 19-11-2019 Eening

Event 39 Girls 14 Year Olds 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals				
1	Malak Hesham Ahmed	14	Zamalek	7:05.42
2	Yasmin Mohame ElSaid Ismael	14	Smouha	6:33.39
3	Reem Ashraf Hassan	14	Ahly	6:27.84
4	Hames Mohamed Hanfy	14	Bank Ahly Alex	6:20.06
5	Nour Ahmed Samer	14	Sporting	6:14.71
6	Sama Wael Mohamed EL Hady	14	El Shams	6:18.02
7	Basmala Ahmed AbdElftah	14	Smouha	6:24.82
8	Sara Sameh Awad Elsaid	14	Rowad	6:30.61
9	Farida Talaat Lotfy Singer	14	Heliolido	6:48.11
Heat 2 of 3 Timed Finals				
1	Mona Mahmoud Abdalla	14	Ahly	6:09.28
2	Hana A Ahmed Ateia	14	Wadi Degla	6:03.34
3	Mariam Nasr Ahmed Said	14	15 May	6:02.21
4	Basmalah Gomaa Ali	14	Bank Ahly Alex	5:57.10
5	Gody Tarik Salah Elwilily	14	Smouha	5:55.12
6	Donia Ebrahim Ebid	14	Sporting	5:55.74
7	Goudy Ahmed Elsayed	14	Ahly	5:58.35
8	Dina Ebrahim Ebid	14	Sporting	6:02.64
9	Rahaf Ahmed Esmaeel	14	Zamalek	6:06.40
10	Mariam Bassem Beshay Moussa Gobria	14	Heliolido	6:10.56
Heat 3 of 3 Timed Finals				
1	Nouran Mahmoued Mohamed	14	Wadi Degla	5:42.84
2	Maryam Emad Mohamed Elhadid	14	Gezira El Ward	5:37.69
3	Sara Mohamed Bhaa	14	Heliopolis	5:37.23
4	Mena Tarek Aly	14	Ahly	5:25.49
5	Zaina Mohamed Haitham Hassn	14	Shooting	5:15.05
6	Kenzy Mostafa Zakaria	14	Ahly	5:24.30
7	Yara ali el Koshy	14	Zamalek	5:29.67
8	Salma Ahmed Mohamed Khalil	14	Gezira El Ward	5:37.27
9	Shahd Yousry Mohamed Hassan	14	Olympic	5:41.24
10	Lojain Osama Mohamed	14	Wadi Degla	5:46.55

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

Meet Program - 19-11-2019 Eening

Event 40 Boys 11 Year Olds 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 30 Timed Finals				
4	Shady Osama Waheeb	11	Al Qusiya Club	NT
5	Antouny Joun Roshdy Aziz	11	Rahalat Sohaj	NT
6	Yasien Ahmed Mansour Nour	11	A S E C	NT
Heat 2 of 30 Timed Finals				
2	Ali Talaat Ali Shata	11	Raas El Bar Club	NT
3	Mohamed Ayman Mohamed	11	Moasasa Riadiah Askaria	NT
4	Ahmed Ebrahim Farag	11	Al Qusiya Club	NT
5	Ahmed Hazem Ibrahim	11	Canal El Suez	NT
6	Mark Saleeb Eshak	11	Al Qusiya Club	NT
7	Mazen Mohamed Mostafa	11	Sharks Team	NT
8	Joun Maikeil Sophy Kamal	11	Rahalat Sohaj	NT
9	Ziad Salem Sayed	11	Canal El Suez	NT
Heat 3 of 30 Timed Finals				
1	Abdelrahman Moataz Yahia	11	Bank Ahly Geza	NT
2	Adham Mohamed Mandour	11	Canal El Suez	NT
3	Amar Ahmed Abdel Ader	11	Beni Suef Club	NT
4	Zeyad Mohamed Elsayed	11	Sporting	NT
5	Hamza Ahmed Sayed	11	Canal El Suez	NT
6	Abdel Rahman Ahmed Nour El Din	11	Bank Ahly Geza	NT
7	Yousef Mohamed Ebada	11	M S B-Sweif	NT
8	Ziad Mohammed Shaker	11	Raas El Bar Club	NT
9	George Onsy Makram	11	Al Qusiya Club	NT
10	Ahmed Mohamed Ramadan	11	Canal El Suez	NT
Heat 4 of 30 Timed Finals				
1	Ahmed Mahrous	11	El Nasr Club	1:36.40
2	Nour ElDin Mohamed Fouad Selim	11	Tawfekaya	1:31.31
3	Mohamed Helal Fathy	11	Al Hawar	1:30.47
4	Ahmed Hassan Jafar	11	Misr Insurance	1:29.40
5	Omar Mohamed Hazem	11	Police Club	1:27.49
6	Abdelrhman Hossam Awad Ibrahim	11	Taleaa El Gish Club	1:28.27
7	Mohab Ahmed Abass	11	Tagamoa Heljhts	1:30.46
8	Yassin Mohamed Abd Elsalam	11	Taleaa El Gish Club	1:30.90
9	Belal Mohamed Mohamed	11	Police Club	1:31.87
10	Yassin Tamer Mohamed	11	Senzo	NT
Heat 5 of 30 Timed Finals				
1	Abdel Rahman Emad Ezat	11	Al Shehk Zaeid	1:25.44
2	Ali Osama Abdel Mohsen Gado	11	Heliolido	1:24.67
3	Saif Khaled Ibrahim AbdelWahab	11	Tawfekaya	1:23.31
4	Ahmed Ayman Ismail	11	Rehab	1:23.07
5	Mohamed Ashraf Salah	11	Nasr City	1:22.69
6	Nader Khaled Mostafa Raheem	11	Moasasa Riadiah Askaria	1:22.88
7	Amar Mohamed Abd Elhamed	11	El Nasr Club	1:23.10
8	Ali Mohamed Sophi Abdel-azem	11	El Obour	1:23.86
9	Mostafa Wael Samier	11	Al Shark Port Said	1:25.21
10	Pasel Ahmed Mohamed	11	Mansheit Naser	1:25.46

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 6 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Ahmed Essam Abd Elkreem	11	Taleaa El Gish Club	1:22.30
2	Moaz Sherif Wagdy Abdelaal	11	Moasasa Riadiah Askaria	1:21.98
3	Islam Mohamed Khaled Abdo	11	Sporting	1:21.78
4	Mohamed Ahmed Mohamed Mostafa	11	Tawfekaya	1:21.21
5	Apdalla Osama	11	Mansheit Naser	1:21.17
6	Mohamed Ehap Mohamed	11	El Mekaweloun	1:21.19
7	Adam Abdullah Ahmed Hassan	11	Tawfekaya	1:21.52
8	Yossef Mohamed Amin Zaky	11	Elethead	1:21.87
9	Adam Tamer Fouad Elsayed Ahmed	11	Heliolido	1:22.30
10	Mohab Elden Esmeil abd Elsamia	11	El Obour	1:22.64

