

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

## Meet Program - 20-11-2019 Morning

## Event 46 Girls 11 Year Olds 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 17 Timed Finals</b>				
3	Natally Sameh Rashad	11	Al Qusiya Club	NT
4	Salma Ahmed Moustafa	11	Senzo	NT
5	Samar El Hossiny Ahmed	11	Canal El Suez	NT
6	Habiba Attia Youssef	11	Senzo	NT
7	Sama Ahmed Eladawy	11	Canal El Suez	NT
8	Youanna Ashraf Fawzy	11	Al Qusiya Club	NT
<b>Heat 2 of 17 Timed Finals</b>				
1	Shaza Ashraf Saad	11	Sharks Team	NT
2	Joy Moheb Yehia	11	Al Qusiya Club	NT
3	Roqia Ahmed Hassan Mohammed	11	Taleaa El Gish Club	2:04.63
4	Khadija Eslam Ahmed Samih	11	Sporting	2:01.94
5	Haneen Ahmed Elsayed	11	El Zohour	2:01.13
6	Jomana Mohamed ali	11	Helwan Club	2:01.31
7	Malak Ali Anwar	11	Sharks Team	2:02.36
8	Yara Ahmed abd Elkader	11	15 May	2:09.87
9	Nada ali Fathy	11	Sharks Team	NT
10	Hala Reda Metwaly	11	Al Qusiya Club	NT
<b>Heat 3 of 17 Timed Finals</b>				
1	Sara Abd Elhaleem Mohamed	11	Taleaa El Gish Club	1:59.21
2	Rola Yassir Mohamed	11	Hadak Al Ahram	1:57.90
3	Joudy Sameh	11	El Nasr Club	1:57.07
4	Kelara Ehab Magdy	11	El Nasr Club	1:56.78
5	Haneen Talaat Abdelrazek	11	Helwan Club	1:56.47
6	Rawan Ashraf Sayed Ameen	11	Taleaa El Gish Club	1:56.72
7	Nour Omar Abdelfatah Omar Mohamed Zarad	11	Heliolido	1:56.87
8	Aseil Islam Mohammed	11	Enppi	1:57.35
9	Roaa Alaa Mohamed Farghaly	11	Taleaa El Gish Club	1:58.10
10	Nada Moustafa Mohamed Hassan	11	Maadi	2:00.33
<b>Heat 4 of 17 Timed Finals</b>				
1	Hanin Sobh Atef	11	El Nasr Club	1:54.98
2	Sara Medhat Yossef	11	El Ghaba	1:53.86
3	Dilara Hany Mahmoud Ibrahim	11	Maadi	1:53.18
4	Malak Mohamed Elhady	11	El Ghaba	1:52.79
5	Logien abd Elgafar Azab	11	Cairo	1:52.68
6	Abrar Eslam Yeihi	11	El Obour	1:52.74
7	Judy Maged Mohamed	11	Rowad	1:52.83
8	Maram Eslem Edal	11	El Obour	1:53.43
9	Farha Ahmed Radi	11	Cairo	1:54.44
10	Hana Hossam Kamal	11	El Ghaba	1:55.23
<b>Heat 5 of 17 Timed Finals</b>				
1	Loujin Mahmoud Gamal Metwally	11	El Zohour	1:52.18
2	Malak Khaled Darwiesh	11	Maadi	1:51.35
3	Mariam Maher AL Said	11	Rowad	1:50.79
4	Laila Hossam Eldin	11	Enppi	1:50.41
5	Hanen Amin Abdelhamed	11	Al Tersana	1:50.28
6	Malak Ahmed Abd El Aal El Sayed	11	Maadi	1:50.33
7	Shaza Tamer Arpe	11	El Mekaweloun	1:50.47
8	Jasmen Maged Magdy Abbas	11	Taleaa El Gish Club	1:50.94
9	Godana Nader Mohamed	11	Sharks Team	1:52.14
10	Farah Samy Mahdy	11	Helwan Club	1:52.23

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 6 Timed Finals... (Event 46 Girls 11 Year Olds 100 LC Meter Breaststroke)**

1	May Ahmed Saied	11	Enppi	1:49.79
2	Habiba Mohamed ElSayed Zaki	11	Enppi	1:49.55
3	Habiba Ahmed Abdelsalam ali	11	Taleaa El Gish Club	1:49.31
4	Jana Amr Abd El Maabod Soltan	11	Maadi	1:48.93
5	Ireny Alaa Fathy	11	Talbeia	1:48.72
6	Hana Mahmoud Ibrahim Mohamed	11	El Zohour	1:48.85
7	Salma Sameh Mohamed	11	El Mekaweloun	1:49.16
8	Hana Wael Salah Eldein	11	Tanta	1:49.44
9	Sofia Ahmed Samier Saad	11	El Shams	1:49.62
10	Habiba Ayman Abbas Maamoun	11	Sporting	1:50.07

**Heat 7 of 17 Timed Finals**

1	Malk Amr Hassan	11	Enppi	1:48.17
2	Nigar Mohamed Talaat	11	Tawfekaya	1:47.63
3	Lamar Eshaq Osman	11	El Ghaba	1:47.14
4	Yasmin Amr Nagib Mahmoud	11	Heliopolis	1:47.04
5	Marim amr Mohamed	11	Al Tersana	1:47.03
6	Malak Mohamed abd Elmawla	11	Tanta	1:47.03
7	Noon Ahmed Osama	11	El Ghaba	1:47.13
8	Logina Ahmed Mostafa	11	Police Club	1:47.60
9	Zainab al Sayed Hussein	11	Nasr City	1:47.74
10	Gana Mohamed Yhya	11	El Mekaweloun	1:48.66

**Heat 8 of 17 Timed Finals**

1	Hams Mohamed Ahmed	11	Al Tersana	1:46.76
2	Lela Ahmed Hassan Hosny	11	Heliopolis	1:46.58
3	Lama Medhat Elsaid	11	Taleaa El Gish Club	1:46.55
4	Sara Ahmed Kamal	11	Hadak Al Ahram	1:46.25
5	Gody Ahmed Anour	11	Police Club	1:45.77
6	Gana Mahmoud Foad Mahmoud	11	Tanta	1:46.19
7	Habiba Hossam Abdraboh Aly	11	El Shams	1:46.51
8	Nada Mohmed Elsaied	11	Cairo	1:46.56
9	Ethar Ahmed Gamal	11	Heliolido	1:46.70
10	Retal Mohamed Khamis	11	Sporting	1:46.99

**Heat 9 of 17 Timed Finals**

1	Sama Tamer Mohamed	11	El Ghaba	1:45.14
2	Sohaila Magdy Mahmoud Hassan	11	Heliopolis	1:44.66
3	Gody Hatem Adel Osman	11	Maadi	1:43.86
4	Lemar Samer Elsaied Anwar	11	Smouha	1:43.58
5	Sama Mohamed Ibrahiem Ibrahiem	11	El Shams	1:43.28
6	Hana Tamer Samy Mohamad F	11	Smouha	1:43.52
7	Marina Sameh Mina Saleb Mina	11	Heliolido	1:43.66
8	Hana Ahmed Helal	11	Enppi	1:44.20
9	Mariam Ali Yosry	11	Heliopolis	1:44.75
10	Farida Walied Mohamed Fathy	11	El Shams	1:45.73

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 10 Timed Finals... (Event 46 Girls 11 Year Olds 100 LC Meter Breaststroke)**

1	Habeba Mohamed Soliman	11	Zamalek	1:43.15
2	Nisrena Mohamed Khalil	11	Cairo	1:42.93
3	Salma Saed Elsamadony	11	Tanta	1:42.51
4	Nour Waleed Ezzat	11	Talbeia	1:42.16
5	Malak Amr Mohamed Fahim	11	Shooting	1:41.61
6	Toka Ayman Ebrahim Eldsok	11	Smouha	1:42.05
7	Goudy Ahmed Samir	11	Al Shark Port Said	1:42.32
8	Haya Ahmed Samer	11	Heliopolis	1:42.85
9	Ronzy Ahmed Shawky	11	Cairo	1:43.13
10	Micale Ramy Guirguis	11	Rehab	1:43.27

**Heat 11 of 17 Timed Finals**

1	Rahma Samira Mufawaboun	11	Hadak Al Ahram	1:41.09
2	Mariem aly Mahdy Mohamed	11	Zamalek	1:40.24
3	Gasmine Ahmed Elbadawi	11	Nasr City	1:40.07
4	Rahma Mahmed Abdel Hady	11	El Nasr Club	1:39.74
5	Rokaya Emad Samir Hassan Abdel Khalek	11	Heliolido	1:39.64
6	Halla Ahmed Abdelrahman	11	Zamalek	1:39.71
7	Basmala Atef Ahmed	11	Mansheit Naser	1:39.97
8	Miray Ebram Mousad	11	El Shams	1:40.12
9	Nada Ahmed Mohamed	11	Royal	1:40.50
10	Laila Waled EL Shahat Mansour	11	Heliopolis	1:41.50

