

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

## Event 67 Women 15 &amp; Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 26 Finals</b>				
3	Zina Wael Elsaeid	17	GEZIR	NT
4	Farah Mohamed Fekre Most	16	SHRKS	NT
5	Salma Ahmed Elmiligi Bad	16	6 OCT	NT
6	Gana Nasr El Din Ali	20	Sporting	NT
7	Gomana Osama Mohamed	15	Y.M.C.A	NT
8	Jomana Gaber Ahmam	19	Y.M.C.A	NT
<b>Heat 2 of 26 Finals</b>				
1	Rose Alaa Refaat	15	SMOHA	NT
2	Fatma Amr Aly	15	SHOOT	NT
3	Khadega Kaled	16	HELOP	NT
4	Ahbab Hossamedin Ahmed	15	Olympic	NT
5	Habiba Mohamed AL Said	17	RWAD	NT
6	Rawan Yahia	16	ZMALK	NT
7	Shahd Yousry Mohamed Ha	19	Olympic	NT
8	Toka Ayman Ebrahim Eldsc	16	SMOHA	NT
9	Myriam Hussein Mahmoud	15	Luxor Club	NT
10	Sandra Emad Onsy	16	RWAD	NT
<b>Heat 3 of 26 Finals</b>				
1	Gana Mohamed Said	17	ZMALK	NT
2	Malk Waled Shoukry	15	Bitash	NT
3	Malak Ali Atia	17	SMOHA	NT
4	Fareeda Mohamed Abd El N	15	SHOOT	NT
5	Roudina Hamdy Fouad	15	Tlaea El Ostol	NT
6	Retag Ahmed Saber	17	DEGLA	NT
7	Farida Amr Tarek Zaied	16	ZOHUR	NT
8	Goudy Mohamed Sabry	15	GHABA	NT
9	Nataly Gorge Atif Tawfik	16	DEGLA	NT
10	Negar Yasser Ahmed Mohar	15	Al-Ahram Sports	NT
<b>Heat 4 of 26 Finals</b>				
1	Lojin Mohamed Moustafa	18	A S E C	NT
2	Jana Alla Mohamed	16	Minia Sport Clup	NT
3	Malak Mohamed Abbas Mo	19	MAADI	NT
4	Sara Mohamed Hassan	23	AHLY	NT
5	mai Mohamed Abdelmonerr	15	MRAC	NT
6	Youliana Mina Fakhry Frans	15	Olympic	NT
7	Nour Hossam Mohamed	15	Y.M.C.A	NT
8	Nour Ahmad Mahmud Abde	16	SMOHA	NT
9	Rokaya Khalid El Masry	19	Sporting	NT
10	Ingy Bassem Bahaa Eldin	16	AHLY	NT
<b>Heat 5 of 26 Finals</b>				
1	Farah Hatem Ngaty Moham	16	HELOP	NT
2	Malak Yasser Abdellatif	16	Sporting	NT
3	Zeina Mohamed El Saied	18	ENPPI	NT
4	Menatalla Morsy	17	SMOHA	NT
5	Kholoud Abdelfatah Ali Abc	18	SMOHA	NT
6	Laila Ossama	15	Sporting	NT
7	Habiba Mohamed Mahmoud	15	A S E C	NT
8	Mariam Ahmed Zahran	17	Sporting	NT
9	Jode Mohamad Yossef Moh	16	SMOHA	NT
10	Joudy Wael Saad Fayed	15	Elethad	NT

## Heat 6 of 26 Finals

1	Rawan Tamer Essam Mahm	17	DEGLA	NT
2	Maya Ahmed Ragheb	17	Sporting	NT
3	Habiba Mohamed Kamal	15	Elethad	NT
4	Hana Tamer Ibrahim	16	Elethad	NT
5	Merna Osama Ahmed	15	Elec	NT
6	Dahb Magdy Kamal	20	Elethad	NT
7	Salma Ahmed Mahmoud Al	16	HELOP	NT
8	Notalila Sobhy Ramzy Sobh	15	Bank Ahly Alex	NT
9	Rokia Shrif Mohamd Faroul	15	Bank Ahly Alex	NT
10	Hala Mohamed Moustafa G	15	Olympic	NT