Heat 7 of 30 Timed Finals

1	Mohned WaLed Atef	11	El Obour	1:21.07
2	Baraa Mostafa ElSayed Bayoume	11	Heliolido	1:20.82
3	Hussein Mahmed Hussein	11	El Nasr Club	1:20.62
4	Ahmed Walid Abdelsatar	11	Enppi	1:20.46
5	Marwan Mohmed Yahia	11	Cairo	1:20.36
6	Abdallah Ahmed abd Ghani	11	Nasr City	1:20.45
7	Saif Khalid Abdul Aziz	11	Hadak Al Ahram	1:20.50
8	Omar Moustafa Mahamed Mahmoud	11	Heliolido	1:20.77
9	Yehya Talal Hamed	11	Mansheit Naser	1:20.98
10	Khaled Mostafa Hassan	11	Helwan Club	1:21.13

Heat 8 of 30 Timed Finals

1	Saif Wael Eprahem	11	El Mekaweloun	1:20.33
2	Omar Mohamed abd el Basit	11	Police Club	1:20.03
3	Abdullah Ahmed Farouk	11	M.S Tagamoa	1:19.91
4	Kareem Osama Attia	11	15 May	1:19.82
5	Mouhmed Tarek Mouhmed	11	Cairo	1:19.61
6	Yosuif Mohamed Abdel Baset	11	Police Club	1:19.68
7	Ahmed usama Ezzat Ahmed	11	Taleaa El Gish Club	1:19.89
8	Mohammed Magdy Hassan	11	El Temsah	1:20.00
9	Yasuin Basem Saeyd	11	Enppi	1:20.32
10	Yassin Mostafa Nasr	11	Sporting	1:20.35

Heat 9 of 30 Timed Finals

1	Youssef Mohamed Fathalla	11	Sporting	1:19.18
2	Bishoy Loka Abdo	11	Sharks Team	1:19.02
3	Ahmed Shady Ahmed	11	Hadak Al Ahram	1:18.95
4	Abdelhammid Walid Abdelhammid	11	Stad Mansoura	1:18.67
5	Hazem Hussin Ahmed	11	Helwan Club	1:18.62
6	ali Abdelmonaim Mohamed	11	Taleaa El Gish Club	1:18.67
7	Mazin Mohamed Ahmed Abaas	11	Enppi	1:18.94
8	Ali Ahmed Magdy	11	Cairo	1:18.96
9	Mostafa Ebrhim Yehia Mahmoud Ramadan	11	Heliolido	1:19.05
10	Mohamed Fares Abdelhade	11	El Mekaweloun	1:19.20

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 10 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Seif Sameh Said	11	Helwan Club	1:18.48
2	Abdullah Ahmed Fouad	11	Rehab	1:18.31
3	Amr Mohamed Moustfa	11	Enppi	1:18.25
4	Mohamed Ahmed Bahy Eldain	11	Al Tersana	1:18.21
5	abd Elrahman Sayed Mohamed	11	Al Tersana	1:18.06
6	Amjad Ahmed Shawky	11	Hadak Al Ahram	1:18.21
7	Ahmed Hishamm Ahmed Mohsen	11	Gezira El Ward	1:18.24
8	Ahmed Hussain Ahmed	11	Hadak Al Ahram	1:18.30
9	Ziad Ahmed Abd EL Wahab	11	Rowad	1:18.37
10	Mohamed Ayman Ismail	11	El Nasr Club	1:18.57

Heat 11 of 30 Timed Finals

1	Karim Moh. Adel Moh. Munir	11	El Gezira	1:18.01
2	Omar Mohamedmohmd Elsayed	11	El Ghaba	1:17.95
3	Youssef Khalil Alsaid	11	Rowad	1:17.93
4	Zeiad Ahmed Hamdy	11	Sharks Team	1:17.73
5	Mohamed Amin Abd Elsatar	11	El Nasr Club	1:17.60
6	Abdalla Ashraf abd Elmonam	11	15 May	1:17.62
7	Mohamed Ahmed Mahfoz	11	Sharks Team	1:17.92
8	Ahmed Mohamed Hamdy Almaghlawy	11	Raas El Bar Club	1:17.94
9	Ahmed Wael Sedky	11	Hadak Al Ahram	1:17.99
10	Mostafa Hesham Fatehy	11	Nasr City	1:18.02

Heat 12 of 30 Timed Finals

1	Yassin Ahmed Eisa	11	Rehab	1:17.49
2	Youssef Monir Nabil el Sayed	11	Sporting	1:17.42
3	AlHassan Mohamed Hassan	11	El Ghaba	1:17.40
4	Adahm Abdel -saiam	11	Nasr City	1:17.37
5	Hisham Ahmed Hany Albon	11	El Temsah	1:17.29
6	Kerolos Moheb Youssef	11	Rehab	1:17.34
7	Mohamed Magdy Abdo	11	Police Club	1:17.38
8	Yossef abo Bakr Mohamed	11	Tanta	1:17.41
9	Abdelrahman Hany Abdel Mohsen	11	El Mekaweloun	1:17.49
10	Seif Tamer Abdel Meneem	11	El Mekaweloun	1:17.53

Heat 13 of 30 Timed Finals

1	Abdul Rahman Khaled el Melouky	11	Sporting	1:17.20
2	Aaser Akram Ellsayed	11	Helwan Club	1:17.14
3	Yassin Alaa Zaki	11	El Ghaba	1:16.99
4	Hussein Mohamed Tolba	11	Hadak Al Ahram	1:16.98
5	Seif Ahmed Hussein	11	Helwan Club	1:16.87
6	Eyad al Shareef Mahmoud	11	Nasr City	1:16.94
7	Amer Ehab Mohamed	11	15 May	1:16.99
8	Abdallah Hassan Gheith	11	Rehab	1:17.03
9	Mazen Khaled abo Gazy	11	Al Tersana	1:17.19
10	Yassin Mohamed Ahmed	11	Helwan Club	1:17.29

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 14 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Slem Wesam Samy Mohamed	11	Heliopolis	1:16.66
2	Mohnnad Mahmoud Maher	11	Talbeia	1:16.59
3	Omar Ahmed Mohamed Gaballah	11	Rowad	1:16.52
4	Andria Wael Nagy Mosad AbdElshahed	11	Heliolido	1:16.35
5	Kariem Ahmed Mahmoud	11	Cairo	1:16.33
6	Ahmed Tamer Mohamed Mohamed	11	6th	1:16.33
7	Yassen Hossam Ahmed	11	15 May	1:16.50
8	Omer Mohamed Mostefe	11	El Obour	1:16.55
9	Basel Hisham Samer	11	Al Shekh Zaeid	1:16.66
10	Marwan Hatem Salah	11	Ghazl El Mahala	1:16.77

