

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

Meet Program - 18-03-2023 Sat Mor

Event 33 Girls 15 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 16 Timed Finals				
4	Nour Amr Mah. Fouad Elguindy	17	El Gezira	NT
5	Malak Mostafa Mahmoud	15	Elethead	NT
6	Jana Ashraf Mohamed Gaber	17	Olympic	NT
Heat 2 of 16 Timed Finals				
1	Nada Mohamed Magdy	15	Elethead	NT
2	Merna Mohamed adb Elhady	19	Zamalek	NT
3	Hana Mohamed Hasaan	16	Zamalek	NT
4	Mariam Wael Attia	15	Ahly	NT
5	Aliaa Emad Abd El-Azia	16	Faros	NT
6	Loujain Ibrahim Ibrahim	17	Ahly	NT
7	Nabila Hassan Ismail	16	Olympia	NT
8	Mai Mohamed Ramadan	16	Talbeia	NT
9	Marwa Mohamed Hanfy	17	YMCA	NT
10	Catrin Wael Bolice	16	Wadi Degla	NT
Heat 3 of 16 Timed Finals				
1	Kinzy Yahia Mohamed Sameh	15	Enppi	NT
2	Fatma Kamil Mohamed	15	Zamalek	NT
3	Toka Ayman Ebrahim Eldsok	15	Smouha	NT
4	Hanan Ahmed Mohamed Mahmoud	18	Bank Ahly Alex	NT
5	Sara Ahmed Eissa	15	Maadi	NT
6	Mariam Mohamed Soliman Aoda	16	Wadi Degla	NT
7	Aisha Ahmed AbdElmagid	17	Sporting	NT
8	Fatima Haytham Abd ElMeneam	19	Tanta	NT
9	Hour een Samer Elsaeid Shaban	15	Smouha	NT
10	Nadine Mostafa Fathy	16	El Ghaba	NT
Heat 4 of 16 Timed Finals				
1	Menatalla Morsy	16	Smouha	NT
2	Kenzy Mohamed el Sebaey	17	Cairo	NT
3	Arwa Sherif Mohamed Samy	18	Shooting	NT
4	Laila Mohamed Fathy	16	Shooting	NT
5	Yasmen Samer Mahmoud	20	Ahly	3:21.93
6	Haneen Yasser Saad Abd Elkader	15	6th	3:22.34
7	Sandra Emad Onsy	15	Rowad	NT
8	Farida Rashdy Mohamed Ahmed	15	Bank Ahly Alex	NT
9	Lemar Samer Elsaeid Anwar	15	Smouha	NT
10	Habiba Ahmed Hassan	15	Ahly	NT
Heat 5 of 16 Timed Finals				
1	aya Moharam Mohamed	19	Talbeia	3:14.50
2	Habiba Ayman Abbas Maamoun	15	Sporting	3:12.43
3	Salama Mahmoud Khorshed	19	El Obour	3:10.35
4	Dina Ebrahim Ebid	18	Sporting	3:07.73
5	Salma Abd Ella Abd Elhameed	18	Talbeia	3:04.73
6	Nawal Yasser Sayed	18	El Obour	3:04.76
7	Gannat Fathy Mohamed	15	El Ghaba	3:08.31
8	Zina Amr	18	Sporting	3:11.12
9	Arwa Magd Elsayed	18	Ahly	3:14.14
10	Farah Mohamed Saied Saleh	17	Zamalek	3:21.26

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Heat 6 Timed Finals... (Event 33 Girls 15 & Over 200 LC Meter IM)

1	Saba Ahmed Elshabrawy	15	Ahly	3:02.66
2	Salma Ahmed Moustafa	15	Senzo	3:02.00
3	Mirolla Hany Samir	17	Wadi Degla	2:59.20
4	Karien Alfrid Saber	15	Zamalek	2:58.45
5	Hana Nasser El Safty	16	Shooting	2:57.58
6	Rowida Ayman Mohamed	17	Talbeia	2:57.61
7	Rawan Mohamed Moaawad	17	Ahly	2:58.66
8	Habeba Mohamed Moussa Kotb	18	Olympic	2:59.62
9	Dalia Ahmed Abdelsalam	19	15 May	3:02.30
10	Zeina Ayman Saad	17	Zamalek	3:03.30

Heat 7 of 16 Timed Finals

1	Nada Mohamed Ahmed Kafaka	16	Zamalek	2:55.69
2	Hana Ahmed Elsanhory	16	Smouha	2:54.24
3	Hana Tarek Fared	20	Shooting	2:53.61
4	Lena Hany Mohamed	16	Ahly	2:53.48
5	Hala Walid Abbas Abdelgawad	15	Olympic	2:52.77
6	Jana Saied Othman Mohamed Othma	15	Olympic	2:52.81
7	Salma Mohamedf Abdel Salam Moha	19	Heliolido	2:53.50
8	Freda Hesham Mahmoud	16	Heliopolis	2:53.73
9	Malak Sherif Shawky El Gohary	20	Maadi	2:54.28
10	Khadiga Yasser Fattouh	16	Ahly	2:57.01

