

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

Meet Program - 20-03-2023 Mon Eve

Event 67 Boys 15 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 36 Timed Finals				
4	Saeed Mohamed AL Saeed	16	Rowad	NT
5	Fares Mahmoud Mohamed Ibra	15	Bank Ahly Alex	NT
6	Amr Wael Elhamy Abdelmoniem	15	Olympic	NT
7	Loaay Mohamed abd Raboh	16	Elethad	NT
Heat 2 of 36 Timed Finals				
1	Amr Ossama Mohamed Zwiel	17	Smouha	NT
2	Hessen Moh. Hessen Elbadry Moh. R	16	El Gezira	NT
3	Sherif Ashraf Hagag	16	A S E C	NT
4	Gamal Metwaly Gamal Mohamed	20	El Zohour	NT
5	Mohamed Eliwa Mohamed	16	Goldy	NT
6	Marwan Mohamed Alaa Eldin Moha	15	Wadi Degla	NT
7	Seif Eldin Fady SaLah	16	Shooting	NT
8	Amr Saad EL Sayed	19	Elethad	NT
9	Esmael Mohamed Esmael	16	Tanta	NT
10	Mohamed Ahmed Elryas	19	Zamalek	NT
Heat 3 of 36 Timed Finals				
1	abd Elrahman Mohamed Ebrahim ga	15	Tanta	NT
2	Hamza Hossam Fargaly	15	Wadi Degla	NT
3	Mohamed Amr Maher Ma`moun	21	El Gezira	NT
4	Abdelrahman Ahmed Hassan	15	Sporting	NT
5	Adham Ahmed AbdeL Aziz	19	Rowad	NT
6	Omar Mohamed Nasr	16	Sharks Team	NT
7	Alli Hany Alli Soliman	16	El Ghaba	NT
8	Youssef Ismail Elkamash	28	Sporting	NT
9	Adham Mohamed Fawzy	16	Wadi Degla	NT
10	Ali Essam Ali Mohamed Mo	16	Smouha	NT
Heat 4 of 36 Timed Finals				
1	Yassin Mohamed Abdelnaby	16	Ismaily Sporting Club	NT
2	Mostafa Mohamed Al Tahan	23	Wadi Degla	NT
3	Omar Elsayd Elbana	15	Elethad	NT
4	Karim Ahmed Mohsen Abdelra	17	Smouha	NT
5	Seif El Din Hamdy Husain Elkilany	16	Wadi Degla	NT
6	Ziad Ahmed abd Elhamid	17	Enppi	NT
7	Youssef Samouil Youssef Dawoud	15	Wadi Degla	NT
8	Yossef Ahmad Mahmud FahmeA	15	Smouha	NT
9	Karim Osama Ibrahim Abd ElMoaty	16	Maadi	NT
10	Yousif Ahmed Salah	17	Al Tersana	NT
Heat 5 of 36 Timed Finals				
1	Youssef Al Said Abdel Hameed	16	Rowad	NT
2	Hamza Ali Mohamed Ali	15	Elethad	NT
3	Omar Khaled Ibrahim	15	Ahly	NT
4	Youssef Saleh Ibrahim Saleh	15	A S E C	NT
5	Omar Ahmed Abd Elaziz	16	Wadi Degla	NT
6	Adam Ayman Yousef	15	Tanta	NT
7	Abdallah Mohamed Eldosuky	16	El Shams	NT
8	Yassien Ahmed Ahmed Ashor	16	Smouha	NT
9	Sofyan Hassan Mohamed	16	Ismaily Sporting Club	NT
10	Youssef Omar Talaab	17	New Giza	NT

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Heat 6 Timed Finals... (Event 67 Boys 15 & Over 50 LC Meter Breaststroke)

1	Ahmed Sherif Ahmed	15	Elethad	NT
2	Khaled Mohamed Nasr Abdelazim	21	Moasasa Riadiah Askaria	NT
3	Youssef Mohamed Youssef	15	Ultimate	NT
4	Bishoy Samy	17	Sporting	NT
5	Yehia Mohamed Saad Eldin	18	Wadi Degla	NT
6	Rashed Hany Ramadan	20	Rowad	NT
7	aly Mohamed Fathy	16	Tanta	NT
8	Ahmed Ehab Seyam	16	Tanta	NT
9	Karim Nasr Mansourmansour	16	Shooting	NT
10	Yassin Ebrahim Ragheb	16	Sporting	NT

Heat 7 of 36 Timed Finals

1	Mohamed Nsr Mohamed Eprahem	19	6th	NT
2	Mazen Nadeem Mohamed Mahmoud	16	Wadi Degla	NT
3	Hamza Muhammed Abd el Aal	16	Hadak Al Ahram	NT
4	Mazen Wael Ali Gaber	20	Smouha	NT
5	Amer Ahmed Kenawy	15	Zamalek	NT
6	Hamza Ahmed Fawzy	17	Wadi Degla	NT
7	Abdel Reheim Samir Al Sheinawy	25	Zamalek	NT
8	Mohamedm Waled Mohamed	15	A S E C	NT
9	Ahmed Fathy Aid Abd el aty	17	Rowad	NT
10	Ismail Helmy ali	16	Goldy	NT

