

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

Meet Program - 17/11/2023 Eve

Event 98 Girls 14 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Timed Finals				
2	Karma Mohamed Elwakiel	16	Smouha	NT
3	Mai Mohamed Ramadan	16	Talbeia	NT
4	Farida Ahmed Fouad	17	Wadi Degla	NT
5	Shahd Abdalla Mohamed Amin	16	El Ghaba	NT
6	Gana Mohamed Fathy	17	Zamalek	NT
Heat 2 of 12 Timed Finals				
0	Mariam Ebrahim ElShazly	19	Sporting	NT
1	Yosr Aneer Mostafa Elganz	19	Smouha	NT
2	Shahd Mohamed Hesien Mahmod	16	El Ghaba	NT
3	Aliya Ahmed ElMostafa Monzaly	17	El Shams	NT
4	Afrosena Sameh Kamel	18	Hadak Al Ahram	NT
5	Nour Ahmed Samer	18	Sporting	NT
6	Lojain Ibrahim Mohmed Walash	17	6th	NT
7	Malak Ahmed Ibrahim Mohame	17	Smouha	NT
8	Shahd Ayman Toson	16	Marina Sporting Club Hurghada	NT
9	Remman aly aly Mohamed	16	El Shams	NT
Heat 3 of 12 Timed Finals				
0	Ganna Mohamed Mahmoud	17	Ahly	NT
1	Jannah Mohamed Farouk	18	Sporting	NT
2	Nanse Nader Kamal	16	El Mekaweloun	NT
3	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	NT
4	Jana Ahmed Saied	16	Cairo	NT
5	Nada Tarek Ahmed	16	Helwan Club	NT
6	Marim Mhmod Elsaid Elshik	19	Smouha	NT
7	Kenzy Amr El Sayed	18	Tanta	NT
8	Gasmin Ahmed Monged	16	Ahly	NT
9	Lana Mohamed Fathy	19	Ahly	NT
Heat 4 of 12 Timed Finals				
0	Iman Ahmed Adel Elsaied	16	Smouha	NT
1	Salma Waled	19	Smouha	5:50.46
2	Nourhan Mahmoud Mohamed	16	El Obour	5:48.26
3	Logina Ahmed Yihey Ahmed	16	El Mekaweloun	5:44.20
4	Ganna Mohamed Marzouk	17	Al Ealamein	5:36.11
5	Renad Wled Fathy	16	Al Tersana	5:38.39
6	Noura Ahmed Mohamed abo Elazm	16	El Shams	5:48.20
7	Menaallah Mhmod Elsayed Elshek	17	Smouha	5:48.84
8	Zena Khaled Mansour	16	El Mekaweloun	6:03.69
9	Marwa Mohamed Hanfy	17	YMCA	NT
Heat 5 of 12 Timed Finals				
0	Arwa Adel Ghaleb	17	Zamalek	5:32.59
1	Haya Hazem Abdelrahamn	18	El Shams	5:29.09
2	Anan Mohamed Yehia	18	El Mekaweloun	5:28.00
3	Roaa Abdelmonem Hmdy Abdelmon	17	6th	5:22.84
4	Mayar Abdelazem Ahmed	18	El Mekaweloun	5:22.34
5	Freda Hesham Mahmoud	16	Heliopolis	5:22.39
6	Nawal Yasser Sayed	18	El Obour	5:27.36
7	Malak Mohamed Abou Bakr	16	Wadi Degla	5:29.07
8	Ronaz Mohamed Ahmed	17	Wadi Degla	5:30.26
9	Gana Mohamed Abdelaziz	16	Zamalek	5:33.10

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Heat 6 Timed Finals... (Event 98 Girls 14 & Over 400 LC Meter Freestyle)

0	Hana Hesham Saleh	18	Wadi Degla	5:21.85
1	Rawda Faysal Elasherif	18	Ahly	5:17.75
2	Gana Yasser Mohamed Samy Aglan	17	El Shams	5:14.84
3	Donia Motaz Mohamed abd	16	Moasasa Riadhia Askaria	5:13.48
4	Malak Ahmed El Kayal	16	Sporting	5:11.46
5	Menna Abd Elkhalk Mahran Ali	16	El Zohour	5:12.26
6	Nadin Atef Mohamed	18	Ahly	5:13.62
7	Jana Hassan Abdel Fattah	18	Wadi Degla	5:16.85
8	Zenab Wagdy Saber	18	Zamalek	5:19.84
9	Bakinam Amr Abd El Monaem	17	Maadi	5:22.30

