

Egypt Swimming National Championship2020-2021 - 4/5/2021 to 4/10/2021

Meet Program - 07-04-2021 Evening

Event 21 Women 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 15 Timed Finals						
2	Hana Ahmed Heseen	17	El Ghaba	NT	_____	_____
3	Rasha Hatim Ahmed	16	Fayoum Club	NT	_____	_____
4	Kinzy Shref Gabr	18	Heliopolis	NT	_____	_____
5	Zeina Bassem Ali	16	Wadi Degla	NT	_____	_____
6	Yasmin Hassan Fathy Ahmed	16	Tawfekaya	NT	_____	_____
7	Malak Hesham Ahmed	16	Zamalek	NT	_____	_____
8	Mariam Bassem Beshay Moussa Gob	16	Heliolido	NT	_____	_____
Heat 2 of 15 Timed Finals						
1	Noor Kamel ElNagar	17	Sporting	NT	_____	_____
2	Jana Sherif Mahmoud	16	Wadi Degla	NT	_____	_____
3	Mariam Hazem Talaat	17	Ahly	NT	_____	_____
4	Jana Alaa	16	Sporting	NT	_____	_____
5	Salma Khaled El Henawy	16	Wadi Degla	NT	_____	_____
6	Rana Mohamed Tatek	17	El Ghaba	NT	_____	_____
7	Rouba Wael Mostafa	19	Zamalek	NT	_____	_____
8	Yasmin Mohamed ali	17	Pegasus Club	NT	_____	_____
9	Jonnah Mohamed Saad	17	Ahly	NT	_____	_____
10	Amna Bayomy	19	Sporting	NT	_____	_____
Heat 3 of 15 Timed Finals						
1	Shahd Yasser	19	Smouha	NT	_____	_____
2	Nagham Mohamed Mahmoud Galal	18	Shooting	NT	_____	_____
3	Retag Ashraf Abdel Naby Amin	19	Ahly	NT	_____	_____
4	Mariam Essam Mohamed Saber	18	Shooting	NT	_____	_____
5	Gana Khaled Shaaban	19	Ahly	NT	_____	_____
6	Shada Mohamed el Shaht ali	19	Wadi Degla	NT	_____	_____
7	Salma Hesham Mohamed	17	Zamalek	NT	_____	_____
8	Hana Hazem Mohamed	17	Heliopolis	NT	_____	_____
9	Jana Mohamed Mahmoud	16	El Zohour	NT	_____	_____
10	Malak Tarek El Kady	16	Sporting	NT	_____	_____
Heat 4 of 15 Timed Finals						
1	Mayar Khaled Abdalla	17	Ahly	NT	_____	_____
2	Farida Basem Mohamed Megahed	17	Maadi	NT	_____	_____
3	Lugen Mohamed Nabil	17	Shooting	NT	_____	_____
4	Yara Mohamed Bauomy Abdel Rahm	19	Bank Ahly Geza	NT	_____	_____
5	Alia abd el Mohseen Galal	16	Zamalek	NT	_____	_____
6	Rahma Ahmed Hesham Mohamed M	20	Heliolido	NT	_____	_____
7	Nour Mohamed Fathy	16	Shooting	NT	_____	_____
8	Mona Adel Abdalla	17	Ahly	NT	_____	_____
9	Mariam Emad Hamed Motaweia	18	Zamalek	NT	_____	_____
10	Lougin Adel Mohamed	16	Ahly	NT	_____	_____

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Heat 5 Timed Finals... (Event 21 Women 16 & Over 100 LC Meter Backstroke)

1	Rahma Alaah Mahmoud Sobhy	16	Zamalek	NT	_____	_____
2	Sama Ibrahiem Abdel Wehab	16	Wadi Degla	NT	_____	_____
3	Rana Mohtdy Mhmoud Hussein	20	Wadi Degla	1:45.09	_____	_____
4	Shourouk Moustafa Shaban	19	Zamalek	1:37.35	_____	_____
5	Ghada Magdy Mohamed	16	Wadi Degla	1:34.68	_____	_____
6	Nardeen Emad aly	17	El Mekaweloun	1:36.96	_____	_____
7	Farida Ahmed Aiyod	18	Sporting	1:37.50	_____	_____
8	Gana Walid Mohamed	16	Ahly	NT	_____	_____
9	Gana Walid Abou Tabl	16	Ahly	NT	_____	_____
10	Sara Ibrahim Mohamed	16	Ahly	NT	_____	_____

