

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

Meet Program - 15-03-2023 Wed Eve

Event 9 Girls 15 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 16 Timed Finals				
4	Sara Elhamy Foad Abd El Sallam	18	Maadi	NT
5	Souhaila Abou El Mgd Ahmed	22	6th	NT
6	Sondos Mohamed Salah El Di	15	Elethad	NT
7	Nada Wageih Ail	23	Enppi	NT
Heat 2 of 16 Timed Finals				
1	Sama Gehad Mohamed	17	Tawfekaya	NT
2	Arwa Magd Elsayed	18	Ahly	NT
3	Maya Kamal Mohamed Mhmod	17	Smouha	NT
4	Nijar Maher Reda Taha	16	Moasasa Riadiyah Askaria	NT
5	Nada Mohamed Ahmed Kafaka	16	Zamalek	NT
6	Nour Amr Mah. Fouad Elguindy	17	El Gezira	NT
7	Laila Mohamed Mahmoud	15	Shooting	NT
8	Sagda Mohamed Salah	15	Elethad	NT
9	Malak Mohamed Adel Ahmed	16	Wadi Degla	NT
10	Dana Khaled Mohamed	16	Wadi Degla	NT
Heat 3 of 16 Timed Finals				
1	Sara Ahmed Eissa	15	Maadi	NT
2	Batoul Wael Mahmoud	15	Wadi Degla	NT
3	Khadija Eslam Ahmed Samih	15	Sporting	NT
4	Sosana Ramy Makram Basha Saleb	16	Goldy	NT
5	Retag Moataz Mohamed	16	Wadi Degla	NT
6	Retal Mohamed Khamis	15	Sporting	NT
7	Zeina Mohamed Abdel Moaez	15	Ahly	NT
8	Arwa Hesham Sayed	16	Wadi Degla	NT
9	Farida Ahmed Fouad	17	Wadi Degla	NT
10	Nada Mohamed Abdel Moneam	16	Wadi Degla	NT
Heat 4 of 16 Timed Finals				
1	Sana Khaled Mohamed	17	Wadi Degla	50.70
2	Mariam Hazem Abd Elshkour	16	Shooting	49.57
3	Nataly Gorge Atif Tawfik	15	Wadi Degla	49.20
4	Hana Ahmed Mohamed	15	Wadi Degla	47.53
5	Hana Mahmoud Mostafa	16	Wadi Degla	46.76
6	Kenzi Maher Abdelwahab	15	Elethad	46.90
7	Retaj Yasser Mohamed Kamal	15	Moasasa Riadiyah Askaria	47.55
8	Bessan Samir Sabry Aziz	15	Elethad	49.42
9	Rodina Mohamed Ahmed Abd Elhaf	15	Wadi Degla	49.97
10	Jody Mohamed Ashour Zaki	15	Elethad	52.62
Heat 5 of 16 Timed Finals				
1	Salma Waael Abdelmonem	17	Enppi	46.34
2	Khadiga Ahmed Mohamed Monir	16	Shooting	45.49
3	Swlaf Samer Abdalla Sharar	17	YMCA	44.47
4	Amina Maged	20	Sporting	44.29
5	Yasmen Samer Mahmoud	20	Ahly	43.73
6	Hanen Aadelf Hossien	18	Talbeia	43.94
7	Dana Ahmed Mahmoud	16	Elethad	44.30
8	Esraa Ehab Zamel	19	Zamalek	44.90
9	Gana Mohamed Gamil	15	Wadi Degla	46.28
10	Gana Mohamed Mohamed	17	Ultimate	46.53

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Heat 6 Timed Finals... (Event 9 Girls 15 & Over 50 LC Meter Breaststroke)

