

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

Meet Program - 19-03-2023 Sun Mor

Event 48 Boys 15 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 42 Timed Finals				
4	Kamal Eldin Khaled Alshahat	15	Elethead	NT
5	Ahmad Ehab Ebrahim Abdelwa	15	Smouha	NT
6	Youssef Ahmed Hassan Abdo	16	Elethead	NT
Heat 2 of 42 Timed Finals				
1	Fares Ayman Esmaeel	16	Smouha	NT
2	Ziad Mohaned Salah	19	Wadi Degla	NT
3	Mokhtar Ahmed Faiyad	16	Sporting	NT
4	Ahmed Wael Saad Mohamed	18	Olympic	NT
5	Hussien Elzafarany	17	Sporting	NT
6	Mohammed Magdy Hassan	15	El Temsah	NT
7	Ibrahim Diaa El Din	15	Shooting	NT
8	Nour Eldin Karem Mohamed	15	Ahly	NT
9	Moamen El Saed Soltan	22	Tanta	NT
Heat 3 of 42 Timed Finals				
1	Mahmoud Ahmed Eltablawy	17	El Zohour	NT
2	Selim Ihab Ghali	18	Wadi Degla	NT
3	Yassen Abdwahab Mohamed	17	Smouha	NT
4	Abdullah Ahmed Islam	15	Elethead	NT
5	Abd el hay Ashour	17	El Shams	NT
6	Sief El Din Mohamed Moslm	17	Sporting	NT
7	Marwan Ahmed Elamrawy	28	Sporting	NT
8	Zeyad Karm Mohamdeen	19	Ahly	NT
9	Mazen Ibrahim Ahmed	17	Wadi Degla	NT
10	Mostafa Mohamed Baker	17	Al Tersana	NT
Heat 4 of 42 Timed Finals				
1	Yassin Waleed Mohamed Mohamed	17	Olympic	NT
2	Amar Hazem Zakey Zakareya	15	Smouha	NT
3	Ahmed Mohamed Harby	15	Al Hawar	NT
4	Khalid Ehab Obaid	19	Elethead	NT
5	Abdelrahman Ahmed Mohamed	15	Ismaily Sporting Club	NT
6	Adham Hossam Lotfy Hassan	17	Smouha	NT
7	Kareem Ahmed Ibrahim	17	Sporting	NT
8	Karem Haitham Khalf Allah	17	Tanta	NT
9	Zeyad Osama Zedan	17	Bank Ahly Alex	NT
10	Hamza Hammad Mohamed	17	Wadi Degla	NT
Heat 5 of 42 Timed Finals				
1	Ahmed Adel Mohamed Meselhy	23	Ahly	NT
2	Moaz Mohamed Sayed Soliman	16	Ahly	NT
3	Tarek Ahmed Abdelwahab	19	Shooting	NT
4	Abdelrahman Atef Said	15	Elethead	NT
5	Ahmed Wael El Shamaa	16	Sporting	NT
6	Adham Hany Ahmed	15	A S E C	NT
7	Ahmed Mohamed Yaseir	15	Zamalek	NT
8	el Farok Omer el Farok	16	Bank Ahly Geza	NT
9	Ahmed Khaled Badr	15	Elethead	NT
10	Omar Mohamed Farouk	15	Elethead	NT

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Heat 6 Timed Finals... (Event 48 Boys 15 & Over 200 LC Meter Freestyle)

1	Mazen Waled Mohamed	16	Al Tersana	NT
2	Mhmoud Tarik Ahmed Elgendy	16	Smouha	NT
3	Ziad Wael Mohamed	19	Zamalek	NT
4	Waleid Mohamed Sobhy	20	Zamalek	NT
5	Omar Gawad Mohamed	17	Cairo	NT
6	Mazen Ahmed Ragab Abdel Hamed	20	Shooting	NT
7	Eazz El Din Mohamed Khamis	18	Sporting	NT
8	abd Allah Elsaed Helmy	16	Elethad	NT
9	Ziad Mohamed Mohamed Abdel Mor	17	Rowad	NT
10	Mahmoud Mohamed Fayek Elshaer	15	6th	NT

Heat 7 of 42 Timed Finals

1	Abd Allah Faisal Ebrahim	15	Swim Home	NT
2	Zeyad Ahmed Hamed Shaban	15	Bank Ahly Alex	NT
3	Zeyad Hany Abd el Azeem	19	Wadi Degla	NT
4	Yassin Amr Adel	15	Ahly	NT
5	Zeid Mohamed Abdel-Azeem	16	Ahly	NT
6	Ahmed Emad Samir Hassan	18	Heliolido	NT
7	Marawan Walid Noshy	16	Ahly	NT
8	Mohamed Waled Taher	15	Rowad	NT
9	Yassin Ahmed Fawzy	15	Meit Khakan Sport Club	NT
10	Mazen Emad Hamed	16	Ahly	NT