Heat 8 of 16 Timed Finals

1	Lorian Hany	15	Sporting	2:52.35
2	Rodaina Haitham Mahmoud Abdel B	16	Wadi Degla	2:51.07
3	Sarah Karim Mohamed Galal	17	Smouha	2:50.43
4	Karma Ayman Abou Amara	16	Sporting	2:49.99
5	Malak Wesam Badr	20	Tanta	2:48.80
6	Zeina Wael Abd Elmohsen	16	Shooting	2:49.76
7	Menna Mohamed Alashkar	17	Zamalek	2:50.27
8	Sama Ahmed Ali	17	Ahly	2:50.69
9	Hana Mohie el den Osman	19	Heliopolis	2:51.93
10	Salma Mohamed Elsaid Tanta	15	Zamalek	2:52.59

Heat 9 of 16 Timed Finals

1	Rawan Tamer Essam Mahmoud	16	Wadi Degla	2:48.65
2	Hana Ahmed Saied Kandel	16	Heliopolis	2:48.13
3	Farah Hatem Ngaty Mohamed	15	Heliopolis	2:47.85
4	Sara Elhamy Foad Abd El Sallam	18	Maadi	2:47.30
5	Nourallah Ahmed Fahmy	16	Ahly	2:46.86
6	Habeba Mohamed Saleh Mhmoud	16	6th	2:46.87
7	Farida Ahmed Fouad	17	Wadi Degla	2:47.42
8	Roqaya Saad Mohamed	15	Zamalek	2:48.07
9	Maya Mohamad Mahmud Hamaa	15	Smouha	2:48.53
10	Joudy Khaled Saied Ismail	15	Olympic	2:48.66

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Heat 10 Timed Finals... (Event 33 Girls 15 & Over 200 LC Meter IM)

1	Farida Moustafa Abd Elaziz	17	Sporting	2:46.47
2	Jana Mohamed Ahmed	19	Wadi Degla	2:45.74
3	Shrouk Mohamed Rashad Mohamed	15	Olympic	2:45.45
4	Miray Ebram Mousad	15	El Shams	2:44.68
5	Menna Tallah Kharboush	15	Ahly	2:43.75
6	Malak Ahmed El Kayal	16	Sporting	2:44.61
7	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	2:44.80
8	Malak Mohamed Fayek Elsawa	16	Smouha	2:45.45
9	Hana Hisham Mohamed Yousi	18	Smouha	2:45.94
10	Jassmin Mohamed Abdel Kader	16	Wadi Degla	2:46.47

Heat 11 of 16 Timed Finals

1	Mennatallah Hatem Ibrahim Elsaye	16	A S E C	2:43.46
2	Malak Ali Atia	16	Smouha	2:43.10
3	Menat Allah Medhat abd el Azeem	16	Al Hawar	2:42.91
4	Nancy Mostafa Ibrahiem Mohamed	15	El Shams	2:41.45
5	Tala Tarekf el Kafrawe	17	Heliopolis	2:41.09
6	Yasmena Ahmed Saad	16	Smouha	2:41.41
7	Zina Yasser Ahmed	17	Sporting	2:42.80
8	Gandan Ahmed Farouk	19	Shooting	2:42.93
9	Malak Islam Mohamed	18	Ahly	2:43.29
10	Hana Mohamed Asharaf Makrem	15	El Shams	2:43.67

Heat 12 of 16 Timed Finals

1	Mariam Hatem Anwar EL Said	16	Shooting	2:41.05
2	Sagwa Khaled Mostafa Mahmo	15	Bank Ahly Alex	2:40.88
3	Shahd Amr Mohamed EL Garie	16	Heliolido	2:40.57
4	Login Hazem Samir	15	Nasr City	2:40.18
5	Sara Ahmed Alsaed Abdow	19	6th	2:39.93
6	Joudy Magdy Abbas	17	Bank Ahly Alex	2:40.09
7	Habiba Hossam Abdraboh Aly	15	El Shams	2:40.21
8	Shahd Yousry Mohamed Hassan	18	Olympic	2:40.79
9	Maryam Emad Mohamed Elhadid	18	Gezira El Ward	2:40.92
10	Salma Mohamed Hamdy	15	Gezira El Ward	2:41.07

Heat 13 of 16 Timed Finals

1	Farida Sherif Ahmed Taha	16	Shooting	2:39.74
2	Jomana Hamdy Ameen	16	El Zohour	2:39.33
3	Basmala amr aly	19	Olympic	2:39.04
4	Kenzy Mostafa Hashad	18	Ahly	2:38.76
5	Dana Rafik El Saady	15	Wadi Degla	2:38.65
6	Malak Mohamed Nagy	16	Sporting	2:38.66
7	Layla Mohamed Elsaed Manso	15	Bank Ahly Alex	2:38.98
8	Basant Gamil Barakat	16	Ahly	2:39.06
9	Hanen Ahmed Hussin	17	Zamalek	2:39.49
10	Nazly Mohamed Elokda	15	Shooting	2:39.91

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1	Nadin Adam Ahmed Foad Mohamed	20	El Shams	2:38.45
2	Retaj Mohamed Elsayed Anwa	17	Smouha	2:38.29
3	Ingy Bassem Bahaa Eldin	15	Ahly	2:38.10
4	Farida Nasser Mohamed El-Safty	15	Shooting	2:37.76
5	Fatma Osama Fahmy	16	Zamalek	2:37.51
6	Goudy Mohamed Fahim	15	Ahly	2:37.52
7	Nour Hasan Fouad	15	Cairo	2:37.96
8	Gana Noaman Samer	15	Al Hawar	2:38.14
9	Sama Iyhab Onsy	15	Al Hawar	2:38.44
10	Mai Khaled Abdelltif	20	Wadi Degla	2:38.56

