

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

Meet Program - 01-12-2019 Final

Event 162 Women 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Kanzy Hesham Rashad	16	Shooting	30.27
2	Lojin Hossam El din Mokhtar	18	Sporting	30.25
3	Jana Khalid	15	Sporting	30.18
4	Rodaina Mohamed Saad	14	Wadi Degla	30.07
5	Hanin Ashraf A aly	15	Olympic	30.17
6	Shahd Yasser	17	Smouha	30.21
7	Ro`ua Ahmed Farag	17	Shooting	30.27
8	Rewida Hisham Tolba Ibrahim	24	Ahly	30.40
Heat 2 A - Final				
1	Nour Mohamed Ibrahim Ali	14	Smouha	29.86
2	Hedy Amr Moustafa Hamouda	20	Heliopolis	29.82
3	Mayar Mohamed Gaber	18	Ahly	29.70
4	Farida Ayman Samra	15	Shooting	29.57
5	May Atef Abdelfatah	28	Ahly	29.68
6	Norhan Mohamed Mohei El din Zanaty	16	Smouha	29.75
7	Rawan Mohamed AboElFadl	16	Wadi Degla	29.83
8	Mariam Moustafa Ahmed Moustafa Amer	17	Maadi	30.02

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 01-12-2019 Final****Event 163 Men 13 & Over 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Omar Ehab Ahmed Abo el Ftoh	17	El Shams	30.63
2	Mohamed Zeiad Mohamd Eisa	17	Shooting	30.57
3	Mohand Tarik Mohamed Ali El	19	Smouha	30.51
4	Zeyad Osama a Mohamed	18	Olympic	30.37
5	Ibrahim Taha Ibrahim	20	Bank Ahly Geza	30.47
6	Hassan Yasser Ezzat	21	Ahly	30.53
7	Omar Hesham Raslan	22	Heliopolis	30.62
8	Mohamed Ahmed Mohamed Esawy	19	Tanta	30.76
Heat 2 A - Final				
1	Mohamed Housam Ibrahim	23	Ahly	29.94
2	Mahmoud Ibrahim Fath Allah	23	Ahly	29.71
3	Mohamed Amin Sharaf	20	Sporting	29.57
4	Youssef Ismail Elkamash	24	Sporting	28.51
5	Daly Dimitrios Chin	22	Sporting	29.54
6	Ahmed Kamal Hafez	32	Maadi	29.61
7	Abdallah Yasser Mohamed	18	Cairo	29.79
8	Saif Ahmed abd Elmoniem Emarah	16	El Shams	30.31

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 01-12-2019 Final****Event 164 Women 13 & Over 200 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Amany Mahmoud Basheir	16	Gezira El Ward	2:15.79
2	Farida Mohamed Fathy	17	Shooting	2:14.95
3	Gihan Ahmed Abd El Azim Abdallah	15	Maadi	2:13.48
4	Hana Mostafa Ahmed Hamdy	18	Ahly	2:12.85
5	Rawan Mohamed AboElFadl	16	Wadi Degla	2:13.26
6	Sara Mohamed Bhaa	14	Heliopolis	2:13.59
7	Rouaa Ahmed Ibrahim	15	Rowad	2:15.66
8	Salma Mohamed Ibrahim Hassan	16	El Shams	2:16.38
Heat 2 A - Final				
1	Rawan Mostafa	16	Wadi Degla	2:11.26
2	Farida Ayman Samra	15	Shooting	2:10.60
3	Farida Tharwat Maher	16	Ahly	2:10.02
4	Ro`ua Ahmed Farag	17	Shooting	2:08.76
5	Sandy Ayman Atef	19	Ahly	2:08.92
6	Loujin Abd Alla Slah Zkey	15	6th	2:10.56
7	Nada Ahmed Othman	20	Bank Ahly Alex	2:11.22
8	Salma Hany Mostafa Abdelkader	16	Maadi	2:11.50