1	Habiba Ayman Abbas Maamoun	15	Sporting	43.28
2	Nazly Karim ELDin Ahm. Hasan	16	El Gezira	43.21
3	Arwa Sherif Mohamed Samy	18	Shooting	42.69
4	Yossra Mostafa Kamel	16	Elethead	42.10
5	Remaas Tamer Elseid Mohamad	15	Smouha	41.91
6	Norhan Mohamed Mohsen Doban	16	Smouha	41.94
7	Salma Abd Ella Abd Elhameed	18	Talbeia	42.19
8	Yasmin Ahmed El Tahlawy	18	Ahly	42.74
9	Fareda Amr Mohamed Fouad	15	Heliopolis	43.26
10	Arwa Tamer Mohy Eldin	17	El Nasr Club	43.51

Heat 7 of 16 Timed Finals

1	Malak Ali Moh. Abd El Metaal	16	El Gezira	41.87
2	Mariem Hossam Elden Hassan	15	Cairo	41.79
3	Dalia Ahmed Abdelsalam	19	15 May	41.71
4	Gana Ibrahim Abdalla	17	Talbeia	41.36
5	Radwa Essam ali	18	Zamalek	41.28
6	Gana Mohamed Abd ElSamed Abass	18	Shooting	41.36
7	Renad Mohamed Rafek Farouk	15	Bank Ahly Alex	41.56
8	Karma Ihab Ali	15	Wadi Degla	41.78
9	Ganna Mohamed Mahmoud	17	Ahly	41.82
10	Fatma Amro Sabry Rashed	15	El Shams	41.91

Heat 8 of 16 Timed Finals

1	Habeba Mostafa Gamal Eldeen	17	Gezira El Ward	40.85
2	Habiba Hany Mohamed Sabry A	17	Smouha	40.61
3	Nadine Bassem Joseph	15	Wadi Degla	40.60
4	Rowida Ayman Mohamed	17	Talbeia	40.13
5	Nour Diaa Mahmoud	17	A S E C	40.01
6	Jana Mohamed Abd Elkariem	15	6th	40.06
7	Noha Alaa Abd Elhlim	19	El Zohour	40.51
8	Karma Ayman Abou Amera	16	Sporting	40.60
9	Tasnem Mohamed Mohamed Gala	19	Smouha	40.64
10	Salma Sherif Hussien Mohamed	20	Maadi	40.97

Heat 9 of 16 Timed Finals

1	Jana Alaa	18	Sporting	39.91
2	Habiba Ahmed Hassan	15	Ahly	39.79
3	Youmna Hesham Mohsen	15	Ahly	39.67
4	Loujin Reda Ebrahim Abd Elaziz	15	6th	39.48
5	Hana Mohamed Ezzat Taha	15	Heliopolis	39.43
6	Hana Tarek Fared	20	Shooting	39.45
7	Malak Mohamed Abdelmonem Ahm	17	Wadi Degla	39.52
8	Sandy Soliman Said	17	Ahly	39.77
9	Malak Mohamed Samir Darwish	15	Wadi Degla	39.84
10	Razan Ahmed Hosny	19	Wadi Degla	39.99

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 15-03-2023 Wed Eve****Heat 10 Timed Finals... (Event 9 Girls 15 & Over 50 LC Meter Breaststroke)**

1	Sandra Medhat Mohamed	18	Ahly	39.30
2	Noor Tamer AbdElrhim Mohamed	16	El Shams	39.26
3	Kinzy Yahia Mohamed Sameh	15	Enppi	39.18
4	Lorian Hany	15	Sporting	38.82
5	Khadiga Yasser Fattouh	16	Ahly	38.74
6	Mirna Sameh Shawky Mostafa	17	Heliolido	38.77
7	Mariam Mohammed Hamdy	18	Shooting	39.16
8	Malak Mohamed Mohyeldin	15	Pegasus Club	39.19
9	Kholoud Abdelfatah Ali Abdel	17	Smouha	39.27
10	Jana Youssef Gadelrab Abuzeid	15	Olympic	39.35