**Heat 12 of 17 Timed Finals**

1	Mariem Tamer Fathi	11	Cairo	1:39.25
2	Sara Ahmed Abdelsatar ele	11	Tanta	1:38.93
3	Gana Mohamed Mostafa	11	Tanta	1:38.56
4	Malak Mohamed Hassan	11	Zamalek	1:38.26
5	Salma Mohamed Ibrahim Ibrahim	11	El Shams	1:37.99
6	Sohila Alaa Eldin Abd Elwahab	11	6th	1:38.05
7	Menna Allah Mohamed Saleh	11	M.S Tagamoa	1:38.46
8	Salma Mohamed Elsaid Tanta	11	Zamalek	1:38.64
9	Gamela Hassan EL Saied	11	Heliopolis	1:39.15
10	Nefeen Mohamad Amer Tawfek	11	Smouha	1:39.53

**Heat 13 of 17 Timed Finals**

1	Roqaya Saad Mohamed	11	Zamalek	1:37.69
2	Sama Mohamed Shokry	11	Stad Mansoura	1:37.20
3	Malk Jamal Mohamed	11	Hadak Al Ahram	1:36.41
4	Farah Hussein Ali Mohamd	11	6th	1:36.05
5	Menh Alla Mohamad Mohamad Nage	11	Smouha	1:35.87
6	Farah Osama Mohamed Azoz	11	Wadi Degla	1:36.04
7	Lougin Mohamed Abdel Sattar	11	Ahly	1:36.11
8	Farida Mostafa Ahmed Fathy	11	Shooting	1:36.68
9	Haya Samir Mohamed	11	Nasr City	1:37.59
10	Jasmine Mohamed Youssef	11	Shooting	1:37.73

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 14 Timed Finals... (Event 46 Girls 11 Year Olds 100 LC Meter Breaststroke)**

1	Samaa Khames Mohamed Esmae	11	Bank Ahly Alex	1:35.51
2	Haya Hesham Mohamed	11	Al Hawar	1:35.22
3	Lama Abu Bakr Ahmed	11	Rehab	1:34.92
4	Zina Ahmed Medhat	11	Ahly	1:34.77
5	Habiba Ahmed Hassan	11	Ahly	1:34.67
6	Ganna Sheref Mohamad Abdel	11	Smouha	1:34.67
7	Yara Hesham Mohsen	11	Ahly	1:34.85
8	Marly Nabil Talat	11	Wadi Degla	1:34.96
9	Jannat Safwat Saleh	11	El Zohour	1:35.45
10	Younna Hesham Mohsen	11	Ahly	1:35.78

**Heat 15 of 17 Timed Finals**

1	Mariam Ahmed Abdel Hakm	11	Ahly	1:34.16
2	Malak Mostafa Mahmoud	11	Elethead	1:34.05
3	Habiba Shady Mohamed	11	Wadi Degla	1:33.67
4	Hanen Hassan Qassim	11	Hadak Al Ahram	1:33.49
5	Gana Noaaman Samer	11	Al Hawar	1:33.30
6	Hana Abd Elazem Matar	11	El Nasr Club	1:33.46
7	Hana Sameh Younes	11	El Temsah	1:33.56
8	Hana Mohamed Asharaf Makrem	11	El Shams	1:33.84
9	Malak Ahmed O Gamal al Shazly	11	Shooting	1:34.14
10	Salma Waleed Raslan	11	Al Hawar	1:34.51

**Heat 16 of 17 Timed Finals**

1	Hana Amr Mohamed Taha	11	6th	1:33.00
2	Kinzy Yahia Mohamed Sameh	11	Enppi	1:32.80
3	Nazly Mohamed Elokda	11	Shooting	1:31.82
4	Ganat Kareem Mohamed Hafez	11	Moasasa Riadiyah Askaria	1:31.18
5	Noor Hassan Mohamed	11	Hadak Al Ahram	1:30.30
6	Marem Mohamad Ebrahim Elby	11	Smouha	1:30.54
7	Jana Mohamed Abd Elkariem	11	6th	1:31.41
8	Saga Alaa Adel Ibrahim	11	Shooting	1:32.45
9	Malak Ashraf Ahmed Ezzat	11	Shooting	1:32.87
10	Login Hossam Mohamed	11	Wadi Degla	1:33.07

**Heat 17 of 17 Timed Finals**

1	Lina Haythaim Hassan	11	Wadi Degla	1:29.04
2	Hala Eslam Adel Yasin	11	Ahly	1:28.06
3	Masa Mostafa abd Elghany	11	Tanta	1:27.55
4	Lara Amr Mahmoud Alsokkary	11	6th	1:26.88
5	Dana Rafik El Saady	11	Wadi Degla	1:25.76
6	Lana Bassem Hesham	11	Stad Mansoura	1:26.51
7	Nada Mohamed Magdy	11	Elethead	1:27.32
8	Sagwa Khaled Mostafa Mahmo	11	Bank Ahly Alex	1:28.02
9	Marim Mohamed Bakr	11	Al Tersana	1:28.47
10	Lily Hany Mohamed	11	Wadi Degla	1:29.44

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

## Meet Program - 20-11-2019 Morning

## Event 47 Girls 14 Year Olds 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 8 Timed Finals</b>				
4	Rahma Esam Abdelatif	14	Al Qusiya Club	NT
5	Malak Gamal Matwally	14	El Zohour	1:50.87
6	Dareen Mohamed Ahmed	14	Beni Suef Club	NT
<b>Heat 2 of 8 Timed Finals</b>				
1	Judy Hossam Eldin Abdelaz	14	Nasr City	1:49.23
2	Malak Asem Hamd Kasem	14	6th	1:46.33
3	Sawsan Wael Ahmed	14	Al Tersana	1:45.88
4	Mariam Ahmed Mokhtar Al Khersh	14	S Shbein Al Koum	1:40.68
5	Salma Abd Ella Abd Elhameed	14	Talbeia	1:39.96
6	Farah Yasser Bakry	14	El Nasr Club	1:40.62
7	Malak Hesham Ahmed	14	Zamalek	1:42.50
8	Joumana Yaser Rifaat	14	Shooting	1:46.02
9	Nadine Ahmed Abdel Maaboud	14	Taleaa El Gish Club	1:48.20
10	Habiba Ehab Hassan Ebrahim	14	6th	1:50.16
<b>Heat 3 of 8 Timed Finals</b>				
1	Zina Amr	14	Sporting	1:38.80
2	Kenzy Amr El Sayed	14	Tanta	1:36.88
3	Judy Awwad Mohamed	14	El Zohour	1:35.31
4	Laila Tarek Bakry	14	Heliopolis	1:34.86
5	Salma Samir abd el Azim	14	Al Tersana	1:34.43
6	Amal Atef Ahmed	14	Zamalek	1:34.45
7	Jana Alaa	14	Sporting	1:35.15
8	Mariam Ahmed Mohamed Taher	14	Shooting	1:36.14
9	Arwa Sherif Mohamed Samy	14	Shooting	1:38.59
10	Sama Mohamed Sharaf	14	Talbeia	1:39.86
<b>Heat 4 of 8 Timed Finals</b>				
1	Jasmin Wael Ahmed Hassan	14	Smouha	1:33.55
2	Jana Mohamed M Elhalawany	14	Wadi Degla	1:33.24
3	Malak Islam Mohamed	14	Ahly	1:32.90
4	Zeina Tamer Zeinhoum	14	Ahly	1:32.42
5	Yara Waled Saed	14	Tagamoa Heljhts	1:31.83
6	Rokaya Khalid El Masry	14	Sporting	1:31.96
7	Hania Sherif Mohamed	14	Ahly	1:32.62
8	Sama Wael Mohamed EL Hady	14	El Shams	1:33.06
9	Habiba Mohamed Moustafa	14	Heliopolis	1:33.54
10	Habeba Mohamed Moussa Kotb	14	Olympic	1:34.38
<b>Heat 5 of 8 Timed Finals</b>				
1	Joudy Ahmed Mohamed Nour	14	15 May	1:31.32
2	Gana Ashraf Abd El Hafez Mohamed	14	Shooting	1:30.43
3	Nouran Marawan Ramadan	14	Ahly	1:29.74
4	Lamar Ebrahim Foaad	14	El Mekaweloun	1:29.23
5	Sara Mohamed Ezzat	14	Heliopolis	1:29.06
6	Jana Mohamed Mahmoud	14	El Zohour	1:29.21
7	Hana Hisham Mohamed Yousi	14	Smouha	1:29.59
8	Donia Ebrahim Ebid	14	Sporting	1:29.90
9	Haneen amr Abdelaziz	14	Cairo	1:31.17
10	Rawan Ahmed AbdElwahab	14	Smouha	1:31.80

