

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

## Event 4 Boys 15 &amp; Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 57 Timed Finals</b>				
1	Mohamed Ahmed Amin Mahmoud	15	Mokattam	NT
2	Mohamed Nader Mohamed	15	A S E C	NT
3	Moaaz Islam Hussain Ismail	15	Elethad	NT
4	Selim Hamza El Faitoury	16	Sporting	NT
5	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	NT
6	Mahmoud Ahmed Yehya	16	Wadi Degla	NT
7	Mahmoud Tamer Saber	17	Elethad	NT
8	Loaay Mohamed abd Raboh	16	Elethad	NT
9	Tarek Ahmed Abdelwahab	19	Shooting	NT
10	Adham Ahmed Abd Elmoneim	16	El Obour	NT
<b>Heat 2 of 57 Timed Finals</b>				
1	Abdelrahman Ayman Sayed	20	Fayoum Club	NT
2	Abdelrahman Ahmed Mostafa	17	Electricity	NT
3	Omar Ahmed Sayed	16	Wadi Degla	NT
4	Yassin Mostafa Nasr	15	Sporting	NT
5	Belal Eslam Elsaid Abd Elrazk	15	Wadi Degla	NT
6	Yousif Ahmed Salah	17	Al Tersana	NT
7	Omar Tamer Issa	15	Rowad	NT
8	el Farok Omer el Farok	16	Bank Ahly Geza	NT
9	Mohammed Ahmed Elsaeed Hussier	16	Moasasa Riadiyah Askaria	NT
10	Ziad Haithm Mostafa	15	Ismaily Sporting Club	NT
<b>Heat 3 of 57 Timed Finals</b>				
1	Omar Mohamed Abdalem	15	Senzo	NT
2	Mohamed Essam Sedky	17	Bank Ahly Geza	NT
3	Fares Ayman Esmaeel	16	Smouha	NT
4	Adam Tarek Adel EL Ghazoly	15	Heliopolis	NT
5	Mohamed Hesham Esmail Hamd	20	6th	NT
6	Mazen Nadeem Mohamed Mahmoud	16	Wadi Degla	NT
7	Youssef amr Mohamed	16	Elethad	NT
8	Mohamed Kareem Mohamed	18	Elethad	NT
9	Seif Walaa Antar	18	Wadi Degla	NT
10	Abdelfattah Ahmed Youssef Ahmed	16	Olympic	NT
<b>Heat 4 of 57 Timed Finals</b>				
1	Omar Abd EL Razeq Kamal	15	Rowad	NT
2	Ali Essam Ali Mohamed Mo	16	Smouha	NT
3	Hamza Ahmed Fawzy	17	Wadi Degla	NT
4	Sofyan Hassan Mohamed	16	Ismaily Sporting Club	NT
5	Mohamed Mahmoud Attia	18	Wadi Degla	NT
6	Abdelrahman Ahmed Mohamed	15	Ismaily Sporting Club	NT
7	Fares Ahmed Ameen Aly Alhgrssy	17	6th	NT
8	Abdelrahman Sobhy Abdelhalem Mc	15	Bank Ahly Alex	NT
9	Belal Mohamed Fouad Ramadan	15	Olympic	NT
10	Idris Ibrahim Mohammed	16	Bank Ahly Geza	NT

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

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**Heat 5 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Omar Ahmed Abd Elaziz	16	Wadi Degla	NT
2	Mostafa Mahmoud Mohamed Hanf	15	Elethad	NT
3	Omar Yasser Menis	20	Sporting	NT
4	Sief Ayman El Said	19	Sporting	NT
5	Youssef Mohamed Ismail Youssef	16	Rowad	NT
6	Ali Shref Ali Abdelkader	16	Smouha	NT
7	Zeyad Ashraf Mohamed Ebrah	15	Tanta	NT
8	Adham Adel Abaza	19	Sporting	NT
9	Youssef Sameh Salah Eldin Sayed	17	6th	NT
10	Marwan Nehad Zakareia	25	Wadi Degla	NT

**Heat 6 of 57 Timed Finals**

1	Marwan Ahmed Elsayed Ahmed	15	Olympic	NT
2	Omar Mohamed Mostafa Elsa	19	Smouha	NT
3	Yossif Yasser Atteya	18	A S E C	NT
4	Aly Eldin Tamer Mohamed	19	Ahly	NT
5	Adham Moh. Galal Eldin ElSayd	18	El Gezira	NT
6	Adham Ahmed Abdel Aziz	19	Rowad	NT
7	Omar Tamer Gouda	17	Ahly	NT
8	Adham Ahmed Mahmoud	18	Ahly	NT
9	Ali Amr Mohamed Taha	15	Bank Ahly Alex	NT
10	Zeyad Ahmed Hamed Shaban	15	Bank Ahly Alex	NT

**Heat 7 of 57 Timed Finals**

1	Yassin Mohamed Abdelnaby	16	Ismaily Sporting Club	NT
2	Ziad Hateem Foad	16	Elethad	NT
3	Bilal Mohamed Mohamed	18	YMCA	NT
4	Ziad Ahmed abd Elhamid	17	Enppi	NT
5	Helmy Kadry Helmy	17	Zagazig University	NT
6	Kamal Ahmed Kamal	15	Wadi Degla	NT
7	Yassen Ahmed Fathy Shams	15	Mokattam	NT
8	Amar Hazem Zakey Zakareya	15	Smouha	NT
9	Moataz Mahmoud Mohamed Ahmed	15	Wadi Degla	NT
10	Monzer Ahmed Amayem	16	Tanta	NT

**Heat 8 of 57 Timed Finals**

1	Yassin Ebrahim Ragheb	16	Sporting	NT
2	Yahya Assem Mohamed Hanfy	16	Palm Hills	NT
3	Mohamed Khaled Mohmd Kamal Elt	20	Shooting	NT
4	Omar Ahmed Mohamed Abd Elhafez	16	Petrosport	NT
5	Karim Mohamed Mahmoud	19	Heliolido	NT
6	Yassin Amr Mohamed Arfa	17	Shooting	NT
7	Mostafa Mohamed Ahmed	16	Smouha	NT
8	Ahmed Wael Ahmed Mohamed	19	Bank Ahly Alex	NT
9	Ali Mohamed Tawfeq	17	Wadi Degla	NT
10	Mohamed Housam Ibrahim	27	Ahly	NT

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 9 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Adham Ibrahim Basuni	17	El Ghaba	NT
2	Ahmed Walid Hossam Eldein	17	Shooting	NT
3	Mazen Waled Mohamed	16	Al Tersana	NT
4	Mohamed Hossam Mohamed	18	A S E C	NT
5	Abdel Hamied Ahmed Yousif	15	Bank Ahly Geza	NT
6	Yahya Waled Abdelmonem	17	Misr Insurance	NT
7	Hazem Omar Mohamad Fathe	15	Smouha	NT
8	Ziad Tarek Mohamed	17	Wadi Degla	NT
9	Yehia Faysal Mohamed	17	Heliopolis	NT
10	Mohamed Hazem Mehany	19	Police Club	NT

**Heat 10 of 57 Timed Finals**

1	Ali Ahmed El Prince	15	Wadi Degla	NT
2	Youssef Ahmed Abo Elhassan	16	Wadi Degla	NT
3	Mohamed Shreef	16	Tlaea El Ostol	NT
4	Kaled Amr Ahmed Bashir	15	Elethead	NT
5	Souhaib Gamal Abdelfattah Fadel	15	Olympic	NT
6	aly Eldin Ahmed Mohamed	16	Zamalek	NT
7	Omar Khaled Abdelrhim	17	Ismaily Sporting Club	NT
8	Youssef Emad Shaaban	15	Ahly	NT
9	Hazem Mohamed Essam	16	A S E C	NT
10	Mazen Ahmed AbdAlaah SaadEldin	15	Moasasa Riadiah Askaria	NT