Heat 8 of 36 Timed Finals

1	Youssef Ahmed Abo Elnadr Hassan	15	Wadi Degla	NT
2	Omar Talal Ragab	17	Sporting	NT
3	Seif Adel Mohamed	15	El Nasr Club	49.45
4	Yassin Mohamed Abd Elfatah	15	Zagazig University	46.15
5	Omar Ayman Aly Mohamed	15	A S E C	45.16
6	Mohamed Yasser Mohamed	15	A S E C	45.42
7	Belal Eslam Elsaid Abd Elrazk	15	Wadi Degla	47.87
8	Sief Ayman El Said	19	Sporting	NT
9	Omar Zeyad Mohamed	16	Sporting	NT
10	Abdelrahman Ahmed Bahgat	15	Smouha	NT

Heat 9 of 36 Timed Finals

1	Omar Ahmed Hamed	15	Sharks Team	44.29
2	Hamza Wael Nasreldin	16	Wadi Degla	44.04
3	Gasser Hany Gaber Maghory	15	A S E C	43.56
4	Moshir Nader Nabil Mahmoud	16	Moasasa Riadiah Askaria	43.10
5	Youssef Mahmoud Ahmed Abdelw	15	Elethad	42.59
6	Ziad Tamer Galal	16	Wadi Degla	43.09
7	Kaled Amr Ahmed Bashir	15	Elethad	43.27
8	Yaseen Ahmed Said	15	Elethad	43.89
9	Saif Amr Reda Sayed	15	Wadi Degla	44.16
10	Mohmed Abdlhamed Mohmed Abdll	16	6th	44.42

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Heat 10 Timed Finals... (Event 67 Boys 15 & Over 50 LC Meter Breaststroke)

1	Eyad Nader Rashad Abdallah	15	Olympic	42.30
2	Ahmed Mahmoud Seddik Ali	15	Elethead	41.82
3	Adam Haitham Ahmed Ali	15	Wadi Degla	41.71
4	Youssef Ahmed Fouad	16	Ahly	41.50
5	Ahmad Atef Mohamad	17	Smouha	41.20
6	Hassan Nabil Samy Elnaggar	15	El Gezira	41.33
7	Karim Tamer Ismaiel	15	Wadi Degla	41.60
8	Seif El-Din Khaled Mohmed Hamdy	15	Shooting	41.76
9	Youssef Abd Elazem Mohamed	15	Zagazig University	42.29
10	Mohamed Tawfek Yousef	17	Moasasa Riadiah Askaria	42.48

Heat 11 of 36 Timed Finals

1	Ahmad Eslam Abd Elazez Moh	15	Smouha	41.07
2	Ali Ayman Nematallah	15	Sporting	40.77
3	Mohamed Samer Elsayed Mohamed	17	Wadi Degla	40.74
4	Belal Ibrahim Abass	17	A S E C	40.46
5	Karim Emad Adel Abanob Esk	17	Smouha	40.20
6	Ahmed Mohamed Hamed	16	Elethead	40.23
7	Bsada Mark Nage	15	Zagazig University	40.74
8	abd Elrhman Mohamed Mahmoud	16	Elethead	40.77
9	Mohamed Hazem Mohamed Desawy	18	Moasasa Riadiah Askaria	40.85
10	Kamal Tamer Awad Kamel	15	Moasasa Riadiah Askaria	41.17

Heat 12 of 36 Timed Finals

1	Ahmed Sameh Saied Khamis	15	Olympic	40.13
2	Hazem Hassam Mostafa Ramze	15	Smouha	40.10
3	Moaz Islam Hussain Ismail	15	Elethead	39.84
4	Mahmoud Hossam Mahmoud Mohar	15	Bank Ahly Alex	39.76
5	Yassin Emad Abd Elkhalek	15	Zagazig University	39.63
6	Karem Emad Reda	16	Wadi Degla	39.64
7	Omar Mohamed Khatab	15	Wadi Degla	39.83
8	Marwan Sameh Zakrea	16	Bank Ahly Geza	39.93
9	Ahmed Tamer Mostafa EL Said	17	Rowad	40.13
10	Moustafa Sherif Moustafa	15	Wadi Degla	40.18

Heat 13 of 36 Timed Finals

1	Omar Ahmed Mohamed Ali	15	Elethead	39.41
2	Omer Mahmoud Mohamed Ibra	16	Bank Ahly Alex	39.33
3	Hassan Ashraf Shehata	16	Elethead	39.15
4	Ali Hesham Abas Tawfek	15	Smouha	39.10
5	Tayem Wessam Azab	15	Sporting	38.77
6	Mohamed Haitham El Sayed Awad	15	Maadi	39.03
7	Moahmed Wael Mohamed	16	Smouha	39.11
8	Omar Hassan Abdelwahab	16	Smouha	39.30
9	Hamza Hossam Eldin Fayez	15	Police Club	39.35
10	Moaz Ibrahiem Nassar	16	Wadi Degla	39.59

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 20-03-2023 Mon Eve****Heat 14 Timed Finals... (Event 67 Boys 15 & Over 50 LC Meter Breaststroke)**

1	Ahmed Hassan Ibrahim	15	Wadi Degla	38.52
2	Youssef Ashraf Fawzy	16	Moasasa Riadia Askaria	38.08
3	Yousif Islam Mohamed Ragae	15	Zamalek	38.07
4	Abdullah Mohamed Saad	16	Sporting	37.82
5	Ibrahim Saleh Ibrahim Saleh	18	A S E C	37.62
6	Youssef Sameh Ahmed Zaied	15	Shooting	37.76
7	Walid Khaled Mohamed	15	Wadi Degla	37.90
8	Mohamed Alamir	15	Elethad	38.08
9	Omar Tamer Mohamed Eltayb	15	Bank Ahly Alex	38.11
10	Moaz Abdelfatah Ali Abdel	15	Smouha	38.64

