

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

## Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 26 Timed Finals</b>				
3	Jana Ahmed Magdy Ibrahim	11	Heliolido	NT
4	Aliaa Tamer Badrat	11	Ahly	NT
5	Lara Haitham Mohamed Reda	11	Top Swimmer	NT
<b>Heat 2 of 26 Timed Finals</b>				
0	Kenzy Ahmed Reefat Mohamed	11	Gezira El Ward	NT
1	Jassmin Mohammed Abd El Samed M	11	El Shams	NT
2	Farida Hatem Ramadan Saleh	11	Wadi Degla	NT
3	Malak Ahmed Mwad Sayed	11	Wadi Degla	NT
4	Mariam Ahmed Refat Ahmed Wahba	11	Ahly	NT
5	Renad Mohamed Ali Mahmoud Huss	11	6th	NT
6	Lamis Sami Amer Ahmed	11	ElGezira Youth	NT
7	Dima Ehab Abd Elaty Ahmed	11	Wadi Degla	NT
8	Kenzy Eslam Noureldin Ahmed	11	Stad Mansoura	NT
9	Aytin Mostafa Salah	11	El Nasr Club	NT
<b>Heat 3 of 26 Timed Finals</b>				
0	Nour Ayman Mohamed Hassan	11	Olympic Champion Club	NT
1	Salma Ahmed Mohamed Goda	11	El Mekaweloun	NT
2	Lojayna Bassem Ahmed Fouad	11	El Zohour	NT
3	Malak Mohamed Lotfy	11	Hadak Al Ahram	NT
4	Farida Wael Hassan	11	Taleaa El Gish Club	NT
5	Salma Mohamed Abdellatif Abdelalili	11	Wadi Degla	NT
6	Sama Mostafa Mohamed	11	El Ghaba	NT
7	Freda Ramadan Abidaif	11	ElGezira Youth	NT
8	Kenda Elhamy Mohamed	11	Hadak Al Ahram	NT
9	Mona Mahmoud Ebrahim	11	El Zohour	NT
<b>Heat 4 of 26 Timed Finals</b>				
0	Sandy Hussameldin	11	Rehab	NT
1	Rital Mohamed Zeinaleabidi	11	Beni Suef Club	NT
2	Hana Ahmed Taalab	11	New Giza	NT
3	Remas Wesam Hamed	11	Hadak Al Ahram	NT
4	Talin Mohamed Amin Sayed Awad	11	El Mekaweloun	NT
5	Nataly Sherief Sabry	11	Wadi Degla	NT
6	Mariam Sherif Mohamed Maher	11	Stad Mansoura	NT
7	Daren el Shafeey ali	11	Ismaily Sporting Club	NT
8	Khadija Mohanad Ali	11	Maadi	NT
9	Rodaina Sameh Abdel Hakim Aly Ha	11	Ahly	NT
<b>Heat 5 of 26 Timed Finals</b>				
0	Lian Mohamed Aboelkasem	11	El Nasr Club	NT
1	Lara Mohamed Abd El Hady	11	Sporting	NT
2	Farida Ahmed Salah Fekry Gooma	11	Ahly	NT
3	Joudy Emad Ahmed Hamed Mohame	11	Ahly	NT
4	Lobna Ahmed Mohamed	11	Asyut Club	NT
5	Farida Ahmed Elsaheed	11	El Shrook	NT
6	Malak Ahmed Mohamed Amin Moha	11	Moasasa Riadiiah Askaria	NT
7	Rodaina Hossny Mohamed Mahmou	11	Wadi Degla	NT
8	Kinzy Ahmed Ibrahim Mohamed	11	Wadi Degla	NT
9	Hana Mohamed Sayed Elashmawy	11	Heliolido	NT

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 6 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Joudy Ramadan Abdfatah	11	Tyran Club	NT
1	Ayten Khaled Samy Abdelmonem	11	Wadi Degla	NT
2	Salma Ahmed Abdul Tawab	11	Platinum	NT
3	Ziena Ehab El Zarka	11	Sporting	NT
4	Lojen Haitham Mahmoud Saad	11	Sporting	NT
5	Nour Hasan Hamdy	11	Wadi Degla	NT
6	Malak Mahmoud Abdelhamed	11	Cairo	NT
7	Haidy Mohamed ali Ameen Sabra	11	Ahly	NT
8	Jana Saleh Abdallha	11	Al Tersana	NT
9	Lina Mahmoud Ebrahim	11	Seka El Hadid	NT