Heat 15 of 16 Timed Finals

1	Basmalah Gomaa Ali	18	Bank Ahly Alex	2:36.82
2	Lara Amr Mahmoud Alsokkary	15	6th	2:34.80
3	Malak Mohamed Abd El Gaber	19	Bank Ahly Alex	2:33.55
4	Malak Ahmed Gamal al Shazly	15	Shooting	2:32.58
5	Hala Amr	15	El Ghaba	2:31.86
6	Khadega Osama Mohame Bahaa el d	16	Heliopolis	2:31.88
7	Alya Ehab Abdel Moneam	16	Ahly	2:33.10
8	Farah Amr Abdel Motaleib	20	Shooting	2:33.91
9	Mariam Mohamed Ahmed Kotb	17	Smouha	2:35.15
10	Sohila Alaa Eldin Abd Elwahab	15	6th	2:37.23

Heat 16 of 16 Timed Finals

1	Alia Khaled Abas Sabaa	17	Heliopolis	2:30.31
2	hla Mohamed Nanoush	16	Tanta	2:28.86
3	Mariam Mohamed Emad Fahmy	18	Maadi	2:26.34
4	Jasmine Ahmed Eissa	17	Maadi	2:26.17
5	Rawan Tamer Mohamed	19	Ahly	2:21.31
6	Nadine Mohamed Amin	17	Ahly	2:25.62
7	Hlla Khaled Diab	16	Ahly	2:26.20
8	Gana Nasr El Din Ali	19	Sporting	2:27.93
9	Zaina Mohamed Haitham Hassn	18	Shooting	2:29.87
10	Julie Akram Ahmed	17	Ahly	2:31.39

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Event 34 Boys 15 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 18 Timed Finals				
3	Seif Eldin Fady SaLah	16	Shooting	NT
4	Yahia Mostafa Gamal Eldeen Salem	18	Rowad	NT
5	Hazem Hassam Mostafa Ramze	15	Smouha	NT
6	Hamza Ahmed Fawzy	17	Wadi Degla	NT
7	Omar Hany Fathy	15	A S E C	NT
8	Karim Mohamed Samy	20	Ahly	NT
Heat 2 of 18 Timed Finals				
1	Youssef Ahmed Hassan	16	Elethad	NT
2	Khaled Hesham Ahmed	16	Elethad	NT
3	Mohand Tarik Mohamed Ali El	23	Smouha	NT
4	Anas usama Mohamed	16	Al Tersana	NT
5	Yassin Mohanad Hamzawy	18	Wadi Degla	NT
6	Rami Michel Artigaud	17	El Gezira	NT
7	Omar Khaled Mohamed Nabil	17	A S E C	NT
8	John Wael Abdel Malek	16	Wadi Degla	NT
9	Abdullah Wael Abdellrazik	17	Wadi Degla	NT
10	Youssef Saleh Ibrahim Saleh	15	A S E C	NT
Heat 3 of 18 Timed Finals				
1	Amr Ossama Mohamed Zwiel	17	Smouha	NT
2	Hussien Elzafarany	17	Sporting	NT
3	Yousf Aymn Ebrahim Ahmed	18	6th	NT
4	Yousef Mohamed Salah	17	A S E C	NT
5	Essam Hassan Allam	15	El Gezira	NT
6	Abdelrahman Ahmed Bahgat	15	Smouha	NT
7	Mohamed Diaa Eldeen Mohamed	17	Nasr City	NT
8	Youssef Mamoud Ahmed	16	Talbeia	NT
9	Youssef Abdel Aziz Alaa	17	Wadi Degla	NT
10	Youssef Waleed abd Elazez	16	Elethad	NT
Heat 4 of 18 Timed Finals				
1	Hamza Hammad Mohamed	17	Wadi Degla	NT
2	Karim Mohamed El Gharabawy	18	El Zohour	NT
3	Omar Ahmed Mohamed Ali	15	Elethad	3:21.58
4	Ahmed Essam Yakot	15	A S E C	3:16.03
5	Hamza Tarek Ahmed Ibrahim	15	Bank Ahly Alex	3:11.07
6	Omar Mostafa Esmael Ebrhe	15	Smouha	3:13.11
7	Marwan Sameh Zakrea	16	Bank Ahly Geza	3:20.33
8	Abd Rahman Mohamed Gamal	19	Shooting	3:22.13
9	Adam Ayman Yousef	15	Tanta	NT
10	Anas Yasser Abd El Ghany	17	Wadi Degla	NT
Heat 5 of 18 Timed Finals				
1	Omar Ahmed Mohamed	15	Wadi Degla	3:06.71
2	Mohamed Nader Mohamed	15	A S E C	3:04.45
3	Yousif Waleed Eid Abdul Azim	15	6th	3:01.90
4	Ali Akram Ibrahim	17	Shooting	3:01.32
5	Yehya Tamer Gamaal Eldeen	15	Smouha	2:59.04
6	Yasser Mohamed Abbas	15	Zamalek	2:59.67
7	Mohamed Haitham El Sayed Awad	15	Maadi	3:01.60
8	Yassin Hussam Yassin Shebata	15	Shooting	3:03.74
9	Abdelrhman Mohamed Ahmed Ewai	15	Wadi Degla	3:05.42
10	Youssef Ahmed Ibrahim ElSayed	16	El Shams	3:07.21