Heat 15 of 36 Timed Finals

1	Ahmad Amr Adel Abaza	15	Smouha	37.55
2	Belal Ramdan Kassem	18	Bank Ahly Alex	37.32
3	Adham Nabil Mohamed Marof	17	Tanta	37.26
4	Yassin Mohamed Hassan	16	Elethad	37.17
5	Anas Hatem Sadeq	16	Sporting	37.07
6	Maher Mohamed Maher	15	Rowad	37.14
7	Ziad Ahmed Hassan Mohamed	15	Wadi Degla	37.18
8	Ziad Mohamed Mohamed Abdel Mor	17	Rowad	37.27
9	Nour El Dein Maged El Shenawey	17	Smouha	37.42
10	Omar Ahmed Nsr	16	Pegasus Club	37.59

Heat 16 of 36 Timed Finals

1	Ahmed Waled Ibrahim	15	A S E C	37.01
2	Anas Tamer Almalky	16	Elethad	36.97
3	Mashary Hany Ramadan Mabrouk	17	Rowad	36.85
4	Marwan Walid Abdel-khalek	15	Wadi Degla	36.70
5	Ezzat Mohamed Azzam Mohamed	15	Olympic	36.64
6	ali Ahmed Gamal Eldin Afarah	18	Wadi Degla	36.69
7	Mohamed Reda Mahmoed	15	Bank Ahly Geza	36.76
8	Ahmed Mohamed Salah	17	El Ghaba	36.86
9	Ali Mohamed El Rakiby	17	Heliopolis	36.98
10	Osama Emad Awad	16	Wadi Degla	37.03

Heat 17 of 36 Timed Finals

1	Yassin Hussam Yassin Shebata	15	Shooting	36.60
2	Youssef Sameh Salah Eldin Sayed	17	6th	36.54
3	Fares Ahmed Ameen Aly Alhgrssy	17	6th	36.35
4	Mohamed Hany Fathy	16	Elethad	36.20
5	Abdelrahman Wael Abdelmoniem	15	El Ghaba	36.02
6	Omar Khaled Esmail Ramdan	16	El Ghaba	36.19
7	Andria Wael Nagy Mosad AbdElshah	15	Heliolido	36.28
8	Yassin Mohamed Gamal	17	Zagazig University	36.46
9	Ahmed Sameh Eldahby	16	Elethad	36.59
10	Souhaib Gamal Abdelfattah Fadel	15	Olympic	36.63

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 20-03-2023 Mon Eve****Heat 18 Timed Finals... (Event 67 Boys 15 & Over 50 LC Meter Breaststroke)**

1	Yehia Mohamed El Bawab	15	Heliopolis	35.99
2	Omar Ayman Wahied Mohamed	15	El Shams	35.88
3	Belal Mohamed Youns Mohamed	19	6th	35.69
4	Yousief Mohamed aly	15	Zamalek	35.69
5	Yousef Khaled A.Elrahman Bayomy	20	Wadi Degla	35.61
6	Amr Bashir	17	YMCA	35.65
7	Aly Hady Adel	16	Ahly	35.69
8	Mohamed Sameh Saied Mohamed	15	Bank Ahly Alex	35.77
9	Mohamed Nader Mohamed	15	A S E C	35.97
10	Ahmed abd el Hady Hassan	18	Zamalek	36.01

Heat 19 of 36 Timed Finals

1	Omar Mohamad Ahmad Kotp A	15	Smouha	35.56
2	Mohamed Diaa Eldeen Mohamed	17	Nasr City	35.50
3	Yassien Sameh Samy Hasham	16	A S E C	35.47
4	Mohamed Yasser Mohamed Elgha	16	Smouha	35.44
5	Fares Ahmed Mohamed Hmoda	16	Bank Ahly Alex	35.31
6	Ahmed Waild Mohamed	16	A S E C	35.41
7	Yehyia Tareq Elkady	16	Sporting	35.45
8	Ali Wael Mohamad Saad	15	Smouha	35.48
9	Adham Ashraf Sheta	15	Sporting	35.53
10	Youssef Mohamed Fathy Mohame	16	Smouha	35.56

Heat 20 of 36 Timed Finals

1	Yehya Tamer Gamaal Eldeen	15	Smouha	35.12
2	Blal Mohamed Elsaid Mahmo	16	Smouha	35.03
3	Sief Amr Elsharqawy	16	Smouha	35.01
4	Mohamed Khaled Mohmd Kamal Elt	20	Shooting	34.97
5	Yousef Mohamed Salah	17	A S E C	34.85
6	Saif Eddin Amr Abdel Raouf	16	Hadak Al Ahram	34.86
7	Ahmed Mohsen Mohamed	15	Ahly	34.97
8	Eyad Mohamed Abd ElMeneam	20	Tanta	35.03
9	Youssef Ahmed Hassan	17	Wadi Degla	35.09
10	Ahmed Mohamed Harby	15	Al Hawar	35.21

