

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

Meet Program - 13/11/2023 Eve

Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 34 Timed Finals				
1	Abdelrahman Ahmed Fadel Ibrahim	14	Al-Ahram Sports Club	NT
2	Yassein Amir Yassein	14	Enppi	NT
3	Omar Mohamed Abdelghany Saleh	14	Wadi Degla	NT
4	Karim Tamer Rizk	14	Ahly	NT
5	Ziad Sayed Mohamed	14	El Mekaweloun	NT
6	Ahmed Hany Ahmed Amin	14	Wadi Degla	NT
7	Mahmoud Hany Mostafa Ahmed	14	6th	NT
8	Faysal Mohamed Faysal	14	Ahly	NT
Heat 2 of 34 Timed Finals				
0	Ahmed Selem	14	Road El Farag	NT
1	Seif Mohamed Fathalla Mohamed	14	Golf City Clup	NT
2	Anas Hasanen Lotfy	14	Wadi Degla	NT
3	Mohamed Ahmed Bolbol	14	Ahly	NT
4	Ahmed Mohamed Elsayed Mahmoud	14	Wadi Degla	NT
5	Yassin Emad MohamedAbass	14	Sharks Team	NT
6	Moez Ehab Hamdy	14	el Shark Club	NT
7	Youseif Mohamed Abdelsallam	14	Zamalek	NT
8	Mark Amgad Magdy	14	Wadi Degla	NT
9	Ahmed Mahmod Aly	14	Wadi Degla	NT
Heat 3 of 34 Timed Finals				
0	Zeyad Mohamed Gamil	14	Ahly	NT
1	Ahmed Ashraf Mahmod Elsaid	14	Matrix	NT
2	Youssef Ahmed Mohamed Abdelrahi	14	Wadi Degla	NT
3	Eyad Amr Ahmed Abd Allah	14	City Club	NT
4	Mahmoud Mostafa Mohamed	14	Tanta	NT
5	Aser Waled Ramzy	14	el Shark Club	NT
6	Yassin Ehab Mohamed Hemat	14	Ahly	NT
7	Yassin Mohamed Aly ElShamy	14	6th	NT
8	Nour Eldin Ahmed Hassan	14	Shooting	NT
9	Osama Mohamed Soltan	14	El Nasr Club	NT
Heat 4 of 34 Timed Finals				
0	Omar Sherif Mostafa	14	El Mekaweloun	NT
1	Mohamed Ahmed aly Ahmed	14	Zamalek	NT
2	Ahmed Sameh Mohamed Sedik	14	Wadi Degla	NT
3	Youef Walid Magdelden	14	El Shrook	NT
4	Nabil Mohammed Nabil	14	Meet Ghamr	NT
5	Yaheia Ahmed Shawky	14	Zamalek	NT
6	Ziad Khaled Mostafa	14	Moasasa Riadiah Askaria	NT
7	Ismael Ehab Moh. Amin Soka	14	El Gezira	NT
8	Mohab Naguib Mohamed	14	Wadi Degla	NT
9	Yamen Ibrahim Abdo Ahmed	14	Stad Mansoura	NT

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023**Meet Program - 13/11/2023 Eve****Heat 5 Timed Finals... (Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke)**

0	Mohamed Ashraf Mohamed Adel	14	Moasasa Riadiah Askaria	NT
1	Adam Mohamed Fawzy	14	Wadi Degla	NT
2	Yassin Salah Mohamed Hassan	14	El Shams	NT
3	Ebrahim Mohamed EL Dsoki	14	Heliopolis	NT
4	Moaamen Salah Eldin Mohamed	14	Canal El Suez	NT
5	Eyad Ehab Samir	14	Alsafwa	NT
6	Omar Ahmed Nagy	14	El Shams	NT
7	Badr Fathy Mohamed	14	El Nasr Club	NT
8	Eyad Ayman	14	Shobra	NT
9	Ahmed Mohamed El Attar	14	Shooting	NT

Heat 6 of 34 Timed Finals

0	Yehia Sherif Taha	14	Wadi Degla	NT
1	Asser Ahmed Abdel Aziz Ahmed	14	Wadi Degla	NT
2	Ahmed Mohamed Ramadan	14	Moasasa Riadiah Askaria	NT
3	Abdelrahman Amr Fawzy	14	El Zohour	NT
4	Youssef Omar Mohamed Mahoud	14	Beni Suef Club	NT
5	Ahmed Alaa Mohamed	14	Alsafwa	NT
6	Hamza Ahmed Youssef Hamed	14	Wadi Degla	NT
7	Ali Mohamed Nabil	14	Wadi Degla	NT
8	Yossef Hossam Rabia	14	Canal El Suez	NT
9	Moaz Mahmoud Madin	14	Zagazig University	NT

Heat 7 of 34 Timed Finals

0	Malek Ahmed Nagib	14	El Mekaweloun	NT
1	Mahmoud Walid Gebril	14	Wadi Degla	NT
2	Ahmed Sameh Ibraheem	14	el Shark Club	NT
3	Ahmed Mohamed Ibrahim Ahme	14	Bank Ahly Alex	NT
4	Ahmed Mohamed Zaher	14	Road El Farag	NT
5	Amr Faisal Mohamed	14	Wadi Degla	NT
6	Omar Sherif Sarhan	14	Tanta	NT
7	Mohamed Said Abd Elmowla Ahmed	14	Wadi Degla	NT
8	Yousef Mohamed Hassan Elsman	14	Golf City Clup	NT
9	Saif Mohamed Abdelazem mo	14	Beni Suef Club	NT

Heat 8 of 34 Timed Finals

0	Abdelrahman Ashraf Bahgat	14	Wadi Degla	NT
1	Youssef Wael Abdullah	14	El Zohour	NT
2	Omer Mahmoud Khalf	14	M S AL Minia	NT
3	Omar Ahmed Adel Mohamed	14	Rowad	NT
4	Yousef Ahmed Raafet	14	M.S Tagamoa	NT
5	Abdel Rahman Mohamed Zein Elabd	14	Beni Suef Club	NT
6	Youssef Mohamed Yassin	14	Ahly	NT
7	Ammar Yasser Mohammed Abdelazi	14	El Zohour	NT
8	Taha Ahmed Taha Fahmy	14	Wadi Degla	NT
9	Motaz Bahaa Abdel bar	14	Alsafwa	NT

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023**Meet Program - 13/11/2023 Eve****Heat 9 Timed Finals... (Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke)**