**Heat 11 of 57 Timed Finals**

1	Zeyad Saber Abd el Fatah	16	Hadak Al Ahram	NT
2	Mohamed Emad Maher	17	Senzo	NT
3	Omar Talal Ragab	17	Sporting	NT
4	Amir Ramadan Sayed Ramadan	22	6th	NT
5	Zyad Waael Abass Bhr	20	6th	NT
6	Karem Emad Reda	16	Wadi Degla	NT
7	Ahmed Waleed	16	Sporting	NT
8	Mahmud Adel Mohamad Mohamad	15	Smouha	NT
9	Khaled Mohamed abd Elmonaam	22	Cairo	NT
10	Yousif Ahmed Ragab Elshaman	18	Smouha	NT

**Heat 12 of 57 Timed Finals**

1	Abd Elrhman Ahmed Al Hmedi	19	El Obour	NT
2	Malek Khaled Mahmoud Abady	16	Bank Ahly Alex	NT
3	Sohaib Khaled Emam	20	Ahly	NT
4	Mohamed Said Labib Mohamed	17	Shooting	NT
5	Daly Dimitrios Chin	26	Sporting	NT
6	Seif Eldin Fady SaLah	16	Shooting	NT
7	Ahmed Hani Ezzat	15	Shooting	NT
8	Ahmed Mohsen Mohamed	15	Ahly	NT
9	Ayad Hatem Fouad	17	Zamalek	NT
10	Esmael Mohamed Esmael	16	Tanta	NT

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 13 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Yousef Reda Saad Elhefnawy	16	Stad Mansoura	NT
2	Marawan Samer Farouk Abdmege	17	Moasasa Riadiah Askaria	43.38
3	Keven Latif Farag	15	Wadi Degla	39.40
4	Rayan Mohamed Said	15	Wadi Degla	37.19
5	Hamza Wael Nasreldin	16	Wadi Degla	36.68
6	Ahmad Atef Mohamad	17	Smouha	36.83
7	Hatem Yasser Fathy	17	Zagazig University	37.30
8	Yehia Mohamed Ahmed Hafez	15	Wadi Degla	40.51
9	Adam Ahmed Mohamed Kandil	17	El Shams	NT
10	Seif Tarek Mohamed Raslan	23	Zamalek	NT

**Heat 14 of 57 Timed Finals**

1	Youssef Abd Elazem Mohamed	15	Zagazig University	36.30
2	Abdallah Mohamed Metwally	15	Wadi Degla	35.64
3	Omar Marwan Badr	16	Sporting	35.39
4	Mohamed Zakaria Ahmed	16	Goldy	34.94
5	Azzam Mohamed Sheha	16	Olympic	34.46
6	Hussien Marwan Badr	16	Sporting	34.85
7	Hazem Mohamed Abd Elhameed	15	El Zohour	35.20
8	Walid Mohamed Hussien	16	A S E C	35.59
9	Ahmed Hessin Ahmed	15	Enppi	35.75
10	Seif El Din Khaled Mohamed	15	Zagazig University	36.36

**Heat 15 of 57 Timed Finals**

1	Youssef Ahmed Ratb	15	Elethad	33.88
2	Yassin Mohamed Sobhy	15	Wadi Degla	33.84
3	Ramez Amr Mohamed Ibrahim	16	Wadi Degla	33.72
4	Abdelrahman Wael Abdelmoniem	15	El Ghaba	33.70
5	Yassin Samer Wagdy	15	Nasr City	33.62
6	Marwan Waleed Mohamed Fawzy	15	Shooting	33.65
7	Roshdy Ahmed Roshdy	15	Wadi Degla	33.72
8	Yehya Tamer Hamdy Shwata	15	Tanta	33.79
9	Mohamed Ismal El Sayed Ismal	15	A S E C	33.86
10	Omar Mohamed abu Bakr	15	Hadak Al Ahram	34.41

**Heat 16 of 57 Timed Finals**

1	Mohamed Elsayd Hassen Adel	15	Elethad	33.53
2	abd Allah Elsaed Helmy	16	Elethad	33.36
3	Ahmed Waled Ali	16	Smouha	33.33
4	Seif Eldeen Essam Reda	16	Palm Hills	33.06
5	Tayem Wessam Azab	15	Sporting	33.01
6	Omer Ahmed Abo Bakr	15	Shooting	33.04
7	Omar Samy Abdelsalam Male	16	Smouha	33.19
8	Saeed Mohamed AL Saeed	16	Rowad	33.34
9	Ammar Amr Al Qorsa	15	Goldy	33.38
10	Adham Ahmed Mohamed	15	6th	33.56

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**Heat 17 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Omar Hany Sayed Khalel	16	Wadi Degla	32.89
2	Moustafa Mohamed Ahmed Abdelk	15	Zamalek	32.75
3	Mostafa Mohamed Fouad El Gamal	15	Tawfekaya	32.66
4	Abdullah Mohamed Saad	16	Sporting	32.62
5	Adham Ahmed Ragab	17	Wadi Degla	32.51
6	omr Tamer Elsaed Elroby	16	Elethad	32.58
7	Mohamed Waled Taher	15	Rowad	32.64
8	Ahmed Wahid Mohamed	15	El Zohour	32.74
9	Hessen Moh. Hessen Elbadry Moh. R	16	El Gezira	32.80
10	Abd Alla Amr Ali Ahmed	15	El Zohour	33.01

**Heat 18 of 57 Timed Finals**

1	Mohamed Hasham Mohmod	16	A S E C	32.43
2	Mohamed Ahmed Mohamed Youssef	15	Ahly	32.36
3	aly Mohamed Fathy	16	Tanta	32.24
4	Ahmed Rezk Eid Mahmoud	16	Goldy	32.22
5	Mostafa Ahmed AL Saeed	15	Rowad	32.20
6	Adam Ayman Wageh	17	Wadi Degla	32.20
7	Belal Ahmed Mousad	16	A S E C	32.24
8	Omar Wael Ibrahim Saber	16	Wadi Degla	32.34
9	Mahmoud Amr El-shobaki	15	Shooting	32.41
10	Kress Nader abd Elsaid	16	Cairo	32.47

**Heat 19 of 57 Timed Finals**

1	Ali Ahmed Aadel Mosleh	16	6th	32.18
2	Marwan Reda Hussein	15	Senzo	32.15
3	Ismail Moataz Halbony	17	Maadi	32.07
4	Abdelharman Shref Anes Ibrahim	17	Smouha	31.92
5	Omar Hany Magdy	15	Enppi	31.84
6	Mohamed Tarek Mohamed Salah	16	Smouha	31.85
7	Omar El Sayed Ali	15	Elethad	31.98
8	Ahmed Mohamed Salah	17	El Ghaba	32.08
9	Aly Hady Adel	16	Ahly	32.17
10	Abdel Rahman Mohamed Mohamed	16	Rowad	32.19

**Heat 20 of 57 Timed Finals**

1	Ali Hesham Abas Tawfek	15	Smouha	31.79
2	Seif Mohamed Khalil Fathy	15	Tanta	31.75
3	abd Elrhman Mohamed Bakar	16	Elethad	31.69
4	Ahmed Wael El Shamaa	16	Sporting	31.65
5	Adel Khaled Gougou	15	Sporting	31.64
6	Anas Ebrahim Abd-elrahman	15	El Ghaba	31.65
7	Abdelrhman Mohamed Ahmed Ewai	15	Wadi Degla	31.68
8	Mohab Khaled Sayed	17	Wadi Degla	31.73
9	Zain EL Din Haytham	17	Elethad	31.78
10	Eyad Mohamed Mansor	15	Elethad	31.84

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 21 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Youseif Mohamed Mohamed Saei	16	Zamalek	31.63
2	Ali Mourad Salaheldein	15	New Giza	31.53
3	Osama Emad Awad	16	Wadi Degla	31.46
4	Ahmad Amr Adel Abaza	15	Smouha	31.41
5	Adam Mohamed Eldejwy	15	Meit Khakan Sport Club	31.35
6	Sherif Atef Mohamed Mohamed	15	Rowad	31.41
7	Ahmed Fathy Aid Abd el aty	17	Rowad	31.46
8	Adham Mohamed Fawzy	16	Wadi Degla	31.52
9	Zeyad Mohamed Elsayed	15	Sporting	31.56
10	Zeyad Hamza Mohamed	17	A S E C	31.63