Heat 21 of 36 Timed Finals

1	Yousif Wael Hamed Elsaid	19	Smouha	34.80
2	Anas usama Mohamed	16	Al Tersana	34.79
3	Yahia Mostafa Gamal Eldeen Salem	18	Rowad	34.74
4	Yasen Ahm. Abd ElHay Soiemann Abd	17	El Gezira	34.68
5	Hassan Ibrahim Arafa	15	Rowad	34.54
6	Ibrahim Diaa El Din	15	Shooting	34.56
7	Youssef Ahmed El Sisi	15	Sporting	34.74
8	Yehia Hisham Yehia Abdelaz	16	Smouha	34.79
9	Mahmoud Mohamed Fayek Elshaer	15	6th	34.79
10	Omar Khaled Mohamed Nabil	17	A S E C	34.83

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1	Mostafa Ashraf Awad Allah	20	Olympic	34.38
2	Adam Karim Hemdan Abdo	16	Shooting	34.32
3	Belal Mohamed Fouad Ramadan	15	Olympic	34.15
4	Sief Ahmed Farouk	15	El Zohour	34.09
5	Yassien Ibrahim Mohamed	16	Smouha	34.06
6	Seif Mohamed Nabil	15	Wadi Degla	34.09
7	Yassien Ahmed Mohamed	16	Smouha	34.13
8	Youssef Tamer Gaber Mohamed	17	Smouha	34.29
9	Abd Elrahman Ahmed Abd Elrahman	16	El Zohour	34.37
10	Nabil Ahmed Nabil Elharas	15	Tanta	34.50

Heat 23 of 36 Timed Finals

1	Abdalah Waled el Said	20	Sporting	34.00
2	Abd El Rahman Essam El Sayed	18	Wadi Degla	33.95
3	Omar Ahmed Emad	15	Shooting	33.91
4	Yahia Mohamed Ahmed	17	Elethead	33.79
5	Zad Ahmed Mohamed Asran	15	Wadi Degla	33.79
6	Karem Esam Shahba	16	Tanta	33.79
7	Ebrahim Mohamed Hamdy	16	Tanta	33.82
8	Yehia SeifEL din EL Marghany	18	El Shams	33.94
9	Omar Mohamed Abdel Azem	15	Al Hawar	33.97
10	Hussein Mohamed Hussein Ghazy	15	Wadi Degla	34.06

Heat 24 of 36 Timed Finals

1	Mohamed Ahmed Ibraheem Moham	17	Rowad	33.68
2	Omar Tarek Saleh	16	Sporting	33.64
3	Moaaz Amr Gamal	19	Ahly	33.59
4	Samir Ramy Samir Fahdy	18	Smouha	33.56
5	Yousef Maged Mohamed	16	Rowad	33.52
6	Youssef Ahmed El Tahlawy	18	Ahly	33.53
7	Keven Sameh Adly	18	Minia Sport Clup	33.59
8	Mohab Mohamed Mostafa Ali	16	El Nasr Club	33.60
9	Abdelrahman Ayman Sayed	20	Fayoum Club	33.64
10	Moaaz Ahmed Ali Ahmed	17	Rowad	33.79

Heat 25 of 36 Timed Finals

1	Zein Eldein Hisham Mohamed Hosn	17	Shooting	33.48
2	Fadi Wael Gerges	17	Rehab	33.44
3	Ahmed Mahmoud Ahmed Abdraboo	15	Al Tersana	33.34
4	Mazen Saied Gaber Ali	17	Smouha	33.31
5	Malek Khaled Mahmoud Abady	16	Bank Ahly Alex	33.29
6	Mohamed Nashaat Abdelhamid	17	Zamalek	33.31
7	Mohamed AbdelAziz Abbas Taalab	35	El Gezira	33.32
8	Omar Khaled Gamal El Din Sayed	15	Maadi	33.35
9	Yehia Ahmed Atef Abdrabo	16	Smouha	33.46
10	Ahmed Hossam Eldin Salama	19	Smouha	33.49

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1	AbdElrhman Mhmoud Yuones Fatha	20	Smouha	33.22
2	Ahmed Mohamed Abdelrazek Soulin	19	Olympic	33.17
3	Adam Kareem Ahmed Mohamed	16	Bank Ahly Alex	33.14
4	Yousif Gaseer Migahed	16	Zamalek	33.10
5	Ali Mohamed Tawfeq	17	Wadi Degla	33.09
6	Kamal El Din Mokhtar	19	Wadi Degla	33.10
7	Mohamed Hussien Mohamed Huss	17	Smouha	33.13
8	Omar Hany Fathy	15	A S E C	33.15
9	Ahmed Hany Ahmed Mahmoud	15	Ahly	33.19
10	Moaz Mohamed Sayed Soliman	16	Ahly	33.26

Heat 27 of 36 Timed Finals

1	Essa Shref Abd EL Monem	15	Heliopolis	33.07
2	Nour Ahmed Elhassany	16	El Zohour	33.05
3	Mostafa Mohamed Mohamed Ashrf	15	Gezira El Ward	32.94
4	Adam Hossamaldin Abdallah	17	Zamalek	32.85
5	Yasin Sameh Fahmy	20	Heliopolis	32.69
6	Kamal Mohamed Kamal	15	Ahly	32.74
7	Zeyad Karm Mohamdeen	19	Ahly	32.88
8	Ahmed Wael Ibrahim Desouki	19	Tawfekaya	33.02
9	Mohamed Ayman Ibrahim	17	A S E C	33.05
10	Adham Mostafa Abdulla	15	Elethad	33.09