Heat 8 of 42 Timed Finals

1	Ahmed Hany Salem	16	El Zohour	NT
2	Ahmed Waleed Abdel Hady	15	Ahly	NT
3	Mohamed Hasham Mohmod	16	A S E C	NT
4	Zeyad Mohamed Elsayed	15	Sporting	NT
5	Hamza Mostafa Mohamed	17	Palm Hills	NT
6	Fras Alaa Eldin Hussein	16	Tanta	NT
7	Mohamed Said Labib Mohamed	17	Shooting	NT
8	Ahmed Sameh Mohamed Emam	15	Heliopolis	NT
9	Karim Kamal Ahmed Mostafa	20	6th	NT
10	Ahmed Abdelaziz Elshekh	15	Pegasus Club	NT

Heat 9 of 42 Timed Finals

1	Mohamed Salam	15	Seka El Hadid	NT
2	Yahya Waled Abdelmonem	17	Misr Insurance	NT
3	Abdelrahman Yasser	17	Smouha	NT
4	Adam Ahmed Elsaed Mohamed Mo	15	Moasasa Riadiah Askaria	2:52.35
5	Adam Yasser Shaker	15	New Giza	2:44.04
6	Youssef Galal Sayed	15	Wadi Degla	2:45.69
7	Fo'ad Haitham	20	Smouha	NT
8	Osama Emad Awad	16	Wadi Degla	NT
9	Omar Ahmed Mansor	19	Sporting	NT
10	Omar Talal Ragab	17	Sporting	NT

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Heat 10 Timed Finals... (Event 48 Boys 15 & Over 200 LC Meter Freestyle)

1	Ahmed Khaled Mohamed Said	16	Moasasa Riadhia Askaria	2:37.99
2	Omar Salah Salah Ghonem	15	New Giza	2:36.52
3	Hamza Wael Nasreldin	16	Wadi Degla	2:36.33
4	Mohaned Walid Mohamed	16	Shooting	2:35.49
5	Osman Moh. Osman Moh. Osman	15	El Gezira	2:34.38
6	Abdel Rahman Ahmed El_faytourney	15	Sporting	2:34.73
7	Ismaiel Tamer Ismaiel	15	El Shams	2:35.60
8	Ahmed Sameh Mohamed	15	Tlaea El Ostol	2:36.43
9	Khaled Mohamed Ezzat Abdelsalam	15	Al Tersana	2:37.44
10	Youssef Ossama Ashraf Ahmed	15	El Shams	2:40.44

Heat 11 of 42 Timed Finals

1	Amr Mohamed Abu Elfettouh	15	Wadi Degla	2:33.26
2	Eyad Ahmed Abd Elsallam	15	El Zohour	2:32.05
3	Youssef Ahmed Fathy Abdel Moniem	15	Wadi Degla	2:31.71
4	Yousef Mohamed Elsaed Moham	15	Bank Ahly Alex	2:27.55
5	Mohamad Amr Mohamad Mense	15	Smouha	2:27.44
6	Mohammed Ahmed Elsaheed Hussier	16	Moasasa Riadhia Askaria	2:27.50
7	Abdelrahman Ahmed Ali Ahmed	16	Bank Ahly Alex	2:27.79
8	Yousef Moustafa Fargaly	18	Rowad	2:31.82
9	Kamal Magdy Kamal Ahmed	15	Elethad	2:32.48
10	Mohamed Hossam Ebrahim	15	El Ghaba	2:33.66

Heat 12 of 42 Timed Finals

1	Fares Karm Refaay	15	Ahly	2:27.21
2	Marwan Waleed Mohamed Fawzy	15	Shooting	2:26.78
3	Moaz Mohamed Ismaeel	15	Rowad	2:26.05
4	Mostafa Hesham Fatoth Basune	15	Smouha	2:25.92
5	Mahmoud Haitham Mahmoud	19	Zamalek	2:25.40
6	Anas Ebrahim Abd-elrahman	15	El Ghaba	2:25.64
7	Yousef Amr Mahmoud Abdelst	15	Bank Ahly Alex	2:26.00
8	Ahmed amr Mahmoud	15	Zamalek	2:26.58
9	Mohamed Haitham El Sayed Awad	15	Maadi	2:27.12
10	Abdullah Mohamed Abdallah	15	Sporting	2:27.37

Heat 13 of 42 Timed Finals

1	Abd Alla Amr Ali Ahmed	15	El Zohour	2:24.65
2	Seif Eldeen Essam Reda	16	Palm Hills	2:24.24
3	Omar Sameh Mohamed Saleh	18	Ahly	2:24.04
4	Abdullah Ahmed Fouad	15	Rehab	2:23.85
5	Ahmed Hessin Ahmed	15	Enppi	2:23.46
6	Moaz Ahmed Ali Ahmed	17	Rowad	2:23.68
7	Ahmed Mohamed Rashed Gohar	15	A S E C	2:23.97
8	Mohamed Ahmed Husien	15	Pegasus Club	2:24.17
9	Youssef Mohamed Fathy Mohame	16	Smouha	2:24.45
10	Baderelden Nabel Badr Kassem	17	Bank Ahly Alex	2:25.29

