

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Event 1 Women 13 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
4	Salma Shref Hussan	13	MAY15	NT
5	Nour Mohamed Hosny	14	M.S Tagamoa	53.94
6	Ro'oya Mashaly	22	Sporting	NT
Heat 2 of 9 Finals				
1	Menna Alaah Mahrous	14	NASR	47.26
2	Habiba Mahmoud Shawky	13	El Obour	46.33
3	Menatalah Amer Moh. Amer	21	GEZIR	45.12
4	Mennatalh Walid Elsayd Moh	16	GEZIR	44.24
5	Ghoswn Wahed Mohamed	16	El Obour	42.82
6	Zena Nader Galal Moh. Basha	14	GEZIR	43.77
7	Maya Mohamed Omar	13	HELDO	44.41
8	Mariam Madhat Moustafa	17	M.S Tagamoa	45.85
9	May amr Mohamed	13	M.S Tagamoa	46.83
10	Aya Rezk Shaban	13	M.S Tagamoa	51.52
Heat 3 of 9 Finals				
1	Laila Khaled Faheem	16	M.ARB	42.43
2	Judy Awwad Mohamed	15	ZOHUR	42.02
3	Rodayna Haytham Mahmoud	13	TRSAN	41.74
4	Nourhan Essam El Din Fatthy	17	ZOHUR	41.38
5	Sharouk Yehya Ibrahim	17	GHABA	41.15
6	Malak Amr Essmat Mohamed	17	ZOHUR	41.28
7	Mariam Nasr Ahmed Said	15	MAY15	41.73
8	Maya Ahmed Yasser Mohame	13	GHABA	41.82
9	Nada Hany Mohamed	13	HELDO	42.03
10	Shorok Ayman Abd Elfatah El	13	NASR	42.80
Heat 4 of 9 Finals				
1	Nadya Moh. Methat Hassan A	13	GEZIR	40.95
2	Nour Amr Mah. Fouad Elguin	14	GEZIR	40.67
3	Malak Ahmed Osama	14	M.ARB	40.56
4	Gana Sayed Shaker	17	TRSAN	40.32
5	Malak Amir Mohamed Eisa	13	GHABA	40.19
6	Shahd Mohamed Zikri	13	SHAMS	40.26
7	Haneen amr Abdelaziz	15	Cairo	40.55
8	Mariam Safwat Saleh	16	ZOHUR	40.59
9	Haidy aly Fawzy	13	ZMALK	40.89
10	Yara Hatem Fouad Al Gamy	17	ZMALK	41.03
Heat 5 of 9 Finals				
1	Lojain Hesham Mohamed	16	Cairo	40.07
2	Fatma Mohamed Khaled	15	ROYAL	39.66
3	Shams Anas Hessen Elsherif	15	SHAMS	39.55
4	Gana Ragab Ramdan	16	ZMALK	38.87
5	Farah Tarik Abdel Fattah	19	SHAMS	38.58
6	Haidy Ashraf Farouk	22	ZOHUR	38.76
7	Lele Mohamed Mostafa	16	ENPPI	38.92
8	Wedad Khaled Said Mohamec	18	ZMALK	39.63
9	Farida Mohamed Tharwat	13	HELDO	39.99
10	Fareh Shiref Hassan Ahmed /	15	SHAMS	40.12

Heat 6 of 9 Finals

1	Salma Sherif Hussien Moham	17	MAADI	38.43
2	Farida Tamer Farouk abd EIM	16	SHAMS	38.24
3	Maia Ashraf Hakam	17	DEGLA	38.08
4	Lobna Ahmed Khalifa	16	Bank Ahly Alex	37.47
5	Sohyla amr abd el Hakeem	17	Cairo	37.35
6	Razan Mohamed Beshar Adb	15	DEGLA	37.47
7	Ranim Mohamed Wagih	18	Bank Ahly Alex	37.86
8	Rahma Ahmed Hesham Moha	19	HELDO	38.17
9	Minna Mohamed Yousry	14	ZMALK	38.28
10	Mariam Hatem Anwar EL Sai	13	SHOOT	38.48

Heat 7 of 9 Finals

1	Rana Osama Abdel Halem	19	AHLY	37.24
2	Haya Amr Kamal Eldin	17	HELOP	37.21
3	Toka Ahmed Khalifa Mohame	17	Bank Ahly Alex	36.95
4	Kanzly Hesham Rashad	17	SHOOT	36.72
5	Habiba Hesham Mostafa Harr	17	DEGLA	36.30
6	Gana Mohamed Ahmed Salan	15	GHABA	36.44
7	Rawan Wael	15	AHLY	36.93
8	Mariam Mohamed Ibrahim	18	Cairo	37.20
9	Mirna Sameh Shawky Mostaf	14	HELDO	37.21
10	Shahd Ahmed Safwat	14	Cairo	37.32

Heat 8 of 9 Finals

1	Nadin Ayman Hessien	15	DEGLA	35.92
2	Goudy Abdelhalem Fathala Z	15	Bank Ahly Alex	35.88
3	Malak Mohamed Haytham Ra	18	SHOOT	35.56
4	Nadine Mohmed Mohmed An	14	6 OCT	35.44
5	Yasmin Hosam EL Den Abd E	14	HELOP	35.18
6	Shahd Mohamed Ismael	15	SMOHA	35.44
7	Mariam Mohamed Soliman A	13	DEGLA	35.53
8	Karma Shady Mohamed Sabr	13	HELOP	35.57
9	Malak Mohamed Abbas Moha	15	MAADI	35.89
10	Mariam Mohamed Ahmed Ko	14	SMOHA	36.19

Heat 9 of 9 Finals

1	Karma Ahmed Nabil	16	SHOOT	34.96
2	Lian Shady Sabry	16	HELOP	34.94
3	Hana Mostafa Ahmed Hamdy	19	AHLY	34.77
4	Rewida Hisham Tolba Ibrahim	25	AHLY	33.49
5	Sara Soliman Said	16	AHLY	32.89
6	Hedy Amr Moustafa Hamoud	21	HELOP	33.45
7	Salma Saber	23	SHOOT	34.30
8	Maryem Ahmed Khalifa Moha	21	Bank Ahly Alex	34.86
9	Dina Mosaad El Taiybe	17	Sporting	34.94
10	Souhaila Abou El Mgd Ahmed	19	6 OCT	35.08

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Event 2 Men 13 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
1	Khaled Eslam Khaled	17	M.ARB	NT
2	Abd El Latif Hassan Abd El La	13	ZOHUR	3:07.02
3	Nour Aldeen Ahmed Hassen	17	Nasr City	2:48.32
4	Eyad Maged	13	NASR	2:46.64
5	Khaled Ayman Salem	13	Nasr City	2:43.66
6	Almoataz Bellahm Mohamed	13	HELDO	2:44.77
7	Mazen Mohamed Mohamady	13	NASR	2:47.98
8	Yossif Ahmed Badawy	14	NASR	2:51.48
9	Abdelrahman Osama Omar	16	Cairo	NT
10	Mazen Mohamed Ahmed Al F	23	AHLY	NT
Heat 2 of 7 Finals				
1	Hmad Fouad Karam	13	TRSAN	2:40.53
2	Abdelrahman Ahmed Moham	16	El Obour	2:39.08
3	Mohanad Ashraf Farok Rashv	18	ZOHUR	2:37.35
4	Tomas Samuael Mounir	14	GHABA	2:36.13
5	Yehia Ali Yehia Hassan	17	HELDO	2:34.90
6	Yosif Moh. Fawzi Moh. Kande	15	GEZIR	2:35.02
7	Mohamed Walid Abd El Fatta	14	MAADI	2:37.07
8	Yosif Khaled	16	NASR	2:37.67
9	Aly Ahmed Bahy Elden	14	NASR	2:40.35
10	Ahmed Osama Khalil	14	GHABA	2:42.56
Heat 3 of 7 Finals				
1	Yosef Ahm. Ebrahim Hebesha	14	GEZIR	2:32.11
2	Nizar Osama Ameer	16	SHOOT	2:31.18
3	Abd Alla Nabil Eprahem	16	SHOOT	2:28.99
4	Mohamed Hassan Mohamed	16	MAY15	2:28.36
5	Mazen Mohamed Mokhtar M	14	HELDO	2:27.78
6	Youssef Emad Hanafy Sayed	16	HELDO	2:27.99
7	Yaseen Nashaat Salama	14	Cairo	2:28.38
8	Ali Ashraf Hussin	17	HELOP	2:30.22
9	Mahmoud Essam El Din Abda	17	ZOHUR	2:31.36
10	Mostafa Mahmoud Mostafa	15	SHOOT	2:33.71
Heat 4 of 7 Finals				
1	Houssen Talal Houssen Sayd	16	6 OCT	2:26.33
2	Esmail Shref Adel	16	HELOP	2:24.87
3	Elhamy Ibrahim Elhamy Badi	14	HELDO	2:23.76
4	Ahmed Adel Eshak	15	DEGLA	2:22.08
5	Yossef Magdy el Azhary	15	HELOP	2:21.79
6	Ahmed Sameh Awad	17	RWAD	2:22.08
7	Islam EL Sayed Mabrouk	16	SHAMS	2:23.76
8	Adam Shref Mostafa	16	HELOP	2:23.98
9	Ali Hesham Moh. Fekre Shrif	16	GEZIR	2:25.78
10	amr Hesham Bayomy	17	Cairo	2:26.55

Heat 5 of 7 Finals

1	Zeiad Hamdy Amin Ossman	17	ZMALK	2:20.72
2	Gamal Aymn Gamal abd el Ma	17	SHAMS	2:19.67
3	Mahmoud Ayman Mahmoud	18	Bank Ahly Alex	2:17.48
4	Omar Ahmed Samir Eldawod	13	Gezira El Ward	2:16.34
5	Mohamed Tarek Rashad Abd	15	SHAMS	2:15.82
6	Yousef Adel Ramadan	15	SHAMS	2:16.28
7	Seif amr el Batal	14	Cairo	2:17.42
8	Mohamed Ashraf Abdel Ghaf	17	DEGLA	2:18.11
9	Ahmed Mohssein Zaher Al Hc	19	ZMALK	2:20.00
10	Abdallah Ahmed Nasr Eldin	14	ZMALK	2:21.70

Heat 6 of 7 Finals

1	Mostafa Khaled Mahmoud	19	SHAMS	2:14.69
2	Omar Adel Abdel Hamed	18	ZOHUR	2:14.38
3	Saif ELdin Aiman Ahmed	17	DEGLA	2:13.69
4	Selim Moh. Ahm. Moktar Has	16	GEZIR	2:13.46
5	Hamza Adham Amin	20	AHLY	2:12.14
6	Moustafa Tarik Moustafa	17	HELOP	2:12.14
7	Seif Mohamed Mohamed	16	DEGLA	2:13.56
8	Mohamed Hesham Mohamed	19	ZOHUR	2:14.13
9	Ahmed Wael Ahmed	16	DEGLA	2:14.42
10	Amar Hossam Fed El Tranesy	17	6 OCT	2:15.82

Heat 7 of 7 Finals

1	Ahmed Khaled Moustafa	20	ZMALK	2:11.35
2	Ibrahim Mohamed Yoneis	20	ZMALK	2:09.64
3	Yassin Ayman Ali Toulba	17	SHOOT	2:06.27
4	Ibrahim Ahmed Ibrahim	19	Sporting	2:04.54
5	Ahmed Akram Abbas	24	AHLY	1:58.00
6	Marwan Ismael Elkmash	27	Sporting	1:59.00
7	Ahmed Hamdy Salem	28	AHLY	2:06.05
8	Khaled Abdel Naser Ali	21	SHOOT	2:08.46
9	Mohamed Attfe Yassin	20	AHLY	2:09.79
10	Ahmed Essam Mohamed	18	Cairo	2:11.74

Event 3 Women 13 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
4	Farah Yasser Bakry	15	NASR	2:49.08
5	Rodaina Emad Maher	16	SENZO	2:43.18
6	Rania Mohamed Mahmoud	19	ZOHUR	2:44.94
Heat 2 of 9 Finals				
2	Menatalah Amer Moh. Amer	21	GEZIR	2:37.55
3	Farah Yasser abd Elsalam	13	Cairo	2:36.02
4	Rodaina Nabil Hamdy	13	GHABA	2:35.35
5	Nermin Mohamed Ahm. Mod	14	GEZIR	2:34.40
6	Nour Diaa Eldin Fathy	14	NASR	2:35.22
7	Zeina Essam Ali Mamdough	13	HELDO	2:35.83
8	Habiba Ahmed Mohamed Os	13	HELDO	2:36.74
9	Nouran Ahmed Mohamed Ali	17	HELDO	2:40.26

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Heat 3 Finals (#3 Women 13 & Over 200 LC Meter Freestyle)

1	Habiba Shady Abdel Rahman	17	HELDO	2:32.69	___
2	Karma aly Elsheraee	14	HELOP	2:31.32	___
3	Lena Ahmed Adel Smaha	13	HELOP	2:30.79	___
4	Khadiga Mohsen Abdel Waha	13	RWAD	2:30.02	___
5	Zeina Ayman Saad	14	ZMALK	2:28.53	___
6	Farida Mohamed Adel Khatta	14	ZOHUR	2:28.58	___
7	Esraa Wael Ezat	14	ZMALK	2:30.03	___
8	Zenab Wagdy	15	GHABA	2:31.27	___
9	Tala Tarekf el Kafrawe	14	HELOP	2:31.51	___
10	Ganna Ebrahim Abdallha	13	Cairo	2:33.11	___

Heat 4 of 9 Finals

1	Retag Ahmed Abu El Fotoh	14	ZOHUR	2:28.07	___
2	Mariam Safwat Saleh	16	ZOHUR	2:27.06	___
3	Ranheil Moaatat Ballah Ali Ib	17	ZMALK	2:26.27	___
4	Rawda Ashrif Ramdan	15	MAY15	2:25.79	___
5	Lojain Hesham Mohamed	16	Cairo	2:24.31	___
6	Merna Mohamed adb Elhady	16	ZMALK	2:24.89	___
7	Reem Mohamed Ibrahim	15	ZMALK	2:26.26	___
8	Noor Marwan Moh. Aly Zewa	14	GEZIR	2:26.39	___
9	Habiba Fawzy Mostafa	13	NASR	2:27.20	___
10	Malak Mahmud Hassan	15	GHABA	2:28.44	___

Heat 5 of 9 Finals

1	Farida Wasim Mohamed Adly	13	GHABA	2:23.68	___
2	Amira Hatem Ahmed Shawky	14	MAADI	2:22.41	___
3	Sara Tarek Abd El Aziz Ahme	14	HELDO	2:22.08	___
4	Noor Moh. Samer Eleesh	18	GEZIR	2:21.87	___
5	Habeba Maysara Abdelhamec	15	M.ARB	2:21.64	___
6	Goudy Abdelhalem Fathala Z	15	Bank Ahly Alex	2:21.80	___
7	Ganna Samir Mohamed Hamz	17	GHABA	2:22.07	___
8	Alaa Hossam Mohamed Moha	17	SHAMS	2:22.22	___
9	Mariam Sherif Mohamed Sha	14	MAADI	2:23.54	___
10	Joudy Ahmed Mohamed Nou	15	MAY15	2:23.83	___

Heat 6 of 9 Finals

1	Rodaina Wael Mohamed	17	RWAD	2:20.31	___
2	Kenzy Hazem Moneeb	14	Cairo	2:19.84	___
3	Joudy Mohamed Aly	15	Sporting	2:19.43	___
4	Elena Rogeh Hany	14	DEGLA	2:19.07	___
5	Dina Khaled Elgaloly	20	Sporting	2:18.88	___
6	Rawda Nabil Mohamed	18	SMOHA	2:19.04	___
7	Youmna Mohamed Mahmoud	17	SHAMS	2:19.15	___
8	Sara Mahmoud El Gendy	14	DEGLA	2:19.52	___
9	Rokaia Hisham Ahmed	14	SHOOT	2:20.00	___
10	Haidy Hosam Nabil Cotore	21	GEZIR	2:20.33	___

Heat 7 of 9 Finals

1	Hoda Ahmed Hussein	16	ZOHUR	2:17.69	___
2	Omeina Maysara Abdel Hame	19	M.ARB	2:17.55	___
3	Anod Amr Abd El Aziz	14	DEGLA	2:17.03	___
4	Lama Tamer Mohamed Ahme	15	SMOHA	2:16.64	___
5	Salma Mohamed Ibrahim Has	17	SHAMS	2:16.38	___
6	Shahd Yasser	18	SMOHA	2:16.48	___
7	Amina Magdy Mohamed El Se	27	HELOP	2:16.73	___
8	Nadin Adam Ahmed Foad Mo	17	SHAMS	2:17.32	___
9	Farah Osama Ahmed Mahmo	17	Bank Ahly Alex	2:17.59	___
10	Toka Ahmed Khalifa Mohame	17	Bank Ahly Alex	2:18.70	___

Heat 8 of 9 Finals

1	Malak Hesham Mohamed	14	AHLY	2:15.80	___
2	Rouaa Ahmed Ibrahim	16	RWAD	2:15.30	___
3	Rawan Tamer Mohamed	16	DEGLA	2:13.98	___
4	Rawan Mohamed AboElFadl	17	DEGLA	2:13.26	___
5	Nour Mohamed Ibrahim Ali	15	SMOHA	2:12.81	___
6	Malak Ahmed Helmy	15	AHLY	2:12.99	___
7	Yara Hussam Mohamed Saler	13	AHRAM	2:13.70	___
8	Gana Emad Gaad Hosny	17	SHAMS	2:14.40	___
9	Laila Mohamed Hitham	13	SHOOT	2:15.69	___
10	Nada Ahmed El Said Elbasyou	13	SHOOT	2:15.82	___

Heat 9 of 9 Finals

1	Hana Mostafa Ahmed Hamdy	19	AHLY	2:12.28	___
2	Sara Mohamed Bhaa	15	HELOP	2:11.14	___
3	Farida Tharwat Maher	17	AHLY	2:09.92	___
4	Farida Ayman Samra	16	SHOOT	2:08.47	___
5	Ro`ua Ahmed Farag	18	SHOOT	2:07.58	___
6	Sandy Ayman Atef	20	AHLY	2:08.35	___
7	Nada Ahmed Othman	21	Bank Ahly Alex	2:09.70	___
8	Loujin Abd Alla Slah Zkey	16	6 OCT	2:10.56	___
9	Malak Mohamed Abd El Gabe	16	Bank Ahly Alex	2:11.65	___
10	Rawan Hesham Mohamed	19	Cairo	2:12.46	___

Event 4 Men 13 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 9 Finals

1	Abdullah Saber Mohamed	13	M.S Tagamoa	1:42.66	___
2	Ahmed Mohamed Tamer	13	Cairo	1:24.86	___
3	Yosif Ahmed Mohsen	13	NASR	1:20.38	___
4	Yosef Ahm. Ebrahim Hebesha	14	GEZIR	1:19.59	___
5	Ahmed Mohamed Samir Moh	14	HELDO	1:19.21	___
6	Abd Alla Karim Ashraf Mahgc	15	GEZIR	1:19.41	___
7	Mohamed Ahmed Abd Elgaw.	14	NASR	1:20.25	___
8	Badr Reda Badr	15	MAY15	1:22.35	___
9	Mohamed Ahmed Mmokhtar	13	M.S Tagamoa	1:30.25	___

Heat 2 of 9 Finals

1	Omar Ahmed Magdy Abd AIM	15	HELDO	1:18.54	___
2	Aly Magdy Eid Shehata	13	NASR	1:16.50	___
3	Eyad Mohamed Tamer	14	TWFIK	1:14.92	___
4	Kareem Mohamed Fouad Alg	15	TWFIK	1:14.00	___
5	Ahmed Mosaad AboASerie	14	MAY15	1:13.08	___
6	Mohab Tarek Helal Mohamed	15	HELDO	1:13.69	___
7	Kareem Mohamed Fawzy Mo	13	Nasr City	1:14.72	___
8	Youssef Mohamed Abd ElRah	14	HELDO	1:15.42	___
9	Mohamed Emad Maher	14	SENZO	1:17.59	___
10	Somow Eldeen Mohamed Esr	16	ZOHUR	1:18.86	___

Heat 3 of 9 Finals

1	abd el Rahman Waleed el Sha	13	HELOP	1:12.80	___
2	Esmail Shref Adel	16	HELOP	1:12.25	___
3	Mahmoud Emad Abd Elmogh	15	ZOHUR	1:11.53	___
4	Eyad Mohsen Ismail	13	NASR	1:11.05	___
5	Mohamed Ayman Mamdoh H	14	TANTA	1:10.53	___
6	Youssef Hassan Salah	16	Cairo	1:10.90	___
7	Marwan Mohamed Ahmed	13	Nasr City	1:11.46	___
8	Yosef Ismail Atef	16	Canal El Suez	1:12.14	___
9	Hamza Moh. Khairy Samra	14	GEZIR	1:12.63	___
10	Omar Khaled Hasan	15	NASR	1:13.07	___

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Heat 4 Finals (#4 Men 13 & Over 100 LC Meter Backstroke)

1	Ali Mohamed Refaat Abdel Ra	17	HELDO	1:10.16	___
2	Zeyad Osama Zedan	14	Bank Ahly Alex	1:09.07	___
3	Yehya Amr Mohamed Sadek	19	HELOP	1:08.17	___
4	Yasen Abdelaziz Mohsen Abe	16	6 OCT	1:07.36	___
5	Amr Mohamed Ebrahim Ebr;	14	SHAMS	1:07.08	___
6	Mohamed Ayman Abd Elsami	13	ZOHUR	1:07.22	___
7	Yahia Mohamed Abdelaal Ebr	17	Nasr City	1:07.99	___
8	Mostafa Abou Elabas Youssef	17	BNK.G	1:08.24	___
9	Karem Ashraf	15	GHABA	1:10.04	___
10	Khaled Ahmed Farouk Ramd;	17	Cairo	1:10.52	___

Heat 5 of 9 Finals

1	Yousif Mahmoud Mohammed	14	SHOOT	1:06.89	___
2	Ahmed Yaser Mohamed	15	M.ARB	1:06.75	___
3	Mohamed Ahmed Salem	16	GHABA	1:06.62	___
4	Abdel Rahman Amr Farag	13	SHOOT	1:06.03	___
5	Omar Mohamed Abdelbaaqy	17	GHABA	1:05.93	___
6	Mahmoud El Walid Abd El Ka	14	MAADI	1:05.96	___
7	Abd El Rahman Mohamed Ali	15	SHOOT	1:06.43	___
8	Ahmed Mohamed abd Elaziz	20	MAADI	1:06.74	___
9	Yousef Maged Nagy	16	HELOP	1:06.87	___
10	Mohamed Ahm. Aly Moh. Der	16	GEZIR	1:07.02	___

Heat 6 of 9 Finals

1	Zeyad Wahied Hamdy Tawfik	17	SHAMS	1:05.88	___
2	amr Tarek Alsaïd Alaraby	16	Nasr City	1:05.31	___
3	Seif ElDein Ahmed Ebrahim F	16	SHAMS	1:04.85	___
4	Omar Sherif Sayed	17	ZMALK	1:04.38	___
5	Zeïad Omr Atteïa	19	GHABA	1:03.81	___
6	Omer Badr Kamel	16	SHOOT	1:04.07	___
7	Malek amr Mahdy	15	Cairo	1:04.75	___
8	Ahmed Hessian Abbas	17	Cairo	1:05.16	___
9	Sherif Yaser Ali Meaabed	17	6 OCT	1:05.75	___
10	Moamen Khalid Mohamed	15	ZMALK	1:05.88	___

Heat 7 of 9 Finals

1	Zeïad Sophy Mohamed	20	GHABA	1:03.54	___
2	Islam Mohamed Nashaat	14	MAADI	1:03.42	___
3	Karim Adel Ahmed Bahgat	17	ZOHUR	1:03.13	___
4	Mohamed Taha Abd El Raouf	15	DEGLA	1:02.94	___
5	Mohamed Ahmed Abdel Haki	17	SHOOT	1:02.46	___
6	Ali Khaled Osama	16	DEGLA	1:02.62	___
7	Ahmed Awny Glal Aly	16	6 OCT	1:02.95	___
8	Kirolos Gamal Sobhy	17	SHAMS	1:03.39	___
9	Ahmed Hazem Akram	15	DEGLA	1:03.51	___
10	Karim Ahmed Khaled Elewa	18	SHAMS	1:03.64	___

Heat 8 of 9 Finals

1	Moustafa Yaser Fouda	25	HELOP	1:02.22	___
2	Yasen Amro Yasen Abd Elrah	17	GEZIR	1:01.45	___
3	Abdel Rahman Mohamed Abc	18	AHLY	1:01.33	___
4	Mohamed Adel Ahmed Bahg	20	ZOHUR	1:00.94	___
5	Yousif Mohamed Khalaf	19	SMOHA	1:00.64	___
6	Ahmed Younis Nasir	18	ZMALK	1:00.81	___
7	Mrawan Mostafa Mowaled	17	DEGLA	1:01.14	___
8	Yasin HossamEldin	17	SMOHA	1:01.35	___
9	Khaled Ahmed Mahmoud Gal	15	Bank Ahly Alex	1:01.70	___
10	Zeïad Ahmed Abdelazim Abd	18	MAADI	1:02.46	___

Heat 9 of 9 Finals

1	Ahmed Adel Mohamed Mesel	20	AHLY	1:00.32	___
2	Abdel Reheim Samir Al Shein	22	ZMALK	59.88	___
3	Marawan Ahmed Abdel Moez	16	DEGLA	59.82	___
4	Waled Mohamed Sophy	17	Stad Mansoura	59.42	___
5	Abdelrahman Gamal Eldin	20	AHLY	57.48	___
6	Yousef Ashraf Mahmoud	20	ZMALK	58.80	___
7	Mohamed Hany Elsayed	15	AHLY	59.64	___
8	Salah Mohamed Amin	28	SMOHA	59.87	___
9	Moustafa Abdo Mohamed Sh	18	RWAD	1:00.14	___
10	Abdel Rahman Mohamed Ra	18	AHLY	1:00.46	___

Event 5 Men 13 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 4 Finals

3	Marwan Ahmed Elamrawy	25	Sporting	NT	___
4	Ahmed Fathey Elghandour	13	Canal El Suez	NT	___
5	Saif ElDin Waled Abdel Razik	17	DEGLA	9:26.73	___
6	Amr Khaled El Henawy	17	DEGLA	9:28.90	___
7	Marwan Ismael Elkmash	27	Sporting	NT	___
8	Ahmed Khaled Abdel Hamed	19	SHOOT	NT	___