Heat 28 of 36 Timed Finals

1	Ahmed Mohamed Badawy	16	Wadi Degla	32.65
2	Omar Hazem	18	Zamalek	32.56
3	Ziyad Walid Nabiil	18	Sporting	32.47
4	Ahmed Hamed Abaas	18	Talbeia	32.37
5	Braa Ayman Ali	19	El Zohour	32.21
6	Ali Shref Ali Abdelkader	16	Smouha	32.29
7	Yousef Mahmoud Mohamed Sabry	17	El Shams	32.41
8	Amr Hany Mahmoud Ahmed	17	Ahly	32.53
9	Moamen Amr Mohamad Hamed Ko	15	Smouha	32.60
10	Omar Ibrahim Mohamed	19	Ahly	32.67

Heat 29 of 36 Timed Finals

1	Youssef Tamer Mohamed Hamed	18	Wadi Degla	32.11
2	Youssef Amr Moustafa Hany	17	Heliolido	32.08
3	Mazen Ismail Mohamed Ismail	19	Maadi	32.05
4	Ahmed Mostafa Hosny	18	Wadi Degla	31.99
5	Adam Ahmed Hamdy	17	Ahly	31.96
6	Ibrahim Yasser Farahat AbdElMagid	17	Maadi	31.99
7	Adham Elsayed Ali	16	Wadi Degla	32.02
8	Hamza Mohamed Hassan Moubarak	15	Heliopolis	32.08
9	Mahmoud Ahmed Eltablawy	17	El Zohour	32.10
10	abd Elrahman Mohamed Foaad	17	Talbeia	32.20

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1	Yassin Mohanad Hamzawy	18	Wadi Degla	31.93
2	Mazen Majed Mahmoud	15	Hadak Al Ahram	31.84
3	Mrawan amr Mostafa abd el Aziz	18	Al Tersana	31.75
4	Ahmed Amr Magdy	18	Shooting	31.75
5	Eazz El Din Mohamed Khamis	18	Sporting	31.74
6	Esmat Ashraf Esmat Hatata	18	Smouha	31.74
7	Yosuif Hesham Anour	18	El Ghaba	31.75
8	Omar Mohamed Yehia	16	Wadi Degla	31.78
9	Youssef Mohamed Abdelrehem Hem	17	Olympic	31.89
10	Yousef Yasser ali Abdelhalim	17	Olympic	31.93

Heat 31 of 36 Timed Finals

1	Yousef Mahmoud Sayed	16	Moasasa Riadiah Askaria	31.64
2	Mahmoud Tamer Mahmoud	17	Wadi Degla	31.63
3	Mostafa Moh. Ahm. Moh. Moharam	17	El Gezira	31.58
4	Kareem Amr Aly Hasan Hassan Shat	17	6th	31.51
5	Karim Kamal Ahmed Mostafa	20	6th	31.49
6	Eyad Osama Ramadan	19	Ahly	31.51
7	Ahmed Tamer Farouk Abd el Monsef	16	El Shams	31.52
8	Yasin Mohamed Abu Raya	18	Tanta	31.62
9	Hazem Hossam Nady	15	Wadi Degla	31.63
10	Yassien Yasser Hassan	16	Smouha	31.73

Heat 32 of 36 Timed Finals

1	Mohamed Emad Abdelhamid	16	Hadak Al Ahram	31.45
2	Ahmed Hatem abd el Sabour	24	Nasr City	31.44
3	Mohamed Emad Shaaban	18	Ahly	31.35
4	Abdelrahman Alaaeldin	19	Ahly	31.28
5	Abdelfattah Ahmed Youssef Ahmed	16	Olympic	31.23
6	Mohamed Amr Hussein	17	Wadi Degla	31.25
7	Ahmed Mohamed El Menyawy	19	Wadi Degla	31.32
8	Rami Michel Artigaud	17	El Gezira	31.37
9	Omar Yasser Menis	20	Sporting	31.45
10	Karem Mohamed Atia Ehsan	16	Heliopolis	31.45

Heat 33 of 36 Timed Finals

1	Ziad Ahamed Ragab Abd el Hamed	17	Shooting	31.15
2	Khaled Hammad Mohamed	19	Wadi Degla	31.12
3	Amr Mostafa Kodb	20	Smouha	31.05
4	Karim Mohamed El Gharabawy	18	El Zohour	31.00
5	Hanna Refaat Hanna Awadalla	17	Heliolido	30.84
6	Mohamed Salem Essa	18	Heliopolis	30.91
7	Mohamed Mahmoud Attia	18	Wadi Degla	31.01
8	Ziad Moahmed Salaheldin M	17	Smouha	31.05
9	Mahmoud Majed Mahmoud	19	Hadak Al Ahram	31.13
10	Yousif Ahmed Hamdy Borham	19	Smouha	31.22

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1	NourEldin Nasr Wahba	18	Smouha	30.75
2	Hani Mohammed Atwan	16	El Temsah	30.72
3	Ahmed Mohamed Eisaa	23	Zamalek	30.69
4	Mahmoud Mohamed Moharam el M:	16	Al Hawar	30.65
5	Aly Eldin Tamer Mohamed	19	Ahly	30.48
6	Darren Dimitrios Chin	18	Sporting	30.61
7	Adham Hisham Nor	20	Smouha	30.69
8	Abdel Rahman Ahmed Ali	17	Wadi Degla	30.69
9	Omar Mohamed Taha Radwan	23	Smouha	30.74
10	Mohamed Ashraf Abdel Hay	22	Ahly	30.81