Heat 15 of 30 Timed Finals

1	Ahmed Salah Ahmed Mohamed	11	El Ghaba	1:16.28
2	Ahmed Mohamed Hasaneen abd Elaziz	11	Moasasa Riadiah Askaria	1:16.27
3	Anas Mohamed Sayed	11	Enppi	1:16.26
4	Yihie Elsieed Abd Elrhiem	11	El Obour	1:16.12
5	Mostafa Hossam el din	11	Stad Mansoura	1:15.90
6	Hesham Essam Mohamed	11	Stad Mansoura	1:16.10
7	Amaar Elsayd abd Elshafy	11	Tanta	1:16.18
8	Mahmoud Mohamed Fayek Elshaer	11	6th	1:16.26
9	Yousef Ahmed Mahmoud Elnomrsy	11	6th	1:16.27
10	Youssef Mohamed Ahmed Maher	11	M.S Tagamoa	1:16.30

Heat 16 of 30 Timed Finals

1	Ali El- Sayed Hessuin El-Gafary	11	Senzo	1:15.87
2	Mohand Alaa Mohamed	11	YMCA	1:15.73
3	Omar Mostafa Ahmed Mostaf	11	Rowad	1:15.62
4	Saif Mohamed Salah Eisaa	11	6th	1:15.50
5	Moaz Emad	11	Talbeia	1:15.42
6	Mostafa Ahmed AL Saeed	11	Rowad	1:15.46
7	Ali Gamal Ali Ali	11	S Shbein Al Koum	1:15.58
8	Hamza Mohamed Saed	11	El Obour	1:15.69
9	Eslam Ahmed Elsayed	11	El Zohour	1:15.76
10	Abdelrahman Ibrahim Ahmed Abdelrheem	11	Moasasa Riadiah Askaria	1:15.88

Heat 17 of 30 Timed Finals

1	Yasisen Mohmed Seif	11	M S Benha City	1:15.39
2	Ibrahim Moh. Abd Elaziz Glal Salim	11	El Gezira	1:15.30
3	Adham Mohamed Abd Elrahman	11	El Zohour	1:14.92
4	Yasin Ahmed Fawzy Abdul Moaty	11	S Shbein Al Koum	1:14.78
5	Yassin Khaled Mohamed Lashi	11	El Ghaba	1:14.64
6	Ayad Alsharkawey	11	Baladyat El Mahala	1:14.78
7	Ail Gamal MohamedHassan Hammad	11	Tawfekaya	1:14.80
8	Yasin Ashraf Ali	11	Canal El Suez	1:15.13
9	Seif Elasmaam Ahmed Mohamed	11	El Zohour	1:15.34
10	Loaay Ahmed Rezk	11	Al Hawar	1:15.42

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 18 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Yassin Belal Mohamed Mohamed	11	Olympic	1:14.58
2	abd Elrahman Ahmed Hussny	11	15 May	1:14.52
3	Amir Maged Eid Yousef	11	Heliopolis	1:14.42
4	Mohamed Hossam Ebrahim Alghwalby	11	Raas El Bar Club	1:14.30
5	Yassin Abdelmegeed Mohamed	11	El Ghaba	1:14.24
6	Mohamed Eslam Mohamed	11	Stad Mansoura	1:14.28
7	Ayman ali Elmorsy	11	Stad Mansoura	1:14.39
8	Ebrahim Khaled Effat	11	Heliopolis	1:14.45
9	Omar Ahmed abd Elbary	11	Nasr City	1:14.56
10	Karem Sheref Abdalla	11	El Mekaweloun	1:14.58

Heat 19 of 30 Timed Finals

1	Eyad Amro Emam Hassn	11	Taleaa El Gish Club	1:13.90
2	Hassan Ibrahim Arafa	11	Rowad	1:13.83
3	Gaser Mostafa aly Mohamed	11	Moasasa Riadiah Askaria	1:13.73
4	Basel Mohamed Ibrahim	11	A S E C	1:13.67
5	Tarek Ahmed Tarek	11	Heliopolis	1:13.55
6	Karim Ahmed Atef	11	Nasr City	1:13.66
7	Hamza Mohamed Ebrahim Fath	11	Tanta	1:13.72
8	amr Khaled	11	Talbeia	1:13.80
9	Ahmed Karam Hamam	11	A S E C	1:13.85
10	Zyad Mohamed Hedaya	11	Sharks Team	1:14.16

Heat 20 of 30 Timed Finals

1	Abdelrahman Sobhy Abdelhalem Moh	11	Bank Ahly Alex	1:13.47
2	Hesen Mohamad Elsaeid Yose	11	Smouha	1:13.28
3	Saif Mohammed Salama	11	El Temsah	1:13.23
4	Zyad Ibrahim Mohamed	11	Heliolido	1:13.00
5	Yassin Hossam Eldin Farouk	11	Taleaa El Gish Club	1:12.91
6	GabaLLa Yousry Gaballa	11	Sharks Team	1:12.94
7	Samer Ismaeil Hafez	11	Talbeia	1:13.07
8	Eyad Hany Mohamed	11	Sharks Team	1:13.26
9	Hassan Ahmed Ehab Wahby	11	Heliopolis	1:13.42
10	Mohab Wala Eldin Osama	11	Tanta	1:13.47

Heat 21 of 30 Timed Finals

1	Mostafa Moh. Monir Mostafa Abdeen	11	El Gezira	1:12.82
2	Omar Ayman Wahied Mohamed	11	El Shams	1:12.74
3	Yousef Emad El Din Mostafa	11	Al Shark Port Said	1:12.64
4	Felemon Eshaq Fangary	11	El Ghaba	1:12.53
5	Mohamed Amr Abd El Monaem Hassan	11	Maadi	1:12.43
6	Eyad Mohamed Shokry Mohamed	11	6th	1:12.50
7	amr Ayman Kamal	11	15 May	1:12.62
8	Yousef Mohamed Awad	11	Stad Mansoura	1:12.71
9	Aser Nayrouz Raafat	11	El Temsah	1:12.75
10	Yassin Khaled Ibrahim Hussien	11	Maadi	1:12.88

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 22 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Selim Ahm. Mah. Ahm. Niazy Mahmoud	11	El Gezira	1:12.36
2	Hady Mohamed Sabry	11	Enppi	1:12.28
3	Karim Nader Mohamed Tawfik	11	Maadi	1:11.96
4	Souhaib Gamal Abdelfattah Fadel	11	Olympic	1:11.83
5	Yassin Ahmed Abou Khedr	11	Al Shark Port Said	1:11.74
6	Yasin Maged Ragab	11	Canal El Suez	1:11.78
7	Yehya Karem Mamdoh Ahmed	11	Gezira El Ward	1:11.84
8	Yousief Ahmed Yousief	11	Cairo	1:12.08
9	Yossef Ayman Abdalla Mohama	11	Smouha	1:12.31
10	Mohamed Hassan Abd El Wahab	11	Maadi	1:12.38

Heat 23 of 30 Timed Finals

1	Mahmoud Osama O Mohamed	11	Shooting	1:11.73
2	Ziad Ayman Mamoun	11	Zamalek	1:11.55
3	Ahmed Sherief Ismaiel Sayed	11	El Shams	1:11.38
4	Ziad amr abd Elhakem	11	Cairo	1:11.36
5	Mohamud Mohamad Roshdey Abde	11	Smouha	1:11.19
6	Moaaz Mohamed Hashim	11	Raas El Bar Club	1:11.20
7	Ahmed Hossam Ahmed Ali	11	A S E C	1:11.37
8	Abdelrahman Mohamed Saied Elsayed	11	Olympic	1:11.44
9	Ziad Rafik Mahmoud	11	Stad Mansoura	1:11.63
10	Mahmoud Ahmed Mohamed Anwar	11	A S E C	1:11.73