Heat 6 of 15 Timed Finals

1	Farah Mahmoud Ata Allah	16	Wadi Degla	1:32.91	_____	_____
2	Farah Wael Mohamed Kabary	18	Smouha	1:31.75	_____	_____
3	Maria Mina	16	El Ghaba	1:30.81	_____	_____
4	Arwa Magd Elsayed	16	Ahly	1:28.99	_____	_____
5	Haya Mohamed Asharaf Makram	17	El Shams	1:28.70	_____	_____
6	Rowana Mohamed Kamal	17	Wadi Degla	1:28.83	_____	_____
7	Aya Mohamed Mahmoud	17	Hadak Al Ahram	1:29.69	_____	_____
8	Habiba Emad El Din Said	17	Al Ealamein	1:31.32	_____	_____
9	Hala Mohsen Yusef Abdelaziz	17	Moasasa Riadiyah Askaria	1:32.13	_____	_____
10	Farah Kmal Batesha	19	Sporting	1:33.31	_____	_____

Heat 7 of 15 Timed Finals

1	Zina Amr	16	Sporting	1:28.13	_____	_____
2	Jana Ahmed Hussien	16	Wadi Degla	1:26.57	_____	_____
3	Dina Hesham Mohamed	17	Zamalek	1:26.46	_____	_____
4	MLk Mohamed Shwkey Saad	16	6th	1:26.26	_____	_____
5	Zienab Reda Farouk	17	Wadi Degla	1:25.77	_____	_____
6	Joanna Ateef Gatas	16	Zamalek	1:25.98	_____	_____
7	Basmala Yousif Isamail	20	Bank Ahly Geza	1:26.35	_____	_____
8	Clara Wael Bolic Naeam	17	Wadi Degla	1:26.48	_____	_____
9	Doha Hussein Fathy Hussein	16	El Nasr Club	1:26.97	_____	_____
10	Habiba Walid Mohamed	16	Ahly	1:28.37	_____	_____

Heat 8 of 15 Timed Finals

1	Ganna Ahmed Yousof	16	Tanta	1:24.93	_____	_____
2	Habiba Mohamedf Farouk	16	Tawfekaya	1:24.58	_____	_____
3	Yara Medhat Mahmoud	19	Zamalek	1:24.06	_____	_____
4	Shahd Sherif Abdallah	16	El Mekaweloun	1:23.93	_____	_____
5	Jomana Hatem Mohamed	16	Wadi Degla	1:23.16	_____	_____
6	Anan Mohamed Yehia	16	El Mekaweloun	1:23.20	_____	_____
7	Kenze Mohamad Mhmud	17	Smouha	1:24.04	_____	_____
8	Gana Tarek Mohamed Farid	16	Shooting	1:24.19	_____	_____
9	Nour Ahmed Samer	16	Sporting	1:24.88	_____	_____
10	Jana Ashraf	16	Sporting	1:25.31	_____	_____

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Heat 9 Timed Finals... (Event 21 Women 16 & Over 100 LC Meter Backstroke)

1	Laila Mohamed Nabil Baiomy	16	Heliopolis	1:22.74	_____	_____
2	Dai Ahmed Kamel	19	Smouha	1:22.33	_____	_____
3	Jana Khaled Mohamed Mosaa	18	Olympic	1:21.57	_____	_____
4	Mariam Ibrahim Basuony Moha	18	Smouha	1:21.45	_____	_____
5	Rewan Mohamed Ibrahim Mohamed	17	Olympic	1:20.89	_____	_____
6	Losiana Rimou Mounir	16	Wadi Degla	1:20.91	_____	_____
7	Esraa Ehab Zamel	17	Zamalek	1:21.54	_____	_____
8	Fyrouz Wael Youssre	16	Talbeia	1:21.77	_____	_____
9	Gannat Allah Alaa El Din Ahmed	17	Enppi	1:22.45	_____	_____
10	Reem Ashraf Hassan	16	Ahly	1:22.83	_____	_____