**Heat 22 of 57 Timed Finals**

1	Moaz Abdelfatah Ali Abdel	15	Smouha	31.31
2	Ibrahim Mohamed Zarad	15	Wadi Degla	31.30
3	Malek Sherif Hayaty	16	Sporting	31.29
4	Mohamad Kaled Mohamad Hamedo	15	Smouha	31.26
5	Mohamed Mahmoud Salah Elswaf	15	Olympic	31.24
6	Moaz Amr Gamal	19	Ahly	31.25
7	Ahmed Ehab Seyam	16	Tanta	31.29
8	Adham Ashraf Sheta	15	Sporting	31.29
9	Yossef Hany Abo Neama	16	El Ghaba	31.30
10	Abdrahman Yasser	16	Tlaea El Ostol	31.31

**Heat 23 of 57 Timed Finals**

1	Mohamed Ali Saed Mohamed	15	Bank Ahly Alex	31.20
2	Youssef Sameh Ahmed Zaied	15	Shooting	31.17
3	Yassien Ibrahim Mohamed	16	Smouha	31.16
4	Abdelrahman Khaled Fathy	16	Smouha	31.06
5	Abdelharman Hany Mohamed Amin	17	Smouha	30.95
6	Rashed Hany Ramadan	20	Rowad	31.06
7	Eyad Mohamed Yousry	15	Wadi Degla	31.16
8	Abdlrhman Ayman Salah Elsayed	16	Heliolido	31.17
9	Youssef Galal Sayed	15	Wadi Degla	31.18
10	Mohamed AbdEl Rashed Mohamed	18	El Ghaba	31.22

**Heat 24 of 57 Timed Finals**

1	Yasen Ahm. Abd ElHay Soieman Abd	17	El Gezira	30.92
2	Abd EL Rahman Ahmed Ramadan	15	Rowad	30.88
3	Slem Wesam Samy Mohamed	15	Heliopolis	30.84
4	Moaz Waheed Ibraheem Awad	17	Rowad	30.81
5	Abdel Rahman Ahmed Nour el Dein	15	Bank Ahly Geza	30.78
6	Belal Abd Elwadod Mohamed	20	Rowad	30.79
7	Yassen Tayie Mohamed Tayie	15	Bank Ahly Alex	30.83
8	Yassein Waleed Elsayed	15	Talbeia	30.85
9	Sief Ahmed Farouk	15	El Zohour	30.88
10	Elgamel Youssef Elgamel Youssef	15	Olympic	30.92

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1	Mohamed Ashraf Abdo	17	Elethad	30.76
2	Yassien Ahmed Mohamed	16	Smouha	30.74
3	Yousef Maged Mohamed	16	Rowad	30.72
4	Aly Mohammed Sadek	15	Palm Hills	30.66
5	Mokhtar Ahmed Faiyad	16	Sporting	30.62
6	Ahmed Fady Elharty	16	Tanta	30.64
7	Hamza Hossam Eldin Fayez	15	Police Club	30.67
8	Mhmoud Hassan Mhmod Khlossy	17	Smouha	30.72
9	Hassan Ahmed Ehab Wahby	15	Heliopolis	30.75
10	Youssef Mohamed Hamed	15	Wadi Degla	30.78

**Heat 26 of 57 Timed Finals**

1	Mohamed Hany Fathy	16	Elethad	30.57
2	Adam Medhat ezz Eldin	15	Wadi Degla	30.47
3	Mohamed Ashraf Safwat	15	Zamalek	30.44
4	Ibrahem Mohamed Ibrahem Elsa	17	Smouha	30.41
5	Yassin Wessam Nour	15	Wadi Degla	30.39
6	Mohab Hossam Farouk Mohame	15	Elethad	30.40
7	Ibrahim Mostafa Ibrahim	17	Moasasa Riadiyah Askaria	30.43
8	Omar Shrief Ahmed Ahmed S	16	Smouha	30.47
9	Ahmed Sameh Samer Mohsen	16	Smouha	30.52
10	Moamen Ahmed Fekry	16	A S E C	30.57

**Heat 27 of 57 Timed Finals**

1	Amr Mohamed Abu Elfettouh	15	Wadi Degla	30.38
2	Hassan Karim Aglan	15	Sporting	30.37
3	Khaled Mohamed Elsyed Tawfe	17	Smouha	30.33
4	Yahia Mohamed Yahia	17	Elethad	30.32
5	Yassin Safy Eldin	15	El Ghaba	30.30
6	Karim Ahmed Mohsen Abdelra	17	Smouha	30.30
7	Mohamed Ahmed Dewan	18	Wadi Degla	30.32
8	Ahmed Samy Mahmoud	16	El Ghaba	30.33
9	Marwan Mohamed Ahmed	17	Enppi	30.37
10	Mohamed Mahmoud Mohamed Shal	15	Tanta	30.39

**Heat 28 of 57 Timed Finals**

1	abd Allah Mohamed Abdelaziz	15	Zamalek	30.29
2	Youssef Ahmed El Tahlawy	18	Ahly	30.26
3	Saleh Mohamed Mahmoud Shawkt	15	Ahly	30.24
4	Yassin Ahmed Sayed Hafez	17	Elethad	30.16
5	Omar Ayman Wahied Mohamed	15	El Shams	30.13
6	Saif Eddin Amr Abdel Raouf	16	Hadak Al Ahram	30.16
7	Yassin Abdallah Mohamed	17	Wadi Degla	30.19
8	Mostafa Ibrahim Mahrosr Ahme	16	Smouha	30.25
9	Youssuf AbdElmoneim Khalaf	17	Sporting	30.27
10	Mahmoud Ahmed Mohamed Anwar	15	A S E C	30.29

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1	Youssief Ahmed Ibrahim	17	A S E C	30.11
2	Tamer Ahmed Ali	15	Elethad	30.09
3	Zeyad Hany Abd el Azeem	19	Wadi Degla	29.98
4	Ahmed Sameh Abdelkader	18	Wadi Degla	29.96
5	Adam Mohamed Mahmoud Shawky	15	El Zohour	29.92
6	Omar Adel Ishaq	15	Wadi Degla	29.95
7	Hamza Amro Kandiel	15	El Shams	29.97
8	Ahmed Emad Ahmed	18	Ahly	30.06
9	Omar Sameh Mohamed Saleh	18	Ahly	30.10
10	abd Elrahman Mohamed Ebrahim g	15	Tanta	30.12

**Heat 30 of 57 Timed Finals**

1	Omar Khaled Gamal El Din Sayed	15	Maadi	29.89
2	Eyad Hossam Eldin Zakzouk	16	Sporting	29.84
3	Abdelrahman Mohamad Ehab Abdel	15	Smouha	29.81
4	Omar Mostafa Ahmed Mostaf	15	Rowad	29.79
5	Youssef Abdel Hakeem Mohamed	15	Wadi Degla	29.78
6	Hazem Waheed Ibrahim	19	Rowad	29.78
7	Awab Mostafa Mahmoud	16	Smouha	29.80
8	Yassien Amr Adly Mohamed Els	16	Smouha	29.83
9	Youssef Wala Mohamed Tawfek	16	Smouha	29.88
10	Mohamed Mostafa Alla' ElDin	15	Shooting	29.89

**Heat 31 of 57 Timed Finals**

1	Aser Mohamed Adel Ahmed	15	Elethad	29.74
2	Mohmed Essam Saied	16	Cairo	29.73
3	Abdel Aziz Mohamed Abdel Azez	17	Wadi Degla	29.67
4	Moustafa Yasser Abd El Latif	18	Sporting	29.67
5	Adham Ashraf Shawky Mohame	16	Zamalek	29.65
6	Yousef Wesam Mohamed Samer	18	El Mekaweloun	29.66
7	Ahmed Mohamed Ahmed Helal	16	Ahly	29.67
8	Mahmoud Tamer Mahmoud	17	Wadi Degla	29.69
9	Yousif Islam Mohamed Ragae	15	Zamalek	29.74
10	Yassin Hassan Hosny Ahmed	15	Elethad	29.75