Heat 24 of 30 Timed Finals

1	Hamza Amro Kandiel	11	El Shams	1:11.06
2	Youssef Amr Yasseen Mady	11	El Gezira	1:10.94
3	Adam Mohamed Mahmoud Mohamed	11	Shooting	1:10.88
4	Mohamed Osama Mohamed	11	A S E C	1:10.76
5	Mahmoud Hassan Mohamed Hassan	11	El Shams	1:10.69
6	Mohamed Bakry Kaaed Abd El Gabbar	11	Maadi	1:10.72
7	Sherief Reda Metwaally	11	El Zohour	1:10.80
8	Yassin Hussein Nabil Hussein	11	Shooting	1:10.90
9	Mohamed Adel Yossif	11	El Nasr Club	1:10.97
10	Selim Shrif Osama Helmy Mohsen	11	El Gezira	1:11.14

Heat 25 of 30 Timed Finals

1	Almohand Wael	11	15 May	1:10.49
2	Anas Haythm Mohamad Elsaw	11	Smouha	1:10.44
3	Mohamed Ahmed Ibrahim Saleh	11	Olympic	1:10.39
4	Ahmed Tamer Abass Ahmed	11	El Shams	1:10.09
5	Eyad Ahmed Al Sayed	11	Wadi Degla	1:09.90
6	abd Allah Mohamed Abdelaziz	11	Zamalek	1:09.95
7	Karim Hesham Moh. Fakry Abd Elhalim	11	El Gezira	1:10.10
8	Omar amr Helmy	11	El Temsah	1:10.41
9	Youssef Yasser Farouk Hassan	11	Sporting	1:10.48
10	Basel Sameh Mohamed	11	Hadak Al Ahram	1:10.54

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1	Abd Allah Ahmed Abd El Aziz Hussien	11	Maadi	1:09.83
2	Mahmoud Hossam El din Mahmoud	11	Shooting	1:09.73
3	Nour Eldin Mohamed Refaat	11	Ahly	1:09.69
4	Mohamed Ashraf Safwat	11	Zamalek	1:09.66
5	Abdel Rahman Wael Karam	11	Wadi Degla	1:09.62
6	Moustfa Mohamed Mahmoud	11	Enppi	1:09.64
7	Hazem Tamer Fathy	11	Gezira El Ward	1:09.68
8	Mazen Mostafa Asfoor	11	El Zohour	1:09.69
9	Ahmed Mohamed Yaseir	11	Zamalek	1:09.76
10	Hassan Ahmed Mohamed Essam	11	Heliopolis	1:09.85

Heat 27 of 30 Timed Finals

1	Ahmed Waleed abd Elhady	11	Talbeia	1:09.61
2	Omar Abdelaziz Hussein	11	Talbeia	1:09.56
3	Yahia Hazim Husieen	11	Zamalek	1:09.40
4	Amer Ahmad Elsayed Awad M	11	Smouha	1:09.22
5	Adham Shady Mohsen El Habbal	11	El Zohour	1:09.21
6	Hamza Hazem Moneb	11	Cairo	1:09.22
7	Eyad Ahmed Saad Hasn	11	Tanta	1:09.37
8	Omar Mohamed Tawfek	11	Al Hawar	1:09.55
9	Yassein Waleed Elsayed	11	Talbeia	1:09.60
10	Khaled Mohamed Samir	11	Ahly	1:09.62

Heat 28 of 30 Timed Finals

1	Ali Ahmed El Prince	11	Wadi Degla	1:09.10
2	Hamza Mohamed Hassan Moubarak	11	Heliopolis	1:09.05
3	Belal Mohamed Fouad Ramadan	11	Olympic	1:08.89
4	Ali Ehab Ahmed Mohamed	11	El Shams	1:08.77
5	Ahmed Mohamed Kaowd	11	Baladyat El Mahala	1:08.54
6	Fares Karm Refaay	11	Ahly	1:08.67
7	Malek Haythm Mohamad Elsaw	11	Smouha	1:08.82
8	Yassin Youssef Mohamed Elshaabeny	11	Olympic	1:09.00
9	Youssef Khaled Mohamed	11	Wadi Degla	1:09.09
10	Ahmed Yasser Mahmoud Salman	11	El Zohour	1:09.19

Heat 29 of 30 Timed Finals

1	Hossen Ahmed Mohamed Hashad	11	Tanta	1:08.46
2	Abdala Mdhat	11	Baladyat El Mahala	1:08.25
3	Anas Mostafa Shaker	11	Wadi Degla	1:07.84
4	Hussien Mohamed Hussien Shawky	11	El Shams	1:07.36
5	Ibrahim Bahaeldin Ibrahim Sayed	11	Olympic	1:06.99
6	Mostafa Mohamed Salah Safoh	11	Tanta	1:07.35
7	Farouk Mohamed Moharam	11	Wadi Degla	1:07.72
8	Ahmed Maged Ghoureib	11	Wadi Degla	1:08.21
9	Abd Allah Tamer Abd El Raaof	11	Maadi	1:08.42
10	Belal Tamer Aly	11	Ahly	1:08.51

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 30 Timed Finals... (Event 40 Boys 11 Year Olds 100 LC Meter Freestyle)**

1	Mohamad Amr Mohamad Mense	11	Smouha	1:06.72
2	Yehia Mohamed Ahmed Ismail	11	Moasasa Riadiyah Askaria	1:06.43
3	Omar Wahed Ibrahim Awad	11	Rowad	1:05.35
4	Youssef Emad Shaaban	11	Ahly	1:04.64
5	Omar Mohamed Hassan	11	Ahly	1:04.33
6	Saif Mohamed O Mahmoud Metwaly	11	Shooting	1:04.41
7	Mohamed Khaled Mohamed Mahmoud Zaki	11	Shooting	1:05.17
8	Ibrahim Shams Eldin Mohamed	11	Ahly	1:05.36
9	Omar Ahmed Hasan Khedr	11	Shooting	1:06.57
10	Moumen Moustafa Mohamed	11	Zamalek	1:06.87