Heat 10 of 15 Timed Finals

1	Khadiga Ahmed Arafat	18	Sporting	1:20.33	_____	_____
2	Nour Mohamed Abd El Hady	16	Sporting	1:19.49	_____	_____
3	Hana Hazem Ahmed	18	Ahly	1:18.73	_____	_____
4	Sara Samir Sedky	17	Wadi Degla	1:18.53	_____	_____
5	Alia Ali Mohamed	18	Heliopolis	1:18.41	_____	_____
6	Yassmen Mohamed Nabil	16	15 May	1:18.51	_____	_____
7	Nour Abdel Hamed Soultan	20	El Mekaweloun	1:18.66	_____	_____
8	Sama Tarek Raslan	16	Tanta	1:19.09	_____	_____
9	Mariam Ahmed Mohamed	16	Ahly	1:20.19	_____	_____
10	Marim Ayman el Sayed	16	Al Tersana	1:20.49	_____	_____

Heat 11 of 15 Timed Finals

1	Yasmine Yasser Mamdouh	17	Shooting	1:18.19	_____	_____
2	Haya HossamEldin Kndel	16	Smouha	1:17.36	_____	_____
3	Fareda Yasser Mohamed Abdel Alsla	17	6th	1:17.04	_____	_____
4	Farah Karim Mohamed	20	Heliopolis	1:16.99	_____	_____
5	Maiya Kamal Samir	21	Sporting	1:16.93	_____	_____
6	Sara Tarek Ahmed Mohsen	16	Maadi	1:16.94	_____	_____
7	Malak Mohamed abd el Kerim	17	Zamalek	1:17.01	_____	_____
8	Nouran Mahmoud Mohamed	16	Wadi Degla	1:17.14	_____	_____
9	Malak Mostafa Beshir	16	Ahly	1:17.52	_____	_____
10	Renad Khaled Mahmoud	17	Ahly	1:18.39	_____	_____

Heat 12 of 15 Timed Finals

1	Fatima Haytham Abd ElMeneam	17	Tanta	1:16.72	_____	_____
2	Jana Hassan Abdel Fattah	16	Wadi Degla	1:16.64	_____	_____
3	Hana Mohie el den Osman	17	Heliopolis	1:16.37	_____	_____
4	Farah Mohammed Abd Rabbo	16	Wadi Degla	1:16.02	_____	_____
5	Malak Haytham Elsayed	19	Ahly	1:15.59	_____	_____
6	Aliaa Osama Sabar	19	Ahly	1:15.77	_____	_____
7	Nada Ibrahim Elsaid Ahmed	18	Smouha	1:16.20	_____	_____
8	Malak Ahmed Abo Bakr	17	Shooting	1:16.39	_____	_____
9	Razan Ahmed Hosny	17	Wadi Degla	1:16.66	_____	_____
10	Malak Wesam Badr	18	Tanta	1:16.73	_____	_____

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Heat 13 Timed Finals... (Event 21 Women 16 & Over 100 LC Meter Backstroke)

1	Zena Mahmoud Mohamed Mosa	16	El Ghaba	1:15.16	_____	_____
2	Mai Khaled Abdeltif	18	Wadi Degla	1:13.97	_____	_____
3	Farida Hossameldin Mohamed	17	Ahly	1:13.20	_____	_____
4	Lama Mohamed Ali	16	A S E C	1:13.09	_____	_____
5	Hana Ashraf Mahmoud	20	Wadi Degla	1:13.02	_____	_____
6	Lela Ahmed Kamal	16	El Ghaba	1:13.09	_____	_____
7	Malak Khaled Abdel Aziz	16	Ahly	1:13.15	_____	_____
8	Rola Abo El Naga El Sayed	17	A S E C	1:13.20	_____	_____
9	Jouana Ahmed Mohamed Hussin	17	Smouha	1:14.06	_____	_____
10	Nour Ahmed aly Elsheshtaw	16	Gezira El Ward	1:15.23	_____	_____