**Heat 7 of 26 Timed Finals**

0	Kenzi Hatem Mahmoud Atya	11	El Zohour	NT
1	Govana Medhat Tharwat	11	Wadi Degla	NT
2	Malak Abdelhamid Mohamed Abdell	11	Stad Mansoura	NT
3	Mariam Ahmed Mohamed Al-Saeed	11	El Gezira	NT
4	Lojain Medhatmahmoud Mohamed	11	Ahly	NT
5	Alaa Allah Ayman Farouk	11	Wadi Degla	NT
6	Arwa Elsayed Ahmed	11	Al Shehk Zaeid	NT
7	Wesal Amr Mahmoud Ahmed	11	Wadi Degla	NT
8	Karma Amr Helmy Shaalan	11	Canal El Suez	NT
9	Retal Ahmed Said Adly	11	Wadi Degla	NT

**Heat 8 of 26 Timed Finals**

0	Farida Sayed Osman	11	ElGezira Youth	NT
1	Rofayda Mohamed Saeed	11	Zamalek	NT
2	Kady Mohamed Ahmed Saleh	11	Ahly	NT
3	Haya Hamed Mohamed Hamed	11	Wadi Degla	NT
4	Biery Kareem Mohamed	11	Platinum	NT
5	Karma Ahmed Essam	11	Ahly	NT
6	Rodina amr Hussein	11	Ahly	NT
7	Nouran Mohamed Ahmed	11	Ahly	NT
8	Lele Emad Elden Hamdy	11	El Ghaba	NT
9	Bassant Hatem Mohamed	11	Canal El Suez	NT

**Heat 9 of 26 Timed Finals**

0	Hager Mohamed Ibrahim Mohamed	11	El Mekaweloun	NT
1	Malak Hassan Mohamed Hassan	11	El Shams	2:08.98
2	Rawan Mohamed Abd-elsalam	11	El Ghaba	2:05.40
3	Amna Ahmed Mahmoud Madbouly	11	El Gezira	2:02.75
4	Talia Mohamed Kamel	11	El Obour	2:01.26
5	Dalia Ahmed Hashim	11	Senzo	2:01.60
6	Layla Hisham abd Almeged	11	Ahly	2:04.19
7	Rovan Khaled Fekry Mohamed	11	Wadi Degla	2:05.70
8	Maya Mohamed Salah Eldeen	11	Ahly	2:16.07
9	Jana Hassan Ahmed Hassan	11	Wadi Degla	NT

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 10 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Carma Emad El Din Essam	11	El Gezira	1:58.64
1	Nour Haitham Esam Abdalla	11	6th	1:57.42
2	Farida Khaled Mostafa	11	Cairo	1:56.91
3	Yassmin Ahmed Abd Elmegied Moha	11	Wadi Degla	1:55.90
4	Lamar Ayman Samir	11	Ahly	1:55.45
5	Farida Sherief Adel Abdelmonem	11	Wadi Degla	1:55.64
6	Farida Taha Fathi Abd Elmonaem	11	Pegasus Club	1:56.45
7	Roqaia Hassan Abosari	11	M.S Tagamoa	1:57.42
8	Salma Ahmed Magdy	11	Wadi Degla	1:58.34
9	Maya Mohamed Ismail	11	Ahly	1:58.90

**Heat 11 of 26 Timed Finals**

0	Renad Mohammad Hassanien	11	Shooting	1:55.12
1	Remas Ahmed Mohamed Ahmed	11	Wadi Degla	1:54.82
2	Jana Osama Mostafa Ahmed	11	6th	1:53.97
3	Alma Ahmed Abd el Moneam	11	Wadi Degla	1:53.44
4	Malak Ahmed Hassan Mahmoud Mo	11	Ahly	1:52.98
5	Judy Hany Shokry	11	Rowad	1:53.06
6	Lama Ahmed Nabil Hassan	11	Gezira El Ward	1:53.94
7	Dima Ashraf Mohamed	11	Hadak Al Ahram	1:54.71
8	Yasmin Osama Abdelsalam Mohame	11	El Shams	1:54.97
9	Rahma Ahmed Taha	11	Sharks Team	1:55.36