0	Marco Ashraf Eldin Sedin	14	Wadi Degla	NT
1	Adam Mohamed Mohsen	14	Zagazig University	NT
2	Yassin Amr Aly	14	Ahly	NT
3	Ali Eldin Ayman Hassan	14	Smouha	NT
4	Yassin Osama Sabry	14	Zagazig University	NT
5	Adham Yehia Mahmnoud Mohamed	14	Wadi Degla	NT
6	Mohamed Osama Twfik	14	El Mekaweloun	NT
7	Hamza Essam EL Wardany	14	Enppi	NT
8	Abd-Elrahman Emad Abd Elkhalek	14	Zagazig University	NT
9	Aser Mohamed Tamer	14	Ahly	NT

Heat 10 of 34 Timed Finals

0	Omar Mahmoud Mokhtar Ahmed	14	Ahly	NT
1	Mohamed Mostafa Abdelnaby Thabe	14	Moasasa Riadiah Askaria	NT
2	Yassin Mohamed Hussein	14	Pegasus Club	NT
3	Yousef Ahmed Hasan	14	Wadi Degla	NT
4	Youssef amr ali Hassan	14	Beni Suef Club	NT
5	Hassan Amr Hussein	14	Ahly	NT
6	Mohamed Hany Mohamed	14	Wadi Degla	NT
7	Zeyad Tarek Mohamed	14	Zagazig University	NT
8	Hamza Naser Sobhy	14	Rowad	NT
9	Ibraheem Amr Ibraheem Abdel H	14	Rowad	NT

Heat 11 of 34 Timed Finals

0	Braa Ahmed Lotfy	14	El Shams	NT
1	Youssef Samuel Fawzy	14	Wadi Degla	NT
2	Steven Wahed Samir	14	Al Tersana	NT
3	Mohamed Ahmed Mohamed Mostaf	14	El Shrook	NT
4	Anas Reda Wahdan	14	Meit Khakan Sport Club	NT
5	Ziad Abdo Gebril Khalil	14	Moasasa Riadiah Askaria	NT
6	Moaaz Hany Amin	14	Wadi Degla	NT
7	Seif Alla Nazy Mahmoud	14	Ahly	NT
8	Yahya Hossam Eldin Ahmed Salem	14	Shooting	NT
9	Kareem Waleed Ahmed	14	Ismaily Sporting Club	NT

Heat 12 of 34 Timed Finals

0	Mohamed Ayman Mohamed Ahmed	14	Wadi Degla	NT
1	Mostafa Ahmed	14	Road El Farag	NT
2	Ahmed Mohamed Znhom	14	El Khanka	NT
3	Omar Hisham Nagy	14	Wadi Degla	NT
4	Hamza Mohamed Reda	14	Wadi Degla	NT
5	Ahmed Mahmoud Salah El Dien	14	Wadi Degla	NT
6	Ammar Yasser Farahat	14	Maadi	NT
7	Mohamed Sayed Said Hassan	14	Pegasus Club	NT
8	Ahmed Hassan Reyad	14	Wadi Degla	NT
9	Abdel Fattah Ahmed Abdel Fattah	14	Ahly	NT

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023**Meet Program - 13/11/2023 Eve****Heat 13 Timed Finals... (Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke)**

0	Ahmed Essam Beshry	14	Wadi Degla	NT
1	Saif Ebrahim Yahia	14	Ultimate	NT
2	Mohand Ahmed Elsaid Helaly	14	Canal El Suez	NT
3	Ahmed Mohamed Abdel - Azim Awa	14	El Gezira	NT
4	Omar Mostafa Hassan	14	Ahly	NT
5	Eslam Ahmed Farag Hussein	14	Wadi Degla	NT
6	Mahmoud Hamouda Selim	14	Ahly	NT
7	AbdelRahman Nady Roshdy	14	Pegasus Club	NT
8	Yousief Hossam Mohmed	14	Cairo	NT
9	Youssef Yahia Ahmed	14	Ismaily Sporting Club	NT

Heat 14 of 34 Timed Finals

0	Omar Mostafa Mohamed Omar	14	Beni Suef Club	NT
1	Mohamed Ahmed Mohamed Zenhon	14	El Ghaba	55.85
2	Magdy Ahmed Magdy	14	Moasasa Riadiah Askaria	55.33
3	Marawan Tamer Abdel Rahman	14	Ahly	54.99
4	Hesham Ahmed Mohamed Mahmoud	14	Pegasus Club	54.54
5	Zeyad Ahmed Moawad	14	Al Tersana	54.87
6	Abdallah Mohamed Farok	14	Wadi Degla	55.05
7	Ezzat Mohamed Mostafa	14	El Shrook	55.84
8	Yousef Tarek Mohamed Mattar	14	Al-Ahram Sports Club	58.29
9	Ahmed Mohamed Ahmed Areeda	14	M.S Tagamoa	NT

Heat 15 of 34 Timed Finals

0	Abanob Tamer Moris	14	Wadi Degla	53.85
1	Ahmed Mahmoud Abdel Mohsen Els	14	Wadi Degla	52.69
2	Khaled Hossin Hasan Ibrahim	14	Police Club	52.26
3	Yousseif Maickel Sami	14	El Nasr Club	51.51
4	Omar Alaa Shaaban Abdelfattah	14	Wadi Degla	50.05
5	Amar Ahmed Amar	14	Sharks Team	50.14
6	Mohamed Ahmed Badia Ibrahim Ah	14	Al-Ahram Sports Club	51.52
7	Marawan Amir Magdy	14	Ahly	52.48
8	Marwan Moatasem Mohamed Abdel	14	Wadi Degla	53.25
9	Marawan Tarek Mohamed	14	Ahly	54.53

Heat 16 of 34 Timed Finals

0	Saeed Mahmoud Abdelhafez	14	Al Ealamein	49.48
1	Eyad Walid Ahmed	14	El Nasr Club	48.97
2	Mohamed Sameh Wahed	14	El Shams	48.78
3	Abdelrahman Essam Abdellatif	14	Wadi Degla	48.51
4	Ahmed Alaa Eldeen	14	El Obour	48.49
5	Soliman Mahmoud Soliومان	14	El Zohour	48.50
6	Ibrahim Mohamed Ibrahim	14	Ahly	48.63
7	Mohamed Atef Shaker	14	Police Club	48.85
8	Omar Mohamed Abd Elmenam	14	Zagazig University	49.42
9	Abdel Salam Mohamed Abdel Salam	14	Ahly	50.01