Heat 11 of 16 Timed Finals

1	Toka Ayman Ebrahim Eldsok	15	Smouha	38.60
2	Lemar Samer Elsaaid Anwar	15	Smouha	38.49
3	Sarah Karim Mohamed Galal	17	Smouha	38.40
4	Salma Saed Elsamadony	15	Tanta	38.36
5	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	38.31
6	Zeina Wael Abd Elmohsen	16	Shooting	38.36
7	Roqaya Saad Mohamed	15	Zamalek	38.37
8	Hoda Mohammed Said Adel	17	Shooting	38.42
9	Lena Hany Mohamed	16	Ahly	38.54
10	Haya Mohamed Mahmoud	16	Ahly	38.67

Heat 12 of 16 Timed Finals

1	Malak Khaled Ahmed Abdallah	18	Wadi Degla	38.27
2	Yara Hassan Fathy	16	Tawfekaya	38.12
3	Rawan Yossry Zaky Khalaf	15	El Shams	37.81
4	Sagwa Khaled Mostafa Mahmo	15	Bank Ahly Alex	37.79
5	Yara Hesham Mohsen	15	Ahly	37.62
6	Malak Mostafa Mahmoud	15	Elethead	37.75
7	Fareda Ahmed Khalel	17	Wadi Degla	37.81
8	Saga Alaa Adel Ibrahim	15	Shooting	38.02
9	Marwa Mohamed Hanfy	17	YMCA	38.21
10	Menat Allah Medhat abd el Azeem	16	Al Hawar	38.27

Heat 13 of 16 Timed Finals

1	Nour Mohamed aly el Sobky	16	Wadi Degla	37.55
2	Hana Mohamed Youssef Moha	17	Smouha	37.53
3	Rawda Mohamed Mobark Abdel Aze	18	Wadi Degla	37.32
4	Nada Mohamed Magdy	15	Elethead	37.11
5	Rewan Sherief Zayan	18	Olympic	36.97
6	Malak Ali Atia	16	Smouha	37.03
7	Mariam Hatem Anwar EL Said	16	Shooting	37.12
8	Goumana Wael Hosny	16	Ahly	37.33
9	Masa Mostafa abd Elghany	15	Tanta	37.53
10	Farah Hassan Rageb	18	A S E C	37.55

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

1	Habiba Atef	16	A S E C	36.95
2	Karma Shady Mohamed Sabry	16	Heliopolis	36.54
3	Mariam Walid Sayed	15	Wadi Degla	36.49
4	Salma Waleed Raslan	15	Al Hawar	36.39
5	Kanzy Hesham Rashad	20	Shooting	36.04
6	Lobna Ahmed Khalifa	19	Bank Ahly Alex	36.24
7	Gana Mohamed Ahmed Salama	18	El Ghaba	36.42
8	Mariam Ahmed Abdel Hakm	15	Ahly	36.50
9	Basant Gamil Barakat	16	Ahly	36.93
10	Kanzy Waled Hamad	16	Smouha	36.95

Heat 15 of 16 Timed Finals

1	Malak Mohamed Nagy	16	Sporting	35.91
2	Maryam Emad Mohamed Elhadid	18	Gezira El Ward	35.56
3	Dana Rafik El Saady	15	Wadi Degla	35.29
4	Farida Ahmed Ibrahim	17	El Ghaba	35.10
5	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	34.89
6	Hana Mostafa Ahmed Hamdy	22	Ahly	34.92
7	Mariam Mohamed Soliman Aoda	16	Wadi Degla	35.23
8	Lian Shady Sabry	19	Heliopolis	35.37
9	Rawan Wael	18	Ahly	35.79
10	Carine Elia Abd el Malak	17	Hadak Al Ahram	35.93