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1	Nabil Tamer Galal Mohamed	15	Moasasa Riadiah Askaria	2:23.15
2	Yossef Waled Ebrahim Mohama	15	Smouha	2:22.60
3	Yahya Ahmed Abd El Fatah	17	Sporting	2:22.13
4	Ahmed Ehab Seyam	16	Tanta	2:21.55
5	Seif Khalied Fathy	15	Zamalek	2:21.46
6	Yasin Tarek Mostafa	17	Heliopolis	2:21.47
7	Yousef Ashraf Ahmed	16	Heliopolis	2:21.93
8	Youssef Galal Ezz	15	Elethad	2:22.47
9	Omar Ayman Zakaria	16	Smouha	2:22.98
10	Omar Mostafa Esmael Ebrhe	15	Smouha	2:23.22

Heat 15 of 42 Timed Finals

1	Yasen Ahmed eid Thabet	16	Moasasa Riadiah Askaria	2:21.38
2	Loai Ahmed Salah Eldeen Ahmed	15	Moasasa Riadiah Askaria	2:20.99
3	Yasien Tamer Othman	15	Zamalek	2:20.96
4	Elgamel Youssef Elgamel Youssef	15	Olympic	2:20.82
5	Mohamed Mahmoud Mohamed Sha1	15	Tanta	2:20.43
6	Mohab Hossam Farouk Mohame	15	Elethad	2:20.73
7	Mahmoud Shrif Mahmoud	15	El Nasr Club	2:20.85
8	Omar Ehab Mhmoud Hasan	16	Smouha	2:20.99
9	Fares Ahmed Ameen Aly Alhgrssy	17	6th	2:21.31
10	Youssef Ashraf Mohamed Tira	18	Moasasa Riadiah Askaria	2:21.39

Heat 16 of 42 Timed Finals

1	Yasser Walid Abo Elela	18	Ahly	2:19.90
2	Fares Mahmoud Mokhtar	15	Elethad	2:19.70
3	Abd Alla Mohamed Saleh	17	A S E C	2:19.60
4	Abdelrahman Moataz Yahia	15	Bank Ahly Geza	2:19.23
5	Ziad Mohamed Galal	15	Rowad	2:19.13
6	Marwan Mohamad Morsy Ebrahe	15	Smouha	2:19.20
7	Mahmoud Amr El-shobaki	15	Shooting	2:19.46
8	Ibrahim Mostafa Ibrahim	17	Moasasa Riadiah Askaria	2:19.70
9	Marwan Ahmed Fathy Abdel Monier	17	Wadi Degla	2:19.74
10	Moaz Ahmed Zaki Mohamed	15	Tanta	2:19.99

Heat 17 of 42 Timed Finals

1	Mohamed Khaled Mohamed Mahmo	15	Zamalek	2:18.30
2	Moaaz Waheed Ibraheem Awad	17	Rowad	2:18.12
3	Ahmed Tarek Ahmed	18	Helwan Club	2:17.31
4	Omar Abd EL Razek Kamal	15	Rowad	2:17.24
5	Ahmed Khaled Abd El Karim Mohar	16	Maadi	2:17.02
6	Ahmed Tamer Abdel Lattif	16	Sporting	2:17.23
7	Seifeldeen Mohmed Khairy	16	YMCA	2:17.29
8	Mohamed Ahmed Mohamed Youssef	15	Ahly	2:18.02
9	Aser Mohamed Adel Ahmed	15	Elethad	2:18.27
10	Omar Mohamed Abdel Azem	15	Al Hawar	2:18.51

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1	Ali Ahmed Aadel Mosleh	16	6th	2:16.93
2	Abd El Rhman Moustafa Fawzy	16	A S E C	2:16.52
3	Mohamed Mostafa Alla' ElDin	15	Shooting	2:16.10
4	abd Elrahman Ahmed Mahmoud Abi	18	Olympic	2:16.04
5	Yassin Ahmed Othman	16	Sporting	2:15.96
6	Zeyad Emad Mamdoh	17	Tanta	2:15.99
7	Omer Ahmed Abo Bakr	15	Shooting	2:16.04
8	Yamen Moustafa	16	Faros	2:16.16
9	Omar Ahmed Mohamed Gaballah	15	Rowad	2:16.64
10	Adham Ahmed abd Elkade	16	Elethead	2:16.97

Heat 19 of 42 Timed Finals

1	Youssef Mahmoud Taha	17	Ahly	2:15.82
2	Mohamed Wael Ibrahim Desouki	15	Tawfekaya	2:15.81
3	Yassin Hussam Yassin Shebata	15	Shooting	2:15.68
4	Srag El Den Ahmed	19	Sporting	2:15.40
5	Hamza Hazem Moneb	15	Cairo	2:15.37
6	Ali Ahmed El Prince	15	Wadi Degla	2:15.38
7	Abdelrahman Osama Omar	19	Cairo	2:15.67
8	Abd Alla Karim Ashraf Mahgoub	18	El Gezira	2:15.69
9	Anas Hossam Abdelhamed	16	El Ghaba	2:15.81
10	Yassin Abdelmegeg Mohamed	15	El Ghaba	2:15.94