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Heat 6 Timed Finals... (Event 34 Boys 15 & Over 200 LC Meter Breaststroke)

1	Yassien Ibrahim Mohamed	16	Smouha	2:58.58
2	Youssef Omar Mhmoud Omar	16	Smouha	2:57.01
3	Omar Mohamad Ahmad Kotp A	15	Smouha	2:56.81
4	Mohamed Sameh Saied Mohamed	15	Bank Ahly Alex	2:56.53
5	Adam Kareem Ahmed Mohamed	16	Bank Ahly Alex	2:55.85
6	Eyad Ahmad Kamel Gahlan H	15	Smouha	2:56.43
7	Hamza Mohamed Ahmed Ewis	15	Wadi Degla	2:56.65
8	Eyad Waled Hassan	16	Smouha	2:56.98
9	Maher Mohamed Maher	15	Rowad	2:58.28
10	Yahya Yasser Mohamed Elbhn	17	Bank Ahly Alex	2:58.73

Heat 7 of 18 Timed Finals

1	Aly Hady Adel	16	Ahly	2:54.92
2	Yousief Mohamed aly	15	Zamalek	2:53.00
3	Mostafa Ashraf Awad Allah	20	Olympic	2:52.50
4	Yehia Hisham Yehia Abdelaz	16	Smouha	2:51.36
5	Mohamed Yasser Mohamed Elgha	16	Smouha	2:51.07
6	Belal Mohamed Youns Mohamed	19	6th	2:51.28
7	Mohmed Mostafa Moktar	15	Cairo	2:51.72
8	Mohamed Ahmed Ibraheem Moham	17	Rowad	2:52.99
9	Yousef Maged Mohamed	16	Rowad	2:53.49
10	Ahmed Waild Mohamed	16	A S E C	2:55.49

Heat 8 of 18 Timed Finals

1	Moaz Ahmed Ali Ahmed	17	Rowad	2:50.71
2	Omar Ahmed Emad	15	Shooting	2:50.04
3	Mohamed Afifi Mohamed	15	Wadi Degla	2:49.92
4	Ahmed Mohamed Harby	15	Al Hawar	2:49.39
5	Youssef Mohamed Abdelreham Hem	17	Olympic	2:48.46
6	Ahmed Osama Hassan Abdalah	17	Bank Ahly Alex	2:48.49
7	Yasen Ahm. Abd ElHay Soieman Abd	17	El Gezira	2:49.53
8	Adham Mostafa Abdulla	15	Elethead	2:49.99
9	Seif Mohamed Nabil	15	Wadi Degla	2:50.32
10	Moaz Amr Gamal	19	Ahly	2:50.77

Heat 9 of 18 Timed Finals

1	Mohamed Hussien Mohamed Huss	17	Smouha	2:47.90
2	Ahmed Mohsen Mohamed	15	Ahly	2:47.63
3	Saif Eddin Amr Abdel Raouf	16	Hadak Al Ahram	2:47.45
4	Ali Wael Mohamad Saad	15	Smouha	2:46.85
5	Ahmed Mohamed Badawy	16	Wadi Degla	2:46.59
6	Marwan Ehab Abdelkader	17	Zamalek	2:46.61
7	Ahmed Mohamed Abdelrazek Soulin	19	Olympic	2:46.98
8	Ibrahim Daa El Din	15	Shooting	2:47.58
9	Adam Hossamaldin Abdallah	17	Zamalek	2:47.68
10	Ahmed Hany Ahmed Mahmoud	15	Ahly	2:48.45

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Heat 10 Timed Finals... (Event 34 Boys 15 & Over 200 LC Meter Breaststroke)

1	Omar Khaled Gamal El Din Sayed	15	Maadi	2:46.05
2	Yassien Sameh Samy Hasham	16	A S E C	2:45.94
3	Hamza Ahmed Morsi Morsi Ahmed	17	6th	2:45.28
4	Hassan Ibrahim Arafa	15	Rowad	2:44.62
5	Karim Kamal Ahmed Mostafa	20	6th	2:43.25
6	Hanna Refaat Hanna Awadalla	17	Heliolido	2:44.01
7	Nabil Ahmed Nabil Elharas	15	Tanta	2:44.88
8	Yousef Mahmoud Sayed	16	Moasasa Riadia Askaria	2:45.91
9	Ahmed Sameh Adel	18	Cairo	2:45.95
10	Youssef Amr Moustafa Hany	17	Heliolido	2:46.18