Heat 14 of 15 Timed Finals

1	Farah Osama Ahmed Mahmod	18	Bank Ahly Alex	1:11.62	_____	_____
2	Basmala Ashraf Sayed	22	Ahly	1:11.22	_____	_____
3	Rodaina Mohamed Saad	16	Wadi Degla	1:10.91	_____	_____
4	Haia Salah Mahmoud	21	Ahly	1:10.82	_____	_____
5	Malak Waled Essam Shabana	17	Smouha	1:10.19	_____	_____
6	Dana Tamer Shafiq	18	Heliopolis	1:10.29	_____	_____
7	Dalia El Arabey	22	Smouha	1:10.87	_____	_____
8	Mariem Mohamed Emad Fahmy	16	Maadi	1:11.16	_____	_____
9	Fatma Mohamed Klel Ebrahim	17	6th	1:11.34	_____	_____
10	Yasmine Sharif AbdElAziz Galal	17	El Shams	1:12.21	_____	_____

Heat 15 of 15 Timed Finals

1	Hanan Ahmed Mohamed Mahmoud	16	Olympic	1:09.90	_____	_____
2	Rawda Nabil Mohamed	19	Smouha	1:09.27	_____	_____
3	Goumana Tarek Yehia	16	Ahly	1:08.17	_____	_____
4	Farida Amr Mohamed Abd El Moteli	16	Shooting	1:07.87	_____	_____
5	Raghd Mohamed Elsaid Moham	16	Smouha	1:05.99	_____	_____
6	Farah Amr Abdel Motaleib	18	Shooting	1:07.34	_____	_____
7	Enjy Mohamed AboZid	21	Smouha	1:07.98	_____	_____
8	Lougin Yousief Ahmed Yousie	18	El Shams	1:08.90	_____	_____
9	Kenzy Ahmed Ali	18	Ahly	1:09.47	_____	_____
10	Shahd Ahmed Abd Elbaky	17	Sporting	1:10.11	_____	_____

Event 22 Men 16 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 20 Timed Finals						
4	Youseif Mohamed aly	16	Zamalek	NT	_____	_____
5	Hisham Mohamed Talaat	16	Moasasa Riadiah Askaria	NT	_____	_____
6	Yossef Ahmed Abd Allah Salem	16	El Ghaba	NT	_____	_____
Heat 2 of 20 Timed Finals						
1	Abd Elrhman Adel	17	El Ghaba	NT	_____	_____
2	Marwan Adel Abdel Muti	17	Police Club	NT	_____	_____
3	Mostafa Mohamed Said Ahmed	16	Shooting	NT	_____	_____
4	Youssef Amgad Ali Fahmy	17	El Shams	NT	_____	_____
5	Ahmed Mohamed El Sayed	18	Hadak Al Ahram	NT	_____	_____
6	Marawan Ramadan Abdel-Fattah	18	Ahly	NT	_____	_____
7	Mohamed Ahmed Maghraby	16	El Nasr Club	NT	_____	_____
8	Yousef Elmenshawy	16	Sporting	NT	_____	_____
9	Anas Hany Shehata	16	Talbeia	NT	_____	_____
10	Marawan Emad Hamed	16	Ahly	NT	_____	_____

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Heat 3 Timed Finals... (Event 22 Men 16 & Over 400 LC Meter Freestyle)

1	Mina Yousif Moris Mikhaee	17	Smouha	NT	_____	_____
2	Moaaz Mohamed Samer abd Allah	16	Stad Mansoura	NT	_____	_____
3	Amr Ahmde Mohamed Fatty	20	El Shams	NT	_____	_____
4	Seif Eldin Ayman Ahmed	18	Wadi Degla	NT	_____	_____
5	Youssef Hazm	16	Taleaa El Gish Club	NT	_____	_____
6	Abdelrahman Mohamed Gaber	23	El Ghaba	NT	_____	_____
7	Omr Mohamed Saleh Mhmoud	17	6th	NT	_____	_____
8	Mahmoud Hassan Mostafa	19	Zamalek	NT	_____	_____
9	Adham Ehab Abd el Aziz	17	El Shams	NT	_____	_____
10	Yasin Housam Fyd Altranesy	16	6th	NT	_____	_____