Heat 35 of 36 Timed Finals

1	Mohamed Walid Hassan aly	17	Olympic	30.37
2	Marwan Mohamed Bakry Mohamed	17	Olympic	30.20
3	Abdelrahman Ashraf Abdelattif	19	Ahly	30.14
4	Mohamed Mashhour Yehia	18	Ahly	29.85
5	Ahmad Hany Ahmad	17	Heliopolis	29.63
6	Faris Mohamed Mashaly	24	Sporting	29.79
7	Ahmed Mohamed Amr	19	El Zohour	30.11
8	Mohamed Ahmed Essam Akl	20	Smouha	30.15
9	abd Elrahman Mohamed Bader	18	Al Tersana	30.29
10	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	30.43

Heat 36 of 36 Timed Finals

1	Mohaned LiwaaEldin Ali	18	Smouha	29.47
2	Mohand Tarik Mohamed Ali El	23	Smouha	29.28
3	Karim Mohamed Samy	20	Ahly	29.10
4	Daly Dimitrios Chin	26	Sporting	29.04
5	Mohamed Housam Ibrahim	27	Ahly	28.52
6	Saif Ahmed abd Elmoniem Emarah	20	El Shams	28.80
7	Ahmed Ismail Mohamed Ismail Ibral	20	Maadi	29.06
8	Seif Mohamed Mehrez	22	El Zohour	29.27
9	Adam Yousry Bebars	17	Ahly	29.46
10	Mohanad Mohamed Wageh	20	Shooting	29.55

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Event 68 Girls 15 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 20 Timed Finals				
4	Aliaa Emad Abd El-Azia	16	Faros	NT
5	Laila Ahmed Adel El Kholy	19	Maadi	NT
6	Goumana Tarek Yehia	18	Ahly	NT
Heat 2 of 20 Timed Finals				
1	Maryem Ahmed Saed Mahmoud	17	Tanta	NT
2	Amira Hatem Ahmed Shawky	17	Maadi	NT
3	Mirolla Hany Samir	17	Wadi Degla	NT
4	Mena Mohamed Abdul Rahim	18	El Zohour	NT
5	Dahb Magdy Kamal	19	Elethad	NT
6	Doha Wael Saleh	16	Wadi Degla	NT
7	Zeina Mohamed Elsaid	17	Enppi	NT
8	Malak Ahmed Anes Mahmoud	16	Al Hawar	NT
9	Engy Ahmed ElMahdy	16	Sporting	NT
10	Salma Mohamed Essam Abdels	16	City Club	NT
Heat 3 of 20 Timed Finals				
1	Habeba Ahmed Mohmed Abdou	15	Heliopolis	NT
2	Salma Ahmed Abo Mosalm	15	Ahly	NT
3	Nijar Maher Reda Taha	16	Moasasa Riadhia Askaria	NT
4	Mayar Sherif Mohamed	15	Elethad	NT
5	Fareda Ahmed Khalel	17	Wadi Degla	NT
6	Kenzy Ibrahim Ibrahim	19	Ahly	NT
7	Malak Sherif Shawky El Gohary	20	Maadi	NT
8	Hana Mostafa Ahmed Hamdy	22	Ahly	NT
9	Kenzi Mohamed	15	A S E C	NT
10	Nadine Mostafa Fathy	16	El Ghaba	NT
Heat 4 of 20 Timed Finals				
1	Habiba Mahmoud Abdelnaby	15	Sharks Team	NT
2	Nour Amr Mah. Fouad Elguindy	17	El Gezira	NT
3	Yasmin Wael Abdalaah	16	Zamalek	NT
4	Shahd Hesham Fouad Abaas	19	Zamalek	NT
5	Zeina Mohamed Abdel Moaez	15	Ahly	NT
6	Nada Afify Abdelmaqsoud	16	Zamalek	NT
7	Sara Elhamy Foad Abd El Sallam	18	Maadi	NT
8	Salma Mohamed Elsaid Tanta	15	Zamalek	NT
9	Aisha Ahmed AbdElmagid	17	Sporting	NT
10	Hanan Amr Mohamed	17	El Nasr Club	NT
Heat 5 of 20 Timed Finals				
1	Bessan Samir Sabry Aziz	15	Elethad	NT
2	Salma Sherif Hussien Mohamed	20	Maadi	NT
3	Nataly Adel Ragy	16	Wadi Degla	50.79
4	Alina George Boutros	15	Elethad	44.78
5	Bery Ahmed Ibrahim	15	Elethad	42.03
6	Farah Hesham Salah	16	Wadi Degla	43.20
7	Jana Wael Fahem	17	Zamalek	46.32
8	Jana Ahmed Ebrahim	20	Sporting	NT
9	Farida abd el Aziz Gaber	16	A S E C	NT
10	Malak Mohamed Adel Ahmed	16	Wadi Degla	NT

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 20-03-2023 Mon Eve****Heat 6 Timed Finals... (Event 68 Girls 15 & Over 50 LC Meter Butterfly)**

1	Gasmen Eslam Farouk Mahdy	15	Bank Ahly Alex	40.70
2	Judy Sayed Ahmed	16	Wadi Degla	38.62
3	Marvel Youhana Samer	17	Minia Sport Clup	37.72
4	Aisel Mostafa Anwar	18	Ahly	37.62
5	Ranheil Moaataz Ballah Ali Ibrahim	20	Zamalek	37.30
6	Hana Ahmed Ragab	16	El Ghaba	37.34
7	Karema Kamel Saad	15	A S E C	37.63
8	Hana Ahmed Mohamed	15	Wadi Degla	37.90
9	Arwa Magd Elsayed	18	Ahly	38.66
10	Carole Baher Fouad	15	Sporting	41.29