## Heat 7 of 26 Finals

1	Mariam Ahmed Hassan	15	Tlaea El Ostol	NT
2	Nada Hassan Ahmed Hassar	18	Elethad	NT
3	Rana Mohamed Ramdan Ah	17	Olympic	NT
4	Ayla Mohamed Ali EL Med	16	HELOP	NT
5	Donia Ebrahim Ebid	19	Sporting	NT
6	Gudy Mohamed Nabil Zaki	15	Gezira El Ward	NT
7	Hana Hisham Ahmed Ibrahi	15	ZMALK	NT
8	Fatma Kamil Mohamed	16	ZMALK	NT
9	Kinzi Husayn	15	Zahraa Helwan	NT
10	Lavinia Hany Samir	15	DEGLA	NT

## Heat 8 of 26 Finals

1	Nouray Tarek Halim Mohan	15	DEGLA	50.70
2	Marim Zaky	19	Sporting	43.29
3	Mryiam Mena Samy	16	Elethad	41.79
4	Carole Baher Fouad	16	Sporting	41.15
5	Fayrouz Hassan Fathalla	15	Elethad	39.75
6	Joudy Yasser Mohamed	16	DEGLA	41.03
7	Nour El Hassan Ali Gad El l	16	DEGLA	41.68
8	Dana Mohamed Selim Ahm	15	DEGLA	42.23
9	Alina George Boutros	16	Elethad	46.52
10	Henar amr el Sofy	16	TRSAN	51.53

## Heat 9 of 26 Finals

1	Maya Mohamed abd el Shaf	16	SHOBR	38.42
2	Jana Ashraf Mohamed Gabe	18	Olympic	38.21
3	Jana Alaa Ibrahim Hussien	15	SMOHA	37.86
4	Farida Wael Hamdy	15	SMOHA	37.53
5	Hana Ayman Ibrahim Ahme	18	SMOHA	37.33
6	Jana Waleed abd Elrazek Ga	17	DEGLA	37.40
7	Lana Tarek Ebrahim	17	TAGAM	37.71
8	Saga Wael Omr	15	Bitash	38.03
9	Hanen Mohamed Hassan El	15	Elethad	38.34
10	Aseil Islam Mohammed	16	ENPPI	38.80

## Heat 10 of 26 Finals

1	Salma Hesham	15	A S E C	37.23
2	Tala Feras Mostafa Mohreb	15	SMOHA	37.04
3	Negar Hithem Ahmed	15	Y.M.C.A	36.81
4	Nancy Mahmoud Ragab	15	Bank Ahly Alex	36.63
5	Razan Kalel Ebrahim	16	Bitash	36.46
6	Habiba Ayman Abbas Maar	16	Sporting	36.53
7	Farah Okasha Mohamed	18	HLWAN	36.67
8	Malak Mohamed Talaat	15	SHRKS	37.04
9	Malak Mohamed Adel Ibrah	15	A S E C	37.08
10	Sara Ahmed Mohamed	15	Bitash	37.24

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

**Heat 11 Finals (#67 Women 15 & Over 50 LC Meter Butterfly)**

1	Sama Rafik Ibrahim Gaber	15	Elethead	36.38	_____
2	Jana Mohamed Samir Khale	19	Olympic	36.24	_____
3	Yasmin Mohamed El Sayed	19	SMOHA	36.12	_____
4	Judy Sayed Ahmed	17	DEGLA	36.05	_____
5	Rodaina Mohamed Mohame	15	Gezira El Ward	36.01	_____
6	Leila Ahmed Ebrahim Ali E	19	HELDO	36.04	_____
7	Joudy Ebrahim Shaban	15	Bitash	36.05	_____
8	Maya Ali Ahmed	16	Elethead	36.20	_____
9	Shad abd Fattah	15	Sporting	36.37	_____
10	Malika Smou El Din Mostal	17	DEGLA	36.41	_____