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 6 Timed Finals... (Event 47 Girls 14 Year Olds 100 LC Meter Breaststroke)**

1	Rawda Ashrif Ramdan	14	15 May	1:28.50
2	Yasmin Ahmed El Tahlawy	14	Ahly	1:28.27
3	Shza Ahmed Hmdy Ahmed	14	6th	1:27.92
4	Zeina Bassem Ali	14	Wadi Degla	1:27.65
5	Goudy Ahmed Elsayed	14	Ahly	1:27.12
6	Rawda Mohamed Mobark Abdel Azem	14	Wadi Degla	1:27.45
7	Fareh Shiref Hassan Ahmed Azab	14	El Shams	1:27.70
8	Nor Mahmoud Anbar	14	El Ghaba	1:28.08
9	Rana Walid Ahmed	14	Shooting	1:28.47
10	Maryem Sobhy abd el Fatah	14	Al Tersana	1:28.92

**Heat 7 of 8 Timed Finals**

1	Ganna Ahmed Yousof	14	Tanta	1:26.15
2	Nour Mohamed Fathy	14	Shooting	1:26.08
3	Yara ali el Koshy	14	Zamalek	1:23.80
4	Basmalah Gomaa Ali	14	Bank Ahly Alex	1:23.18
5	Mariam amr Mohamed	14	Wadi Degla	1:22.94
6	Rodaina Mohamed Mohamed Hass	14	Nasr City	1:23.11
7	Nourhan Mohamed Moharam	14	Tanta	1:23.61
8	Shams Anas Hessen Elsherif	14	El Shams	1:24.26
9	Gana Mohamed Abd ElSamed Abass	14	Shooting	1:26.09
10	Malak Khaled Ahmed Abdallah	14	Wadi Degla	1:27.03

**Heat 8 of 8 Timed Finals**

1	Gana Mohamed Ahmed Salama	14	El Ghaba	1:21.82
2	Rawan Wael	14	Ahly	1:21.36
3	Rewan Sherief Zayan	14	Olympic	1:20.28
4	Shahd Mohamed Ismael	14	Smouha	1:18.47
5	Malak Mohamed Abbas Mohamed	14	Maadi	1:17.17
6	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	1:18.37
7	Sara Elhamy Foad Abd El Sallam	14	Maadi	1:19.28
8	Nadin Ayman Hessien	14	Wadi Degla	1:20.33
9	Maryam Emad Mohamed Elhadid	14	Gezira El Ward	1:21.60
10	Razan Mohamed Beshar Abdel Motal	14	Wadi Degla	1:22.93

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

## Meet Program - 20-11-2019 Morning

## Event 48 Boys 11 Year Olds 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 22 Timed Finals</b>				
3	Ali Talaat Ali Shata	11	Raas El Bar Club	NT
4	Eyad Hisham Mahmoud	11	Canal El Suez	NT
5	Joun Maikheil Sophy Kamal	11	Rahalat Sohaj	NT
6	Ziad Salem Sayed	11	Canal El Suez	NT
7	Yassin Tamer Mohamed	11	Senzo	NT
<b>Heat 2 of 22 Timed Finals</b>				
1	Zeyad Mohamed Elsayed	11	Sporting	NT
2	Yosef Mohamed Elsayd	11	15 May	NT
3	Ahmed Hazem Ibrahim	11	Canal El Suez	NT
4	Mark Saleeb Eshak	11	Al Qusiya Club	NT
5	Nabil Tamer Gallal	11	Sharks Team	3:13.82
6	Ans Sayed Mahmed ali	11	El Nasr Club	3:20.32
7	Yasin Ashraf Ali	11	Canal El Suez	NT
8	Adham Mohamed Mandour	11	Canal El Suez	NT
9	aly Hussien Mohamed Huse	11	Zamalek	NT
10	Abdelrahman Moataz Yahia	11	Bank Ahly Geza	NT
<b>Heat 3 of 22 Timed Finals</b>				
1	Mohmed Waled Omar	11	Cairo	3:12.26
2	Amr Tamer Farook	11	Sharks Team	3:07.72
3	Amar Paher Dewedar	11	El Mekaweloun	3:06.61
4	Mahmoud Shrif Mahmoud	11	El Nasr Club	3:06.24
5	Uoussef Mohamed Mostafa Nour	11	Taleaa El Gish Club	3:05.52
6	Hasan Waled Kamal Okasha	11	El Gezira	3:05.86
7	Ahmed Hashem Bdrt	11	Nasr City	3:06.36
8	Mahmoud Essam Mohamed	11	Helwan Club	3:06.63
9	Mohtdy Mohamed Darwesh	11	Helwan Club	3:08.57
10	Ahmed Mohamed Abdelfatah	11	Sharks Team	3:12.57
<b>Heat 4 of 22 Timed Finals</b>				
1	Ahmed Essam Abd Elkreem	11	Taleaa El Gish Club	3:04.83
2	Mostafa Sayed Hashem Sayed	11	Taleaa El Gish Club	3:03.70
3	Mohamed Ashraf Salah	11	Nasr City	3:03.21
4	Ahmed usama Ezzat Ahmed	11	Taleaa El Gish Club	3:02.96
5	Youssif Mohamed Fathy	11	Helwan Club	3:02.54
6	Mohamed Hany Ragheb	11	Hadak Al Ahram	3:02.70
7	Anas Abd Elhalem Salah	11	El Nasr Club	3:03.12
8	Mohamed Ashraf Mahmoud	11	El Nasr Club	3:03.44
9	Fahd Mahmoud Yahia	11	Helwan Club	3:04.63
10	Adam Tamer Fouad Elsayed Ahmed	11	Heliolido	3:05.36
<b>Heat 5 of 22 Timed Finals</b>				
1	Yasuin Basem Saeyd	11	Enppi	3:00.96
2	Kirollos Jan Farnses	11	Taleaa El Gish Club	2:59.76
3	Moaz Ahmed Mohamed	11	Al Tersana	2:59.57
4	Karim Walid Wagdy	11	Sharks Team	2:57.98
5	Ahmed Mohamed Ahm Abdelwah	11	El Ghaba	2:57.82
6	Hamza Mohamed Shaaban	11	Hadak Al Ahram	2:57.86
7	Ahmed Samir Gharib Gomaa	11	Taleaa El Gish Club	2:58.79
8	Hassan Mohamed Mahmoud Samy	11	Heliopolis	2:59.60
9	Ahmed Mohamed Hamdy Almaghlawy	11	Raas El Bar Club	2:59.96
10	Saif Khalid Abdul Aziz	11	Hadak Al Ahram	3:01.63

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 6 Timed Finals... (Event 48 Boys 11 Year Olds 200 LC Meter Freestyle)**

1	omr Sameh Samer	11	15 May	2:56.81
2	Abdalla Ashraf abd Elmonam	11	15 May	2:55.99
3	Youssef Monir Nabil el Sayed	11	Sporting	2:54.76
4	Mohamed Hossam Ebrahim Alghwalby	11	Raas El Bar Club	2:53.63
5	Seif Tamer Abdel Meneem	11	El Mekaweloun	2:53.25
6	Marwan Mohamed Mansour	11	Hadak Al Ahram	2:53.51
7	Basel Mohamed Abdelghany	11	El Ghaba	2:53.87
8	Nagy Ahmed Nagy Aly Aly	11	Heliolido	2:55.54
9	Adam Karim Kamal Mah. Kamal Ahm.Kamal	11	El Gezira	2:56.77
10	Mostafa Ebrhim Yehia Mahmoud Ramadan	11	Heliolido	2:57.21

**Heat 7 of 22 Timed Finals**

1	Hassan Karim Ahmed Klela	11	Heliopolis	2:52.73
2	Adam Mohamed Abd Elfatah	11	El Zohour	2:51.92
3	Mazin Mohamed Ahmed Abaas	11	Enppi	2:51.12
4	Kareem Sherif Abdel Aziz Elshaer	11	6th	2:50.94
5	Zeiad Ahmed Hamdy	11	Sharks Team	2:50.75
6	Marwan Ahmed Ragab	11	El Zohour	2:50.80
7	Omar Sameh ali Ragab	11	Gezira El Ward	2:51.00
8	Abdelrahman Hany Abdel Mohsen	11	El Mekaweloun	2:51.49
9	Zeyad Mohamed Ghazy	11	Hadak Al Ahram	2:52.46
10	Ahmed Ahmed Rashad	11	Al Tersana	2:52.82

