

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

## Meet Program - 4/11/2023 Mor

## Event 13 Girls 15 Year Olds 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Timed Finals</b>				
2	Yasmen Mohamed Saad	15	Ahly	NT
3	Mariam Hesham Fouad	15	Ahly	NT
4	Goudy Mostafa Ahmed	15	Ahly	NT
5	Habiba Mohamed Hasan	15	El Mekaweloun	NT
6	Farida Nasser Mohamed El-Safty	15	Shooting	NT
<b>Heat 2 of 14 Timed Finals</b>				
0	Janh Hesham Mohamed Zaghloul	15	El Shams	NT
1	Hameis Essam Al Kholy	15	Shooting	NT
2	Haya Mohamed Imbaby	15	Ahly	NT
3	Malak Ahmed Adel	15	Wadi Degla	NT
4	Rokaya Mohand Mahmoud	15	Ahly	NT
5	Amina Mohmed abd Almneim	15	Marina Sporting Club Hurghada	NT
6	Laila Mahmoud Mohamed Mahmoud	15	Shooting	NT
7	Mera Walid Abdel Azeem	15	Ahly	NT
8	Kenzy Ahmed Abdel Wahab	15	Ahly	NT
9	Shaza Tamer Arpe	15	El Mekaweloun	NT
<b>Heat 3 of 14 Timed Finals</b>				
0	Goudy Bassem Mohamed	15	Ahly	NT
1	Salma Mohamed Hamdy	15	Gezira El Ward	NT
2	Goudy Mohamed Fahim	15	Ahly	NT
3	Hana Mahmoud Ibrahim Mohamed	15	El Zohour	NT
4	Lina Walid Amer	15	Olympia	NT
5	Fairouz Mazin Adel	15	Wadi Degla	NT
6	Lina Ibrahim Eslam	15	El Zohour	NT
7	Zina Ahmed Abdullh Mohame	15	ElGezira Youth	NT
8	Mayar Ahmed Omar	15	Zamalek	NT
9	Nadia Ahmed Osman	15	Wadi Degla	NT
<b>Heat 4 of 14 Timed Finals</b>				
0	Nour El Hassan Ali Gad El Hak	15	Wadi Degla	NT
1	Rokaya Tamer Abbas	15	Canal El Suez	NT
2	Fagr Ahmed Farag	15	Moasasa Riadiyah Askaria	1:32.64
3	Goudy Ahmed Mahmoud	15	Ahly	1:28.03
4	Yassmin Ahmed Ali	15	Rowad	1:27.17
5	Habiba Mohamed Mamoud Elsaywy	15	Golf City Clup	1:27.91
6	Farida Ayman Fathi Abd Elaziem	15	Wadi Degla	1:31.55
7	Gana Basem Atef	15	Sharks Team	1:33.40
8	Rawan Mohamed Saleh Mohmaed	15	El Shams	NT
9	Mirna Tamer Ragae	15	Wadi Degla	NT
<b>Heat 5 of 14 Timed Finals</b>				
0	Rolan Mohamed Mohamed	15	Wadi Degla	1:26.47
1	Darien Nader Mohmed	15	Cairo	1:24.57
2	Retag Yasser Emam Ahmed	15	Wadi Degla	1:24.34
3	Retag Alaa Mohamed	15	El Shrook	1:23.87
4	Jody Islam Ibrahim	15	Moasasa Riadiyah Askaria	1:23.00
5	Reham Abd-elsameia Ahmed	15	El Ghaba	1:23.38
6	Lamis Tarek Ahmed Abd-Elha	15	ElGezira Youth	1:24.20
7	Shahd Ibrahim Ahmed Ibrahi	15	ElGezira Youth	1:24.39
8	Lojain Mohamed El Desouky	15	Wadi Degla	1:26.31
9	Rodina Mohamed Ahmed Abd Elhafte	15	Wadi Degla	1:27.11

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**Heat 6 Timed Finals... (Event 13 Girls 15 Year Olds 100 LC Meter Freestyle)**