Heat 2 of 4 Finals

1	Ali Sherif Ali Mohamed	15	SHOOT	9:23.88	___
2	Seif amr el Batal	14	Cairo	9:15.00	___
3	Mounir Ramez Mounir	16	SHOOT	9:13.02	___
4	Amr Ahmde Mohamed Fatthy	19	SHAMS	9:10.32	___
5	Yousef Hatem Seif	17	SHOOT	9:08.98	___
6	Ahmed Adel Ramadan	18	GHABA	9:09.66	___
7	Seif Walaa Antar	15	DEGLA	9:11.21	___
8	amr Hesham Bayomy	17	Cairo	9:14.49	___
9	Abd Elrahman Amr Abd Elfat	14	SHAMS	9:15.31	___
10	Seif Sayed Mahmoud	14	HLWAN	9:24.06	___

Heat 3 of 4 Finals

1	Marwan Mohamed Ezz El Dav	21	ZMALK	9:06.52	___
2	Yosef Amr Ali Emad El Din	18	6 OCT	8:57.43	___
3	Mohamed Ehab El Tayeb	14	DEGLA	8:53.22	___
4	Ibrahim Mohamed Yoneis	20	ZMALK	8:46.60	___
5	Elhamy Mohamed Mahmoud	21	SHAMS	8:44.02	___
6	Mohamed Mahmoud Moham	17	GHABA	8:46.20	___
7	Omar Ahmed Hassan Ryaan	15	SHAMS	8:49.78	___
8	Seif Ramah Essam El Din	18	SHOOT	8:56.27	___
9	Mohamed Saeed Eleiraqy	15	ZMALK	9:02.21	___
10	Sife Mohamwd Saber	15	ZMALK	9:08.77	___

Heat 4 of 4 Finals

1	Moustafa Tarik Moustafa	17	HELOP	8:40.31	___
2	Hamza Adham Amin	20	AHLY	8:37.16	___
3	amr Mohamed Anter	16	ZMALK	8:33.66	___
4	Ahmed Sameh Elsaid	16	AHLY	8:26.50	___
5	Ahmed Akram Abbas	24	AHLY	7:55.00	___
6	Mohamed Adel Mohamed Me	19	AHLY	8:04.30	___
7	Youssef Magdy Elhady	16	AHLY	8:33.45	___
8	Ali Hany Mohamed Al Soghai	18	SHAMS	8:36.52	___
9	Mohamed Hesham Esmail H	17	6 OCT	8:40.28	___
10	Yasin Hatem Sery	16	HELOP	8:41.55	___

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Meet Program

Event 6 Women 13 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
4	Arij Hisham Zaglol	13	ZOHUR	1:34.17
5	Habiba Saiid Darwish	13	NASR	1:29.96
6	Salma Abd ElTawab ElSayed	16	NASR	1:30.05
Heat 2 of 8 Finals				
1	Souhaila Mohamed Mostafa	17	ZOHUR	1:26.49
2	Farah Yasser abd Elsalam	13	Cairo	1:23.99
3	Shado Abd Elaziz Fayez Moha	15	SHAMS	1:20.88
4	Sama Karm Nasr Mohamed	13	SHAMS	1:19.88
5	Yassmin Ayman Abd ElHalim	14	SHAMS	1:19.40
6	Lana Sherif Mohamed Abo El	14	SHAMS	1:19.85
7	Nour Diaa Eldin Fathy	14	NASR	1:20.83
8	Sama Wael Mohamed	15	Cairo	1:21.48
9	Nermin Mohamed Ahm. Mod	14	GEZIR	1:26.09
Heat 3 of 8 Finals				
1	Habiba Ayman Mahmoud Hai	16	Bank Ahly Alex	1:18.94
2	Mariem Mohammed abd Elaz	14	MAY15	1:18.36
3	Sama Wael Mohamed EL Had	15	SHAMS	1:17.27
4	Khadiga Nabil Eprahim	16	SHOOT	1:15.61
5	Kinzy Shref Gabr	17	HELOP	1:14.58
6	Retag Ahmed Abu El Fotoh	14	ZOHUR	1:14.63
7	Sandra ElGamal Moh. Sayd M	14	GEZIR	1:16.23
8	Sara Amin Soliman Mabrouk	13	GHABA	1:17.75
9	Khadiga Mohsen Abdel Waha	13	RWAD	1:18.40
10	Yasmin Wael Abdalaah	13	ZMALK	1:19.30
Heat 4 of 8 Finals				
1	Hana Ahmed Saied Kandel	13	HELOP	1:14.40
2	Hana Mohie el den Osman	16	HELOP	1:13.91
3	Nada Tamer	13	Cairo	1:13.84
4	Carine Elia Abd el Malak	14	AHRAM	1:13.60
5	Fareeda Mohamed Farouk	13	HELDO	1:13.43
6	Farida Wasim Mohamed Adly	13	GHABA	1:13.50
7	Marim Mhmod Elsaid Elshik	16	SMOHA	1:13.83
8	Bsmala Hassan Mohamed	17	M.ARB	1:13.86
9	Gana aly Refaat aly	13	ZMALK	1:14.14
10	Habeba Maysara Abdelhamec	15	M.ARB	1:14.42
Heat 5 of 8 Finals				
1	Salma Ahmed ali Mostafa	15	GHABA	1:12.84
2	Lian Shady Sabry	16	HELOP	1:11.86
3	Nada Ahmed Othman	21	Bank Ahly Alex	1:11.33
4	Ranheil Moaataz Ballah Ali Ib	17	ZMALK	1:10.91
5	Lela Ahmed Kamal	15	GHABA	1:10.82
6	Omeina Maysara Abdel Hame	19	M.ARB	1:10.85
7	Halla Alla Maher	14	DEGLA	1:10.92
8	Habiba Khalid Ebrahiem	15	TWFIK	1:11.33
9	Sarah Mohamed Abd ElSalam	14	HELDO	1:12.59
10	Malak Ahmed Nagy Ali	16	HELDO	1:13.16

Heat 6 of 8 Finals

1	Malak Mamdoh Khalil Mohan	16	TRSAN	1:10.42
2	Mena Mohamed Abd Elrhem	15	NASR	1:09.87
3	Laila Mohamed Hitham	13	SHOOT	1:09.14
4	Mariam Abdel-Rahman Sakr	23	AHLY	1:08.90
5	Alyaa Ehab Abdelmounim	13	ZMALK	1:08.61
6	Nour Mohamed Hossain	15	SHOOT	1:08.85
7	Hana Waled Hassan	15	GHABA	1:09.02
8	Hana Wael Magdi Mah . Elsae	14	GEZIR	1:09.63
9	Lojaina Khaled Mohamed Mo	16	HELDO	1:09.88
10	Shahd Amr Mohamed EL Gar	13	HELDO	1:10.52

Heat 7 of 8 Finals

1	Sara Mahmoud El Gendy	14	DEGLA	1:08.24
2	Nada Ahmed El Said Elbasyo	13	SHOOT	1:08.00
3	Mariam Emad Hamed Motaw	17	ZMALK	1:07.57
4	Shahd Yasser	18	SMOHA	1:07.04
5	Nour Mohamed Ibrahim Ali	15	SMOHA	1:06.37
6	Jana Khalid	16	Sporting	1:06.72
7	Rofaida Mahmoud Mohamed	14	DEGLA	1:07.21
8	Aisha Ahmed Khaled	14	AHLY	1:07.60
9	Malak Mohamed Mohamed G	15	MAADI	1:08.04
10	Haidy Hosam Nabil Cotore	21	GEZIR	1:08.50

Heat 8 of 8 Finals

1	Rodaina Mohamed Saad	15	DEGLA	1:06.16
2	Mayar Mohamed Gaber	19	AHLY	1:05.89
3	Sara Mohamed Hassan	19	AHLY	1:05.62
4	Kenzy Ibrahim Ibrahim	16	AHLY	1:05.36
5	Nour Diaa Elden abo Bakr	16	HELOP	1:02.56
6	Lojen Deiaa Eldin Abd Elalem	17	DEGLA	1:04.87
7	Dina Khaled Elgaloly	20	Sporting	1:05.57
8	Ro`ua Ahmed Farag	18	SHOOT	1:05.83
9	Norhan Mohamed Mohei El d	17	SMOHA	1:06.05
10	Gihan Ahmed Abd El Azim Al	16	MAADI	1:06.24

Event 7 Men 13 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Finals				
4	Sohaieb Ayman Samir	14	Canal El Suez	NT
5	Karim Haythem EL Sayed	13	HELDO	49.30
6	Omar Hamada Ahmed	14	Canal El Suez	NT
7	Tarek AboElthana Mohamed	21	SMOHA	NT
Heat 2 of 11 Finals				
1	Abdullah Amjad Ibrahim	13	QARON	47.38
2	Mazen Mabrouk Farag	13	M.S Tagamoa	43.76
3	Belal Mohamed Saied	14	M.S Tagamoa	42.33
4	Yousef amr Nabil	13	MAY15	42.07
5	Badr Reda Badr	15	MAY15	41.12
6	Yasin Moh. Ahm. Omar Rasla	13	GEZIR	41.24
7	Marwan Osama Samara Ibraf	13	SENZO	42.26
8	Ziad Ahmed abd Elhamid	14	ENPPI	43.03
9	Mathew Jhon Samer	13	M.S Tagamoa	46.39
10	Yassin Moamen Eldamrany	13	M.S Tagamoa	47.80

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Heat 3 Finals (#7 Men 13 & Over 50 LC Meter Breaststroke)

1	Abd Elrahman Tamer M Abd	13	NASR	40.60	___
2	Adam Hatem Mokhtar	14	SENZO	39.89	___
3	Youssef Hassan Hegazy Hass	14	SENZO	39.43	___
4	Omar Osama Samir Eldhshan	13	GEZIR	38.10	___
5	Ahmed Hazem Ibrahim	13	ENPPI	37.95	___
6	Youssef Amr Moustafa Hany	14	HELDO	38.05	___
7	Mohamed Tamer Fahmy	15	Canal El Suez	38.11	___
8	Youssef Tawfik Hamdy Tawfil	14	SENZO	39.69	___
9	Abdul Rahman Amr Salah Ma	16	SENZO	40.46	___
10	Mahmoud Hazem Mahmoud	14	NASR	40.69	___

Heat 4 of 11 Finals

1	Ahmed Mahmoud Abdullah	16	M.S Tagamoa	37.23	___
2	Youssef Hossam Mohamed M	17	Nasr City	37.00	___
3	Hanna Refaat Hanna Awadall	14	HELDO	36.57	___
4	Ziad Ayman Abd Elfatah	14	NASR	36.33	___
5	Mohamed Wael Abdala Abdel	15	Nasr City	36.16	___
6	Karem Mohamed Atia Ehsan	13	HELOP	36.23	___
7	Omar Tamer Ahmed Elsayed	14	NASR	36.52	___
8	Hussen Mohamed EL Dsoky	14	HELOP	36.93	___
9	Mohamed Hany Fekry	14	NASR	37.21	___
10	Adham Mohamed abd Aziz	13	Nasr City	37.34	___

Heat 5 of 11 Finals

1	Omar Mohammed Mahmoud	16	AHRAM	35.59	___
2	Yahia Mostafa Gamal Eldeen :	15	RWAD	35.46	___
3	Ahmed Hazem Mohamed Apc	16	6 OCT	35.25	___
4	Rashed Hany Ramadan	17	RWAD	34.87	___
5	Mohamed Walid Hesen Hamc	13	GHABA	34.83	___
6	Yosef Omar Abd Elaziz Taalat	14	GEZIR	34.84	___
7	Ahmed Emad Samir Hassan	15	HELDO	35.14	___
8	Yehia SeifEL din EL Marghany	15	SHAMS	35.34	___
9	AbdelRahman Mohamed Saye	15	El Obour	35.56	___
10	Mohamed Diaa Eldeen Mohar	14	Nasr City	36.02	___

Heat 6 of 11 Finals

1	Zeiad Osama Fatthy Abdel Ha	17	TRSAN	34.47	___
2	Moaaz Ahmed Ali Ahmed	14	RWAD	34.30	___
3	Omar Khairy Ali	21	ZMALK	34.19	___
4	Anas Moustafa Al Sayed Bayo	16	HELDO	33.75	___
5	Braa Ayman Ali	16	ZOHUR	33.56	___
6	Karim Waled Hossam El Din	18	SHOOT	33.61	___
7	Seif Ayman Abdel Hamed	17	GHABA	33.90	___
8	Yossef Gamal Rashed	19	GHABA	34.28	___
9	Ali Mohamed Adel Ahmed	16	SHAMS	34.45	___
10	Abdel Rahman Mohamed Mo	15	El Obour	34.61	___

Heat 7 of 11 Finals

1	Rami Michel Artigaud	14	GEZIR	33.53	___
2	Mahmoud Mohamed Mahmo	19	ZMALK	33.28	___
3	Mostafa Moh. Ahm. Moh. Moh	14	GEZIR	33.24	___
4	Adham Abd Elnabye Mohame	20	ZOHUR	33.13	___
5	Youssef Mohamed Mostafa	16	ZMALK	32.90	___
6	abd Elrahman Mohamed Bad	15	TRSAN	33.07	___
7	Fady Ehab Weliam Gad El Ral	19	ZMALK	33.19	___
8	Ibrahim Yasser Farahat AbdE	14	MAADI	33.24	___
9	Mohamed Salem Essa	15	HELOP	33.33	___
10	Omar Hosam El Dinahmed Al	17	SHAMS	33.56	___

Heat 8 of 11 Finals

1	Abd Elrhman Adel	16	GHABA	32.69	___
2	Mahmoud Waleed Elmasry	17	Cairo	32.50	___
3	Yehya Ashraf Mohamed Ali	18	ZOHUR	32.25	___
4	Yousif Mohamed Anwar	17	HELOP	32.19	___
5	Karim Mohamed El Gharabav	15	ZOHUR	31.90	___
6	Ali Mohamed Ali Hasan El	15	Bank Ahly Alex	31.91	___
7	Ali Khaled Ahmed Mostafa	17	GHABA	32.25	___
8	Yousof Hesham Anwer	15	TANTA	32.39	___
9	abd Rahman Tamer Ismail	17	SHOOT	32.58	___
10	Abd ElRahman Shouky Mahra	17	SHOOT	32.78	___

Heat 9 of 11 Finals

1	Omar Osama Mohamed	19	SMOHA	31.84	___
2	Omar Mohamed Taha Radwa	20	SMOHA	31.70	___
3	Ahmed Mohamed Amr	16	ZOHUR	31.41	___
4	Ziad Khaled Shreef	17	Cairo	31.34	___
5	Moahamed Sameh Moustafa l	16	MAADI	31.27	___
6	Morad Yaser Hafez	17	DEGLA	31.29	___
7	Mahmoud Maged Abo el Ela	16	DEGLA	31.39	___
8	Mohamed Mahmoud Attia	15	DEGLA	31.62	___
9	Adhm Montser Kmaal	15	SHOOT	31.81	___
10	Ahmed Wael el Mohandes	15	HELOP	31.88	___

Heat 10 of 11 Finals

1	Ahmed Mohamed El Menyaw	16	DEGLA	31.20	___
2	Shady Mahmoud Hammam A	18	MAADI	30.93	___
3	Ahmed Khaled Mahmoud	17	Cairo	30.75	___
4	Zeyad Osama Mohamed	19	SMOHA	30.37	___
5	Sief Mohamed Mahmoud Mel	19	AHLY	30.06	___
6	Saif Ahmed abd Elmoniem Er	17	SHAMS	30.08	___
7	Mohmed Sherief	18	Cairo	30.46	___
8	Nour El Din Mohamed Mohar	18	ZMALK	30.77	___
9	Mohanad Mohamed Wageh	17	SHOOT	31.09	___
10	Abdelrahman Khaled Mohme	17	DEGLA	31.25	___

Heat 11 of 11 Finals

1	Mohand Tarik Mohamed Ali F	20	SMOHA	29.98	___
2	Omar Ehab Ahmed Abo el Ftc	18	SHAMS	29.97	___
3	Abdallah Yasser Mohamed	19	Cairo	29.47	___
4	Daly Dimitrios Chin	23	Sporting	29.31	___
5	Youssef Ismail Elkamash	25	Sporting	27.52	___
6	Karim Hatem abd el Sabour	19	Nasr City	28.94	___
7	Mohamed Housam Ibrahim	24	AHLY	29.39	___
8	Hassan Yasser Ezzat	22	AHLY	29.71	___
9	Mohamed Mashhour Yehia	15	AHLY	29.97	___
10	Karim Mohamed Samy	17	AHLY	29.99	___

Event 8 Women 13 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

3	Nada Ahmed Samer	20	Sporting	NT	___
4	Sara Tarek Abd El Aziz Ahme	14	HELDO	5:56.53	___
5	Sarah Mohamed Abd ElSalam	14	HELDO	5:51.60	___
6	Rodayna Haytham Mahmoud	13	TRSAN	5:56.30	___
7	Tala Tarekf el Kafrawe	14	HELOP	6:00.70	___

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Meet Program

Heat 2 Finals (#8 Women 13 & Over 400 LC Meter IM)

1	Lamees Amr Mhmoud Elsoka	13	6 OCT	5:50.02	___
2	Malak Ahmed Nagy Ali	16	HELDO	5:48.25	___
3	Mariam Mohamed Ahmed Ko	14	SMOHA	5:47.16	___
4	Alia Khaled Abas Sabaa	14	HELOP	5:46.30	___
5	Nouran Mahmoued Mohamee	15	DEGLA	5:45.10	___
6	Alyaa Ehab Abdelmounim	13	ZMALK	5:45.79	___
7	Rozana Waleed Desoky	13	Nasr City	5:46.85	___
8	Fareda Ahmed Khalel	14	DEGLA	5:47.70	___
9	Shahd Amr Mohamed EL Gar	13	HELDO	5:49.89	___
10	Mariem Galal Saied	19	SHAMS	5:51.22	___

Heat 3 of 4 Finals

1	Mariam Emad Hamed Motaw	17	ZMALK	5:42.48	___
2	Basmalah Gomaa Ali	15	Bank Ahly Alex	5:39.04	___
3	Shahd Yasser	18	SMOHA	5:36.29	___
4	Habiba Hesham Mostafa Ham	17	DEGLA	5:28.71	___
5	Haidy Hosam Nabil Cotore	21	GEZIR	5:27.12	___
6	Mena Tarek Aly	15	AHLY	5:28.35	___
7	Jana Mohamed Omar Moham	14	SHAMS	5:30.16	___
8	Hana Mohie el den Osman	16	HELOP	5:38.18	___
9	Mai Khaled Abdeltif	17	DEGLA	5:39.11	___
10	Shahd Sameh Safouat Shaaba	16	HELDO	5:43.19	___

Heat 4 of 4 Finals

1	Alya Mostafa Mohamed	17	AHLY	5:26.21	___
2	Nadine Mohmed Mohmed An	14	6 OCT	5:23.75	___
3	Sara Mohamed Hassan	19	AHLY	5:17.65	___
4	Dina Khaled Elgaloly	20	Sporting	5:15.39	___
5	Nour Diaa Elden abo Bakr	16	HELOP	5:07.14	___
6	Zaina Mohamed Haitham Has	15	SHOOT	5:14.89	___
7	Lojen Deiaa Eldin Abd Elalem	17	DEGLA	5:15.58	___
8	Kenzy Mostafa Hashad	15	AHLY	5:19.12	___
9	Sara Mohamed Bhaa	15	HELOP	5:24.71	___
10	Hlla Khaled Diab	13	AHLY	5:26.31	___

Event 9 Men 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
Heat 1 of 12 Finals					
1	Yassin Ahmed Qulaii Raslan	13	SENZO	48.88	___
2	Seif El Din Essam Reda	13	SENZO	38.14	___
3	Nizar Amir Ahmed Al Sayed	14	SENZO	36.63	___
4	Zain AboElfotouh Elkilany	14	ROYAL	36.60	___
5	Mohamed Emad Eldin Mohar	13	TRSAN	35.68	___
6	Karem Ahmed Bdran	13	Canal El Suez	35.75	___
7	Abdalla Amr Essa	13	Canal El Suez	36.61	___
8	Omar Aed Rashwen Ahmed	13	El Obour	36.69	___
9	Easim Mohamed Eabdalrahir	14	SEKA	38.52	___
10	Tarek AboElthana Mohamed	21	SMOHA	NT	___

Heat 2 of 12 Finals

1	Mohamed Hamdy Mohamed	13	El Obour	34.43	___
2	Zayad Badr Fathallah	15	M.S Tagamoa	33.55	___
3	Ahmaed Abdeulnaser Mohar	16	ROYAL	32.97	___
4	Yossif Ahmed Badawy	14	NASR	32.23	___
5	Mohamed Sherif Mostafa Ali	16	TWFIK	32.09	___
6	Khaled Ayman Salem	13	Nasr City	32.19	___
7	Mohamed Khaled Hassan	16	El Obour	32.92	___
8	Ahmed Osama Fouad	16	El Obour	33.00	___
9	Abd Elrahman Ahmmed Elna	13	Canal El Suez	34.41	___
10	Mohamed Adel Abdullah Mm	15	M.S Tagamoa	34.89	___

Heat 3 of 12 Finals

1	Youssef Tawfik Hamdy Tawfil	14	SENZO	31.64	___
2	Abdelrahman Medhat Ahmed	15	MAY15	31.24	___
3	Sohaieb Ayman Samir	14	Canal El Suez	30.89	___
4	Mohamed Nasr Ahmed	13	MAY15	30.58	___
5	Yousef Ahmed Shehata Moha	22	ZMALK	30.22	___
6	Ahmed Mohamed Ahmed Sol	15	NASR	30.52	___
7	Omar Khaled Hasan	15	NASR	30.60	___
8	Mohamed Wael Abdel Monae	17	ENPPI	31.23	___
9	Loay Amgad el Mongy	15	TRSAN	31.54	___
10	Aly Ahmed Bahy Elden	14	NASR	32.06	___

Heat 4 of 12 Finals

1	Ead Ahmed Farowk	16	Nasr City	29.94	___
2	Omar Khairy Ali	21	ZMALK	29.85	___
3	Mohamed Yehia aly Elshenaw	15	Nasr City	29.59	___
4	Monzer Mahmoud Ahmed	15	ZOHUR	29.46	___
5	Mohamed Ahmed Shehata M	14	NASR	29.33	___
6	Ali Hesham Moh. Fekre Shrif	16	GEZIR	29.42	___
7	Mohanad Ashraf Farok Rashv	18	ZOHUR	29.49	___
8	Abdelrahman Ahmed Moham	16	El Obour	29.71	___
9	Khaled Eslam Khaled	17	M.ARB	29.86	___
10	Mohamed Ahm. Aly Moh. Der	16	GEZIR	30.22	___

Heat 5 of 12 Finals

1	Hazem Mohamed Hazem Sab	16	SENZO	29.17	___
2	Karim Magdy Mohamed	14	ZOHUR	28.88	___
3	Youssef Emad Hanafy Sayed	16	HELDO	28.46	___
4	Ahmed Mohamed Ibrahim	20	M.ARB	28.41	___
5	Mohamed Ashraf Zein	16	Canal El Suez	28.28	___
6	Adham Ahmad Shaban	20	RWAD	28.40	___
7	Ahmed Amr Mohamed	17	HELOP	28.44	___
8	Mohmed Eslam Mohamed Rs	16	6 OCT	28.69	___
9	Ahmed Ali El Sayed Ali	20	6 OCT	28.91	___
10	Marwan Mohamed Sabry	15	ENPPI	29.22	___

Heat 6 of 12 Finals

1	Mohamed Hany Farouk	15	AHRAM	28.23	___
2	Mohamed Tamer Adly Anour	17	Palm Hills	28.18	___
3	Ahmed Mohamed abd Elaziz	20	MAADI	28.15	___
4	Zeiad Osama Fatthy Abdel Ha	17	TRSAN	28.11	___
5	Yahia Mohamed Abdelaal Ebr	17	Nasr City	27.92	___
6	Zyad Ahmed Hesen Mahmou	17	GHABA	28.02	___
7	Ahmed Khaled Mahmoud	17	Cairo	28.12	___
8	Omar Ahmed Samir Eldawod	13	Gezira El Ward	28.16	___
9	Mohamed Amr Maher Ma`mc	18	GEZIR	28.18	___
10	Adham Hadee Mohamed Tala	15	Bank Ahly Alex	28.23	___

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Heat 7 Finals (#9 Men 13 & Over 50 LC Meter Butterfly)

1	Shehab Hossam Mahmoud G	19	GHABA	27.88	___
2	Mazen Mohamed Mohamed C	19	6 OCT	27.83	___
3	Mahmoud Ayman Mahmoud	18	Bank Ahly Alex	27.70	___
4	Mostafa Abou Elabas Youssef	17	BNKG	27.65	___
5	Mohamed Ahmed Salem	16	GHABA	27.46	___
6	Khaled Mohamed abd Elmon	19	Cairo	27.63	___
7	Karim Mohamed El Gharabav	15	ZOHUR	27.67	___
8	Eyad Waleed Shanan	17	MAADI	27.74	___
9	John Wael Nagy Mosad	14	HELDO	27.84	___
10	Nour Eldien Amr Elsaid Moh	16	RWAD	27.90	___

Heat 8 of 12 Finals

1	Zeiad Sophy Mohamed	20	GHABA	27.34	___
2	Ahmed Khaled Elsieid	22	Ezz El Dekhela	27.32	___
3	Abd Elrahman Mohamed abd	16	M.ARB	27.28	___
4	Yoseif Waled Hassan Al Shafa	20	ZMALK	27.23	___
5	Ziad Khaled Shreef	17	Cairo	27.11	___
6	Gamal Aymn Gamal abd el M	17	SHAMS	27.13	___
7	Mohamed Hesham Mohamed	19	ZOHUR	27.25	___
8	Omar Sherif Galal Eldin Mahr	15	MAADI	27.30	___
9	Mohamed Hisham Salah	21	SHOOT	27.33	___
10	Ahmed Osama Mohamed	17	Cairo	27.42	___