Heat 4 of 20 Timed Finals

1	Peitar Morcouc Abdou	18	El Ghaba	NT	_____	_____
2	Mohamed Wael Okasha	16	15 May	NT	_____	_____
3	Yousif Mohamed Soliman Omra	16	Smouha	NT	_____	_____
4	amr Khaled Mohamed Mahmoud	16	Zamalek	NT	_____	_____
5	Noor El Din Ehab Chaouki	19	Elethead	NT	_____	_____
6	Mario John Nagey Fahmy	16	Taleaa El Gish Club	NT	_____	_____
7	Yousef Amr Mohamed	17	A S E C	NT	_____	_____
8	Mostafa Wageeh Ahmed	17	Al Qusiya Club	NT	_____	_____
9	Omar Hesham Lotfy	17	Shooting	NT	_____	_____
10	Omar Khaled Khamis	16	A S E C	NT	_____	_____

Heat 5 of 20 Timed Finals

1	Abdel Rahman Ahmed Abdel Haseib	16	M S B-Sweif	NT	_____	_____
2	Fares Youssef Emara	19	Ahly	NT	_____	_____
3	Moahamed Sameh Moustafa Moham	17	Maadi	NT	_____	_____
4	Mohamed Samy Mahmoud	17	El Ghaba	NT	_____	_____
5	Mosatfa Elramady	16	Baladyat El Mahala	NT	_____	_____
6	Yosif Ashraf Tera	16	El Nasr Club	NT	_____	_____
7	Hassan Abdelaal Abas	18	Shooting	NT	_____	_____
8	Yousief Amr Elsayed Hassan	17	El Shams	NT	_____	_____
9	Yosef Ahmed Sabry	16	Heliopolis	NT	_____	_____
10	Ezz El Din Alla Abdel Lateif	17	Al Ealamein	NT	_____	_____

Heat 6 of 20 Timed Finals

1	Maiekel Nasr Atteia Derias	17	Talbeia	NT	_____	_____
2	Mazen Ahmed Ragab Abdel Hamed	18	Shooting	NT	_____	_____
3	Youssef Wael Okasha	16	15 May	NT	_____	_____
4	Karim Shalby Mohamed	16	Taleaa El Gish Club	NT	_____	_____
5	SifEldin Hossam Mohamed Elsog	17	Smouha	NT	_____	_____
6	Zyad Osama Abdelrahman	16	El Mekaweloun	NT	_____	_____
7	Karim Tarek Ibrahim Mohamed	21	Ahly	NT	_____	_____
8	Belal Ahmed Elsayed	18	Ahly	NT	_____	_____
9	Ahmed Tarek Mohamed Abdelalem	16	El Mekaweloun	NT	_____	_____
10	Ahmed Mohamed Ghobashy	19	Smouha	NT	_____	_____

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Heat 7 Timed Finals... (Event 22 Men 16 & Over 400 LC Meter Freestyle)

1	Ahmed Yaser Samy Borham	17	Al Hawar	NT	_____	_____
2	Zeyad Amer Arby	16	Talbeia	NT	_____	_____
3	Eslam Sameh	16	El Shrook	5:28.86	_____	_____
4	Abdelrahman Osama ali	16	El Mekaweloun	5:19.70	_____	_____
5	Omar Khaled Mohamed	18	Cairo	5:11.91	_____	_____
6	Ahmed Ramadan Mohamed	16	Rowad	5:16.12	_____	_____
7	Youssef Hassan Salah	17	Cairo	5:20.04	_____	_____
8	Mohamed Housam Eldin	16	Zamalek	NT	_____	_____
9	Karim Ehab Abdel Kader	19	Zamalek	NT	_____	_____
10	Yaser Khaled Mamdouh ali	16	Al Tersana	NT	_____	_____

Heat 8 of 20 Timed Finals

1	Abdelrahman Mohamed Ihab	16	Al Ealamein	5:08.37	_____	_____
2	AbdelRahman Mohamed Sayed	16	El Obour	5:06.41	_____	_____
3	Anas Ahmed Helmy Ahmed	16	El Shams	5:04.45	_____	_____
4	Mahmoud Emad Abd Elmoghny	16	El Zohour	5:02.31	_____	_____
5	Yousef Mohamed Hashem	17	15 May	5:01.46	_____	_____
6	Yasin Mohamed Ibrahim Sedk	17	Smouha	5:02.31	_____	_____
7	abd Elrahman Saeed Mohamed Ebra	17	Zamalek	5:04.33	_____	_____
8	Mohamed Karim Mohamed Shokry	18	Smouha	5:06.13	_____	_____
9	Mokhtar Emad Abdelhamied	16	Moasasa Riadiyah Askaria	5:07.16	_____	_____
10	Abd Alla Karim Ashraf Mahgoub	16	El Gezira	5:11.10	_____	_____

