

## National Masters Cup 2020-2021 - 12-Nov-20 to 14-Nov-20

## Meet Program - 13-11-2020 Evening

## Event 33 Men 20 &amp; Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 8 Finals</b>				
1	Ahmed Shehab Ahmed Saleh	20	GEZIR	NT
2	Mostafa Ahmad Ali Mosalam	26	SHOOT	NT
3	Ayman Mohamed Mokhta	28	SHOOT	NT
4	Salah Mohamed Amin	28	SMOHA	NT
5	Moaataz Bella Ali Mohamed	28	HELOP	NT
6	Mohamed Ahmed Shendy	26	AHLY	NT
7	Nadeem Naser El Din Fawzy	20	TANTA	NT
<b>Heat 2 of 8 Finals</b>				
1	Omar Abdelhamid Elkhoully	29	ZMALK	NT
2	Mohamed Ebrahim Al Bakaly	30	SHOOT	NT
3	Aslam Mohamed Mahde	31	Nasr City	NT
4	Mostafa Elaskary	32	Canal El Suez	NT
5	Abdalla Samir EL Shenawi	31	ZMALK	NT
6	Haitham El Shazly	30	Sporting	NT
7	Omar Hesham Kandeil	29	SHOOT	NT
8	Mohamed Hesham Mohamed	28	Gezira El Ward	NT
<b>Heat 3 of 8 Finals</b>				
1	Mohamed Mahmoud Gad All	32	AHLY	NT
2	Ahmed Hafez Sharaf Eldeen	34	ZOHUR	NT
3	Eslam Hani Abdou	34	HELOP	NT
4	Loai R Ismael Hafez	35	TANTA	NT
5	Abdelrahman Mohamed Zagl	35	ZMALK	NT
6	Ehsan Mohamed Gomah	34	Nasr City	NT
7	Salah Eldin Said Sabry	34	AHLY	NT
8	Adham El-Huseen El-Bassam	32	GHABA	NT
<b>Heat 4 of 8 Finals</b>				
1	Mamdouh Mohamed Monir	36	AHLY	NT
2	Eslam Mahmoud Mohamad	39	SHOOT	NT
3	Mahmoud Hossein Mahmoud	39	Nasr City	NT
4	Wael Elmy Sayed	41	ZOHUR	NT
5	Shrief S Abdelhakiem Hassan	40	SHAMS	NT
6	Waleed Ahmed Fouad	39	SHOOT	NT
7	Mohammad Hassan Abdelate	37	SHOOT	NT
8	Islam Ahmed Abdelaziz	35	Canal El Suez	NT
<b>Heat 5 of 8 Finals</b>				
1	Kamal Fouad Hanafey	42	SMOHA	NT
2	Hany M Farouk Abdelhmed	46	TANTA	NT
3	Ayman Mohamad Saed	48	SHOOT	NT
4	Khaled Abdel Hamed Solimar	50	Nasr City	NT
5	Karim Assem Moh. Abou El E	49	GEZIR	NT
6	Waleed Mohamad Abden	46	SHOOT	NT
7	Emad El Din Yosef Mostafa	45	SHOOT	NT
8	Mohamad Mahmoud Moham.	41	SHOOT	NT
<b>Heat 6 of 8 Finals</b>				
1	Waleed Hassan Hussien Zaye	50	SHOOT	NT
2	Waleed Mahmoud Diab	53	SHOOT	NT
3	Ashraf Farag Abdelwahab	54	AHLY	NT
4	Hosam El Den Tanawy	57	HELOP	NT
5	Hany Youseif Al Meseiry	56	MAADI	NT
6	Osama Nayef Sleem	53	Canal El Suez	NT
7	Ahmed Adel Talaat Noaaman	51	SHOOT	NT
8	Haitham Sharnoby	50	Sporting	NT

## Heat 7 of 8 Finals

1	Ashraf Al Sayed Younes	59	HELOP	NT
2	Hossny Hassan Ali	61	AHLY	NT
3	Abdel Aziz Mohamed Hashim	64	HELOP	NT
4	Amr Mansour	65	Sporting	NT
5	Ibrahim Ahmed Elayady	64	Canal El Suez	NT
6	Mostafa Hassan Abou El Foto	62	SHOOT	NT
7	Ahmed Mohamed Ibrahim	60	SHOOT	NT
8	Tarik Mohamed Abaza	59	AHLY	NT

## Heat 8 of 8 Finals

1	Ali Selim Al Halaby	67	HELOP	NT
2	Shrief Zohair	70	AHLY	NT
3	Maged Mahmoud Kamel	70	SHOOT	NT
4	Salah El Din Mostafa Al Saba	78	SHOOT	NT
5	Ahmed Moh. Abdel Baset	78	GEZIR	NT
6	Ibrahim Ahmed Zaki	70	HELOP	NT
7	Moneir Hossein Eisa Abdel R	68	SHOOT	NT
8	Montaser Mohamed Awad	66	AHLY	NT