**Heat 12 of 26 Finals**

1	Hana Ahmed Ragab	17	GHABA	35.56	_____
2	Retag Mohamd Ghareeb	15	SMOHA	35.33	_____
3	Karema Kamel Saad	16	A S E C	35.07	_____
4	Hana Mohamed El Sayed	16	A S E C	34.93	_____
5	Salma Sherif Yehia	15	SHOOT	34.83	_____
6	Sarah Karim Mohamed Gal	18	SMOHA	34.88	_____
7	Lojin Taha Mohamed Taha	15	A S E C	35.05	_____
8	Hallaa Hamd Ahmed	15	Bitash	35.28	_____
9	Kenzi Mohamed	16	A S E C	35.52	_____
10	Rokaia Amr Mohamed	15	DEGLA	36.00	_____

**Heat 13 of 26 Finals**

1	Retaj Ahmed Mahmoud	15	SMOHA	34.59	_____
2	Jasmin Ahmed Kenawi	15	Damnhor Sport	34.51	_____
3	Renad Ahmed Hamdy	15	Elethead	34.47	_____
4	Rana Raeid El Shazly	17	Canal Suez Port	34.33	_____
5	Eman Tarik Mohamed Salla	18	SMOHA	34.26	_____
6	Habiba Attia Youssef	16	SENZO	34.32	_____
7	Aysel Sameh Mahmoud	16	ZOHUR	34.38	_____
8	Rania Mohamed Ibrahim	17	ENPPI	34.49	_____
9	Lorian Hany	16	Sporting	34.51	_____
10	Mehraeil Youssef Khalil	16	Y.M.C.A	34.62	_____

**Heat 14 of 26 Finals**

1	Mirolla Hany Samir	18	DEGLA	34.17	_____
2	Byrne Ibrahim Adel	16	Elethead	34.12	_____
3	Farida Ahmed Hussien	15	SMOHA	34.06	_____
4	Mariam Ahmed Abdel Hagn	16	AHLY	33.99	_____
5	Habeba Mohamed Moussa I	19	Olympic	33.92	_____
6	Hanin Mohamed AL Said	15	RWAD	33.97	_____
7	Mayroz Mohamed abd Elsal	16	TANTA	34.04	_____
8	Dima Adel Mohamed	17	SMOHA	34.08	_____
9	Shaza Mohamed Said Husse	16	Elethead	34.16	_____
10	Reta Khalil Fawzy	15	A S E C	34.26	_____

**Heat 15 of 26 Finals**

1	Malak Ahmed Salah	15	RWAD	33.87	_____
2	Ayten Yaser Abdelmouty	15	SMOHA	33.80	_____
3	Jana Saber Ebrahim Mohan	15	6 OCT	33.60	_____
4	Zeina Sherif Ahmed	15	DEGLA	33.46	_____
5	Yasmen Ahmed Basim	18	Sporting	33.43	_____
6	Kenzy Magdy Mohamed Al	17	MAADI	33.46	_____
7	Nour Ahmed Samer	19	Sporting	33.57	_____
8	Shrouk Wael Mohamed	15	EALAM	33.62	_____
9	Mariam Mohammed Hamdy	19	SHOOT	33.81	_____
10	Malak Mohamed Mahmoud	15	DEGLA	33.89	_____