Heat 16 of 16 Timed Finals

1	Mariam Mohamed Ahmed Kotb	17	Smouha	34.85
2	Nadine Ayman Hussein	18	Hadak Al Ahram	34.29
3	Janat Kareem Mohamed	15	El Shrook	34.01
4	Hedy Amr Moustafa Hamouda	24	Heliopolis	34.00
5	Sara Soliman Said	19	Ahly	33.41
6	Rewida Hisham Tolba Ibrahim	28	Ahly	33.49
7	Julie Akram Ahmed	17	Ahly	34.00
8	Shahd Mohamed Ismael	18	Smouha	34.15
9	Maya Ahmed Ragheb	16	Sporting	34.74
10	Karma Ahmed Nabil	19	Shooting	34.88

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Meet Program - 15-03-2023 Wed Eve

Event 10 Boys 15 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 14 Timed Finals				
3	Ahmed Ismeil	16	Nasr City	NT
4	Eyad Waled Hassan	16	Smouha	NT
5	Marten Baher Fouad	18	Sporting	NT
6	Ali Mohamed Kamal	15	Wadi Degla	NT
7	Mazen Emad Hamed	16	Ahly	NT
Heat 2 of 14 Timed Finals				
1	Yassen Moh. Shrif Moh. Elbarbary	18	El Gezira	NT
2	Marwan Ahmed Elamrawy	28	Sporting	NT
3	Marwan Ismael Elkmash	30	Sporting	NT
4	Mohamed Ahmed Amin	19	Zamalek	NT
5	Marawan Mohamed Sayed	15	Ahly	NT
6	Omar Mohamad Ali Ebrahim	15	Smouha	NT
7	Moahmed Ahmed Farouq Elkot	16	Smouha	NT
8	Yahya Ahmed Abd El Fatah	17	Sporting	NT
9	Mohamed Mostafa Mohamed	19	Wadi Degla	NT
10	Basel Al Sayed Houssin	17	Heliopolis	NT
Heat 3 of 14 Timed Finals				
1	Sief El Din Mohamed Moslm	17	Sporting	NT
2	Karim Sameh Karim	15	Al Tersana	NT
3	Karem Wael Mohamed	18	Minia Sport Clup	24:42.53
4	Aly Mahmud Ez el den	15	Heliopolis	19:34.08
5	Abdel Rahman Wael Karam	15	Wadi Degla	19:26.76
6	Mohamed Walid Mohamed	15	El Ghaba	19:26.81
7	Abdelrahman Moataz Yahia	15	Bank Ahly Geza	19:41.31
8	ali Mohamed Sarwat	18	Heliopolis	NT
9	Abdelrahman Yasser	17	Smouha	NT
10	Ahmed Tamer Rabea	16	Shooting	NT
Heat 4 of 14 Timed Finals				
1	Mohamed Samy Maher	19	Ahly	19:23.93
2	Mohamad Akram Mohamad Badwe	15	Smouha	19:08.78
3	Yasien Mohamed Fathy	15	Zamalek	19:03.43
4	aly Hussien Mohamed Huse	15	Zamalek	19:01.88
5	Yousef Mohamed Awad	15	Stad Mansoura	18:59.90
6	Omar Shady Mohamad Ali H	15	Smouha	19:00.75
7	Mahmoud Khaled Mahmoud Samy	15	Moasasa Riadiyah Askaria	19:02.63
8	Ahmed Abdelaziz Elshekh	15	Pegasus Club	19:06.54
9	Adham Khaled Abdelkader Mo	16	Bank Ahly Alex	19:17.69
10	Ali Akram Ibrahim	17	Shooting	19:26.43
Heat 5 of 14 Timed Finals				
1	Taha Saeed Mohamed Fathy	15	A S E C	18:50.04
2	Youssef Ahmed Taha	19	Zamalek	18:45.90
3	Hamza Hazem Moneb	15	Cairo	18:44.49
4	Mazen Ahmed AbdAlaah SaadEldin	15	Moasasa Riadiyah Askaria	18:40.22
5	Ahmed Mohamed Kaowd	15	Baladyat El Mahala	18:32.07
6	Mohamed Ahmed Ibrahim Saleh	15	Olympic	18:37.72
7	Mohamed Amr Abd El Monaem Has	15	Maadi	18:41.37
8	Karim Ashraf Ahmed	17	Zamalek	18:45.53
9	Eyad Essam Mohmed	15	Cairo	18:46.77
10	Fares Karm Refaay	15	Ahly	18:59.20