Heat 7 of 12 Timed Finals

0	Nour Elsabah Ahmed Amer	17	Ahly	5:10.46
1	Hana Nasser El Safty	16	Shooting	5:10.13
2	Farah Ahmed Sadelden Ragap	17	6th	5:05.73
3	Kenzy Ahmed Saad ali	16	Wadi Degla	5:04.84
4	Rodaina Ayman Mohamed	16	Ahly	5:02.07
5	Yasmeha Ahmed Saad	16	Smouha	5:02.74
6	Nour Hafez Ahmed	16	Hadak Al Ahram	5:05.43
7	Lana Sherif Mohamed Abo ElNaga	17	El Shams	5:10.12
8	Salma Atef Fayek Abdo	16	Wadi Degla	5:10.42
9	Nadin Sameh Mohamed	16	Zamalek	5:10.64

Heat 8 of 12 Timed Finals

0	Mariam Ahmed Zahran	16	Sporting	4:58.91
1	Basant Mohamed Mahros	17	Ahly	4:57.24
2	Fatima Haytham Abd ElMeneam	19	Tanta	4:56.47
3	Dina Alaa Ibrahim Hussien	17	Smouha	4:55.74
4	Mariam Yasser Mohamed Shafik	16	Ahly	4:55.07
5	Mariam Hesham Mohamed	19	Ahly	4:55.45
6	Gana aly Refaat aly	16	Zamalek	4:56.01
7	Mariam Sherif Mohamed Shawky	17	Maadi	4:56.88
8	Amina Alaa Elhamouly	16	Sporting	4:58.57
9	Farida Haitham Nabil Ali Za	17	Smouha	5:01.56

Heat 9 of 12 Timed Finals

0	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	4:53.68
1	Basmalah Gomaa Ali	18	Bank Ahly Alex	4:52.94
2	Fatema Tamer Ahmed Sayed	16	Wadi Degla	4:52.76
3	Gana Salah Kamal ElDin	17	Ahly	4:51.09
4	Anod Amr Abd El Aziz	17	Wadi Degla	4:49.39
5	Kenzy Hazem Moneeb	17	Cairo	4:51.00
6	Jana Mohamed Ahmed	19	Wadi Degla	4:52.25
7	Jomana Hamdy Ameen	16	El Zohour	4:52.90
8	Laila Mohamed Fathy	16	Shooting	4:53.43
9	Menna Tallah Ahmed Mohamed	17	Banaha	4:54.92

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023**Meet Program - 17/11/2023 Eve****Heat 10 Timed Finals... (Event 98 Girls 14 & Over 400 LC Meter Freestyle)**

0	Laila Tarek Mostafa	16	Wadi Degla	4:48.73
1	Habeba Mohamed Saleh Mhmoud	16	6th	4:48.20
2	Yasmine Yasser Mamdouh	19	Shooting	4:47.67
3	Laila Mohamed Hitham	16	Shooting	4:46.13
4	Zena Hesham Mahfoz	16	Tanta	4:45.07
5	Nazly Mohamed Elokda	15	Shooting	4:45.46
6	Nadin Adam Ahmed Foad Mohamed	20	El Shams	4:47.54
7	Malak Ahmed Helmy	18	Ahly	4:47.82
8	Zeina Ahmed Mostafa	16	Shooting	4:48.44
9	Rokaia Hisham Ahmed	17	Shooting	4:49.11

Heat 11 of 12 Timed Finals

0	Joudy Mohamed Aly	18	Sporting	4:43.65
1	Sara Ahmed Alsaed Abdow	19	6th	4:43.40
2	Ayten Ahmed Elmanzalawi	14	Shooting	4:42.65
3	Yara Hossam Salem	16	Ahly	4:42.35
4	Malak Ahmed Anes Mahmoud	16	Al Hawar	4:41.97
5	Mariam Mohamed ali	19	Pegasus Club	4:41.99
6	Malak Mohamed Abd El Gaber	19	Bank Ahly Alex	4:42.47
7	Kenzy Ibrahim Ibrahim	19	Ahly	4:43.23
8	Alya Ehab Abdel Moneam	16	Ahly	4:43.64
9	Doreen Walid Fathy	17	Tawfekaya	4:44.88