Heat 20 of 42 Timed Finals

1	Adham Amr Mahmoud	18	Ahly	2:14.91
2	Youssef Medhat Fathy	15	Wadi Degla	2:14.63
3	Taha Saeed Mohamed Fathy	15	A S E C	2:14.49
4	Abdelrahman Mohamed Ramadan	17	Enppi	2:13.95
5	Slem Ahmed Hosny	19	Sporting	2:13.73
6	Adham Ashraf Shawky Mohame	16	Zamalek	2:13.93
7	Khaled Walied Atia	18	El Shams	2:14.44
8	Youssef Shams Elden Gaber	15	A S E C	2:14.52
9	Joshua Joseph Fouad	15	Al Tersana	2:14.84
10	Marwan Mohamed Saber	17	Zamalek	2:15.35

Heat 21 of 42 Timed Finals

1	Yassin Youssef Mohamed Elshaaben	15	Olympic	2:13.23
2	Amro Hosen Fathy Hosen	15	Tanta	2:13.15
3	Adham Hamdy Amin	17	Zamalek	2:13.00
4	Ali Mourad Salaheldein	15	New Giza	2:12.93
5	Ahmed Asharf Dawood	15	Baladyat El Mahala	2:12.65
6	Seif Mohmed Salah	16	Cairo	2:12.79
7	Mohamed Ibrahim	18	El Nasr Club	2:12.98
8	Omar Mohamed Essam	16	Wadi Degla	2:13.15
9	Assem Mostafa Khalil	16	Wadi Degla	2:13.22
10	Andrew Amgad Magdy	17	Wadi Degla	2:13.64

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1	Eyad Mohamed Hassan els	16	Zamalek	2:12.44
2	Hassan Ibrahim Arafa	15	Rowad	2:12.25
3	Ahmed Mohamed Kaowd	15	Baladyat El Mahala	2:12.13
4	Adam Mohamed Mahmoud Shawky	15	El Zohour	2:11.82
5	Mohamad Akram Mohamad Badwe	15	Smouha	2:11.68
6	Hamza Mohamed Habib	16	Ahly	2:11.68
7	Ahmed Hazem Mohamed Apdlwahe	19	6th	2:11.89
8	Yassin Hussein Nabil Hussein	15	Shooting	2:12.21
9	Yassen Ahmad Ebrahim Kallil	15	Smouha	2:12.41
10	Abelrahman Khaled Abdelmaksoud	16	Olympic	2:12.65

Heat 23 of 42 Timed Finals

1	Ahmed Mohamed Badawy	16	Wadi Degla	2:11.57
2	Mohamed Shreef	16	Tlaea El Ostol	2:11.43
3	Abdalla Adel Abdalla	15	Ahly	2:11.36
4	Hazem Waheed Ibrahim	19	Rowad	2:11.22
5	Eyad Mohamed Abdelstar	16	Zamalek	2:11.07
6	Yassin Mohanad Hamzawy	18	Wadi Degla	2:11.20
7	Youssef Mohamed Mostafa Labi	16	Wadi Degla	2:11.31
8	Ahmed Hassan Ahmed Hassan	17	Wadi Degla	2:11.42
9	Omar Adel Ishaq	15	Wadi Degla	2:11.56
10	Ali Hesham Moh. Fekre Shrif	19	El Gezira	2:11.67

Heat 24 of 42 Timed Finals

1	Mohamed Tamer Mohamed Zaky	20	Smouha	2:10.87
2	Ahmed Awny Galal	19	Ahly	2:10.83
3	Abdullah Wael Abdellrazik	17	Wadi Degla	2:10.82
4	Mohamed Amr Elsayed Abdelaziz	15	Olympic	2:10.75
5	Farok Mohamed Fayk Alshaar	18	6th	2:10.58
6	Omar Mahmoud Aly Tawfik	17	Ahly	2:10.62
7	Mohamed Ahmed Fouad	18	Ahly	2:10.78
8	Mohamed Ahmed Ibrahim Saleh	15	Olympic	2:10.82
9	Mostafa Mohamed Salah Safoh	15	Tanta	2:10.85
10	Zeyad Ahmed Bhaa Al din	18	Enppi	2:10.88

Heat 25 of 42 Timed Finals

1	Ahmed Medhat Mousa Marzok	17	Tanta	2:10.38
2	Yehia Salah El Din Galal	15	Wadi Degla	2:10.20
3	Seif ezz el din abd el Kawey	16	Shooting	2:10.18
4	Omar Ahmed Hasan Khedr	15	Shooting	2:09.87
5	Youseif Mohamed aly	18	Zamalek	2:09.58
6	Mohamed Hassan Abd El Wahab	15	Maadi	2:09.84
7	Ahmed Mohamed Abdel Salam Moh	15	Heliolido	2:09.96
8	Slem Wesam Samy Mohamed	15	Heliopolis	2:10.19
9	Omar amr Helmy	15	El Temsah	2:10.26
10	Yousef Yahya Zakriya Ramady	20	Sporting	2:10.58