Heat 7 of 20 Timed Finals

1	Lyly Mohamed Saed Hamad	16	Tanta	36.86
2	Jana Mohamed Ahmed	17	A S E C	36.54
3	Janis Matta Fayez	18	Wadi Degla	36.48
4	Malak Ahmed Ibrahim Mohame	17	Smouha	36.31
5	Habiba Ayman Abbas Maamoun	15	Sporting	35.97
6	Nadia Ayman eid Abdelhmid	15	Zamalek	36.07
7	Eman Mohamed Hilmy	15	Moasasa Riadiyah Askaria	36.33
8	Karien Alfrid Saber	15	Zamalek	36.53
9	Jana Ashraf Mohamed Gaber	17	Olympic	36.77
10	Maya Ali Ahmed	15	Elethad	36.89

Heat 8 of 20 Timed Finals

1	Lilly Ahmed Farwiz	16	El Gezira	35.97
2	Esraa Wael Ezat	17	Zamalek	35.52
3	Leila Ahmed Ebrahim Ali Eid	18	Heliolido	35.46
4	Jana Waleed abd Elrazek Gaafar	16	Wadi Degla	35.20
5	Malak Ali Moh. Abd El Metaal	16	El Gezira	35.17
6	Malak Tarek El Kady	18	Sporting	35.20
7	Monika Ayman Raaouf Eriyan	19	El Shams	35.20
8	Salma Waleed Raslan	15	Al Hawar	35.51
9	Aysel Sameh Mahmoud	15	El Zohour	35.78
10	Farida Mohamed Soliman	16	Zamalek	35.97

Heat 9 of 20 Timed Finals

1	Lemar Samer Elsaeid Anwar	15	Smouha	35.00
2	Mariem aly Mahdy Mohamed	15	Zamalek	34.86
3	Hana Hesham Saleh	18	Wadi Degla	34.61
4	Mariam Ahmed Abdel Hakm	15	Ahly	34.56
5	Joudy Tamer Kamal	16	Smouha	34.35
6	Hana Tarek Fared	20	Shooting	34.36
7	Saba Ahmed Elshabrawy	15	Ahly	34.60
8	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	34.75
9	Alaa Amr El Sokry	18	Sporting	34.97
10	Shaza Mohamed Said Hussein	15	Elethad	35.14

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Heat 10 Timed Finals... (Event 68 Girls 15 & Over 50 LC Meter Butterfly)

1	Habiba Ahmed Hassan	15	Ahly	34.22
2	Laila Hassan Mohamed	19	Elethad	34.12
3	Hana Ahmed Elsanhory	16	Smouha	34.00
4	Mayroz Mohamed abd Elsalam	15	Tanta	33.65
5	Zenia Ahmed Saied Kandil	16	Heliopolis	33.53
6	Malak Yasser Abdellatif	15	Sporting	33.58
7	Malak Hesham Mohamed	17	Ahly	33.72
8	Khadiga Yasser Fattouh	16	Ahly	34.04
9	Noha Alaa Abd Elhlim	19	El Zohour	34.12
10	Jana Mohamed Darwish	15	El Ghaba	34.23

Heat 11 of 20 Timed Finals

1	Farida Haitham Nabil Ali Za	17	Smouha	33.46
2	Nour Ahmed Samer	18	Sporting	33.34
3	Tala Tarekf el Kafrawe	17	Heliopolis	33.20
4	Dima Adel Mohamed	16	Smouha	33.14
5	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	32.92
6	Razan Ahmed Hosny	19	Wadi Degla	32.93
7	Sama Karm Nasr Mohamed	16	El Shams	33.17
8	Malak Islam Mohamed	18	Ahly	33.29
9	Farah Hassan Rageb	18	A S E C	33.45
10	Malak Ahmed Eisa	16	El Ghaba	33.46

Heat 12 of 20 Timed Finals

1	Tasnem Mohamed Mohamed Gala	19	Smouha	32.76
2	Nour Hossam Zaghloul	16	Sporting	32.55
3	Zina Yasser Ahmed	17	Sporting	32.42
4	Farah Ayman Gaber	16	Smouha	32.31
5	Jannah Sameh AbdelMoneem	16	Sporting	32.15
6	Hania Hossam Ahmed Salama	15	Smouha	32.21
7	Fairoz Ahmed Ibrahiem	15	El Shams	32.34
8	Ganaa Mohamed Elsaed Gad	15	Bank Ahly Alex	32.50
9	Menna Tallah Kharboush	15	Ahly	32.68
10	Fareda Mohamed Farouk	16	Wadi Degla	32.82

Heat 13 of 20 Timed Finals

1	Habiba Mohamed Abd el Naby	15	Wadi Degla	32.09
2	Malak Mohamed Mhmoud Hamad	18	Smouha	32.07
3	Farida Moustafa Abd Elaziz	17	Sporting	32.00
4	Halla Alla Maher	17	Wadi Degla	31.92
5	Hanen Ahmed Hussin	17	Zamalek	31.88
6	Gandan Ahmed Farouk	19	Shooting	31.92
7	Hour een Samer Elsaeid Shaban	15	Smouha	31.98
8	Nadine Ayman Hussein	18	Hadak Al Ahram	32.01
9	Nada Mohamed Magdy	15	Elethad	32.07
10	Mariem Hossam Elden Hassan	15	Cairo	32.12