Heat 12 of 12 Timed Finals

0	Marim Mohamed Bakr	15	Al Tersana	4:38.30
1	Sandy Ayman Atef	23	Ahly	4:36.39
2	Farah Tarek	17	Ahly	4:33.07
3	Sara Mohamed Bhaa	18	Heliopolis	4:28.86
4	Loujin Abd Alla Slah Zkey	19	Shooting	4:20.95
5	Lamees Amr Mhmoud Elsokary	16	6th	4:27.04
6	Nadine Karim Mansour Saleh	17	Shooting	4:30.27
7	Arwa Faysal Al Sherif	15	Ahly	4:35.12
8	Shahd Sameh Safouat Shaaban	19	Heliolido	4:37.19
9	Zina Ahmed Medhat	15	Ahly	4:40.43

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Heat 1 of 11 Timed Finals				
3	Omar Mohamed Abdelgwad	17	Zamalek	NT
4	Ziad Samer Galal	16	Cairo	NT
5	Abd ElRahman Mohamed Salah ElSa	16	El Shams	NT
6	Mohamed Nashaat Abdelhamid	17	Zamalek	NT
Heat 2 of 11 Timed Finals				
0	Ali Adel Abdel Razik	17	El Obour	NT
1	Adam Amr Al Daadaa	16	Raas El Bar Club	NT
2	Yaseen Nashaat Salama	17	Cairo	NT
3	Omar Mahmoud Mostafa	16	Shooting	NT
4	Mohamed Wael Metwaly	19	Ahly	NT
5	Mohamed Ahmed Saad Allah	17	Ahly	NT
6	Mohammed Ahmed Elsaed Hussier	16	Moasasa Riadia Askaria	NT
7	Seif Elislam Haytham Mahmoud	16	Zamalek	NT
8	Youssef Ahmed Taha	19	Zamalek	NT
9	Hamdy Ashraf Hamdy	16	Al Tersana	NT
Heat 3 of 11 Timed Finals				
0	Eslam Mostafa Mohamed Saed	16	Wadi Degla	NT
1	Mohamed Ahmed Wageih Mohamed	16	Zamalek	NT
2	Mohamed Ahmed Hassan	17	Asyut Club	NT
3	George Ashraf Nasseem	17	Talbeia	2:42.55
4	Salman Khaled Saber Kamel	16	Rowad	2:37.66
5	Sofyan Hassan Mohamed	16	Ismaily Sporting Club	2:42.00
6	Karim Eslam Khaled	18	El Mekaweloun	2:47.28
7	Omar Gawad Mohamed	17	Cairo	NT
8	Mohamed Ahmed abd Elmohsen	16	Wadi Degla	NT
9	Mostafa Tarek Hassaneen	18	Cairo	NT
Heat 4 of 11 Timed Finals				
0	Hassn Ramy Ahmed	16	Sporting	2:34.05
1	Zyad Mohamed Maged	17	Wadi Degla	2:32.56
2	Moaz Waheed Ibraheem Awad	17	Rowad	2:31.02
3	Mohanad Ashraf Farok Rashwan	21	El Zohour	2:29.01
4	Youssef Ahmed Abo Elhassan	16	Wadi Degla	2:28.69
5	Mohamed Samy Maher	19	Ahly	2:28.79
6	Amr Mohamed Mounier	16	El Nasr Club	2:29.86
7	Ahmed Ismeil	16	Nasr City	2:32.52
8	Mostafa Mohamed Tarek	17	Ahly	2:32.71
9	Seif Eldin Tarek Ehab	21	Ahly	2:35.29
Heat 5 of 11 Timed Finals				
0	Ahmed Sameh Safwat Shaaban	17	Heliolido	2:26.50
1	Mohamed Mostafa Mohamed	19	Wadi Degla	2:25.75
2	Youssef Haitham Bahaa Abdelfatah	16	Wadi Degla	2:23.60
3	Ali Hesham Moh. Fekre Shrif	19	El Gezira	2:22.87
4	Ahmed Alaa Mahdy	18	Ahly	2:21.34
5	Youssef Ahmed Hassan Abdo	16	Elethead	2:22.25
6	Moaz Ahmed Mohamed Ahmed	16	El Nasr Club	2:23.43
7	Yasen Ahmed eid Thabet	16	Moasasa Riadia Askaria	2:25.57
8	Omar Waleed AlQabary	16	Sporting	2:25.79
9	Ahmed Waled Ibrahim	16	Talbeia	2:27.31

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0	Yehia Ashraf Farag	16	Ahly	2:20.99
1	Adham Ahmed Hamada Ahmed Har	16	El Shams	2:20.33
2	Yossef Sayed Ahmed Elsayed	16	El Ghaba	2:19.74
3	Farouk Galal Ahmed	17	Ahly	2:19.61
4	Omr Hany Abdelwhab	16	El Ghaba	2:19.49
5	Mohamed Haytham Ahmed	16	Ahly	2:19.51
6	Mostafa Mohamed Baker	17	Al Tersana	2:19.71
7	Aser Hesham Raft Mhmoud	16	6th	2:19.76
8	Mazen Tamer Mostafa	16	Wadi Degla	2:20.86
9	Adham Khaled Abdelkader Mo	16	Bank Ahly Alex	2:21.30