**Heat 16 of 26 Finals**

1	Jowayreya Mohamed Saad I	18	Olympic	33.38	_____
2	Karma Mohamed Elwakiel	17	SMOHA	33.31	_____
3	Khadeja Housen EL Dahan	15	HELOP	33.00	_____
4	Mariam Amr Mohamed You	19	DEGLA	32.86	_____
5	Hoda Goma Sobhy Mohame	15	SHAMS	32.85	_____
6	Farah Ayman Gaber	17	SMOHA	32.85	_____
7	Logien Ahmed Elsherif	17	SHOOT	32.98	_____
8	Kenzy Mowafy Mahmoud	15	SMOHA	33.13	_____
9	Goumana Wael Hosny	17	AHLY	33.34	_____
10	Nor Ahmed Ali Ahmed	19	Bank Ahly Alex	33.39	_____

**Heat 17 of 26 Finals**

1	Hania Hossam Ahmed Salar	16	SMOHA	32.74	_____
2	Hour een Samer Elsaied Shæ	16	SMOHA	32.73	_____
3	Noha Alaa Abd Elhlim	20	ZOHUR	32.57	_____
4	Retaal Mohamd Ghareeb	15	SMOHA	32.53	_____
5	Celine Sameh Fouad	17	DEGLA	32.43	_____
6	Hana Walid Atallah	15	HADAK	32.48	_____
7	Farida Nasser Mohamed El-	16	SHOOT	32.56	_____
8	Nourhan Sherif SalahEldin	16	Elethead	32.62	_____
9	Mariam Ayman Saeed	15	A S E C	32.73	_____
10	Nour Mohamed aly el Sobky	17	DEGLA	32.81	_____

**Heat 18 of 26 Finals**

1	Farida Moustafa Abd Elaziz	18	Sporting	32.35	_____
2	Sama Karm Nasr Mohamed	17	SHAMS	32.21	_____
3	Menna Allah Elsaid Awad B	16	Stad Mansoura	32.17	_____
4	Yomna Gomaa Ali Abdo	15	Bank Ahly Alex	32.11	_____
5	Ganaa Mohamed Elsaed Ga	16	Bank Ahly Alex	31.97	_____
6	Malak Mohamed Mahmoud	15	Stad Mansoura	32.07	_____
7	Menna Mohamed Alashkar	18	ZMALK	32.16	_____
8	Haya HossamEldin Kndel	19	SMOHA	32.19	_____
9	Amina Ayman Farrag	15	DEGLA	32.22	_____
10	Doha Wael Saleh	17	DEGLA	32.43	_____

**Heat 19 of 26 Finals**

1	Salma Alaa Mahdy	21	AHLY	31.84	_____
2	Jomana Hossam Mostafa	15	ZOHUR	31.79	_____
3	Halla Alla Maher	18	DEGLA	31.76	_____
4	Habiba Mohamed Abd el Næ	16	DEGLA	31.73	_____
5	Aisha Yasser Amin	15	AHLY	31.70	_____
6	Salma Ehab Ahmed Hany	15	Bank Ahly Alex	31.71	_____
7	Habtalla Moustafa Fathey	15	Bitash	31.74	_____
8	Zinab Abdalaziz Mohsen Al	15	6 OCT	31.76	_____
9	Zina Yasser Ahmed	18	Sporting	31.81	_____
10	Lila Hossam Hassan Kamel	15	SHAMS	31.88	_____

**Heat 20 of 26 Finals**

1	Laila Mohamed Hitham	17	SHOOT	31.69	_____
2	Nagar Mohamed Salem	15	HADAK	31.65	_____
3	Lojain Alaa Eldein Arafa	15	SMOHA	31.64	_____
4	Rodaina Osama Khalil	15	GHABA	31.57	_____
5	Noor Rami	15	Sporting	31.39	_____
6	Louloua Modather Hassan	15	DEGLA	31.53	_____
7	Hameis Essam Al Kholy	16	SHOOT	31.61	_____
8	Malak Ahmed Helmy	19	AHLY	31.65	_____
9	Jana Ahmed akl	16	Sporting	31.68	_____
10	Kenzy Ahmed Ali	21	AHLY	31.70	_____