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 01-12-2019 Final****Event 165 Men 13 & Over 100 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Ahmed Diaa	19	Cairo	57.86
2	Mostafa AbdAllah Mohamed	17	A S E C	57.79
3	Sief Mohamed Mahmoud Mehreiz	18	Ahly	57.55
4	Mohamed Hossam AbdElIslam	21	Smouha	57.17
5	Ahmed Khaled Moustafa	19	Zamalek	57.19
6	Sohaib Khaled Emam	16	Ahly	57.62
7	Adham Hany Kamal Abdel Aziz	17	Heliolido	57.86
8	Karim Medhat Badr Mohamed	20	Smouha	57.89
Heat 2 A - Final				
1	Ahmed Hatem abd el Sabour	20	Nasr City	56.38
2	Ibrahim Ahmed Ibrahim	18	Sporting	56.10
3	Ali Mohab AbdelRaouf Ali	22	Heliopolis	55.43
4	Yousif Tarik Reda	17	Heliopolis	53.47
5	Khaled Abdel Naser Ali	20	Shooting	55.16
6	Mohamed Ahmed Abd Elbaky	19	Sporting	55.74
7	Yousef Hesham Adel	19	Ahly	56.24
8	Yassin Ayman Ali Toulba	16	Shooting	56.44

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 01-12-2019 Final****Event 166 Women 13 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	2:54.31
2	Shantal Essam Rimon Nassana	24	El Gezira	2:51.73
3	Habiba Hesham Mostafa Hamdy	16	Wadi Degla	2:50.39
4	Karma Ahmed Nabil	15	Shooting	2:49.38
5	Laila Ahmed Adel El Kholy	15	Maadi	2:49.68
6	Ngm Osama Mohamed Ahmed	15	6th	2:50.48
7	Nouran Khaled Kamal	19	Ahly	2:53.72
8	Rahma Ahmed Hesham Mohamed Mostafa	18	Heliolido	2:56.50
Heat 2 A - Final				
1	Dina Mosaad El Taiybe	16	Sporting	2:45.07
2	Sara Soliman Said	15	Ahly	2:44.12
3	Nour Diaa Elden abo Bakr	15	Heliopolis	2:42.02
4	Rawan Tamer Mohamed	15	Wadi Degla	2:41.58
5	Rewida Hisham Tolba Ibrahim	24	Ahly	2:42.01
6	Souhaila Abou El Mgd Ahmed	18	6th	2:43.35
7	Nada Ahmed Samer	19	Sporting	2:44.96
8	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	2:48.83

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

Meet Program - 01-12-2019 Final

Event 167 Men 13 & Over 400 LC Meter IM

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Bassel Hazem Mohamed Farok	17	Smouha	5:00.90
2	Omar Tarek Sayed	17	A S E C	4:59.18
3	Basel Mohamed Ahmed	16	Elethead	4:58.00
4	Ibrahim Ahmed Ibrahim	18	Sporting	4:54.67
5	Mohamed Khaled Mahmoud	17	A S E C	4:56.85
6	Yousef Mohamed Abdel Halim	15	Wadi Degla	4:59.14
7	Mohamed Ahmed Essam Akl	16	Smouha	5:00.32
8	Mazin Taha Ebrahim	16	Wadi Degla	5:01.50
Heat 2 A - Final				
1	Mazen Mohamed Ahmed Al Rashedy	22	Ahly	4:47.24
2	Yosef Hany Mohamed	17	Ahly	4:43.64
3	Karem Magdy Ismail	19	Sporting	4:35.12
4	Yasin Wael Elshmaa	20	Sporting	4:32.81
5	Salah Mohamed Amin	27	Smouha	4:35.08
6	Selim Moh. Ahm. Moktar Hasan	15	El Gezira	4:41.68
7	Omar Hany Abdalla	17	Ahly	4:46.20
8	Ramiz Elsaeyd Abdoh	16	Wadi Degla	4:52.32