## Event 34 Women 20 &amp; Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>				
1	Alaa Sadik Mahmoud Ragh	23	SHAMS	NT
2	Dina Amr Mohamed Al Gharil	24	HELDO	NT
3	Rewida Hesham Tolba	25	AHLY	NT
4	Nada Hesham Abdel Ghany	30	AHLY	NT
5	Noran Ahmad Helmy	26	HELOP	NT
6	Farah Omar Abo Raia	25	HELOP	NT
7	Nour Hany Abu Elazm	24	Sporting	NT
8	Nataly Medhat Souliman	21	SHAMS	NT
<b>Heat 2 of 3 Finals</b>				
1	Yasmin Moh. Foad Nassar	33	GEZIR	NT
2	Randa Mohamed Hassan	34	AHLY	NT
3	Hoda Moh.Fouad Al Redy	39	GEZIR	NT
4	Soha Chahine	49	Sporting	NT
5	Nermin Kamel Zakher	47	Cairo	NT
6	Sherok Sherif Al Shenawy	36	MAADI	NT
7	Yasmen Mohamed Najeb	33	Nasr City	NT
8	Nada Mohamed Eman	33	Sporting	NT
<b>Heat 3 of 3 Finals</b>				
1	Katrein Mary Hanafy	56	SHOOT	NT
2	Maha Mohmoud El Kholy	59	HELOP	NT
3	Jehan Ismaeil Ahmed Metwal	63	SHOOT	NT
4	Saher Mohamed el Taiebe	64	HELOP	NT
5	Mona Mostafa Kamel	63	HELOP	NT
6	Mona Abu Aly	60	Sporting	NT
7	Seham Abdel Monaem Ahmei	57	GEZIR	NT
8	Sherwet Wafaa Moh. Hafez	53	GEZIR	NT

## National Masters Cup 2020-2021 - 12-Nov-20 to 14-Nov-20

## Meet Program - 13-11-2020 Evening

## Event 35 Men 20 &amp; Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 13 Finals</b>				
1	Mohamed Hesham Ahmed Al	20	HELDO	NT
2	Ahmed abd el Azzem	22	Cairo	NT
3	Mostafa Yaser Mohamed	25	HELOP	NT
4	Ahmed Saeed Koshek	25	SHOOT	NT
5	Mahmoud Abo Eita	25	AHLY	NT
6	Karim Khaled Salem Foda	24	SHOOT	NT
7	AbdElRahman Nabel AbdElM	21	GHABA	NT
<b>Heat 2 of 13 Finals</b>				
1	Mohamed Nour Ibrahim	25	AHLY	NT
2	Mostafa Bahaa	27	AHLY	NT
3	Mohamed Tar Mohamed Has	27	ZOHUR	NT
4	Tarek Elsayed Mohamad	28	SHOOT	NT
5	Marwan Gamal Mahmoud To	28	SHOOT	NT
6	Loway Al Sabahy	27	AHLY	NT
7	Karim Ahmad Elsayed Mahm	26	SHOOT	NT
8	Omar Khaled Hussin Neamat	25	SHOOT	NT
<b>Heat 3 of 13 Finals</b>				
1	Ahmed Hamdy Salem	28	AHLY	NT
2	Omar Abdelhamied Radwan	29	SHAMS	NT
3	Mohammad Waheed Hussein	30	SHOOT	NT
4	Eslam Ahmad Mohamad	32	SHOOT	NT
5	Hosam Mohammad Alghazaly	31	SHOOT	NT
6	Amro Essam Aly Abd El Naby	29	GEZIR	NT
7	Amr Ibrahim	29	AHLY	NT
8	Mohamed Hesham Mohamed	28	Gezira El Ward	NT
<b>Heat 4 of 13 Finals</b>				
1	amr Saber Abdelgaber	32	ZMALK	NT
2	Amr Samy Ahmed Farouk	34	ZOHUR	NT
3	Mohamed Abdelhady Shomai	34	Gezira El Ward	NT
4	Karim Karam Ahmed	35	HELOP	NT
5	Ahmed Hafez Sharaf Eldeen	34	ZOHUR	NT
6	Islam Tarek El Nahas	34	ZOHUR	NT
7	Marwan Atef	33	AHLY	NT
8	Mostafa Hisham	32	HELOP	NT
<b>Heat 5 of 13 Finals</b>				
1	Ibrahim Ahmed Ibrahim	36	Nasr City	NT
2	Khaled Mahmoud Elsayed	37	SHOOT	NT
3	Ahmed Abd Elrahman Elyan	37	Canal El Suez	NT
4	Gasser Mohamed Abdel Naby	40	AHLY	NT
5	Mostafa Atef Abdelfattah	37	AHLY	NT
6	Ahmed Gamal El Din Al Shazl	37	SHOOT	NT
7	Mohamed Shafiee Shazly	36	SHAMS	NT
8	Ahmed Tarek	35	Sporting	NT
<b>Heat 6 of 13 Finals</b>				
1	Karim Yosry Mahmoud Alla	41	SHOOT	NT
2	Ahmed Tamer Mohamed	41	AHLY	NT
3	Nagi Abdelaziz Gomaa	44	Gezira El Ward	NT
4	Hossam Elden Hussien	44	Cairo	NT
5	Hazem Bauomy Nada	44	SHOOT	NT
6	Hady Ahmad Hassan	43	SHOOT	NT
7	Mohamad Mahmoud Moham.	41	SHOOT	NT
8	Ahmed Mohamed Rada	40	Nasr City	NT