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1	Ahmed Ismeil	16	Nasr City	2:09.50
2	Anas Mostafa Shaker	15	Wadi Degla	2:09.42
3	Ahmed Emad Abdel Maaboud	17	Ahly	2:09.29
4	Yehia Samer Wafek	16	Heliopolis	2:09.10
5	Mohamed Bakry Kaaed Abd El Gabb	15	Maadi	2:09.04
6	Omar Shref el Motamer Mohamed	16	Heliopolis	2:09.07
7	Hatem Ashraf Kamel	16	Gezira El Ward	2:09.28
8	Hamza Abdelhamed Mohamed I	16	Bank Ahly Alex	2:09.36
9	Hamza Amro Kandiel	15	El Shams	2:09.46
10	Malek Sherif Hayaty	16	Sporting	2:09.58

Heat 27 of 42 Timed Finals

1	Moustfa Mohamed Mahmoud	15	Enppi	2:08.80
2	Omar Ali Fathy Mohamad Es	15	Smouha	2:08.75
3	Seif Eldin Mohamed Hassan	21	Ahly	2:08.48
4	Belal Mohamed Fouad Ramadan	15	Olympic	2:08.36
5	Mhmoud Wled Fkri Mhmoud	18	6th	2:08.28
6	Ahmed Tamer Rabea	16	Shooting	2:08.30
7	Mohamed Samy Maher	19	Ahly	2:08.42
8	Yasein Hossam aly	16	Zamalek	2:08.55
9	Abdelmoez Ayman Gomaa	17	A S E C	2:08.76
10	Mahmoud Hossam El din Mahmoud	15	Shooting	2:08.88

Heat 28 of 42 Timed Finals

1	Saif Eldin Waled Abdel Razik	20	Wadi Degla	2:08.21
2	Ahmed Maged Ghoureib	15	Wadi Degla	2:08.09
3	Karim Yasser Mamdouh	17	Shooting	2:07.98
4	Mohamed Karim Mohamed Shokry	20	Smouha	2:07.85
5	Moamen Khalid Mohamed	18	Zamalek	2:07.61
6	Seif Elden Osama Darwesh	16	Tanta	2:07.77
7	Hussein Mohamed Aly	16	Ahly	2:07.94
8	Omar Abdelaziz Hussein	15	Talbeia	2:08.00
9	Eyad Alaa El Kholy	16	Wadi Degla	2:08.19
10	Yosef Hatem ali Ahmed	16	Al Hawar	2:08.26

Heat 29 of 42 Timed Finals

1	Eyad Ahmed Khatab	15	Wadi Degla	2:07.44
2	Mohnad Hitham Ibrahim	17	Wadi Degla	2:07.32
3	Karim Ashraf Ahmed	17	Zamalek	2:07.23
4	Zyad Mohamed Moawad	18	Zamalek	2:07.21
5	Mohamed abd Elshafy Sadek	16	Zamalek	2:07.17
6	Mohamed Hossam Samy	16	Ahly	2:07.20
7	Karem Kamal Ahmed	17	Tawfekaya	2:07.22
8	Ahmed Tamer Gamal Eldin	15	Wadi Degla	2:07.28
9	Amro Ahmed Elshekh	16	Tanta	2:07.41
10	Ahmed Medhat Ahmed Mostafa	16	Wadi Degla	2:07.60

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1	Ahmed Yasser Mahmoud Salman	15	El Zohour	2:07.14
2	Amr Wael Shawky	16	Rowad	2:06.92
3	Yossef Karim Nabil Elzawawy	17	Smouha	2:06.71
4	Hassan Hossam Hassan Kamel Ali	18	El Shams	2:06.60
5	Mohanad Tamer Mohamed Zaky	17	Smouha	2:06.43
6	Mazen Mostafa Asfoor	15	El Zohour	2:06.55
7	Yehia Ahmed Abd Elfatah Elsaid	16	Shooting	2:06.69
8	Hamza Mohamed Hassan Moubarak	15	Heliopolis	2:06.76
9	Mohamed Hazem Mehany	19	Police Club	2:07.11
10	Omar Elsayed Ramadan Elsayed	16	Olympic	2:07.17

Heat 31 of 42 Timed Finals

1	Hamza Ahmed Mohamed Ali	16	Bank Ahly Alex	2:06.11
2	Ali Mhmod Ibrahim Mohame	17	Smouha	2:06.08
3	Abdelrahman Mohamed Saied Elsay	15	Olympic	2:05.95
4	Mohamad Wesam Mohamad Ahmad	15	Smouha	2:05.88
5	Ahmed Mohamed Ghoraba	16	Tanta	2:05.81
6	Mohamed Haytham Ahmed	16	Ahly	2:05.82
7	Zeiad Osama Fatthy Abdel Hamed	20	Al Tersana	2:05.92
8	Mohamed Nader Elbarbary	16	Tanta	2:06.03
9	Mohamed Essam Sedky	17	Bank Ahly Geza	2:06.10
10	Sherief Reda Metwaally	15	El Zohour	2:06.14