0	Jana Ali Mohamed	15	El Obour	1:22.20
1	Ratag Khaled Mohamed	15	Wadi Degla	1:21.63
2	Maryam Mohamed Kamal Al-Din	15	Banha	1:21.12
3	Nour Ahmed Saeed	15	Zamalek	1:19.38
4	Malak M.Ahmed Abd Ellattif	15	Wadi Degla	1:18.76
5	Ereny Hany Basily	15	Wadi Degla	1:19.11
6	Kenzy Faried Hassan Ahmed	15	Golf City Clup	1:20.66
7	Kermine Saher Samir	15	Wadi Degla	1:21.23
8	Goudy Sherief	15	Zamalek	1:22.12
9	Nijar Haytham Abdelfatah	15	El Shrook	1:22.96

**Heat 7 of 14 Timed Finals**

0	Roqia Essam Zkria Abass	15	El Shams	1:18.33
1	Gana Mohammed Fathy	15	Ahly	1:17.84
2	Aseil Islam Mohammed	15	Enppi	1:17.24
3	Alya Ahmed Elsaeed Mahmoud	15	Moasasa Riadhiah Askaria	1:16.93
4	Jana Abd El Maabod Soltan	15	Maadi	1:16.31
5	Goudy Ihab Hassan	15	El Ghaba	1:16.93
6	Eman Elsayed Omar Ali	15	Wadi Degla	1:16.94
7	Malak Ramy Mohamed	15	Ahly	1:17.68
8	Aya Walid El Shahawy	15	Wadi Degla	1:18.27
9	Renad Walid Ramadan Mahmoud	15	Wadi Degla	1:18.71

**Heat 8 of 14 Timed Finals**

0	Nouran Tamer Hassan	15	Enppi	1:15.64
1	Nour Sherif Mohamed Mohamed	15	Wadi Degla	1:14.78
2	Malak Hesham Ibrahim	15	El Zohour	1:14.59
3	Habiba Wael Mohamed	15	Minia Sport Clup	1:13.99
4	Eman Mohamed Hilmy	15	Moasasa Riadhiah Askaria	1:13.27
5	Rodina Ahmed Mohamed	15	Wadi Degla	1:13.67
6	Salma Ahmed Mahmoud Abd EL Lat	15	Heliopolis	1:14.03
7	Retaj Yasser Mohamed Kamal	15	Moasasa Riadhiah Askaria	1:14.75
8	Joudy Walid Atif	15	Wadi Degla	1:14.84
9	Farida Mohamed Hosny	15	Wadi Degla	1:15.64

**Heat 9 of 14 Timed Finals**

0	Farida Farid Ebrahim	15	El Zohour	1:13.02
1	Fayrouz Wael Gamal Ibrahim	15	ElGezira Youth	1:12.56
2	Fareda Amr Mohamed Fouad	15	Heliopolis	1:12.45
3	Gody Mohamed Esmail	15	Enppi	1:11.96
4	Nada Mohamed Said Mohamed	15	Wadi Degla	1:11.70
5	Aya Ahmed Asad	15	El Zohour	1:11.96
6	Marina Sameh Mina Saleb Mina	15	Heliolido	1:12.17
7	Salma Ahmed Mohamed	15	Wadi Degla	1:12.49
8	Nadin Motaz Mohamed	15	Moasasa Riadhiah Askaria	1:12.81
9	Aliaa Ahmad Rapea Saleh	15	Heliopolis	1:13.20

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**Heat 10 Timed Finals... (Event 13 Girls 15 Year Olds 100 LC Meter Freestyle)**