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1	Mohamed Ibrahim Zakreya	15	A S E C	18:27.87
2	Seif ezz el din abd el Kawey	16	Shooting	18:22.78
3	Omr Ahmed Farouk	17	Cairo	18:21.13
4	Abdelrahman Adel Fawzy	16	Smouha	18:15.27
5	Mohamed Karim Mohamed Shokry	20	Smouha	18:12.08
6	Mohamed Wael Ibrahim Desouki	15	Tawfekaya	18:13.73
7	Abd Alla Karim Ashraf Mahgoub	18	El Gezira	18:19.18
8	Mahmoud Haitham Mahmoud Kame	15	El Ghaba	18:22.27
9	Joshua Joseph Fouad	15	Al Tersana	18:25.04
10	Ahmed Sameh Safwat Shaaban	17	Heliolido	18:30.92

Heat 7 of 14 Timed Finals

1	Eyad Mohamed Hassan els	16	Zamalek	18:11.45
2	Ziad Nabil Ahmed Mohamed	16	Smouha	18:10.46
3	Mohamed Ahmed Fouad	18	Ahly	18:08.94
4	Yossef Maged Goreg	17	El Ghaba	18:07.43
5	Yousef Ahmed Fathy	15	Stad Mansoura	18:05.57
6	Saleh Shady Mohamed Said	21	Shooting	18:06.06
7	Omar Essam Mhmoud Abdelmoutlel	16	6th	18:07.84
8	Yahia Hazim Hussein	15	Zamalek	18:09.95
9	Zein el den Tamer Mohamed	15	Heliopolis	18:10.53
10	Mhmoud Wled Fkri Mhmoud	18	6th	18:11.66

Heat 8 of 14 Timed Finals

1	Yassin Abdelmeged Mohamed	15	El Ghaba	18:03.04
2	Mohamed Hassan Abd El Wahab	15	Maadi	18:00.02
3	Mohamed Hossam Samy	16	Ahly	17:57.69
4	Ez Elden Tamer	19	El Ghaba	17:56.27
5	Mhmoud A Hmed Mhmoud Hsanen	15	6th	17:52.68
6	Ahmed Asharf Dawood	15	Baladyat El Mahala	17:54.74
7	Youssef Yasser Farouk Hassan	15	Sporting	17:57.13
8	Selim Tamer Osama Ahmed	16	Shooting	17:58.00
9	Omar Ahmed Hasan Khedr	15	Shooting	18:00.37
10	Yassin Abdallah Ahmed Youssef	16	Wadi Degla	18:03.73

Heat 9 of 14 Timed Finals

1	Eyad Mohamed Abdelstar	16	Zamalek	17:48.77
2	Hamza Abdelhamed Mohamed I	16	Bank Ahly Alex	17:47.69
3	Ziad Ayman Mamoun	15	Zamalek	17:43.99
4	Ahmed Maged Ghoureib	15	Wadi Degla	17:43.25
5	Karim Yasser Mamdouh	17	Shooting	17:42.30
6	Hatem el Ameer Salah el din	15	Al Hawar	17:42.95
7	Ali Ali Hussein Ali	17	Heliolido	17:43.39
8	Youssef Yasser Ibrahim	17	Ahly	17:46.23
9	Mohamed Nader Elbarbary	16	Tanta	17:48.38
10	Omar Ali Fathy Mohamad Es	15	Smouha	17:49.12