Heat 32 of 42 Timed Finals

1	Mahmoud Eissa Moharam	15	Wadi Degla	2:05.65
2	Adam Karim Hemdan Abdo	16	Shooting	2:05.36
3	Youssef Tamer Gaber Mohamed	17	Smouha	2:05.29
4	Karim Ramy Ibrahim	17	Ahly	2:05.22
5	Mohamed Khaled Mohamed Ragab	17	Bank Ahly Alex	2:05.00
6	Youssef Yasser Ibrahim	17	Ahly	2:05.17
7	Eyad Ahmed Saad Hasn	15	Tanta	2:05.24
8	Karim Hesham Moh. Fakry Abd Elha	15	El Gezira	2:05.35
9	Omar Khaled Ibrahim	15	Ahly	2:05.46
10	Ayad Hatem Fouad	17	Zamalek	2:05.69

Heat 33 of 42 Timed Finals

1	Ali Ali Hussein Ali	17	Heliolido	2:04.99
2	Adham Ayman Monir Hashem	18	Al Tersana	2:04.90
3	Seif Mohamed Sayed	16	El Zohour	2:04.56
4	Adham Ahmed Mohamed	15	Shooting	2:04.46
5	Omar Mohamed Ahmed Fathy	16	Shooting	2:04.21
6	Adam Mohmoud Abdelftah Ka	17	Bank Ahly Alex	2:04.45
7	Monzer Ahmed Amayem	16	Tanta	2:04.46
8	Omar Wahed Ibrahim Awad	15	Rowad	2:04.61
9	Basel Mahmoud Younes	17	Zamalek	2:04.91
10	Mohamed Wael Abdel Monaeim	20	Enppi	2:05.00

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 19-03-2023 Sun Mor****Heat 34 Timed Finals... (Event 48 Boys 15 & Over 200 LC Meter Freestyle)**

1	amr Hesham Bayomy	20	Cairo	2:04.06
2	Yahia Ashraf Madkour	20	Smouha	2:04.02
3	Mohamed Ahmed Salah Shendy	29	Ahly	2:03.96
4	Malek Haytham Mohamed	17	Wadi Degla	2:03.88
5	Yamen Ayman Helmy	16	Tanta	2:03.71
6	abd Elrahman Sherif Karam Monir	18	Al Tersana	2:03.77
7	Mohamed Ashraf Abdel Hay	22	Ahly	2:03.89
8	Mohamed Naser Ramdan	16	Talbeia	2:03.98
9	Anas Haythm Mohamad Elsaw	15	Smouha	2:04.05
10	Amr Zakaria	16	Shooting	2:04.15

Heat 35 of 42 Timed Finals

1	Zeyad Osama Ramdan	15	Hadak Al Ahram	2:03.65
2	Adham Adel Abaza	19	Sporting	2:03.52
3	Ali Sherif Ali Mohamed	18	Shooting	2:03.41
4	Hassan Ahmed Mohamed Essam	15	Heliopolis	2:03.28
5	Yehia Eslam Farouk	17	Ahly	2:03.10
6	Youssef Mostafa Mahmoud Dardery	18	Wadi Degla	2:03.17
7	Mohamed Essam Abdou	17	Ahly	2:03.36
8	Hossen Ahmed Mohamed Hashad	15	Tanta	2:03.45
9	Karem Ashry Kasem	16	El Shams	2:03.58
10	Zeyad Mohamed Magdy	17	Maadi	2:03.66

Heat 36 of 42 Timed Finals

1	Mohamed Abdalla Al Basaty	16	Olympia	2:03.02
2	Mazen Karim Hassan	17	Ahly	2:02.92
3	Mostafa Adel Ibrahim Khalil	19	Smouha	2:02.70
4	Yossef Sherif Ibrahim	17	Maadi	2:02.55
5	Mohamed Eslam Mohamed Elsaye	17	Smouha	2:02.34
6	Zeyad Saber Abd el Fatah	16	Hadak Al Ahram	2:02.42
7	Abdullah Eldafrawy	15	Rehab	2:02.60
8	Selim Tamer Osama Ahmed	16	Shooting	2:02.80
9	Mohamed Saeed Eleiraqy	18	Zamalek	2:02.93
10	Abd Elrahman Mostafa Ragab	17	Swim Home	2:03.03

Heat 37 of 42 Timed Finals

1	Karim Ahmed Naser Abdelmee	17	Smouha	2:02.06
2	Yehia Karim Nabil Elzawawy	17	Smouha	2:01.75
3	Omar Mohamed Tawfek	15	Al Hawar	2:01.74
4	Nour Eldin AlaaEldin Abdalwhab Sh	17	6th	2:01.58
5	SifEldin Hossam Mohamed Elsog	19	Smouha	2:01.34
6	Sief Mohamed Salah	19	Tanta	2:01.49
7	Abd Elrahman Amr Abd Elfatah Gho	17	El Shams	2:01.66
8	Adam HossamEldin Mohamed	16	Smouha	2:01.74
9	Ahmed Moustafa Shaban	18	A S E C	2:01.83
10	Belal Maged Soliman	20	Ahly	2:02.19

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Heat 38 Timed Finals... (Event 48 Boys 15 & Over 200 LC Meter Freestyle)