**Heat 8 of 22 Timed Finals**

1	abd Allah Khaled abd Elmonem	11	Tanta	2:49.91
2	Omar Mostafa Ahmed Mostaf	11	Rowad	2:49.19
3	Hazem Hussin Ahmed	11	Helwan Club	2:48.47
4	Ahmed Khaled Hashem Ali	11	Heliopolis	2:48.44
5	Mohamed Ahmed Mahfoz	11	Sharks Team	2:47.78
6	abd Elrahman Ashrf Nabil	11	Al Tersana	2:48.23
7	Ahmed Salah Ahmed Mohamed	11	El Ghaba	2:48.45
8	Abdul Rahman Khaled el Melouky	11	Sporting	2:48.56
9	Slem Wesam Samy Mohamed	11	Heliopolis	2:49.63
10	Tarek Amir	11	Heliopolis	2:50.67

**Heat 9 of 22 Timed Finals**

1	Youssef Mohmed Ahmed Maher	11	M.S Tagamoa	2:47.67
2	Mazen Mohamed Badr	11	Talbeia	2:47.57
3	Hisham Ahmed Hany Albon	11	El Temsah	2:47.32
4	Omar Tamer Issa	11	Rowad	2:47.05
5	Omar Mohamed Abdel Azem	11	Al Hawar	2:46.56
6	Zeyad Ashraf Mohamed Ebrah	11	Tanta	2:47.03
7	Mohamed Mahmoud Mohamed Shah	11	Tanta	2:47.06
8	Marawan Akram Rashad Shafik	11	6th	2:47.50
9	Ahmed Mohamed Ramadan	11	Canal El Suez	2:47.58
10	Youssef Khalil Alsaid	11	Rowad	2:47.68



**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 10 Timed Finals... (Event 48 Boys 11 Year Olds 200 LC Meter Freestyle)**

1	Omar Ahmed Mohamed Gaballah	11	Rowad	2:46.33
2	Omer Mohamed Mostefe	11	El Obour	2:46.08
3	Ahmed Mohamed Hasaneen abd Elaziz	11	Moasasa Riadhia Askaria	2:45.43
4	Yassin Alaa Zaki	11	El Ghaba	2:45.17
5	Felemon Eshaq Fangary	11	El Ghaba	2:44.71
6	Omar Fareid Mohammed	11	Talbeia	2:44.96
7	Yihie Elsied Abd Elrhiem	11	El Obour	2:45.23
8	Mohamed Eslam Mohamed	11	Stad Mansoura	2:45.43
9	Yossef Mohamed Ahmed Fawzy	11	Tanta	2:46.17
10	Mohand Ahmed Maher	11	El Nasr Club	2:46.40

**Heat 11 of 22 Timed Finals**

1	Eyad Amro Emam Hassn	11	Taleaa El Gish Club	2:44.62
2	Hamza Mohamed Saed	11	El Obour	2:44.48
3	Karem Sheref Abdalla	11	El Mekaweloun	2:43.91
4	Yassin Abdelmeged Mohamed	11	El Ghaba	2:43.67
5	Hassan Ibrahim Arafa	11	Rowad	2:43.56
6	Ahmed Karam Hamam	11	A S E C	2:43.66
7	Seif Elasmaam Ahmed Mohamed	11	El Zohour	2:43.70
8	abd Elrahman Ahmed Hussny	11	15 May	2:44.42
9	Gaser Mostafa aly Mohamed	11	Moasasa Riadhia Askaria	2:44.54
10	Abdel Rahman Ahmed El_faytoury	11	Sporting	2:44.63

**Heat 12 of 22 Timed Finals**

1	Mostafa Hesham Fatoh Basune	11	Smouha	2:42.83
2	Omar Abd EL Razek Kamal	11	Rowad	2:42.64
3	Omar Mahamed Karam Ali ElSharkawy	11	Heliolido	2:42.04
4	Ahmed Nabil Mohamed Shtot	11	Tanta	2:41.83
5	Mohamed Rafe3 El Sayed Ramda	11	A S E C	2:41.51
6	Zyad Ibrahim Mohamed	11	Heliolido	2:41.65
7	Mohamed Ibrahim Zakreya	11	A S E C	2:42.03
8	Zyad Mohamed Hedaya	11	Sharks Team	2:42.22
9	Amer Ehab Mohamed	11	15 May	2:42.68
10	Yousief Ahmed Yousief	11	Cairo	2:43.24

**Heat 13 of 22 Timed Finals**

1	Yousef Ahmed Fathy	11	Stad Mansoura	2:41.40
2	Omar Ayman Wahied Mohamed	11	El Shams	2:41.06
3	Amr Wael Elhamy Abdelmoniem	11	Olympic	2:40.79
4	Souhaib Gamal Abdelfattah Fadel	11	Olympic	2:40.54
5	Saif Mohammed Salama	11	El Temsah	2:40.10
6	amr Khaled	11	Talbeia	2:40.21
7	Omar Mostafa Fadl	11	Talbeia	2:40.77
8	Youssef Ahmed EL_Sisi	11	Sporting	2:40.97
9	Omar Shiref Abd el Mounem Mohame	11	El Shams	2:41.12
10	Omar Ahmed abd Elbary	11	Nasr City	2:41.50

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 14 Timed Finals... (Event 48 Boys 11 Year Olds 200 LC Meter Freestyle)**

1	Mohamad Abdelkader Badye Bas	11	Smouha	2:39.86
2	Mohamed El Saeed Atia Mohamed	11	6th	2:39.61
3	Yassin Belal Mohamed Mohamed	11	Olympic	2:39.52
4	Hassan Ahmed Ehab Wahby	11	Heliopolis	2:39.35
5	Mahmoud Ahmed Mohamed Anwar	11	A S E C	2:39.08
6	Mohab Wala Eldin Osama	11	Tanta	2:39.11
7	Mohamed Wael Ibrahim Desouki	11	Tawfekaya	2:39.44
8	Moaaz Mohamed Hashim	11	Raas El Bar Club	2:39.57
9	Mazen Ahmed Abdallah Saad	11	El Shams	2:39.84
10	Marwan Mohamad Morsy Ebrahe	11	Smouha	2:39.92

**Heat 15 of 22 Timed Finals**

1	Mostafa Moh. Monir Mostafa Abdeen	11	El Gezira	2:38.83
2	Ahmed Yasser Mahmoud Salman	11	El Zohour	2:38.34
3	Ahmed Tamer Abass Ahmed	11	El Shams	2:38.21
4	Youssef Mohamed Farouk Elshaer	11	Shooting	2:38.03
5	amr Ayman Kamal	11	15 May	2:37.76
6	Saif Weal 0 Awad	11	Shooting	2:37.88
7	Yassin Khaled Ibrahim Hussien	11	Maadi	2:38.08
8	Ziad Ayman Mamon	11	Cairo	2:38.27
9	Adham Osama Khames	11	15 May	2:38.42
10	Omar Mohamad Ali Ebrahim	11	Smouha	2:39.00

**Heat 16 of 22 Timed Finals**

1	Omar Alaa el din Mahmoud	11	Hadak Al Ahram	2:36.93
2	Abd Allah Ahmed Abd El Aziz Hussien	11	Maadi	2:36.55
3	Hamza Mohamed Rifaat	11	Shooting	2:36.40
4	Aser Nayrouz Raafat	11	El Temsah	2:35.71
5	Ahmed Hamdi Salah Mohamed	11	Elethead	2:35.59
6	Yassin Ahmed Abou Khedr	11	Al Shark Port Said	2:35.60
7	Ahmad Ehab Ebrahim Abdelwa	11	Smouha	2:35.81
8	Mohamed Ashraf Mohamed Abdel Raouf	11	Ahly	2:36.41
9	Yassin Khaled Mohamed Lashi	11	El Ghaba	2:36.77
10	Ahmed Sherief Ismaiel Sayed	11	El Shams	2:37.53

**Heat 17 of 22 Timed Finals**

1	Abd Allah Tamer Abd El Raaof	11	Maadi	2:35.38
2	Hassan Ahmed Mohamed Essam	11	Heliopolis	2:34.27
3	Sherief Reda Metwaally	11	El Zohour	2:34.23
4	Ahmed Mohamed Yaseir	11	Zamalek	2:33.59
5	Mohamed Hassan Abd El Wahab	11	Maadi	2:33.31
6	Youssef Abdel Hakeem Mohamed	11	Wadi Degla	2:33.42
7	Mohamed Ahmed Ibrahim Saleh	11	Olympic	2:33.78
8	Tiam Mohamed Saad	11	Stad Mansoura	2:34.23
9	Hatem el Ameer Salah el din	11	Al Hawar	2:35.15
10	Mohamed Osama Mohamed	11	A S E C	2:35.55

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 18 Timed Finals... (Event 48 Boys 11 Year Olds 200 LC Meter Freestyle)**