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Meet Program - 20-03-2023 Mon Eve

Heat 14 Timed Finals... (Event 68 Girls 15 & Over 50 LC Meter Butterfly)

1	Fareda Mohamed Rabie	16	Tanta	31.80
2	Goumana Wael Hosny	16	Ahly	31.76
3	Rodaina Mohamed Saad	18	Wadi Degla	31.73
4	Nour Mohamed Elsoda	15	Maadi	31.67
5	Jana Ahmed akl	15	Sporting	31.61
6	Salma Abdel Hamid Mazrouh	17	Wadi Degla	31.66
7	Haya Mohamed Mahmoud	15	Wadi Degla	31.70
8	Haya HossamEldin Kndel	18	Smouha	31.76
9	Nour Shref Osama	15	Heliopolis	31.79
10	Shahd Amr Mohamed EL Garie	16	Heliolido	31.82

Heat 15 of 20 Timed Finals

1	Salma Alaa Mahdy	20	Ahly	31.56
2	Menna Mohamed Alashkar	17	Zamalek	31.42
3	Joudy Khaled Saied Ismail	15	Olympic	31.27
4	Lian Shady Sabry	19	Heliopolis	31.22
5	Malek Essam Eldin	19	Elethead	31.11
6	Shahd Mohamed Ismael	18	Smouha	31.21
7	Ingy Bassem Bahaa Eldin	15	Ahly	31.25
8	Goumana Mohamed Ibrahim	15	Ahly	31.31
9	Hana Hisham Mohamed Yousi	18	Smouha	31.55
10	Nadine Hazem Mohamed	15	Pegasus Club	31.60

Heat 16 of 20 Timed Finals

1	Khadega abd el Azez Glal	16	Heliopolis	31.09
2	Kanzy Hesham Rashad	20	Shooting	31.02
3	Mariam Mohamed Soliman Aoda	16	Wadi Degla	30.95
4	Rewida Hisham Tolba Ibrahim	28	Ahly	30.88
5	Karma aly Elsheraee	17	Heliopolis	30.86
6	Hameis Essam Al Kholy	15	Shooting	30.86
7	Farida Amr Mohamed Abd El Moteli	18	Shooting	30.94
8	Joudy Magdy Abbas	17	Bank Ahly Alex	31.02
9	Nayera Tarek El-Sayed	16	Faros	31.02
10	Rodayna Mohamed Wagdy	16	Al Tersana	31.11

Heat 17 of 20 Timed Finals

1	Mennatallah Hatem Ibrahim Elsaye	16	A S E C	30.84
2	Jolin Hany Gamal	17	Sporting	30.81
3	Malak Ahmed Gamal al Shazly	15	Shooting	30.75
4	Farida Mohamed Ahmed El Okda	17	Shooting	30.73
5	Rozana Waleed Desoky	16	Nasr City	30.60
6	Jana Mohamed Abdel Fatah	19	Shooting	30.60
7	Rouaa Ahmed Ibrahim	19	Rowad	30.73
8	Carine Elia Abd el Malak	17	Hadak Al Ahram	30.79
9	Loujain Youssef Ahmed	20	Ahly	30.83
10	Shahd Ahmed Abd Elbaky	19	Sporting	30.84

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1	Dilara Khaled Ahmed Mohamed	17	Olympic	30.57
2	Jana Maged Amir	15	El Zohour	30.48
3	Retaj Mohamed Elsayed Anwa	17	Smouha	30.43
4	Salma Mohamed Hamdy	15	Gezira El Ward	30.33
5	Farida Ahmed Ibrahim	17	El Ghaba	30.17
6	Sara Mahmoud El Gendy	17	Wadi Degla	30.23
7	Rofaida Mahmoud Mohamed Hass	17	15 May	30.43
8	Habiba Mohamad Saeed Shebl	15	Smouha	30.45
9	Haya Mohamed Mahmoud	16	Ahly	30.52
10	Karma Shady Mohamed Sabry	16	Heliopolis	30.57

Heat 19 of 20 Timed Finals

1	Lara Ahmed Elwan	15	Ahly	30.13
2	Norhan Mohamed Mohei El din	20	Smouha	30.07
3	Malak Mohamed Mahmoud Gaber	18	Maadi	30.05
4	Nour Mohamed Hessien Ahmed	18	El Shams	29.84
5	Mayar Mohamed Gaber	22	Ahly	29.53
6	Farida Ayman Samra	19	Shooting	29.59
7	Rawan Wael	18	Ahly	29.85
8	Salma Osama Mohamed Darwes	17	Tanta	30.05
9	Hana Wael Magdi Mah . Elsaeed	17	El Gezira	30.08
10	Hala Amr	15	El Ghaba	30.16

Heat 20 of 20 Timed Finals

1	Fatma Mohamed Klel Ebrahim	19	6th	29.28
2	Nour Mohamed Ibrahim Ali	18	Smouha	29.20
3	Jihan Ahmed Abdel Azim	19	Hadak Al Ahram	29.14
4	Alia Khaled Abas Sabaa	17	Heliopolis	28.87
5	Sara Waled Mahmoud	16	Heliopolis	27.54
6	Lougein amr Khaleil Ibrahim	16	Zamalek	28.79
7	Hana Waled Hasan	18	El Shrook	28.94
8	hla Mohamed Nanoush	16	Tanta	29.17
9	Hedy Amr Moustafa Hamouda	24	Heliopolis	29.28
10	Jana Khalid	19	Sporting	29.40