**Heat 12 of 26 Timed Finals**

0	Jana Mohamed Khalifa Mohamed Kh	11	Ahly	1:52.45
1	Romysaa Waleed Mohamed	11	Hadak Al Ahram	1:51.85
2	Rahaf Saeed Selem Fteeh	11	El Shams	1:51.73
3	Malak Salama Saeid	11	Zamalek	1:51.64
4	Nadine Ehab Abdel Fatah Ahmed	11	Wadi Degla	1:51.31
5	Kenzy Mohamed Hassan Shafiq	11	Heliolido	1:51.42
6	Jana Mohamed Othman	11	Ahly	1:51.71
7	Kenzy Omar Mahmoud Omar	11	TM Sports	1:51.79
8	Hana Mohamed Moustafa Abdelsatt	11	Ahly	1:52.25
9	Retal Mohamed Beshir Mohamed	11	Wadi Degla	1:52.59

**Heat 13 of 26 Timed Finals**

0	Khadija Sherif Ahmed	11	Maadi	1:51.10
1	Romaisa Osama Abd-elwahab	11	El Ghaba	1:50.90
2	Anne Ahmed Gamal Saber	11	Heliolido	1:50.32
3	Jana Mohamed Kamal	11	Wadi Degla	1:49.76
4	Rabab Ahmed Shawky Ramadan	11	6th	1:49.05
5	Farida Mostafa Elsayed Osman	11	El Mekaweloun	1:49.68
6	Lara Basem Abdelhamid Mahmoud	11	Ahly	1:49.91
7	Karma amr Ahmed Mohamed	11	Ahly	1:50.50
8	Habiba Mohamed Adel Sabry	11	Ahly	1:51.01
9	Talia Adel Magdy	11	Ahly	1:51.30

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 14 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Ruqaya Alaa Mostafa	11	Maadi	1:48.90
1	Gody Mohamed Roshdy Soliman	11	El Shams	1:48.73
2	Yara Mohamed abd Elhalim Hasanin	11	El Zohour	1:48.33
3	Jasmine Mohamed Abdelmoniemab	11	El Shams	1:47.82
4	Hager Alaa Hamada Ali	11	Wadi Degla	1:47.44
5	Dana Adel Ahmed	11	Heliolido	1:47.77
6	Salma Mayhoub	11	Rehab	1:48.02
7	Julia Ahmed Mohamed Naguib	11	Platinum	1:48.35
8	Esraa Hesham Abo-Alela abd Allah	11	El Shams	1:48.85
9	Yara Tamer Salah Abd Elhamid	11	El Shams	1:48.92

**Heat 15 of 26 Timed Finals**

0	Lojyen Ayman Mohsen Mohamed	11	El Zohour	1:47.03
1	Marly Yohanna Mosaad	11	el Shark Club	1:46.82
2	Joudy Fathy Rabia	11	Wadi Degla	1:46.61
3	Malika Hossam Nabil Mostafa	11	TM Sports	1:46.48
4	Roaa Mohamed Hazem Mohamed	11	El Shams	1:46.06
5	Alia Abdelrahman Ahmed	11	Wadi Degla	1:46.18
6	Wateen Hassan Mohame Mansour H	11	Ahly	1:46.52
7	Rana Yaser Mohamed Shafik	11	Ahly	1:46.66
8	Nada Mohamed Mabrok	11	Ahly	1:46.92
9	Malak Ahmed Mohamed Reda	11	Heliolido	1:47.14