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

Meet Program - 19-11-2019 Eening

Event 41 Boys 14 Year Olds 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 19 Timed Finals				
3	Mohamed Abdelhafez Ezat	14	Al Qusiya Club	NT
4	Ahmed Hossameldeen Abdela	14	Al Qusiya Club	NT
5	Albraa Mohamed Alameldeen	14	Al Qusiya Club	NT
6	Hazem Mostafa Abdel Azim	14	Beni Suef Club	NT
7	Marwan Mohamed Bakry	14	Beni Suef Club	NT
8	Yousef Ahmed Khafaji Sacran	14	Beni Suef Club	NT
Heat 2 of 19 Timed Finals				
1	Ahmed Sameh Hussein Sayed	14	Beni Suef Club	NT
2	Ahmed Ayman Mohamed Bresha	14	Beni Suef Club	NT
3	Abdallah Ashraf Abdallah	14	M S B-Sweif	NT
4	Mahmoud Khaled Mahmoud Bader	14	El Shams	NT
5	Abdel Rahman Ashraf Mohamed Kamal	14	Misr Insurance	1:24.19
6	Ismail Mohamed Ramdan	14	Sporting	NT
7	Hassan Mohamed Hassan Abdel	14	Beni Suef Club	NT
8	Mohamed Mashhour Yehia	14	Ahly	NT
9	Ashraf Higazy Ahmed Sayd	14	Beni Suef Club	NT
10	Mena Magdy Fayez	14	Al Qusiya Club	NT
Heat 3 of 19 Timed Finals				
1	Ahmed Ashraf Mokhtar	14	Moasasa Riadiah Askaria	1:21.89
2	Mohamed Elsayed Zaky	14	Al Zaher	1:19.82
3	Moustafa Mohamed Shehata El Nekhily	14	Heliolido	1:17.87
4	aly Mohamed m aly Mohamed	14	Moasasa Riadiah Askaria	1:17.43
5	Mohab Mohamed Sand	14	Taleaa El Gish Club	1:16.29
6	Osama Esmail Abdel Samiaa	14	El Obour	1:16.77
7	Omar Wael Ismail Eid	14	Moasasa Riadiah Askaria	1:17.64
8	Sayd Mohmed Sayd	14	Police Club	1:18.15
9	Sief El Dien Tamer	14	Misr Insurance	1:21.12
10	Saif al-Islam Mohamed Mostafa	14	Police Club	1:22.17
Heat 4 of 19 Timed Finals				
1	Sameh Mohamed Sameh	14	Police Club	1:15.75
2	Mohamed Ayman Ali	14	El Shrook	1:15.08
3	Abd Elrmahman Mohamed Saeed Hassan	14	Heliolido	1:14.99
4	Ali Abdalla Ali	14	El Shrook	1:13.99
5	Abd Alla Karim Ashraf Mahgoub	14	El Gezira	1:13.42
6	Seif Alla Amro Moh. Abd Elfatah Ebeed	14	El Gezira	1:13.74
7	Mohamed Magdy Ezzat	14	Moasasa Riadiah Askaria	1:14.78
8	Haytham Hesham Yehia Mourad	14	Helwan Club	1:15.05
9	Adham Mohammed Goma	14	Hadak Al Ahram	1:15.55
10	Moustafa Haytham El Sayed Shahin	14	Heliolido	1:15.92
Heat 5 of 19 Timed Finals				
1	Belal Ahmed Mohamed Elsaid	14	Moasasa Riadiah Askaria	1:13.13
2	Yousif Emad El Din Abdel Ra	14	El Shrook	1:12.92
3	Youssef Mohamed Adbel Rahman	14	15 May	1:11.98
4	Khaled Walied Atia	14	El Shams	1:11.71
5	Mohamed Heasham	14	Taleaa El Gish Club	1:11.33
6	Zeiad Ahmed Bhaa Alden	14	Enppi	1:11.37
7	Salah Mohamed Salah	14	15 May	1:11.75
8	Ahmedd Maged Khorshed	14	Heliopolis	1:12.89
9	Mohamed Hatem Mohamed Abd el Rahma	14	El Shams	1:13.10
10	Yousef Wesam Mohamed Samer	14	El Mekaweloun	1:13.13

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 6 Timed Finals... (Event 41 Boys 14 Year Olds 100 LC Meter Freestyle)**

1	Omar Mohamed Mouslhy	14	Moasasa Riadiah Askaria	1:10.40
2	Omar Ahmed Shehata	14	Mansheit Naser	1:10.18
3	Ahmed Magdy Abd Elhakim	14	El Nasr Club	1:09.73
4	Ahmed Hassan Mohamed	14	El Zohour	1:09.32
5	Omar Mohamed Hosny	14	15 May	1:08.45
6	Mohamed Abd El Kader Abo El Dahab	14	El Zohour	1:09.13
7	Ziad Mohab Mostafa	14	Tagamoa Heljhts	1:09.43
8	Omar Hssan Ahmed Wahba	14	Tagamoa Heljhts	1:09.96
9	Salih Samy Hassan abo Ghada	14	Raas El Bar Club	1:10.19
10	Ahmed Saad Al Mandoh Khattab	14	Maadi	1:10.90

Heat 7 of 19 Timed Finals

1	Yossef Mohamed Sayed Idris	14	Taleaa El Gish Club	1:08.36
2	Ahmed Hossam Mohamed Abdallah	14	El Shams	1:08.26
3	Hussein Hassan Ahmed AbouSteit	14	Heliolido	1:08.15
4	Marten Baher Fouad	14	Sporting	1:08.05
5	Yousef Moustafa Fargaly	14	Rowad	1:07.82
6	Zayad Badr Fathallah	14	M.S Tagamoa	1:07.92
7	Yaser Khaled Mamdouh ali	14	Al Tersana	1:08.13
8	Mohamed Wael Mohamed Hashem	14	15 May	1:08.24
9	Abdel Aziz Yousery Abdel Aziz	14	El Nasr Club	1:08.27
10	abd Elrahman el Sadat	14	Hadak Al Ahram	1:08.38

Heat 8 of 19 Timed Finals

1	Yousef Mohamed Hashim Mohamed	14	Moasasa Riadiah Askaria	1:07.50
2	Zeyad Mohamed Ali	14	A S E C	1:07.30
3	Mohamed Salah El Din Abdel M	14	El Shrook	1:06.88
4	Igoor Ehab Fayz Fahmy	14	S Shbein Al Koum	1:06.76
5	Ahmed Safwat Mohamed	14	El Zohour	1:06.60
6	Abdelrahman Ahmed Abdelmonem	14	Cairo	1:06.64
7	Abdulrahman Wael Hassen	14	Police Club	1:06.81
8	Abdallah Mohamed Ahmed Sayed	14	Hadak Al Ahram	1:06.92
9	Youssef Walid Mahmoud Ahmed	14	Taleaa El Gish Club	1:07.30
10	Monzer Mahmoud Ahmed	14	El Zohour	1:07.64

Heat 9 of 19 Timed Finals

1	Yousef Amr El Sherif	14	Sporting	1:06.49
2	Omar Mohamed Talat	14	Police Club	1:06.34
3	Mohamed Abd EL Hamid EL Zaiady	14	Heliopolis	1:06.13
4	Seif Walid Hosny Ahmed	14	Maadi	1:06.05
5	Hossam Eldin Ghsan Mohamed	14	Taleaa El Gish Club	1:05.89
6	Abd El Manaam Moh Abd Elmanaam	14	El Ghaba	1:06.04
7	Yousef Mohamed Farouk Saleh	14	6th	1:06.11
8	Abdalla Mohmed Saeid Mtwli	14	6th	1:06.28
9	Karim Samer Galal	14	Cairo	1:06.36
10	Ali Ahmed Soliman Ali	14	Rowad	1:06.59