0	Malak Ahmed Eissa	15	Wadi Degla	1:10.80
1	Karen Gourge Victor	15	El Ghaba	1:10.44
2	Saba Ahmed Elshabrawy	15	Ahly	1:09.70
3	Salma Shiref Mohamed Maged	15	El Shams	1:09.53
4	Roqaya Saad Mohamed	15	Zamalek	1:09.28
5	Lojain Mohamed Nabil	15	Wadi Degla	1:09.50
6	Mariam Ebrahim Mohamed Hamdy	15	Heliopolis	1:09.54
7	Fatma Amro Sabry Rashed	15	El Shams	1:09.91
8	Lela Ahmed Hassan Hosny	15	Heliopolis	1:10.50
9	Malak Amr Salah	15	Senzo	1:11.02

**Heat 11 of 14 Timed Finals**

0	Demi Ahmed Fahmy Marwan	15	Nasr City	1:08.66
1	Jana Ahmed akl	15	Sporting	1:08.44
2	Nadin Mohamed Mahmoud	15	Ahly	1:07.89
3	Rawan Yahia	15	Zamalek	1:07.23
4	Mariam Eslam Hosny	15	Wadi Degla	1:06.91
5	Yara Mohamed Ezzet	15	Shooting	1:06.95
6	Jana Atef Rabie Ahamed	15	Shooting	1:07.61
7	Shaza Mohamed Said Hussein	15	Elethad	1:08.41
8	Fayrouz Ahmed Amin	15	Wadi Degla	1:08.58
9	Salma Mohamed Azmy Abdullah	15	Wadi Degla	1:08.69

**Heat 12 of 14 Timed Finals**

0	Farida Ahmed Abouelkasem	15	Wadi Degla	1:06.21
1	Logien Osama Mohamed Mahfouz	15	El Shams	1:06.02
2	Salma Ahmed Abo Mosalm	15	Ahly	1:05.83
3	Farah Hatem Ngaty Mohamed	15	Heliopolis	1:05.42
4	Jana Mostafa Moktar	15	Cairo	1:04.95
5	Arwa Mohamed Elsayed	15	Ahly	1:05.08
6	Loujin Reda Ebrahim Abd Elaziz	15	6th	1:05.58
7	Gana amr Shahen	15	Zamalek	1:05.92
8	Menna Tallah Kharboush	15	Ahly	1:06.07
9	Jana Khaled El Sayed	15	Wadi Degla	1:06.87

**Heat 13 of 14 Timed Finals**

0	Habiba Mohamed Abd el Naby	15	Wadi Degla	1:04.72
1	Toka Ayman Ebrahim Eldsok	15	Smouha	1:03.98
2	Fairoz Ahmed Ibrahiem	15	El Shams	1:03.62
3	Lara Ahmed Elwan	15	Ahly	1:03.27
4	Nadine Hazem Mohamed	15	Pegasus Club	1:03.14
5	Wafaa Ahmed Saad ElDin	15	Wadi Degla	1:03.15
6	Nour Mohamed Elsoda	15	Maadi	1:03.53
7	Nour Mohamad Hassan Moham	15	Smouha	1:03.95
8	Habiba Mohamad Saeed Shebl	15	Smouha	1:04.30
9	Rahma Ahmed Mohamed	15	Shooting	1:04.84

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 4/11/2023 Mor****Heat 14 Timed Finals... (Event 13 Girls 15 Year Olds 100 LC Meter Freestyle)**

0	Kenzy Wael Foud RamadanYos	15	Smouha	1:02.69
1	Zina Ahmed Medhat	15	Ahly	1:02.58
2	Nazly Mohamed Elokda	15	Shooting	1:02.11
3	Rokan Tamer Ismail	15	Shooting	1:01.79
4	Hala Amr	15	El Ghaba	1:00.11
5	Salma Ahmed Elsaid	15	Gezira El Ward	1:01.28
6	Ingy Bassem Bahaa Eldin	15	Ahly	1:01.79
7	Maya Abdelaziz Zakaria	15	Ahly	1:02.34
8	Jana Maged Amir	15	El Zohour	1:02.60
9	Marem Ahmad Abdelgafar Ahm	15	Smouha	1:02.99