## Heat 7 of 13 Finals

1	Walid Mahmoud Wasfy	45	AHLY	NT
2	Hany M Farouk Abdelhmed	46	TANTA	NT
3	Mohamed Ahmed Ali Mosa	46	AHLY	NT
4	Ahmed Mohamed Samy Abde	47	SHOOT	NT
5	Tamer Samir Ismail	47	SHOOT	NT
6	Ahmed E Abdelaziz Elsharif	46	TANTA	NT
7	Mohamed Abdelhamid Elebia	45	AHLY	NT
8	Ashraf Ali	44	AHLY	NT

## Heat 8 of 13 Finals

1	Nabil Fayeze Hanin	48	SHOOT	NT
2	Yaser Abdelaal	50	AHLY	NT
3	Wael Mansour	52	Sporting	NT
4	Amin Ahmed Amin Amer	54	AHLY	NT
5	Hisham Samy Abdel Khaleik	53	SHOOT	NT
6	Ahmed Adel Talaat Noaaman	51	SHOOT	NT
7	Mohamed Ahmed Fadel	49	AHLY	NT
8	Ahmed M Aly Yossef	48	TANTA	NT

## Heat 9 of 13 Finals

1	Waled Mohamed Fatthy	56	HELOP	NT
2	Hosam El Den Tanawy	57	HELOP	NT
3	Tarik Ahmed Abdel Azzim	60	HELOP	NT
4	Nabil Abdel Hamed Ibrahim	61	MAADI	NT
5	Hossny Hassan Ali	61	AHLY	NT
6	Hany Aziz Sedky	57	SHOOT	NT
7	Hossam Saad Hana Saad	57	GEZIR	NT
8	Yaser Farouk Yousef	56	SHOOT	NT

## Heat 10 of 13 Finals

1	Yaser Mohamed Maghraby	63	HELOP	NT
2	Mohamed Sherif Amin Samy	64	MAADI	NT
3	Mohamed Warda	64	Sporting	NT
4	Ahmed Ibrahim Edreis	65	HELOP	NT
5	Mohamed Ashraf Gamal Al B	64	GEZIR	NT
6	Ibrahim Ahmed Elayady	64	Canal El Suez	NT
7	Mohamed Essam Eldin Ibrahi	63	HELOP	NT
8	Mohamed Sedky Nour El Din	63	HELOP	NT

## Heat 11 of 13 Finals

1	Ali Selim Al Halaby	67	HELOP	NT
2	Adel Boutrous Zaghlol	67	HELOP	NT
3	Adel Mohamad Yakout	68	SMOHA	NT
4	Mohamed Mosaad Fayed	68	HELOP	NT
5	Moataaz Mohamed Talaat	68	HELOP	NT
6	Moneir Hossein Eisa Abdel R	68	SHOOT	NT
7	Mohamed Yaser Ahmed Mans	67	AHLY	NT
8	Montaser Mohamed Awad	66	AHLY	NT

## Heat 12 of 13 Finals

1	Mohamed Ali Hegazy	69	HELOP	NT
2	Farouk Ramadan	70	Canal El Suez	NT
3	Ghareib Atteya Ahmed	72	Canal El Suez	NT
4	Mosaad Hassan Shehab	77	SHOOT	NT
5	Hassan El Tomy	74	Sporting	NT
6	Hatem Omar Sedk	72	SHOOT	NT
7	Mohamed Mahmoud Abas	70	SHOOT	NT
8	Reda Elsayed Mohamed	69	AHLY	NT

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## Heat 13 Finals (#35 Men 20 &amp; Over 50 LC Meter Backstroke)

1	Ahmed Moh. Abdel Baset	78	GEZIR	NT
2	Mohamed Sameh Hassan El S	82	GEZIR	NT
3	Mahfouz Gerges Ghabreial	87	AHLY	NT
4	Ahmed Ibrahim Abdelaal	92	GEZIR	NT
5	Al Sayed Mohamed Ahmed	88	SHOOT	NT
6	Ali Kamel Ali Kamel	83	AHLY	NT
7	Mohamed Salah El Din Morta	80	SHOOT	NT
8	Fouad Hanafey	77	SMOHA	NT