Heat 9 of 12 Finals

1	Adam Shref Mostafa	16	HELOP	27.04	___
2	Aser Mamduh Yihia	17	HELOP	27.03	___
3	Mohamed Mohamed Anwar /	19	Cairo	26.98	___
4	aly Mogepe Salah Eldin	17	ZMALK	26.96	___
5	Seif Mohamed Mohamed	16	DEGLA	26.82	___
6	Mostafa Khaled Mahmoud	19	SHAMS	26.89	___
7	Shehab Ashraf	18	DEGLA	26.97	___
8	Khaled Ahmed Mahmoud Gal	15	Bank Ahly Alex	26.99	___
9	Mostafa Ihab Ahmed Shouma	20	SHAMS	27.03	___
10	Omar Ehab Ahmed Abo el Ftc	18	SHAMS	27.07	___

Heat 10 of 12 Finals

1	Mohanad Mohamed Wageh	17	SHOOT	26.72	___
2	Mohanad Mamdouh Shahen	21	SHAMS	26.68	___
3	Yasen Amro Yasen Abd Elrah	17	GEZIR	26.55	___
4	Yassin Ayman Ali Toulba	17	SHOOT	26.44	___
5	Moustafa Maher Ahmed	21	GHABA	26.41	___
6	Adham Hany Kamal Abdel Az	18	HELDO	26.42	___
7	Ahmed Wael el Mohandes	15	HELOP	26.53	___
8	Amar Hossam Fed El Tranesy	17	6 OCT	26.56	___
9	Moustafa Abdo Mohamed Sh	18	RWAD	26.71	___
10	Marwan Abdalla Mohamed A	18	SHOOT	26.75	___

Heat 11 of 12 Finals

1	Yasin HossamEldin	17	SMOHA	26.29	___
2	Ahmed Mohamed El Ghandou	17	DEGLA	26.17	___
3	Yousef Ashraf Mahmoud	20	ZMALK	25.90	___
4	Ibrahim Ahmed Ibrahim	19	Sporting	25.88	___
5	Omar Mohamed Taha Radwai	20	SMOHA	25.84	___
6	Karim Hatem abd el Sabour	19	Nasr City	25.87	___
7	Faris Mohamed Mashaly	21	Sporting	25.88	___
8	Mohamed Hesham Ahmed Al	20	HELDO	25.96	___
9	Mostafa Ahmed Mohamed Es	18	TANTA	26.19	___
10	Marawan Ahmed Abdel Moez	16	DEGLA	26.31	___

Heat 12 of 12 Finals

1	Mostafa Mohamed Al Tahan	20	DEGLA	25.64	___
2	Ali Mohab AbdelRaouf Ali	23	HELOP	25.40	___
3	Sief Mohamed Mahmoud Mel	19	AHLY	25.19	___
4	Khaled Abdel Naser Ali	21	SHOOT	24.96	___
5	Abdel Rahman Sameh Mahm	20	AHLY	23.54	___
6	Aly Ahmed Mahmoud Khalaf	24	AHLY	23.85	___
7	Yousef Hesham Adel	20	AHLY	24.98	___
8	Karim Hassan Moh. El Hoshy	18	GEZIR	25.25	___
9	Hesham Wael Makram	21	AHLY	25.44	___
10	Omar Ahmed Ibrahim Eid	24	HELDO	25.76	___

Event 10 Women 13 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 7 Finals

4	Mariam Madhat Moustafa	17	M.S Tagamoa	3:45.25	___
5	Basmala Blal Rafat	13	TRSAN	3:32.81	___
6	Mariam Ahmed Hamdy	17	NASR	3:43.02	___
7	May amr Mohamed	13	M.S Tagamoa	3:49.88	___

Heat 2 of 7 Finals

1	Shorok Ayman Abd Elfatah El	13	NASR	3:21.34	___
2	Malak Amir Mohamed Eisa	13	GHABA	3:16.51	___
3	Shahd Mohamed Zikri	13	SHAMS	3:15.98	___
4	Sara Mohamed Ezzat	15	HELOP	3:14.05	___
5	Nadya Moh. Methat Hassan A	13	GEZIR	3:12.14	___
6	Malak Ahmed Nagy Ali	16	HELDO	3:12.75	___
7	Haya Ahmed Abou Hussen	14	HELOP	3:14.14	___
8	Nourhan Essam El Din Fatthy	17	ZOHUR	3:16.30	___
9	Salma Sherif Mohamed Sayed	13	SHAMS	3:16.73	___
10	Laila Khaled Faheem	16	M.ARB	3:29.36	___

Heat 3 of 7 Finals

1	Sohaaila Ahmed Hamdy Bauc	17	6 OCT	3:11.42	___
2	Farida Mohamed Tharwat	13	HELDO	3:10.10	___
3	Minna Mohamed Yousry	14	ZMALK	3:09.29	___
4	Haidy Ashraf Farouk	22	ZOHUR	3:08.61	___
5	Farida Mohamed Ahmed El O	14	SHOOT	3:07.77	___
6	Gana amr Magdy	13	ZMALK	3:08.17	___
7	Serein Sherif Mahmoud	13	ZMALK	3:08.72	___
8	Lele Mohamed Mostafa	16	ENPPI	3:09.94	___
9	Fatma Mohamed Khaled	15	ROYAL	3:11.01	___
10	Nada Hany Mohamed	13	HELDO	3:11.53	___

Heat 4 of 7 Finals

1	Rahaf Ahmed Esmaeel	15	ZMALK	3:06.48	___
2	Souhaila Ehab Mohamed	13	ZMALK	3:05.15	___
3	Maia Ashraf Hakam	17	DEGLA	3:04.83	___
4	Shams Anas Hessen Elsherif	15	SHAMS	3:03.70	___
5	Malk Mamduh Hammad	17	HELOP	3:03.24	___
6	Mirna Sameh Shawky Mostaf	14	HELDO	3:03.48	___
7	Farida Tamer Farouk abd ELM	16	SHAMS	3:04.74	___
8	Mariam Mohamed Ibrahim	18	Cairo	3:04.87	___
9	Nour Amr Abd Ullah Fekry	13	SHOOT	3:05.66	___
10	Hana Mohie el den Osman	16	HELOP	3:07.23	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 5 Finals (#10 Women 13 & Over 200 LC Meter Breaststroke)

1	Yara Yaser Yahia	19	Cairo	3:02.34	___
2	Gana Mohamed Ahmed Salan	15	GHABA	2:59.65	___
3	Mariam amr Mohamed	15	DEGLA	2:58.49	___
4	Nadin Ayman Hessien	15	DEGLA	2:57.13	___
5	Rahma Ahmed Hesham Moha	19	HELDO	2:56.34	___
6	Farah Tarik Abdel Fattah	19	SHAMS	2:56.39	___
7	Shahd Mohamed Ismael	15	SMOHA	2:58.25	___
8	Lobna Ahmed Khalifa	16	Bank Ahly Alex	2:58.96	___
9	Sohyla amr abd el Hakeem	17	Cairo	3:01.18	___
10	Gana Khaled Abdel-Wahed	13	AHLY	3:02.94	___

Heat 6 of 7 Finals

1	Hlla Khaled Diab	13	AHLY	2:55.34	___
2	Malak Mohamed Haytham Ra	18	SHOOT	2:54.64	___
3	Toka Ahmed Khalifa Mohame	17	Bank Ahly Alex	2:54.31	___
4	Razan Mohamed Beshar Adb	15	DEGLA	2:54.06	___
5	Habiba Hesham Mostafa Har	17	DEGLA	2:49.24	___
6	Sara Elhamy Foad Abd El Sall	15	MAADI	2:51.07	___
7	Alya Mostafa Mohamed	17	AHLY	2:54.27	___
8	Basmalah Gomaa Ali	15	Bank Ahly Alex	2:54.62	___
9	Shahd Ahmed Safwat	14	Cairo	2:54.80	___
10	Ranim Mohamed Wagih	18	Bank Ahly Alex	2:55.83	___

Heat 7 of 7 Finals

1	Mariam Mohamed Ahmed Ko	14	SMOHA	2:48.38	___
2	Salma Saber	23	SHOOT	2:45.60	___
3	Nada Ahmed Samer	20	Sporting	2:44.96	___
4	Rewida Hisham Tolba Ibrahim	25	AHLY	2:39.78	___
5	Nour Diaa Elden abo Bakr	16	HELOP	2:38.24	___
6	Sara Soliman Said	16	AHLY	2:39.02	___
7	Dina Mosaad El Taiybe	17	Sporting	2:44.75	___
8	Nadine Mohmed Mohmed An	14	6 OCT	2:45.60	___
9	Karma Ahmed Nabil	16	SHOOT	2:48.11	___
10	Goudy Abdelhalem Fathala Z	15	Bank Ahly Alex	2:48.46	___

Event 11 Men 13 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 10 Finals

4	Ahmed Mohamed Lotfy Amer	22	AHLY	NT	___
5	Mohamed Ahmed Mmokhtar	13	M.S Tagamoa	2:44.36	___
6	Mohamed Medhat Abdulnabi	14	QARON	NT	___
7	Marwan Ahmed Elamrawy	25	Sporting	NT	___

Heat 2 of 10 Finals

1	Seif El Din Essam Reda	13	SENZO	2:42.87	___
2	Nizar Amir Ahmed Al Sayed	14	SENZO	2:35.96	___
3	Badr Reda Badr	15	MAY15	2:30.40	___
4	Abd Alla Karim Ashraf Mahgc	15	GEZIR	2:29.04	___
5	Anas Ahmed Refaat	13	NASR	2:28.11	___
6	Khaled Ayman Salem	13	Nasr City	2:28.45	___
7	Aly Magdy Eid Shehata	13	NASR	2:29.69	___
8	Mohamed Emad Maher	14	SENZO	2:30.84	___
9	Abd Elrhman Ahmed ali	13	TRSAN	2:37.38	___
10	Youssef Amr Abdelhamid	14	QARON	2:43.00	___

Heat 3 of 10 Finals

1	Saif Esam Abd Elmenem	15	NASR	2:25.96	___
2	Loay Amgad el Mongy	15	TRSAN	2:23.83	___
3	Abdel Rahman Mohamed Mo	15	El Obour	2:23.30	___
4	Ahmaed Abdeulnaser Mohar	16	ROYAL	2:22.92	___
5	Kareem Mohamed Fawzy Mo	13	Nasr City	2:20.33	___
6	Mohap Ehap Halme	13	TAGAM	2:21.93	___
7	Yasein Abdel Hady Ahamed A	15	HELDO	2:23.22	___
8	Adam Karim Eltahan	14	Canal El Suez	2:23.42	___
9	Basel Ahmed Gamal Elden	14	NASR	2:24.36	___
10	Mohamed Ahmed Abd Elgaw	14	NASR	2:28.09	___

Heat 4 of 10 Finals

1	Ali Adel Abdel Razik	14	El Obour	2:20.08	___
2	Omar Hamada Ahmed	14	Canal El Suez	2:19.61	___
3	Ahmed Akram Mohamed	17	ZOHUR	2:19.34	___
4	Ahmed Shehab Ahm. Saleh	20	GEZIR	2:17.73	___
5	Adham Moh. Galal ElDin ElSa	15	GEZIR	2:16.79	___
6	Mahmoud Essam El Din Abda	17	ZOHUR	2:17.23	___
7	Mohamed Khaled Hassan	16	El Obour	2:19.33	___
8	Hussen Ahm. Bahaa Eldin Far	16	GEZIR	2:19.38	___
9	Ahmed Shady Abd ElRahman	15	HELDO	2:19.64	___
10	AbdelRahman Mohamed Saye	15	El Obour	2:20.20	___

Heat 5 of 10 Finals

1	Yaseen Nashaat Salama	14	Cairo	2:15.06	___
2	Mohamed Ahmed Mahrous M	16	El Obour	2:13.77	___
3	Ahmed Sameh Safwat Shaaba	14	HELDO	2:13.24	___
4	Mohamed Hazem Mohany En	16	HELDO	2:12.39	___
5	Ahmed Yaser Mohamed	15	M.ARB	2:11.21	___
6	Mohamed Hatem Mohamed S	13	HELOP	2:11.66	___
7	Yossef Magdy el Azhary	15	HELOP	2:12.39	___
8	Mohamed Ayman Mamdoh H	14	TANTA	2:13.66	___
9	Ahmed Mosaad AboASerie	14	MAY15	2:14.98	___
10	Abd Elrahman Emad Fathe E	19	GEZIR	2:15.34	___

Heat 6 of 10 Finals

1	Seif amr el Batal	14	Cairo	2:09.96	___
2	Hazem Mohamed Hazem Sab	16	SENZO	2:08.83	___
3	Hany Ahmed Hisham Moham	24	HELDO	2:08.69	___
4	Nour Eldien Amr Elsaid Moh	16	RWAD	2:07.83	___
5	Mohamed Waled Mohamed	20	ZOHUR	2:07.38	___
6	Mohamed Ahmed Hamdy	17	Cairo	2:07.80	___
7	Ahmed Hossam Abdallah	16	HELOP	2:08.11	___
8	Rashed Hany Ramadan	17	RWAD	2:08.70	___
9	Seif Sayed Mahmoud	14	HLWAN	2:09.71	___
10	Karim Wael Abdala Abdelgeli	15	Nasr City	2:10.11	___

Heat 7 of 10 Finals

1	amr Hesham Bayomy	17	Cairo	2:05.75	___
2	Ali Mohamed ali abd el Rahm	17	SHAMS	2:04.81	___
3	Omar Sherif Sayed	17	ZMALK	2:04.26	___
4	Mohamed Ahmed Abdel Hak	17	SHOOT	2:04.15	___
5	Mostafa Ihab Ahmed Shouma	20	SHAMS	2:02.57	___
6	Mohamed Yaser Fared Abd El	14	SHAMS	2:03.49	___
7	Ahmed Essam Mohamed	18	Cairo	2:04.20	___
8	Marwan Mohamed Ezz El Dav	21	ZMALK	2:04.55	___
9	Basel Ahmed Habeeb	16	SHOOT	2:05.27	___
10	Mohamed Yaser Mohamed	17	GHABA	2:06.16	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 8 Finals (#11 Men 13 & Over 200 LC Meter Freestyle)

1	Saif EIDin Aiman Ahmed	17	DEGLA	2:02.34	___
2	Ahmed Adel Ramadan	18	GHABA	2:01.74	___
3	Mounir Ramez Mounir	16	SHOOT	2:01.61	___
4	Abdel Rahman Ali Mohamed	19	SHAMS	2:01.25	___
5	Mostafa Mohamed el Said	19	HELOP	2:00.25	___
6	amr Mohamed Anter	16	ZMALK	2:01.02	___
7	Marwan Mohamed Abdallah	15	DEGLA	2:01.48	___
8	Ahmed Khaled Abdel Hamed	19	SHOOT	2:01.72	___
9	Ahmed Wael Ahmed	16	DEGLA	2:01.87	___
10	Karim Adel Ahmed Bahgat	17	ZOHUR	2:02.49	___

Heat 9 of 10 Finals

1	Shehab Hossam Mahmoud Ga	19	GHABA	1:59.91	___
2	Yasin Hatem Sery	16	HELOP	1:59.43	___
3	Zeiad Ahmed Abdelazim Abd	18	MAADI	1:58.57	___
4	Ahmed Khaled Moustafa	20	ZMALK	1:57.84	___
5	Ibrahim Mohamed Yoneis	20	ZMALK	1:57.38	___
6	Mostafa Mohamed Al Tahan	20	DEGLA	1:57.52	___
7	Mohamed Hesham Esmail H	17	6 OCT	1:58.04	___
8	Mohamed Mahmoud Moham	17	GHABA	1:59.36	___
9	Seif Ramah Essam El Din	18	SHOOT	1:59.77	___
10	Ahmed Tarek ali Fatehalla	17	Nasr City	2:00.18	___

Heat 10 of 10 Finals

1	Karim Medhat Badr Mohame	21	SMOHA	1:57.04	___
2	Mrawan Mostafa Mowaled	17	DEGLA	1:56.26	___
3	Salah Mohamed Amin	28	SMOHA	1:54.79	___
4	Mohamed Hossam AbdElslan	22	SMOHA	1:53.92	___
5	Marwan Ismael Elkmash	27	Sporting	1:47.40	___
6	Mohamed Adel Mohamed Me	19	AHLY	1:53.19	___
7	Yosef Hany Mohamed	18	AHLY	1:54.11	___
8	Ahmed Sameh Elsaid	16	AHLY	1:55.23	___
9	Hamza Adham Amin	20	AHLY	1:56.62	___
10	Karim Ahmed Khaled Elewa	18	SHAMS	1:57.09	___

Event 12 Women 13 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Finals

2	Marim Mhmod Elsaid Elshik	16	SMOHA	NT	___
3	Aya Hossam El Din Abdel Azz	18	SHAMS	19:52.77	___
4	Mirna Sameh Shawky Mostaf	14	HELDO	19:49.94	___
5	Malak Amr Abdel Monaem	18	ZMALK	19:31.86	___
6	Laila Mohamed Fathy	13	SHOOT	19:39.03	___
7	Shahd Ahmed Safwat	14	Cairo	19:50.21	___
8	Salam Mohamed Hassan Abd	18	6 OCT	NT	___

Heat 2 of 3 Finals

1	Salma Ahmed ali Mostafa	15	GHABA	19:30.77	___
2	Habeba Maysara Abdelhamec	15	M.ARB	19:26.73	___
3	Merna Mohamed adb Elhady	16	ZMALK	19:15.86	___
4	Sara Hossam Eldin Mahmoud	17	AHLY	19:03.25	___
5	Yara Hussam Mohamed Saler	13	AHRAM	18:55.59	___
6	Jana Mohamed Omar Moham	14	SHAMS	18:59.69	___
7	Aisha Ahmed Nabil	16	AHLY	19:06.37	___
8	Rodaina Wael Mohamed	17	RWAD	19:24.26	___
9	Rawan Mahmoud Fouad	19	DEGLA	19:29.42	___
10	Rokaia Hisham Ahmed	14	SHOOT	19:30.79	___

Heat 3 of 3 Finals

1	Joudy Mohamed Aly	15	Sporting	18:43.66	___
2	Sara Mohamed Bhaa	15	HELOP	18:37.95	___
3	Gana Emad Gaad Hosny	17	SHAMS	18:34.74	___
4	Mena Tarek Aly	15	AHLY	18:23.02	___
5	Sandy Ayman Atef	20	AHLY	17:36.71	___
6	Loujin Abd Alla Slah Zkey	16	6 OCT	18:13.39	___
7	Mariam Hesham Mohamed	16	AHLY	18:24.17	___
8	Kenzy Hazem Moneeb	14	Cairo	18:36.32	___
9	Hana Khaled Samy Hassan	18	SHOOT	18:42.73	___
10	Nadin Adam Ahmed Foad Mo	17	SHAMS	18:52.02	___

Event 13 Men 13 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 10 Finals

3	Yassin Ahmed Qulaii Raslan	13	SENZO	48.13	___
4	Abdullah Saber Mohamed	13	M.S Tagamoa	45.80	___
5	Moamen Hasan Sabr	13	M.S Tagamoa	44.53	___
6	Omar Karim Ali Abdel Hamid	14	SENZO	44.91	___
7	Adham Khalid Ahmed	13	M.S Tagamoa	47.14	___

Heat 2 of 10 Finals

1	Mohmoud Ahmed Mahros	13	El Obour	42.74	___
2	Kress Nader abd Elsaid	13	Cairo	41.55	___
3	Abdelaziz Ahmed Kilany	13	M.S Tagamoa	39.68	___
4	Ahmed Osama Fouad	16	El Obour	36.29	___
5	Abdel Rahman Tarik Mohame	21	NASR	35.66	___
6	Aly Magdy Eid Shehata	13	NASR	35.77	___
7	Mohamed Ahmed Abd Elgaw	14	NASR	37.24	___
8	Ziad Ahmed abd Elhamid	14	ENPPI	41.10	___
9	Ahmed Emad Elfoly	14	Canal El Suez	42.43	___
10	Mohamed Adel Abdullah Mm	15	M.S Tagamoa	44.22	___

Heat 3 of 10 Finals

1	Belal Tamer Abas	15	Canal El Suez	34.85	___
2	Aly Osama Samer Eldhshan	16	GEZIR	34.29	___
3	Mohamed Diaa Eldeen Moha	14	Nasr City	33.88	___
4	Ahmed Mohamed Ibrahim	20	M.ARB	33.51	___
5	Eyad Mohsen Ismail	13	NASR	33.20	___
6	Seef el din amr abd el Hakem	19	Cairo	33.29	___
7	Hamza Moh. Khairy Samra	14	GEZIR	33.69	___
8	Ali Hesham Moh. Fekre Shrif	16	GEZIR	33.92	___
9	Mohamed Ahmed Hassan	21	ZMALK	34.64	___
10	Kareem Mohamed Fawzy Mo	13	Nasr City	35.08	___

Heat 4 of 10 Finals

1	Mohamed Yehia aly Elshenaw	15	Nasr City	32.73	___
2	Omar Khaled Hasan	15	NASR	32.52	___
3	Ali Mohamed Refaat Abdel R	17	HELDO	31.89	___
4	Amar Yasser Mohmed	16	ZOHUR	31.70	___
5	Seif Tamer Nabil	17	Cairo	31.65	___
6	Yahia Mohamed Abdelaal Ebr	17	Nasr City	31.69	___
7	Karem Ashraf	15	GHABA	31.78	___
8	Youssef Emad Hanafy Sayed	16	HELDO	32.13	___
9	Yosef Ismail Atef	16	Canal El Suez	32.71	___
10	Mohab Tarek Helal Mohamed	15	HELDO	32.94	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 5 Finals (#13 Men 13 & Over 50 LC Meter Backstroke)

1	Mohamed Ahmed Salem	16	GHABA	31.51	___
2	Adham Hadee Mohamed Tala	15	Bank Ahly Alex	31.12	___
3	Locman Mostafa Abdel Sabou	17	TALBE	31.03	___
4	AbdelRahman Nabel AbdelIM	21	GHABA	30.94	___
5	Omar Mohamed Abdelbaaqy	17	GHABA	30.83	___
6	Mostafa Abou Elabas Youssef	17	BNKG	30.92	___
7	Mohamed Amr Maher Ma`mc	18	GEZIR	30.98	___
8	Mohamed Ayman Abd Elsami	13	ZOHUR	31.08	___
9	Yousef Maged Nagy	16	HELOP	31.37	___
10	Zeyad Osama Zedan	14	Bank Ahly Alex	31.61	___

Heat 6 of 10 Finals

1	Ahmed Yaser Mohamed	15	M.ARB	30.79	___
2	Amr Mohamed Ebrahim Ebr:	14	SHAMS	30.47	___
3	Zeyad Wahied Hamdy Tawfik	17	SHAMS	30.42	___
4	Mostafa Khaled Mahmoud	19	SHAMS	30.26	___
5	Mohamed Mostafa Ibrahim M	17	SHAMS	30.21	___
6	Abd El Rahman Mohamed Ali	15	SHOOT	30.23	___
7	amr Tarek Alsaid Alaraby	16	Nasr City	30.28	___
8	Omar Mohamed Taha Radwa	20	SMOHA	30.47	___
9	Abdel Rahman Amr Farag	13	SHOOT	30.56	___
10	John Wael Nagy Mosad	14	HELDO	30.81	___

Heat 7 of 10 Finals

1	Sherif Yaser Ali Meaabed	17	6 OCT	30.02	___
2	Yehya Amr Mohamed Sadek	19	HELOP	29.92	___
3	Ahmed Mohamed abd Elaziz	20	MAADI	29.84	___
4	Islam Mohamed Nashaat	14	MAADI	29.60	___
5	Ahmed Wael el Mohandes	15	HELOP	29.57	___
6	Zeiad Omr Atteia	19	GHABA	29.59	___
7	Omer Badr Kamel	16	SHOOT	29.67	___
8	Basam Sameh Awadalla	20	DEGLA	29.90	___
9	Karim Adel Ahmed Bahgat	17	ZOHUR	29.95	___
10	Malek amr Mahdy	15	Cairo	30.05	___

Heat 8 of 10 Finals

1	Ahmed Hassan Alwan	16	ZMALK	29.53	___
2	Ahmed Hazem Akram	15	DEGLA	29.45	___
3	Mostafa Ahmed Mohamed Es	18	TANTA	29.38	___
4	Mohamed Ahmed Abdel Haki	17	SHOOT	29.32	___
5	Mohamed Taha Abd El Raouf	15	DEGLA	29.20	___
6	Kirolas Gamal Sobhy	17	SHAMS	29.22	___
7	Ahmed Awny Glal Aly	16	6 OCT	29.35	___
8	Aser Mamduh Yihia	17	HELOP	29.45	___
9	aly Mogepeh Salah Eldin	17	ZMALK	29.47	___
10	Mohamed Hisham Salah	21	SHOOT	29.56	___

Heat 9 of 10 Finals

1	Khaled Ahmed Mahmoud Gal	15	Bank Ahly Alex	28.85	___
2	Moustafa Abdo Mohamed Sh:	18	RWAD	28.49	___
3	Yousef Ahmed Salah Shendy	23	AHLY	28.29	___
4	Ahmed Ehab Hassan	18	AHLY	28.24	___
5	Mohamed Hesham Ahmed Al	20	HELDO	27.93	___
6	Moustafa Yaser Fouda	25	HELOP	28.12	___
7	Yasen Amro Yasen Abd Elrah	17	GEZIR	28.29	___
8	Ali Khaled Osama	16	DEGLA	28.44	___
9	Sief Tarek Mohamed Raslan	20	TANTA	28.81	___
10	Saleh Hossam El Din Saleh	17	ZOHUR	29.08	___

Heat 10 of 10 Finals

1	Yousif Mohamed Khalaf	19	SMOHA	27.83	___
2	Mohamed Adel Ahmed Bahga	20	ZOHUR	27.65	___
3	Yousef Ashraf Mahmoud	20	ZMALK	27.54	___
4	Abdel Rahman Sameh Mahmu	20	AHLY	27.35	___
5	Abdelrahman Gamal Eldin	20	AHLY	26.73	___
6	Aly Ahmed Mahmoud Khalaf	24	AHLY	26.81	___
7	Yasin HossamEldin	17	SMOHA	27.43	___
8	Ahmed Younis Nasir	18	ZMALK	27.63	___
9	Waled Mohamed Sophy	17	Stad Mansoura	27.82	___
10	Marawan Ahmed Abdel Moez	16	DEGLA	27.90	___