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 10 Timed Finals... (Event 41 Boys 14 Year Olds 100 LC Meter Freestyle)**

1	Seif Ehab Mohamed	14	El Mekaweloun	1:05.67
2	Mohamed AbdEl Rashed Mohamed	14	El Ghaba	1:05.62
3	Youssef Abdullah Nabil	14	El Zohour	1:05.44
4	Yosif Moh. Fawzi Moh. Kandel	14	El Gezira	1:05.17
5	Moustafa Salah El Din Abdel M	14	El Shrook	1:04.68
6	Adham Moh. Galal Eldin ElSayd	14	El Gezira	1:04.82
7	Hassan Hossam Hassan Kamel Ali	14	El Shams	1:05.37
8	Karim amr Mahmoud	14	Nasr City	1:05.54
9	abd al Rahman Hatam Mohamed	14	15 May	1:05.66
10	Yossef Ahmed Abd Allah Salem	14	El Ghaba	1:05.69

Heat 11 of 19 Timed Finals

1	Yusof Mohamed Hafez	14	Tanta	1:04.31
2	Saif El Dien Ahmed Mohamed	14	Hadak Al Ahram	1:04.05
3	Mohamed Elssameldin Mahmoud	14	Cairo	1:03.80
4	Abd El Rahman Mohamed Mahrous	14	Tanta	1:03.69
5	Mahmoud HaSSan Alardy	14	Shooting	1:03.38
6	Marwan Mohamed Maged	14	Cairo	1:03.51
7	Karim Osama Abu Zaid	14	Tanta	1:03.72
8	Youssef Fathy Essawy Hassane	14	6th	1:03.88
9	Omar Shrif Moustafa	14	Zamalek	1:04.12
10	Mark Hany Raof	14	El Shrook	1:04.35

Heat 12 of 19 Timed Finals

1	Mohamed Ahmed Elkhashab	14	Elethad	1:03.24
2	Yousif Magdy Abd El Wahb	14	Shooting	1:03.14
3	Yossif Khaled Morsy	14	A S E C	1:02.92
4	Marawan Bader Eldin Radi	14	El Shams	1:02.64
5	Ahmed Helal Fathy	14	Al Hawar	1:02.46
6	Karim Eslam Khaled	14	El Mekaweloun	1:02.58
7	Ahmed Yhya Zkrya Twfek	14	6th	1:02.90
8	Mohamed Sameh Kayed	14	El Zohour	1:03.04
9	Adam Ehab Mamdouh	14	Taleaa El Gish Club	1:03.21
10	Yasin Mohamed Abu Raya	14	Tanta	1:03.31

Heat 13 of 19 Timed Finals

1	Marawan Hatem Abo Adma	14	Shooting	1:02.44
2	Mohammed Abdel Monem Mohammed	14	Rowad	1:02.36
3	Yousif Mo`men Elkady	14	Smouha	1:02.09
4	Mohamed Yehia aly Elshenawy	14	Nasr City	1:02.02
5	Khalied Mohamed Gadallah	14	Zamalek	1:01.95
6	Adham Ahmed Allaa Eldin Ahmed	14	El Shams	1:02.00
7	Loay Amgad el Mongy	14	Al Tersana	1:02.08
8	Salah Eldin Mohamed Salaheldin	14	Cairo	1:02.25
9	Youseif Emad Salah	14	Zamalek	1:02.39
10	Marwan Mohamed Sabry	14	Enppi	1:02.44

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 14 Timed Finals... (Event 41 Boys 14 Year Olds 100 LC Meter Freestyle)**

1	Mostafa Tarek Hassaneen	14	Cairo	1:01.85
2	Basel Amir Ali Hosney	14	6th	1:01.75
3	Darren Dimitrios Chin	14	Sporting	1:01.56
4	Karim Ahmed Maged	14	Zamalek	1:01.44
5	Omar Sherif Hamed	14	El Ghaba	1:01.39
6	Mohamed Elsaed Elsaed abd Elghani	14	Baladyat El Mahala	1:01.40
7	Mazen Ashraf Mohamed Abdel	14	Bank Ahly Alex	1:01.48
8	Omar Khaled Khamis	14	A S E C	1:01.69
9	Omar Khaled Soliman	14	El Nasr Club	1:01.80
10	omr Mohamed Fathey Yousef el bah	14	Stad Mansoura	1:01.92

Heat 15 of 19 Timed Finals

1	Ali Waled Yossef	14	El Ghaba	1:01.31
2	Marawan Ayman Abd El Hafiz	14	Shooting	1:01.18
3	Yassen ali Yossry	14	Heliopolis	1:00.99
4	amr Khaled Mohamed Mahmoud	14	Zamalek	1:00.86
5	Karim Samir Mohamed	14	Hadak Al Ahram	1:00.43
6	Yehia Emad eL Toukhy	14	Sporting	1:00.56
7	Adham Tarik Ali Baiuomy	14	Smouha	1:00.92
8	Yosef Mohamed abd Elbaser	14	El Ghaba	1:01.17
9	Abd Elrahman Mohammed Zarif	14	Rowad	1:01.25
10	Adham Ayman Monir Hashem	14	Al Tersana	1:01.32

Heat 16 of 19 Timed Finals

1	Yousef Ahmed Shalaby	14	Tanta	1:00.40
2	Adham Hadee Mohamed Talaat	14	Bank Ahly Alex	1:00.01
3	aly Mohamed aly Elsobky	14	Wadi Degla	59.75
4	Seif Ahmed Nasr	14	Al Tersana	59.69
5	Mohmed Khaled Ookel Abdallah	14	6th	59.67
6	Yosaf Tamr Mosa	14	Tagamoa Heljhts	59.67
7	Youssef Mohamed Soliman	14	Wadi Degla	59.69
8	Adham Khaled Kamal	14	Shooting	59.96
9	Omar Walid Mamdouh Al Khayat	14	Maadi	1:00.25
10	Omar Ahmed Elebyary	14	Tanta	1:00.41

Heat 17 of 19 Timed Finals

1	Omr Jamal Eldin Hassain	14	Elethead	59.45
2	Ahmed Amgad Ahmed	14	Ahly	59.22
3	Fares Husin Atia	14	Tanta	59.03
4	Seif Eldin Ahmed Mohamed	14	Ahly	58.98
5	Omar Mohsen Ramdan AbdElm	14	Smouha	58.90
6	Omar Mohamed Abdel Meguid	14	Ahly	58.95
7	Zeyad Mohamed Saad Zaky	14	Olympic	59.02
8	Ali Khaled Ali	14	Shooting	59.20
9	Karim Wael Abdala Abdelgelil	14	Nasr City	59.44
10	Yasser Walid Abo Elela	14	Ahly	59.60

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 18 Timed Finals... (Event 41 Boys 14 Year Olds 100 LC Meter Freestyle)**