1	Hasan Mohamed Hasan	11	El Nasr Club	2:33.12
2	Hamza Hazem Moneb	11	Cairo	2:32.68
3	Ziad Rafik Mahmoud	11	Stad Mansoura	2:32.52
4	Yasin Mossa Moh. Faghr Eldin Hawas	11	El Gezira	2:32.32
5	Ahmed Walid Shobhy	11	Stad Mansoura	2:32.20
6	Adham Shady Mohsen El Habbal	11	El Zohour	2:32.29
7	Mohamed Amr Abd El Monaem Hassan	11	Maadi	2:32.40
8	Belal Tamer Aly	11	Ahly	2:32.54
9	Youssef Yasser Farouk Hassan	11	Sporting	2:32.81
10	Selim Moh. Foad Hamdy	11	El Gezira	2:33.26

**Heat 19 of 22 Timed Finals**

1	Mohamed Adel Yossif	11	El Nasr Club	2:32.16
2	Mohamed Osama Fekry	11	Wadi Degla	2:31.93
3	Mohamed Ahmed Mohamed Youssef	11	Ahly	2:31.67
4	Karim Hesham Moh. Fakry Abd Elhalim	11	El Gezira	2:31.31
5	Malek Haythm Mohamad Elsaw	11	Smouha	2:30.93
6	Abdala Mdhat	11	Baladyat El Mahala	2:30.97
7	Mohamed Bakry Kaaed Abd El Gabbar	11	Maadi	2:31.49
8	Omar amr Helmy	11	El Temsah	2:31.81
9	Youssef Khaled Mohamed	11	Wadi Degla	2:32.02
10	Belal Mohamed Fouad Ramadan	11	Olympic	2:32.18

**Heat 20 of 22 Timed Finals**

1	Omar Taher Allam	11	Stad Mansoura	2:30.40
2	Karim Nader Mohamed Tawfik	11	Maadi	2:29.98
3	Mostafa Mohamed Salah Safoh	11	Tanta	2:29.59
4	Mahmoud Hossam El din Mahmoud	11	Shooting	2:29.33
5	Amer Ahmad Elsayed Awad M	11	Smouha	2:29.07
6	Omar Mohamed Tawfek	11	Al Hawar	2:29.12
7	Ahmed Mohamed Kaowd	11	Baladyat El Mahala	2:29.57
8	Yassin Youssef Mohamed Elshaabeny	11	Olympic	2:29.90
9	Karim Mohamed Sharaf	11	Stad Mansoura	2:30.36
10	Abdalla Mohamed Sabhalla	11	Ghazl El Mahala	2:30.76

**Heat 21 of 22 Timed Finals**

1	Ahmed Maged Ghoureib	11	Wadi Degla	2:28.86
2	Ali Ehab Ahmed Mohamed	11	El Shams	2:28.73
3	Mahmoud Hassan Mohamed Hassan	11	El Shams	2:28.49
4	Omar Ayman Esmael Emam	11	6th	2:28.28
5	Omar Ahmed Hasan Khedr	11	Shooting	2:27.96
6	Mazen Mostafa Asfoor	11	El Zohour	2:28.12
7	Yahia Hazim Husieen	11	Zamalek	2:28.49
8	Yousief Mohamed aly	11	Zamalek	2:28.71
9	Fares Karm Refaay	11	Ahly	2:28.75
10	Abdel Rahman Wael Karam	11	Wadi Degla	2:28.91

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 22 Timed Finals... (Event 48 Boys 11 Year Olds 200 LC Meter Freestyle)**

1	Moumen Moustafa Mohamed	11	Zamalek	2:26.01
2	Hazem Hossam Nady	11	Wadi Degla	2:25.02
3	Anas Mostafa Shaker	11	Wadi Degla	2:23.44
4	Saif Mohamed O Mahmoud Metwaly	11	Shooting	2:20.83
5	Omar Mohamed Hassan	11	Ahly	2:18.42
6	Ibrahim Shams Eldin Mohamed	11	Ahly	2:19.05
7	Omar Wahed Ibrahim Awad	11	Rowad	2:21.54
8	Mohamed Khaled Mohamed Mahmoud Zaki	11	Shooting	2:23.64
9	Khaled Mohamed Samir	11	Ahly	2:25.68
10	Ahmed Samir Mohamed	11	Hadak Al Ahram	2:26.14

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

## Meet Program - 20-11-2019 Morning

## Event 49 Boys 14 Year Olds 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Timed Finals</b>				
4	Moazz Ahmed Ismail	14	Canal El Suez	NT
5	Ahmed Mohamed Elhadary	14	Canal El Suez	NT
6	Yosef Fathy Al Ghanduor	14	Canal El Suez	NT
7	Houssein Salem Sayed	14	Canal El Suez	NT
<b>Heat 2 of 14 Timed Finals</b>				
1	Yossef Mahmud Azzat	14	El Ghaba	NT
2	Ebrahim Moataz	14	Taleaa El Gish Club	2:54.16
3	Salah Mohamed Salah	14	15 May	2:51.48
4	Badr Reda Badr	14	15 May	2:47.95
5	Youssef Lotfy El Sayed	14	El Zohour	2:44.10
6	Omar Mohamed Talat	14	Police Club	2:44.98
7	Mohab Mohamed Sand	14	Taleaa El Gish Club	2:48.30
8	Abdelrahman Khaled Mahmoud Mohamed	14	Taleaa El Gish Club	2:52.11
9	Yousef Tamer Ramadan Mohy	14	Tanta	3:02.60
10	Abd El Rahman Mohamed Mahrous	14	Tanta	NT
<b>Heat 3 of 14 Timed Finals</b>				
1	Youssef Mohamed Abdel Rahman	14	15 May	2:40.82
2	Tarek Ahmed Ali	14	El Zohour	2:39.20
3	Mosaad abd Elrahman abd Elsamiea	14	Al Tersana	2:38.49
4	Omar Mohamed Mouslhy	14	Moasasa Riadiah Askaria	2:37.28
5	Mohamed Heasham	14	Taleaa El Gish Club	2:36.69
6	Mohamed Wael Mohamed Hashem	14	15 May	2:37.14
7	Seif Alla Amro Moh. Abd Elfatah Ebeed	14	El Gezira	2:37.96
8	Hazem Mostafa Abdel Azim	14	Beni Suef Club	2:38.53
9	Mohamed Hisham Mohamed	14	El Nasr Club	2:40.29
10	Abd Elrmahman Mohamed Saeed Hassan	14	Heliolido	2:42.54
<b>Heat 4 of 14 Timed Finals</b>				
1	Ahmed Ramadan Mohamed	14	Rowad	2:34.98
2	Marten Baher Fouad	14	Sporting	2:33.16
3	Karim Amr Atef Mohamed EL Saye	14	El Shams	2:32.54
4	Mohamed Tarek Fayiz	14	Heliopolis	2:30.68
5	Hassn Hatem Mohamed	14	Enppi	2:29.66
6	Ziad Mohab Mostafa	14	Tagamoa Heljhts	2:29.93
7	Karim Ahmed Gamal	14	Tanta	2:30.69
8	Youssef Hazm	14	Taleaa El Gish Club	2:32.68
9	Abd Alla Karim Ashraf Mahgoub	14	El Gezira	2:33.32
10	Abdulrahman Wael Hassen	14	Police Club	2:35.00
<b>Heat 5 of 14 Timed Finals</b>				
1	Yousef Moustafa Fargaly	14	Rowad	2:29.24
2	Mahmoud Khaled Mahmoud Bader	14	El Shams	2:28.39
3	Youssef Walid Mahmoud Ahmed	14	Taleaa El Gish Club	2:27.56
4	Yossef Ahmed Abd Allah Salem	14	El Ghaba	2:25.99
5	Karim Osama Abu Zaid	14	Tanta	2:25.75
6	amr Khaled Mohamed Mahmoud	14	Zamalek	2:25.88
7	Saif Esam Abd Elmenem	14	El Nasr Club	2:27.21
8	Yousef Amr El Sherif	14	Sporting	2:28.31
9	Seif Walid Hosny Ahmed	14	Maadi	2:28.81
10	Abdel Aziz Yousery Abdel Aziz	14	El Nasr Club	2:29.27

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 6 Timed Finals... (Event 49 Boys 14 Year Olds 200 LC Meter Freestyle)**

1	Mohamed Fouad	14	Zamalek	2:25.07
2	Mohamed Elssameldin Mahmoud	14	Cairo	2:23.78
3	Abdel Rahman Mohamed Moustafa	14	El Obour	2:23.33
4	Mohamed AbdEl Rashed Mohamed	14	El Ghaba	2:22.74
5	Ahmed Yasser Yehia	14	Cairo	2:22.37
6	Marwan Mohamed Maged	14	Cairo	2:22.58
7	Zeyad Mohamed Ali	14	A S E C	2:22.90
8	Ali Ahmed Soliman Ali	14	Rowad	2:23.51
9	AbdelRahman Mohamed Sayed	14	El Obour	2:24.60
10	Yasein Abdel Hady Ahamed Abdel Hady	14	Heliolido	2:25.38