Heat 9 of 20 Timed Finals

1	Mohamed Ahmed Mohamed Saleh	16	Olympic	5:00.82	_____	_____
2	Youssef Walid Mahmoud Ahmed	16	Taleaa El Gish Club	4:57.54	_____	_____
3	Mohamed Khaled Hassan	17	El Obour	4:55.64	_____	_____
4	Mohamed Ahmed Mohamed Gamal	16	Tawfekaya	4:54.11	_____	_____
5	Ahmed Yasser Yehia	16	Cairo	4:53.35	_____	_____
6	Youssef Walid Abbas	17	Olympic	4:53.64	_____	_____
7	Saleh Shady Mohamed Said	19	Shooting	4:55.51	_____	_____
8	Ibrahim Sherif Ibrahim Mahmoud	17	Maadi	4:56.87	_____	_____
9	Abdalla Mohamed Ibrahim	19	Shooting	4:59.08	_____	_____
10	Mahmoud Mohamed Desouky Abosr	16	Taleaa El Gish Club	5:01.46	_____	_____

Heat 10 of 20 Timed Finals

1	Adham Moh. Galal ELDin ElSayd	16	El Gezira	4:52.78	_____	_____
2	Mohamed Ehab Elsaeyd	18	Wadi Degla	4:52.31	_____	_____
3	Youssef amr Elsayed Nasr	16	Olympic	4:51.68	_____	_____
4	amr Khaled abd Elmaksoud Ismail	16	Olympic	4:51.23	_____	_____
5	Yousif Shawky Mahros	16	Shooting	4:48.47	_____	_____
6	Mohamed Ahmed Omran Al Beshlaw	18	Hadak Al Ahram	4:49.04	_____	_____
7	Mahmoud Mohamed Hanafi	17	Olympic	4:51.40	_____	_____
8	Omar Mohamedm Hamza Osman	16	Bank Ahly Geza	4:52.15	_____	_____
9	Hassan Hossam Hassan Kamel Ali	16	El Shams	4:52.75	_____	_____
10	Hazim Waled Fawzy Amin	17	El Shrook	4:52.95	_____	_____

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Heat 11 Timed Finals... (Event 22 Men 16 & Over 400 LC Meter Freestyle)

1	Ahmed Shehab Ahm. Saleh	21	El Gezira	4:47.94	_____	_____
2	Omar Shrif Moustafa	16	Zamalek	4:47.11	_____	_____
3	Seif Amr Samir Abd ElSamad	17	El Shams	4:45.65	_____	_____
4	Youssef Ahmed Taha	17	Zamalek	4:44.99	_____	_____
5	aly Mohamed aly Elsobky	16	Wadi Degla	4:43.77	_____	_____
6	Eazz El Din Mohamed Khamis	16	Sporting	4:44.28	_____	_____
7	Mohamed Tamer Mohamed Zaky	18	Smouha	4:45.04	_____	_____
8	Yosef Atef el Sadaty	16	Al Hawar	4:46.92	_____	_____
9	Mohamed Tarek Seiam	16	Heliopolis	4:47.88	_____	_____
10	Yousof Mohamed Hafez	16	Tanta	4:48.01	_____	_____

Heat 12 of 20 Timed Finals

1	Mostafa Tamer Mamdouh	16	Baladyat El Mahala	4:42.54	_____	_____
2	Youssef Khaled Mohamed	16	Ahly	4:40.92	_____	_____
3	Ahmed Ayman Mohamed abd el Mni	16	Stad Mansoura	4:40.21	_____	_____
4	Abdelmalek Ahmed Khalifa	17	Wadi Degla	4:39.06	_____	_____
5	Youssef Marwan Saied	16	Wadi Degla	4:38.70	_____	_____
6	abd Elrahman Sherif Karam Monir	16	Al Tersana	4:38.99	_____	_____
7	Mohamed Wael Abdel Monaeim	18	Enppi	4:39.17	_____	_____
8	Omar Akram Ibrahim	18	Shooting	4:40.61	_____	_____
9	Ez Elden Tamer	17	El Ghaba	4:42.40	_____	_____
10	Mohamed Mostafa Barka	19	Smouha	4:43.53	_____	_____