Heat 11 of 18 Timed Finals

1	Mazen Mohamed Mohamady Mahm	16	El Nasr Club	2:42.72
2	Kamal Mohamed Kamal	15	Ahly	2:41.87
3	Mostafa Mohamed Mohamed Ashrf	15	Gezira El Ward	2:41.34
4	Karim Sameh Karim	15	Al Tersana	2:41.22
5	Omar Mohamed Abdel Azem	15	Al Hawar	2:40.99
6	Amr Hany Mahmoud Ahmed	17	Ahly	2:41.09
7	Moaz Mohamed Sayed Soliman	16	Ahly	2:41.25
8	Karem Mohamed Atia Ehsan	16	Heliopolis	2:41.52
9	Yosuif Hesham Anour	18	El Ghaba	2:42.46
10	Yehia SeifEL din EL Marghany	18	El Shams	2:42.96

Heat 12 of 18 Timed Finals

1	Yousef Yasser ali Abdelhalim	17	Olympic	2:40.83
2	Mahmoud Tamer Mahmoud	17	Wadi Degla	2:40.53
3	Yahia Mohamed Ahmed	17	Elethead	2:40.33
4	Yousif Ahmed Hamdy Borham	19	Smouha	2:39.86
5	Albaraa Ramy Mohamed	16	Wadi Degla	2:39.76
6	Ahmed Hamed Abaas	18	Talbeia	2:39.78
7	Abd Elrahman Tamer M Abd Elmaas	16	El Nasr Club	2:40.23
8	Anwar Ayman Mohamed Moustafa	15	Olympic	2:40.52
9	Ziad Moahmed Salaheldin M	17	Smouha	2:40.57
10	Ahmed Hatem Hosny	17	Wadi Degla	2:40.88

Heat 13 of 18 Timed Finals

1	NourEldin Nasr Wahba	18	Smouha	2:39.28
2	Mohamed Salem Essa	18	Heliopolis	2:39.16
3	Yousef Mahmoud Mohamed Sabry	17	El Shams	2:38.75
4	Azz El Din Hany Nagy Ahmed	18	Shooting	2:38.40
5	Mohamed Ayman Ibrahim	17	A S E C	2:37.85
6	Abdelrahman Ashraf Abdelattif	19	Ahly	2:37.89
7	Karim Osama Ibrahim Abd ElMoaty	16	Maadi	2:38.54
8	Selim Ihab Ghali	18	Wadi Degla	2:39.14
9	Zad Ahmed Mohamed Asran	15	Wadi Degla	2:39.19
10	Malek Khaled Mahmoud Abady	16	Bank Ahly Alex	2:39.32

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1	Omar Ibrahim Mohamed	19	Ahly	2:37.63
2	Mahmoud Mohamed Moharam el M	16	Al Hawar	2:37.53
3	Nour Ahmed Elhassany	16	El Zohour	2:37.26
4	Amr Mostafa Kodb	20	Smouha	2:36.74
5	Essa Shref Abd EL Monem	15	Heliopolis	2:36.56
6	Mazen Ismail Mohamed Ismail	19	Maadi	2:36.69
7	Karem Esam Shahba	16	Tanta	2:37.04
8	Ahmed Sameir Hassan	15	Talbeia	2:37.38
9	Ahmed Tamer Farouk Abd el Monsef	16	El Shams	2:37.61
10	Ahmed Mostafa Hosny	18	Wadi Degla	2:37.65

Heat 15 of 18 Timed Finals

1	Ibrahim Yasser Farahat AbdElMagid	17	Maadi	2:35.93
2	Eazz El Din Mohamed Khamis	18	Sporting	2:34.85
3	Marwan Mohamed Elsaid	15	Stad Mansoura	2:34.71
4	Morad Yaser Hafez	20	Wadi Degla	2:33.90
5	Mahmoud Ahmed Eltablawy	17	El Zohour	2:33.12
6	Zeyad Karm Mohamdeen	19	Ahly	2:33.81
7	Yousif Gaseer Migahed	16	Zamalek	2:34.68
8	Moamen Amr Mohamad Hamed Ko	15	Smouha	2:34.73
9	Ali Mahmoud Salah ElDein Zaki	19	El Shams	2:35.89
10	Mazen Majed Mahmoud	15	Hadak Al Ahram	2:36.55

Heat 16 of 18 Timed Finals

1	Mohamed Emad Shaaban	18	Ahly	2:32.93
2	Abdel Rahman Ahmed Ali	17	Wadi Degla	2:32.40
3	Darren Dimitrios Chin	18	Sporting	2:32.01
4	Khaled Hammad Mohamed	19	Wadi Degla	2:31.62
5	Ahmad Hany Ahmad	17	Heliopolis	2:31.01
6	Hani Mohammed Atwan	16	El Temsah	2:31.12
7	Yassien Yasser Hassan	16	Smouha	2:31.64
8	Marwan Mohamed Bakry Mohamed	17	Olympic	2:32.25
9	Eyad Osama Ramadan	19	Ahly	2:32.55
10	Abd El Rahman Hisham Fathalah	17	Sporting	2:32.98

Heat 17 of 18 Timed Finals

1	Omar Hany Abdalla	21	Ahly	2:30.29
2	Yousef Adel Ramadan	18	El Shams	2:29.76
3	Mahmoud Majed Mahmoud	19	Hadak Al Ahram	2:29.00
4	Mohamed Walid Abdel Aziz	18	Elethead	2:27.86
5	Omar Mohamed Yehia	16	Wadi Degla	2:27.61
6	Gamal Metwaly Gamal Mohamed	20	El Zohour	2:27.71
7	Yassin Mohamed Abdelgawad Saed	17	Olympia	2:28.06
8	Youssef Tamer Mohamed Hamed	18	Wadi Degla	2:29.28
9	Hazem Hossam Nady	15	Wadi Degla	2:29.82
10	Daly Dimitrios Chin	26	Sporting	2:30.61