Heat 7 of 11 Timed Finals

0	Mazen Mohamed Mokhtar Mohamec	17	Heliolido	2:19.24
1	Omar Waled Talat Hsanen	16	6th	2:18.75
2	Sohayb Nabel Abdelsalm Zake	16	Bank Ahly Alex	2:18.21
3	abd Elrahman Sherif Karam Monir	18	Al Tersana	2:17.68
4	Yassein Akram Ragab Sobeih	16	El Shams	2:16.37
5	ali Ahmed Mohamed Ismail	16	Wadi Degla	2:16.89
6	Moustafa Tarik Moustafa	20	Heliopolis	2:17.93
7	Yasien Hytham Fayez	16	Cairo	2:18.40
8	Marwan Mostafa Mohamed Most	18	Smouha	2:18.97
9	Mhmoud Tarik Ahmed Elgendy	16	Smouha	2:19.41

Heat 8 of 11 Timed Finals

0	Marawan Walid Noshy	16	Ahly	2:15.57
1	amr Ibrahim Mohamed Ibra	18	Electricity	2:15.31
2	Mounir Ramez Mounir	19	Shooting	2:14.95
3	Hatem Ashraf Kamel	16	Gezira El Ward	2:13.96
4	Ali Ahmed Abdulmageed	16	El Gezira	2:13.76
5	Mohamed Tarek Rashad Abd el Ham	18	El Shams	2:13.84
6	Elhamy Ibrahim Elhamy Badreldin	17	Heliolido	2:14.69
7	Zeiad Hamdy Amin Ossman	20	Zamalek	2:15.16
8	Omar Mohamed Magdy Mohamed	16	El Shams	2:15.56
9	Mohamed Essam Abdou	17	Ahly	2:15.88

Heat 9 of 11 Timed Finals

0	Abd ElFatah Mohamed Abd ElFatah	17	Tanta	2:13.52
1	Amr Wael Shawky	16	Rowad	2:13.27
2	Saif ElDIn Sameh A.Elmoaez	20	Wadi Degla	2:12.70
3	Omar Khaled Soliman	18	Hadak Al Ahram	2:12.00
4	Kareem Ahmed Ibrahim	17	Sporting	2:11.90
5	Yasin Hatem Sery	19	Heliopolis	2:11.95
6	Yosef Ahm. Ebrahim Hebesha	17	El Gezira	2:12.08
7	Mohnad Hitham Ibrahim	17	Wadi Degla	2:13.06
8	Ahmed Ayman Ali Mohamed	18	El Shams	2:13.31
9	Omar Mohamed Nabil	17	Wadi Degla	2:13.56

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0	Karim Magid Abdelgilil	16	Zamalek	2:11.31
1	Karem Ashry Kasem	16	El Shams	2:10.76
2	Seif Ahmed Hegazy	19	Ahly	2:10.34
3	Ahmed Hasan Tork	16	Sporting	2:09.91
4	Yousef Adel Ramadan	18	El Shams	2:08.48
5	Mohaned Alaa Mahmud Ali	19	Smouha	2:08.68
6	Mohamed Salama Gaber Salama	20	Smouha	2:10.10
7	Ziad Tarek Mohamed	17	Wadi Degla	2:10.58
8	Saied Mohamed Abd Elgawad	20	Sporting	2:11.21
9	Abed Emad Abed	16	Al Tersana	2:11.71

Heat 11 of 11 Timed Finals

0	Omar Sherif Hamed	18	El Ghaba	2:08.32
1	Mohamed Walid Hassan	17	Sporting	2:06.80
2	Ibrahim Ahmed Ibrahim	22	Sporting	2:04.93
3	Omar Ahmed Samir Eldawody	16	Gezira El Ward	2:02.17
4	Ahmed Akram Abbas	27	Ahly	1:58.89
5	Abdullah Ahmed Nasr	17	Hadak Al Ahram	2:00.75
6	Ahmed Tarek Mohamed	19	Shooting	2:02.89
7	Khaled Abdel Naser Ali	24	Shooting	2:05.00
8	Saif Amr Al Batal	17	Hadak Al Ahram	2:07.35
9	Mohamed Yaser Omar	18	Olympia	2:08.43