Event 14 Women 13 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 8 Finals

2	Lara Tamer Abdel Aziz Moha	20	SHOOT	NT	___
3	Hoda Nabil Bakr	23	ZMALK	1:00.17	___
4	Mariam Madhat Moustafa	17	M.S Tagamoa	49.19	___
5	Somia Mohamed Ebdelmohs	14	M.S Tagamoa	47.28	___
6	Fatma Nabil Bakr	25	ZMALK	48.35	___
7	Aya Rezk Shaban	13	M.S Tagamoa	51.97	___
8	Donya Amr Mohamed Nabih	18	SHAMS	NT	___

Heat 2 of 8 Finals

1	Salsabil Sayed Mohamed	14	NASR	46.18	___
2	Rodaina Emad Maher	16	SENZO	43.03	___
3	Haeidy Mahmoud Abdel Aziz	17	ZOHUR	41.15	___
4	Anan amr abd Elaziz	18	Cairo	40.58	___
5	Mariam Nasr Ahmed Said	15	MAY15	40.06	___
6	Farah Yasser abd Elsalam	13	Cairo	40.08	___
7	Gana Sayed Shaker	17	TRSAN	40.92	___
8	Lina Ahmed Osama	14	ROYAL	41.45	___
9	Marim Mahmoud Mohamed	13	NASR	43.13	___
10	Mai Ahmed Mohamed Abdo	13	El Obour	47.04	___

Heat 3 of 8 Finals

1	Maya Ahmed Yasser Mohame	13	GHABA	38.97	___
2	Malak Amr Essmat Mohamed	17	ZOHUR	38.17	___
3	Mariam Emad Mohamed Zoh	13	HELDO	38.07	___
4	Malak Ahmed Eisa	13	GHABA	37.54	___
5	Habiba Safwat Saleh	16	ZOHUR	37.46	___
6	Jana Hisham Mohamed	14	Cairo	37.46	___
7	Hana Ahmed Heseen	16	GHABA	37.74	___
8	Jana Serag Mahmoud	13	Nasr City	38.08	___
9	Belissia Mamdouh Gaber	14	HELDO	38.41	___
10	Samar Salah Mostafa	14	ZOHUR	39.93	___

Heat 4 of 8 Finals

1	Hana Mohamed Hasaan	13	ZMALK	37.17	___
2	Sama Mohamed Dahy	13	Nasr City	36.68	___
3	Raneem Mohamed Sayed Ahr	21	HELDO	36.60	___
4	Zena Nader Galal Moh. Basha	14	GEZIR	36.55	___
5	Farida Hany Mahmoud Ibrahi	19	HELDO	36.16	___
6	Rofayda Mohamed Emam	13	ZMALK	36.36	___
7	Aida Ahm. Mohssin Abd Elraz	15	GEZIR	36.59	___
8	Rawan Ragab Ramadan Abde	21	ZMALK	36.60	___
9	Nour Amr Mah. Fouad Elguin	14	GEZIR	36.74	___
10	Zeina Essam Ali Mamdouh	13	HELDO	37.23	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 5 Finals (#14 Women 13 & Over 50 LC Meter Backstroke)

1	Leen Hossam Mansour	13	Cairo	35.90	___
2	Farah Karim Mohamed	19	HELOP	35.55	___
3	Hana Wael Magdi Mah . Elsa	14	GEZIR	35.21	___
4	Karma aly Elsheraee	14	HELOP	35.07	___
5	Sama Gehad Mohamed	14	TWFIK	34.81	___
6	Allaa Ashraf Fekry	20	6 OCT	34.93	___
7	Alia Ali Mohamed	17	HELOP	35.17	___
8	Souhaila Moahmed Mahmoud	17	SHOOT	35.42	___
9	Zena Mahmoud Mohamed M	15	GHABA	35.68	___
10	Rawan Sherif El Saied	14	TAGAM	36.08	___

Heat 6 of 8 Finals

1	Lojeen Ebrahiem Khaliel	13	SHAMS	33.94	___
2	JoannaYosef Yehya Youssef	18	SHAMS	33.76	___
3	Hoda Ahmed Hussein	16	ZOHUR	33.47	___
4	Noran Adel Elsaid Felifel	22	MAADI	33.42	___
5	Dana Tamer Shafiq	17	HELOP	33.10	___
6	Shahd Ahmed Abd Elbaky	16	Sporting	33.28	___
7	Hana Ashraf Mahmoud	19	DEGLA	33.47	___
8	Farah Osama Ahmed Mahmo	17	Bank Ahly Alex	33.73	___
9	Alia Khaled Abas Sabaa	14	HELOP	33.85	___
10	Norhan Mohamed Mohei El d	17	SMOHA	34.48	___

Heat 7 of 8 Finals

1	Malak Khaled Abdel Aziz	15	AHLY	33.01	___
2	Sara Soliman Said	16	AHLY	32.80	___
3	Kenzy Ahmed Ali	17	AHLY	32.71	___
4	Goumana Tarek Yehia	15	AHLY	32.52	___
5	Enjy Mohamed AboZid	20	SMOHA	32.24	___
6	Mariam Abdel-Rahman Sakr	23	AHLY	32.40	___
7	Rofaida Mahmoud Mohamed	14	DEGLA	32.61	___
8	Lela Ahmed Kamal	15	GHABA	32.78	___
9	Kenzy Mohamed el Sebaey	14	Cairo	32.84	___
10	Yasmine Sharif AbdElAziz Ga	16	SHAMS	33.07	___

Heat 8 of 8 Finals

1	Lougin Yousief Ahmed Yousie	17	SHAMS	32.18	___
2	Rawda Nabil Mohamed	18	SMOHA	31.96	___
3	Farida Amr Mohamed Abd El	15	SHOOT	31.70	___
4	Raghd Mohamed Elsaid Moh	15	SMOHA	31.39	___
5	Roula Ahm. Houssny Houssei	18	GEZIR	30.63	___
6	Farah Amr Abdel Motaleib	17	SHOOT	31.15	___
7	Rodaina Mohamed Saad	15	DEGLA	31.47	___
8	Rawan Mohamed AboElFadl	17	DEGLA	31.78	___
9	Leila Mohamed Ibrahim	15	DEGLA	32.08	___
10	Farida Ayman Samra	16	SHOOT	32.22	___

Event 15 Men 13 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

3	Mohamed Yehia aly Elshenaw	15	Nasr City	NT	___
4	Marwan Osama Samara Ibral	13	SENZO	NT	___
5	Almoataz Bellahm Mohamed	13	HELDO	2:55.71	___
6	Seif El Din Essam Reda	13	SENZO	3:07.40	___
7	Mazen Mohamed Ahmed Al F	23	AHLY	NT	___
8	Tarek AboElthana Mohamed	21	SMOHA	NT	___

Heat 2 of 10 Finals

1	Abdul Rahman Amr Salah Ma	16	SENZO	2:52.87	___
2	Adam Mohamed Goneam	13	TWFIK	2:49.88	___
3	Khaled Ayman Salem	13	Nasr City	2:47.31	___
4	Mohamed Nasr Ahmed	13	MAY15	2:45.90	___
5	Moamen Walid Monir Hassar	13	GHABA	2:44.88	___
6	Youssef Tawfik Hamdy Tawfil	14	SENZO	2:45.13	___
7	Eyad Mohsen Ismail	13	NASR	2:46.54	___
8	Hanna Refaat Hanna Awadall	14	HELDO	2:48.32	___
9	Ahmed Hazem Ibrahim	13	ENPPI	2:51.89	___
10	Ahmed Shady Abd ElRahman	15	HELDO	2:53.21	___

Heat 3 of 10 Finals

1	Ammar Mohamed Mohamed	13	MAY15	2:43.32	___
2	Eyad Mohamed Tamer	14	TWFIK	2:42.47	___
3	Hade Mohamed Saed	15	M.ARB	2:41.12	___
4	Marwan Mohmed Hamed	13	Cairo	2:40.82	___
5	Abdelrahman Ahmed Moham	16	El Obour	2:37.47	___
6	Ziad Ayman Abd Elfatah	14	NASR	2:38.31	___
7	Yosif Khaled	16	NASR	2:40.82	___
8	Abdel Rahman Mohamed Mo	15	El Obour	2:41.27	___
9	Eyad Maged	13	NASR	2:43.04	___
10	Adham Mohamed abd Aziz	13	Nasr City	2:43.40	___

Heat 4 of 10 Finals

1	Ali Hesham Moh. Fekre Shrif	16	GEZIR	2:35.48	___
2	Rami Michel Artigaud	14	GEZIR	2:34.60	___
3	Zeiad Osama Fatthy Abdel Ha	17	TRSAN	2:34.25	___
4	Omar Tamer Ahmed Elsayed	14	NASR	2:33.91	___
5	Mohamed Ahm. Aly Moh. Der	16	GEZIR	2:32.21	___
6	Mahmoud Ahmed Abd Elshaf	14	SHAMS	2:32.39	___
7	Marwan Mohamed Ahmed	13	Nasr City	2:34.07	___
8	Mohamed Ahmed Abd Elshaf	14	SHAMS	2:34.51	___
9	Ahmed Sameh Safwat Shaaba	14	HELDO	2:35.36	___
10	Kareem Mohamed Fouad Alg	15	TWFIK	2:35.86	___

Heat 5 of 10 Finals

1	Braa Ayman Ali	16	ZOHUR	2:31.55	___
2	Yousof Hesham Anwer	15	TANTA	2:30.82	___
3	Yossef Gamal Rashed	19	GHABA	2:29.36	___
4	Ahmed Hazem Mohamed Apc	16	6 OCT	2:28.82	___
5	Ahmed Hossam Abdallah	16	HELOP	2:28.30	___
6	Abd ElRahman Mohamed Ain	15	SHOOT	2:28.36	___
7	Mohamed Ayman Abd Elsam	13	ZOHUR	2:29.29	___
8	Ahmed Essam Mohamed	18	Cairo	2:30.68	___
9	Ali Mahmoud Salah ElDein Ze	16	SHAMS	2:31.41	___
10	Mohamed Ayman Mamdoh H	14	TANTA	2:31.88	___

Heat 6 of 10 Finals

1	Marwan Mohamed Sabry	15	ENPPI	2:28.01	___
2	Yousif Mohamed Anwar	17	HELOP	2:26.86	___
3	Karim Waled Hossam El Din	18	SHOOT	2:26.42	___
4	Hazem Mohamed Hazem Sab	16	SENZO	2:25.77	___
5	Omar Mostafa Abdelmohsen	17	MAADI	2:25.61	___
6	Zeyad Osama Zedan	14	Bank Ahly Alex	2:25.63	___
7	Mohamed Ahmed Hamdy	17	Cairo	2:25.84	___
8	Ahmed Emad Samir Hassan	15	HELDO	2:26.69	___
9	Abdelrahman Osama Omar	16	Cairo	2:27.46	___
10	Abdel Rahman Amr Farag	13	SHOOT	2:28.02	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 7 Finals (#15 Men 13 & Over 200 LC Meter IM)

1	Mahmoud Ayman Mahmoud	18	Bank Ahly Alex	2:24.91	___
2	Mohmed Sherief	18	Cairo	2:23.51	___
3	Mohamed Emed Abdelhamec	13	6 OCT	2:23.33	___
4	Adam Shref Mostafa	16	HELOP	2:21.46	___
5	Karim Adel Ahmed Bahgat	17	ZOHUR	2:21.06	___
6	Ahmed Mohssein Zaher Al Hc	19	ZMALK	2:21.26	___
7	Ahmed Sameh Awad	17	RWAD	2:22.35	___
8	Yasen Abdelaziz Mohsen Abe	16	6 OCT	2:23.42	___
9	Mohamed Ahmed Salem	16	GHABA	2:24.70	___
10	Karim Ehab Abdel Kader	18	ZMALK	2:25.19	___

Heat 8 of 10 Finals

1	Youssef Amr Sayed	14	DEGLA	2:20.47	___
2	Ahmed Tarek ali Fatehalla	17	Nasr City	2:20.14	___
3	Shehab Ashraf	18	DEGLA	2:19.82	___
4	Abdelrahman Khaled Mohme	17	DEGLA	2:19.25	___
5	Ahmed Mohamed Amr	16	ZOHUR	2:18.43	___
6	Saif Ahmed abd Elmoniem Er	17	SHAMS	2:19.15	___
7	Zeiad Omr Atteia	19	GHABA	2:19.53	___
8	aly Mogepeh Salah Eldin	17	ZMALK	2:19.94	___
9	Yasin Hatem Sery	16	HELOP	2:20.28	___
10	Mounir Ramez Mounir	16	SHOOT	2:20.65	___

Heat 9 of 10 Finals

1	Mostafa Mohamed el Said	19	HELOP	2:17.73	___
2	Ali Mohamed Ali Hasan El	15	Bank Ahly Alex	2:16.81	___
3	Omar Osama Mohamed	19	SMOHA	2:16.68	___
4	Yassin Ayman Ali Toulba	17	SHOOT	2:14.82	___
5	Omar Hany Abdalla	18	AHLY	2:13.98	___
6	Eyad Sayed Fadl Alla	18	ZOHUR	2:14.66	___
7	Omar Mohamed Atef	17	AHLY	2:15.80	___
8	Ramiz Elsaedy Abdoh	17	DEGLA	2:16.69	___
9	Yousef Adel Ramadan	15	SHAMS	2:16.94	___
10	Yasen Amro Yasen Abd Elrah	17	GEZIR	2:18.33	___

Heat 10 of 10 Finals

1	Selim Moh. Ahm. Moktar Has	16	GEZIR	2:12.95	___
2	Ibrahim Ahmed Ibrahim	19	Sporting	2:12.38	___
3	Ahmed Khaled Moustafa	20	ZMALK	2:12.25	___
4	Yosef Hany Mohamed	18	AHLY	2:07.88	___
5	Salah Mohamed Amin	28	SMOHA	2:06.20	___
6	Mohamed Hossam AbdElslan	22	SMOHA	2:07.44	___
7	Karem Magdy Ismail	20	Sporting	2:07.91	___
8	Abdel Reheim Samir Al Shein	22	ZMALK	2:12.26	___
9	Mrawan Mostafa Mowaled	17	DEGLA	2:12.88	___
10	Abdel Rahman Mohamed Abc	18	AHLY	2:13.24	___

Event 16 Women 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 9 Finals

4	Rewida Hisham Tolba Ibrahim	25	AHLY	NT	___
5	Mariam Madhat Moustafa	17	M.S Tagamoa	45.53	___
6	Somia Mohamed Ebdelmohse	14	M.S Tagamoa	47.34	___

Heat 2 of 9 Finals

1	Hode Mohamed Reda	13	M.S Tagamoa	42.52	___
2	Jana Serag Mahmoud	13	Nasr City	37.94	___
3	Salma Abd ElTawab ElSayed	16	NASR	37.59	___
4	Souhaila Mohamed Mostafa	17	ZOHUR	36.55	___
5	Nour Diaa Eldin Fathy	14	NASR	36.09	___
6	Rawan Ragab Ramadan Abde	21	ZMALK	36.28	___
7	Hania Hatem Mohamed	14	ZOHUR	36.62	___
8	Habiba Saiid Darwish	13	NASR	37.66	___
9	May amr Mohamed	13	M.S Tagamoa	42.27	___
10	Donia Mohsen Mohamed	15	Cairo	44.01	___

Heat 3 of 9 Finals

1	Yassmin Ayman Abd ElHalim	14	SHAMS	34.95	___
2	Habiba Safwat Saleh	16	ZOHUR	34.38	___
3	Malak Ahmed Eisa	13	GHABA	34.15	___
4	Habiba Hany Ali	16	SHAMS	33.96	___
5	Malak Hussein Abd ElHalim /	14	HELDO	33.94	___
6	Mariem Mohammed abd Elaz	14	MAY15	33.94	___
7	Sama Gehad Mohamed	14	TWFIK	34.02	___
8	Mariam Nasr Ahmed Said	15	MAY15	34.19	___
9	Farida Mohamed Adel Khatta	14	ZOHUR	34.52	___
10	Rodayna Haytham Mahmoud	13	TRSAN	35.03	___

Heat 4 of 9 Finals

1	Khadiga Mohsen Abdel Waha	13	RWAD	33.86	___
2	Mariam Emad Mohamed Zoh	13	HELDO	33.85	___
3	Mariem Galal Saied	19	SHAMS	33.31	___
4	Retag Ahmed Abu El Fotoh	14	ZOHUR	33.23	___
5	Habiba Ayman Mahmoud Hai	16	Bank Ahly Alex	32.89	___
6	Lobna Ahmed Khalifa	16	Bank Ahly Alex	32.94	___
7	Sharouk Yehya Ibrahim	17	GHABA	33.24	___
8	Nagwa Khaled Mohamed Hss	16	NASR	33.75	___
9	Rawda Ashrif Ramdan	15	MAY15	33.86	___
10	Sama Karm Nasr Mohamed	13	SHAMS	33.93	___

Heat 5 of 9 Finals

1	Ranheil Moaat az Ballah Ali Ib	17	ZMALK	32.46	___
2	Rahaf Ahmed Esmaeel	15	ZMALK	32.08	___
3	Khadiga Nabil Ephrahim	16	SHOOT	32.01	___
4	Mena Mohamed Abd Elrhem	15	NASR	31.68	___
5	Ganna Samir Mohamed Hamr	17	GHABA	31.49	___
6	Rouaa Ahmed Ibrahim	16	RWAD	31.65	___
7	Rozana Waleed Desoky	13	Nasr City	31.74	___
8	Nelly Elgmal Moh. Sayd Most	16	GEZIR	32.05	___
9	Shahd Amr Mohamed EL Gar	13	HELDO	32.26	___
10	Fareeda Mohamed Farouk	13	HELDO	32.83	___

Heat 6 of 9 Finals

1	Allaa Ashraf Fekry	20	6 OCT	31.43	___
2	Farah Tarek Hassan	16	HELOP	31.38	___
3	Lojaina Khaled Mohamed Mo	16	HELDO	31.25	___
4	Lela Ahmed Kamal	15	GHABA	31.19	___
5	Malak Mohamed Mohamed G	15	MAADI	31.11	___
6	Nadin Adam Ahmed Foad Mo	17	SHAMS	31.15	___
7	Hanya Hossam Nabil El Cotor	23	GEZIR	31.20	___
8	Leila Mohamed Ibrahim	15	DEGLA	31.35	___
9	Noor Moh. Samer Eleesh	18	GEZIR	31.42	___
10	Ranim Mohamed Wagih	18	Bank Ahly Alex	31.45	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 7 Finals (#16 Women 13 & Over 50 LC Meter Butterfly)

1	Souhaila Abou El Mgd Ahmec	19	6 OCT	30.97	___
2	Mariam Emad Hamed Motaw	17	ZMALK	30.76	___
3	Nour Mohamed Hossain	15	SHOOT	30.68	___
4	Lian Shady Sabry	16	HELOP	30.56	___
5	Dina Khaled Elgaloly	20	Sporting	30.52	___
6	Sara Mahmoud El Gendy	14	DEGLA	30.55	___
7	Gihan Ahmed Abd El Azim At	16	MAADI	30.60	___
8	Dana Tamer Shafiq	17	HELOP	30.73	___
9	Malak Hesham Mohamed	14	AHLY	30.79	___
10	Malak Mamdoh Khalil Mohan	16	TRSAN	30.99	___

Heat 8 of 9 Finals

1	Hana Wael Magdi Mah . Elsae	14	GEZIR	30.36	___
2	Rawan Wael	15	AHLY	30.15	___
3	Aisha Ahmed Khaled	14	AHLY	29.95	___
4	Shahd Yasser	18	SMOHA	29.89	___
5	Roula Ahm. Houssny Houssei	18	GEZIR	29.80	___
6	Rawan Mohamed AboElFadl	17	DEGLA	29.83	___
7	Rofaida Mahmoud Mohamed	14	DEGLA	29.89	___
8	Kanzy Hesham Rashad	17	SHOOT	29.95	___
9	Ro'ua Ahmed Farag	18	SHOOT	30.27	___
10	Alyaa Ehab Abdelmounim	13	ZMALK	30.44	___

Heat 9 of 9 Finals

1	Carine Elia Abd el Malak	14	AHRAM	29.64	___
2	Amina Magdy Mohamed El Se	27	HELOP	29.58	___
3	Rodaina Mohamed Saad	15	DEGLA	29.33	___
4	Hana Waled Hassan	15	GHABA	28.95	___
5	Nour Mohamed Ibrahim Ali	15	SMOHA	28.73	___
6	Farida Ayman Samra	16	SHOOT	28.93	___
7	Hedy Amr Moustafa Hamoud	21	HELOP	29.30	___
8	Norhan Mohamed Mohei El d	17	SMOHA	29.39	___
9	Mayar Mohamed Gaber	19	AHLY	29.58	___
10	Jana Khalid	16	Sporting	29.76	___

Event 17 Men 13 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 9 Finals					
2	Tarek AboElthana Mohamed	21	SMOHA	NT	___
3	Yousef Ahmed Samir Al Bana	17	TWFIK	NT	___
4	Youssef Amr Moustafa Hany	14	HELDO	3:15.48	___
5	Ahmed Mohamed Hassan	15	GHABA	3:10.62	___
6	Abd Elrahman Saad Mostafa	13	TRSAN	3:12.88	___
7	Yousef amr Nabil	13	MAY15	3:20.21	___
8	Karim Mohamed El Gharabav	15	ZOHUR	NT	___
Heat 2 of 9 Finals					
1	Yassen Moh. Shrif Moh. Elbar	15	GEZIR	3:07.33	___
2	Omr Ahmed Farouk	14	Cairo	3:04.99	___
3	Moamen Walid Monir Hassar	13	GHABA	3:02.32	___
4	AL I Ahmed Shref Ali	14	HELOP	3:01.38	___
5	Abdallah Mahmoud Mohame	14	GHABA	3:00.38	___
6	Hussen Mohamed EL Dsoky	14	HELOP	3:01.05	___
7	Belal Tamer Abas	15	Canal El Suez	3:01.38	___
8	Abd Elrahman Tamer M Abd	13	NASR	3:04.69	___
9	Yossef Moh. Shrif Moh. Elbar	15	GEZIR	3:06.86	___
10	Omar Mohamed Atif	13	El Obour	3:07.98	___

Heat 3 of 9 Finals

1	Abdel Rahman Mohamed Mo	15	El Obour	2:56.51	___
2	Yehia Mohamed Ayman	13	HELOP	2:56.09	___
3	Ahmed Hessin Shaban	14	AHRAM	2:55.89	___
4	Hade Mohamed Saed	15	M.ARB	2:53.15	___
5	Adham Mohamed abd Aziz	13	Nasr City	2:52.62	___
6	Omar Tamer Ahmed Elsayed	14	NASR	2:52.65	___
7	AbdelRahman Mohamed Saye	15	El Obour	2:55.75	___
8	Ahmed Hazem Ibrahim	13	ENPPI	2:56.05	___
9	Mohamed Diaa Eldeen Moha	14	Nasr City	2:56.50	___
10	Mohamed Hany Fekry	14	NASR	2:59.24	___

Heat 4 of 9 Finals

1	Karem Mohamed Atia Ehsan	13	HELOP	2:51.42	___
2	Mohamed Ahmed Salah El Di	20	ZOHUR	2:50.96	___
3	Ziad Ayman Abd Elfatah	14	NASR	2:50.80	___
4	Yosif Khaled	16	NASR	2:50.54	___
5	Moaz Ahmed Ali Ahmed	14	RWAD	2:48.90	___
6	Moustafa Ahmed Abdelmawg	14	6 OCT	2:50.43	___
7	Hanna Refaat Hanna Awadall	14	HELDO	2:50.67	___
8	Braa Ayman Ali	16	ZOHUR	2:50.87	___
9	Omar Hamada Ahmed	14	Canal El Suez	2:51.21	___
10	Marwan Medhat Ali Abd ElH	13	SHAMS	2:52.48	___

Heat 5 of 9 Finals

1	Rami Michel Artigaud	14	GEZIR	2:47.98	___
2	Omar Khairy Ali	21	ZMALK	2:46.53	___
3	Omar Mostafa Abdelmohsen	17	MAADI	2:45.74	___
4	Yousof Hesham Anwer	15	TANTA	2:45.43	___
5	Ibrahim Yasser Farahat Abde	14	MAADI	2:44.43	___
6	Adham Hesham Mohmed abc	15	SHOOT	2:44.75	___
7	Mohamed Walid Hesin Hamc	13	GHABA	2:45.72	___
8	Karim Waled Hossam El Din	18	SHOOT	2:45.78	___
9	Mahmoud Ahmed Abd Elshaf	14	SHAMS	2:47.20	___
10	Mostafa Moh. Ahm. Moh. Moh	14	GEZIR	2:48.22	___

Heat 6 of 9 Finals

1	Mohamed Ahmed Elryas	16	ZMALK	2:41.98	___
2	Ali Mahmoud Salah ElDein Ze	16	SHAMS	2:41.87	___
3	Karim Ehab Abdel Kader	18	ZMALK	2:41.00	___
4	Azz El Din Hany Nagy Ahmed	15	SHOOT	2:39.72	___
5	Mahmoud Mohamed Mahmo	19	ZMALK	2:39.46	___
6	Ahmed Sameh Awad	17	RWAD	2:39.67	___
7	Mohamed Ahmed Abdel Mau	22	6 OCT	2:40.80	___
8	Ahmed Emad Samir Hassan	15	HELDO	2:41.40	___
9	Anas Moustafa Al Sayed Bayo	16	HELDO	2:41.91	___
10	Ahmed Amr Magdy	15	SHOOT	2:42.94	___

Heat 7 of 9 Finals

1	Mohamed Salem Essa	15	HELOP	2:38.56	___
2	abd Elrahman Mohamed Bad	15	TRSAN	2:36.95	___
3	Omar Osama Mohamed	19	SMOHA	2:35.86	___
4	Mohamed Ashraf Fouad Hass	17	6 OCT	2:35.61	___
5	Selim Moh. Ahm. Moktar Has.	16	GEZIR	2:35.02	___
6	Ali Khaled Ahmed Mostafa	17	GHABA	2:35.12	___
7	Ali Mohamed Ali Hasan El	15	Bank Ahly Alex	2:35.73	___
8	Abdallah Yasser Mohamed	19	Cairo	2:36.64	___
9	Adhm Montser Kmaal	15	SHOOT	2:37.65	___
10	Abdla Mohmd Ahmd Ali Alml	15	6 OCT	2:38.98	___

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Meet Program

Heat 8 Finals (#17 Men 13 & Over 200 LC Meter Breaststroke)