**Heat 7 of 14 Timed Finals**

1	Mokhtar Emad Abdelhamied	14	Moasasa Riadiah Askaria	2:22.24
2	Adham Hany	14	Sporting	2:21.28
3	Abdalla Mohmed Saeid Mtwli	14	6th	2:21.04
4	Mohamed Ahmed Elkhassab	14	Elethead	2:20.65
5	Mohamed Housam Eldin	14	Zamalek	2:20.37
6	Adham Moh. Galal ElDin ElSayd	14	El Gezira	2:20.40
7	Mazen Yousry El Ghonimy	14	Tanta	2:20.75
8	Yahya Ahmed Refat	14	Sporting	2:21.19
9	Mohamed Tarek Ahmed	14	El Ghaba	2:21.31
10	Mohmd Ahmed Faruk Abdllhmed	14	6th	2:22.27

**Heat 8 of 14 Timed Finals**

1	Hassan Hossam Hassan Kamel Ali	14	El Shams	2:19.58
2	Ahmed Mohmed Eztt Alhdedi	14	6th	2:19.12
3	Omar Shrif Moustafa	14	Zamalek	2:18.90
4	Basel Amir Ali Hosney	14	6th	2:18.55
5	Yousef Mohamed Farouk Saleh	14	6th	2:18.01
6	Mostafa Tarek Hassaneen	14	Cairo	2:18.36
7	Adham Hisham Mahmoud	14	Cairo	2:18.58
8	Karim Samir Mohamed	14	Hadak Al Ahram	2:19.09
9	Ahmed Shady Abd ElRahman Mohamed	14	Heliolido	2:19.38
10	Marawan Bader Eldin Radi	14	El Shams	2:20.12

**Heat 9 of 14 Timed Finals**

1	abd Elrahman Sherif Karam Monir	14	Al Tersana	2:17.93
2	Yousif Shawky Mahros	14	Shooting	2:17.55
3	Moustafa Yasser Abd El Latif	14	Sporting	2:17.35
4	Yossif Khaled Morsy	14	A S E C	2:16.51
5	Karim Ahmed Maged	14	Zamalek	2:16.07
6	Fathey Ahmed Fathey abd el Fatah	14	Stad Mansoura	2:16.13
7	Marawan Hatem Abo Adma	14	Shooting	2:17.29
8	Aly Shref Aly Mohamed	14	Shooting	2:17.38
9	Ahmed Helal Fathy	14	Al Hawar	2:17.66
10	Yousif Ayman Mohamed Elgwil	14	Smouha	2:17.96

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 10 Timed Finals... (Event 49 Boys 14 Year Olds 200 LC Meter Freestyle)**

1	Abd Elrahman Mohammed Zarif	14	Rowad	2:15.40
2	Moazz Mohamed Samer abd Allah	14	Stad Mansoura	2:15.17
3	Ahmed Yaser Mohamed	14	El Mekaweloun	2:14.86
4	Ahmed Ayman Mohamed abd el Mniem	14	Stad Mansoura	2:14.44
5	Yasin Mahmoud Mostafa	14	Shooting	2:13.92
6	Omar Maged Mohamed	14	Wadi Degla	2:14.08
7	Yossef Magdy el Azhary	14	Heliopolis	2:14.51
8	Adham Tarik Ali Baiuomy	14	Smouha	2:15.04
9	Omar Ibrahim Elshahat Eln	14	Smouha	2:15.28
10	Mohamed Tarek Seiam	14	Heliopolis	2:15.77

**Heat 11 of 14 Timed Finals**

1	Adham Ahmed Allaa Eldin Ahmed	14	El Shams	2:13.65
2	Salah Eldin Mohamed Salaheldin	14	Cairo	2:13.27
3	Omar Wael Galal	14	Police Club	2:12.11
4	Mohamed Yasser Mohamed	14	Zamalek	2:11.65
5	Marawan Tarek Ehab	14	Ahly	2:11.26
6	Hesham Nader Kamal	14	Ahly	2:11.28
7	aly Mohamed aly Elsobky	14	Wadi Degla	2:12.10
8	Omr Jamal Eldin Hassain	14	Elethead	2:12.37
9	Abd El Rahman Mohamed Ali	14	Shooting	2:13.52
10	Yosef Mohamed abd Elbaser	14	El Ghaba	2:13.78

**Heat 12 of 14 Timed Finals**

1	Mohmed Khaled Oookel Abdallah	14	6th	2:10.99
2	Marawan Ayman Abd El Hafiz	14	Shooting	2:10.94
3	Mohamed Hany Farouk	14	Hadak Al Ahram	2:10.27
4	Yousif Mohamed Soliman Omra	14	Smouha	2:09.93
5	Amr Maged Abdel Gawad	14	Wadi Degla	2:09.76
6	Adham Ayman Monir Hashem	14	Al Tersana	2:09.89
7	Ali Khaled Ali	14	Shooting	2:10.06
8	Zeyad Mohamed Saad Zaky	14	Olympic	2:10.53
9	Mohamed Elsaed Elsaed abd Elghani	14	Baladyat El Mahala	2:10.97
10	Omar Walid Mamdouh Al Khayat	14	Maadi	2:11.21

**Heat 13 of 14 Timed Finals**

1	Amr Khaled Mohamed Abdel Aziz	14	Wadi Degla	2:09.10
2	ali Mohamed Sarwat	14	Heliopolis	2:08.56
3	Sife Mohamwd Saber	14	Zamalek	2:07.54
4	Ahmed Amr Abdel Azzim	14	Ahly	2:06.10
5	Omar Mohsen Ramdan AbdElm	14	Smouha	2:05.92
6	Eyad Ahmed Zakaria	14	Ahly	2:05.99
7	Omar Gaber Aly	14	Ahly	2:06.37
8	Omar Ahmed Hassan Ryaan	14	El Shams	2:08.33
9	Karim Wael Abdala Abdelgelil	14	Nasr City	2:08.71
10	Ahmed Mohamed Moharam Elmanzalawy	14	Al Hawar	2:09.75

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 14 Timed Finals... (Event 49 Boys 14 Year Olds 200 LC Meter Freestyle)**

1	Seif Eldin Ahmed Mohamed	14	Ahly	2:05.68
2	Seif Walaa Antar	14	Wadi Degla	2:04.99
3	Yousif Ahmed Ragab Elshaman	14	Smouha	2:02.82
4	Ziad Ehab Tawfek	14	Wadi Degla	2:01.61
5	Mohamed Yaser Omar	14	Raas El Bar Club	2:00.17
6	Nadem Kram Mohamed	14	Heliopolis	2:00.30
7	Mohamed Hany Elsayed	14	Ahly	2:02.75
8	Marwan Mohamed Abdallah Hassan	14	Wadi Degla	2:04.27
9	Esmat Ashraf Esmat Hatata	14	Smouha	2:05.47
10	Ahmed Tamer Mostafa Seed	14	6th	2:05.86