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

**Heat 21 Finals (#67 Women 15 & Over 50 LC Meter Butterfly)**

1	Malak Mohamed Mahmoud	19	MAADI	31.18	_____
2	Malek Essam Eldin	20	Elethad	31.15	_____
3	Nadine Hazem Mohamed	16	Pegasus Club	31.11	_____
4	Hala Osama Fatehy	15	Pegasus Club	31.06	_____
5	Zena Ahmed Moustafa	15	HELOP	31.01	_____
6	Karma Shady Mohamed Sal	17	HELOP	31.04	_____
7	Farida Mohamed Ahmed El	18	SHOOT	31.10	_____
8	Rahma Emad Farouk	15	El Temsah	31.11	_____
9	Mennatallah Hatem Ibrahim	17	A S E C	31.17	_____
10	Ransy ElSayed Ali	15	DEGLA	31.28	_____

**Heat 22 of 26 Finals**

1	Habiba Mohamed Nashaat	16	HELDO	31.00	_____
2	Nour Mohamed Hessien Ah	19	SHAMS	30.97	_____
3	Raghad Ibrahim Elsaid	15	Gezira El Ward	30.90	_____
4	Nour Mohamed Elsoda	16	MAADI	30.83	_____
5	Rozana Waleed Desoky	17	Nasr City	30.73	_____
6	Mena Mohamed Abdul Rahi	19	ZOHUR	30.82	_____
7	Nayera Tarek El-Sayed	17	FAROS	30.84	_____
8	Goumana Mohamed Ibrahim	16	AHLY	30.94	_____
9	Ayten Ousama Abdelsalam	15	Dammhor Sport	30.99	_____
10	Jana Mostafa Moktar	16	Cairo	31.01	_____

**Heat 23 of 26 Finals**

1	Jana Mohamed Abdel Fatah	20	SHOOT	30.71	_____
2	Noor Marwan Moh. Aly Zev	18	GEZIR	30.65	_____
3	Fairoz Ahmed Ibrahiem	16	SHAMS	30.63	_____
4	Habiba Mohamad Saeed Sh	16	SMOHA	30.61	_____
5	Haya Mohamed Mahmoud	17	AHLY	30.42	_____
6	Hana Hisham Mohamed Yo	19	SMOHA	30.60	_____
7	Rewida Hisham Tolba Ibrah	29	AHLY	30.62	_____
8	Hana Wael Magdi Mah . Els	18	GEZIR	30.64	_____
9	Goudy Sherif Fawzy	17	HADAK	30.65	_____
10	Gamila usama Basyouni	15	TRSAN	30.72	_____

**Heat 24 of 26 Finals**

1	Nour Mohamed Ibrahim Ali	19	SMOHA	30.40	_____
2	Malak Ahmed Gamal al Sha	16	SHOOT	30.37	_____
3	Zena Mahmoud Mohamed M	19	GHABA	30.18	_____
4	Mariem Hossam Elden Hass	16	Cairo	30.06	_____
5	Malak Ahmed Anes Mahmo	17	Al Hawar	30.05	_____
6	Salma Mohamed Hamdy	16	Gezira El Ward	30.05	_____
7	Jolin Hany Gamal	18	Sporting	30.09	_____
8	Mariam Mohamed Soliman	17	DEGLA	30.20	_____
9	Sara Mahmoud El Gendy	18	DEGLA	30.38	_____
10	Nancy Mostafa Ibrahiem M	16	SHAMS	30.41	_____