1	Shady Mahmoud Hammam A	18	MAADI	2:33.98	___
2	Yousef Adel Ramadan	15	SHAMS	2:33.28	___
3	Ahmed Hany Ahmed	14	DEGLA	2:31.35	___
4	Khaled Hammad Mohamed	16	DEGLA	2:31.16	___
5	Mohamed Ashraf Abdel Hay	19	AHLY	2:29.96	___
6	Mohmed Sherief	18	Cairo	2:30.37	___
7	Mahmoud Maged Abo el Ela	16	DEGLA	2:31.26	___
8	Ahmed Mohamed Amr	16	ZOHUR	2:32.94	___
9	Zeiad Khairy Ali	18	ZMALK	2:33.78	___
10	Ramiz Elsaeyd Abdoh	17	DEGLA	2:34.43	___

Heat 9 of 9 Finals

1	Mohamed Mashhour Yehia	15	AHLY	2:29.25	___
2	Abdel Rahman Mohamed Abc	18	AHLY	2:28.65	___
3	Saif Ahmed abd Elmoniemi Er	17	SHAMS	2:27.41	___
4	Karim Mohamed Samy	17	AHLY	2:24.05	___
5	Youssef Ismail Elkamash	25	Sporting	2:14.83	___
6	Faris Mohamed Mashaly	21	Sporting	2:22.52	___
7	Mohamed Moaataz Abdel-Ha	20	AHLY	2:26.23	___
8	Saif ELDIn Sameh A.Elmoaaz	17	DEGLA	2:28.34	___
9	Moahamed Sameh Moustafa	16	MAADI	2:28.80	___
10	Mohand Tarik Mohamed Ali I	20	SMOHA	2:29.39	___

Event 18 Women 13 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 10 Finals

4	Enjy Mohamed AboZid	20	SMOHA	NT	___
5	Hode Mohamed Reda	13	M.S Tagamoa	1:33.48	___
6	Ro'oya Mashaly	22	Sporting	NT	___
7	Allaa Ashraf Fekry	20	6 OCT	NT	___

Heat 2 of 10 Finals

1	Aya Rezk Shaban	13	M.S Tagamoa	1:30.11	___
2	Mai Ahmed Mohamed Abdo	13	El Obour	1:24.00	___
3	Hanan Faten Fouad	16	TRSAN	1:22.94	___
4	Lina Ahmed Osama	14	ROYAL	1:18.84	___
5	Salma Abd ElTawab ElSayed	16	NASR	1:16.69	___
6	Laila Khaled Faheem	16	M.ARB	1:17.13	___
7	Doha Hussein Fathy Hussein	15	NASR	1:21.05	___
8	Basmala Blal Rafat	13	TRSAN	1:23.38	___
9	Marim Mahmoud Mohamed	13	NASR	1:25.38	___
10	Nour Mohamed Hosny	14	M.S Tagamoa	1:31.92	___

Heat 3 of 10 Finals

1	Ghoswn Wahed Mohamed	16	El Obour	1:15.68	___
2	Souhaila Mohamed Mostafa	17	ZOHUR	1:15.00	___
3	Farida Mohamed Tharwat	13	HELDO	1:13.08	___
4	Nour Daa Eldin Fathy	14	NASR	1:11.37	___
5	Engy Mohamed Abd Elhamee	14	ZOHUR	1:11.17	___
6	Renad Tarek Ahmed Hamdy	13	HELDO	1:11.29	___
7	Rodayna Haytham Mahmoud	13	TRSAN	1:11.64	___
8	Rodaina Emad Maher	16	SENZO	1:14.47	___
9	Judy Awwad Mohamed	15	ZOHUR	1:15.56	___
10	Hana Hamdy Metwaly	16	ZOHUR	1:15.90	___

Heat 4 of 10 Finals

1	Salma Shref Hussan	13	MAY15	1:10.53	___
2	Rawan Sherif El Saied	14	TAGAM	1:09.52	___
3	Zenab Wagdy	15	GHABA	1:09.25	___
4	Rodaina Nabil Hamdy	13	GHABA	1:08.39	___
5	Sama Mohamed Dahy	13	Nasr City	1:08.23	___
6	Farida Mohamed Adel Khatta	14	ZOHUR	1:08.35	___
7	Gana Yamin Mohipeldin	13	ZMALK	1:08.50	___
8	Salma Sherif Hussien Moham	17	MAADI	1:09.27	___
9	Jana Hisham Mohamed	14	Cairo	1:09.86	___
10	Habiba Shady Abdel Rahman	17	HELDO	1:10.78	___

Heat 5 of 10 Finals

1	Zena Mahmoud Mohamed M	15	GHABA	1:07.87	___
2	Zeina Ayman Saad	14	ZMALK	1:07.71	___
3	Esraa Wael Ezat	14	ZMALK	1:06.86	___
4	Amira Hatem Saad Sakr	16	Bank Ahly Alex	1:06.54	___
5	Habiba Fawzy Mostafa	13	NASR	1:05.65	___
6	Fareeda Mohamed Farouk	13	HELDO	1:06.06	___
7	Aida Ahm. Mohssin Abd Elraz	15	GEZIR	1:06.54	___
8	Nada Tamer	13	Cairo	1:07.31	___
9	Rofayda Mohamed Emam	13	ZMALK	1:07.76	___
10	Kenzy amr Ahmed	15	ZMALK	1:08.09	___

Heat 6 of 10 Finals

1	Malak Mamdoh Khalil Mohan	16	TRSAN	1:04.98	___
2	Younna Mohamed Mahmoud	17	SHAMS	1:04.53	___
3	Ritag Ehab Sayed Mohamed	14	SHAMS	1:04.16	___
4	Hana Waled Hassan	15	GHABA	1:03.93	___
5	Anod Amr Abd El Aziz	14	DEGLA	1:03.40	___
6	Yasmine Sharif AbdElAziz Ga	16	SHAMS	1:03.60	___
7	Joudy Mohamed Aly	15	Sporting	1:03.98	___
8	Habiba Ayman Mahmoud Ha	16	Bank Ahly Alex	1:04.18	___
9	Goudy Abdelhalem Fathala Z	15	Bank Ahly Alex	1:04.98	___
10	Lojain Hesham Mohamed	16	Cairo	1:04.98	___

Heat 7 of 10 Finals

1	Kenzy Mohamed el Sebaey	14	Cairo	1:03.27	___
2	Mariam Galal Saied	19	SHAMS	1:03.22	___
3	Farah Osama Ahmed Mahmo	17	Bank Ahly Alex	1:03.13	___
4	Farah Tarek Hassan	16	HELOP	1:03.07	___
5	Rouaa Ahmed Ibrahim	16	RWAD	1:02.94	___
6	Nelly Elgmal Moh. Sayd Most	16	GEZIR	1:03.04	___
7	Shahd Ahmed Abd Elbaky	16	Sporting	1:03.07	___
8	Hana Ashraf Mahmoud	19	DEGLA	1:03.17	___
9	Sara Mahmoud El Gendy	14	DEGLA	1:03.27	___
10	Lojaina Khaled Mohamed Mo	16	HELDO	1:03.29	___

Heat 8 of 10 Finals

1	Lela Ahmed Kamal	15	GHABA	1:02.82	___
2	Lama Tamer Mohamed Ahme	15	SMOHA	1:02.77	___
3	Mayar Mohamed Gaber	19	AHLY	1:02.39	___
4	Farida Amr Mohamed Abd El	15	SHOOT	1:02.29	___
5	Mariam Mohamed Emad Fah	15	MAADI	1:02.17	___
6	Hanya Hossam Nabil El Cotor	23	GEZIR	1:02.20	___
7	Dana Tamer Shafiq	17	HELOP	1:02.30	___
8	Noor Moh. Samer Eleesh	18	GEZIR	1:02.70	___
9	Lougain Yousief Ahmed Yousie	17	SHAMS	1:02.80	___
10	Rawda Nabil Mohamed	18	SMOHA	1:02.93	___

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Meet Program

Heat 9 Finals (#18 Women 13 & Over 100 LC Meter Freestyle)

1	Karma Shady Mohamed Sabr	13	HELOP	1:02.08	___
2	Malak Ahmed Helmy	15	AHLY	1:01.39	___
3	Hana Mostafa Ahmed Hamdy	19	AHLY	1:00.84	___
4	Roula Ahm. Houssny Houssei	18	GEZIR	1:00.74	___
5	Rawan Hesham Mohamed	19	Cairo	1:00.63	___
6	Nour Mohamed Ibrahim Ali	15	SMOHA	1:00.68	___
7	Gihan Ahmed Abd El Azim At	16	MAADI	1:00.83	___
8	Rawan Mostafa	17	DEGLA	1:01.07	___
9	Raghd Mohamed Elsaid Moh	15	SMOHA	1:01.43	___
10	Kanzy Hesham Rashad	17	SHOOT	1:02.15	___

Heat 10 of 10 Finals

1	Malak Mohamed Abd El Gabe	16	Bank Ahly Alex	1:00.13	___
2	Salma Saber	23	SHOOT	59.80	___
3	Farida Tharwat Maher	17	AHLY	59.65	___
4	Yasmin Mamdouh Mahmoud	21	AHLY	59.36	___
5	Ro'ua Ahmed Farag	18	SHOOT	59.28	___
6	Amina Magdy Mohamed El St	27	HELOP	59.30	___
7	Farida Ayman Samra	16	SHOOT	59.63	___
8	Carine Elia Abd el Malak	14	AHRAM	59.75	___
9	Rawan Mohamed AboElFadl	17	DEGLA	1:00.07	___
10	Hedy Amr Moustafa Hamoud	21	HELOP	1:00.52	___

Event 19 Women 13 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 7 Finals

2	Donya Amr Mohamed Nabih	18	SHAMS	NT	___
3	Marim Mahmoud Mohamed	13	NASR	1:43.61	___
4	Rodaina Emad Maher	16	SENZO	1:36.28	___
5	Knoz Afify Abd Elkader	17	NASR	1:32.41	___
6	Hams Hisham Mohamed	14	Cairo	1:33.40	___
7	Menna Alaah Mahrous	14	NASR	1:42.04	___
8	Enjy Mohamed AboZid	20	SMOHA	NT	___

Heat 2 of 7 Finals

1	Lina Ahmed Osama	14	ROYAL	1:27.91	___
2	Malak Qazzafi Shehata	16	GHABA	1:25.48	___
3	Salma Ahmed Sayed	14	ZOHUR	1:24.00	___
4	Malak Ahmed Eisa	13	GHABA	1:22.46	___
5	Jana Hisham Mohamed	14	Cairo	1:22.00	___
6	Zeina Essam Ali Mamdouh	13	HELDO	1:22.17	___
7	Jana Serag Mahmoud	13	Nasr City	1:23.73	___
8	Eva Gamal Sophe	16	GHABA	1:24.41	___
9	Malak Amr Essmat Mohamed	17	ZOHUR	1:25.90	___
10	Habiba Saiid Darwish	13	NASR	1:29.88	___

Heat 3 of 7 Finals

1	Habiba Safwat Saleh	16	ZOHUR	1:20.54	___
2	Malak Amr Abdel Monaem	18	ZMALK	1:19.74	___
3	Mariam Emad Mohamed Zoh	13	HELDO	1:19.25	___
4	Farida Hany Mahmoud Ibrah	19	HELDO	1:19.13	___
5	Malak Nasr El Din Ibrahim	17	ZMALK	1:18.41	___
6	Rofayda Mohamed Emam	13	ZMALK	1:18.68	___
7	Hana Mohamed Hasaan	13	ZMALK	1:19.14	___
8	Sama Mohamed Dahy	13	Nasr City	1:19.27	___
9	Rawan Sherif El Saied	14	TAGAM	1:19.82	___
10	Malak Hussein Abd ElHalim /	14	HELDO	1:21.90	___

Heat 4 of 7 Finals

1	Malak Mohamed abd el Kerin	16	ZMALK	1:17.01	___
2	Zena Mahmoud Mohamed M	15	GHABA	1:16.91	___
3	Hana Mohie el den Osman	16	HELOP	1:16.37	___
4	Mariam Sherif Mohamed Sha	14	MAADI	1:15.81	___
5	Ritag Ehab Sayed Mohamed	14	SHAMS	1:15.77	___
6	Karma aly Elsheraee	14	HELOP	1:15.80	___
7	Shahd Sameh Safouat Shaaba	16	HELDO	1:16.11	___
8	Malak Ahmed Abo Bakr	16	SHOOT	1:16.39	___
9	Farah Karim Mohamed	19	HELOP	1:16.99	___
10	Alia Ali Mohamed	17	HELOP	1:18.41	___

Heat 5 of 7 Finals

1	Farida Sherif Ahmed Taha	13	SHOOT	1:14.87	___
2	JoannaYosef Yehya Youssef	18	SHAMS	1:13.38	___
3	Yasmine Sharif AbdElAziz Ga	16	SHAMS	1:12.21	___
4	Fatma Mohamed Klel Ebrahim	16	6 OCT	1:11.79	___
5	Lama Tamer Mohamed Ahme	15	SMOHA	1:11.23	___
6	Rodaina Mohamed Saad	15	DEGLA	1:11.47	___
7	Farah Osama Ahmed Mahmo	17	Bank Ahly Alex	1:11.99	___
8	Basmala Ashraf Sayed	21	AHLY	1:12.61	___
9	Sama Gehad Mohamed	14	TWFIK	1:14.74	___
10	Souhaila Moahmed Mahmou	17	SHOOT	1:15.15	___

Heat 6 of 7 Finals

1	Mariam Mohamed Emad Fah	15	MAADI	1:11.16	___
2	Leila Mohamed Ibrahim	15	DEGLA	1:10.38	___
3	Rawan Hesham Mohamed	19	Cairo	1:10.34	___
4	Shahd Ahmed Abd Elbaky	16	Sporting	1:10.11	___
5	Kenzy Ahmed Ali	17	AHLY	1:09.47	___
6	Kenzy Mohamed el Sebaey	14	Cairo	1:09.50	___
7	Dana Tamer Shafiq	17	HELOP	1:10.29	___
8	Hoda Ahmed Hussein	16	ZOHUR	1:10.35	___
9	Haia Salah Mahmoud	20	AHLY	1:10.82	___
10	Rofaida Mahmoud Mohamed	14	DEGLA	1:11.23	___

Heat 7 of 7 Finals

1	Rawan Tamer Mohamed	16	DEGLA	1:09.07	___
2	Lougin Yousief Ahmed Yousie	17	SHAMS	1:08.90	___
3	Mariam Abdel-Rahman Sakr	23	AHLY	1:08.68	___
4	Farah Amr Abdel Motaleib	17	SHOOT	1:07.34	___
5	Raghd Mohamed Elsaid Moh	15	SMOHA	1:06.08	___
6	Roula Ahm. Houssny Houssei	18	GEZIR	1:06.28	___
7	Farida Amr Mohamed Abd El	15	SHOOT	1:07.87	___
8	Lojen Deiaa Eldin Abd Elaler	17	DEGLA	1:08.87	___
9	Goumana Tarek Yehia	15	AHLY	1:09.03	___
10	Rawda Nabil Mohamed	18	SMOHA	1:09.27	___

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Meet Program

Event 20 Men 13 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Ziad Ahamed Ragab Abd el H	14	SHOOT	4:34.94
2	Seif Sayed Mahmoud	14	HLWAN	4:32.56
3	Mohamed Ahmed Baha Elder	23	MAADI	4:29.01
4	Seif amr el Batal	14	Cairo	4:27.17
5	Kirolas Gamal Sobhy	17	SHAMS	4:25.64
6	Mohamed Yaser Fared Abd El	14	SHAMS	4:26.25
7	amr Hesham Bayomy	17	Cairo	4:27.67
8	Mahmoud Ayman Mahmoud	18	Bank Ahly Alex	4:29.47
9	Ali Sherif Ali Mohamed	15	SHOOT	4:34.35
10	Marwan Ahmed Elamrawy	25	Sporting	NT
Heat 2 of 4 Finals				
1	Mounir Ramez Mounir	16	SHOOT	4:23.89
2	Mohamed Saeed Eleiragy	15	ZMALK	4:22.49
3	Ramiz Elsaeyd Abdoh	17	DEGLA	4:20.93
4	Yosef Amr Ali Emad El Din	18	6 OCT	4:20.47
5	Omar Ahmed Hassan Ryaan	15	SHAMS	4:20.00
6	Mohamed Ehab El Tayeb	14	DEGLA	4:20.46
7	Ahmed Wael Ahmed	16	DEGLA	4:20.62
8	Marwan Mohamed Ezz El Dav	21	ZMALK	4:21.69
9	Ahmed Adel Ramadan	18	GHABA	4:23.21
10	Houssen Talal Houssen Sayd	16	6 OCT	4:24.05
Heat 3 of 4 Finals				
1	Shehab Hossam Mahmoud G	19	GHABA	4:18.18
2	Seif Ramah Essam El Din	18	SHOOT	4:17.68
3	Ahmed Khaled Moustafa	20	ZMALK	4:13.69
4	Karim Ahmed Khaled Elewa	18	SHAMS	4:12.50
5	amr Mohamed Anter	16	ZMALK	4:12.17
6	Ali Hany Mohamed Al Soghai	18	SHAMS	4:12.31
7	Mrawan Mostafa Mowaled	17	DEGLA	4:13.24
8	Yasin Hatem Sery	16	HELOP	4:14.00
9	Ahmed Khaled Abdel Hamed	19	SHOOT	4:17.95
10	Saif EIDin Aiman Ahmed	17	DEGLA	4:18.19
Heat 4 of 4 Finals				
1	Ibrahim Mohamed Yoneis	20	ZMALK	4:11.99
2	Youssef Magdy Elhady	16	AHLY	4:09.21
3	Mohamed Hossam AbdElsan	22	SMOHA	4:02.62
4	Mohamed Adel Mohamed Me	19	AHLY	3:56.00
5	Marwan Ismael Elkmash	27	Sporting	3:46.36
6	Ahmed Akram Abbas	24	AHLY	3:51.18
7	Yosef Hany Mohamed	18	AHLY	4:00.10
8	Ahmed Sameh Elsaid	16	AHLY	4:04.27
9	Mohamed Mahmoud Moham	17	GHABA	4:11.78
10	Mohamed Hesham Esmail H	17	6 OCT	4:12.07

Event 22 Women 13 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Finals				
4	Ro'oya Mashaly	22	Sporting	NT
5	Gana Mohamed Husayn	14	SEKA	41.75
6	Nour Mohamed Hosny	14	M.S Tagamoa	41.78

Heat 2 of 10 Finals

2	Salsabil Sayed Mohamed	14	NASR	39.72
3	May amr Mohamed	13	M.S Tagamoa	38.56
4	Mai Ahmed Mohamed Abdo	13	El Obour	36.96
5	Lina Ahmed Osama	14	ROYAL	34.82
6	Roaa Mohamed Nabil Khalil	13	NASR	35.83
7	Malak Mahmoud Taha	14	QARON	37.94
8	Somia Mohamed Ebdelmohse	14	M.S Tagamoa	39.44
9	Aya Rezk Shaban	13	M.S Tagamoa	40.09

Heat 3 of 10 Finals

1	Sama Tamer Maged Hassan	14	HELDO	34.62
2	Salma Abd ElTawab ElSayed	16	NASR	33.75
3	Gana Sayed Shaker	17	TRSAN	33.38
4	Hania Hatem Mohamed	14	ZOHUR	33.17
5	Jana Hisham Mohamed	14	Cairo	32.34
6	Mariam Mohamed Nabil	18	RWAD	32.88
7	Malak Amr Essmat Mohamed	17	ZOHUR	33.36
8	Rodaina Emad Maher	16	SENZO	33.56
9	Laila Akram Hassan Afifi	14	HELDO	34.43
10	Laila Khaled Faheem	16	M.ARB	34.67

Heat 4 of 10 Finals

1	Habiba Safwat Saleh	16	ZOHUR	32.01
2	Haneen amr Abdelaziz	15	Cairo	31.78
3	Hana Moataz Mahmoud Toull	24	ZOHUR	31.75
4	Raneem Mohamed Sayed Ahr	21	HELDO	31.59
5	Sama Mohamed Dahy	13	Nasr City	31.14
6	Shahd Hesham Fouad Abaas	16	ZMALK	31.29
7	Rawan Ragab Ramadan Abde	21	ZMALK	31.69
8	Leen Hossam Mansour	13	Cairo	31.76
9	Sama Gehad Mohamed	14	TWFIK	31.78
10	Mariam Nasr Ahmed Said	15	MAY15	32.34

Heat 5 of 10 Finals

1	Retag Mohamed Ragab	14	ZMALK	31.04
2	Retag Ahmed Abu El Fotoh	14	ZOHUR	30.67
3	Zena Mahmoud Mohamed M	15	GHABA	30.63
4	Malak Ahmed Osama	14	M.ARB	30.31
5	Habiba Fawzy Mostafa	13	NASR	30.15
6	Rahaf Ahmed Esmaeel	15	ZMALK	30.24
7	Gana Mohamed Ahmed Salan	15	GHABA	30.31
8	Lojain Hesham Mohamed	16	Cairo	30.67
9	Mena Mohamed Abd Elrhem	15	NASR	30.81
10	Rawan Sherif El Saied	14	TAGAM	31.14

Heat 6 of 10 Finals

1	Hana Wael Magdi Mah . Elsae	14	GEZIR	29.91
2	Lojaina Khaled Mohamed Mo	16	HELDO	29.61
3	Anod Amr Abd El Aziz	14	DEGLA	29.38
4	Shahd Ahmed Abd Elbaky	16	Sporting	29.27
5	Yasmine Sharif AbdElAziz Ga	16	SHAMS	29.16
6	Ritag Ehab Sayed Mohamed	14	SHAMS	29.26
7	Lojeen Ebrahiem Khaliel	13	SHAMS	29.31
8	Kenzy Mohamed el Sebaey	14	Cairo	29.46
9	Malak Mamdoh Khalil Mohan	16	TRSAN	29.72
10	Fareeda Mohamed Farouk	13	HELDO	29.91

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Meet Program

Heat 7 Finals (#22 Women 13 & Over 50 LC Meter Freestyle)

1	Alyaa Ehab Abdelmounim	13	ZMALK	29.11	___
2	Yasmin Hosam EL Den Abd E	14	HELOP	28.94	___
3	Hanya Hossam Nabil El Cotor	23	GEZIR	28.88	___
4	Mariem Galal Saied	19	SHAMS	28.79	___
5	Farida Amr Mohamed Abd El	15	SHOOT	28.64	___
6	Habiba Ayman Mahmoud Hai	16	Bank Ahly Alex	28.77	___
7	Farida Ahmed Ibrahim	14	GHABA	28.82	___
8	Hana Waled Hassan	15	GHABA	28.88	___
9	Nelly Elgmal Moh. Sayd Most	16	GEZIR	29.05	___
10	Allaa Ashraf Fekry	20	6 OCT	29.16	___

Heat 8 of 10 Finals

1	Raghd Mohamed Elsaid Moh	15	SMOHA	28.52	___
2	Nour Mohamed Ibrahim Ali	15	SMOHA	28.40	___
3	Norhan Mohamed Mohei El d	17	SMOHA	28.30	___
4	Farah Amr Abdel Motaleb	17	SHOOT	28.26	___
5	Hana Mostafa Ahmed Hamdy	19	AHLY	28.21	___
6	Lela Ahmed Kamal	15	GHABA	28.22	___
7	Malak Ahmed Helmy	15	AHLY	28.28	___
8	Farah Tarek Hassan	16	HELOP	28.32	___
9	Mayar Mohamed Gaber	19	AHLY	28.42	___
10	Leila Mohamed Ibrahim	15	DEGLA	28.61	___

Heat 9 of 10 Finals

1	Rodaina Mohamed Saad	15	DEGLA	28.19	___
2	Malak Mohamed Abbas Moh	15	MAADI	28.16	___
3	Noor Moh. Samer Eleesh	18	GEZIR	28.12	___
4	Gihan Ahmed Abd El Azim Al	16	MAADI	27.96	___
5	Yasmin Mamdouh Mahmoud	21	AHLY	27.92	___
6	Malak Mohamed Abd El Gabe	16	Bank Ahly Alex	27.96	___
7	Loujin Abd Alla Slah Zkey	16	6 OCT	28.10	___
8	Dana Tamer Shafiq	17	HELOP	28.14	___
9	Hana Ashraf Mahmoud	19	DEGLA	28.17	___
10	Enjy Mohamed AboZid	20	SMOHA	28.19	___

Heat 10 of 10 Finals

1	Loujin Yousief Ahmed Yousie	17	SHAMS	27.81	___
2	Roula Ahm. Houssny Houssei	18	GEZIR	27.65	___
3	Farida Tharwat Maher	17	AHLY	27.56	___
4	Hedy Amr Moustafa Hamoud	21	HELOP	27.46	___
5	Salma Saber	23	SHOOT	27.00	___
6	Amina Magdy Mohamed El Se	27	HELOP	27.04	___
7	Carine Elia Abd el Malak	14	AHRAM	27.50	___
8	Rawan Mohamed AboElFadl	17	DEGLA	27.63	___
9	Kanzy Hesham Rashad	17	SHOOT	27.81	___
10	Farida Ayman Samra	16	SHOOT	27.83	___

Event 23 Men 13 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
4	Yassin Ahmed Qulail Raslan	13	SENZO	1:58.50	___
5	Omar Aed Rashwen Ahmed	13	El Obour	1:26.02	___
6	Seif El Din Essam Reda	13	SENZO	1:27.17	___

Heat 2 of 11 Finals

1	Nizar Amir Ahmed Al Sayed	14	SENZO	1:20.40	___
2	Yossif Ahmed Badawy	14	NASR	1:15.50	___
3	Nour Aldeen Ahmed Hassen	17	Nasr City	1:15.24	___
4	Ammar Mohamed Mohamed	13	MAY15	1:14.87	___
5	Mohamed Khaled Hassan	16	El Obour	1:14.23	___
6	Abdel Aziz Yousery Abdel Azi	15	NASR	1:14.73	___
7	Mohamed Hamdy Mohamed	13	El Obour	1:15.09	___
8	Ahmaed Abdeulnaser Mohar	16	ROYAL	1:15.39	___
9	Mazen Mohamed Mohamady	13	NASR	1:17.64	___