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023**Meet Program - 13/11/2023 Eve****Heat 17 Timed Finals... (Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke)**

0	Ahmed Salem Abo El Ela	14	Wadi Degla	47.58
1	Ahmed Mohamed Ahmed Hefzallah	14	El Ghaba	46.84
2	Adam Hazem Kamel	14	Ahly	46.55
3	Youssef Taha Basiony	14	Wadi Degla	46.26
4	Husen Ahmad Mounir	14	Heliopolis	46.13
5	Hamza Samer Saad	14	Shooting	46.16
6	Mahmoud Mohamed Abd-Elmenaan	14	El Ghaba	46.41
7	Mohamed Esam Abdelrahman	14	Al Tersana	46.76
8	Malek Hossam Mohamed Elsaeed	14	Moasasa Riadiah Askaria	46.96
9	Yassin Sherif Ali Abas	14	El Zohour	48.02

Heat 18 of 34 Timed Finals

0	Mahmoud Ehab El Shalkhay	14	Seka El Hadid	46.09
1	Yassin Mahmoud Reda	14	Police Club	46.04
2	Omar Hedaya Abdel Sanad	14	Wadi Degla	45.90
3	Abdallah Mohamed Saber	14	Wadi Degla	45.68
4	Malek Essam Sanad	14	Wadi Degla	45.50
5	Adam Mohamed Omar	14	Ahly	45.60
6	Adam Mohamed Hamdy	14	Ahly	45.73
7	Tamer Amr Zaghloul	14	Wadi Degla	45.99
8	Nour Eldin Hassan Mohamed	14	Shooting	46.06
9	Abdelrahman Hashem Galal Eldin	14	Wadi Degla	46.09

Heat 19 of 34 Timed Finals

0	Shawky Ahmed Shawky	14	El Khanka	45.23
1	Adham Mohamed Ibrahim	14	Ahly	45.05
2	Tarek Ayman Amin	14	Moasasa Riadiah Askaria	44.82
3	Mohamed Magdy Zakaria	14	Ahly	44.77
4	Abo Bakr Abd Rabo Mohamed	14	El Shrook	44.54
5	Youssef Ayman Youssry	14	Wadi Degla	44.67
6	Youssef Mohamed Gamal	14	Zagazig University	44.77
7	Karim Mohamed Abdel-Fattah	14	Hadak Al Ahram	44.97
8	Eyad Ashraf Adel	14	El Zohour	45.15
9	Faris Hany Mohamed Ehab	14	City Club	45.37

Heat 20 of 34 Timed Finals

0	Aly Tamer Badrt	14	Ahly	44.44
1	Ahmed Mohamed El Amir	14	Wadi Degla	44.37
2	Aser Ehab Mohamed	14	El Zohour	44.09
3	Mazen Mohamed Ibrahim Osman	14	Wadi Degla	43.82
4	Asser Walid Abd Elhamid	14	Wadi Degla	43.70
5	Moaz Mohamed Helmy	14	El Mekaweloun	43.74
6	Abdelrahamn Mohamed Abdelhamid	14	El Shams	43.87
7	Yahia Alaa Kadry Mahmoud	14	El Zohour	44.29
8	Abdelmalek Hazem Elsory	14	Moasasa Riadiah Askaria	44.38
9	Mostafa Mohamed Mostafa Mohame	14	Wadi Degla	44.53

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Heat 21 Timed Finals... (Event 76 Boys 14 Year Olds 50 LC Meter Breaststroke)

0	Mohand Ramy Mohamed	14	El Shrook	43.23
1	Mark Samer Sahry Saad	14	Wadi Degla	43.16
2	Mohamed Mostafa Sayed	14	Pegasus Club	42.82
3	Ahmed Muhammad Yehia Gamal	14	Wadi Degla	42.80
4	Mohammed Ahmed Elgraihy	14	El Khanka	42.74
5	Ahmed Mohamed Gamal	14	Wadi Degla	42.78
6	Yassin Mohamed Samir Mohamed	14	Wadi Degla	42.82
7	Yasin Hany Essam El Din	14	Shooting	43.12
8	Adam Mohamed Samir	14	Wadi Degla	43.17
9	Mohamed Sherif Abd El Motleb	14	Shooting	43.55

Heat 22 of 34 Timed Finals

0	Ahmed Abd El Naser Yousef Abdel A	14	Shooting	42.52
1	Moaaz Haitham Abdelmoneim	14	Zahraa Helwan	42.19
2	Eyad Ehab Mohamed Mahmoud	14	El Shams	42.04
3	Hossam Mohammed Ismail	14	Taleaa El Gish Club	41.84
4	Abdelrahman Ahmed Hassan Moust	14	El Zohour	41.61
5	Antoun Monir Khair	14	Taleaa El Gish Club	41.80
6	Jovany Sameh Dawoud Filts	14	Moasasa Riadiyah Askaria	41.94
7	Seif Eldin Hatem Shebl	14	Ahly	42.13
8	Osama Nader Wasem	14	Rowad	42.46
9	Omar Hany Samir Abdo	14	6th	42.58

Heat 23 of 34 Timed Finals

0	Abdel Rahman Ahmed Al Atar	14	Ahly	41.55
1	Ahmed Hamdy Elemetry	14	Wadi Degla	41.38
2	Youssef Wageeh Mohamed	14	Ahly	41.24
3	Harwn Khaled Harwn Assran	14	Golf City Clup	41.23
4	Seif El-Deen Khaled Salah	14	El Ghaba	41.04
5	Karim Ahmed Mohamed	14	Ahly	41.07
6	Anas Ahmed Medhat Abdel Azez	14	6th	41.23
7	Ahmed Khaled Ahmed	14	Ahly	41.33
8	Mohamed Ahmed Zaky Ghareb	14	Shooting	41.46
9	Youssef Walid Othman Ibrahim	14	Wadi Degla	41.59

Heat 24 of 34 Timed Finals

0	Karem Ahmed Ebrahim Elsharnoby	14	El Mekaweloun	40.42
1	Adam Walid Mohamed	14	Ahly	40.37
2	Omar Mohamed Abdo	14	Ahly	40.23
3	Saif Al-Din Ahmed Mohamed	14	Hadak Al Ahram	40.12
4	Moamen Mostafa Abo Alela	14	Ahly	40.11
5	Mahmoud Hamdy Mohamed Ahmed	14	Wadi Degla	40.11
6	Ali Ehab Ashraf Mammdoh	14	Palm Hills	40.14
7	Mohab Mahmoud Mohamed	14	Rowad	40.28
8	Asser Mohamed Mahmoud	14	Wadi Degla	40.40
9	Omar Mohamed Ahmed Magdy	14	Nasr City	40.93