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

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## Event 14 Boys 15 Year Olds 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 9 Timed Finals</b>				
0	Omr Tamer Mostfa Sayed	15	6th	NT
1	Mohab Ahmed Dourgham	15	Raas El Bar Club	NT
2	Omar Shady Mohamad Ali H	15	Smouha	NT
3	Omar Mohammed Fakhry	15	Talbeia	NT
4	Ibrahim Diaa El Din	15	Shooting	NT
5	Youssef Morad Wafek	15	Tagamoa Heljhts	NT
6	Ali Ahmed El Prince	15	Wadi Degla	NT
7	Adam Gamal Mohamed	15	15 May	NT
8	Zyad Hany Rashad	15	El Mekaweloun	NT
9	Youssef Yasser Farouk Hassan	15	Sporting	NT
<b>Heat 2 of 9 Timed Finals</b>				
0	Osman Moh. Osman Moh. Osman	15	El Gezira	NT
1	Yousef Ahmed Fathy	15	Stad Mansoura	NT
2	Moamen Adel Abdel Moate	15	El Mekaweloun	NT
3	Ibrahim Shams Eldin Mohamed	15	Ahly	NT
4	Mazen Ahmed Shawky Ahmed	15	Taleaa El Gish Club	NT
5	Omar Hussin Mohamed	15	Police Club	NT
6	Mohamed Adel Youssif	15	El Nasr Club	NT
7	Omar Adel A.Aziz	15	Wadi Degla	NT
8	Mohamed Khaled Ibrahim	15	Taleaa El Gish Club	NT
9	Mohamed Walid Mohamed	15	El Ghaba	NT
<b>Heat 3 of 9 Timed Finals</b>				
0	Yousef FatoH Moustafa	15	El Nasr Club	NT
1	Ans Sayed Mahmed ali	15	El Nasr Club	5:28.63
2	Mostafa Mohamed Sobhy	15	ElGezira Youth	5:15.75
3	Marwan Mohamed Sayed	15	El Ghaba	5:09.52
4	Yossef Mohamed Hassan	15	El Ghaba	5:02.64
5	Ahmed Mohamed Ahmed Shaban	15	Moasasa RiadiaH Askaria	5:05.46
6	Omar Fareid Mohammed	15	Talbeia	5:11.60
7	Mohamed Hany Mohamed Ezzat	15	El Ghaba	5:22.13
8	Omar Salah Salah Ghonem	15	New Giza	5:29.95
9	Mazen Refaat Mahmoud	15	Hadak Al Ahram	NT
<b>Heat 4 of 9 Timed Finals</b>				
0	Mohamed Emad Ghonemy	15	Rowad	4:57.13
1	Seif Khalied Fathy	15	Zamalek	4:53.57
2	Omar Mohamed Mostafa	15	El Obour	4:52.66
3	Ziad Mohamed Galal	15	Rowad	4:50.07
4	Loai Ahmed Salah Eldeen Ahmed	15	Moasasa RiadiaH Askaria	4:49.48
5	Omar Mostafa Mamdouh	15	El Shams	4:49.68
6	aly Hussien Mohamed Huse	15	Zamalek	4:52.54
7	Eyad Mohamed abd Elhamed	15	Tanta	4:53.28
8	Omar Shiref Abd el Mounem Moham	15	El Shams	4:55.19
9	Moaz Mohamed Ismaeel	15	Rowad	5:00.87

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**Heat 5 Timed Finals... (Event 14 Boys 15 Year Olds 400 LC Meter Freestyle)**

0	Nabil Tamer Galal Mohamed	15	Moasasa Riadiah Askaria	4:48.51
1	Karem Moatasem Mahmoud	15	Wadi Degla	4:46.90
2	Mohab Wala Eldin Osama	15	Tanta	4:46.44
3	Mohamed Ahmed Husien	15	Pegasus Club	4:45.65
4	Eyad Essam Mohamed	15	Cairo	4:43.37
5	Ali Mourad Salaheldein	15	New Giza	4:45.20
6	Marwan Mohamad Morsy Ebrahe	15	Smouha	4:46.20
7	Hussien Hisham Hussieny Mahmoud	15	Wadi Degla	4:46.50
8	Ahmed Mohamed Hossny	15	Taleaa El Gish Club	4:48.32
9	abd Allah Khaled abd Elmonem	15	Tanta	4:49.39