**Heat 16 of 26 Timed Finals**

0	Malak Mohamed Ali	11	Rehab	1:45.93
1	Malak Mahmoud Shehata Abd Elmoi	11	Ahly	1:45.72
2	Howida Mostafa Abdelhamied	11	Shooting	1:45.64
3	Hania Hany Ahmed Mahmoud Mans	11	Ahly	1:45.22
4	Dana Ahmed Mohsen	11	Shooting	1:45.05
5	Kenzy Hany Mohamed Kotb	11	Olympic Champion Club	1:45.07
6	Farida Ahmed Osama	11	New Giza	1:45.44
7	Tala Mohamed Abo Elhagag	11	6th	1:45.72
8	Aisha Mahmoud Mohamed Bahy	11	El Ghaba	1:45.74
9	Farida Amr Amir Ebrahim El Zahar	11	Ahly	1:45.99

**Heat 17 of 26 Timed Finals**

0	Aisel Ahmed Abdelghani	11	Ahly	1:44.60
1	Jana Mahmoud Mohamed	11	El Nasr Club	1:43.90
2	Alia Sherif Mostafa	11	Ahly	1:43.65
3	Talia Haitham Mohame Abdel Latif	11	Ahly	1:43.26
4	Habiba Walid Ramzy Othman	11	Montkab Suez	1:43.03
5	Farha Ahmed Hmam	11	Tanta	1:43.13
6	Isen Yesser abd Elwahab	11	Ahly	1:43.30
7	Nelley Sayed Ahmed	11	Al Shehk Zaeid	1:43.69
8	Mariam Eslam Sayed	11	TM Sports	1:44.12
9	Ritag Sherif Sobhy	11	Ultimate	1:44.62

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 18 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Kenzy Hany Ahmed	11	Wadi Degla	1:42.97
1	Layan Eid Mohamed	11	El Zohour	1:42.91
2	Salma Tamer Mohamed Ebrahim	11	El Zohour	1:42.59
3	Hanin Amir Maher abd Elham	11	Zamalek	1:42.18
4	Sowar Tamer Hassabo	11	Ahly	1:41.46
5	Jana Abdelhakiem Abdelfattah	11	Shooting	1:42.03
6	Talia Karim Ibrahim Elsaid att	11	Ahly	1:42.46
7	Talia Mohamed Mohy ELDin	11	Shooting	1:42.82
8	Salma Ahmad Mohamed	11	Heliopolis	1:42.96
9	Ronzy Mohamed Sayed Ibrahim Els	11	Ahly	1:43.01

**Heat 19 of 26 Timed Finals**

0	Hoda Mohamed Abdallh	11	El Zohour	1:41.35
1	Laila Ahmed Terzaki Abo El-Abbas	11	El Shams	1:41.10
2	Nour Mohamed Ahmed Mohamed A	11	Ahly	1:40.88
3	Retaj Khodary Mahmoud	11	El Obour	1:40.70
4	Yara Alaa Ahmed Ezat	11	Shooting	1:40.48
5	Kenda Mohamed Hassan	11	Sporting	1:40.66
6	Rawan Hamdy Ali	11	El Obour	1:40.85
7	Hana Aly Samir Mohamed	11	Pegasus Club	1:41.05
8	Habiba Hany Ahmed Shoeir	11	El Zohour	1:41.18
9	Lana Ahmed tag	11	El Temsah	1:41.39

**Heat 20 of 26 Timed Finals**

0	Lojain Emad Eldeen Sayed Awad Els	11	Ahly	1:40.04
1	Lena Mohamed Samir	11	Ahly	1:39.75
2	Bessan Hossam Amer	11	Tanta	1:39.44
3	Lojy Mohamed Foaad	11	Rowad	1:39.26
4	Lyan Samy Yehia Abd El Aziz	11	Wadi Degla	1:39.07
5	Haya Mahmoud Abdelfatah Bayiomy	11	Wadi Degla	1:39.25
6	Relam Ibrahim Osama	11	Sporting	1:39.40
7	Roba amr Gamal	11	Ahly	1:39.72
8	Habiba Ayman Mukhtar	11	M.S Tagamoa	1:39.97
9	Lojayne Wael Mohamed Mustafa Afi	11	Ahly	1:40.10