**Heat 32 of 57 Timed Finals**

1	Zad Ahmed Mohamed Asran	15	Wadi Degla	29.63
2	Amr Wael Shawky	16	Rowad	29.61
3	Youssef Mostafa Mahmoud Dardery	18	Wadi Degla	29.59
4	Ziad Abdel Ghany Osman	19	Rowad	29.57
5	Omar Ahmed Mansor	19	Sporting	29.55
6	Adham Mostafa Abdulla	15	Elethad	29.56
7	Adm Hisham Mohamed	17	Elethad	29.58
8	Hassn Hatem Mohamed	18	Enppi	29.59
9	Abd AllaaAmr Sabre Rashed	17	El Shams	29.62
10	Hamza Zahy El Sahn	17	Sporting	29.64



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**Heat 33 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Ahmed Yahia Saied	17	Elethead	29.50
2	Mohamed Ahmed Mohamed Ebrahim	16	Rowad	29.49
3	Yassin Ahmed Othman	16	Sporting	29.47
4	Kareem Hossam Ahmed Salama	15	Smouha	29.46
5	Yasin Amro Mamdouh	16	Heliopolis	29.43
6	Abdallah Mohamed Eldosuky	16	El Shams	29.45
7	Blal Mohamed Elsaid Mahmo	16	Smouha	29.47
8	Abd Elrhman Ahmed ali	16	Al Tersana	29.48
9	Marvin Medhat Shokry	17	Shooting	29.49
10	Youssef Mohamed Abdelrehem Hem	17	Olympic	29.54

**Heat 34 of 57 Timed Finals**

1	Abdalla Adel Abdalla	15	Ahly	29.39
2	Yasien Hytham Fayez	16	Cairo	29.36
3	Omar Ahmed Hussien Mostaf	16	Smouha	29.31
4	Yasen Ahmed eid Thabet	16	Moasasa Riadiah Askaria	29.30
5	Hassn Ramy Ahmed	16	Sporting	29.27
6	Yousef Khaled A.Elrahman Bayomy	20	Wadi Degla	29.28
7	Zeid Mohamed Abdel-Azeem	16	Ahly	29.31
8	Abdelrhman Ayman Mahmoud Ham	16	Bank Ahly Alex	29.34
9	Yassin Ahmed Nabil	15	Sporting	29.38
10	Maarouf Abou El Magd Mohamed	20	6th	29.40

**Heat 35 of 57 Timed Finals**

1	Adam Ahmed Elsaied aly	15	Zamalek	29.24
2	Mohamed Emad Ahmed Mostafa	16	Smouha	29.21
3	Omar Mohamed Essam	16	Wadi Degla	29.18
4	Omar Mahmoud Aly Tawfik	17	Ahly	29.12
5	Yossef Karim Nabil Elzawawy	17	Smouha	29.09
6	Mohamed Nashaat Abdelhamid	17	Zamalek	29.10
7	Mostafa Mohamed Zaghlol	17	El Ghaba	29.14
8	Motaz amr Mostafa	15	Al Tersana	29.18
9	Fras Alaa Eldin Hussein	16	Tanta	29.22
10	Marwan Mohamed Omer	19	Shooting	29.24

**Heat 36 of 57 Timed Finals**

1	Mahmoud Ashraf El Gayash	16	Wadi Degla	29.06
2	Abdelrahman Ayman Kamal Shaaba	15	Elethead	29.06
3	Mostafa Ashraf Awad Allah	20	Olympic	29.05
4	Abdelrahman Mohamed Ramadan	17	Enppi	29.04
5	Ahmed Khaled Hashem Ali	15	Heliopolis	29.01
6	Ahmed Sameh Awad	20	Rowad	29.03
7	Hanna Refaat Hanna Awadalla	17	Heliolido	29.04
8	Seif Mohamed Salah	16	Cairo	29.06
9	Abd Alla Nabil Eprahem	19	Shooting	29.06
10	Omar Atef el Sadat	15	Al Hawar	29.08

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 37 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Ahmed Mohsen Mohamed	18	Elethad	28.98
2	Eyad Mohamed Amer	15	Tanta	28.93
3	Adham Amr Mahmoud	18	Ahly	28.92
4	Raef Osama Atif	19	Elethad	28.89
5	Awny Mohamad Awny	16	Smouha	28.87
6	Loai Ehab A.Meshaal	16	Wadi Degla	28.89
7	Adam Karim Hemdan Abdo	16	Shooting	28.91
8	Yasin Sameh Fahmy	20	Heliopolis	28.92
9	Mohamad Wesam Mohamad Ahmad	15	Smouha	28.94
10	Hesen Mohamad Elsaeid Yose	15	Smouha	29.01

**Heat 38 of 57 Timed Finals**

1	Omar Samer Mahmoud	15	Ahly	28.84
2	Eyad Ahmad Sobhy Ahmad So	15	Smouha	28.82
3	Abd Allah Ahmed Abd El Aziz Hussie	15	Maadi	28.79
4	Ahmed Mohamed Ahmed Al Bah	16	Wadi Degla	28.76
5	Omar Khaled Khamis	18	A S E C	28.71
6	Mahmoud Hossam El din Mahmoud	15	Shooting	28.76
7	Selim Shrif Osama Helmy Mohsen	15	El Gezira	28.78
8	Omar Mohamad Ali Ebrahim	15	Smouha	28.82
9	Kamal Eldin Khaled Alshahat	15	Elethad	28.84
10	Shady Mody Maher Helmy	19	M S AL Minia	28.84

**Heat 39 of 57 Timed Finals**

1	Ibrahim Bahaaeldin Ibrahim Sayed	15	Olympic	28.70
2	Mazen Tamer Mostafa	16	Wadi Degla	28.69
3	Moahmed Ahmed Farouq Elkot	16	Smouha	28.63
4	Adham Tarik Ali Baiuomy	18	Smouha	28.60
5	Yehia Salah El Din Galal	15	Wadi Degla	28.55
6	Ahmed Samir Helmy El Sayed	15	Tawfekaya	28.56
7	Mostafa Mohamed Mohamed Ashrf	15	Gezira El Ward	28.60
8	Mohanad Ashraf Farok Rashwan	21	El Zohour	28.67
9	Yassen Amr Mahmoud Abdelsta	15	Bank Ahly Alex	28.70
10	Yasser Walid Abo Elela	18	Ahly	28.71

**Heat 40 of 57 Timed Finals**

1	Adham Nader Samir Mohamed	16	Smouha	28.54
2	Omar Amin Mohamed	16	Al Tersana	28.52
3	Eyad Mohamed Abd ElMeneam	20	Tanta	28.51
4	Omar Mahmoud Saeid	15	Nasr City	28.50
5	Abdelrahman Khaled Sabry Abdelwa	17	Olympic	28.46
6	Ali Ahmed Abd el Monem Omara	18	El Shams	28.48
7	Eyad Mohamed Shaban	16	Al Tersana	28.50
8	Mohamed Hany Elsebakhy	16	Smouha	28.52
9	Adham Ahmed Hamada Ahmed Har	16	El Shams	28.53
10	Rami Michel Artigaud	17	El Gezira	28.55

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 41 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Ahmed Wael Ibrahim Desouki	19	Tawfekaya	28.43
2	abd Elrhman Mohamed Ahmed	16	Elethead	28.40
3	Shady Wessam Mohamed	15	Wadi Degla	28.33
4	Youssef Mohamed Mehraz	18	Ahly	28.30
5	Karim Mahmoud Farouk	21	Beni Suef Club	28.28
6	Eyad Mohamed Samy	18	Zamalek	28.29
7	Adham Ahmed Mohamed	15	Shooting	28.32
8	Mohamed Amr Mohamed Shamandy	17	Smouha	28.36
9	Omar Waleed AlQabary	16	Sporting	28.41
10	Ahmed Wael Saad Mohamed	18	Olympic	28.46