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0	Mohamed Hesham Refaat	14	Ahly	40.02
1	Mohamed Tamer Wafeek	14	El Zohour	40.01
2	Ziad Mohamed Mostafa	14	Taleaa El Gish Club	39.99
3	Youssef Mohamed Soliman	14	Rowad	39.93
4	Eyad Mohamed Zaki	14	Ahly	39.90
5	Youssef Mohamed Ahmed Mohamed	14	Wadi Degla	39.90
6	Youssef Ahmed Mabrouk	14	Wadi Degla	39.94
7	Ali Hassan Salah	14	Rowad	39.99
8	Ahmed Mostafa Ahmed	14	El Ghaba	40.01
9	Abdel Rahman Tarek Abdel Rahman	14	Ahly	40.09

Heat 26 of 34 Timed Finals

0	Hazem Hasan Mohamed	14	Wadi Degla	39.87
1	Khaled Haytham Hussein Moselhy	14	6th	39.70
2	Yassen Ahmed Yosef	14	Meet Ghamr	39.61
3	Omar Ahmed El Sayed Mostafa	14	Wadi Degla	39.52
4	Omar Sadik Kamal	14	Wadi Degla	39.50
5	Zeyad Mahmoud Farag	14	Sharks Team	39.51
6	Shref Sameh Husen	14	Heliopolis	39.61
7	Adam Haitham Mohamed	14	Wadi Degla	39.63
8	Adam Amir Samir	14	Wadi Degla	39.75
9	Marco Hany Mahrous	14	Ahly	39.89

Heat 27 of 34 Timed Finals

0	Yassin Ahmed Ibrahim Khalil	14	Wadi Degla	39.44
1	Marwan Ahmed Samir	14	Wadi Degla	39.11
2	Eyad Hassan Ebrahim	14	Al Tersana	38.69
3	Yassin Amr Mohamed	14	Wadi Degla	38.54
4	Adham Ramy Mahmoud	14	Al Ealamein	38.39
5	Ahmed Maged Elsayed	14	Ahly	38.52
6	Ahmed Mohamed A.Latif	14	Wadi Degla	38.54
7	Abdalla Mohamed Fahmy	14	El Ghaba	38.97
8	Adam Ayman Salah	14	El Zohour	39.26
9	Yassin Hassan Seliman	14	Shooting	39.50

Heat 28 of 34 Timed Finals

0	Omar Mahmoud Abdelrhman	14	El Shrook	38.18
1	Mohanad Ehab Abdel Aaty	14	Wadi Degla	38.03
2	Adham Mohamed Abdelhalim	14	El Zohour	37.86
3	Wael Ramy Gaber	14	Wadi Degla	37.56
4	Hamza Mohamed Hassn	14	El Obour	37.47
5	Yassin Alaa Mohamed	14	Wadi Degla	37.49
6	Omar Amer Abas	14	Portsaid Stadium Youth Center	37.81
7	Abd El Rahman Awad Mohamed Ali	14	Wadi Degla	37.91
8	Adham Ehab Magdy	14	Al Tersana	38.05
9	Mohamed Tark Mohamed	14	El Shrook	38.26

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0	Omar Mohamed Mamdouh	14	El Ghaba	37.20
1	Mohamed Ali Mohamed	14	Sharks Team	37.05
2	Mazen Ahmed Mahmoud	14	Taleaa El Gish Club	36.92
3	Shady Amier Gourg Eskander	14	El Shams	36.77
4	Ahmed Farhat	14	Shooting	36.61
5	Hamza amr Mohamed	14	Al Ealamein	36.67
6	Omar Abdel Moneim Khalaf	14	Sporting	36.89
7	Eyad Ahmed Mohamed Talat	14	6th	37.00
8	Eyad Taha Mohamed	14	Hadak Al Ahram	37.17
9	Omar Esam Mohamed NourELD	14	Moasasa Riadiah Askaria	37.34

Heat 30 of 34 Timed Finals

0	Omar Abdeltawab Elsayed	14	El Nasr Club	36.58
1	Ahmed Mohamed Ahmed Mahmu	14	Police Club	36.45
2	Ziad Ahmed Ali	14	Wadi Degla	36.39
3	Omar Mohamed Omar Mostafa	14	Ahly	36.37
4	Abdalla Amro Ezat Sayed	14	El Shams	36.24
5	Hamza Medhat Ramadan	14	El Shams	36.37
6	Abd EL Rahman Ahmed Mahmoud	14	Rowad	36.37
7	Yassin Mahmoud Mostafa	14	El Zohour	36.42
8	Adam Tamer Mohamed	14	Pegasus Club	36.54
9	Alaa Eldien Ahmad Fathy	14	Wadi Degla	36.61

Heat 31 of 34 Timed Finals

0	Hassan Mohamed Hassan	14	Ahly	35.97
1	Mohamed Tamer Mohamed Elsisi	14	El Mekaweloun	35.87
2	Mohamed Hesham Mohamed Ahme	14	El Shams	35.58
3	Omar Mohamed Ahmed	14	Wadi Degla	35.54
4	Adham Tamer Mahmoud	14	Ahly	35.43
5	Omar Hossam abd Elmonem	14	Al Tersana	35.51
6	Eyad Ahmed Salah Fawzy	14	Wadi Degla	35.54
7	Mohamed Ahmed Abd El Hamid Mol	14	Wadi Degla	35.84
8	Omar Eslam Abdelfatah Hamed	14	Gezira El Ward	35.93
9	Ahmed Elsaeed Kasem	14	Olympia	36.02

Heat 32 of 34 Timed Finals

0	Mohamed Essam Mahmoud	14	Wadi Degla	35.31
1	Abdel Rahman Hany Adel	14	Ahly	35.30
2	Ezz Eldein Haytham Ezz Eldein	14	Smouha	35.21
3	Anas Mohamed Nabil	14	Wadi Degla	34.97
4	Omar Ashra AbdElAzim Mattar	14	Maadi	34.72
5	Youssef Ahmed Ragab	14	Rowad	34.73
6	Omar Ahmed El Bostany	14	Shooting	35.18
7	Omar Shalby Mohamed	14	El Shams	35.28
8	Zein Tallal	14	Sporting	35.30
9	Adam Sameh Mohamed KamalE	14	Bank Ahly Alex	35.41