Heat 13 of 20 Timed Finals

1	Yosef Mohamed abd Elbaser	16	El Ghaba	4:38.53	_____	_____
2	Seif Eldin Mohamed Hassan	19	Ahly	4:38.04	_____	_____
3	Amr Khaled Mohamed Abdel Aziz	16	Wadi Degla	4:37.54	_____	_____
4	Yousif Ayman Mohamed Elgwil	16	Smouha	4:36.78	_____	_____
5	Ahmed Taher Al Sayed Allam	17	Olympia	4:34.09	_____	_____
6	Saif Eldin Waled Abdel Razik	18	Wadi Degla	4:35.56	_____	_____
7	Yasin Mahmoud Mostafa	16	Shooting	4:37.49	_____	_____
8	Fathey Ahmed Fathey abd el Fatah	16	Stad Mansoura	4:37.98	_____	_____
9	Samir Sameh el Batal	17	Wadi Degla	4:38.19	_____	_____
10	Omar Ibrahim Elshahat Eln	16	Smouha	4:38.56	_____	_____

Heat 14 of 20 Timed Finals

1	ali Mohamed Sarwat	16	Heliopolis	4:33.61	_____	_____
2	Ahmed Hisham Safwat Radwan	16	Police Club	4:33.10	_____	_____
3	Mohamed Hamed Abas Masoud	18	Talbeia	4:32.76	_____	_____
4	Ahmed Hazem Mohamed Apdlwahe	17	6th	4:32.44	_____	_____
5	Ahmed Hossam Abdallah	17	Heliopolis	4:31.26	_____	_____
6	Ahmed Beshar Mostafa Mohamed	16	6th	4:32.35	_____	_____
7	Yousf Mohmed Mdht Mohmed	16	6th	4:32.65	_____	_____
8	Mohmed Khaled Ookeel Abdallah	16	6th	4:32.80	_____	_____
9	Ahmed Islam Mahmoud	18	Zamalek	4:33.61	_____	_____
10	Saad Elden Saeed Saad	17	Sporting	4:33.64	_____	_____

Egypt Swimming National Championship2020-2021 - 4/5/2021 to 4/10/2021

Meet Program - 07-04-2021 Evening

Heat 15 Timed Finals... (Event 22 Men 16 & Over 400 LC Meter Freestyle)

1	Ahmed Wael Ahmed Mohamed	17	Bank Ahly Alex	4:29.83	_____	_____
2	Yosef Shereef Yosef Oweda	17	Gezira El Ward	4:29.05	_____	_____
3	Yousef Hatem Seif	18	Shooting	4:28.51	_____	_____
4	AbdElrhman Waled Hemdan Mhmoc	17	Smouha	4:27.77	_____	_____
5	Mohamed Tarek Rashad Abd el Ham	16	El Shams	4:26.67	_____	_____
6	Zeiad Hamdy Amin Ossman	18	Zamalek	4:27.15	_____	_____
7	Mazin Taha Ebrahim	18	Wadi Degla	4:28.38	_____	_____
8	Ahmed Hesham Nageib	18	Zamalek	4:28.60	_____	_____
9	Adham Ayman Monir Hashem	16	Al Tersana	4:29.77	_____	_____
10	Yousef Yahya Zakriya Ramady	18	Sporting	4:30.56	_____	_____

Heat 16 of 20 Timed Finals

1	Srag El Den Ahmed	17	Sporting	4:26.24	_____	_____
2	Omar Gaber Aly	16	Ahly	4:25.15	_____	_____
3	Seif Walaa Antar	16	Wadi Degla	4:24.60	_____	_____
4	Zyad Waael Abass Bhr	18	6th	4:24.02	_____	_____
5	Mostafa Adel Ibrahim Khalil	17	Smouha	4:23.85	_____	_____
6	Mounir Ramez Mounir	17	Shooting	4:23.89	_____	_____
7	Houssen Talal Houssen Sayd	17	6th	4:24.05	_____	_____
8	Marwan Mohamed Abdallah Hassan	16	Wadi Degla	4:24.61	_____	_____
9	Omar Adel Abdel Hamed	19	El Zohour	4:25.36	_____	_____
10	Yahia Ashraf Madkour	18	Smouha	4:26.40	_____	_____