## Event 36 Women 20 &amp; Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 9 Finals

3	Haidy Hossam Nabil El Cotor	21	GEZIR	NT
4	Nataly Medhat Souliman	21	SHAMS	NT
5	Rawan Ragab Ramadan Abde	21	ZMALK	NT

## Heat 2 of 9 Finals

1	Alaa Sadik Mahmoud Ragh	23	SHAMS	NT
2	Farah Omar Abo Raia	25	HELOP	NT
3	Dalia Hossam Elsabagh	26	SHOOT	NT
4	Yasmin Hussein	28	Sporting	NT
5	Noran Ahmad Helmy	26	HELOP	NT
6	Nourhan Nasser Salah Eldin	25	AHLY	NT
7	Nour Hany Abu Elazm	24	Sporting	NT
8	Farah Khaled	21	Sporting	NT

## Heat 3 of 9 Finals

1	Wesam Hossam Eddin Ebrah	29	SHOOT	NT
2	Mai Attef Abd El Fattah	29	AHLY	NT
3	Soher Abdelmonem Mohama	30	SHOOT	NT
4	Saly Samir Saqr	33	SMOHA	NT
5	Nadien Adel Ageb Wasef	32	SHAMS	NT
6	Noha Ahmad Abd El Azez	30	HELOP	NT
7	Mona Mostafa Sayed	29	AHLY	NT
8	Yara Dowidar	28	Sporting	NT

## Heat 4 of 9 Finals

1	Sara Adel Mahros Mahmoud	34	SHOOT	NT
2	Nora Fouad Ali Ibrahim	34	SHOOT	NT
3	Basma Noweir	36	Sporting	NT
4	Ghada Salah Omar	37	AHLY	NT
5	Omneya Tarif	36	Sporting	NT
6	Hanaa Dowidar	35	Sporting	NT
7	Hebatollah Yahya Abdelrahm	34	SHOOT	NT
8	Hend Abdelrahman Mahmou	33	SHOOT	NT

## Heat 5 of 9 Finals

1	Yasmin Hamdy	40	Sporting	NT
2	Nesreen Saad Eldin Morgan	41	AHLY	NT
3	Rehab Mohamed Abdelwahec	42	AHLY	NT
4	Nevein Mahmoud Ali	43	SHOOT	NT
5	Rania Elwany	43	AHLY	NT
6	Marwa Mahmoud Hany	42	AHLY	NT
7	Rehab Sabry Zekry	40	SMOHA	NT
8	Walaa Mohamed Al Gouhary	39	SHOOT	NT

## Heat 6 of 9 Finals

1	Salam Taha Houssein	49	SHOOT	NT
2	Mariam Gamil Labib Salib	50	SHOOT	NT
3	Gehan Abdalla	51	AHLY	NT
4	Hala Ghazy	53	AHLY	NT
5	Olga Monikeif	52	Sporting	NT
6	Merit Nagy Ragheb Slama	51	SHOOT	NT
7	Rania Sami	49	Sporting	NT
8	Amany Mostafa Kamal Eldin	44	SHOOT	NT

## Heat 7 of 9 Finals

1	Sherien Ali Sery	54	HELOP	NT
2	May Mohamed Ossman Neiaz	56	SHOOT	NT
3	Seham Abdel Monaem Ahmei	57	GEZIR	NT
4	Lameia Ahmed Maher	59	GEZIR	NT
5	Angred Wezman	57	GEZIR	NT
6	Elham Mostafa Esmail	57	HELOP	NT
7	Wesam Ahmed Mohamed Ha	54	HELOP	NT
8	Dalia Abdelfattah Ahmed	53	AHLY	NT

## Heat 8 of 9 Finals

1	Maha Maher Taha Ali	60	SHOOT	NT
2	Nesrine Saad	62	Sporting	NT
3	Gelan Akl Fawzy	65	HELOP	NT
4	Douriea Ahmed Nazzmy	69	MAADI	NT
5	Hoda Salah El Din Mortada	66	HELOP	NT
6	Neven Mohamed Khlel Salah	64	GEZIR	NT
7	Nazla Faeidalla	60	AHLY	NT
8	Maha Mohmoud El Kholy	59	HELOP	NT

## Heat 9 of 9 Finals

1	Souher Al Atar Anwar Al Atar	71	GEZIR	NT
2	Enas Al Atar Aneer Al Atar	73	GEZIR	NT
3	Suzanne Chalhoub	77	Sporting	NT
4	Nabela Ahmed Sayed Ahmed	83	GEZIR	NT
5	Madiha Mohamed Sherif	77	HELOP	NT
6	Nagwa Yousef Gharab	77	HELOP	NT
7	Bothaina Mohamed Ahmed	72	MAADI	NT
8	Sahar Mansour	69	AHLY	NT