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 18-03-2023 Sat Mor****Heat 18 Timed Finals... (Event 34 Boys 15 & Over 200 LC Meter Breaststroke)**

1	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	2:27.38
2	Ibrahim Shams Eldin Mohamed	15	Ahly	2:25.16
3	Ahmed Ismail Mohamed Ismail Ibral	20	Maadi	2:23.05
4	Mohaned LiwaaEldin Ali	18	Smouha	2:20.02
5	Faris Mohamed Mashaly	24	Sporting	2:19.03
6	Karem Magdy Ismail	23	Sporting	2:19.42
7	Saif ElDIn Sameh A.Elmoaez	20	Wadi Degla	2:22.15
8	Adam Yousry Bebars	17	Ahly	2:26.05
9	Mohamed Ashraf Abdel Hay	22	Ahly	2:27.17
10	Ahmed Mohamed Amr	19	El Zohour	2:27.40

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Event 40 Boys 15 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 18 Timed Finals				
4	Mohamed Walid Mohamed	15	El Ghaba	NT
5	Youssef Ashraf Mohamed Tira	18	Moasasa Riadiah Askaria	NT
6	Abelrahman Khaled Abdelmaksoud	16	Olympic	NT
Heat 2 of 18 Timed Finals				
2	Youssef Mohamed Fathy Mohame	16	Smouha	NT
3	Yamen Moustafa	16	Faros	NT
4	Omar Abd EL Razek Kamal	15	Rowad	NT
5	Yasein Hossam aly	16	Zamalek	NT
6	Youssef Medhat Fathy	15	Wadi Degla	NT
7	Omar Mohamad Ali Ebrahim	15	Smouha	NT
8	Yahya Ahmed Abd El Fatah	17	Sporting	NT
9	Sief El Din Mohamed Moslm	17	Sporting	NT
Heat 3 of 18 Timed Finals				
1	Basel Al Sayed Houssin	17	Heliopolis	NT
2	Marwan Ahmed Elamrawy	28	Sporting	NT
3	Khaled Walied Atia	18	El Shams	NT
4	Marten Baher Fouad	18	Sporting	NT
5	Mohnad Hitham Ibrahim	17	Wadi Degla	NT
6	Yehia Ahmed Abd Elfatah Elsaid	16	Shooting	NT
7	Amro Ahmed Elshekh	16	Tanta	XNT
8	Mazen Emad Hamed	16	Ahly	NT
9	Omar Shady Mohamad Ali H	15	Smouha	NT
10	Fares Karm Refaay	15	Ahly	NT
Heat 4 of 18 Timed Finals				
1	Yousef Amr Mahmoud Abdelst	15	Bank Ahly Alex	10:49.82
2	Eyad Essam Mohmed	15	Cairo	10:39.41
3	Omar Karim Ali Abd El Hamid	17	Senzo	10:36.72
4	Ahmed Ayman Mohamed	15	Electricity	10:21.57
5	Nagy Ahmed Nagy Aly Aly	15	Heliolido	10:20.07
6	Ali Mohamed Kamal	15	Wadi Degla	10:20.83
7	Ahmed Khaled Abd El Karim Mohar	16	Maadi	10:31.03
8	Ahmed amr Mahmoud	15	Zamalek	10:38.29
9	Moaz Mohamed Ismaeel	15	Rowad	10:45.76
10	Eyad Mohamed Shokry Mohamed	15	6th	NT
Heat 5 of 18 Timed Finals				
1	Abdel Rahman Wael Karam	15	Wadi Degla	10:12.20
2	Abdelrahman Moataz Yahia	15	Bank Ahly Geza	10:09.48
3	Abd El Rhman Moustafa Fawzy	16	A S E C	10:04.15
4	Mahmoud Khaled Mahmoud Samy	15	Moasasa Riadiah Askaria	9:58.94
5	Aly Mahmud Ez el den	15	Heliopolis	9:57.38
6	Hussein Mohamed Aly	16	Ahly	9:58.74
7	Youseif Mohamed aly	18	Zamalek	10:03.41
8	Ahmed Mohamed Rashed Gohar	15	A S E C	10:05.33
9	Ali Akram Ibrahim	17	Shooting	10:10.10
10	Nabil Tamer Galal Mohamed	15	Moasasa Riadiah Askaria	10:15.88

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Heat 6 Timed Finals... (Event 40 Boys 15 & Over 800 LC Meter Freestyle)

1	Ahmed Mohamed Yaseir	15	Zamalek	9:55.61
2	Mohamed Samy Maher	19	Ahly	9:52.85
3	Yehia Hisham Yehia Abdelaz	16	Smouha	9:51.33
4	abd Elrahman Ahmed Mohamed eid	16	Tanta	9:50.57
5	Amro Hosen Fathy Hosen	15	Tanta	9:49.76
6	Ahmed Abdelaziz Elshekh	15	Pegasus Club	9:50.11
7	Taha Saeed Mohamed Fathy	15	A S E C	9:51.04
8	aly Hussien Mohamed Huse	15	Zamalek	9:51.92
9	Mazen Ahmed AbdAlaah SaadEldin	15	Moasasa Riadiah Askaria	9:53.57
10	Assem Mostafa Khalil	16	Wadi Degla	9:56.29