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

## Meet Program - 20-11-2019 Morning

## Event 50 Girls 11 Year Olds 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 15 Timed Finals</b>				
2	Jody Shrif ElAdawy	11	Canal El Suez	NT
3	Malak Amr Salah	11	Senzo	NT
4	Joliana Gerges Bebawy	11	Al Qusiya Club	NT
5	Mariam Ahmed Saber Abdelhaleem	11	Taleaa El Gish Club	2:01.52
6	Radwa Maher Ahmed	11	El Mekaweloun	2:06.74
7	Habiba Ahmed Rabah	11	Canal El Suez	NT
8	Youanna Ashraf Fawzy	11	Al Qusiya Club	NT
<b>Heat 2 of 15 Timed Finals</b>				
1	rem Hassan Ahmed	11	Al Tersana	1:58.21
2	Tasnim Ramy ElSayed	11	El Ghaba	1:52.87
3	Rana Sherif Ibrahim	11	El Nasr Club	1:48.02
4	Habiba Yousery Abdel Monaem	11	El Nasr Club	1:47.88
5	Farida Ahm. Aly Shakeeb	11	El Gezira	1:46.40
6	Sarah Haitham Hazem	11	Sporting	1:46.52
7	Zena Tamer Sayd	11	El Mekaweloun	1:47.89
8	Hana Ahmed Abd Elmohsen Torky	11	6th	1:50.42
9	Rodaina Mohamed Ameen	11	M.S Tagamoa	1:57.59
10	Lubna Haitham Mohsen	11	Hadak Al Ahram	1:58.98
<b>Heat 3 of 15 Timed Finals</b>				
1	Habiba Hossam Abd Elhamed	11	El Nasr Club	1:45.75
2	Aya Alaa Ahamed	11	Shooting	1:43.86
3	Retal Hesham Elazap	11	El Mekaweloun	1:43.24
4	Hana Tarek Mostafa	11	Enppi	1:41.84
5	Salma Ehab Atef	11	Rehab	1:40.61
6	Dareen Mohamed Khalifa	11	Shooting	1:41.18
7	Demi Ahmed Fahmy Marwan	11	Nasr City	1:42.52
8	Gana Mahmoud Foad Mahmoud	11	Tanta	1:43.51
9	Gana Mohamed Abd Elslaam	11	Taleaa El Gish Club	1:45.73
10	Jana Ahmed Ali	11	El Ghaba	1:46.31
<b>Heat 4 of 15 Timed Finals</b>				
1	Hala Sameh Saied Hussien	11	El Shams	1:40.04
2	zad Ahmed Mohamed	11	15 May	1:39.90
3	Ganaa Mohamed Shehata	11	Al Shehk Zaeid	1:39.60
4	Malak Hesham Ibrahim	11	El Zohour	1:39.18
5	Farha Mouhamed Mahmmoud	11	Al Shehk Zaeid	1:38.43
6	Miracle Ramy Guirguis	11	Rehab	1:39.17
7	Hapepa Mohamed Helmy	11	El Mekaweloun	1:39.46
8	Khadija Moustafa Mohamed Talaat	11	Maadi	1:39.66
9	Donya Ahmed aly Yousef	11	Tanta	1:39.91
10	Malak Hesham Abd El Sallam Beshr	11	Maadi	1:40.44

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 5 Timed Finals... (Event 50 Girls 11 Year Olds 100 LC Meter Backstroke)**

1	Sandra Emad Onsy	11	Rowad	1:38.01
2	Lily Mohamed Abdel Raouf Ahmed	11	Tawfekaya	1:37.70
3	Sama Salah Eldin Mohmud Morade	11	Taleaa El Gish Club	1:37.59
4	Habiba Mohamed Montaser Mohamed	11	6th	1:37.41
5	Carla Riemon abd el Malek Bocktor	11	Taleaa El Gish Club	1:37.12
6	Marim Amr Mohamed	11	Sharks Team	1:37.14
7	Joudy Mohamed Saied	11	El Zohour	1:37.52
8	Karma Mohamed Ahmed	11	Cairo	1:37.64
9	Nourhan Khaled Abdelsamee	11	Zamalek	1:37.90
10	Salma Atta Abdallah	11	Helwan Club	1:38.09

**Heat 6 of 15 Timed Finals**

1	Jana Mohamed Abdeltawab	11	Helwan Club	1:36.64
2	Nada Amr Mohamed ElGhareeb ElSayed	11	Heliolido	1:36.12
3	Jana Samir Mohamed Mohamed	11	El Nasr Club	1:35.85
4	Lojain Mahmoud Fouad Abd Elalem	11	Shooting	1:35.54
5	Saja Walid Metwally	11	Sporting	1:35.15
6	Rewa Ahmed Fathy abo Esha	11	Tanta	1:35.23
7	Marim Magdy Mohamed	11	Al Tersana	1:35.73
8	Zena Ashraf Mohamed Ebrah	11	Tanta	1:35.88
9	Malk Mohamed Effat	11	Hadak Al Ahram	1:36.55
10	Malak Islam Gamal Abdelhamied	11	El Shams	1:36.70

**Heat 7 of 15 Timed Finals**

1	Nourhan el Sayed Mahmoud	11	Hadak Al Ahram	1:34.59
2	Habiba Mohamed Zaki	11	Helwan Club	1:34.27
3	Malk Jamal Mohamed	11	Hadak Al Ahram	1:34.00
4	Jana Saied Othman Mohamed Othma	11	Olympic	1:33.51
5	Farida Amr Tarek Zaied	11	El Zohour	1:33.04
6	Zeina amr Mohammed	11	Talbeia	1:33.41
7	Rokaia Ayman Mohamed Magdy	11	El Zohour	1:33.94
8	Hana Hany Mohamed Salah Eldin	11	6th	1:34.06
9	Joanna Waleed Shanan	11	Maadi	1:34.56
10	Ayla Mohamed Ali EL Medany	11	Heliopolis	1:35.14

**Heat 8 of 15 Timed Finals**

1	Maya Hazem Fouad Morsy	11	El Shams	1:32.88
2	Malak Mohamed Ahmed Mohamed	11	Moasasa Riadiah Askaria	1:32.26
3	Logen Ahmed Atwa	11	Gezira El Ward	1:31.86
4	Shahd O Mohamed Mahmoud	11	Shooting	1:31.53
5	Loujaen Ahmed Abd Al Halem	11	Shooting	1:31.42
6	Sadan Khaled Mostafa Mahmo	11	Bank Ahly Alex	1:31.51
7	Malak Yasser Abdellatif	11	Sporting	1:31.63
8	Lena Ashraf Abdelrahman	11	Ahly	1:31.99
9	Salma Mohamed Azmy Abdallah	11	Moasasa Riadiah Askaria	1:32.53
10	Khadeja Osama Hussien	11	Cairo	1:32.96

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 9 Timed Finals... (Event 50 Girls 11 Year Olds 100 LC Meter Backstroke)**

1	Karen Gourge Victor	11	El Ghaba	1:30.78
2	Gana Khaled Mostafa	11	Ahly	1:30.67
3	Mayroz Mohamed abd Elsalam	11	Tanta	1:30.54
4	Laila Waled EL Shahat Mansour	11	Heliopolis	1:30.16
5	Yara Tamer Saed Mohamed	11	6th	1:29.93
6	Mariam Taha Mohamed Adel	11	El Zohour	1:29.97
7	Haya Samir Mohamed	11	Nasr City	1:30.19
8	Lina Mohamed Ramadan Ahmed	11	6th	1:30.62
9	Jenviave Micheal Ibraheim	11	Taleaa El Gish Club	1:30.71
10	Rahma Hatem	11	Talbeia	1:31.28

**Heat 10 of 15 Timed Finals**

1	Kenzy Waael Hosny	11	Al Hawar	1:29.66
2	Kenzy Hamada Saad	11	Ahly	1:29.32
3	Nour Ahmad Mahmud Abdelrh	11	Smouha	1:29.11
4	Fayruz Hussien Hanfy Baker	11	El Shams	1:29.00
5	Mariam Ebrahim Mohamed Hamdy	11	Heliopolis	1:28.94
6	Malak Hassan abu Sheashea	11	Stad Mansoura	1:28.97
7	Goudy Mohamed Fahim	11	Ahly	1:29.11
8	Nour Mohamed Elsoda	11	Maadi	1:29.26
9	Menatallah Galal Samir	11	Zamalek	1:29.59
10	Marim Amr Mohamed	11	El Nasr Club	1:29.78

**Heat 11 of 15 Timed Finals**

1	Hania Mohamed Asem	11	Enppi	1:28.15
2	Maya Mohamad Mahmud Hamaa	11	Smouha	1:27.68
3	Marem Ahmad Abdelgafar Ahm	11	Smouha	1:27.47
4	Jana Maged Amir	11	El Zohour	1:27.43
5	Gana amr Shahen	11	Zamalek	1:27.23
6	Fareda abd Elfatah Elsayd	11	Tanta	1:27.23
7	Mariam Hossam Elden Hassan	11	Cairo	1:27.45
8	Hana Mohmed Safwat	11	Cairo	1:27.48
9	Habeba Waled Mahmud Shref O	11	Smouha	1:27.83
10	Rawan Yahia	11	Zamalek	1:28.35

**Heat 12 of 15 Timed Finals**

1	Retag Abas Sayed Abas	11	Tanta	1:27.18
2	Shahd Hassan Gamal	11	Cairo	1:26.79
3	Shahd Abdelhammid Elsaid	11	Stad Mansoura	1:26.00
4	Hana Mohamed Ezzat Taha	11	Heliopolis	1:25.83
5	Hala Aboser	11	Baladyat El Mahala	1:25.75
6	Malak Saher Samy	11	Helwan Club	1:25.76
7	Yasmin Khaled Abdelraoof	11	Zamalek	1:25.91
8	Farah Hatem Ngaty Mohamed	11	Heliopolis	1:26.58
9	Habeba Aly Ahmed Ibrahim	11	Olympic	1:26.94
10	Norai Mohamed Galal	11	Shooting	1:27.22

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 13 Timed Finals... (Event 50 Girls 11 Year Olds 100 LC Meter Backstroke)**