## Event 37 Men 20 &amp; Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 15 Finals

3	Mohamed Waled Mohamed	20	ZOHUR	NT
4	Abdelrahman Mohamed Gabr	22	GHABA	NT
5	Mohamed Ahmed Nagy	21	ZOHUR	NT

## Heat 2 of 15 Finals

1	amr Akram Elghrabawy	23	Gezira El Ward	NT
2	Omar Ahmed Ibrahim Eid	24	HELDO	NT
3	Ahmed Saeed Koshek	25	SHOOT	NT
4	Mohamed Nour Ibrahim	25	AHLY	NT
5	Marwan El Amrawy	25	Sporting	NT
6	Zeyad Mohamed Khaled	25	ZOHUR	NT
7	Hany Ahmed Hisham Moham	24	HELDO	NT
8	Yahia Ehab Ahmed	22	SHAMS	NT

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## Heat 3 Finals (#37 Men 20 &amp; Over 100 LC Meter Freestyle)

1	Mohamed Ahmed Shendy	26	AHLY	NT
2	Loway Al Sabahy	27	AHLY	NT
3	Marwan Gamal Mahmoud Tol	28	SHOOT	NT
4	Salah Mohamed Amin	28	SMOHA	NT
5	Ahmed Mahmoud Gadalla	28	AHLY	NT
6	Mohamed Elwy Hassan	28	Canal El Suez	NT
7	Karim Ahmad Elsayed Mahm	26	SHOOT	NT
8	Mohamed Saber Ibrahim	26	AHLY	NT

## Heat 4 of 15 Finals

1	Omar Hasham	29	Sporting	NT
2	Abdel Hakeim Essam Farag	30	HELOP	NT
3	Adham Nagi	30	Sporting	NT
4	Adham El-Huseen El-Bassam	32	GHABA	NT
5	Ahmed Abou Bakr Souliman	31	AHLY	NT
6	Mohammad Waheed Hussein	30	SHOOT	NT
7	Haitham El Shazly	30	Sporting	NT
8	Omar Abdelhamid Elkhoully	29	ZMALK	NT

## Heat 5 of 15 Finals

1	Mahmoud Khaled Kamal	32	AHLY	NT
2	Ali Ahmed Ramah	32	AHLY	NT
3	Ahmed Ibrahim Aboutaleb	33	ZOHUR	NT
4	Ahmed Abd El Rahim	33	Sporting	NT
5	Ahmed Mohamed el Saghir	33	Nasr City	NT
6	Ahmad Adel Elsayed Shalaby	33	SHOOT	NT
7	Karem Adel Beshoi	32	HELOP	NT
8	Mohamed Mahmoud Gad Alla	32	AHLY	NT

## Heat 6 of 15 Finals

1	Ahmed Salah Abdu Nada	34	AHLY	NT
2	Hossam Abdelsal Helmy Bela	34	ZOHUR	NT
3	Islam Ahmed Abdelaziz	35	Canal El Suez	NT
4	Ahmed Tarek	35	Sporting	NT
5	Hazem Abdelghafar Sakr	35	AHLY	NT
6	Mostafa Said Zaki	34	MAADI	NT
7	Mostafa Ahmed Al Gabry	34	SHOOT	NT
8	Mahmoud Ibrahim Mahmoud	34	Gezira El Ward	NT

## Heat 7 of 15 Finals

1	Mamdouh Mohamed Monir	36	AHLY	NT
2	Ahmed Mohamed Gadallah	38	Canal El Suez	NT
3	Mahmoud Amr Mostafa Elwa	39	AHLY	NT
4	Maged Abdalla Mohamed	40	AHLY	NT
5	Gasser Mohamed Abdel Naby	40	AHLY	NT
6	Ahmed Saied Mohamed	39	Cairo	NT
7	Yasser Ahmed Amin	38	Canal El Suez	NT
8	Mohamed Shafiee Shazly	36	SHAMS	NT

## Heat 8 of 15 Finals

1	Hazem Abdelrahman Moham	41	SHAMS	NT
2	Karim Yosry Mahmoud Alla	41	SHOOT	NT
3	Sherief Fathe abd Elwahab	43	Cairo	NT
4	amr Mohamed el Saghir	44	Nasr City	NT
5	Hady Ahmad Hassan	43	SHOOT	NT
6	Ahmed Tamer Mohamed	41	AHLY	NT
7	Ahmed Abdelfattah Ahmed	41	AHLY	NT
8	Ahmad Mostafa Fahmy	41	SHOOT	NT

## Heat 9 of 15 Finals

1	Amir aly Mahmoud	44	Cairo	NT
2	Ahmed Ezz Eldin Moh. Essa	46	GEZIR	NT
3	Ahmed Mohamed Samy Abde	47	SHOOT	NT
4	Omar Mohamed Azouz	47	MAADI	NT
5	Yaser Hamdy Abdel Khalek	47	MAADI	NT
6	Tamer Zeinhoum	46	AHLY	NT
7	Waleed Mohamad Abden	46	SHOOT	NT
8	Hazem Bauomy Nada	44	SHOOT	NT