Heat 7 of 18 Timed Finals

1	Hamza Hazem Moneb	15	Cairo	9:48.82
2	Youssef Ahmed Taha	19	Zamalek	9:47.81
3	Omar Gawad Mohamed	17	Cairo	9:46.98
4	Ziad Abdallah Zakria	16	El Nasr Club	9:45.57
5	Joshua Joseph Fouad	15	Al Tersana	9:42.68
6	Anas Ahmed Helmy Ahmed	18	El Shams	9:44.91
7	Ahmed Mohamed Harby	15	Al Hawar	9:45.90
8	Mohamed Amr Abd El Monaem Has	15	Maadi	9:47.09
9	Mohamed Ibrahim Zakreya	15	A S E C	9:48.66
10	Ziad Ayman Mamon	15	Cairo	9:48.91

Heat 8 of 18 Timed Finals

1	Karim Ashraf Ahmed	17	Zamalek	9:41.19
2	amr Khaled abd Elmaksoud Ismail	18	Olympic	9:40.73
3	Ahmed Tamer Rabea	16	Shooting	9:37.79
4	Abdelrahman Adel Fawzy	16	Smouha	9:36.58
5	Omr Ahmed Farouk	17	Cairo	9:34.40
6	Selim Tamer Osama Ahmed	16	Shooting	9:35.46
7	Mohamed Ahmed Ibrahim Saleh	15	Olympic	9:36.84
8	Yehia Samer Wafek	16	Heliopolis	9:39.59
9	Abd Alla Karim Ashraf Mahgoub	18	El Gezira	9:40.74
10	Mohamad Akram Mohamad Badwe	15	Smouha	9:42.41

Heat 9 of 18 Timed Finals

1	Seif ezz el din abd el Kawey	16	Shooting	9:33.18
2	Zein el den Tamer Mohamed	15	Heliopolis	9:31.15
3	Mohamed Hossam Samy	16	Ahly	9:30.16
4	Omar Essam Mhmoud Abdelmoutlel	16	6th	9:30.10
5	Mohamed Wael Ibrahim Desouki	15	Tawfekaya	9:29.29
6	Youssef Ahmed Samir	15	Wadi Degla	9:29.51
7	Ahmed Ismeil	16	Nasr City	9:30.16
8	Ahmed Mohamed Kaowd	15	Baladyat El Mahala	9:30.44
9	Ziad Nabil Ahmed Mohamed	16	Smouha	9:32.53
10	Yossef Maged Goreg	17	El Ghaba	9:33.25

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Heat 10 Timed Finals... (Event 40 Boys 15 & Over 800 LC Meter Freestyle)

1	Moustfa Mohamed Mahmoud	15	Enppi	9:28.89
2	Zyad Ibrahim Mohamed	15	Heliolido	9:27.57
3	Saleh Shady Mohamed Said	21	Shooting	9:26.51
4	Eyad Mohamed Hassan els	16	Zamalek	9:24.81
5	Adham Khaled Abdelkader Mo	16	Bank Ahly Alex	9:24.25
6	Mohamed Karim Mohamed Shokry	20	Smouha	9:24.69
7	Youssef Yasser Farouk Hassan	15	Sporting	9:26.21
8	Ahmed Asharf Dawood	15	Baladyat El Mahala	9:27.49
9	Abdelrahman Yasser	17	Smouha	9:28.87
10	Ahmed Mohamed Ghoraba	16	Tanta	9:28.97

Heat 11 of 18 Timed Finals

1	Abdullah Eldafrawy	15	Rehab	9:23.52
2	Mohamed Hassan Abd El Wahab	15	Maadi	9:23.24
3	Hatem el Ameer Salah el din	15	Al Hawar	9:22.42
4	Omr Hany Abdelwhab	16	El Ghaba	9:20.22
5	Yahia Hazim Husieen	15	Zamalek	9:19.31
6	Yousef Ahmed Fathy	15	Stad Mansoura	9:19.98
7	Mhmoud Wled Fkri Mhmoud	18	6th	9:20.70
8	Omar Ahmed Hasan Khedr	15	Shooting	9:22.88
9	Yassin Abdallah Ahmed Youssef	16	Wadi Degla	9:23.30
10	Yassin Abdelmegeed Mohamed	15	El Ghaba	9:23.82

Heat 12 of 18 Timed Finals

1	Marawan Mohamed Sayed	15	Ahly	9:17.92
2	Karim Sameh Karim	15	Al Tersana	9:17.02
3	Eyad Mohamed Abdelstar	16	Zamalek	9:16.71
4	Zeyad Osama Ramdan	15	Hadak Al Ahram	9:15.96
5	Omar Ali Fathy Mohamad Es	15	Smouha	9:14.75
6	Ziad Ayman Mamoun	15	Zamalek	9:15.66
7	Youssef Yasser Ibrahim	17	Ahly	9:16.30
8	Mohamed Ahmed Fouad	18	Ahly	9:16.71
9	Ez Elden Tamer	19	El Ghaba	9:17.86
10	Karim Ramy Ibrahim	17	Ahly	9:18.10