Heat 3 of 11 Finals

1	Khaled Ayman Salem	13	Nasr City	1:13.30	___
2	Ibrahim Mohamed Mehleb	14	MAADI	1:11.89	___
3	Aly Ahmed Bahy Elden	14	NASR	1:10.63	___
4	Yousef Ahmed Shehata Moha	22	ZMALK	1:10.08	___
5	Yosef Ahm. Ebrahim Hebesha	14	GEZIR	1:08.80	___
6	Mohamed Walid Abd El Fatta	14	MAADI	1:09.21	___
7	Mazen Mohamed Mokhtar M	14	HELDO	1:10.10	___
8	Loay Amgad el Mongy	15	TRSAN	1:11.79	___
9	Hmad Fouad Karam	13	TRSAN	1:12.92	___
10	Basel Ahmed Gamal Elden	14	NASR	1:13.49	___

Heat 4 of 11 Finals

1	Kareem Mohamed Fouad Alg	15	TWFIK	1:08.55	___
2	Adham Moh. Galal Eldin ElSa	15	GEZIR	1:07.91	___
3	Khaled Eslam Khaled	17	M.ARB	1:07.46	___
4	Abdelrahman Ahmed Moham	16	El Obour	1:07.01	___
5	Elhamy Ibrahim Elhamy Bad	14	HELDO	1:06.87	___
6	Omar Khairy Ali	21	ZMALK	1:07.01	___
7	Karem Ashraf	15	GHABA	1:07.16	___
8	Ead Ahmed Farowk	16	Nasr City	1:07.80	___
9	Karem Ashry Kseem	13	Canal El Suez	1:08.50	___
10	Mohamed Nasr Ahmed	13	MAY15	1:08.57	___

Heat 5 of 11 Finals

1	Yehia Ali Yehia Hassan	17	HELDO	1:05.43	___
2	Mahmoud Essam El Din Abd	17	ZOHUR	1:05.07	___
3	Mohamed Hassan Mohamed	16	MAY15	1:04.60	___
4	Mohmed Eslam Mohamed Rs	16	6 OCT	1:04.16	___
5	Hazem Mohamed Hazem Sab	16	SENZO	1:03.92	___
6	Mohamed Ahmed Hamdy	17	Cairo	1:04.15	___
7	Mohamed Yaser Mohamed	17	GHABA	1:04.17	___
8	Ali Hesham Moh. Fekre Shrif	16	GEZIR	1:04.94	___
9	Ahmed Mohamed Ibrahim	20	M.ARB	1:05.23	___
10	Monzer Mahmoud Ahmed	15	ZOHUR	1:05.92	___

Heat 6 of 11 Finals

1	Ahmed Atef Afifi	16	M.ARB	1:03.68	___
2	Zyad Waael Abass Bhr	17	6 OCT	1:03.43	___
3	Yossef Magdy el Azhary	15	HELOP	1:03.23	___
4	Ibrahimi Walid Fouad	17	Cairo	1:03.16	___
5	Nour Eldien Amr Elsaid Moh	16	RWAD	1:02.90	___
6	Yousif Mohamed Khalaf	19	SMOHA	1:02.91	___
7	Mostafa Mahmoud Mostafa	15	SHOOT	1:03.19	___
8	Adham Hadee Mohamed Tala	15	Bank Ahly Alex	1:03.33	___
9	Abdelrahman Osama Omar	16	Cairo	1:03.48	___
10	Youssef Emad Hanafy Sayed	16	HELDO	1:03.88	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 7 Finals (#23 Men 13 & Over 100 LC Meter Butterfly)

1	Houssen Talal Houssen Sayd	16	6 OCT	1:02.53	___
2	Abd ElRahman Mohamed Ain	15	SHOOT	1:01.89	___
3	Yahia Mohamed Abdelaal Ebr	17	Nasr City	1:01.17	___
4	Mohamed Tarek Rashad Abd	15	SHAMS	1:01.13	___
5	Omar Ahmed Samir Eldawod	13	Gezira El Ward	1:01.08	___
6	Selim Moh. Ahm. Moktar Has	16	GEZIR	1:01.10	___
7	Ahmed Essam Mohamed	18	Cairo	1:01.14	___
8	Omar Adel Abdel Hamed	18	ZOHUR	1:01.86	___
9	Mazen Mohamed Mohamed C	19	6 OCT	1:02.18	___
10	Omar Sherif Galal Eldin Mahr	15	MAADI	1:02.65	___

Heat 8 of 11 Finals

1	Ziad Khaled Shreef	17	Cairo	1:00.85	___
2	Mohanad Mamdouh Shahan	21	SHAMS	1:00.76	___
3	Mohamed Hesham Mohamed	19	ZOHUR	1:00.05	___
4	Mohamed Abdel Naser Ali	20	SHOOT	1:00.02	___
5	Zeiad Sophy Mohamed	20	GHABA	1:00.00	___
6	Mostafa Khaled Mahmoud	19	SHAMS	1:00.00	___
7	Yasen Amro Yasen Abd Elrah	17	GEZIR	1:00.03	___
8	Khaled Ahmed Mahmoud Gal	15	Bank Ahly Alex	1:00.46	___
9	Mahmoud Ayman Mahmoud	18	Bank Ahly Alex	1:00.77	___
10	Ahmed Tarek ali Fatehalla	17	Nasr City	1:00.90	___

Heat 9 of 11 Finals

1	Zeiad Omr Atteia	19	GHABA	59.79	___
2	Gamal Aymn Gamal abd el Ma	17	SHAMS	59.68	___
3	Saleh Hossam El Din Saleh	17	ZOHUR	59.51	___
4	Fares Mohamed Farouk	16	HELOP	59.41	___
5	Seif Mohamed Mohamed	16	DEGLA	59.27	___
6	Karim Ahmed Khaled Elewa	18	SHAMS	59.31	___
7	Ahmed Wael Ahmed	16	DEGLA	59.49	___
8	Aser Mamduh Yihia	17	HELOP	59.53	___
9	Adam Shref Mostafa	16	HELOP	59.73	___
10	Peter Sameh Ezzat	17	DEGLA	59.94	___

Heat 10 of 11 Finals

1	Mostafa Ahmed Mohamed Es	18	TANTA	59.09	___
2	Ahmed Mohamed El Ghandou	17	DEGLA	58.67	___
3	Karim Medhat Badr Mohame	21	SMOHA	57.89	___
4	Adham Hany Kamal Abdel Az	18	HELDO	57.81	___
5	Moustafa Maher Ahmed	21	GHABA	57.59	___
6	Sohaib Khaled Emam	17	AHLY	57.62	___
7	Hesham Wael Makram	21	AHLY	57.84	___
8	Ibrahim Mohamed Yoneis	20	ZMALK	58.48	___
9	Amar Hossam Fed El Tranesy	17	6 OCT	58.68	___
10	aly Mogep Salah Eldin	17	ZMALK	59.24	___

Heat 11 of 11 Finals

1	Ahmed Khaled Moustafa	20	ZMALK	57.19	___
2	Yassin Ayman Ali Toulba	17	SHOOT	56.44	___
3	Ibrahim Ahmed Ibrahim	19	Sporting	56.09	___
4	Khaled Abdel Naser Ali	21	SHOOT	55.16	___
5	Aly Ahmed Mahmoud Khalaf	24	AHLY	54.48	___
6	Abdel Rahman Sameh Mahm	20	AHLY	54.60	___
7	Ali Mohab AbdelRaouf Ali	23	HELOP	55.43	___
8	Mohamed Hossam AbdElslan	22	SMOHA	56.12	___
9	Sief Mohamed Mahmoud Mel	19	AHLY	56.82	___
10	Mostafa Mohamed Al Tahan	20	DEGLA	57.30	___

Event 24 Women 13 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 5 Finals

1	Rania Mohamed Mahmoud	19	ZOHUR	3:46.63	___
2	Daren Ahmed Mohamed	13	HELOP	3:17.14	___
3	Khadiga Mohsen Abdel Waha	13	RWAD	3:01.20	___
4	Zeina Ayman Saad	14	ZMALK	2:57.11	___
5	Aysel Mohamed Abdelghany	13	GHABA	2:55.86	___
6	Mirolla Hany Samir	14	DEGLA	2:55.96	___
7	Yasmin Wael Abdalaah	13	ZMALK	2:58.93	___
8	Zenia Ahmed Saied Kandil	13	HELOP	3:11.92	___
9	Nawal Yasser Sayed	15	El Obour	3:26.97	___

Heat 2 of 5 Finals

1	Sara Amin Soliman Mabrouk	13	GHABA	2:54.02	___
2	Malak Hussein Abd ElHalim /	14	HELDO	2:52.04	___
3	Nada Ahmed Othman	21	Bank Ahly Alex	2:50.21	___
4	Laila Mohamed Fathy	13	SHOOT	2:47.78	___
5	Gana aly Refaat aly	13	ZMALK	2:46.77	___
6	Farida Wasim Mohamed Adly	13	GHABA	2:47.42	___
7	Hana Ahmed Saied Kandel	13	HELOP	2:48.79	___
8	Malak Sherif Shawky El Goha	17	MAADI	2:50.45	___
9	Shahd Hany Hussein Darwish	16	SHAMS	2:53.81	___
10	Nour Hamed Abdelhafez Abd	13	DEGLA	2:54.76	___

Heat 3 of 5 Finals

1	Malak Ahmed Nagy Ali	16	HELDO	2:45.37	___
2	Lojain Osama Mohamed	15	DEGLA	2:43.94	___
3	Mariam Emad Hamed Motaw	17	ZMALK	2:41.25	___
4	Shahd Amr Mohamed EL Gar	13	HELDO	2:40.48	___
5	Mariam Abdel-Rahman Sakr	23	AHLY	2:38.72	___
6	Jana Mohamed Ahmed	16	DEGLA	2:40.35	___
7	Sarah Mohamed Abd ElSalam	14	HELDO	2:40.55	___
8	Habiba Khalid Ebrahiem	15	TWFIK	2:42.23	___
9	Malak Mamdoh Khalil Mohan	16	TRSAN	2:44.47	___
10	Bsmala Hassan Mohamed	17	M.ARB	2:46.57	___

Heat 4 of 5 Finals

1	Marim Mhmod Elsaid Elshik	16	SMOHA	2:37.88	___
2	Halla Alla Maher	14	DEGLA	2:36.17	___
3	Ranheil Moataaz Ballah Ali Ib	17	ZMALK	2:35.58	___
4	Shahd Sameh Safouat Shaaba	16	HELDO	2:34.35	___
5	Laila Mohamed Hitham	13	SHOOT	2:33.70	___
6	Jana Mohamed Omar Moham	14	SHAMS	2:34.04	___
7	Kenzy Hazem Moneeb	14	Cairo	2:34.38	___
8	Hilla Khaled Diab	13	AHLY	2:35.83	___
9	Mena Mohamed Abd Elrhem	15	NASR	2:36.95	___
10	Rozana Waleed Desoky	13	Nasr City	2:37.95	___

Heat 5 of 5 Finals

1	Hana Khaled Samy Hassan	18	SHOOT	2:31.16	___
2	Jana Khalid	16	Sporting	2:29.60	___
3	Kenzy Mostafa Hashad	15	AHLY	2:26.57	___
4	Kenzy Ibrahim Ibrahim	16	AHLY	2:25.75	___
5	Nour Diaa Elden abo Bakr	16	HELOP	2:22.98	___
6	Zaina Mohamed Haitham Has	15	SHOOT	2:23.41	___
7	Sara Mohamed Hassan	19	AHLY	2:25.77	___
8	Haidy Hosam Nabil Cotore	21	GEZIR	2:28.82	___
9	Nada Ahmed El Said Elbasyou	13	SHOOT	2:30.85	___
10	Nada Ahmed Samer	20	Sporting	2:31.82	___

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Meet Program

Event 25 Men 13 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
2	Marwan Ismael Elkmash	27	Sporting	NT
3	Ziad Ehab Tawfek	15	DEGLA	18:13.31
4	Yasin Mahmoud Mostafa	15	SHOOT	18:06.04
5	Ziad Tarek Mohamed	14	DEGLA	17:59.91
6	Seif Sayed Mahmoud	14	HLWAN	18:05.01
7	Mohamed Wael Abdel Monae	17	ENPPI	18:11.57
8	Mazen Mohamed Mokhtar M	14	HELDO	18:24.54
9	Marwan Ahmed Elamrawy	25	Sporting	NT
Heat 2 of 4 Finals				
1	Zeiad Hamdy Amin Ossman	17	ZMALK	17:54.65
2	amr Hesham Bayomy	17	Cairo	17:52.11
3	Marwan Mohamed Ezz El Dav	21	ZMALK	17:44.80
4	Amr Ahmde Mohamed Fatthy	19	SHAMS	17:34.54
5	Seif Ramah Essam El Din	18	SHOOT	17:25.65
6	Yousef Hatem Seif	17	SHOOT	17:29.15
7	Ali Sherif Ali Mohamed	15	SHOOT	17:43.86
8	Seif amr el Batal	14	Cairo	17:45.93
9	Youssef Dieya ElSayed Elkiki	16	SHAMS	17:52.27
10	Ahmed Adel Ramadan	18	GHABA	17:59.45
Heat 3 of 4 Finals				
1	Mohamed Saeed Eleiraqy	15	ZMALK	17:24.21
2	Seif Walaa Antar	15	DEGLA	17:19.24
3	Ahmed Khaled Abdel Hamed	19	SHOOT	17:13.16
4	Mohamed Ehab El Tayeb	14	DEGLA	17:04.23
5	Omar Ahmed Hassan Ryaan	15	SHAMS	16:56.75
6	Mohamed Hesham Esmail H	17	6 OCT	17:00.48
7	Yosef Amr Ali Emad El Din	18	6 OCT	17:12.34
8	Saif Eldin Aiman Ahmed	17	DEGLA	17:18.93
9	Ahmed Ayman Ali Mohamed	15	SHAMS	17:22.78
10	Sife Mohamwd Saber	15	ZMALK	17:25.06
Heat 4 of 4 Finals				
1	Ahmed Yasser Bastawesy	18	AHLY	16:34.50
2	Moustafa Tarik Moustafa	17	HELOP	16:31.01
3	amr Mohamed Anter	16	ZMALK	16:16.14
4	Ahmed Sameh Elsaid	16	AHLY	16:04.30
5	Ahmed Akram Abbas	24	AHLY	15:13.23
6	Mohamed Adel Mohamed Me	19	AHLY	15:31.56
7	Karem Magdy Ismail	20	Sporting	16:13.61
8	Ali Hany Mohamed Al Soghai	18	SHAMS	16:21.90
9	Shady Mahmoud Nader	17	AHLY	16:31.08
10	Mohamed Mahmoud Moham	17	GHABA	16:49.70

Event 26 Women 13 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
4	Zaina Mohamed Haitham Has	15	SHOOT	NT
5	Malak Amr Essmat Mohamed	17	ZOHUR	3:08.39
6	Salma Abd ElTawab ElSayed	16	NASR	3:20.22

Heat 2 of 8 Finals

1	Malak Amir Mohamed Eisa	13	GHABA	3:05.16
2	Nourhan Essam El Din Fatthy	17	ZOHUR	3:02.69
3	Lana Sherif Mohamed Abo El	14	SHAMS	3:00.06
4	Mariam Emad Gad Hossny	13	SHAMS	2:59.48
5	Hagar Hamdy Abdel Gawad	19	HELDO	2:54.62
6	Engy Mohamed Abd Elhamee	14	ZOHUR	2:59.40
7	Hager Hossam Mousad	18	SHAMS	2:59.66
8	Aysel Mohamed Abdelghany	13	GHABA	3:00.82
9	Sara Amin Soliman Mabrouk	13	GHABA	3:04.26

Heat 3 of 8 Finals

1	Nour Amr Mah. Fouad Elguin	14	GEZIR	2:51.52
2	Zeina Ayman Saad	14	ZMALK	2:50.70
3	Mariam Emad Mohamed Zoh	13	HELDO	2:49.65
4	Mena Mohamed Abd Elrhem	15	NASR	2:48.69
5	Rozana Waleed Desoky	13	Nasr City	2:48.15
6	Laila Mohamed Fathy	13	SHOOT	2:48.63
7	Amira Hatem Saad Sakr	16	Bank Ahly Alex	2:49.57
8	Rodayna Haytham Mahmoud	13	TRSAN	2:50.35
9	Farah Tarek Hassan	16	HELOP	2:50.97
10	Farida Mohamed Adel Khatta	14	ZOHUR	2:52.88

Heat 4 of 8 Finals

1	Rahma Ahmed Hesham Moha	19	HELDO	2:47.73
2	Habiba Fawzy Mostafa	13	NASR	2:47.08
3	Noor Moh. Samer Eleesh	18	GEZIR	2:46.60
4	Rahaf Ahmed Esmaeel	15	ZMALK	2:44.69
5	Gana Emad Gaad Hosny	17	SHAMS	2:44.24
6	Lobna Ahmed Khalifa	16	Bank Ahly Alex	2:44.46
7	Habeba Maysara Abdelhame	15	M.ARB	2:45.26
8	Noran amr Mahmoud Waly	18	M.ARB	2:46.76
9	Gana Mohamed Abd ElSamed	15	SHOOT	2:47.41
10	Rawda Ashrif Ramdan	15	MAY15	2:47.93

Heat 5 of 8 Finals

1	Hana Mohie el den Osman	16	HELOP	2:43.41
2	Hoda Ahmed Hussein	16	ZOHUR	2:42.97
3	Omeina Maysara Abdel Hame	19	M.ARB	2:42.16
4	Shahd Amr Mohamed EL Gar	13	HELDO	2:41.60
5	Joudy Ahmed Mohamed Nou	15	MAY15	2:41.02
6	Nada Ahmed Samer	20	Sporting	2:41.59
7	Malak Sherif Shawky El Goha	17	MAADI	2:42.07
8	Hana Khaled Samy Hassan	18	SHOOT	2:42.18
9	Alyaa Ehab Abdelmounim	13	ZMALK	2:43.22
10	Lojaina Khaled Mohamed Mo	16	HELDO	2:43.43

Heat 6 of 8 Finals

1	Alia Khaled Abas Sabaa	14	HELOP	2:40.63
2	Basmalah Gomaa Ali	15	Bank Ahly Alex	2:40.00
3	Yara ali el Koshy	15	ZMALK	2:39.11
4	Mariam Emad Hamed Motaw	17	ZMALK	2:38.38
5	Mai Khaled Abdeltif	17	DEGLA	2:38.02
6	Haidy Hosam Nabil Cotore	21	GEZIR	2:38.25
7	Hanya Hossam Nabil El Cotor	23	GEZIR	2:38.87
8	Ranim Mohamed Wagih	18	Bank Ahly Alex	2:39.78
9	Salam Mohamed Hassan Abd	18	6 OCT	2:40.22
10	Nouran Mahmoud Mohamed	15	DEGLA	2:40.84

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Meet Program

Heat 7 Finals (#26 Women 13 & Over 200 LC Meter IM)

1	Malak Mohamed Abd El Gabe	16	Bank Ahly Alex	2:36.41	___
2	Farah Amr Abdel Motaleib	17	SHOOT	2:35.81	___
3	Rofaida Mahmoud Mohamed	14	DEGLA	2:35.09	___
4	Shahd Yasser	18	SMOHA	2:33.94	___
5	Mariam Hossam Aly Sabour	19	GEZIR	2:33.77	___
6	Hilla Khaled Diab	13	AHLY	2:33.91	___
7	Habiba Hesham Mostafa Ham	17	DEGLA	2:34.97	___
8	Jana Mohamed Omar Moham	14	SHAMS	2:35.48	___
9	Karma Shady Mohamed Sabr	13	HELOP	2:36.36	___
10	Alya Mostafa Mohamed	17	AHLY	2:36.62	___

Heat 8 of 8 Finals

1	Souhaila Abou El Mgd Ahmec	19	6 OCT	2:33.09	___
2	Nadine Mohamed Mohamed An	14	6 OCT	2:32.16	___
3	Dina Khaled Elgaloly	20	Sporting	2:29.99	___
4	Rewida Hisham Tolba Ibrahim	25	AHLY	2:25.34	___
5	Lojen Deiaa Eldin Abd Elalem	17	DEGLA	2:22.26	___
6	Nour Daa Elden abo Bakr	16	HELOP	2:24.97	___
7	Mariam Mohamed Emad Fah	15	MAADI	2:29.91	___
8	Sara Mohamed Hassan	19	AHLY	2:30.91	___
9	Kenzy Mostafa Hashad	15	AHLY	2:33.03	___
10	Mariam Mohamed Ahmed Ko	14	SMOHA	2:33.58	___

Event 29 Men 13 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 13 Finals

2	el Mostafa Mostafa Eashur	14	SEKA	NT	___
3	Ahmed Mohamed Elhadary	15	Canal El Suez	NT	___
4	Eyad Waleed Shanan	17	MAADI	NT	___
5	Adham Khalid Ahmed	13	M.S Tagamoa	1:20.96	___
6	Marwan Ahmed Elamrawy	25	Sporting	NT	___
7	Omar el Saied abd el Eziz	14	SEKA	NT	___
8	Omar Mohamed Hossny Afify	15	ESF	NT	___

Heat 2 of 13 Finals

1	Mazen Mabrouk Farag	13	M.S Tagamoa	1:18.61	___
2	Ahmed Hazem Ibrahim	13	ENPPI	1:13.18	___
3	Mohamed Nagy Abd Elallah	13	NASR	1:10.90	___
4	Ahmed Mahmoud Abdullah	16	M.S Tagamoa	1:10.11	___
5	Abd Elrahman Saad Mostafa	13	TRSAN	1:08.75	___
6	Abdalla Amr Essa	13	Canal El Suez	1:09.93	___
7	Ziad Ahmed abd Elhamid	14	ENPPI	1:10.67	___
8	Zain AboElfotouh Elkilany	14	ROYAL	1:11.28	___
9	Mohamed Adel Abdullah Mm	15	M.S Tagamoa	1:14.13	___
10	Easim Mohamed Eabdalrahin	14	SEKA	1:19.07	___

Heat 3 of 13 Finals

1	Mohamed Hany Fekry	14	NASR	1:08.29	___
2	Abdel Aziz Yousery Abdel Azi	15	NASR	1:07.51	___
3	Badr Reda Badr	15	MAY15	1:06.75	___
4	Moamen Mohamed Faisal	14	TRSAN	1:06.32	___
5	Abdul Rahman Amr Salah Ma	16	SENZO	1:05.52	___
6	Youssef Mohamed Abd ElRah	14	HELDO	1:05.81	___
7	Mohamed Hamdy Mohamed	13	El Obour	1:06.43	___
8	Zyad Ayman Fouad	16	NASR	1:07.17	___
9	Mahmoud Hazem Mahmoud	14	NASR	1:07.99	___
10	Mohamed Emad Maher	14	SENZO	1:08.66	___

Heat 4 of 13 Finals

1	Mohap Ehap Halme	13	TAGAM	1:05.23	___
2	Yousef Ahmed Shehata Moha	22	ZMALK	1:04.86	___
3	Ahmaed Abdeulnaser Mohar	16	ROYAL	1:04.68	___
4	Nizar Amir Ahmed Al Sayed	14	SENZO	1:04.24	___
5	Aly Osama Samer Eldhshan	16	GEZIR	1:03.14	___
6	Mohamed Nasr Ahmed	13	MAY15	1:04.06	___
7	Youssef Tawfik Hamdy Tawfil	14	SENZO	1:04.66	___
8	Zayad Badr Fathallah	15	M.S Tagamoa	1:04.77	___
9	Abdelrahman Medhat Ahmed	15	MAY15	1:04.98	___
10	Ahmed Osama Fouad	16	El Obour	1:05.45	___

Heat 5 of 13 Finals

1	Yosif Moh. Fawzi Moh. Kande	15	GEZIR	1:03.10	___
2	Ahmed Mosaad AboASerie	14	MAY15	1:02.69	___
3	Ali Adel Abdel Razik	14	El Obour	1:02.64	___
4	Mohamed Ahmed Mahrous M	16	El Obour	1:02.29	___
5	Belal Tamer Abas	15	Canal El Suez	1:02.16	___
6	Loay Amgad el Mongy	15	TRSAN	1:02.28	___
7	Mohamed Yasser Abdel Aziz l	18	HELDO	1:02.51	___
8	Sohaeib Ayman Samir	14	Canal El Suez	1:02.66	___
9	Mohamed Sherif Mostafa Ali	16	TWFIK	1:03.01	___
10	Mohamed Hassan Mohamed	16	MAY15	1:03.11	___

Heat 6 of 13 Finals

1	Ahmed Akram Mohamed	17	ZOHUR	1:01.65	___
2	Ead Ahmed Farowk	16	Nasr City	1:01.35	___
3	Yosef Ismail Atef	16	Canal El Suez	1:00.90	___
4	abd Elrahman Mohamed Bad	15	TRSAN	1:00.30	___
5	Karim Wael Abdala Abdelgeli	15	Nasr City	59.89	___
6	Abd Elrahman Emad Fathe E	19	GEZIR	59.91	___
7	Marwan Mohamed Sabry	15	ENPPI	1:00.42	___
8	Hussen Ahm. Bahaa Eldin Far	16	GEZIR	1:01.31	___
9	Ahmed Ali El Sayed Ali	20	6 OCT	1:01.38	___
10	Adham Moh. Galal ElDin ElSa	15	GEZIR	1:01.70	___

Heat 7 of 13 Finals

1	Ahmed Mohamed Ibrahim	20	M.ARB	59.68	___
2	Hazem Mohamed Hazem Sab	16	SENZO	59.29	___
3	Mohamed Hazem Mohany En	16	HELDO	59.05	___
4	Mohamed Yaser Mohamed	17	GHABA	58.44	___
5	Zeiad Osama Fatthy Abdel Ha	17	TRSAN	58.32	___
6	Mohamed Hany Farouk	15	AHRAM	58.34	___
7	Ahmed Mohamed Amr	16	ZOHUR	58.54	___
8	Abdelrahman Osama Omar	16	Cairo	59.27	___
9	Seif Sayed Mahmoud	14	HLWAN	59.33	___
10	Ahmed Atef Afifi	16	M.ARB	59.70	___

Heat 8 of 13 Finals

1	Ibrahiem Walid Fouad	17	Cairo	58.25	___
2	amr Tarek Alsaid Alaraby	16	Nasr City	57.95	___
3	Mohamed Mohamed Gamel	19	GHABA	57.64	___
4	John Wael Nagy Mosad	14	HELDO	57.42	___
5	Ahmed Hossam Abdallah	16	HELOP	56.97	___
6	Ahmed Osama Mohamed	17	Cairo	57.41	___
7	Ali Khaled Ahmed Mostafa	17	GHABA	57.54	___
8	Rashed Hany Ramadan	17	RWAD	57.71	___
9	Sherif Amr Mahmoud Waly	19	M.ARB	58.19	___
10	Mohamed Ahmed Hamdy	17	Cairo	58.29	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 9 Finals (#29 Men 13 & Over 100 LC Meter Freestyle)