1	Mohamed Mourad Mohamed	21	Sporting	2:00.86
2	Farouk Mohamad Elgedely	16	Smouha	2:00.69
3	Houssen Talal Houssen Sayd	19	6th	2:00.36
4	Yasin Hatem Sery	19	Heliopolis	1:59.74
5	Ahmed Samir Mohamed	15	Hadak Al Ahram	1:59.42
6	Omar Ahmed Samir Eldawody	16	Gezira El Ward	1:59.56
7	Yasin Alaa Ibrahim Elbieh	19	Smouha	1:59.95
8	Ziad Ahamed Ragab Abd el Hamed	17	Shooting	2:00.63
9	Youssef Emad Shaaban	15	Ahly	2:00.85
10	Ahmed Mahmoud Elhourany	16	Ahly	2:01.18

Heat 39 of 42 Timed Finals

1	Rohaim Tolba	16	Shooting	1:59.27
2	Abdelrahman Ahmed Mostafa	17	Electricity	1:59.15
3	Moahmed Ahmed Salem Hassan	16	Smouha	1:58.95
4	Hazem Mohamed Abo Stet	19	Heliopolis	1:58.93
5	Ziad Tarek Mohamed	17	Wadi Degla	1:58.67
6	Omar Hany Abdalla	21	Ahly	1:58.93
7	Mounir Ramez Mounir	19	Shooting	1:58.94
8	Omar Gaber Aly	18	Ahly	1:58.95
9	Seif Walaa Antar	18	Wadi Degla	1:59.25
10	Khaled Ahmed Mahmoud Gaber	18	Bank Ahly Alex	1:59.32

Heat 40 of 42 Timed Finals

1	Mohamed Tarek Rashad Abd el Ham	18	El Shams	1:57.85
2	Mohamed Salama Gaber Salama	20	Smouha	1:57.78
3	Mohanad Yasser Abdelmenem Mo	16	Smouha	1:57.59
4	Yousif Mohamed Soliman Omra	18	Smouha	1:57.44
5	Omar Karim Galal Samy	16	Maadi	1:57.14
6	Mohamed Walid Azouz	19	Ahly	1:57.17
7	Omar Tarek Shehata A	18	Smouha	1:57.48
8	Omar Mohsen Ramdan AbdElm	18	Smouha	1:57.63
9	Mohamed Waled Mahmoud ali	17	Zamalek	1:57.82
10	Mahmoud El Walid Abd El Karim	17	Maadi	1:58.00

Heat 41 of 42 Timed Finals

1	Mohamed Ehab El Tayeb	17	Ahly	1:56.93
2	Ibrahim Shams Eldin Mohamed	15	Ahly	1:56.72
3	Ahmed Ayman Ali Mohamed	18	El Shams	1:56.41
4	Saif Amr Al Batal	17	Hadak Al Ahram	1:56.22
5	Mohamed Ahmed Mohamed Elsaia	19	Smouha	1:55.80
6	Youssef Magdy Elhady	19	Ahly	1:55.94
7	Ahmed Hazem Akram	18	Ahly	1:56.34
8	Mohaned Alaa Mahmud Ali	19	Smouha	1:56.56
9	Karim Ahmed Khaled Elewa	21	El Shams	1:56.79
10	Seif Sayed Mahmoud	17	Helwan Club	1:57.13

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 19-03-2023 Sun Mor****Heat 42 Timed Finals... (Event 48 Boys 15 & Over 200 LC Meter Freestyle)**

1	Tarek Kamel Farouk	20	Zamalek	1:54.89
2	Mohamed Yaser Omar	18	Olympia	1:54.17
3	Eyad Ahmed Zakaria	18	Ahly	1:53.92
4	Mohamed Ayman Abdelsamea	16	Ahly	1:53.53
5	Yasin Wael Elshmaa	24	Sporting	1:51.69
6	Abdullah Ahmed Nasr	17	Hadak Al Ahram	1:51.75
7	Mohamed Adel Mohamed Meseilhy	22	Ahly	1:53.73
8	Karem Magdy Ismail	23	Sporting	1:53.97
9	Seif Tarek Mohamed Raslan	23	Zamalek	1:54.41
10	Ziyad Ahmed Abdel Azim	21	Hadak Al Ahram	1:55.70