Heat 13 of 18 Timed Finals

1	Omar Wahed Ibrahim Awad	15	Rowad	9:14.25
2	Mohamed Wael Abdel Monaeim	20	Enppi	9:10.51
3	Mohamed Nader Elbarbary	16	Tanta	9:09.83
4	Mohamed Saeed Eleiraqy	18	Zamalek	9:08.85
5	Mohamed Bahgat Mohamed Elsherb	16	Stad Mansoura	9:07.85
6	Karim Hesham Moh. Fakry Abd Elha	15	El Gezira	9:08.07
7	Mahmoud Hassan Mohamed Hassan	15	El Shams	9:08.87
8	Moustafa Essam Wahba	16	Sporting	9:09.88
9	Ali Ali Hussein Ali	17	Heliolido	9:12.36
10	Nour Eldin Karem Mohamed	15	Ahly	9:14.55

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Heat 14 Timed Finals... (Event 40 Boys 15 & Over 800 LC Meter Freestyle)

1	Mostafa Adel Ibrahim Khalil	19	Smouha	9:07.51
2	Karim Yasser Mamdouh	17	Shooting	9:04.39
3	Mazen Mostafa Asfoor	15	El Zohour	9:03.85
4	Mohamed Mourad Mohamed	21	Sporting	9:03.38
5	Mohamed Khaled Mohamed Ragab	17	Bank Ahly Alex	9:01.86
6	Ahmed Mohamed Mossad Moham	16	Zamalek	9:03.33
7	Seif Ashry Kasem	21	El Ghaba	9:03.40
8	Yassein Akram Ragab Sobeih	16	El Shams	9:04.36
9	Mohanad Tamer Mohamed Zaky	17	Smouha	9:07.09
10	Omar Elsayed Ramadan Elsayed	16	Olympic	9:07.84

Heat 15 of 18 Timed Finals

1	abd Elrahman Sherif Karam Monir	18	Al Tersana	9:00.95
2	Zeyad Mohamed Magdy	17	Maadi	8:59.84
3	Mohamed Essam Abdou	17	Ahly	8:58.29
4	Ali Sherif Ali Mohamed	18	Shooting	8:55.84
5	Yasin Alaa Ibrahim Elbieh	19	Smouha	8:54.53
6	Malek Mohamed Bazan	16	Maadi	8:55.70
7	Youssef Ehab Mostafa	18	Ahly	8:57.39
8	Saif Mohamed Mahmoud Metwaly	15	Shooting	8:59.28
9	Anas Haythm Mohamad Elsaw	15	Smouha	9:00.49
10	Zeiad Hamdy Amin Ossman	20	Zamalek	9:01.81

Heat 16 of 18 Timed Finals

1	Mounir Ramez Mounir	19	Shooting	8:53.53
2	Moustafa Tarik Moustafa	20	Heliopolis	8:53.15
3	Mahmoud Mohamed Ahmed Abd Elr	17	El Shams	8:52.72
4	Yassin Esam El Din	19	Sporting	8:51.15
5	Sherief Reda Metwaally	15	El Zohour	8:48.34
6	Yasin Hatem Sery	19	Heliopolis	8:50.63
7	Mohamed Waled Mahmoud ali	17	Zamalek	8:51.91
8	Rohaim Tolba	16	Shooting	8:52.92
9	Ali Hany Mohamed Al Soghair	21	El Shams	8:53.23
10	Yossef Sherif Ibrahim	17	Maadi	8:53.98

Heat 17 of 18 Timed Finals

1	Omar Mohamed Hassan	15	Ahly	8:47.86
2	Mohanad Yasser Abdelmenem Mo	16	Smouha	8:44.82
3	Omar Mohsen Ramdan AbdElm	18	Smouha	8:42.67
4	Karim Magid Abdelglil	16	Zamalek	8:35.59
5	Youssef Magdy Elhady	19	Ahly	8:33.13
6	Eyad Ahmed Zakaria	18	Ahly	8:33.14
7	Belal Maged Soliman	20	Ahly	8:41.66
8	Mohamed Tarek Rashad Abd el Ham	18	El Shams	8:44.41
9	Ahmed Samir Mohamed	15	Hadak Al Ahram	8:46.93
10	Abd Elrahman Amr Abd Elfatah Gho	17	El Shams	8:48.14

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1	Tarek Kamel Farouk	20	Zamalek	8:31.85
2	Ahmed Mahmoud Elhourany	16	Ahly	8:29.87
3	Omar Ahmed Hassan Ryaan	18	El Shams	8:26.57
4	Saif Amr Al Batal	17	Hadak Al Ahram	8:24.40
5	Mohamed Adel Mohamed Meseilhy	22	Ahly	8:12.16
6	ali Mohamed Sarwat	18	Heliopolis	8:19.37
7	Ahmed Mohamed Ahmed ali	17	Shooting	8:24.59
8	Omar Karim Galal Samy	16	Maadi	8:29.29
9	Mohamed Ehab El Tayeb	17	Ahly	8:31.83
10	Mohamed Ayman Abdelsamea	16	Ahly	8:32.58