1	Ahmed Mohamed abd Elaziz	20	MAADI	56.96	___
2	Khaled Mohamed abd Elmon	19	Cairo	56.86	___
3	Nour Eldien Amr Elsaid Moh	16	RWAD	56.59	___
4	Yoseif Waled Hassan Al Shafa	20	ZMALK	56.47	___
5	Ahmed Ismail Mohamed Ism	17	MAADI	56.03	___
6	Ahmed Tarek ali Fatehalla	17	Nasr City	56.09	___
7	Zyad Ahmed Hesen Mahmou	17	GHABA	56.51	___
8	Mohamed Waled Mohamed	20	ZOHUR	56.85	___
9	Yousef Maged Nagy	16	HELOP	56.89	___
10	Ziad Abdel Ghany Osman	16	RWAD	56.97	___

Heat 10 of 13 Finals

1	Mounir Ramez Mounir	16	SHOOT	55.69	___
2	Seif Ramah Essam El Din	18	SHOOT	55.50	___
3	Omar Sherif Galal Eldin Mahr	15	MAADI	55.36	___
4	Yousef Ashraf Mahmoud	20	ZMALK	55.09	___
5	Aser Mamduh Yihia	17	HELOP	54.90	___
6	Shehab Ashraf	18	DEGLA	54.94	___
7	Ahmed Younis Nasir	18	ZMALK	55.29	___
8	Ahmed Wael Ahmed	16	DEGLA	55.48	___
9	Moustafa Abdo Mohamed Sh	18	RWAD	55.58	___
10	Mohanad Mohamed Wageh	17	SHOOT	55.80	___

Heat 11 of 13 Finals

1	Ahmed Wael el Mohandes	15	HELOP	54.82	___
2	Abdelrahman Khaled Mohme	17	DEGLA	54.71	___
3	Mohamed Hesham Esmail H	17	6 OCT	54.64	___
4	Shehab Hossam Mahmoud G	19	GHABA	54.48	___
5	Ali Mohamed ali abd el Rahm	17	SHAMS	54.37	___
6	Marwan Abdalla Mohamed A	18	SHOOT	54.45	___
7	Mostafa Ahmed Mohamed Es	18	TANTA	54.56	___
8	Mostafa Ihab Ahmed Shouma	20	SHAMS	54.66	___
9	Saleh Hossam El Din Saleh	17	ZOHUR	54.74	___
10	Omar Mohamed Taha Radwa	20	SMOHA	54.88	___

Heat 12 of 13 Finals

1	Karim Hatem abd el Sabour	19	Nasr City	54.30	___
2	Ali Wael Hashem	21	SHAMS	54.12	___
3	Seif Osama Ahmed Farag	20	AHLY	53.97	___
4	Zeiad Ahmed Abdelazim Abd	18	MAADI	53.85	___
5	Abdel Rahman Ali Mohamed	19	SHAMS	52.86	___
6	Karim Ahmed Khaled Elewa	18	SHAMS	53.49	___
7	Abdel Reheim Samir Al Shein	22	ZMALK	53.92	___
8	Marawan Ahmed Abdel Moez	16	DEGLA	54.00	___
9	Mostafa Mohamed el Said	19	HELOP	54.20	___
10	Adham Marwan Hassan	18	SHOOT	54.36	___

Heat 13 of 13 Finals

1	Yasin HossamEldin	17	SMOHA	52.83	___
2	Mohamed Hossam AbdElsan	22	SMOHA	52.70	___
3	Hesham Wael Makram	21	AHLY	52.56	___
4	Mohamed Adel Ahmed Bahg	20	ZOHUR	51.54	___
5	Aly Ahmed Mahmoud Khalaf	24	AHLY	49.10	___
6	Abdel Rahman Sameh Mahm	20	AHLY	50.91	___
7	Mostafa Mohamed Al Tahan	20	DEGLA	51.95	___
8	Sief Mohamed Mahmoud Mel	19	AHLY	52.68	___
9	Karim Medhat Badr Mohame	21	SMOHA	52.76	___
10	Omar Ahmed Ibrahim Eid	24	HELDO	52.84	___

Event 30 Women 13 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 7 Finals

4	Mariam Abdel-Rahman Sakr	23	AHLY	NT	___
5	Farah Magdy Ahmed	15	GHABA	3:21.83	___
6	Mirna Adel Youssef	18	NASR	3:36.28	___

Heat 2 of 7 Finals

1	Marim ali Ebrhim	13	Cairo	3:17.58	___
2	Lojain Ebrahim Yossef	13	GHABA	3:07.48	___
3	Salma Shref Hussan	13	MAY15	3:03.80	___
4	Malak Amir Mohamed Eisa	13	GHABA	3:01.46	___
5	Laila Mohamed Nabil Baiomy	15	HELOP	2:59.16	___
6	Belissia Mamdouh Gaber	14	HELDO	3:00.42	___
7	Malak Qazzafi Shehata	16	GHABA	3:02.90	___
8	Doha Hussein Fathy Hussein	15	NASR	3:06.52	___
9	Samar Salah Mostafa	14	ZOHUR	3:09.55	___
10	Hams Hisham Mohamed	14	Cairo	3:20.33	___

Heat 3 of 7 Finals

1	Rahma Mohamed Hassan Abc	17	HELDO	2:56.47	___
2	Zena Nader Galal Moh. Basha	14	GEZIR	2:55.29	___
3	Farida Hany Mahmoud Ibrahi	19	HELDO	2:54.61	___
4	Zenia Ahmed Saied Kandil	13	HELOP	2:53.91	___
5	Jana Hisham Mohamed	14	Cairo	2:52.83	___
6	Alia Ali Mohamed	17	HELOP	2:52.96	___
7	Mariam Mohammed abd Elaz	14	MAY15	2:54.11	___
8	Habiba Safwat Saleh	16	ZOHUR	2:55.07	___
9	Zeina Essam Ali Mamdouh	13	HELDO	2:56.02	___
10	Salma Ahmed Sayed	14	ZOHUR	2:58.73	___

Heat 4 of 7 Finals

1	Malak Hussein Abd ElHalim /	14	HELDO	2:52.07	___
2	Sama Mohamed Dahy	13	Nasr City	2:50.67	___
3	Malak Nasr El Din Ibrahim	17	ZMALK	2:49.00	___
4	Malak Amr Abdel Monaem	18	ZMALK	2:48.48	___
5	Farah Karim Mohamed	19	HELOP	2:46.67	___
6	Lena Ahmed Adel Smaha	13	HELOP	2:48.44	___
7	Hana Mohamed Hasaan	13	ZMALK	2:48.70	___
8	Esraa Ehab Zamel	16	ZMALK	2:49.84	___
9	Esraa Wael Ezat	14	ZMALK	2:51.66	___
10	Zena Mahmoud Mohamed M	15	GHABA	2:52.51	___

Heat 5 of 7 Finals

1	Farida Sherif Ahmed Taha	13	SHOOT	2:45.20	___
2	JoannaYosef Yehya Youssef	18	SHAMS	2:43.40	___
3	Souhaila Moahmed Mahmoud	17	SHOOT	2:39.57	___
4	Mai Khaled Abdeltif	17	DEGLA	2:38.27	___
5	Yasmine Sharif AbdElAziz Ga	16	SHAMS	2:37.65	___
6	Leila Mohamed Ibrahim	15	DEGLA	2:37.78	___
7	Mariam Sherif Mohamed Sha	14	MAADI	2:38.66	___
8	Joudy Ahmed Mohamed Nou	15	MAY15	2:40.36	___
9	Logien Ahmed Elsherif	13	SHOOT	2:43.93	___
10	Farah Tarik Abdel Fattah	19	SHAMS	2:46.51	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 6 Finals (#30 Women 13 & Over 200 LC Meter Backstroke)

1	Jana Mohamed Omar Moham	14	SHAMS	2:35.34	___
2	Shahd Ahmed Abd Elbaky	16	Sporting	2:34.63	___
3	Lougin Yousief Ahmed Yousie	17	SHAMS	2:33.50	___
4	Mariem Mohamed Emad Fah	15	MAADI	2:33.36	___
5	Haia Salah Mahmoud	20	AHLY	2:32.01	___
6	Hoda Ahmed Hussein	16	ZOHUR	2:32.73	___
7	Kenzy Ahmed Ali	17	AHLY	2:33.44	___
8	Farah Osama Ahmed Mahmo	17	Bank Ahly Alex	2:33.94	___
9	Fatma Mohamed Klel Ebrahir	16	6 OCT	2:35.15	___
10	Jassmin Mohamed Abdel Kad	13	DEGLA	2:35.65	___

Heat 7 of 7 Finals

1	Kenzy Mohamed el Sebaey	14	Cairo	2:30.91	___
2	Goumana Tarek Yehia	15	AHLY	2:30.83	___
3	Rawda Nabil Mohamed	18	SMOHA	2:30.66	___
4	Farah Amr Abdel Motaleib	17	SHOOT	2:28.62	___
5	Farida Amr Mohamed Abd El	15	SHOOT	2:27.47	___
6	Lojen Deiaa Eldin Abd Elalen	17	DEGLA	2:28.28	___
7	Raghd Mohamed Elsaid Moh	15	SMOHA	2:29.92	___
8	Rawan Tamer Mohamed	16	DEGLA	2:30.72	___
9	Basmala Ashraf Sayed	21	AHLY	2:30.90	___
10	Rawan Hesham Mohamed	19	Cairo	2:31.41	___

Event 32 Women 13 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 4 Finals

1	Farida Wasim Mohamed Adly	13	GHABA	10:30.94	___
2	Joudy Ahmed Mohamed Nou	15	MAY15	10:29.21	___
3	Aya Hossam El Din Abdel Azz	18	SHAMS	10:25.47	___
4	Salma Ahmed ali Mostafa	15	GHABA	10:21.41	___
5	Aya Mohamed Osama Taha H	19	SHOOT	10:19.01	___
6	Laila Mohamed Fathy	13	SHOOT	10:20.49	___
7	Sara Tarek Abd El Aziz Ahme	14	HELDO	10:22.74	___
8	Ganna Samir Mohamed Ham	17	GHABA	10:28.97	___
9	Malak Amr Abdel Monaem	18	ZMALK	10:29.37	___
10	Mariam Safwat Saleh	16	ZOHUR	10:34.73	___

Heat 2 of 4 Finals

1	Rawan Mahmoud Fouad	19	DEGLA	10:15.13	___
2	Anod Amr Abd El Aziz	14	DEGLA	10:12.90	___
3	Rokaia Hisham Ahmed	14	SHOOT	10:09.38	___
4	Rodaina Wael Mohamed	17	RWAD	10:02.83	___
5	Basmala Ashraf Sayed	21	AHLY	9:55.81	___
6	Yara ali el Koshy	15	ZMALK	9:57.77	___
7	Merna Mohamed adb Elhady	16	ZMALK	10:07.27	___
8	Jana Mohamed Ahmed	16	DEGLA	10:10.72	___
9	Salma Yasser Salah El Din Ess	19	HELDO	10:13.46	___
10	Younna Mohamed Mahmoud	17	SHAMS	10:17.43	___

Heat 3 of 4 Finals

1	Rouaa Ahmed Ibrahim	16	RWAD	9:55.14	___
2	Kenzy Hazem Moneeb	14	Cairo	9:51.53	___
3	Nadin Adam Ahmed Foad Mo	17	SHAMS	9:47.06	___
4	Yara Hussam Mohamed Saler	13	AHRAM	9:45.88	___
5	Gana Emad Gaad Hosny	17	SHAMS	9:42.88	___
6	Salma Mohamed Ibrahim Has	17	SHAMS	9:44.40	___
7	Elena Rogeh Hany	14	DEGLA	9:46.33	___
8	Shahd Sameh Safouat Shaaba	16	HELDO	9:50.15	___
9	Rawan Tamer Mohamed	16	DEGLA	9:53.88	___
10	Marim Mhmod Elsaid Elshik	16	SMOHA	9:55.55	___

Heat 4 of 4 Finals

1	Sara Mohamed Hassan	19	AHLY	9:40.44	___
2	Nada Ahmed Othman	21	Bank Ahly Alex	9:36.97	___
3	Hana Khaled Samy Hassan	18	SHOOT	9:36.22	___
4	Sara Mohamed Bhaa	15	HELOP	9:29.43	___
5	Sandy Ayman Atef	20	AHLY	9:10.98	___
6	Loujin Abd Alla Slah Zkey	16	6 OCT	9:18.97	___
7	Zaina Mohamed Haitham Has	15	SHOOT	9:33.51	___
8	Mariam Hesham Mohamed	16	AHLY	9:36.54	___
9	Kenzy Ibrahim Ibrahim	16	AHLY	9:37.53	___
10	Joudy Mohamed Aly	15	Sporting	9:42.15	___

Event 33 Men 13 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 4 Finals

4	Mahmoud Ahmed Abd Elshaf	14	SHAMS	5:21.67	___
5	Abd Elrahman Amr Abd Elfat	14	SHAMS	5:19.36	___
6	Karim Ehab Abdel Kader	18	ZMALK	5:21.61	___
7	Marwan Mohamed Ahmed	13	Nasr City	5:22.34	___

Heat 2 of 4 Finals

1	Yasen Abdelaziz Mohsen Abe	16	6 OCT	5:16.28	___
2	Ahmed Emad Samir Hassan	15	HELDO	5:10.24	___
3	Mohamed Ashraf Abdel Ghaf	17	DEGLA	5:08.75	___
4	Ahmed Tarek ali Fatehalla	17	Nasr City	5:08.42	___
5	Yosef Amr Ali Emad El Din	18	6 OCT	5:06.32	___
6	Ahmed Ayman Ali Mohamed	15	SHAMS	5:06.39	___
7	Seif Walaa Antar	15	DEGLA	5:08.65	___
8	Zeiad Hamdy Amin Ossman	17	ZMALK	5:08.93	___
9	Omar Ahmed Hassan Ryaan	15	SHAMS	5:11.85	___
10	Esmail Shref Adel	16	HELOP	5:17.76	___

Heat 3 of 4 Finals

1	Ahmed Mohssein Zaher Al Hc	19	ZMALK	5:03.63	___
2	Youssef Ehab Mostafa	15	AHLY	5:01.31	___
3	Mohamed Ashraf Abdel Hay	19	AHLY	5:01.28	___
4	Youssef Amr Sayed	14	DEGLA	4:59.10	___
5	Abdel Reheim Samir Al Shein	22	ZMALK	4:55.69	___
6	Omar Sherif Sayed	17	ZMALK	4:57.20	___
7	Saif ELDin Aiman Ahmed	17	DEGLA	4:59.67	___
8	Omar Osama Mohamed	19	SMOHA	5:01.30	___
9	Zeiad Omr Atteia	19	GHABA	5:01.74	___
10	Ahmed Sameh Awad	17	RWAD	5:04.59	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 4 Finals (#33 Men 13 & Over 400 LC Meter IM)

1	Yousef Adel Ramadan	15	SHAMS	4:52.97	___
2	Ramiz Elsaedy Abdoh	17	DEGLA	4:50.00	___
3	Selim Moh. Ahm. Moktar Has	16	GEZIR	4:41.68	___
4	Karem Magdy Ismail	20	Sporting	4:34.72	___
5	Salah Mohamed Amin	28	SMOHA	4:31.38	___
6	Ahmed Hamdy Salem	28	AHLY	4:33.05	___
7	Yosef Hany Mohamed	18	AHLY	4:38.94	___
8	Omar Hany Abdalla	18	AHLY	4:43.17	___
9	Yassin Ayman Ali Toulba	17	SHOOT	4:50.25	___
10	Ali Mohamed Ali Hasan El	15	Bank Ahly Alex	4:53.11	___

Event 34 Women 13 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 8 Finals

4	Ro'oya Mashaly	22	Sporting	NT	___
5	Mariam Ahmed Hamdy	17	NASR	1:47.61	___
6	Mariam Madhat Moustafa	17	M.S Tagamoa	1:49.88	___

Heat 2 of 8 Finals

2	Menna Alaah Mahrous	14	NASR	1:45.64	___
3	Basmala Blal Rafat	13	TRSAN	1:41.84	___
4	Maya Mohamed Omar	13	HELDO	1:37.87	___
5	Laila Khaled Faheem	16	M.ARB	1:35.94	___
6	Ghoswn Wahed Mohamed	16	El Obour	1:35.96	___
7	Judy Awwad Mohamed	15	ZOHUR	1:37.88	___
8	Farah Yasser Bakry	15	NASR	1:44.06	___
9	May amr Mohamed	13	M.S Tagamoa	1:46.38	___

Heat 3 of 8 Finals

1	Shorok Ayman Abd Elfatah El	13	NASR	1:34.56	___
2	Nour Amr Mah. Fouad Elguin	14	GEZIR	1:32.06	___
3	Malak Amir Mohamed Eisa	13	GHABA	1:31.37	___
4	Shahd Mohamed Zikri	13	SHAMS	1:29.50	___
5	Nadya Moh. Methat Hassan A	13	GEZIR	1:29.28	___
6	Fareh Shiref Hassan Ahmed A	15	SHAMS	1:29.42	___
7	Samaa Sherif Mohamed	13	ZMALK	1:30.16	___
8	Nada Hany Mohamed	13	HELDO	1:31.52	___
9	Engy Mohamed Abd Elhamee	14	ZOHUR	1:33.69	___
10	Maya Ahmed Yasser Mohame	13	GHABA	1:35.30	___

Heat 4 of 8 Finals

1	Gana amr Magdy	13	ZMALK	1:29.20	___
2	Rawda Ashrif Ramdan	15	MAY15	1:28.56	___
3	Farida Mohamed Tharwat	13	HELDO	1:27.81	___
4	Minna Mohamed Yousry	14	ZMALK	1:26.96	___
5	Fatma Mohamed Khaled	15	ROYAL	1:26.56	___
6	Lele Mohamed Mostafa	16	ENPPI	1:26.71	___
7	Farida Mohamed Ahmed El O	14	SHOOT	1:27.24	___
8	Souhaila Ehab Mohamed	13	ZMALK	1:28.31	___
9	Mariam Safwat Saleh	16	ZOHUR	1:29.00	___
10	Nada Mohamed Ahmed Kafal	13	ZMALK	1:29.26	___

Heat 5 of 8 Finals

1	Shams Anas Hessen Elsherif	15	SHAMS	1:25.92	___
2	Sohyla amr abd el Hakeem	17	Cairo	1:25.47	___
3	Mariam Mohamed Ibrahim	18	Cairo	1:24.58	___
4	Razan Mohamed Beshar Adb	15	DEGLA	1:24.06	___
5	Mariam amr Mohamed	15	DEGLA	1:23.96	___
6	Malk Mamduh Hammad	17	HELOP	1:24.02	___
7	Nada Ahmed Samer	20	Sporting	1:24.34	___
8	Lobna Ahmed Khalifa	16	Bank Ahly Alex	1:25.42	___
9	Farida Tamer Farouk abd EIM	16	SHAMS	1:25.92	___
10	Yara Yaser Yahia	19	Cairo	1:26.47	___

Heat 6 of 8 Finals

1	Mirna Sameh Shawky Mostaf	14	HELDO	1:23.86	___
2	Kanzy Hesham Rashad	17	SHOOT	1:23.21	___
3	Gana Mohamed Ahmed Salan	15	GHABA	1:22.15	___
4	Shahd Ahmed Safwat	14	Cairo	1:21.99	___
5	Rana Osama Abdel Halem	19	AHLY	1:21.93	___
6	Ranim Mohamed Wagih	18	Bank Ahly Alex	1:21.94	___
7	Farah Tarik Abdel Fattah	19	SHAMS	1:22.14	___
8	Rawan Wael	15	AHLY	1:22.61	___
9	Basmalah Gomaa Ali	15	Bank Ahly Alex	1:23.31	___
10	Alia Khaled Abas Sabaa	14	HELOP	1:23.94	___

Heat 7 of 8 Finals

1	Rahma Ahmed Hesham Moha	19	HELDO	1:21.40	___
2	Mariam Mohamed Soliman A	13	DEGLA	1:21.04	___
3	Karma Shady Mohamed Sabr	13	HELOP	1:20.43	___
4	Shahd Mohamed Ismael	15	SMOHA	1:19.84	___
5	Toka Ahmed Khalifa Mohame	17	Bank Ahly Alex	1:19.24	___
6	Mariam Mohamed Ahmed Ko	14	SMOHA	1:19.66	___
7	Malak Mohamed Haytham Ra	18	SHOOT	1:20.16	___
8	Sara Elhamy Foad Abd El Sall	15	MAADI	1:20.64	___
9	Lian Shady Sabry	16	HELOP	1:21.12	___
10	Nadin Ayman Hessien	15	DEGLA	1:21.52	___

Heat 8 of 8 Finals

1	Goudy Abdelhalem Fathala Z	15	Bank Ahly Alex	1:18.28	___
2	Nadine Mohmed Mohmed An	14	6 OCT	1:17.56	___
3	Dina Mosaad El Taiybe	17	Sporting	1:16.54	___
4	Hedy Amr Moustafa Hamoud	21	HELOP	1:13.93	___
5	Sara Soliman Said	16	AHLY	1:12.57	___
6	Rewida Hisham Tolba Ibrahim	25	AHLY	1:13.32	___
7	Salma Saber	23	SHOOT	1:14.05	___
8	Karma Ahmed Nabil	16	SHOOT	1:17.28	___
9	Hana Mostafa Ahmed Hamdy	19	AHLY	1:18.00	___
10	Habiba Hesham Mostafa Harr	17	DEGLA	1:18.96	___

Event 35 Men 13 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 12 Finals

4	Tarek AboElthana Mohamed	21	SMOHA	NT	___
5	Marwan Osama Samara Ibrah	13	SENZO	NT	___
6	Mathew Jhon Samer	13	M.S Tagamoa	NT	___

Egypt Swimming Cup 2019-2020 - 15-Oct-20 to 20-Oct-20

Meet Program

Heat 2 Finals (#35 Men 13 & Over 100 LC Meter Breaststroke)

2	Mazen Mabrouk Farag	13	M.S Tagamoa	1:38.02	___
3	Yousef amr Nabil	13	MAY15	1:36.20	___
4	Abd Elrahman Saad Mostafa	13	TRSAN	1:31.63	___
5	Omar Mohamed Atif	13	El Obour	1:30.89	___
6	Adam Hatem Mokhtar	14	SENZO	1:31.07	___
7	Abdul Rahman Amr Salah Ma	16	SENZO	1:32.02	___
8	Belal Mohamed Saied	14	M.S Tagamoa	1:36.71	___
9	Yassin Moamen Eldamrany	13	M.S Tagamoa	1:43.07	___

Heat 3 of 12 Finals

1	Youssef Hassan Hegazy Hass	14	SENZO	1:29.74	___
2	Ahmed Mahmoud Abdullah	16	M.S Tagamoa	1:27.44	___
3	Youssef Amr Moustafa Hany	14	HELDO	1:25.78	___
4	Mohamed Tamer Fahmy	15	Canal El Suez	1:24.81	___
5	Ziad Gawad Mahmoud	15	Cairo	1:24.11	___
6	Yasen Ahm. Abd ElHay Soiem	14	GEZIR	1:24.40	___
7	Ammar Mohamed Mohamed	13	MAY15	1:25.29	___
8	Youssef Al Moataz Mahmoud	16	HELDO	1:26.49	___
9	Abd Elrahman Tamer M Abd	13	NASR	1:27.84	___
10	Omar Mosaad Rafaat Mosaad	14	MAY15	1:30.44	___

Heat 4 of 12 Finals

1	Ahmed Hessin Shaban	14	AHRAM	1:23.76	___
2	Yehia Mohamed Ayman	13	HELOP	1:23.27	___
3	Belal Tamer Abas	15	Canal El Suez	1:22.25	___
4	Omar Hamada Ahmed	14	Canal El Suez	1:21.76	___
5	Youssef Hossam Mohamed M	17	Nasr City	1:21.49	___
6	Mohamed Diaa Eldeen Moha	14	Nasr City	1:21.68	___
7	Ahmed Sameh Adel	15	Cairo	1:21.88	___
8	Hussen Mohamed EL Dsoky	14	HELOP	1:22.59	___
9	Mohamed Hany Fekry	14	NASR	1:23.60	___
10	Ahmed Hazem Ibrahim	13	ENPPI	1:23.98	___

Heat 5 of 12 Finals

1	Hussen Ahm. Bahaa Eldin Far	16	GEZIR	1:21.10	___
2	Hade Mohamed Saed	15	M.ARB	1:20.80	___
3	Hanna Refaat Hanna Awadall	14	HELDO	1:20.32	___
4	Abdel Rahman Mohamed Mo	15	El Obour	1:19.79	___
5	Yosef Omar Abd Elaziz Taalat	14	GEZIR	1:19.45	___
6	Rashed Hany Ramadan	17	RWAD	1:19.70	___
7	Omar Tamer Ahmed Elsayed	14	NASR	1:20.14	___
8	AbdelRahman Mohamed Say	15	El Obour	1:20.74	___
9	Karem Mohamed Atia Ehsan	13	HELOP	1:20.88	___
10	Adham Mohamed abd Aziz	13	Nasr City	1:21.39	___

Heat 6 of 12 Finals

1	Yahia Mostafa Gamal Eldeen	15	RWAD	1:19.12	___
2	Mohamed Ahmed Salah El Di	20	ZOHUR	1:18.64	___
3	Mohamed Wael Abdala Abdel	15	Nasr City	1:18.42	___
4	Ahmed Tarek Ali Mostafa	16	SHAMS	1:18.14	___
5	Zeiad Osama Fatthy Abdel Ha	17	TRSAN	1:17.24	___
6	Mahmoud Ahmed Abd Elshaf	14	SHAMS	1:17.63	___
7	Ali Mohamed Adel Ahmed	16	SHAMS	1:18.29	___
8	Seif Ayman Abdel Hamed	17	GHABA	1:18.45	___
9	Yosif Khaled	16	NASR	1:18.85	___
10	Ziad Ayman Abd Elfatah	14	NASR	1:19.37	___