**Heat 21 of 26 Timed Finals**

0	Heaven Fady Boules	11	Wadi Degla	1:38.83
1	Layan amr abd Almuneam	11	Mokattam	1:38.67
2	Rokaya Mohamed Mahmoud	11	Rowad	1:38.53
3	Karen Fady Emad Hosny	11	Wadi Degla	1:38.20
4	Malak Mohamed Abdallah Mohamec	11	Wadi Degla	1:37.94
5	Lara Mohamed Talaat Mohamed	11	Wadi Degla	1:38.05
6	Leila Mohamed Mahmou	11	Ahly	1:38.47
7	Malika Hesham Baz Elsayd	11	El Ghaba	1:38.61
8	Farida Maged Mohamed Meshref	11	Pegasus Club	1:38.73
9	Leen Wael Sami Zaher	11	El Shams	1:38.90

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 22 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Farida Hesham Maher	11	Ahly	1:37.71
1	Hana Eslam Osama	11	Wadi Degla	1:37.21
2	Logain Mohamed Osman	11	Rowad	1:37.08
3	Farida Haitham	11	Rehab	1:36.98
4	Habiba Abdelmoamen Abdalla Abde	11	El Shams	1:36.82
5	Malak Ashraf Ali	11	Petrosport	1:36.87
6	Jana Ahmed	11	Nasr City	1:37.01
7	Retal Mohamed Darwish	11	Wadi Degla	1:37.20
8	Rokya Waled Ahmed Mohamed Ibra	11	El Mekaweloun	1:37.35
9	Hoda Elsayed Mohamed el Saftawy	11	Al Hawar	1:37.89

**Heat 23 of 26 Timed Finals**

0	Salma Magdy Ibrahim Ibrahim	11	6th	1:36.03
1	Malak Mostafa Amer	11	Tanta	1:35.85
2	Eliana Elias Fayad	11	TM Sports	1:35.73
3	Rodina Ahmed Sayed	11	Cairo	1:35.49
4	Zainb Mahmoud Mahmoud	11	Rowad	1:34.96
5	Dima Gamal Eldin Mohamed	11	Rehab	1:35.26
6	Hala Ahmed Mohamed Ali	11	6th	1:35.55
7	Logain Bahaa Eldin Hussain	11	Wadi Degla	1:35.81
8	Thoraia Ibrahim Gamal	11	Rehab	1:35.92
9	Zeina Mohamed Ahmed Abdel Mage	11	El Shams	1:36.65

**Heat 24 of 26 Timed Finals**

0	Rowida Elsayed Mohamed	11	Wadi Degla	1:34.51
1	Kenzy Karem Mohamed	11	Ahly	1:34.15
2	Sara Mohamed Hussein	11	Ahly	1:34.01
3	Judy Kamel Nabih Elataby	11	Ahly	1:33.43
4	Nadeen Bahaa Eldeen	11	Smouha	1:33.30
5	Joury Medhat Mohamed	11	Smouha	1:33.33
6	Jana Mohamed Hussein Mohamed R	11	Ahly	1:33.44
7	Dania Amr Abdelrahman	11	Wadi Degla	1:34.07
8	Somaya Karem Hanafy	11	Sharks Team	1:34.46
9	Malika Ramy Abdullah	11	Nasr City	1:34.73

**Heat 25 of 26 Timed Finals**

0	Malak Waleed Ahmed	11	Ahly	1:33.11
1	Aya Ahmed Mohamed Sabry	11	Smouha	1:32.78
2	Lama Mohamed Said Elsherbiny	11	Gezira El Ward	1:32.62
3	Nour Eslam Metwaly Mohamed Saye	11	Ahly	1:32.56
4	Nada Mohamed Mrawan	11	Heliopolis	1:31.39
5	Mariam Mohamed Moustfa	11	Sharks Team	1:31.41
6	Basmala Gamal Mohsen	11	Ahly	1:32.58
7	Talia Ahmed Gharib Mohamed Mahr	11	Ahly	1:32.67
8	Rimas Haitham Siam	11	El Khanka	1:33.06
9	Mariam Ahmed Said Abdelsalam	11	El Zohour	1:33.19

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 20/12/2023 Mor****Heat 26 Timed Finals... (Event 221 Girls 11 Year Olds 100 LC Meter Breaststroke)**