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1	Nour Eldin Karem Mohamed	15	Ahly	17:37.95
2	Omr Hany Abdelwhab	16	El Ghaba	17:35.79
3	Moustafa Essam Wahba	16	Sporting	17:32.42
4	Omar Elsayed Ramadan Elsayed	16	Olympic	17:27.96
5	Mohamed Wael Abdel Monaeim	20	Enppi	17:26.82
6	Mohamed Bahgat Mohamed Elsherb	16	Stad Mansoura	17:27.22
7	Mostafa Adel Ibrahim Khalil	19	Smouha	17:29.08
8	Mazen Mostafa Asfoor	15	El Zohour	17:33.62
9	Karim Osama Ibrahim Abd ElMoaty	16	Maadi	17:37.02
10	Omar Wahed Ibrahim Awad	15	Rowad	17:39.92

Heat 11 of 14 Timed Finals

1	Mohamed Saeed Eleiraqy	18	Zamalek	17:26.53
2	Mohanad Tamer Mohamed Zaky	17	Smouha	17:23.68
3	Zeiad Hamdy Amin Ossman	20	Zamalek	17:20.45
4	Karim Hesham Moh. Fakry Abd Elha	15	El Gezira	17:18.00
5	Youssef Ehab Mostafa	18	Ahly	17:16.66
6	Zeyad Mohamed Magdy	17	Maadi	17:16.80
7	abd Elrahman Sherif Karam Monir	18	Al Tersana	17:20.30
8	Yasin Alaa Ibrahim Elbieh	19	Smouha	17:23.49
9	Seif Ashry Kasem	21	El Ghaba	17:26.26
10	Mohamed Essam Abdou	17	Ahly	17:26.72

Heat 12 of 14 Timed Finals

1	Mohamed Waled Mahmoud ali	17	Zamalek	17:16.00
2	Anas Haythm Mohamad Elsaw	15	Smouha	17:15.85
3	Mohamed Khaled Mohamed Ragab	17	Bank Ahly Alex	17:14.69
4	Sherief Reda Metwaally	15	El Zohour	17:06.14
5	Moustafa Tarik Moustafa	20	Heliopolis	17:04.78
6	Yassein Akram Ragab Sobeih	16	El Shams	17:05.12
7	Ali Sherif Ali Mohamed	18	Shooting	17:12.61
8	Mahmoud Hassan Mohamed Hassan	15	El Shams	17:15.57
9	Yossef Sherif Ibrahim	17	Maadi	17:15.94
10	Ahmed Yehya Ibrahim	17	El Ghaba	17:16.49

Heat 13 of 14 Timed Finals

1	Mahmoud Mohamed Ahmed Abd El	17	El Shams	17:02.86
2	Malek Mohamed Bazan	16	Maadi	17:00.87
3	Ali Hany Mohamed Al Soghair	21	El Shams	16:53.42
4	Yassin Esam El Din	19	Sporting	16:51.75
5	Belal Maged Soliman	20	Ahly	16:38.81
6	Mohamed Tarek Rashad Abd el Ham	18	El Shams	16:42.69
7	Mohanad Yasser Abdelmenem Mo	16	Smouha	16:52.38
8	Abd Elrahman Amr Abd Elfatah Gho	17	El Shams	16:59.32
9	Seif Amr Mahmoud Alsokry	17	6th	17:01.65
10	Omar Mohsen Ramdan AbdElm	18	Smouha	17:04.40

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1	Ahmed Samir Mohamed	15	Hadak Al Ahram	16:28.98
2	Saif Amr Al Batal	17	Hadak Al Ahram	16:28.32
3	Omar Ahmed Hassan Ryaan	18	El Shams	16:24.99
4	Ahmed Mohamed Ahmed ali	17	Shooting	16:19.53
5	Mohamed Adel Mohamed Meseilhy	22	Ahly	15:51.14
6	Youssef Magdy Elhady	19	Ahly	16:14.33
7	Ahmed Mahmoud Elhourany	16	Ahly	16:24.96
8	Omar Karim Galal Samy	16	Maadi	16:25.89
9	Tarek Kamel Farouk	20	Zamalek	16:28.37
10	Karim Magid Abdelgilil	16	Zamalek	16:32.29