**Heat 25 of 26 Finals**

1	Joudy Khaled Saied Ismail	16	Olympic	29.87	_____
2	Kanzy Hesham Rashad	21	SHOOT	29.82	_____
3	Goumana Tarek Yehia	19	AHLY	29.78	_____
4	Hedy Amr Moustafa Hamou	25	HELOP	29.67	_____
5	Rawan Wael	19	AHLY	29.54	_____
6	Loujain Youssef Ahmed	21	AHLY	29.56	_____
7	Retaj Nour El-Deen Farouk	15	SHROK	29.70	_____
8	Retaj Mohamed Elsayed An	18	SMOHA	29.78	_____
9	Basant Hesham Hussin	15	DEGLA	29.86	_____
10	Khadega abd el Azez Glal	17	HELOP	30.01	_____

**Heat 26 of 26 Finals**

1	Lara Ahmed Elwan	16	AHLY	29.45	_____
2	Salma Osama Mohamed Da	18	TANTA	29.21	_____
3	Jana Khalid	20	Sporting	29.08	_____
4	Lougein amr Khaleil Ibrahim	17	ZMALK	28.79	_____
5	Sara Waled Mahmoud	17	HELOP	27.46	_____
6	Farida Ayman Samra	20	SHOOT	28.35	_____
7	Hala Amr	16	AHLY	28.95	_____
8	Hana Waled Hasan	19	SHROK	29.17	_____
9	Lela Ahmed Kamal	19	GHABA	29.34	_____
10	Gihan Ahmed Abd El Azim	20	MAADI	29.48	_____

**Event 68 Men 15 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 28 Finals**

4	Mahmuod Mohamed abo el	15	A S E C	NT	_____
5	Youssef Ahmed Ragab	15	RWAD	NT	_____
6	Adham Ahmed Abdelaziz A	17	Stad Mansoura	NT	_____

**Heat 2 of 28 Finals**

2	ali Ahmed Mohamed Elsadc	15	Gezira El Ward	NT	_____
3	Ahmed Mahrous	16	NASR	NT	_____
4	Ahmed Yasser Yehia	19	Cairo	NT	_____
5	Eyad Faisal Saad	15	ENPPI	NT	_____
6	Mark Wael	15	GHARB	NT	_____
7	Youssef Galal Ezz	16	Elethad	NT	_____
8	Abelrahman Khaled Abdelir	17	Olympic	NT	_____
9	Hamza Wael Halmy Abdlaa	15	ZOHUR	NT	_____

**Heat 3 of 28 Finals**

1	Abdel Rahman Karim Ashra	15	GEZIR	NT	_____
2	Mohamed Waled Mohamed	15	A S E C	NT	_____
3	Adel Shrif Saied	17	Marina Sporting	NT	_____
4	Yasien Mohamed Fathy	16	ZMALK	NT	_____
5	Youssef Ashraf Mohamed T	19	MRAC	NT	_____
6	Abdalla Mohamed Mhfoz F	17	6 OCT	NT	_____
7	Saleh Shady Mohamed Said	22	SHOOT	NT	_____
8	Omar Ehab Mhmoud Hasan	17	SMOHA	NT	_____
9	Essam Hassan Allam	16	GEZIR	NT	_____
10	Anas Alaa Eldeen Mohamec	15	TALBE	NT	_____

**Heat 4 of 28 Finals**

1	Mazen Mohamed Badr	16	TALBE	NT	_____
2	Omar Ahmed Salem	16	GHARB	NT	_____
3	Yazed Ahmed Ibrahim	15	A S E C	NT	_____
4	Omar Ahmed Mohamed Ab	17	PETRO	NT	_____
5	Omar Abdallah Ismael	15	Stad Mansoura	NT	_____
6	Mohamed Waled Taher	16	RWAD	NT	_____
7	Mohamed Ahmed Ibrahim I	15	Elethad	NT	_____
8	Youssef Ahmed Saaldeldin Z	16	6 OCT	NT	_____
9	Yehia Ashraf Farag	17	AHLY	NT	_____
10	Omar Mohsen Ramdan Abd	19	SMOHA	NT	_____

