

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 174 Men 13 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Zien Eldin Mahmoud	17	Sporting	26.11
2	Ibrahim Ahmed Ibrahim	18	Sporting	25.96
3	Omar Mohamed Taha Radwan	19	Smouha	25.84
4	Ali Mohab AbdelRaouf Ali	22	Heliopolis	25.71
5	Omar Ahmed Ibrahim Eid	23	Heliolido	25.78
6	Yousef Ashraf Mahmoud	19	Zamalek	25.90
7	Mohab El Din Fathy	18	Sporting	26.05
8	Mostafa Ahmed Mohamed Esawy	17	Tanta	26.19
Heat 2 A - Final				
1	Hesham Wael Makram	20	Ahly	25.51
2	Yousef Hesham Adel	19	Ahly	24.98
3	Ahmed Hatem abd el Sabour	20	Nasr City	24.94
4	Yousif Tarik Reda	17	Heliopolis	24.51
5	Marwan Mohamed Abdel-Hamed Abdel-Ha	21	Wadi Degla	24.86
6	Khaled Abdel Naser Ali	20	Shooting	24.96
7	Mohamed Yasser Karam	17	Cairo	25.16
8	Sief Mohamed Mahmoud Mehreiz	18	Ahly	25.63

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 175 Women 13 & Over 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Gana Nasr El Din Ali	15	Sporting	37.32
2	Ngm Osama Mohamed Ahmed	15	6th	37.05
3	Lian Shady Sabry	15	Heliopolis	35.79
4	Malak Mohamed Haytham Rabeia	17	Shooting	35.56
5	Shahd Mohamed Ismael	14	Smouha	35.62
6	Habiba Hesham Mostafa Hamdy	16	Wadi Degla	36.73
7	Kanzy Hesham Rashad	16	Shooting	37.07
8	Nada Ahmed Samer	19	Sporting	37.42
Heat 2 A - Final				
1	Souhaila Abou El Mgd Ahmed	18	6th	35.08
2	Maryem Ahmed Khalifa Mohame	20	Bank Ahly Alex	34.86
3	Hedy Amr Moustafa Hamouda	20	Heliopolis	34.21
4	Sara Soliman Said	15	Ahly	32.89
5	Rewida Hisham Tolba Ibrahim	24	Ahly	33.91
6	May Atef Abdelfatah	28	Ahly	34.27
7	Karma Ahmed Nabil	15	Shooting	34.96
8	Dina Mosaad El Taiybe	16	Sporting	35.24

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 176 Men 13 & Over 100 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Yasin HossamEldin	16	Smouha	53.91
2	Karim Medhat Badr Mohamed	20	Smouha	52.92
3	Mohamed Ahmed Abd Elbaky	19	Sporting	52.89
4	Sief Mohamed Mahmoud Mehreiz	18	Ahly	52.68
5	Omar Ahmed Ibrahim Eid	23	Heliolido	52.84
6	Ali Mohab AbdelRaouf Ali	22	Heliopolis	52.91
7	Mohab El Din Fathy	18	Sporting	52.98
8	Abdel Rahman Ali Mohamed	18	El Shams	53.99
Heat 2 A - Final				
1	Mostafa Mohamed Al Tahan	19	Wadi Degla	52.62
2	Seif Allah Khaled Eissa	21	Shooting	52.19
3	Mohamed Adel Ahmed Bahgat	19	El Zohour	52.02
4	Yousif Tarik Reda	17	Heliopolis	51.08
5	Karim Hassan Moh. El Hoshy	17	El Gezira	51.49
6	Omar Adel Abas	18	Wadi Degla	52.08
7	Hesham Wael Makram	20	Ahly	52.56
8	Yackoub Amr Yackoub	23	Sporting	52.64

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 177 Women 13 & Over 100 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Malak Waled Essam Shabana	15	Smouha	1:11.87
2	Farah Omar Mohamed Abu Raya	24	Heliopolis	1:11.74
3	Farida Ayman Samra	15	Shooting	1:10.18
4	Goumana Tarek Yehia	14	Ahly	1:09.78
5	Mariam Abdel-Rahman Sakr	22	Ahly	1:10.08
6	Dana Tamer Shafiq	16	Heliopolis	1:10.29
7	Monera Ibrahim Basyony	20	Smouha	1:11.82
8	Farah Osama Ahmed Mahmod	16	Bank Ahly Alex	1:12.33
Heat 2 A - Final				
1	Rawan Tamer Mohamed	15	Wadi Degla	1:09.48
2	Farah Amr Abdel Motaleib	16	Shooting	1:09.30
3	Donya Amr Mohamed Nabih	17	El Shams	1:08.69
4	Roula Ahm. Houssein Houssein	17	El Gezira	1:08.35
5	Farida Amr Mohamed Abd El Motelib	14	Shooting	1:08.42
6	Rawda Nabil Mohamed	17	Smouha	1:09.27
7	Kenzy Ahmed Ali	16	Ahly	1:09.47
8	Lougin Yousief Ahmed Yousie	16	El Shams	1:09.63

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 178 Men 13 & Over 200 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Ahmed Younis Nasir	17	Zamalek	2:15.10
2	Yousif Mohamed Khalaf	18	Smouha	2:14.44
3	Mrawan Mostafa Mowaled	16	Wadi Degla	2:13.27
4	Moustafa Abdo Mohamed Shawqy	17	Rowad	2:12.65
5	Waled Mohamed Sophy	16	Stad Mansoura	2:12.74
6	Ahmed Adel Mohamed Meselhy	19	Ahly	2:13.32
7	Kirolos Gamal Sobhy	16	El Shams	2:14.63
8	Karim Adel Ahmed Bahgat	16	El Zohour	2:15.39
Heat 2 A - Final				
1	Karim Waled Essam Shabana	18	Smouha	2:11.83
2	Salah Mohamed Amin	27	Smouha	2:10.78
3	Omar Adel Abas	18	Wadi Degla	2:08.83
4	Yasin Wael Elshmaa	20	Sporting	2:07.81
5	Abdelrahman Gamal Eldin	19	Ahly	2:07.91
6	Yousef Ashraf Mahmoud	19	Zamalek	2:10.35
7	Abdel Reheim Samir Al Sheinawy	21	Zamalek	2:11.76
8	Ahmed Assem Goumaa	18	Ahly	2:11.95

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 02-12-2019 Final****Event 179 Women 13 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Marim Mhmod Elsaïd Elshik	15	Smouha	4:53.28
2	Amany Mahmoud Basheir	16	Gezira El Ward	4:47.41
3	Gana Emad Gaad Hosny	16	El Shams	4:46.35
4	Farida Mohamed Fathy	17	Shooting	4:44.87
5	Salma Mohamed Ibrahim Hassan	16	El Shams	4:45.96
6	Rouaa Ahmed Ibrahim	15	Rowad	4:46.82
7	Sara Ahmed Alsaed Abdow	15	6th	4:52.90
8	Rawan Mahmoud Fouad	18	Wadi Degla	4:55.26
Heat 2 A - Final				
1	Rawan Mostafa	16	Wadi Degla	4:41.46
2	Nada Ahmed Othman	20	Bank Ahly Alex	4:37.54
3	Ro`ua Ahmed Farag	17	Shooting	4:36.42
4	Sandy Ayman Atef	19	Ahly	4:29.61
5	Loujin Abd Alla Slah Zkey	15	6th	4:31.00
6	Farida Tharwat Maher	16	Ahly	4:37.40
7	Basmala Ashraf Sayed	20	Ahly	4:39.31
8	Nadin Adam Ahmed Foad Mohamed	16	El Shams	4:44.42