**Heat 6 of 9 Timed Finals**

0	Moaz Eslam Kamal Eldeen E	15	Smouha	4:41.50
1	Omar Mahamed Karam Ali ElSharka	15	Heliolido	4:40.41
2	Samir Asmaeil Hafiz	15	Hadak Al Ahram	4:38.58
3	Marwan Ahmed Ragab	15	El Zohour	4:38.03
4	Mohamad Akram Mohamad Badwe	15	Smouha	4:36.50
5	Omar amr Helmy	15	El Temsah	4:36.87
6	Amro Hosen Fathy Hosen	15	Tanta	4:38.58
7	Mohame Abd El Monaem Hassan	15	Maadi	4:39.80
8	Ziad Ayman Mamon	15	Cairo	4:40.60
9	Mazen Ahmed AbdAlaah SaadEldin	15	Moasasa Riadiah Askaria	4:43.07

**Heat 7 of 9 Timed Finals**

0	Ahmed Asharf Dawood	15	Baladyat El Mahala	4:34.51
1	Youssef Medhat Fathy	15	Wadi Degla	4:33.80
2	Ahmed Sherief Ismaiel Sayed	15	El Shams	4:32.54
3	Hatem el Ameer Salah el din	15	Al Hawar	4:31.92
4	Omar Ali Fathy Mohamad Es	15	Smouha	4:31.13
5	Abdel Rahman Ahmed Shawky	15	Ahly	4:31.75
6	Yassin Abdelmeged Mohamed	15	El Ghaba	4:32.34
7	Saif Ahmed Samir Abdo	15	6th	4:33.36
8	Omar Abd EL Razek Kamal	15	Rowad	4:33.86
9	Ahmed Mohamed Kaowd	15	Baladyat El Mahala	4:36.21

**Heat 8 of 9 Timed Finals**

0	Kareem Tarek Mahfouz Ismail	15	Shooting	4:30.03
1	Yahia Hazim Husieen	15	Zamalek	4:28.94
2	Marawan Mohamed Sayed	15	Ahly	4:24.12
3	Nour Eldin Karem Mohamed	15	Ahly	4:23.45
4	Zeyad Osama Ramdan	15	Hadak Al Ahram	4:22.55
5	Ziad Ayman Mamoun	15	Zamalek	4:22.73
6	Omar Wahed Ibrahim Awad	15	Rowad	4:23.86
7	Adham Shady Mohsen El Habbal	15	El Zohour	4:24.72
8	Karim Sameh Karim	15	Al Tersana	4:29.06
9	Ahmed Abdelaziz Elshekh	15	Pegasus Club	4:31.04

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0	Abdelrahman Mohamed Saied Elsay	15	Olympic	4:20.11
1	Sherief Reda Metwaally	15	El Zohour	4:17.16
2	Mahmoud Hassan Mohamed Hassan	15	El Shams	4:15.52
3	Abdullah Eldafrawy	15	Rehab	4:14.87
4	Ahmed Samir Mohamed	15	Hadak Al Ahram	4:07.75
5	Omar Mohamed Hassan	15	Ahly	4:14.15
6	Karim Hesham Moh. Fakry Abd Elha	15	El Gezira	4:15.38
7	Mazen Mostafa Asfoor	15	El Zohour	4:15.83
8	Hassan Ahmed Mohamed Essam	15	Heliopolis	4:19.22
9	Anas Haythm Mohamad Elsaw	15	Smouha	4:20.37