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

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Event 49 Girls 15 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Timed Finals				
3	Ingy Bassem Bahaa Eldin	15	Ahly	NT
4	Nour Zaghlol	17	Baladyat El Mahala	NT
5	Hana Ahmed Elsanhory	16	Smouha	NT
6	Mirolla Hany Samir	17	Wadi Degla	NT
7	Dima Adel Mohamed	16	Smouha	NT
Heat 2 of 8 Timed Finals				
1	Arwa Mohamed Elsayed	15	Ahly	NT
2	Nancy Mostafa Ibrahim Mohamed	15	El Shams	NT
3	Zeina Tarek Taha	19	Wadi Degla	3:41.61
4	Karien Alfrid Saber	15	Zamalek	3:24.55
5	Dina Ebrahim Ebid	18	Sporting	3:19.68
6	Nada Afify Abdelmaqsoud	16	Zamalek	3:21.62
7	Malak Ahmed Ibrahim Mohame	17	Smouha	3:39.31
8	Farah Mohamed Saied Saleh	17	Zamalek	3:41.85
9	Doha Wael Saleh	16	Wadi Degla	NT
10	Rawan Tamer Mohamed	19	Ahly	NT
Heat 3 of 8 Timed Finals				
1	Jannah Mohamed Farouk	18	Sporting	3:18.70
2	Sama Ahmed Ismael Elkholy	18	City Club	3:03.92
3	Yasmin Wael Abdalaah	16	Zamalek	2:59.75
4	Gana Aboeella Abdelnafa	15	Shooting	2:54.29
5	Malak Mohamed Fayek Elsawa	16	Smouha	2:52.91
6	Shrouk Mohamed Rashad Mohamed	15	Olympic	2:53.22
7	Hend Mohamed Mohamed Sadk	15	Moasasa Riadia Askaria	2:57.06
8	Rawda Abdelfadl Mahmoud	16	Zamalek	3:03.58
9	Nawal Yasser Sayed	18	El Obour	3:07.04
10	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	3:19.41
Heat 4 of 8 Timed Finals				
1	Nour Ahmad Mahmud Abdelrh	15	Smouha	2:50.04
2	Hania Hossam Ahmed Salama	15	Smouha	2:49.73
3	Fayrouz Mohamed Hussien	15	Pegasus Club	2:48.16
4	Mariam Ahmed Zahran	16	Sporting	2:47.40
5	Hana Wael Magdi Mah . Elsaeed	17	El Gezira	2:47.08
6	Mayroz Mohamed abd Elsalam	15	Tanta	2:47.15
7	Jana Mohamed Ahmed	19	Wadi Degla	2:47.93
8	Sama Atef Sayed	15	Wadi Degla	2:49.25
9	Malak Yasser Abdellatif	15	Sporting	2:49.79
10	Nour Hossam Zaghloul	16	Sporting	2:52.21
Heat 5 of 8 Timed Finals				
1	Malak Ahmed Nagy Ali	19	Heliolido	2:44.82
2	Gana aly Refaat aly	16	Zamalek	2:43.76
3	Jana Ahmed akl	15	Sporting	2:42.91
4	Basmala amr aly	19	Olympic	2:41.52
5	Menna Allah Elsaid Awad Badwy	15	Stad Mansoura	2:40.43
6	Wafaa Ahmed Saad ElDin	15	Wadi Degla	2:40.89
7	Farida Mohamed Ahmed El Okda	17	Shooting	2:42.29
8	Shahd Amr Mohamed EL Garie	16	Heliolido	2:42.97
9	Nour Hasan Fouad	15	Cairo	2:44.51
10	Jana Mohammed Tamam	15	El Temsah	2:46.13

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 19-03-2023 Sun Mor****Heat 6 Timed Finals... (Event 49 Girls 15 & Over 200 LC Meter Butterfly)**

1	Mena Mohamed Abdul Rahim	18	El Zohour	2:40.02
2	Rawan Yossry Zaky Khalaf	15	El Shams	2:39.57
3	Farah Ahmed	15	Heliopolis	2:38.48
4	Kenzy Hazem Moneeb	17	Cairo	2:38.21
5	Laila Mohamed Hitham	16	Shooting	2:36.52
6	Hanen Ahmed Hussin	17	Zamalek	2:37.99
7	Halla Alla Maher	17	Wadi Degla	2:38.31
8	Farida Nasser Mohamed El-Safty	15	Shooting	2:39.18
9	Malak Mohamed Mahmoud Gaber	18	Maadi	2:39.68
10	Nour Mohamed Hessien Ahmed	18	El Shams	2:40.12

Heat 7 of 8 Timed Finals

1	Mai Mohamed Ramadan	16	Talbeia	2:35.62
2	Lara Ahmed Elwan	15	Ahly	2:34.63
3	Malak Ahmed Gamal al Shazly	15	Shooting	2:32.03
4	Dana Fahmi	15	Sporting	2:30.75
5	Mayar Mohamed Gaber	22	Ahly	2:29.25
6	Kenzy Mostafa Hashad	18	Ahly	2:29.59
7	Hala Hany Abdelwahab	17	El Ghaba	2:31.59
8	Zaina Mohamed Haitham Hassn	18	Shooting	2:34.00
9	Zeina Ahmed Mostafa	16	Shooting	2:35.58
10	Zina Yasser Ahmed	17	Sporting	2:36.38

Heat 8 of 8 Timed Finals

1	Shahd Sameh Safouat Shaaban	19	Heliolido	2:28.26
2	Rozana Waleed Desoky	16	Nasr City	2:26.66
3	Jasmine Ahmed Eissa	17	Maadi	2:23.82
4	Sama Iyhab Onsy	15	Al Hawar	2:23.52
5	Hlla Khaled Diab	16	Ahly	2:22.43
6	Salma Osama Mohamed Darwes	17	Tanta	2:23.05
7	Jana Mohamed Omar Mohamed Elde	17	El Shams	2:23.71
8	Sara Mohamed Hassan	22	Ahly	2:24.48
9	Sama Mohamed Makram Abdelwahlt	16	Gezira El Ward	2:27.73
10	Jana Khalid	19	Sporting	2:28.68