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0	Hassan Mahmoud Mohamed Mahm	14	Zamalek	34.62
1	Mohamed Ayman Mohamed Abdelh	14	Bank Ahly Alex	34.53
2	Ahmed Mohamed Fathy Hashem	14	Bank Ahly Alex	34.35
3	Mohamed Hussein El-Alfy	14	New Giza	34.27
4	Mahmoud Ahmed Abdelmounim	14	A S E C	34.14
5	Yasen Ahmad gad	14	Heliopolis	34.24
6	Malik Mohamed AbdelMaksod	14	Pegasus Club	34.30
7	Yassin Waled Ezzat	14	Wadi Degla	34.45
8	Omar Mohamed Ezat Mohamed	14	Gezira El Ward	34.57
9	Youssef Zaki	14	Sporting	34.69

Heat 34 of 34 Timed Finals

0	Marwan Khaleid Abdallah	14	Zamalek	33.88
1	Fares Ahmed Refaat Abdel ael	14	Shooting	33.29
2	Mohamed Amr Mousa	14	Wadi Degla	33.11
3	Khaled Waleed Adel	14	Wadi Degla	32.51
4	Tarek Loay Mohamed	14	Heliopolis	31.62
5	Yassin Mostafa Mohamed	14	Ahly	32.25
6	Yehia Ahmed Abdel Hafez	14	Ahly	32.89
7	Ahmed Amr Ahmed	14	Ahly	33.25
8	Ibrahim Moustafa Kamal Ibrah	14	Zamalek	33.46
9	Mostafa Ahmed Abdelfatah hse	14	Tanta	34.09

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

Meet Program - 13/11/2023 Eve

Event 77 Girls 14 Year Olds 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 17 Timed Finals				
0	Marim Khaled Khalil Hegab	14	6th	NT
1	Rokaia Amr Mohamed	14	Wadi Degla	NT
2	Dana Mohamed Selim Ahmed	14	Wadi Degla	NT
3	Gesika Alaa Mostafa	14	El Mekaweloun	NT
4	Engy Mostafa Mohamed Sayed	14	El Zohour	NT
5	Gana Akram Mostafa	14	Ahly	NT
6	Rodina Mohamed El Sayed Mahmou	14	Wadi Degla	NT
7	Belar Ahmed Yousef	14	Ahly	NT
8	Jomana Mohamed Shehata	14	El Nasr Club	NT
9	Malak amr Sameh	14	El Nasr Club	NT
Heat 2 of 17 Timed Finals				
0	Maryam Mahmoud Shawky	14	Hadak Al Ahram	NT
1	Malak Hany Kamal Abdelrahman	14	Wadi Degla	NT
2	Jayda Mohamed Bsher	14	Police Club	NT
3	Gana Mouhmed Ahmed	14	Cairo	NT
4	Salma Mohamed Hasan	14	Wadi Degla	NT
5	Zeina Hesham Mostafa Hamdy	14	Maadi	NT
6	Habiba Anas Elngar	14	Al Nady	NT
7	Goumana Waleid Fathy	14	Zamalek	NT
8	Kinzy Mohamed Moustafa Refaat	14	Wadi Degla	NT
9	Joudy Wael Ahmed	14	6th	NT
Heat 3 of 17 Timed Finals				
0	Goudy Wael Elgarhy	14	Ahly	NT
1	Lamar Ahmed Mohamed	14	Zamalek	NT
2	Yara Karam Zakria Mohamed	14	Wadi Degla	NT
3	Hanan Mohamed Mahmoud Said	14	Wadi Degla	NT
4	Goumana Ahmed Mohamed Serag	14	Zamalek	NT
5	Jana Mohamed Abdalrhman	14	Sharks Team	NT
6	Halla Magdy Hassan	14	Ahly	NT
7	Sama Mohamed Fayek	14	Wadi Degla	NT
8	Salma Hazem El Sayed	14	Wadi Degla	NT
9	Retag Mohamed Sayed	14	Wadi Degla	NT
Heat 4 of 17 Timed Finals				
0	Roa Mohamed Abd Elhamid	14	Wadi Degla	NT
1	Rivana Salah Fahmy	14	Ultimate	NT
2	Gana Saif El Din Fekry	14	Wadi Degla	NT
3	Mariam Ahmed Sayed Mosad	14	Enppi	NT
4	Ghena Mostafa Tawakul	14	Ahly	NT
5	Mehrael Abdelmalak Fangary	14	Wadi Degla	NT
6	Sama Medhat	14	Taleaa El Gish Club	NT
7	Rana Khaled Aly Esmail	14	Ultimate	NT
8	Salma Youssef Youssef	14	Ismaily Sporting Club	NT
9	Farida Naseir Abdelrasheid	14	Zamalek	NT

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Heat 5 Timed Finals... (Event 77 Girls 14 Year Olds 50 LC Meter Backstroke)

0	Jana El Shafei Abd El Latiif	14	Wadi Degla	NT
1	Lougin Mostafa Fathy	14	Ahly	NT
2	Shantal Wael Nabil Armia Kalta	14	El Gezira	52.31
3	Anjolina Tamer eid	14	Moasasa Riadhia Askaria	51.44
4	Hana Wael Mohamed Salah	14	Wadi Degla	49.93
5	Ganna Hany Fouad	14	Wadi Degla	51.37
6	Jana Mohamed Elshishtawy Ibrahim	14	Wadi Degla	51.61
7	Amira Farouk Mohamed	14	El Nasr Club	56.92
8	Karen Amer Nagi	14	Wadi Degla	NT
9	Yasmin Ahmed Mohamed Yousry	14	TM Sports	NT

Heat 6 of 17 Timed Finals

0	Mirola Magdy Wadie Boutros	14	Golf City Clup	49.23
1	Joudy Ahmed El Sayed Mohamed	14	Wadi Degla	48.63
2	Mariam Cherif Farrag	14	Rehab	48.23
3	Lujain Ahmed Ahmed Abbas	14	Wadi Degla	48.06
4	Halaa Amir Ragab Ahmed	14	Meet Ghamr	47.81
5	Ledia Shrief Adel	14	Ahly	47.94
6	Lojain Mostafa Ali Hussin	14	El Zohour	48.20
7	Mariam Ramy El Sayed	14	Wadi Degla	48.41
8	Kanze Hamde abd Elmanem	14	Nasr City	49.03
9	Jasmine Hazem Mostafa Eldeeb	14	El Zohour	49.59