## Heat 10 of 15 Finals

1	Nabil Fayeze Hanin	48	SHOOT	NT
2	Mohamed Ahmed Esaad	49	AHLY	NT
3	Ahmed Faytoury	50	Sporting	NT
4	Ahmed Adel Talaat Noaaman	51	SHOOT	NT
5	Amr Mohamed Samy Abdel K	51	SHOOT	NT
6	Hesham Hany Elbon	50	Canal El Suez	NT
7	Mohmed ali Mahmoud	48	Cairo	NT
8	Karim Mohamed Elsokary	47	AHLY	NT

## Heat 11 of 15 Finals

1	Walid Mohamed Ibrahim EISI	53	MAADI	NT
2	Sherif Al Coutb Ahmed	53	AHLY	NT
3	Yaser Farouk Yousef	56	SHOOT	NT
4	Mohsan Abou Alwafa	58	Sporting	NT
5	Hany Youseif Al Meseiry	56	MAADI	NT
6	Hisham Samy Abdel Khaleik	53	SHOOT	NT
7	Mostafa Amer	53	AHLY	NT
8	Wael Mansour	52	Sporting	NT

## Heat 12 of 15 Finals

1	Abdalla Mahmoud Khalil Elna	59	GEZIR	NT
2	Sherief Mohamed Mahmoud	60	ZMALK	NT
3	Amr Abd elFatah	61	Sporting	NT
4	Osman Ahmed Ali	61	AHLY	NT
5	Alaa Eldeen Ahmad	61	SMOHA	NT
6	Mostafa Hassan Abdel Tawab	61	AHLY	NT
7	Ahmed Morsy Mostafa Fahmy	60	GEZIR	NT
8	Ashraf Abdelmenam	58	Canal El Suez	NT

## Heat 13 of 15 Finals

1	Taher Mohamdy Moh. Solema	62	GEZIR	NT
2	Ragaa Ahmed Taha Maarouf	63	SHOOT	NT
3	Amr Mansour	65	Sporting	NT
4	Mohamed Abdelfatah Mohar	67	SHOOT	NT
5	Mahmoud Nabih Elteir	65	Gezira El Ward	NT
6	Mohamed Warda	64	Sporting	NT
7	Samy Wahby Sief	63	HELOP	NT
8	Nabil Abdel Hamed Ibrahim	61	MAADI	NT

## Heat 14 of 15 Finals

1	Mohamed Mosaad Fayed	68	HELOP	NT
2	Mohamed Mahmoud Abas	70	SHOOT	NT
3	Mohamed Antar	71	Canal El Suez	NT
4	Mosaad Hassan Shehab	77	SHOOT	NT
5	Marwan Ghazawy	76	Sporting	NT
6	Mohamed Hassan Mahmoud	70	AHLY	NT
7	Sherin Mohamed Eltayeb	68	AHLY	NT
8	Moaataz Mohamed Talaat	68	HELOP	NT

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## Heat 15 Finals (#37 Men 20 &amp; Over 100 LC Meter Freestyle)

1	Mostafa Mohamed Rashad	79	AHLY	NT
2	Ehab Mohamed Abdel Hafeiz	80	HELOP	NT
3	Ahmed Hamada	81	Sporting	NT
4	Ahmed Mostafa Selfou	89	SHOOT	NT
5	Mahfouz Gerges Ghabreial	87	AHLY	NT
6	Baheig Boshra Meikhaeil	80	HELOP	NT
7	Housam Zaki Fahmy	79	GEZIR	NT
8	Mohamed Abdelmonaem Ism	77	AHLY	NT

## Event 38 Women 20 &amp; Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 7 Finals

2	Rawan Ragab Ramadan Abde	21	ZMALK	NT
3	Hannya Hossam Nabil Ibrahim	23	GEZIR	NT
4	Noran Ahmad Helmy	26	HELOP	NT
5	Reem Kassem	25	AHLY	NT
6	May Shref Emam	23	HELOP	NT
7	Haidy Hossam Nabil El Cotor	21	GEZIR	NT

## Heat 2 of 7 Finals

1	Amina Magdy Mostafa	27	HELOP	NT
2	Yasmin Hussein	28	Sporting	NT
3	Nada Hesham Abdel Ghany	30	AHLY	NT
4	Heba Hany Mohamed Selim	32	MAADI	NT
5	Doha Hossam Eldin	31	AHLY	NT
6	Sara Hasheim Mohamed Abo	29	SHOOT	NT
7	Yara Dowidar	28	Sporting	NT
8	Dalia Hossam Elsabagh	26	SHOOT	NT

