

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Session Report**

Session: 1 14-03-2023 Tues Mor

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 15 & Over 200 Breaststroke	108	11	09:00 AM	_____
Finals	2 Boys 15 & Over 200 IM	270	27	09:42 AM	_____
Finals	3 Girls 15 & Over 100 Backstroke	169	17	11:08 AM	_____
	Swimmers Counts for Warm-ups: 538	=====	=====		
	Entry / Heat Totals:	547	55		
	Finish Time			11:48 AM	_____

Session: 2 14-03-2023 Tues Eve

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	4 Boys 15 & Over 50 Butterfly	570	57	04:00 PM	_____
Finals	5 Girls 15 & Over 50 Freestyle	257	26	05:01 PM	_____
	Swimmers Counts for Warm-ups: 827	=====	=====		
	Entry / Heat Totals:	827	83		
	Finish Time			05:29 PM	_____

Session: 3 15-03-2023 Wed Mor

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	6 Girls 15 & Over 400 IM	79	8	09:00 AM	_____
Finals	7 Boys 15 & Over 100 Backstroke	267	27	09:54 AM	_____
Finals	8 Girls 15 & Over 100 Freestyle	296	30	10:54 AM	_____
	Swimmers Counts for Warm-ups: 637	=====	=====		
	Entry / Heat Totals:	642	65		
	Finish Time			11:46 AM	_____

Session: 4 15-03-2023 Wed Eve

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 15 & Over 50 Breaststroke	154	16	04:00 PM	_____
Finals	10 Boys 15 & Over 1500 Freestyle	135	14	04:20 PM	_____
Finals	11 Girls 15 Year Olds 400 Freestyle Relay	0	0	09:01 PM	_____
Finals	12 Girls 16 Year Olds 400 Freestyle Relay	0	0	09:01 PM	_____
Finals	13 Girls 17 Year Olds 400 Freestyle Relay	0	0	09:01 PM	_____
Finals	14 Girls 18 Year Olds 400 Freestyle Relay	0	0	09:01 PM	_____
Finals	15 Girls 19 Year Olds 400 Freestyle Relay	0	0	09:01 PM	_____
	Swimmers Counts for Warm-ups: 289	=====	=====		
	Entry / Heat Totals:	289	30		
	Finish Time			09:01 PM	_____

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Session Report**

Session: 5 16-03-2023 Thurs Mor

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	16 Boys 15 & Over 100 Breaststroke	276	28	09:00 AM	_____
Finals	17 Girls 15 & Over 100 Butterfly	134	14	09:53 AM	_____
Finals	18 Boys 15 & Over 200 Butterfly	160	16	10:18 AM	_____
	Swimmers Counts for Warm-ups: 567	=====	=====		
	Entry / Heat Totals:	570	58		
	Finish Time			11:07 AM	_____

Session: 6 16-03-2023 Thurs Eve

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 15 & Over 400 Freestyle	143	15	04:00 PM	_____
Finals	20 Boys 15 & Over 100 Freestyle	751	76	05:31 PM	_____
Finals	21 Women 15 & Over 400 Freestyle Relay	0	0	07:36 PM	_____
Finals	22 Men 15 & Over 400 Freestyle Relay	0	0	07:36 PM	_____
	Swimmers Counts for Warm-ups: 894	=====	=====		
	Entry / Heat Totals:	894	91		
	Finish Time			07:36 PM	_____

Session: 7 17-03-2023 Fri Mor

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Boys 15 & Over 400 IM	123	13	08:00 AM	_____
Finals	24 Girls 15 & Over 100 Breaststroke	137	14	09:19 AM	_____
	Swimmers Counts for Warm-ups: 260	=====	=====		
	Entry / Heat Totals:	260	27		
	Finish Time			09:47 AM	_____

Session: 8 17-03-2023 Fri Eve

Day of Meet: 4 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 15 & Over 800 Freestyle	98	10	04:00 PM	_____
Finals	26 Boys 15 & Over 100 Butterfly	400	40	05:54 PM	_____
Finals	27 Girls 15 & Over 50 Backstroke	194	20	07:02 PM	_____
Finals	28 Boys 15 Year Olds 400 Freestyle Relay	0	0	07:35 PM	_____
Finals	29 Boys 16 Year Olds 400 Freestyle Relay	0	0	07:35 PM	_____
Finals	30 Boys 17 Year Olds 400 Freestyle Relay	0	0	07:35 PM	_____
Finals	31 Boys 18 Year Olds 400 Freestyle Relay	0	0	07:35 PM	_____
Finals	32 Boys 19 Year Olds 400 Freestyle Relay	0	0	07:35 PM	_____
	Swimmers Counts for Warm-ups: 691	=====	=====		
	Entry / Heat Totals:	692	70		
	Finish Time			07:35 PM	_____