**Heat 42 of 57 Timed Finals**

1	Eyad Ahmed Khatab	15	Wadi Degla	28.27
2	Yassin Hossam Elden Metwally	16	El Zohour	28.20
3	Ahmed Emad Abdel Maaboud	17	Ahly	28.12
4	Ahmed Medhat Mousa Marzok	17	Tanta	28.10
5	Omar Mohamed Omar Sofy	16	Shooting	28.10
6	Youssef Ahmed Hassan Abdo	16	Elethead	28.10
7	Yassin Youssef Mohamed Elshaaben	15	Olympic	28.11
8	Ahmed Tamer Gamal Eldin	15	Wadi Degla	28.13
9	Ahmed Samy Hassan	15	M.S Tagamoa	28.26
10	Mohamed Essam Mohamed	16	Minia Sport Clup	28.27

**Heat 43 of 57 Timed Finals**

1	Braa Ayman Ali	19	El Zohour	28.01
2	Karim amr Abd el Monem	18	Wadi Degla	28.00
3	Ahmed Waleed Abdel Hady	15	Ahly	27.97
4	AbdelRahman Ehab Elshimy	16	Sporting	27.95
5	Mostafa Moh. Ahm. Moh. Moharam	17	El Gezira	27.91
6	Omar Abdelaziz Hussein	15	Talbeia	27.93
7	Omar Sherif Abd El Hamid	17	Wadi Degla	27.96
8	John Wael Abdel Malek	16	Wadi Degla	28.00
9	Seif Sayed Mahmoud	17	Helwan Club	28.01
10	Adham Ahmed Hassan	20	Ahly	28.09

**Heat 44 of 57 Timed Finals**

1	Ahmed Khaled Farouk Fadel	15	6th	27.89
2	aly Saleeh aly	16	Zamalek	27.87
3	Abdelrahman Osama Omar	19	Cairo	27.86
4	Ziyad Walid Nabiil	18	Sporting	27.80
5	Youssef Tamer Mohyeldin	16	Smouha	27.77
6	Ahmed Mohamed El Menyawy	19	Wadi Degla	27.79
7	Adam Samer AbdElghany Mga	19	Smouha	27.84
8	Adham Hisham Nor	20	Smouha	27.87
9	Yasin Waled Zaky Abo Warda	19	Smouha	27.88
10	Karem Mohamed Atia Ehsan	16	Heliopolis	27.90

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 45 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Karim Mohamed El Gharabawy	18	El Zohour	27.76
2	Mohmed Ayman Esmael Emam	17	6th	27.74
3	Ali Mhmod Ibrahim Mohame	17	Smouha	27.73
4	Ahmed Alaa Mahdy	18	Ahly	27.71
5	Fadi Wael Gerges	17	Rehab	27.68
6	Mazen Saied Gaber Ali	17	Smouha	27.70
7	Yousef Ahmed Salah Shendy	26	Ahly	27.71
8	Youssef Tawfik Hamdy Tawfik	17	Senzo	27.74
9	Abd el hay Ashour	17	El Shams	27.76
10	amr Hesham Bayomy	20	Cairo	27.77

**Heat 46 of 57 Timed Finals**

1	Omar Mohamed Nabil	17	Wadi Degla	27.61
2	Abd Allah Tamer Abd El Raaof	15	Maadi	27.59
3	Adam Sameh Elawany	16	Tanta	27.55
4	Yousif Ashraf Madkour	20	Smouha	27.51
5	Mohamed Khaled Mohamed Mahmo	15	Shooting	27.49
6	Mohamed Ibrahim Elkhdry	17	Elethad	27.50
7	Mohamed Tarek Mohamed Zaky	15	Olympic	27.54
8	Abdel Rahman Hazem Moustafa	18	Elethad	27.56
9	Yehia Eslam Farouk	17	Ahly	27.60
10	Mohamed Tarek Abasy	18	Tanta	27.62

**Heat 47 of 57 Timed Finals**

1	Amr Mostafa Kodb	20	Smouha	27.49
2	Ahmed Mohamed Abdelrazek Soulin	19	Olympic	27.45
3	Mazen Wael Ali Gaber	20	Smouha	27.44
4	Eyad Sherif Hassan	16	Wadi Degla	27.43
5	Hamza Mohamed Habib	16	Ahly	27.37
6	Fares Mohamed Farouk	19	Heliopolis	27.39
7	Yahya Tarek Fawzy	18	Sporting	27.44
8	Mrawan amr Mostafa abd el Aziz	18	Al Tersana	27.44
9	Yehia Mohamed Saad Eldin	18	Wadi Degla	27.49
10	Adam Asharaf Ibrahim	17	El Ghaba	27.49

**Heat 48 of 57 Timed Finals**

1	Malek Ahmed Mohsen	15	Wadi Degla	27.36
2	Mohamed Naser Ramdan	16	Talbeia	27.35
3	Omar Ehab Attef Mohamed	22	Gezira El Ward	27.30
4	Yosef Ahm. Ebrahim Hebesha	17	El Gezira	27.25
5	Ahmed Salah Mohamed Sabry	16	Smouha	27.16
6	amr Ibrahim Mohamed Ibra	18	Electricity	27.18
7	Yamen Ayman Helmy	16	Tanta	27.25
8	Mohamed Medhat Shalby	15	Heliopolis	27.32
9	Zeiad Osama Fatthy Abdel Hamed	20	Al Tersana	27.36
10	Esmat Ashraf Esmat Hatata	18	Smouha	27.37

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 49 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Marwan Mostafa Mohamed Most	18	Smouha	27.12
2	Omar Khaled Abo El Magd	18	Ahly	27.06
3	Mahmoud Majed Mahmoud	19	Hadak Al Ahram	27.03
4	Khaled Wael Sabre Abdelhame	16	Smouha	27.00
5	Zeyad Osama Zedan	17	Bank Ahly Alex	26.94
6	Marwan Mohamed Bakry Mohamed	17	Olympic	26.97
7	Yahia Amr Mohamed	17	El Zohour	27.01
8	Mostafa Omar Kamal ElDin	19	Bank Ahly Geza	27.03
9	Karim Magdy Mohamed	17	El Zohour	27.09
10	Karem Ashry Kasem	16	El Shams	27.16

**Heat 50 of 57 Timed Finals**

1	Nadeem Naser El Din Fawzy	23	Tanta	26.88
2	Omar Ahmed Gaber	19	Elethead	26.87
3	Yossef Ayman Abdalla Mohama	15	Smouha	26.82
4	Ahmed Hattem Ahmed	18	Wadi Degla	26.80
5	Mohamed Ahm. Aly Moh. Derbala	19	El Gezira	26.78
6	Hamdy Mohamed Hamdy	19	Shooting	26.80
7	Eyad Ahmed Saad Hasn	15	Tanta	26.82
8	Mohamed Nasr Ahmed	16	15 May	26.87
9	Ahmed Amr Magdy	18	Shooting	26.88
10	Ahmed Adel Eshak	18	Wadi Degla	26.93

**Heat 51 of 57 Timed Finals**

1	Ali Mohamed Mousa	18	Tanta	26.75
2	Zeiad Mohamed Ahmed	17	Bank Ahly Geza	26.70
3	Adham Hossameldin Abdallah	17	Zamalek	26.67
4	Mohamed Emad Abdelhamid	16	Hadak Al Ahram	26.65
5	Seif Mohamed Sayed	16	El Zohour	26.64
6	Abd Elrahman Mostafa Ragab	17	Swim Home	26.65
7	Ahmed Hasan Tork	16	Sporting	26.66
8	Sherif Ashraf Hagag	16	A S E C	26.69
9	Abdel Rahman Khaled Zakaria	18	Ahly	26.73
10	Hussien Mohamed Hussien Shawky	15	El Shams	26.77