## Heat 3 of 7 Finals

1	Sara Hamdy Ghaly	33	SMOHA	NT
2	Sara Adel Mahros Mahmoud	34	SHOOT	NT
3	Hebatollah Yahya Abdelrahm	34	SHOOT	NT
4	Nashwa Moteia Abas	36	AHLY	NT
5	Mahinor Amr Alsaed Taha	35	SHOOT	NT
6	Nora Fouad Ali Ibrahim	34	SHOOT	NT
7	Saly Samir Saqr	33	SMOHA	NT
8	Hend Mohamad Bahaa Eldin	32	SHOOT	NT

## Heat 4 of 7 Finals

1	Heba Mamdouh Ali	37	AHLY	NT
2	Walaah Mohamed Al Gouhary	39	SHOOT	NT
3	Marwa Mahmoud Hany	42	AHLY	NT
4	Rania Elwany	43	AHLY	NT
5	Amal Mohamed Abdelmonen	42	SHOOT	NT
6	Yasmin Hamdy	40	Sporting	NT
7	Sohad Shaaban Abd Rabo	38	HELOP	NT
8	Ghada Salah Omar	37	AHLY	NT

## Heat 5 of 7 Finals

1	Mona Mahmoud Rizk	44	GEZIR	NT
2	Soha Chahine	49	Sporting	NT
3	Salam Taha Houssein	49	SHOOT	NT
4	Ghada Farouk Yousef	51	SHOOT	NT
5	Ann Taysir Nosseir	51	ZOHUR	NT
6	Jozyan Raouf Hakim	49	HELOP	NT
7	Amany Mostafa Kamal Eldin	44	SHOOT	NT
8	Nevein Mahmoud Ali	43	SHOOT	NT

## Heat 6 of 7 Finals

1	Sherwet Wafaa Moh. Hafez	53	GEZIR	NT
2	May Mohamed Ossman Neiaz	56	SHOOT	NT
3	Seham Abdel Monaem Ahme	57	GEZIR	NT
4	Maha Maher Taha Ali	60	SHOOT	NT
5	Elham Mostafa Esmail	57	HELOP	NT
6	Angred Wezman	57	GEZIR	NT
7	Marie Elhage	55	Sporting	NT
8	Hala Ghazy	53	AHLY	NT

## Heat 7 of 7 Finals

1	Mona Kamel Youseif	66	HELOP	NT
2	Bothaina Mohamed Ahmed	72	MAADI	NT
3	Nagwa Yousef Gharab	77	HELOP	NT
4	Nabela Ahmed Sayed Ahmed	83	GEZIR	NT
5	Sameha Kamal Seif El Nasr	77	HELOP	NT
6	Enas Al Atar Aneer Al Atar	73	GEZIR	NT
7	Hoda Salah El Din Mortada	66	HELOP	NT
8	Nesrine Saad	62	Sporting	NT

## Event 39 Men 20 &amp; Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 8 Finals

1	Saif Eldin Samy Abdelhakim	23	SHOOT	NT
2	Nour Esam Esmail	25	Gezira El Ward	NT
3	Moaataz Bella Ali Mohamed	28	HELOP	NT
4	Salah Mohamed Amin	28	SMOHA	NT
5	Ayman Mohamed Mokhta	28	SHOOT	NT
6	Tarek Elsayed Mohamad	28	SHOOT	NT
7	Marawan Esam Esmail	23	Gezira El Ward	NT

## Heat 2 of 8 Finals

1	Ahmed Abou Bakr Souliman	31	AHLY	NT
2	Mohamed Mahmoud Gad All	32	AHLY	NT
3	Ahmed Mohamed el Saghir	33	Nasr City	NT
4	Ahmed Ibrahim Aboutaleb	33	ZOHUR	NT
5	Ahmad Adel Elsayed Shalaby	33	SHOOT	NT
6	Shady Tarik Sayed Hafeiz	32	SHOOT	NT
7	Moemen Monir	31	SMOHA	NT
8	Amr Mostafa Kamal	30	AHLY	NT

## Heat 3 of 8 Finals

1	Khaled Mahmoud Tawacoul	35	SHOOT	NT
2	Mohamed Elsayed Aboelwafa	38	Canal El Suez	NT
3	Mohamed Ahmed Gamal Eldi	39	AHLY	NT
4	Abd Elmoneim Khalaf	41	Sporting	NT
5	Walid Ahmed Badr Radwan	39	SHOOT	NT
6	Mostafa Adel Abdelrahman	38	SHOOT	NT
7	Mahmoud Moussa	35	Sporting	NT
8	Eslam Hani Abdou	34	HELOP	NT

## Heat 4 of 8 Finals

1	Ibrahim Ahmed Hafeiz	44	HELOP	NT
2	Gaser Mohamed Mahmoud	44	YAKHT	NT
3	Mohamed Mahmoud Fahmy	46	SHOOT	NT
4	Ahmed M Aly Yossef	48	TANTA	NT
5	Nabil Fayez Hanin	48	SHOOT	NT
6	Ahmed Mohamed Nagieb	45	Nasr City	NT
7	Khaled Mohamad Mahmud	44	SHOOT	NT
8	Mohamed Ahmad Hany Yosse	41	SHOOT	NT