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

## Meet Program - 4/11/2023 Mor

## Event 15 Girls 15 Year Olds 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Timed Finals</b>				
0	Mayar Ahmed Omar	15	Zamalek	NT
1	Mira Tamer Ragae	15	Wadi Degla	NT
2	Salma Haytham Soliman	15	Ahly	NT
3	Malak Mahmoud Saied Mahmoud	15	El Shams	NT
4	Kenzy Amr Abo Elfetouh	15	Ahly	NT
5	Yasmen Mohamed Saad	15	Ahly	NT
6	Mariam Mostafa Hanafy	15	Wadi Degla	NT
7	Salma Shiref Mohamed Maged	15	El Shams	NT
8	Mariam Wael Attia	15	Ahly	NT
9	Judy Maged Mohamed	15	Rowad	NT
<b>Heat 2 of 5 Timed Finals</b>				
0	Gana Basem Atef	15	Sharks Team	1:50.52
1	Hana Ahmed Helal	15	Enppi	1:34.94
2	Malk Amr Hassan	15	Enppi	1:33.61
3	Gody Hatem Adel Osman	15	Maadi	1:32.71
4	Taleen Monzer Mohamed Aziz	15	Moasasa Riadh Askaria	1:32.47
5	Hana Mohamed Ezzat Taha	15	Heliopolis	1:32.67
6	Sama Islam	15	Zamalek	1:32.99
7	Ethar Ahmed Gamal	15	Heliolido	1:34.51
8	Nataly Gorge Atif Tawfik	15	Wadi Degla	1:40.32
9	Hala Sherif Samir abd Elmohsen	15	Taleaa El Gish Club	NT
<b>Heat 3 of 5 Timed Finals</b>				
0	Fareda Amr Mohamed Fouad	15	Heliopolis	1:32.06
1	Fatma Amro Sabry Rashed	15	El Shams	1:31.24
2	Yumna Hesham Mohsen	15	Ahly	1:30.13
3	Sama Tamer Mohamed	15	El Ghaba	1:29.21
4	Hanin Hussien Abdelaziz Ramzy	15	Olympic	1:28.37
5	Toka Ayman Ebrahim Eldsok	15	Smouha	1:28.38
6	Yara Tamer Abo-elalaa	15	El Ghaba	1:29.97
7	Habiba Ahmed Hassan	15	Ahly	1:30.32
8	Salma Mohamed Ibrahim Ibrahim	15	El Shams	1:31.80
9	Karma Ihab Ali	15	Wadi Degla	1:32.31
<b>Heat 4 of 5 Timed Finals</b>				
0	Salma Saed Elsamadony	15	Tanta	1:26.68
1	Kinzy Yahia Mohamed Sameh	15	Enppi	1:25.25
2	Loujin Reda Ebrahim Abd Elaziz	15	6th	1:24.67
3	Hana Mohamed El Sayed	15	A S E C	1:23.81
4	Masa Mostafa abd Elghany	15	Tanta	1:23.04
5	Goudy Ahmed Samir	15	el Shark Club	1:23.13
6	Lorian Hany	15	Sporting	1:23.90
7	Lemar Samer Elsaeid Anwar	15	Smouha	1:25.17
8	Jana Mohamed Abd Elkariem	15	6th	1:25.82
9	Malak Mohamed Abd Elghany	15	Wadi Degla	1:27.14



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0	Mariam Walid Sayed	15	Wadi Degla	1:21.80
1	Lara Amr Mahmoud Alsokkary	15	6th	1:21.41
2	Salma Waleed Raslan	15	Al Hawar	1:20.67
3	Mariam Ahmed Abdel Hakm	15	Ahly	1:16.94
4	Janat Kareem Mohamed	15	El Shrook	1:13.23
5	Dana Rafik El Saady	15	Wadi Degla	1:16.66
6	Roqaya Saad Mohamed	15	Zamalek	1:19.57
7	Noor Hassan Mohamed	15	Hadak Al Ahram	1:21.28
8	Nada Mohamed Magdy	15	Elethead	1:21.75
9	Rawan Yossry Zaky Khalaf	15	El Shams	1:22.56