Heat 7 of 12 Finals

1	Mohamed Walid Heslen Hamc	13	GHABA	1:16.84	___
2	Rami Michel Artigaud	14	GEZIR	1:16.50	___
3	Ibrahim Yasser Farahat AbdE	14	MAADI	1:15.36	___
4	Mostafa Moh. Ahm. Moh. Moh	14	GEZIR	1:15.13	___
5	Abd ElRahman Shouky Mahrc	17	SHOOT	1:14.75	___
6	abd Rahman Tamer Ismail	17	SHOOT	1:14.86	___
7	Omar Khairy Ali	21	ZMALK	1:15.29	___
8	Ahmed Sameh Awad	17	RWAD	1:15.67	___
9	Ahmed Emad Samir Hassan	15	HELDO	1:16.78	___
10	Moaz Ahmed Ali Ahmed	14	RWAD	1:16.94	___

Heat 8 of 12 Finals

1	Abd Elrhman Adel	16	GHABA	1:14.29	___
2	Anas Moustafa Al Sayed Bayo	16	HELDO	1:14.20	___
3	Adham Abd Elnabye Mohame	20	ZOHUR	1:14.06	___
4	Karim Ehab Abdel Kader	18	ZMALK	1:13.52	___
5	Mazen Ismail Mohamed Isma	16	MAADI	1:13.16	___
6	Mohamed Salem Essa	15	HELOP	1:13.48	___
7	Braa Ayman Ali	16	ZOHUR	1:13.96	___
8	Mohamed Emed Abdelhamec	13	6 OCT	1:14.19	___
9	Azz El Din Hany Nagy Ahmed	15	SHOOT	1:14.28	___
10	Yossef Gamal Rashed	19	GHABA	1:14.64	___

Heat 9 of 12 Finals

1	Yousof Hesham Anwer	15	TANTA	1:12.97	___
2	Zeiad Khairy Ali	18	ZMALK	1:12.44	___
3	Nour El Din Mohamed Mohar	18	ZMALK	1:11.92	___
4	Ali Mohamed Ali Hasan El	15	Bank Ahly Alex	1:11.80	___
5	Ali Khaled Ahmed Mostafa	17	GHABA	1:11.54	___
6	Omar Khaled Moustafa Al Ha	16	MAADI	1:11.69	___
7	Mohamed Ahmed Abdel Mau	22	6 OCT	1:11.82	___
8	Yousif Mohamed Anwar	17	HELOP	1:12.41	___
9	Yosef Amr Ali Emad El Din	18	6 OCT	1:12.85	___
10	abd Elrahman Mohamed Bad	15	TRSAN	1:13.09	___

Heat 10 of 12 Finals

1	Mohanad Mohamed Wageh	17	SHOOT	1:11.11	___
2	Adhm Montser Kmaal	15	SHOOT	1:11.00	___
3	Omar Osama Mohamed	19	SMOHA	1:10.01	___
4	Ahmed Hany Ahmed	14	DEGLA	1:09.66	___
5	Ahmed Mohamed El Menyaw	16	DEGLA	1:09.31	___
6	Ahmed Mohamed Amr	16	ZOHUR	1:09.37	___
7	Khaled Hammad Mohamed	16	DEGLA	1:09.72	___
8	Karim Mohamed El Gharabav	15	ZOHUR	1:10.10	___
9	Ahmed Khaled Mahmoud	17	Cairo	1:11.08	___
10	Ahmed Mohssein Zaher Al Hc	19	ZMALK	1:11.42	___

Heat 11 of 12 Finals

1	Moahamed Sameh Moustafa l	16	MAADI	1:08.94	___
2	Zeyad Osama Mohamed	19	SMOHA	1:08.43	___
3	Mohamed Mashhour Yehia	15	AHLY	1:08.41	___
4	Mohmed Sherief	18	Cairo	1:07.77	___
5	Ahmed Ismail Mohamed Ism:	17	MAADI	1:07.37	___
6	Saif Ahmed abd Elmoniem Er	17	SHAMS	1:07.57	___
7	Mohamed Ashraf Abdel Hay	19	AHLY	1:08.07	___
8	Mohamed Ashraf Fouad Hass	17	6 OCT	1:08.42	___
9	Mahmoud Maged Abo el Ela	16	DEGLA	1:08.46	___
10	Saif ELDIn Sameh A.Elmoaez	17	DEGLA	1:09.22	___

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Meet Program

Heat 12 Finals (#35 Men 13 & Over 100 LC Meter Breaststroke)

1	Abdallah Yasser Mohamed	19	Cairo	1:06.71	___
2	Mohand Tarik Mohamed Ali I	20	SMOHA	1:06.06	___
3	Daly Dimitrios Chin	23	Sporting	1:05.71	___
4	Hassan Yasser Ezzat	22	AHLY	1:05.18	___
5	Youssef Ismail Elkamash	25	Sporting	1:01.05	___
6	Mohamed Housam Ibrahim	24	AHLY	1:04.92	___
7	Faris Mohamed Mashaly	21	Sporting	1:05.28	___
8	Karim Mohamed Samy	17	AHLY	1:05.76	___
9	Karim Hatem abd el Sabour	19	Nasr City	1:06.32	___
10	Omar Ehab Ahmed Abo el Ftc	18	SHAMS	1:07.31	___

Event 36 Women 13 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

4	Nada Tamer	13	Cairo	5:12.83	___
5	Rawda Ashrif Ramdan	15	MAY15	5:10.83	___
6	Gana aly Refaat aly	13	ZMALK	5:11.33	___
7	Reem Mohamed Ibrahim	15	ZMALK	5:13.58	___

Heat 2 of 6 Finals

1	Amira Hatem Saad Sakr	16	Bank Ahly Alex	5:06.81	___
2	Malak Amr Abdel Monaem	18	ZMALK	5:04.56	___
3	Mirna Sameh Shawky Mostaf	14	HELDO	5:03.63	___
4	Farida Wasim Mohamed Adly	13	GHABA	5:01.89	___
5	Salma Ahmed ali Mostafa	15	GHABA	5:01.28	___
6	Aya Mohamed Osama Taha H	19	SHOOT	5:01.59	___
7	Amira Hatem Ahmed Shawky	14	MAADI	5:02.18	___
8	Joudy Ahmed Mohamed Nou	15	MAY15	5:04.52	___
9	Mariam Safwat Saleh	16	ZOHUR	5:05.57	___
10	Bsmala Hassan Mohamed	17	M.ARB	5:09.88	___

Heat 3 of 6 Finals

1	Lama Tamer Mohamed Ahme	15	SMOHA	5:00.96	___
2	Maya Ahmed Adel Ali	18	SHAMS	4:59.95	___
3	Salam Mohamed Hassan Abd	18	6 OCT	4:57.49	___
4	Rokaia Hisham Ahmed	14	SHOOT	4:56.90	___
5	Rawan Mahmoud Fouad	19	DEGLA	4:55.26	___
6	Omeina Maysara Abdel Hame	19	M.ARB	4:55.57	___
7	Salma Yasser Salah El Din Ess	19	HELDO	4:57.12	___
8	Habeba Maysara Abdelhamec	15	M.ARB	4:59.11	___
9	Merna Mohamed adb Elhady	16	ZMALK	5:00.67	___
10	Ganna Samir Mohamed Ham;	17	GHABA	5:01.13	___

Heat 4 of 6 Finals

1	Rodaina Wael Mohamed	17	RWAD	4:53.97	___
2	Marim Mhmod Elsaid Elshik	16	SMOHA	4:53.28	___
3	Anod Amr Abd El Aziz	14	DEGLA	4:50.84	___
4	Laila Mohamed Hitham	13	SHOOT	4:49.12	___
5	Rouaa Ahmed Ibrahim	16	RWAD	4:46.82	___
6	Kenzy Hazem Moneeb	14	Cairo	4:47.95	___
7	Yara ali el Koshy	15	ZMALK	4:50.78	___
8	Youmna Mohamed Mahmoud	17	SHAMS	4:52.38	___
9	Toka Ahmed Khalifa Mohame	17	Bank Ahly Alex	4:53.39	___
10	Malak Amr Mohamed	14	DEGLA	4:55.07	___

Heat 5 of 6 Finals

1	Elena Rogeh Hany	14	DEGLA	4:45.99	___
2	Rawan Tamer Mohamed	16	DEGLA	4:45.13	___
3	Shahd Sameh Safouat Shaaba	16	HELDO	4:44.59	___
4	Rawan Hesham Mohamed	19	Cairo	4:43.97	___
5	Malak Mohamed Abd El Gabe	16	Bank Ahly Alex	4:41.99	___
6	Gana Emad Gaad Hosny	17	SHAMS	4:43.11	___
7	Nadin Adam Ahmed Foad Mo	17	SHAMS	4:44.42	___
8	Yara Hussam Mohamed Saler	13	AHRAM	4:44.90	___
9	Salma Mohamed Ibrahim Has	17	SHAMS	4:45.96	___
10	Joudy Mohamed Aly	15	Sporting	4:46.77	___

Heat 6 of 6 Finals

1	Nada Ahmed Othman	21	Bank Ahly Alex	4:37.54	___
2	Sara Mohamed Bhaa	15	HELOP	4:35.64	___
3	Kenzy Ibrahim Ibrahim	16	AHLY	4:33.93	___
4	Ro`ua Ahmed Farag	18	SHOOT	4:30.71	___
5	Sandy Ayman Atef	20	AHLY	4:28.18	___
6	Farida Tharwat Maher	17	AHLY	4:30.61	___
7	Loujin Abd Alla Slah Zkey	16	6 OCT	4:31.00	___
8	Mena Tarek Aly	15	AHLY	4:35.46	___
9	Zaina Mohamed Haitham Has	15	SHOOT	4:35.81	___
10	Basmala Ashraf Sayed	21	AHLY	4:39.31	___

Event 37 Men 13 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

2	Mohamed Hassan Mohamed	16	MAY15	NT	___
3	Yassin Hany Mahmoud	13	HELDO	3:04.18	___
4	Abdlrhman Ayman Salah Elsa	13	HELDO	2:57.59	___
5	Adam Waled Yossri	14	GHABA	2:57.14	___
6	Moaz Mohamed Ibrahim	14	GHABA	2:57.51	___
7	Mohamed Tamer Zaki	13	NASR	2:58.47	___
8	Kress Nader abd Elsaid	13	Cairo	3:05.68	___

Heat 2 of 8 Finals

1	Yosif Ahmed Mohsen	13	NASR	2:51.18	___
2	Ahmed Shehab Ahm. Saleh	20	GEZIR	2:47.86	___
3	Slem Waled Ahmed Fahem	13	HELOP	2:44.79	___
4	Youssef Mohamed Abd ElRah	14	HELDO	2:44.04	___
5	Kareem Mohamed Fawzy Mo	13	Nasr City	2:43.55	___
6	Aly Magdy Eid Shehata	13	NASR	2:43.95	___
7	Ahmed Hosam Hekal	13	HELOP	2:44.51	___
8	Omar Ahmed Magdy Abd AIM	15	HELDO	2:45.89	___
9	Abd Alla Karim Ashraf Mahgc	15	GEZIR	2:49.54	___
10	Mazen Ehab Ahmed	14	Cairo	2:54.70	___

Heat 3 of 8 Finals

1	Yossef Moh. Shrif Moh. Elbart	15	GEZIR	2:40.35	___
2	Eyad Mohamed Tamer	14	TWFIK	2:37.90	___
3	Osama Medhat Samir	13	ZOHUR	2:36.71	___
4	Mohamed Ahmed Galal	16	ZOHUR	2:36.01	___
5	Hamza Moh. Khairy Samra	14	GEZIR	2:35.79	___
6	Yosef Ismail Atef	16	Canal El Suez	2:35.92	___
7	abd el Rahman Waleed el Sha	13	HELOP	2:36.22	___
8	Omar Khaled Hasan	15	NASR	2:37.53	___
9	Salem Waled Ahmed	13	HELOP	2:40.16	___
10	Belal Tamer Abas	15	Canal El Suez	2:42.82	___

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Meet Program

Heat 4 Finals (#37 Men 13 & Over 200 LC Meter Backstroke)

1	Marwan Mohamed Ahmed	13	Nasr City	2:32.09	___
2	Mohamed Ayman Abd Elsam	13	ZOHUR	2:31.25	___
3	Karem Ashraf	15	GHABA	2:29.68	___
4	Mostafa Adel Mohamed Samy	14	SHOOT	2:29.46	___
5	Mohamed Ahmed Abd Elshaf	14	SHAMS	2:29.29	___
6	Yahia Mohamed Abdelaal Ebr	17	Nasr City	2:29.41	___
7	Fouad Ahmed Fouad EL Had	14	SHAMS	2:29.57	___
8	Mahmoud Emad Abd Elmogh	15	ZOHUR	2:30.17	___
9	Youssef Hassan Salah	16	Cairo	2:31.97	___
10	Kareem Mohamed Fouad Alg	15	TWFIK	2:35.73	___

Heat 5 of 8 Finals

1	Mohamed Ayman Mamdoh H	14	TANTA	2:28.84	___
2	Moamen Khalid Mohamed	15	ZMALK	2:26.62	___
3	Yousef Maged Nagy	16	HELOP	2:26.37	___
4	Mohamed Ahmed Salem	16	GHABA	2:25.94	___
5	Youssef Dieya ElSayed Elkiki	16	SHAMS	2:24.89	___
6	Yasen Abdelaziz Mohsen Abe	16	6 OCT	2:25.70	___
7	Mohamed Ahm. Aly Moh. Der	16	GEZIR	2:26.14	___
8	Eyad Mohsen Ismail	13	NASR	2:26.55	___
9	Zeyad Osama Zedan	14	Bank Ahly Alex	2:27.36	___
10	Khaled Ahmed Farouk Ramdi	17	Cairo	2:29.11	___

Heat 6 of 8 Finals

1	Abdel Rahman Amr Farag	13	SHOOT	2:23.56	___
2	Abd El Rahman Mohamed Ali	15	SHOOT	2:23.32	___
3	Locman Mostafa Abdel Sabou	17	TALBE	2:22.63	___
4	Omar Sherif Sayed	17	ZMALK	2:19.36	___
5	Ahmed Hazem Akram	15	DEGLA	2:18.88	___
6	Omer Badr Kamel	16	SHOOT	2:19.28	___
7	Mohamed Ahmed Abdel Hak	17	SHOOT	2:21.33	___
8	Islam Mohamed Nashaat	14	MAADI	2:23.24	___
9	amr Tarek Alsaid Alaraby	16	Nasr City	2:23.33	___
10	Ahmed Yaser Mohamed	15	M.ARB	2:24.19	___

Heat 7 of 8 Finals

1	Khaled Ahmed Mahmoud Gal	15	Bank Ahly Alex	2:17.95	___
2	Seif ElDein Ahmed Ebrahim F	16	SHAMS	2:16.13	___
3	Karim Adel Ahmed Bahgat	17	ZOHUR	2:15.39	___
4	Ahmed Younis Nasir	18	ZMALK	2:15.10	___
5	Yousif Mohamed Khalaf	19	SMOHA	2:14.44	___
6	Kirolas Gamal Sobhy	17	SHAMS	2:14.63	___
7	Marawan Ahmed Abdel Moez	16	DEGLA	2:15.16	___
8	Ahmed Awny Glal Aly	16	6 OCT	2:15.99	___
9	Ali Khaled Osama	16	DEGLA	2:17.77	___
10	Mohamed Taha Abd El Raouf	15	DEGLA	2:18.13	___

Heat 8 of 8 Finals

1	Abdel Rahman Mohamed Abc	18	AHLY	2:11.77	___
2	Abdel Reheim Samir Al Shein	22	ZMALK	2:09.98	___
3	Salah Mohamed Amin	28	SMOHA	2:09.22	___
4	Ahmed Hamdy Salem	28	AHLY	2:08.12	___
5	Mohamed Hany Elsayed	15	AHLY	2:06.71	___
6	Abdelrahman Gamal Eldin	20	AHLY	2:07.85	___
7	Yousef Ashraf Mahmoud	20	ZMALK	2:09.12	___
8	Mrawan Mostafa Mowaled	17	DEGLA	2:09.85	___
9	Waled Mohamed Sophy	17	Stad Mansoura	2:11.76	___
10	Ahmed Assem Goumaa	19	AHLY	2:11.95	___

Event 38 Men 13 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 14 Finals

4	Omar Mohamed Hossny Afify	15	ESF	NT	___
5	Omar el Saied abd el Eziz	14	SEKA	NT	___
6	Shady Tamer Nabil	20	Cairo	NT	___

Heat 2 of 14 Finals

2	Yahya Ashraf Mizar	13	QARON	36.30	___
3	Mohamed Medhat Abdunabi	14	QARON	35.01	___
4	Mohamed Ahmed Mmokhtar	13	M.S Tagamoa	33.58	___
5	Zain AboElfotouh Elkilany	14	ROYAL	32.98	___
6	Adam Hatem Mokhtar	14	SENZO	33.26	___
7	Easim Mohamed Eabdalrahin	14	SEKA	33.64	___
8	Mohamed Islam Bahrawey	14	QARON	35.33	___
9	Youssef Ismail Elkamash	25	Sporting	NT	___

Heat 3 of 14 Finals

1	el Mostafa Mostafa Eashur	14	SEKA	32.80	___
2	Abdullah Amjad Ibrahim	13	QARON	32.76	___
3	Mohamed Adel Abdullah Mm	15	M.S Tagamoa	31.76	___
4	Mohamed Hany Fekry	14	NASR	30.72	___
5	Zyad Ayman Fouad	16	NASR	29.72	___
6	Ahmed Mahmoud Abdullah	16	M.S Tagamoa	30.32	___
7	Ziad Ahmed abd Elhamid	14	ENPPI	31.35	___
8	Abd Elrahman Ahmmed Elna	13	Canal El Suez	31.83	___
9	Abdelaziz Ahmed Kilany	13	M.S Tagamoa	32.77	___
10	Youssef Amr Abdelhamid	14	QARON	32.82	___

Heat 4 of 14 Finals

1	Ammar Mohamed Mohamed	13	MAY15	29.54	___
2	Youssef Hossam Mohamed M	17	Nasr City	29.43	___
3	Abdul Rahman Amr Salah Ma	16	SENZO	29.31	___
4	Zayad Badr Fathallah	15	M.S Tagamoa	29.09	___
5	Abdel Rahman Tarik Mohame	21	NASR	28.98	___
6	Abdelrahman Medhat Ahmed	15	MAY15	29.04	___
7	Ali Adel Abdel Razik	14	El Obour	29.29	___
8	Ahmaed Abdeulnaser Mohar	16	ROYAL	29.42	___
9	Ahmed Mohamed Ahmed Sol	15	NASR	29.48	___
10	Nizar Amir Ahmed Al Sayed	14	SENZO	29.63	___

Heat 5 of 14 Finals

1	Mohamed Sherif Mostafa Ali	16	TWFIK	28.82	___
2	Mohamed Nasr Ahmed	13	MAY15	28.73	___
3	Adham Moh. Galal ElDin ElSa	15	GEZIR	28.28	___
4	Omar Khaled Hasan	15	NASR	28.22	___
5	Mohamed Ahmed Hassan	21	ZMALK	28.07	___
6	Abdallah Hesham Mohamed	19	ZOHUR	28.08	___
7	Marwan Mohamed Sabry	15	ENPPI	28.23	___
8	Sohaieb Ayman Samir	14	Canal El Suez	28.46	___
9	Youssef Tawfik Hamdy Tawfil	14	SENZO	28.80	___
10	Yosif Moh. Fawzi Moh. Kande	15	GEZIR	28.92	___

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Meet Program

Heat 6 Finals (#38 Men 13 & Over 50 LC Meter Freestyle)

1	Ahmed Mohamed Elhadary	15	Canal El Suez	27.94	___
2	Yousef Ahmed Shehata Moha	22	ZMALK	27.90	___
3	Aly Osama Samer Eldhshan	16	GEZIR	27.75	___
4	Ahmed Ali El Sayed Ali	20	6 OCT	27.47	___
5	Locman Mostafa Abdel Sabou	17	TALBE	27.39	___
6	Yassin Karim Ahmed	16	ZOHUR	27.42	___
7	Ahmed Akram Mohamed	17	ZOHUR	27.62	___
8	abd Elrahman Mohamed Bad	15	TRSAN	27.83	___
9	Ead Ahmed Farowk	16	Nasr City	27.90	___
10	Ahmed Mosaad AboASerie	14	MAY15	28.04	___

Heat 7 of 14 Finals

1	Ahmed Mohamed Ibrahim	20	M.ARB	27.09	___
2	Adham Hadee Mohamed Tala	15	Bank Ahly Alex	26.92	___
3	Mohamed Ashraf Zein	16	Canal El Suez	26.78	___
4	amr Tarek Alsaid Alaraby	16	Nasr City	26.66	___
5	Mostafa Abou Elabas Youssef	17	BNKG	26.48	___
6	Zeyad Osama Zedan	14	Bank Ahly Alex	26.53	___
7	Ahmed Yaser Mohamed	15	M.ARB	26.69	___
8	Abd Elrahman Emad Fathe E	19	GEZIR	26.83	___
9	Mohamed Ahmed Ellethy	15	TANTA	27.03	___
10	Yosef Ismail Atef	16	Canal El Suez	27.29	___

Heat 8 of 14 Finals

1	Adham Ahmad Shaban	20	RWAD	26.28	___
2	Mohamed Hany Farouk	15	AHRAM	26.16	___
3	Abdel Rahman Osama Radwa	19	6 OCT	26.11	___
4	Islam Mohamed Nashaat	14	MAADI	25.98	___
5	Mohamed Mohamed Gamel	19	GHABA	25.82	___
6	Mohamed Tamer Adly Anour	17	Palm Hills	25.83	___
7	Mahmoud Ashraf Abdel Ham	19	HELDO	26.10	___
8	Hany Ahmed Hisham Moham	24	HELDO	26.15	___
9	Sherif Yaser Ali Meaabed	17	6 OCT	26.20	___
10	Rashed Hany Ramadan	17	RWAD	26.31	___

Heat 9 of 14 Finals

1	Zyad Ahmed Hesen Mahmou	17	GHABA	25.77	___
2	Mohamed Ashraf Fouad Hass	17	6 OCT	25.70	___
3	Khaled Mohamed abd Elmon	19	Cairo	25.67	___
4	Mohamed Abdel Naser Ali	20	SHOOT	25.64	___
5	Marwan Abdalla Mohamed A	18	SHOOT	25.64	___
6	Yousif Mohamed Khalaf	19	SMOHA	25.64	___
7	Abdallah Yasser Mohamed	19	Cairo	25.65	___
8	Ahmed Mohamed abd Elaziz	20	MAADI	25.68	___
9	Ahmed Khaled Elsied	22	Ezz El Dekhela	25.75	___
10	Mohamed Hisham Salah	21	SHOOT	25.77	___

Heat 10 of 14 Finals

1	Abd Elrahman Mohamed abd	16	M.ARB	25.61	___
2	John Wael Nagy Mosad	14	HELDO	25.56	___
3	Hamza Hossam el Maadawy	17	HELOP	25.45	___
4	Shehab Hossam Mahmoud G	19	GHABA	25.44	___
5	Mohamed Yaser Fared Abd El	14	SHAMS	25.40	___
6	Mohand Tarik Mohamed Ali I	20	SMOHA	25.43	___
7	Ali Wael Hashem	21	SHAMS	25.44	___
8	Ahmed Younis Nasir	18	ZMALK	25.53	___
9	Amar Hossam Fed El Tranesy	17	6 OCT	25.58	___
10	Mohamed Khalied Ahmed Els	18	ZMALK	25.61	___

Heat 11 of 14 Finals

1	Adam Shref Mostafa	16	HELOP	25.39	___
2	Adham Marwan Hassan	18	SHOOT	25.37	___
3	Abdelrahman Khaled Mohme	17	DEGLA	25.27	___
4	Fares Mohamed Farouk	16	HELOP	25.23	___
5	Yoseif Waled Hassan Al Shafa	20	ZMALK	25.10	___
6	Nour Eldien Amr Elsaid Moh	16	RWAD	25.13	___
7	Mohamed Mohamed Anwar /	19	Cairo	25.24	___
8	Ahmed Mohamed El Ghandou	17	DEGLA	25.33	___
9	Eyad Waleed Shanan	17	MAADI	25.38	___
10	Mohamed Taha Abd El Raouf	15	DEGLA	25.39	___

Heat 12 of 14 Finals

1	Ali Khaled Osama	16	DEGLA	25.06	___
2	AbdelRahman Nabel AbdElM	21	GHABA	24.83	___
3	Mostafa Ahmed Mohamed Es	18	TANTA	24.75	___
4	Moustafa Abdo Mohamed Sh	18	RWAD	24.69	___
5	Ahamed Mahmoud Hassan M	18	SHAMS	24.65	___
6	Basel Mohamed Zaghlol	19	GHABA	24.69	___
7	Aser Mamduh Yihia	17	HELOP	24.74	___
8	Omar Sherif Galal Eldin Mahr	15	MAADI	24.80	___
9	omr Hessian Zahian Mohamec	20	Cairo	25.04	___
10	Mostafa Ihab Ahmed Shouma	20	SHAMS	25.09	___

Heat 13 of 14 Finals

1	Mohanad Mohamed Wageh	17	SHOOT	24.55	___
2	Faris Mohamed Mashaly	21	Sporting	24.43	___
3	Omar Ahmed Ibrahim Eid	24	HELDO	24.21	___
4	Ali Mohamed Hussein Kasser	23	AHLY	24.12	___
5	Karim Medhat Badr Mohame	21	SMOHA	23.95	___
6	Yasin HossamEldin	17	SMOHA	24.05	___
7	Abdel Rahman Ali Mohamed	19	SHAMS	24.21	___
8	Saleh Hossam El Din Saleh	17	ZOHUR	24.30	___
9	Hesham Wael Makram	21	AHLY	24.44	___
10	Ahmed Wael el Mohandes	15	HELOP	24.56	___

Heat 14 of 14 Finals

1	Omar Mohamed Taha Radwa	20	SMOHA	23.67	___
2	Mohamed Hesham Ahmed Al	20	HELDO	23.60	___
3	Karim Hassan Moh. El Hoshy	18	GEZIR	23.38	___
4	Abdel Rahman Sameh Mahm	20	AHLY	22.43	___
5	Mohamed Emad Maher	14	SENZO	20.24	___
6	Aly Ahmed Mahmoud Khalaf	24	AHLY	22.43	___
7	Mohamed Adel Ahmed Bahg	20	ZOHUR	23.34	___
8	Mostafa Mohamed Al Tahan	20	DEGLA	23.47	___
9	Karim Hatem abd el Sabour	19	Nasr City	23.61	___
10	Sief Mohamed Mahmoud Mel	19	AHLY	23.75	___