## National Masters Cup 2020-2021 - 12-Nov-20 to 14-Nov-20

## Meet Program - 13-11-2020 Evening

**Heat 5 Finals (#39 Men 20 & Over 200 LC Meter Breaststroke)**

1	Khaled Abdel Hamed Solimar	50	Nasr City	NT
2	Yasser Saed Aly Ahmad Khali	53	SHOOT	NT
3	Amin Ahmed Amin Amer	54	AHLY	NT
4	Hany Youseif Al Meseiry	56	MAADI	NT
5	Mohamed Farouk Twfeek	54	SMOHA	NT
6	Waleed Mahmoud Diab	53	SHOOT	NT
7	Amr Mohamed Samy Abdel K	51	SHOOT	NT
8	Khaled Salah El Din Mohame	49	SHOOT	NT

**Heat 6 of 8 Finals**

1	Hossam Saad Hana Saad	57	GEZIR	NT
2	Mostafa Hassan Abou El Foto	62	SHOOT	NT
3	Samy Wahby Sief	63	HELOP	NT
4	Abdel Aziz Mohamed Hashim	64	HELOP	NT
5	Yaseer Mohamed Mounir	64	ZMALK	NT
6	Mohamed Essam Eldin Ibrahi	63	HELOP	NT
7	Abdalla Mahmoud Khalil Eln	59	GEZIR	NT
8	Hany Aziz Sedky	57	SHOOT	NT

**Heat 7 of 8 Finals**

1	Ahmed Mohamed Khairat	66	SHOOT	NT
2	Mohamed Mosaad Fayed	68	HELOP	NT
3	Mohssein Abdel Kawy Al Hou	69	AHLY	NT
4	Taher Khaled Mohamed Abou	70	SHOOT	NT
5	Ibrahim Ahmed Zaki	70	HELOP	NT
6	Adel Mohamad Yakout	68	SMOHA	NT
7	Elsayed Hassan Aboelwafa	66	Canal El Suez	NT
8	Ahmed Ibrahim Ghaly	65	HELOP	NT

**Heat 8 of 8 Finals**

1	Ahmad Abdelatef EL Ghazaly	73	SHOOT	NT
2	Mohamed Refaat Ahmed Refe	76	AHLY	NT
3	Yousef Anwar Ahm. Wahsh	76	GEZIR	NT
4	Al Sayed Mohamed Ahmed	88	SHOOT	NT
5	Housam Zaki Fahmy	79	GEZIR	NT
6	Said Ahmed Kamal	76	AHLY	NT
7	Mohamed Abdelfatah	75	Sporting	NT
8	Ahmed Hany Yosef Ezz El Din	71	SHOOT	NT

**Event 40 Women 20 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

3	Rewida Hesham Tolba	25	AHLY	NT
4	Dalia Samier Ahmed	28	AHLY	NT
5	Sara Ebrahim	28	SMOHA	NT
6	Haidy Ashraf Farouk	22	ZOHUR	NT

**Heat 2 of 4 Finals**

1	Hend Mohamad Bahaa Eldin	32	SHOOT	NT
2	Nadien Adel Ageb Wasef	32	SHAMS	NT
3	Nada Mohamed Eman	33	Sporting	NT
4	Riham Maher Loutfy Elsid	36	GEZIR	NT
5	Mahinor Amr Alsaed Taha	35	SHOOT	NT
6	Saly Samir Saqr	33	SMOHA	NT
7	Aya Ezzeddin Abdelhamed	32	SHOOT	NT
8	Sara Hasheim Mohamed Abo	29	SHOOT	NT

**Heat 3 of 4 Finals**

1	Shreen Magdy Zaky	39	SMOHA	NT
2	Samaa Sultan	41	Sporting	NT
3	Sheren Mohamad Afify	51	SHOOT	NT
4	Katrein Mary Hanafy	56	SHOOT	NT
5	Noha Mahmoud Deiab	53	SHOOT	NT
6	Doneia Ahmed Mohamed Al I	42	SHOOT	NT
7	Eman Ahm. Ateef Abd Elbaky	41	GEZIR	NT
8	Omneya Tarif	36	Sporting	NT

**Heat 4 of 4 Finals**

1	Neven Ramez Al Nagar	60	HELOP	NT
2	Neven Mohamed Khlel Salah	64	GEZIR	NT
3	Nadya Zakareia El Araby	74	GEZIR	NT
4	Madiha Mohamed Sherif	77	HELOP	NT
5	Suzanne Chalhoub	77	Sporting	NT
6	Mona Kamel Youseif	66	HELOP	NT
7	Mona Mostafa Kamel	63	HELOP	NT
8	Lameia Ahmed Maher	59	GEZIR	NT