Heat 17 of 20 Timed Finals

1	Mohamed Alwy Mohamed Ali	20	Smouha	4:23.68	_____	_____
2	Yassin Esam El Din	17	Sporting	4:22.63	_____	_____
3	AbdElrhman Khaled Saied	27	Smouha	4:21.86	_____	_____
4	Mooataz Tarek Ibrahim Mohamed	17	Ahly	4:20.77	_____	_____
5	Yousif Ahmed Ragab Elshaman	16	Smouha	4:20.14	_____	_____
6	Ahmed Wael Ahmed	17	Wadi Degla	4:20.62	_____	_____
7	Ahmed Tamer Mostafa Seed	16	6th	4:21.01	_____	_____
8	Mohamed Saeed Eleiraqy	16	Zamalek	4:22.49	_____	_____
9	Belal Maged Soliman	18	Ahly	4:23.46	_____	_____
10	Seif Eldin Ahmed Mohamed	16	Ahly	4:23.70	_____	_____

Heat 18 of 20 Timed Finals

1	Seif Osama Ahmed Farag	21	Ahly	4:19.62	_____	_____
2	Ahmed Khaled Abdel Hamed	20	Shooting	4:17.95	_____	_____
3	Eyad Ahmed Zakaria	16	Ahly	4:16.55	_____	_____
4	Mohamed Hesham Esmail Hamd	18	6th	4:15.10	_____	_____
5	Omar Ahmed Hassan Ryaan	16	El Shams	4:14.14	_____	_____
6	Mohamed Yaser Omar	16	Olympia	4:14.55	_____	_____
7	Omar Hany Abdalla	19	Ahly	4:16.19	_____	_____
8	Zeyad Said Bahgat	17	Ahly	4:17.73	_____	_____
9	Omar Mohsen Ramdan AbdElm	16	Smouha	4:18.69	_____	_____
10	Zeyad Haytham Ismail	20	Ahly	4:20.06	_____	_____

Egypt Swimming National Championship2020-2021 - 4/5/2021 to 4/10/2021**Meet Program - 07-04-2021 Evening****Heat 19 Timed Finals... (Event 22 Men 16 & Over 400 LC Meter Freestyle)**

1	Ahmed Mohamed Elhousseiny	17	Ahly	4:13.96	_____	_____
2	Ahmed Yasser Bastawesy	19	Ahly	4:13.22	_____	_____
3	Moustafa Tarik Moustafa	18	Heliopolis	4:12.41	_____	_____
4	Ibrahim Mohamed Yoneis	21	Zamalek	4:11.99	_____	_____
5	Tarik Kamel Farouk Kamel	18	Bank Ahly Geza	4:11.73	_____	_____
6	Mohamed Mahmoud Mohamed	18	El Ghaba	4:11.78	_____	_____
7	amr Mohamed Anter	17	Zamalek	4:12.17	_____	_____
8	Karim Ahmed Khaled Elewa	19	El Shams	4:12.50	_____	_____
9	Mrawan Mostafa Mowaled	18	Wadi Degla	4:13.24	_____	_____
10	Yasin Hatem Sery	17	Heliopolis	4:14.00	_____	_____

Heat 20 of 20 Timed Finals

1	Shady Mahmoud Nader	18	Ahly	4:10.39	_____	_____
2	Ali Hany Mohamed Al Soghair	19	El Shams	4:10.14	_____	_____
3	Ahmed Sameh Elsaid	17	Ahly	4:04.22	_____	_____
4	Yosef Hany Mohamed	19	Ahly	4:00.10	_____	_____
5	Marwan Ahmed Elamrawy	26	Sporting	3:55.56	_____	_____
6	Mohamed Adel Mohamed Meseilhy	20	Ahly	3:56.00	_____	_____
7	Mohamed Hossam AbdElslam	23	Smouha	4:02.62	_____	_____
8	Youssef Magdy Elhady	17	Ahly	4:09.21	_____	_____
9	Moustafa AbdElhakim Elgamal	21	Sporting	4:10.38	_____	_____
10	Hamza Adham Amin	21	Ahly	4:10.89	_____	_____