1	Waleed Samer Mahmoud	14	Ahly	58.32
2	Yousif Mohamed Soliman Omra	14	Smouha	58.17
3	Mohamed Yasser Mohamed	14	Zamalek	58.11
4	Mohamed Taha Abd El Raouf	14	Wadi Degla	57.98
5	Marwan Mostafa Mohamed Most	14	Smouha	57.41
6	Nour El Din Ayman	14	Sporting	57.58
7	Ahmed Amr Abdel Azzim	14	Ahly	58.00
8	Mohamed Khaled Mohamed ali	14	Wadi Degla	58.12
9	Mohamed Hany Farouk	14	Hadak Al Ahram	58.31
10	Karim Mohamed El Gharabawy	14	El Zohour	58.74

Heat 19 of 19 Timed Finals

1	Mohnad Khaled Mohamed Mahmoud	14	Shooting	57.31
2	Yousif Ahmed Ragab Elshaman	14	Smouha	56.76
3	Ahmed Hazem Akram	14	Wadi Degla	56.55
4	Omar Sherif Galal Eldin Mahmoud	14	Maadi	56.22
5	Nadem Kram Mohamed	14	Heliopolis	53.87
6	Ahmed Wael el Mohandes	14	Heliopolis	54.75
7	Esmat Ashraf Esmat Hatata	14	Smouha	56.34
8	Marwan Mohamed Abdallah Hassan	14	Wadi Degla	56.67
9	Ziad Ehab Tawfek	14	Wadi Degla	56.79
10	Ahmed Tamer Mostafa Seed	14	6th	57.31

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

Meet Program - 19-11-2019 Eening

Event 42 Girls 11 Year Olds 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Timed Finals				
3	Dareen Mohamed Khalifa	11	Shooting	NT
4	Aya Alaa Ahamed	11	Shooting	3:54.07
5	Mayar Ahmed amr	11	Zamalek	3:44.09
6	Sarah Haitham Hazem	11	Sporting	3:46.49
7	Habiba Ahmed Rabah	11	Canal El Suez	NT
Heat 2 of 10 Timed Finals				
1	Amira Ahmed Mohamed	11	El Ghaba	3:35.37
2	Lojain Mahmoud Fouad Abd Elalem	11	Shooting	3:29.01
3	Goudy Esmail Adel	11	Heliopolis	3:27.09
4	Nada Amr Mohamed ElGhareeb ElSayed	11	Heliolido	3:26.28
5	Malk Jamal Mohamed	11	Hadak Al Ahram	3:24.89
6	Malk Mohamed Effat	11	Hadak Al Ahram	3:25.82
7	Sandra Emad Onsy	11	Rowad	3:27.06
8	Donya Ahmed aly Yousef	11	Tanta	3:28.96
9	Zena Ashraf Mohamed Ebrah	11	Tanta	3:31.62
10	Gana Mohammed Saad	11	Talbeia	3:39.32
Heat 3 of 10 Timed Finals				
1	Malak Islam Gamal Abdelhamied	11	El Shams	3:24.60
2	Khadeja Osama Hussien	11	Cairo	3:21.84
3	Remas Ashraf Ebrahim	11	Tanta	3:21.39
4	Saja Walid Metwally	11	Sporting	3:20.53
5	Habiba Mohamed Zaki	11	Helwan Club	3:19.56
6	Yasmin Amr Nagib Mahmoud	11	Heliopolis	3:20.01
7	Rewa Ahmed Fathy abo Esha	11	Tanta	3:20.64
8	Zeina amr Mohammed	11	Talbeia	3:21.54
9	Jana Samir Mohamed Mohamed	11	El Nasr Club	3:24.57
10	Ganaa Mohamed Shehata	11	Al Shehk Zaeid	3:24.65
Heat 4 of 10 Timed Finals				
1	Marim Magdy Mohamed	11	Al Tersana	3:18.75
2	Joude Hossam Mahmoud	11	Cairo	3:18.05
3	Karma Mohmed Ahmed	11	Cairo	3:16.14
4	Mariam Mohamed Khalil Ebrahim	11	6th	3:14.43
5	Habiba Hossam Abdraboh Aly	11	El Shams	3:12.77
6	Malak Ramy Mohamed	11	Ahly	3:13.57
7	Nour Mohamad Hassan Moham	11	Smouha	3:14.65
8	Maya Hazem Fouad Morsy	11	El Shams	3:16.81
9	Hana Hany Mohamed Salah Eldin	11	6th	3:18.46
10	Malak Yasser Abdellatif	11	Sporting	3:19.14
Heat 5 of 10 Timed Finals				
1	Mayroz Mohamed abd Elsalam	11	Tanta	3:10.67
2	Mariam Taha Mohamed Adel	11	El Zohour	3:10.61
3	Rokaya Hussein Mohamed	11	Ahly	3:10.41
4	Ganna Mohmed Magdy Adbelhamed	11	Gezira El Ward	3:09.53
5	Shahd 0 Mohamed Mahmoud	11	Shooting	3:09.29
6	Yara Tamer Saed Mohamed	11	6th	3:09.51
7	Laila Waled EL Shahat Mansour	11	Heliopolis	3:09.59
8	Gana Khaled Mostafa	11	Ahly	3:10.53
9	Malak Hassan abu Sheashea	11	Stad Mansoura	3:10.61
10	Menatallah Galal Samir	11	Zamalek	3:11.69

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 6 Timed Finals... (Event 42 Girls 11 Year Olds 200 LC Meter Backstroke)**

1	Retag Abas Sayed Abas	11	Tanta	3:08.40
2	Kenzy Wael Foud RamadanYos	11	Smouha	3:08.30
3	Hania Mohamed Asem	11	Enppi	3:07.25
4	Gana amr Shahen	11	Zamalek	3:06.75
5	Hala Walid Abbas Abdelgawad	11	Olympic	3:06.22
6	Farah Hatem Ngaty Mohamed	11	Heliopolis	3:06.37
7	Kenzy Waael Hosny	11	Al Hawar	3:07.22
8	Salma Mohamed Hamdy	11	Gezira El Ward	3:08.28
9	Rawan Yahia	11	Zamalek	3:08.38
10	Logen Ahmed Atwa	11	Gezira El Ward	3:09.13

Heat 7 of 10 Timed Finals

1	Hana Mohamed Safwat	11	Cairo	3:04.92
2	Shahd Abdelhammid Elsaid	11	Stad Mansoura	3:04.73
3	Salma Mohamed Saeed	11	Hadak Al Ahram	3:04.69
4	Mariam Ebrahim Mohamed Hamdy	11	Heliopolis	3:04.46
5	Yasmin Khaled Abdelraoof	11	Zamalek	3:03.36
6	Malk Mohamed Soliman Mahmoud	11	El Shams	3:03.78
7	Yara Ahmad Nageb Ahmad Ab	11	Smouha	3:04.61
8	Lojain Ahmed Abd el Hamid	11	Wadi Degla	3:04.70
9	Fareda abd Elfatah Elsayd	11	Tanta	3:04.91
10	Norai Mohamed Galal	11	Shooting	3:05.96