Heat 7 of 17 Timed Finals

0	Mai Hossny Helmy Ahmed	14	Wadi Degla	47.57
1	Malak Ahmed Hosny	14	Ahly	46.87
2	Fayrouz Sabry Nady	14	Ahly	46.40
3	Jana Walid Mohamed Fathy	14	6th	46.33
4	Anna Ahmed Mohamed	14	Ahly	45.99
5	Tasnim Ali Abdeltawab Ali	14	Wadi Degla	46.15
6	Ahella Wael Mahmoud	14	Al Tersana	46.34
7	Logina Ahmed Deyaa Abdalmanim	14	El Mekaweloun	46.74
8	Malak Ramy Wageh	14	El Ghaba	47.36
9	Lina Ahmed Mansour	14	Wadi Degla	47.77

Heat 8 of 17 Timed Finals

0	Malak Ahmed Samir	14	Ahly	45.60
1	Erein Hany Adel Adly	14	Zamalek	44.99
2	Seba Ahmed Mohamed	14	Wadi Degla	44.59
3	Khadija Ahmed Adel	14	Shooting	44.54
4	Ingy Mohamed Khairy Hussein	14	Shooting	44.23
5	Salma Mhamed Rabea	14	Sharks Team	44.26
6	Maryam Mohamed Mahmoud Shaafe	14	El Zohour	44.58
7	Helena John Raouf	14	El Zohour	44.91
8	Habiba Waeel Ahmed	14	M.S Tagamoa	45.48
9	Lili Wael EL Lethe	14	Heliopolis	45.72

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Heat 9 Timed Finals... (Event 77 Girls 14 Year Olds 50 LC Meter Backstroke)

0	Jessica Osama Shehata	14	Road El Farag	44.14
1	Fatima Sharif Shaban	14	Wadi Degla	43.83
2	Hanin Ahmed Barakat	14	Wadi Degla	43.44
3	Hoda Mahmoud Mohamed	14	El Nasr Club	43.11
4	Farida Ashraf Abdel Razek	14	Wadi Degla	42.93
5	Dara Adham Adel	14	Shooting	43.00
6	Karma Ayman Badr	14	Shooting	43.16
7	Rana Mohamed Nezar	14	Wadi Degla	43.61
8	Rawan Mohamed Ahmed	14	Wadi Degla	43.93
9	Jana Tamer Abdel Rahim	14	el Shark Club	44.17

Heat 10 of 17 Timed Finals

0	Jana Samir Ali	14	Wadi Degla	42.61
1	Renad Ahmed Mohamed	14	Wadi Degla	42.32
2	Malak Tamer Sayed	14	El Mekaweloun	42.27
3	Shahd Ebrahim	14	Road El Farag	41.86
4	Marina Remon Maher RizkAllah	14	El Gezira	41.59
5	Loreen Sabaa Anis Sabaa	14	Wadi Degla	41.85
6	Aseel Ahmed Lotfy	14	El Ghaba	42.06
7	Ayten Karim Mohamed	14	Wadi Degla	42.31
8	Login Moahmed Hosny Abd Elazim	14	Wadi Degla	42.40
9	Mariam Hossam El Din Said	14	Wadi Degla	42.84

Heat 11 of 17 Timed Finals

0	Jenny Peter Ramsis Fahmy	14	Wadi Degla	41.47
1	Layan Tamer Ahmed Mohamed	14	Wadi Degla	41.22
2	Mariam Alaa Abd Elslam	14	Shooting	40.95
3	Amal Mohamed Fawzy Oraby	14	El Zohour	40.58
4	Ritag Sherif Elsayed	14	Moasasa Riadhia Askaria	40.38
5	Saja Emad Mhamed	14	Al Ealamein	40.38
6	Renad Ramadan Sayed Tmaam	14	Wadi Degla	40.94
7	Login Hossam El-Din Ahmed	14	Hadak Al Ahram	40.97
8	Farida Khaled Farok Farag	14	Maadi	41.23
9	Arwa Mohamed Esam	14	el Shark Club	41.54

Heat 12 of 17 Timed Finals

0	Malak Mohamed Abd Almonem Ali	14	Wadi Degla	40.05
1	Hana Hany Ibrahim Mohamed	14	Wadi Degla	39.75
2	Haneen Mohamed Nour Eldin	14	Wadi Degla	39.63
3	Salma Khaled Hamed	14	El Ghaba	39.55
4	Farida Abaza	14	Sporting	39.08
5	Zena Mohamed Samy	14	El Ghaba	39.15
6	Gamila Ahmed Mohamed Elsayed	14	Moasasa Riadhia Askaria	39.58
7	Hana Yasser Hassan	14	Cairo	39.68
8	Khadiga Raafat Mohsen	14	Ahly	39.78
9	Sama Mohamed Ahmed	14	Bank Ahly Alex	40.27

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Heat 13 Timed Finals... (Event 77 Girls 14 Year Olds 50 LC Meter Backstroke)

0	Khadija Elsheshtawy	14 Shooting	38.84
1	Nour Ahmed Abd el Fatah	14 Enppi	38.44
2	Lougain amr Saeid	14 Zamalek	38.21
3	Rana Ahmed Mohamed	14 Hadak Al Ahram	37.73
4	Hana Ahmed Mohamed	14 Taleaa El Gish Club	37.54
5	Nor Ahmed Ali Abdel Khalek	14 Shooting	37.56
6	Farida aly Samir Mohamed	14 Pegasus Club	37.75
7	Loren Osama Mohamed	14 El Shams	38.31
8	Hana Sherif Salah Al-Din	14 Hadak Al Ahram	38.58
9	Ritag Tamer Mohamed Youssry	14 Wadi Degla	38.87

Heat 14 of 17 Timed Finals

0	Retag Mohamd Ghareeb	14 Smouha	37.32
1	Malak Mohamed Mahmoud	14 Wadi Degla	37.18
2	Joudi Mohamed Bakr	14 Wadi Degla	36.84
3	Retaj Ahmed Mahmoud	14 Smouha	36.82
4	Nour Eslam Mohamed	14 Rehab	36.78
5	Marleen Maikle Safwat	14 Rowad	36.79
6	Joudy Sayed Taher	14 Wadi Degla	36.83
7	Khadega Mohamed Ibrahim	14 Wadi Degla	36.93
8	Sara Hesham El-alfy	14 El Ghaba	37.27
9	Maryam Ahmed Mohammed	14 Zahraa Helwan	37.49