**Heat 52 of 57 Timed Finals**

1	Malek Haytham Mohamed	17	Wadi Degla	26.60
2	Yahia Ahmed Mohamed Mousa	19	Smouha	26.57
3	Yahia Ashraf Madkour	20	Smouha	26.52
4	Khaled Ahmed Mahmoud Gaber	18	Bank Ahly Alex	26.48
5	Mohamed Ahmed Essam Akl	20	Smouha	26.44
6	Omar Karim Mohamed Mselhy	17	Smouha	26.47
7	John Wael Nagy Mosad	17	Heliolido	26.49
8	Mohamed Ahmed Salem	19	El Ghaba	26.54
9	Ahmed Yasser Mahmoud Salman	15	El Zohour	26.60
10	Morad Yaser Hafez	20	Wadi Degla	26.61

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 53 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Sief Mohamed Salah	19	Tanta	26.41
2	Yousef Samir Abel Fatah	18	Zamalek	26.40
3	Blal amr Ahmed	18	Heliopolis	26.38
4	Adham Ayman Monir Hashem	18	Al Tersana	26.38
5	Abd ElFatah Mohamed Abd ElFatah	17	Tanta	26.36
6	Marwan Mohmed Hamed	16	Cairo	26.36
7	Mohamed Yaser Fared Abd Elazez	17	El Shams	26.38
8	SifEldin Hossam Mohamed Elsog	19	Smouha	26.39
9	Amar Yasser Mohamed Ahmed	17	Smouha	26.41
10	Mohamed Khaled Salam	18	Ahly	26.42

**Heat 54 of 57 Timed Finals**

1	Waleed Samer Mahmoud	18	Ahly	26.33
2	Karim Ahmed Khaled Elewa	21	El Shams	26.22
3	Moustafa Abdo Mohamed Shawqy	21	Rowad	26.18
4	Yousif Mohamed Soliman Omra	18	Smouha	26.14
5	Omar Ahmed Ibrahim Eid	27	Shooting	26.11
6	Ahmad Hany Ahmad	17	Heliopolis	26.11
7	Seif Mohamed Mohamed	19	Wadi Degla	26.18
8	Ahmed Tarek Mohamed	19	Shooting	26.21
9	Ahmed Osama Mohamed	20	Cairo	26.33
10	Omar Khaled Soliman	18	El Nasr Club	26.35

**Heat 55 of 57 Timed Finals**

1	Mostafa Ahmed Elesawy	21	Ahly	26.07
2	Mohab El Din Fathy	22	Sporting	25.95
3	Youssef Eslam Farouk	20	Ahly	25.90
4	Abd ElRahman Mohamed Aiman	18	Shooting	25.81
5	Mohamed Ashraf	20	Sporting	25.78
6	Mohamed Hatem Mohamed Sery	16	Heliopolis	25.80
7	Eyad Mohamad Kalil Ebrahe	18	Smouha	25.81
8	Ahmed Wael el Mohandes	18	Heliopolis	25.93
9	Ibrahim Ahmed Ibrahim	22	Sporting	26.05
10	Ahmed Adel Abdel aal	15	Al Hawar	26.10

**Heat 56 of 57 Timed Finals**

1	Eyad Sayed Fadl Alla	21	El Zohour	25.69
2	Adam Shref Mostafa	19	Heliopolis	25.56
3	Mohamed Walid Hassan aly	17	Olympic	25.53
4	Saleh Hossam El Din Saleh	20	El Zohour	25.53
5	Ahmed Hatem abd el Sabour	24	Nasr City	25.19
6	Mohanad Mohamed Wageh	20	Shooting	25.47
7	Mohamed Salama Gaber Salama	20	Smouha	25.53
8	Adam Ahmed Hamdy	17	Ahly	25.53
9	Seif Ahmed Hegazy	19	Ahly	25.65
10	Omar Ahmed Samir Eldawody	16	Gezira El Ward	25.76

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 57 Timed Finals... (Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

1	Omar Sherif Hamed	18	El Ghaba	24.98
2	Omar Mohamed Taha Radwan	23	Smouha	24.85
3	Mostafa Mohamed Al Tahan	23	Wadi Degla	24.60
4	Khaled Abdel Naser Ali	24	Shooting	24.33
5	Aly Ahmed Khalafalla	27	Ahly	23.69
6	Yasin HossamEldin	20	Smouha	23.97
7	Ali Mohab AbdelRaouf Ali	26	Heliopolis	24.54
8	Ali Khaled Osama	19	Wadi Degla	24.83
9	Seif Mohamed Mehrez	22	El Zohour	24.86
10	Nadem Kram Mohamed	18	Heliopolis	25.16

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

## Event 5 Girls 15 &amp; Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 26 Timed Finals</b>				
2	Noreen Ahmad Saad Abdala Ab	15	Smouha	NT
3	Sara Elhamy Foad Abd El Sallam	18	Maadi	NT
4	Nada Wageih Ail	23	Enppi	NT
5	Sagda Mohamed Salah	15	Elethad	NT
6	Laila Ahmed Adel El Kholy	19	Maadi	NT
7	Salma Ahmed Abo Mosalm	15	Ahly	NT
8	Haidy Hosam Nabil Cotore	24	El Gezira	NT
<b>Heat 2 of 26 Timed Finals</b>				
1	Aisha Ahmed AbdElmagid	17	Sporting	NT
2	Yasmen Ahmed Basim	17	Sporting	NT
3	Zeina Mohamed Elsaid	17	Enppi	NT
4	Nada Ahmed El Said Elbasyouny	16	Shooting	NT
5	Laila Mohamed Mahmoud	15	Shooting	NT
6	Khadiga Ahmed Mohamed Monir	16	Shooting	NT
7	Salma Sherif Hussien Mohamed	20	Maadi	NT
8	Jomana Hamdy Ameen	16	El Zohour	NT
9	Sara Mahmoud El Gendy	17	Wadi Degla	NT
10	Jana Ahmed Ebrahim	20	Sporting	NT
<b>Heat 3 of 26 Timed Finals</b>				
1	Habiba Ahmed Hassan	15	Ahly	NT
2	Arwa Hesham Sayed	16	Wadi Degla	NT
3	Noray Osama Nagah	15	Senzo	NT
4	Sosana Ramy Makram Basha Saleb	16	Goldy	NT
5	Jana Mohamed Abd Elkariem	15	6th	NT
6	Ranheil Moataz Ballah Ali Ibrahim	20	Zamalek	NT
7	Bessan Samir Sabry Aziz	15	Elethad	NT
8	Amina Maged	20	Sporting	NT
9	Rawan Wael	18	Ahly	NT
10	Zena Nader Galal Moh. Bashandy	17	El Gezira	NT
<b>Heat 4 of 26 Timed Finals</b>				
1	Nour Amr Mah. Fouad Elguindy	17	El Gezira	NT
2	Engy Ahmed ElMahdy	16	Sporting	NT
3	Nadin Mohamed Mahmoud	15	Ahly	NT
4	Farida abd el Aziz Gaber	16	A S E C	NT
5	Lamar Ashraf Ahmed	15	Wadi Degla	NT
6	Habiba Fawzy Mostafa	16	El Nasr Club	NT
7	Carole Baher Fouad	15	Sporting	NT
8	Retag Ahmed Saber	16	Wadi Degla	NT
9	Yasmin Ahmed El Tahlawy	18	Ahly	NT
10	Nour Mohamed aly el Sobky	16	Wadi Degla	NT



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## Meet Program - 14-03-2023 Tues Eve

**Heat 5 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	NT
2	Sara Soliman Said	19	Ahly	NT
3	Khadiga Yasser Fattouh	16	Ahly	NT
4	Menatalla Morsy	16	Smouha	NT
5	Dana Khaled Mohamed	16	Wadi Degla	NT
6	Sara Yaser Mohamed Mohame	19	Smouha	NT
7	Habeba Ahmed Mohmed Abdou	15	Heliopolis	NT
8	Habiba Walid Abu Elwafa	17	Sporting	NT
9	Kenzy Ahmed Ali	20	Ahly	NT
10	Nour Ahmed Samer	18	Sporting	NT