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Session Report**

Session: 9 18-03-2023 Sat Mor

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Girls 15 & Over 200 IM	153	16	09:00 AM	_____
Finals	34 Boys 15 & Over 200 Breaststroke	176	18	09:56 AM	_____
Finals	35 Girls 15 Year Olds 400 Medley Relay	0	0	10:57 AM	_____
Finals	36 Girls 16 Year Olds 400 Medley Relay	0	0	10:57 AM	_____
Finals	37 Girls 17 Year Olds 400 Medley Relay	0	0	10:57 AM	_____
Finals	38 Girls 18 Year Olds 400 Medley Relay	0	0	10:57 AM	_____
Finals	39 Girls 19 Year Olds 400 Medley Relay	0	0	10:57 AM	_____
Finals	40 Boys 15 & Over 800 Freestyle	171	18	10:57 AM	_____
	Swimmers Counts for Warm-ups: 496	=====	=====		
	Entry / Heat Totals:	500	52		
	Finish Time			02:10 PM	_____

Session: 10 18-03-2023 Sat Eve

Day of Meet: 5 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Boys 15 & Over 50 Backstroke	363	37	04:00 PM	_____
Finals	42 Girls 15 & Over 200 Freestyle	203	21	05:00 PM	_____
Finals	43 Boys 15 Year Olds 400 Medley Relay	0	0	06:04 PM	_____
Finals	44 Boys 16 Year Olds 400 Medley Relay	0	0	06:04 PM	_____
Finals	45 Boys 17 Year Olds 400 Medley Relay	0	0	06:04 PM	_____
Finals	46 Boys 18 Year Olds 400 Medley Relay	0	0	06:04 PM	_____
Finals	47 Boys 19 Year Olds 400 Medley Relay	0	0	06:04 PM	_____
	Swimmers Counts for Warm-ups: 566	=====	=====		
	Entry / Heat Totals:	566	58		
	Finish Time			06:04 PM	_____

Session: 11 19-03-2023 Sun Mor

Day of Meet: 6 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	48 Boys 15 & Over 200 Freestyle	412	42	09:00 AM	_____
Finals	49 Girls 15 & Over 200 Butterfly	75	8	11:01 AM	_____
Finals	50 Boys 15 Year Olds 800 Freestyle Relay	0	0	11:29 AM	_____
Finals	51 Boys 16 Year Olds 800 Freestyle Relay	0	0	11:29 AM	_____
Finals	52 Boys 17 Year Olds 800 Freestyle Relay	0	0	11:29 AM	_____
Finals	53 Boys 18 Year Olds 800 Freestyle Relay	0	0	11:29 AM	_____
Finals	54 Boys 19 Year Olds 800 Freestyle Relay	0	0	11:29 AM	_____
	Swimmers Counts for Warm-ups: 487	=====	=====		
	Entry / Heat Totals:	487	50		
	Finish Time			11:29 AM	_____

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Session Report**

Session: 12 19-03-2023 Sun Eve

Day of Meet: 6 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 15 & Over 1500 Freestyle	81	9	04:00 PM	_____
Finals	56 Boys 15 & Over 50 Freestyle	718	72	07:17 PM	_____
Finals	57 Women 15 & Over 800 Freestyle Relay	0	0	08:31 PM	_____
Finals	58 Men 15 & Over 800 Freestyle Relay	0	0	08:31 PM	_____
	Swimmers Counts for Warm-ups: 799	=====	=====		
	Entry / Heat Totals:	799	81		
	Finish Time			08:31 PM	_____

Session: 13 20-03-2023 Mon Mor

Day of Meet: 7 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	59 Boys 15 & Over 400 Freestyle	205	21	09:00 AM	_____
Finals	60 Girls 15 & Over 200 Backstroke	107	11	10:55 AM	_____
Finals	61 Boys 15 & Over 200 Backstroke	182	19	11:38 AM	_____
Finals	62 Girls 15 Year Olds 800 Freestyle Relay	0	0	12:48 PM	_____
Finals	63 Girls 16 Year Olds 800 Freestyle Relay	0	0	12:48 PM	_____
Finals	64 Girls 17 Year Olds 800 Freestyle Relay	0	0	12:48 PM	_____
Finals	65 Girls 18 Year Olds 800 Freestyle Relay	0	0	12:48 PM	_____
Finals	66 Girls 19 Year Olds 800 Freestyle Relay	0	0	12:48 PM	_____
	Swimmers Counts for Warm-ups: 473	=====	=====		
	Entry / Heat Totals:	494	51		
	Finish Time			12:48 PM	_____

Session: 14 20-03-2023 Mon Eve

Day of Meet: 7 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	67 Boys 15 & Over 50 Breaststroke	354	36	04:00 PM	_____
Finals	68 Girls 15 & Over 50 Butterfly	193	20	04:42 PM	_____
Finals	69 Men 15 & Over 400 Medley Relay	0	0	05:04 PM	_____
Finals	70 Women 15 & Over 400 Medley Relay	0	0	05:04 PM	_____
	Swimmers Counts for Warm-ups: 547	=====	=====		
	Entry / Heat Totals:	547	56		
	Finish Time			05:04 PM	_____