Heat 15 of 17 Timed Finals

0	Hana Hassan Abdel Fattah	14 Wadi Degla	36.66
1	Mariem Khalid Radwan	14 El Tamsah	36.37
2	Goumana aly Abdelgafar	14 Zamalek	36.10
3	Haneen Yasser Mahmoud Samy	14 Wadi Degla	35.95
4	Retag Galal Ibrahiem	14 Wadi Degla	35.80
5	Habiba Mohamed Hamdy	14 Ahly	35.83
6	Zeina Wael Abdel Aziz	14 Shooting	36.05
7	Hana Hisham Ahmed Ibrahim	14 Zamalek	36.14
8	Logy Aly Abbady	14 Wadi Degla	36.55
9	Mariam Ahmed Mohamed Hussein	14 Ahly	36.69

Heat 16 of 17 Timed Finals

0	Goud Ashraf Shoman	14 Heliopolis	35.57
1	Hana Walid Atallah	14 Hadak Al Ahram	35.27
2	Rodina Ibrahim Elhamy Bdr Eldin	14 Heliolido	35.20
3	Laila Mohamed Brekaa Tawfik	14 El Shams	34.75
4	Lara Essam Nabil	14 Smouha	34.70
5	Mayar Ashraf al Sayed	14 M.S Tagamoa	34.70
6	Hla Ahmed Samir	14 El Zohour	35.02
7	Joudy Hussien Mohamed	14 El Shams	35.22
8	Habiba Khaled Mohamed	14 Ahly	35.41
9	Maya Mohamed Eid	14 Ahly	35.79

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0	Rodaina Atef Saber	14	Wadi Degla	34.59
1	Zinab Abdalaziz Mohsen Alhaggan	14	6th	34.44
2	Farida Ahmed Hussien	14	Smouha	34.38
3	Zeina Sherif Ahmed	14	Wadi Degla	34.17
4	Hala Osama Fatehy	14	Pegasus Club	33.70
5	Louloua Modather Hassan	14	Wadi Degla	33.85
6	Logain Amir Mohamed Elsayed	14	Elethead	34.35
7	Marim Hazem Ahmad	14	Talbeia	34.44
8	Sama Ahmed Mohamed Khater	14	El Zohour	34.51
9	Retaal Mohamd Ghareeb	14	Smouha	34.60

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Event 78 Boys 14 Year Olds 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Timed Finals				
2	Hisham Bahgat Mohamed Elshirben	14	Stad Mansoura	NT
3	Omar Mohamed Sayed Gharib	14	Canal El Suez	NT
4	Adham Mohamed Ali	14	El Shams	NT
5	Sief Hesham Mohamed	14	Ahly	NT
6	Marwan Sherif Mohamed	14	Wadi Degla	NT
Heat 2 of 9 Timed Finals				
0	Aly Ahmed Khaled	14	Wadi Degla	NT
1	Mostafa Amr Osman Aly	14	Shooting	NT
2	Ahmed Hany Sayed	14	Asyut Club	NT
3	Omar Ahmed Samy Zahran	14	Stad Mansoura	NT
4	Seif Mohamed Salah El Din	14	Wadi Degla	NT
5	Hazem Mohamed Elsaid	14	Smouha	NT
6	Mohamed Hany Ahmed Elyan	14	Canal El Suez	NT
7	Ahmed Mostafa Ahmed	14	Police Club	NT
8	Asaad Alaa Aldin Alsenosy	14	Rowad	NT
9	Youssef Karim Hanafy Abdo	14	Wadi Degla	NT
Heat 3 of 9 Timed Finals				
0	Malek Ahmed Salah	14	El Ghaba	NT
1	Eyad Kamal Mohamed Salah	14	Wadi Degla	NT
2	Eslam Mohamed Abdelrazek Saaed	14	6th	NT
3	Yousef Mohamed Abdelkader Ali	14	Olympic Champion Club	NT
4	Malek Ahmed Farouk	14	El Zohour	NT
5	Yehia Adel Anwar	14	Wadi Degla	NT
6	Hamza Mahmoud Hanout	14	Meit Khakan Sport Club	NT
7	Mohamed Hassan Mohamed Hassan	14	El Shams	NT
8	Mohamed Hazem Meeky	14	Canal El Suez	NT
9	Ziad Ashraf abd Elallah	14	Talbeia	NT
Heat 4 of 9 Timed Finals				
0	Mahmoud Moataz Mahmoud	14	Talbeia	3:00.55
1	Basel Haitham Mohamed	14	Gangara Youth Center Banha	2:48.82
2	Youssef Yasser Mohsen	14	Taleaa El Gish Club	2:47.57
3	Eyad Hesham Mohamed	14	El Ghaba	2:46.20
4	Mohamed Nasser Abdel Fattah	14	Ahly	2:41.24
5	A.Rahman Mohamed Gamal	14	Wadi Degla	2:45.35
6	Yassen Waleed Yousry	14	Moasasa Riadiyah Askaria	2:46.38
7	Asser Mohamed Ahmed	14	Taleaa El Gish Club	2:48.19
8	Moaz Haitham Abdel-Muttal	14	Hadak Al Ahram	2:49.66
9	Mohamed Kamal Abdelkader aly	14	Zamalek	3:02.33
Heat 5 of 9 Timed Finals				
0	Moataz Ahmed Ragab	14	Sharks Team	2:39.92
1	Mohamed Salah Hammad	14	Wadi Degla	2:38.97
2	Mohamed Hassan Mohamed	14	Ahly	2:36.17
3	Belal Kariem Ahmed	14	El Shams	2:35.23
4	Omar Ahmed Hafez Ahmed	14	El Zohour	2:34.49
5	Taha Mohamed Mohy Eldin Zaki	14	Stad Mansoura	2:34.57
6	Asser Ahmed Farouk Mohamed	14	Smouha	2:35.27
7	Fares Mohamed Elharagy	14	El Temsah	2:37.60
8	Khaled Sherif Nabil Mohamed	14	El Zohour	2:39.89
9	Hassan Hisham Desouky EL GA	14	Enppi	2:40.78

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Heat 6 Timed Finals... (Event 78 Boys 14 Year Olds 200 LC Meter Butterfly)