**Heat 6 of 26 Timed Finals**

1	Sondos Mohamed Salah El Di	15	Elethad	NT
2	Bery Ahmed Ibrahim	15	Elethad	NT
3	Hanya Hossam Nabil El Cotory	26	El Gezira	NT
4	Malak Mohamed Adel Ahmed	16	Wadi Degla	42.55
5	Yassmin Ahmed Ali	15	Rowad	39.00
6	Gudy Ashraf Abdel Hameed	16	Rowad	40.55
7	Mariam Ahmed Abd EL Gelel	16	Rowad	43.73
8	Retaj Yasser Mohamed Kamal	15	Moasasa Riadiyah Askaria	NT
9	Loujaen Ahmed Abd Al Halem	15	Shooting	NT
10	Rahma Tarik Mosa Awad	19	Smouha	NT

**Heat 7 of 26 Timed Finals**

1	Rodina Mohamed Ahmed Abd Elhafte	15	Wadi Degla	38.26
2	Batoul Wael Mahmoud	15	Wadi Degla	37.51
3	Aisel Mostafa Anwar	18	Ahly	36.58
4	Farida Atef Ibrahim	18	Elethad	36.42
5	Goudy Ahmed Ibrahim	15	Wadi Degla	36.21
6	Salma Waael Abdelmonem	17	Enppi	36.25
7	Hana Mohamed Attia	16	Wadi Degla	36.56
8	Joudy Ahmed Medhat	15	Wadi Degla	36.90
9	Nataly Goarge Atif Tawfik	15	Wadi Degla	38.22
10	Nataly Adel Ragy	16	Wadi Degla	38.36

**Heat 8 of 26 Timed Finals**

1	Jana Tarek Taha	16	Wadi Degla	35.83
2	Mariam Hazem Abd Elshkour	16	Shooting	35.32
3	Haya Ahmed Elsaid Abdo	16	6th	35.25
4	Jana Hussin Mohamed Hussi	18	Smouha	35.17
5	Gasmen Eslam Farouk Mahdy	15	Bank Ahly Alex	35.10
6	Mayar Sherif Mohamed	15	Elethad	35.16
7	Malak M.Ahmed Abd Ellattif	15	Wadi Degla	35.18
8	Sana Khaled Mohamed	17	Wadi Degla	35.30
9	Dana Ahmed Mahmoud	16	Elethad	35.77
10	Alina George Boutros	15	Elethad	36.05

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 9 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Malak Zahi El Sahn	15	Sporting	35.06
2	Janis Matta Fayez	18	Wadi Degla	34.42
3	Habiba Ayman Abbas Maamoun	15	Sporting	34.36
4	Ratag Khaled Mohamed	15	Wadi Degla	34.07
5	Maryem Ahmed Refaat	18	Olympic	33.90
6	Maryam Algbaly	15	Baladyat El Mahala	34.04
7	Farah Hesham Salah	16	Wadi Degla	34.11
8	Khadija Eslam Ahmed Samih	15	Sporting	34.40
9	Klara Alfred Sabr	18	Zamalek	34.93
10	Gana Mohamed Gamil	15	Wadi Degla	35.06

**Heat 10 of 26 Timed Finals**

1	Mariam Ashraf Rashad Nabih	15	Sporting	33.63
2	Nadia Ayman eid Abdelhmid	15	Zamalek	33.60
3	Salma Ahmed Mahmoud Abd EL Lat	15	Heliopolis	33.43
4	Jannat Ibrahim Saleh Fargha	15	Elethad	33.41
5	Eman Mohamed Hilmy	15	Moasasa Riadiyah Askaria	33.26
6	Habiba Ehab Fawzy	20	Ahly	33.27
7	Kenzi Mohamed	15	A S E C	33.43
8	Hana Ahmed Mohamed	15	Wadi Degla	33.59
9	Zeina Mohamed Abdel Moaez	15	Ahly	33.62
10	Hana Mahmoud Mostafa	16	Wadi Degla	33.72

**Heat 11 of 26 Timed Finals**

1	Malak Ahmed Said El Wakel	16	Wadi Degla	33.09
2	Leila Ahmed Ebrahim Ali Eid	18	Heliolido	32.95
3	emy Sherif Hossny	16	Wadi Degla	32.84
4	Fareda Amr Mohamed Fouad	15	Heliopolis	32.74
5	Cady Ashraf Ahmed	16	Wadi Degla	32.63
6	Lilly Ahmed Farwiz	16	El Gezira	32.64
7	Jana Waleed abd Elrazek Gaafar	16	Wadi Degla	32.78
8	Malak Amr Salah	15	Senzo	32.88
9	Fatma Amro Sabry Rashed	15	El Shams	33.05
10	Marvel Youhana Samer	17	Minia Sport Clup	33.15

**Heat 12 of 26 Timed Finals**

1	Malak Ali Moh. Abd El Metaal	16	El Gezira	32.54
2	Farah Mohamed Saied Saleh	17	Zamalek	32.47
3	Karema Kamel Saad	15	A S E C	32.30
4	Nazly Karim ELDin Ahm. Hasan	16	El Gezira	32.18
5	Alia Ali Mohamed	20	Heliopolis	32.07
6	Alaa Amr El Sokry	18	Sporting	32.12
7	Norhan Mohamed Mohsen Doban	16	Smouha	32.21
8	Mariem aly Mahdy Mohamed	15	Zamalek	32.40
9	Salma Mostafa Kamel Abou E	15	Elethad	32.50
10	Rola Mostafa Salah	18	Shooting	32.57

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 13 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Esraa Wael Ezat	17	Zamalek	32.04
2	Radwa Essam ali	18	Zamalek	31.97
3	Jode Mohamad Yossef Moham	15	Smouha	31.91
4	Rawan Yahia	15	Zamalek	31.77
5	Lojain Mohamed Nabil	15	Wadi Degla	31.71
6	Kholoud Abdelfatah Ali Abdel	17	Smouha	31.74
7	Malak Tarek El Kady	18	Sporting	31.81
8	Shaza Mohamed Said Hussein	15	Elethad	31.93
9	Ganna Mohamed Mahmoud	17	Ahly	32.02
10	Byrne Ibrahim Adel	15	Elethad	32.07

**Heat 14 of 26 Timed Finals**

1	Laila Khaled Elraai	19	Ahly	31.64
2	Monika Ayman Raaouf Eriyan	19	El Shams	31.52
3	Haidy Mostafa Reyad	19	Ahly	31.47
4	Jana Alla Mohamed	15	Minia Sport Clup	31.40
5	Saba Ahmed Elshabrawy	15	Ahly	31.23
6	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	31.36
7	Ganaa Mohamed Elsaed Gad	15	Bank Ahly Alex	31.46
8	Fatma Hisham Sarwt	20	Sporting	31.49
9	Caren Hany Gamal	20	Sporting	31.62
10	Jana Mohamed Ahmed	17	A S E C	31.65

**Heat 15 of 26 Timed Finals**

1	Shahd Hesham Fouad Abaas	19	Zamalek	31.16
2	Laila Hassan Mohamed	19	Elethad	31.06
3	Farida Mohamed Soliman	16	Zamalek	30.93
4	Remaas Tamer Elseid Mohamad	15	Smouha	30.92
5	Farah Ayman Gaber	16	Smouha	30.90
6	Joanna Waleed Shanan	15	Maadi	30.91
7	Marwa Mohamed Hanfy	17	YMCA	30.93
8	Sara Ismail Sarwat	17	Heliopolis	31.01
9	Razan Ahmed Hosny	19	Wadi Degla	31.16
10	Nadine Bassem Joseph	15	Wadi Degla	31.20

**Heat 16 of 26 Timed Finals**

1	Hour een Samer Elsaeid Shaban	15	Smouha	30.71
2	Mennatallah Tamer Fawzy	15	Wadi Degla	30.65
3	Sandra Medhat Mohamed	18	Ahly	30.60
4	Hania Hossam Ahmed Salama	15	Smouha	30.56
5	Gana Mohamed Abd ElSamed Abass	18	Shooting	30.53
6	Saga Alaa Adel Ibrahim	15	Shooting	30.55
7	Jana Mohamed Darwish	15	El Ghaba	30.58
8	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	30.63
9	Halla Alla Maher	17	Wadi Degla	30.66
10	Malak Khaled Ahmed Abdallah	18	Wadi Degla	30.73