0	Lama Tamer Omaran	11	Wadi Degla	1:30.57
1	Elaf Mohammed Alarabey	11	el Shark Club	1:29.28
2	Sama El Shafey Abdellatif	11	Wadi Degla	1:29.12
3	Nour Mahmoud Amr Elwany	11	Shooting	1:28.17
4	Farah Ahmed Mohamed Ali Abdelha	11	Ahly	1:26.30
5	Yara Mohamed Youssef	11	Smouha	1:27.66
6	Habiba Ossama Ashraf Ahmed	11	El Shams	1:28.96
7	Maya Ahmed Mostafa	11	El Tamsah	1:29.14
8	Mariam Mohamed Emam	11	Ahly	1:29.42
9	Masa Ahmed Aboshehata	11	Olympia	1:30.94

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

## Event 222 Boys 11 Year Olds 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Timed Finals</b>				
3	Adham Hisham Mohamed	11	Baladyat El Mahala	NT
4	Youssef Mahmoud Abo Daoud	11	Heliopolis	NT
5	Amgd Ahmed Elsamadony	11	Tanta	NT
<b>Heat 2 of 14 Timed Finals</b>				
0	Wael Waleed Abdelaa	11	Damnhor Sport	NT
1	Yossef Mohamed Sayed	11	Al Shehk Zaeid	NT
2	Yassin Hany Sobhy Ahmed	11	El Ghaba	NT
3	abo Bakr Walid Mohamed	11	Rowad	NT
4	Omar Mohamed Elsoody Elsayew	11	Al Hawar	NT
5	Adam Faisal Saad	11	Petrosport	NT
6	Hassan Tarek abd Elhamed	11	Rowad	NT
7	Moaz Mohamed Soliman abd	11	Zamalek	NT
8	Marwan Khaled Mohamed Hosny Te	11	Moasasa Riadiah Askaria	NT
<b>Heat 3 of 14 Timed Finals</b>				
0	Ahmed Tamer Fouda	11	Rehab	NT
1	Mohamed Ahmed Mohamed Moham	11	El Mekaweloun	NT
2	Moaz Ehab Mahmoud	11	Wadi Degla	NT
3	Eyad Ahmed Mahmoud Refaaey	11	6th	NT
4	Mohamed Reda Mohamed abo Elawi	11	Al Hawar	NT
5	Ahmed Amir Mahmoud Allam	11	6th	NT
6	Adam Mohamed Kamal El Din	11	El Obour	NT
7	Marwan Ahmed Foaad Bahnsy	11	Zamalek	NT
8	Ahmed Kareem Abdelfatah Mohame	11	Gezira El Ward	NT
9	Adam Mohamed Amen	11	el Shark Club	NT
<b>Heat 4 of 14 Timed Finals</b>				
0	Saif Ali Taha Mahmoud	11	Stad Mansoura	NT
1	Yousef Mohamed ali	11	15 May	NT
2	Gabi Moshir Mahfouz	11	Senzo	NT
3	Omar Mohamed Gohar	11	El Gezira	NT
4	Omar Ahmed Ashraf Abdelaziz	11	Stad Mansoura	NT
5	Ibrahim Mohamed Lotfy	11	Wadi Degla	NT
6	Omar Saied Hassan	11	El Obour	NT
7	Seif Eldin Ahmed Ibrahim Sand	11	El Ghaba	NT
8	Ali Hesham Nabil	11	Heliopolis	NT
9	Anas Mohamed Hassan	11	El Obour	NT
<b>Heat 5 of 14 Timed Finals</b>				
0	Nouh Kareem EL Aqad	11	Heliopolis	NT
1	Karim Mohamed Elsaid	11	El Ghaba	NT
2	Feras Waleed Ezzeldeen	11	Rehab	NT
3	Karem Mohamed Mohamed Moham	11	Olympic Champion Club	NT
4	Mostafa Mahmoud Mohamed	11	Rowad	NT
5	Ibrahim Galal Ibrahim	11	Rowad	NT
6	Ahmed Maged Mohamed	11	Rowad	NT
7	Abed Ahmed Mohamed Diab	11	Stad Mansoura	NT
8	Mohamed Ahmed Mamduoh	11	Canal El Suez	NT
9	Marawan Abdelghafar Abdelrihem	11	Stad Mansoura	NT



## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 6 Timed Finals... (Event 222 Boys 11 Year Olds 400 LC Meter Freestyle)**

0	Ahmed Alaa Ellawendy	11	Olympia	NT
1	Taim Allah Lokman Elahwal	11	Tanta	NT
2	Yassin Mohamed Ibrahim Mahmoud	11	Moasasa Riadiyah Askaria	NT
3	Youssef Ahmed Mahmoud	11	Cairo	NT
4	Saif Mohmed Ali	11	Meit Khakan Sport Club	6:06.09
5	Eyad Reda Hamza	11	El Obour	6:06.67
6	Yahia Ahmed Mohamed Hegazy	11	Pegasus Club	NT
7	Mohamed Ahmed Mohamed	11	Al Shehk Zaeid	NT
8	Yasin Mostafa Gawdt Ahmed	11	El Nasr Club	NT
9	Ebrahim Mohamed Ebrahim Moha	11	Zamalek	NT

**Heat 7 of 14 Timed Finals**

0	Yossef Mohamed Emad Khafagy	11	El Zohour	5:59.74
1	Anas Ahmed Farouk Hessen	11	6th	5:56.86
2	Yassen Tharwat Gamal Abdelnasser	11	Al Tersana	5:54.22
3	Yassen Ahmed Magdy	11	Tanta	5:53.21
4	Yahia aly Mohamed	11	Al Shehk Zaeid	5:51.04
5	Amen Mostafa Adel Mohamed	11	ElGezira Youth	5:52.05
6	Omar Taher Elgally Taher	11	Petrosport	5:53.26
7	Adam amr Mamoon	11	Al Shehk Zaeid	5:55.61
8	Nour Ahmed Mohamed	11	Hadak Al Ahram	5:58.74
9	Abdelrahman Ahmed Ismail Abdelh;	11	El Nasr Club	6:04.40

**Heat 8 of 14 Timed Finals**

0	Fares Ghassan Gaber	11	Rehab	5:46.22
1	Marwan Ahmed Hussein	11	El Zohour	5:45.19
2	Mohamed Amr Abdul Raouf	11	Hadak Al Ahram	5:38.42
3	Omar Mohamed abd Elsatar	11	Zamalek	5:37.86
4	Ahmed Ahmed Mahmoud Mohamed	11	Stad Mansoura	5:37.02
5	Yousef Basem Said	11	Hadak Al Ahram	5:37.23
6	Seif Mahmoud Mohamed	11	Petrosport	5:38.20
7	Loay Ahmed Mohamed	11	El Nasr Club	5:43.64
8	Yahya Ismail Medhat	11	Heliopolis	5:45.30
9	Amr Ahmed Fathi Ibrhiem Ahmed	11	El Mekaweloun	5:46.93

**Heat 9 of 14 Timed Finals**

0	Aly Ahmed Aly	11	Ultimate	5:36.62
1	Yussef Islam Mohamed	11	El Temsah	5:36.30
2	Yasin Ahmed Ali	11	Sporting	5:35.45
3	Gasser Hesham Sayed	11	Maadi	5:33.23
4	Hassan Ahmed Yahia	11	Rehab	5:33.17
5	Eyad Shady Essam Abdalhmeed	11	El Zohour	5:33.18
6	Youssef Mohamed Rasheed	11	Pegasus Club	5:33.59
7	Yassin Samy Ghanaym	11	El Temsah	5:35.63
8	Adham Mohamed Mosaad	11	Maadi	5:36.60
9	Ahmed Hatem ali Ahmed	11	Al Hawar	5:36.86