0	Omar Mohamed Ahmed Elsaiei	14	Zamalek	2:33.95
1	Danial Fady Atef	14	Wadi Degla	2:33.73
2	Abd EL Rahman Salama	14	Rowad	2:33.47
3	Yehia Mahmoud Taha	14	Ahly	2:32.40
4	Mahmoud Mohamed Ahmed Hany	14	Shooting	2:32.09
5	Yahya Ehab Hashish	14	Shooting	2:32.17
6	Ali Mohammed Elatroush	14	Olympia	2:32.58
7	Omar Haytham Mohamed Elsaid	14	Gezira El Ward	2:33.60
8	Bilal Yaser Mohamed Saad	14	El Shams	2:33.78
9	Ahmed Emad Mohamed	14	Zamalek	2:34.47

Heat 7 of 9 Timed Finals

0	Rayan Amr Mohamed	14	M.S Tagamoa	2:29.36
1	Mohamed Hesham Abdelmoaty	14	Smouha	2:29.18
2	Omar Mohamed Arafa	14	Police Club	2:28.31
3	Abdelrahman Ayman Mohamed	14	Wadi Degla	2:28.10
4	Mazin Mahmoud Hamed	14	Stad Mansoura	2:27.08
5	Yassin Hussam Mustafa	14	Hadak Al Ahram	2:27.41
6	Omar Mohamed Hosny	14	Hadak Al Ahram	2:28.27
7	Mohamed Yasser Khalil AbdElrazek	14	6th	2:28.43
8	Isma'el Mohamed Isma'elmoam	14	Rowad	2:29.34
9	Ahmed Magdy Elhoseny	14	Stad Mansoura	2:30.70

Heat 8 of 9 Timed Finals

0	Mohamed Said Mohamed Said Hame	14	Gezira El Ward	2:26.97
1	Hazem Sherif Abdel Moez	14	Wadi Degla	2:25.16
2	Adm Ahmed Yousief	14	Cairo	2:24.11
3	Hamza Said	14	Sporting	2:22.44
4	Mohamed Alaa Abdelfttah	14	El Shams	2:22.15
5	Karim Mohamed Ahmed Al Sayed	14	Al Tersana	2:22.25
6	Marwan Ebrahim Mohamed	14	Sharks Team	2:23.26
7	Hazem Ahmed Hamdy	14	Hadak Al Ahram	2:24.56
8	Youssef Amr Abdelghany	14	El Ghaba	2:26.05
9	Yassein Ashraf Mohamed Salah	14	Enppi	2:27.07

Heat 9 of 9 Timed Finals

0	Adham Ahmed Mohamed	14	Ahly	2:21.40
1	Mahmoud Elmetwaly Mohamed Abd	14	Gezira El Ward	2:19.68
2	Yahya Ahmed Saeed Raslan	14	Tanta	2:19.48
3	Mohaned Ashraf Mohamed Abdel	14	Bank Ahly Alex	2:16.60
4	Adam Bahaeldein Salah	14	Smouha	2:12.91
5	Yassin Ahmed m Adel	14	El Temsah	2:14.06
6	Zyad Ahmed Aboelmaty	14	Wadi Degla	2:17.68
7	Ahmed Abas Elnazer	14	Tanta	2:19.52
8	Abdelrahman Ahmed El Sakka	14	Wadi Degla	2:21.14
9	Youssef Abdel Megid	14	Sporting	2:21.68

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Event 79 Girls 14 Year Olds 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Timed Finals				
1	Laila Mohamed Samir	14	Ahly	NT
2	Jihan Hassan Hamdy	14	Marina Sporting Club Hurghada	NT
3	Retag Waled Sayed	14	El Mekaweloun	NT
4	Sara Sanad Kamal Eliwa	14	Wadi Degla	NT
5	Habiba Elamier Fiesl	14	El Shams	NT
6	Zeina Mohamed Darwish	14	Smouha	NT
7	Ayten Ahmed Elmanzalawi	14	Shooting	NT
8	Malak Youssef Abdelrahman	14	Smouha	NT
Heat 2 of 4 Timed Finals				
0	Jana Mohamed Hassan	14	El Mekaweloun	7:01.24
1	Jody Mohamed Salah Hussein	14	Maadi	6:29.72
2	Dana Wissam Hamed	14	Hadak Al Ahram	6:17.71
3	Haneen Mohamed a. Negm	14	Tanta	6:16.01
4	Mariam Sami Abdel Nasser	14	Senzo	6:13.19
5	Malak Aliywa Abd-elaziz	14	El Ghaba	6:15.21
6	Gudy Walied Adly	14	El Shams	6:17.01
7	Darin Ahmed Saleh	14	Wadi Degla	6:24.99
8	Haneen Mohamed Esmael	14	El Obour	6:50.85
9	Gana Mouhmed Ahmed	14	Cairo	NT
Heat 3 of 4 Timed Finals				
0	Mariam Islam Mohamed	14	Ahly	6:09.61
1	Marim Ahmad Samier	14	Talbeia	6:07.27
2	Ashraquat Hisham Ibrahim	14	Zamalek	5:57.95
3	Fayrouz Adel Abdel Rahman Osman	14	Heliolido	5:52.57
4	Jana Wael Ahmed	14	6th	5:50.77
5	Sumaya Abdullah Muhammad	14	Pegasus Club	5:52.42
6	Rodaina Khaled Mahmoud	14	Heliopolis	5:56.52
7	Mariam Sameh Abdelmaksod	14	Stad Mansoura	6:01.58
8	Nour Alaa Samy	14	Ahly	6:08.08
9	Habiba Essam Wahba	14	Sporting	6:10.01
Heat 4 of 4 Timed Finals				
0	Mariam Mahmoud Ahmed	14	Wadi Degla	5:49.10
1	Maya Mahmoud Sakr	14	Smouha	5:44.36
2	Nagar Mohamed Salem	14	Hadak Al Ahram	5:38.03
3	Raghad Ibrahim Elsaid	14	Gezira El Ward	5:32.92
4	Nada Hesham Medhat	14	Ahly	5:26.38
5	Nour Mohamed Ahmed	14	Ahly	5:29.29
6	Salma Hisham Abdalaa	14	Zamalek	5:37.73
7	Rodaina Mohamed Ahmed	14	Wadi Degla	5:38.26
8	Gana Mohamed Atef	14	Shooting	5:45.67
9	Yara Ahmed Mostafa	14	El Temsah	5:50.62