Heat 8 of 10 Timed Finals

1	Kenzy Hamada Saad	11	Ahly	3:02.95
2	Rawan Mohamed Saleh Mohmaed	11	El Shams	3:02.53
3	Shahd Hassan Gamal	11	Cairo	3:02.52
4	Yasmen Naser Esmael Mohamad	11	Smouha	3:01.82
5	Nour Ahmad Mahmud Abdelrh	11	Smouha	3:00.85
6	Goudy Mohamed Fahim	11	Ahly	3:01.64
7	Marem Ahmad Abdelgafar Ahm	11	Smouha	3:02.05
8	Karol Sameh Mahros	11	YMCA	3:02.53
9	Zeina Amr Hussein	11	Ahly	3:02.53
10	Hana Mohamed Ezzat Taha	11	Heliopolis	3:03.30

Heat 9 of 10 Timed Finals

1	Hana Nabil Ahmed	11	Cairo	2:59.93
2	Mariam Mohamed Ebrahim	11	Stad Mansoura	2:58.41
3	Arwa Mohamed Elsayed	11	Ahly	2:57.96
4	Nijar Mousa Mohamed	11	Helwan Club	2:56.23
5	Salma Khaled Mohamed	11	Wadi Degla	2:54.83
6	Haya Mohamed Mahmoud	11	Wadi Degla	2:55.00
7	Logain Ahmed Hamdy	11	Hadak Al Ahram	2:56.74
8	Lojain Tarek Esmail	11	Heliopolis	2:57.99
9	Jessica Girgis Wadea Thabet Ellithy	11	Heliolido	2:59.00
10	Joudy Khaled Saied Ismail	11	Olympic	3:00.83

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 10 Timed Finals... (Event 42 Girls 11 Year Olds 200 LC Meter Backstroke)**

1	Habiba Shady Mohamed	11	Wadi Degla	2:53.19
2	Farah Aymen Adel Mettwaly	11	Shooting	2:51.77
3	Rokan Tamer 0 Ismail	11	Shooting	2:49.35
4	Mennatallah Tamer Fawzy	11	Wadi Degla	2:45.70
5	Mariam Yasser Mohamed	11	Wadi Degla	2:45.10
6	Zeina Ahmed Medhat	11	El Zohour	2:45.21
7	Habeba Mohamad SaeydShabl	11	Smouha	2:49.23
8	Hala Amr	11	El Ghaba	2:49.66
9	Malak Islam Gamal	11	Wadi Degla	2:52.28
10	Kenzy Shadi Mohamed Elhena	11	Stad Mansoura	2:53.49

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

Meet Program - 19-11-2019 Eening

Event 43 Girls 14 Year Olds 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Timed Finals				
4	Marim Ahmed Farouk	14	Hadak Al Ahram	NT
5	Gana Ahmed Amin	14	Shooting	3:34.13
6	Lyla Mohamed Rmdan	14	6th	3:39.01
7	Salma Osama Kamal	14	Elethead	NT
Heat 2 of 6 Timed Finals				
1	Sindrilla Mohamed Saied	14	Zamalek	3:25.77
2	Rola Mostafa Salah	14	Shooting	3:21.65
3	Karma Abdel Fattah Abdul Muttalib Kedr	14	Shooting	3:14.23
4	Zina Amr	14	Sporting	3:13.15
5	Mlk Mohamed Shwkey Saad	14	6th	3:07.55
6	Fatma Mohammed Abu Arab	14	Heliolido	3:08.34
7	Malak Amr Abd EL Khalek	14	Heliopolis	3:13.91
8	Shahd Ahmed 0 al Ansari	14	Shooting	3:18.57
9	Fatmaa El Zhraa Mohamed Ahmed	14	S Shbein Al Koum	3:21.90
10	Nour Bahaa Mostafa	14	Hadak Al Ahram	3:28.54
Heat 3 of 6 Timed Finals				
1	Doha Hussein Fathy Hussein	14	El Nasr Club	3:06.27
2	Laila Mohamed Nabil Baiomy	14	Heliopolis	3:05.54
3	Anan Mohamed Yehia	14	El Mekaweloun	2:58.45
4	Shahd Sherif Abdallah	14	El Mekaweloun	2:57.84
5	Losiana Rimon Mounir	14	Wadi Degla	2:57.13
6	Gana Mohamed Ibrahim	14	Ahly	2:57.28
7	Mariam Bassem Beshay Moussa Gobria	14	Heliolido	2:58.42
8	Hana Walaa Abdelhakim	14	El Obour	3:04.89
9	Mariam Nader Kadry	14	Wadi Degla	3:05.81
10	Joanna Ateef Gatas	14	Zamalek	3:06.34
Heat 4 of 6 Timed Finals				
1	Farida amr Atia Saad	14	Nasr City	2:56.57
2	Farah Mohamed Moussa Kotb	14	Olympic	2:55.32
3	Basmala Ahmed AbdElftah	14	Smouha	2:53.93
4	Fyrouz Wael Youssre	14	Talbeia	2:52.36
5	Mariam Ahmed Mohamed	14	Ahly	2:50.43
6	Rewan Saed Khames Mahmoud	14	Bank Ahly Alex	2:52.01
7	Farah Mohammed Abd Rabbo	14	Wadi Degla	2:53.04
8	Sama Tarek Salah	14	Wadi Degla	2:54.75
9	Sama Tarek Raslan	14	Tanta	2:56.43
10	Lougin Adel Mohamed	14	Ahly	2:56.77
Heat 5 of 6 Timed Finals				
1	Jana Mohamed Mahmoud	14	El Zohour	2:48.32
2	Malak Mostafa Beshir	14	Ahly	2:47.79
3	Malak Mohamed Sayed Khalifa	14	Wadi Degla	2:43.66
4	Jana Hassan Abdel Fattah	14	Wadi Degla	2:42.45
5	Salma Khaled Elsayed	14	Wadi Degla	2:38.01
6	Lama Mohamed Ali	14	A S E C	2:41.66
7	Malak Sameh Abd Elaziz	14	El Ghaba	2:43.30
8	Soha Hesham El Said Mohamed	14	Shooting	2:46.40
9	Nour Mohamed Abd El Hady	14	Sporting	2:48.18
10	Sara Tarek Ahmed Mohsen	14	Maadi	2:49.38

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Eening****Heat 6 Timed Finals... (Event 43 Girls 14 Year Olds 200 LC Meter Backstroke)**

1	Joudy Ahmed Mohamed Nour	14	15 May	2:36.89
2	Lama Tamer Mohamed Ahmed	14	Smouha	2:35.53
3	Goumana Tarek Yehia	14	Ahly	2:33.19
4	Hanan Ahmed Mohamed Mahmoud	14	Olympic	2:30.30
5	Farida Amr Mohamed Abd El Motelib	14	Shooting	2:26.80
6	Raghd Mohamed Elsaid Moham	14	Smouha	2:27.15
7	Mariam Mohamed Emad Fahmy	14	Maadi	2:30.89
8	Malak Khaled Abdel Aziz	14	Ahly	2:34.27
9	Kenzy Mostafa Zakaria	14	Ahly	2:35.57
10	Nour Ahmed aly Elsheshtaw	14	Gezira El Ward	2:37.48