1	Zeina Amr Hussein	11	Ahly	1:25.33
2	Hana Nabil Ahmed	11	Cairo	1:25.11
3	Yasmen Naser Esmael Mohamad	11	Smouha	1:24.70
4	Karol Sameh Mahros	11	YMCA	1:24.26
5	Nijar Mousa Mohamed	11	Helwan Club	1:24.12
6	Mariam Mohamed Ebrahim	11	Stad Mansoura	1:24.15
7	Farah Ahmed	11	Heliopolis	1:24.33
8	Yara Ahmad Nageb Ahmad Ab	11	Smouha	1:24.82
9	Salma Mohamed Saeed	11	Hadak Al Ahram	1:25.25
10	Rawan Mohamed Saleh Mohmaed	11	El Shams	1:25.58

**Heat 14 of 15 Timed Finals**

1	Lojain Tarek Esmaiel	11	Heliopolis	1:23.98
2	Lara Ahmed Elwan	11	Ahly	1:23.39
3	Logain Ahmed Hamdy	11	Hadak Al Ahram	1:23.31
4	Kenzy Shadi Mohamed Elhena	11	Stad Mansoura	1:22.33
5	Rokan Tamer O Ismail	11	Shooting	1:22.03
6	Malak Islam Gamal	11	Wadi Degla	1:22.05
7	Haya Mohamed Mahmoud	11	Wadi Degla	1:22.98
8	Salma Khaled Mohamed	11	Wadi Degla	1:23.32
9	Logien Osama Mohamed Mahfouz	11	El Shams	1:23.56
10	Joudy Khaled Saied Ismail	11	Olympic	1:24.08

**Heat 15 of 15 Timed Finals**

1	Malak Mohamed Hassan	11	Ghazl El Mahala	1:21.41
2	Zeina Ahmed Medhat	11	El Zohour	1:19.65
3	Hala Amr	11	El Ghaba	1:19.25
4	Arwa Faisal El Sherif	11	Wadi Degla	1:17.93
5	Maya Abdelaziz Zakaria	11	Ahly	1:17.72
6	Mennatallah Tamer Fawzy	11	Wadi Degla	1:17.72
7	Habeba Mohamad SaeydShabl	11	Smouha	1:18.79
8	Mariam Yasser Mohamed	11	Wadi Degla	1:19.38
9	Habiba Shady Mohamed	11	Wadi Degla	1:20.39
10	Gana Allaeldin Mohamed	11	El Shams	1:21.54

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

## Meet Program - 20-11-2019 Morning

## Event 51 Girls 14 Year Olds 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 8 Timed Finals</b>				
3	Rahma Esam Abdelatif	14	Al Qusiya Club	NT
4	Jana Mohmed abd Tawab	14	15 May	1:44.28
5	Lyla Mohamed Rmdan	14	6th	1:41.65
6	Nourhan Hussien Ahmed	14	Taleaa El Gish Club	1:43.81
7	Nor Sheref Adel	14	Mansheit Naser	1:48.55
<b>Heat 2 of 8 Timed Finals</b>				
1	Yara Osama Mohamed Zaatar	14	Taleaa El Gish Club	1:36.90
2	Maria Mina	14	El Ghaba	1:35.92
3	Sindrilla Mohamed Saied	14	Zamalek	1:34.37
4	Malak Asem Hamd Kasem	14	6th	1:33.53
5	Fatma Mohammed Abu Arab	14	Heliolido	1:29.17
6	Zina Amr	14	Sporting	1:30.67
7	Fatmaa El Zhraa Mohamed Ahmed	14	S Shbein Al Koum	1:33.74
8	Jana Amir Abdel Fattah	14	Canal El Suez	1:35.12
9	Rola Mostafa Salah	14	Shooting	1:35.93
10	Nour Bahaa Mostafa	14	Hadak Al Ahram	1:40.80
<b>Heat 3 of 8 Timed Finals</b>				
1	Shahd Ahmed 0 al Ansari	14	Shooting	1:28.83
2	Karma Abdel Fattah Abdul Muttalib Kedr	14	Shooting	1:28.38
3	Lyla Tamer Ahmed Mgdey	14	6th	1:27.95
4	Ola Ehab Samier Abd EL Kader	14	El Shams	1:27.67
5	Joanna Ateef Gatas	14	Zamalek	1:26.14
6	Doha Hussein Fathy Hussein	14	El Nasr Club	1:26.91
7	Yosr Wael Gmal	14	Heliopolis	1:27.81
8	Zenab Wagdy	14	El Ghaba	1:28.30
9	Malak Amr Abd EL Khalek	14	Heliopolis	1:28.56
10	Nor Salah El Din Mohmed	14	Shooting	1:28.92
<b>Heat 4 of 8 Timed Finals</b>				
1	Laila Mohamed Nabil Baiomy	14	Heliopolis	1:25.78
2	Shahd Sherif Abdallah	14	El Mekaweloun	1:25.42
3	Amira Shawky Abd Elal Elsnosy	14	El Nasr Club	1:24.64
4	Jana Mohamed Samy	14	Smouha	1:24.43
5	Habiba Mohamed Moustafa	14	Heliopolis	1:24.05
6	Reem Ashraf Hassan	14	Ahly	1:24.13
7	MLK Mohamed Shwkey Saad	14	6th	1:24.60
8	Salma Osama Kamal	14	Elethead	1:24.80
9	Habiba Sameh Fahmy	14	Heliopolis	1:25.57
10	Hana Walaa Abdelhakim	14	El Obour	1:25.88
<b>Heat 5 of 8 Timed Finals</b>				
1	Farida amr Atia Saad	14	Nasr City	1:22.50
2	Gana Mohamed Ibrahim	14	Ahly	1:21.71
3	Ganna Ahmed Yousof	14	Tanta	1:21.48
4	Sama Tarek Raslan	14	Tanta	1:21.17
5	Zeina Tamer Zeinhoum	14	Ahly	1:20.90
6	Losiana Rimou Mounir	14	Wadi Degla	1:21.04
7	Mariam Ahmed Mohamed	14	Ahly	1:21.46
8	Anan Mohamed Yehia	14	El Mekaweloun	1:21.67
9	Farah Mohamed Moussa Kotb	14	Olympic	1:22.14
10	Sama Wael Mohamed EL Hady	14	El Shams	1:23.19

**National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19****Meet Program - 20-11-2019 Morning****Heat 6 Timed Finals... (Event 51 Girls 14 Year Olds 100 LC Meter Backstroke)**

1	Kenzy Amr Hanafy	14	Wadi Degla	1:20.38
2	Alaa Amr El Sokry	14	Sporting	1:19.72
3	Somia Ahmed Mohamed	14	El Ghaba	1:19.53
4	Rewan Saed Khames Mahmoud	14	Bank Ahly Alex	1:19.19
5	Sara Tarek Ahmed Mohsen	14	Maadi	1:17.84
6	Gana Tarek Mohamed Farid	14	Shooting	1:18.03
7	Nour Mohamed Abd El Hady	14	Sporting	1:19.28
8	Malak Mostafa Beshir	14	Ahly	1:19.64
9	Karen Emad Email	14	Wadi Degla	1:19.89
10	Fyrouz Wael Youssre	14	Talbeia	1:20.64

**Heat 7 of 8 Timed Finals**

1	Soha Hesham El Said Mohamed	14	Shooting	1:17.48
2	Jana Mohamed Mahmoud	14	El Zohour	1:16.89
3	Gody Ahmed Zaki	14	Tanta	1:16.14
4	Farah Mohammed Abd Rabbo	14	Wadi Degla	1:15.55
5	Jana Hassan Abdel Fattah	14	Wadi Degla	1:15.06
6	Lama Mohamed Ali	14	A S E C	1:15.22
7	Nouran Mahmoud Mohamed	14	Wadi Degla	1:16.12
8	Gody Ahmed Badawy Mhmoud	14	Smouha	1:16.74
9	Zena Mahmoud Mohamed Mosa	14	El Ghaba	1:17.37
10	Rim Husin Khallaf	14	Tanta	1:17.57

**Heat 8 of 8 Timed Finals**

1	Jana Gehad El Assal	14	Tawfekaya	1:12.13
2	Malak Khaled Abdel Aziz	14	Ahly	1:11.55
3	Goumana Tarek Yehia	14	Ahly	1:09.94
4	Mariam Mohamed Emad Fahmy	14	Maadi	1:09.11
5	Raghd Mohamed Elsaid Moham	14	Smouha	1:06.78
6	Farida Amr Mohamed Abd El Motelib	14	Shooting	1:09.07
7	Hanan Ahmed Mohamed Mahmoud	14	Olympic	1:09.35
8	Leila Mohamed Ibrahim	14	Wadi Degla	1:10.45
9	Lama Tamer Mohamed Ahmed	14	Smouha	1:12.02
10	Lela Ahmed Kamal	14	El Ghaba	1:12.52