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 17 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Dima Adel Mohamed	16	Smouha	30.48
2	Rawda Mohamed Mobark Abdel Aze	18	Wadi Degla	30.47
3	Gana amr Shahen	15	Zamalek	30.32
4	Jana Ahmed akl	15	Sporting	30.27
5	Goumana Mohamed Ibrahim	15	Ahly	30.24
6	Habeba Mohamed Moussa Kotb	18	Olympic	30.24
7	Jana Hisham Shaheen	17	Cairo	30.30
8	Fatma Kamil Mohamed	15	Zamalek	30.44
9	Jana Hisham Mohamed	17	Cairo	30.47
10	Mariam Mohammed Hamdy	18	Shooting	30.50

**Heat 18 of 26 Timed Finals**

1	Hoda Mohammed Said Adel	17	Shooting	30.14
2	Iman Ahmed Adel Elsaied	16	Smouha	30.11
3	Menna Mohamed Alashkar	17	Zamalek	29.99
4	Malak Mohamed Mhmoud Hamad	18	Smouha	29.98
5	Hana Wael Magdi Mah . Elsaeed	17	El Gezira	29.91
6	Joudy Moahmed Khedr	16	Smouha	29.97
7	Farida Moustafa Abd Elaziz	17	Sporting	29.99
8	Shahd Mohamed Ismael	18	Smouha	30.03
9	Gandan Ahmed Farouk	19	Shooting	30.13
10	Salma Waleed Raslan	15	Al Hawar	30.18

**Heat 19 of 26 Timed Finals**

1	Ranim Mohamed Sayed Ahmed	24	Moasasa Riadiah Askaria	29.87
2	Salma Abdel Hamid Mazrouh	17	Wadi Degla	29.79
3	Karma Ahmed Nabil	19	Shooting	29.70
4	Jannah Sameh AbdelMoneem	16	Sporting	29.69
5	Fareda Mohamed Rabie	16	Tanta	29.62
6	Nada Mohamed Magdy	15	Elethead	29.62
7	Noor Tamer AbdElrhim Mohamed	16	El Shams	29.69
8	Rodaina Mohamed Saad	18	Wadi Degla	29.74
9	Noor Kamel ElNagar	19	Sporting	29.85
10	Mariem Hossam Elden Hassan	15	Cairo	29.90

**Heat 20 of 26 Timed Finals**

1	Alia Khaled Mohamed Ghorab	17	El Gezira	29.59
2	Maya Osama Ahmed Mohammed	17	Shooting	29.51
3	Mennatallah Hatem Ibrahim Elsaye	16	A S E C	29.45
4	Goumana Tarek Yehia	18	Ahly	29.43
5	Wafaa Ahmed Saad ElDin	15	Wadi Degla	29.41
6	Nadine Hazem Mohamed	15	Pegasus Club	29.42
7	Malak Hesham Mohamed	17	Ahly	29.43
8	Nour Shref Osama	15	Heliopolis	29.51
9	Haya Mohamed Mahmoud	16	Ahly	29.54
10	Fareda Mohamed Farouk	16	Wadi Degla	29.61

## Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

## Meet Program - 14-03-2023 Tues Eve

**Heat 21 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Hana Hisham Mohamed Yousi	18	Smouha	29.41
2	Toka Ayman Ebrahim Eldsok	15	Smouha	29.36
3	Nour Mohamed Elsoda	15	Maadi	29.35
4	Habiba Mohamad Saeed Shebl	15	Smouha	29.33
5	Rana Ahmed Mahmoud Tawfik	17	Shooting	29.26
6	Mariam Hatem Anwar EL Said	16	Shooting	29.32
7	Nayera Tarek El-Sayed	16	Faros	29.34
8	Habiba Mohamed Abd el Naby	15	Wadi Degla	29.36
9	Malak Mohamed Mohyeldin	15	Pegasus Club	29.40
10	Fareda Ahmed Khalel	17	Wadi Degla	29.41

**Heat 22 of 26 Timed Finals**

1	Lara Ahmed Elwan	15	Ahly	29.15
2	Jana Khalid	19	Sporting	29.12
3	Anod Amr Abd El Aziz	17	Wadi Degla	29.09
4	Nour Mohamad Hassan Moham	15	Smouha	29.02
5	Retaj Mohamed Elsayed Anwa	17	Smouha	28.99
6	Fairoz Ahmed Ibrahim	15	El Shams	29.02
7	Nadine Ayman Hussein	18	Hadak Al Ahram	29.07
8	Rodayna Mohamed Wagdy	16	Al Tersana	29.12
9	Malak Islam Mohamed	18	Ahly	29.14
10	Ayla Mohamed Ali EL Medany	15	Heliopolis	29.25

**Heat 23 of 26 Timed Finals**

1	Haya HossamEldin Kndel	18	Smouha	28.83
2	Marem Ahmad Abdelgafar Ahm	15	Smouha	28.70
3	Rokan Tamer Ismail	15	Shooting	28.58
4	Rofaida Mahmoud Mohamed Hass	17	15 May	28.54
5	Jana Maged Amir	15	El Zohour	28.52
6	Na'eela Wael Elagroudy	16	Sporting	28.53
7	Farida Ahmed Ibrahim	17	El Ghaba	28.56
8	Mariam Mohamed Soliman Aoda	16	Wadi Degla	28.67
9	Salma Alaa Mahdy	20	Ahly	28.70
10	Malak Waled Essam Shabana	19	Smouha	28.88

**Heat 24 of 26 Timed Finals**

1	Hana Mostafa Ahmed Hamdy	22	Ahly	28.51
2	Malak Mohamed Nagy	16	Sporting	28.45
3	Hana Waled Hasan	18	El Shrook	28.39
4	Salma Ahmed Elsaid	15	Gezira El Ward	28.22
5	Karma aly Elsheraee	17	Heliopolis	28.14
6	Nour Mohamed Hessien Ahmed	18	El Shams	28.19
7	Hameis Essam Al Kholy	15	Shooting	28.38
8	Maya Abdelaziz Zakaria	15	Ahly	28.41
9	Loujain Ibrahim Ibrahim	17	Ahly	28.46
10	Hana Ashraf Mahmoud	22	Wadi Degla	28.52

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 14-03-2023 Tues Eve****Heat 25 Timed Finals... (Event 5 Girls 15 & Over 50 LC Meter Freestyle)**

1	Maya Kamal Mohamed Mhmod	17	Smouha	28.08
2	Loujain Youssef Ahmed	20	Ahly	27.97
3	Gana Nasr El Din Ali	19	Sporting	27.85
4	Julie Akram Ahmed	17	Ahly	27.75
5	Karma Shady Mohamed Sabry	16	Heliopolis	27.73
6	Malak Ahmed Helmy	18	Ahly	27.74
7	Lela Ahmed Kamal	18	El Ghaba	27.84
8	Jolin Hany Gamal	17	Sporting	27.90
9	Nour Mohamed Ibrahim Ali	18	Smouha	28.05
10	Fatma Mohamed Klel Ebrahim	19	6th	28.13

**Heat 26 of 26 Timed Finals**

1	Farah Amr Abdel Motaleib	20	Shooting	27.67
2	Malak Mohamed Abd El Gaber	19	Bank Ahly Alex	27.33
3	Lougein amr Khaleil Ibrahim	16	Zamalek	27.15
4	Farida Tharwat Maher	20	Ahly	27.00
5	Sara Waled Mahmoud	16	Heliopolis	26.28
6	Carine Elia Abd el Malak	17	Hadak Al Ahram	26.96
7	Hedy Amr Moustafa Hamouda	24	Heliopolis	27.13
8	Kanzy Hesham Rashad	20	Shooting	27.30
9	Jihan Ahmed Abdel Azim	19	Hadak Al Ahram	27.39
10	Jana Mohamed Abdel Fatah	19	Shooting	27.70