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 20/12/2023 Mor

**Heat 10 Timed Finals... (Event 222 Boys 11 Year Olds 400 LC Meter Freestyle)**

0	Anas Mohamed Mohamed Sedky Mo	11	Moasasa Riadiah Askaria	5:32.56
1	Yousef Ahmed Mahdy Ahmed	11	Gezira El Ward	5:30.65
2	Sleem Amr Harb	11	Sporting	5:29.54
3	Yassin Ahmed Samy	11	El Zohour	5:29.17
4	Omar Ahmed Ali Ibrahim	11	El Nasr Club	5:27.67
5	Adam Ahmed Mahmoud Mohamed	11	El Shams	5:27.69
6	Hasan Amgad Hasan	11	Heliopolis	5:29.39
7	Mahmoud Mohamed Elmetwaly	11	Sharks Team	5:30.26
8	Ahmed Ehab AbdElsatar AbdElwaha	11	El Shams	5:31.93
9	Ahmed Mohamed Elsaeed Elsaeed	11	6th	5:32.87

**Heat 11 of 14 Timed Finals**

0	Ahmed Mohamed Ezzat	11	El Temsah	5:25.75
1	Yassin Salah	11	El Temsah	5:20.21
2	Omar Mostafa Sayed Yahya	11	El Mekaweloun	5:18.89
3	Eyad Ahmed Abdel Meneem Moham	11	Ahly	5:18.08
4	Ahmed Hamdy Salah El Den Moham	11	Ahly	5:17.89
5	Kaerrm Mohamed Hamdy	11	Cairo	5:18.00
6	Yousif Goda Hassan Goda	11	El Ghaba	5:18.44
7	Hamza Karim Elshamandy	11	Smouha	5:19.92
8	Ahmed Ihab Ahmed Fathi	11	Shooting	5:23.98
9	Mohamed Mahmoud Elsayed	11	6th	5:27.00

**Heat 12 of 14 Timed Finals**

0	Omar Khaled Fawzy	11	Ahly	5:17.06
1	Malek Ahmed Mohamed	11	Smouha	5:15.90
2	Ahmed Hesham Mahmoud Gaba	11	Smouha	5:14.30
3	Oday Emad Abed	11	Shooting	5:13.14
4	Saleem Moataz Mohamed Abdel	11	El Zohour	5:12.94
5	Youssef Ibrahim Aboeelresh	11	Olympia	5:13.03
6	Yassien Mahmoud Ahmed Hegazy	11	Smouha	5:13.86
7	Yassin Amr Nabil	11	Wadi Degla	5:15.88
8	Mazen Khaled Kassem Mohmed	11	Olympic	5:16.18
9	Saleh Mohamed Saleh Ahmed	11	El Shams	5:17.23

**Heat 13 of 14 Timed Finals**

0	Yassin Osama Nagib	11	Wadi Degla	5:12.42
1	Abd ElRahman Mohamed Samir	11	TM Sports	5:12.30
2	Adam Elprol	11	Elabd Sporting Club	5:10.44
3	Youssef Saied abo Elsouad	11	El Temsah	5:08.62
4	Youssef Ahmed Mohamed	11	Hadak Al Ahram	5:03.95
5	Mazen Mokhtar Elsayed Ahmed	11	El Shams	5:06.75
6	Youssef Ahmed Mohame Youssef Mo	11	Ahly	5:09.32
7	Yassin M. Raouf	11	Maadi	5:11.84
8	Hamza Khaled Talaat Reyad	11	El Ghaba	5:12.36
9	Omer Ahmed Al Shabany	11	Olympia	5:12.85

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 20/12/2023 Mor****Heat 14 Timed Finals... (Event 222 Boys 11 Year Olds 400 LC Meter Freestyle)**

0	Zyad Mohamed Mohamed Ismail Sa	11	Ahly	5:03.83
1	Mohamed Tamer Abdelgany	11	Olympia	4:59.41
2	Malek Wael Samir Mohamed	11	Stad Mansoura	4:58.77
3	Omar Mohamed Aly Azab	11	Smouha	4:57.30
4	Hatem Abd El Hamid Mohamed Abd	11	Wadi Degla	4:56.94
5	Omar Nasser ElDin Mohamed	11	Maadi	4:56.94
6	Mohamed Usama Sedky Yousef	11	El Shams	4:57.59
7	Omar Ayman Elsaead	11	Stad Mansoura	4:59.21
8	Kareem Hesein Alkondakly	11	Olympia	5:02.19
9	Adam Amr Mohsen	11	Shooting	5:03.90