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

## Heat 5 Finals (#68 Men 15 &amp; Over 400 LC Meter Freestyle)

1	Yassein Ramy Alam El Din	17	DEGLA	NT	_____
2	Omar Mohamed Abdelhafez	18	Mansheit Naser	NT	_____
3	Ahmed Mohamed Ayman Sa	16	MRAC	NT	_____
4	Ezz Eldein Haytham Ezz El	15	SMOHA	NT	_____
5	Karim Ahmed Khaled Elew;	22	SHAMS	NT	_____
6	Ziad Rafik Mahmoud	16	Stad Mansoura	NT	_____
7	Ahmed Ayman Mohamed	16	Elec	NT	_____
8	Mohamad Amr Mohamad M	16	SMOHA	NT	_____
9	Mohmed Osama Ahmed Say	18	Marina Sporting	NT	_____
10	Mohamed Ahmed Ibraheem	18	RWAD	NT	_____

## Heat 6 of 28 Finals

1	Sief Mohamed Elgnagy	16	Damnhor Sport	NT	_____
2	Anas Mohamed Fathall	15	Swim Home	NT	_____
3	Marwan Ahmed Elsayed Ah	16	Olympic	NT	_____
4	Amr Khaled Mansour Eltoh	17	GHARB	NT	_____
5	Ezz Eldin Mohamed Abd El	15	Elethad	NT	_____
6	Mohamed Ahmed Abdelhfez	15	TANTA	NT	_____
7	Adam Abd el Malek	15	GHARB	NT	_____
8	Omar Karim Ali Abd El Har	18	SENZO	NT	_____
9	Saif EIDin Waled Abdel Raz	21	DEGLA	NT	_____
10	Saif Mohamed Salah Eisaa	16	6 OCT	NT	_____

## Heat 7 of 28 Finals

1	omr abd Elrhman ali	17	Elethad	NT	_____
2	Marwan Mohamed Anwar	15	TALBE	NT	_____
3	Ali Gamal Elsabrout	16	Meit Khakan	NT	_____
4	Mohanad Mohamed Anwar	15	TALBE	NT	_____
5	Joshua Joseph Fouad	16	TRSAN	NT	_____
6	Moustafa Tarik Moustafa	21	HELOP	NT	_____
7	Abdalah Elsayed Saied Azou	15	Swim Home	NT	_____
8	Yamen Ahmed Baiomy	15	El Mostakbal	NT	_____
9	Omar Tarek Shehata A	19	SMOHA	NT	_____
10	Ahmed Ayman Ali Mohame	19	SHAMS	NT	_____

## Heat 8 of 28 Finals

1	Abdel Wahab Ahmed Mosta	15	Elethad	NT	_____
2	Omer Saeid Mahmoud	15	Bitash	NT	_____
3	Ahmed Khaled Badr	16	Elethad	NT	_____
4	Hatem Hamada Abdelhamid	17	TRSAN	NT	_____
5	Abd Alla Karim Ashraf Ma	19	GEZIR	NT	_____
6	Omar Mohamed Fawzy Taw	17	TALBE	NT	_____
7	Yousif Mohamed Adel Aboe	15	Gezira El Ward	NT	_____
8	Omar Mohamed Ahmed Fat	17	SHOOT	NT	_____
9	Mohamed Ibrahim Zakreya	16	A S E C	NT	_____
10	Hosen Abd Elmonaem El A	15	HELOP	NT	_____

## Heat 9 of 28 Finals

1	Zian Mahmoud Fawzy	15	A S E C	NT	_____
2	Nour Ahmed Elhassany	17	ZOHUR	NT	_____
3	Ahmed Abdel Rrhim	15	ZOHUR	NT	_____
4	aly Saleeh aly	17	ZMALK	NT	_____
5	Hussein Mohamed Hussein	16	Luxor Club	NT	_____
6	Mohamed Ayman eid Moha	15	Stad Mansoura	NT	_____
7	Mostafa Mohamed Abdelrac	15	Elethad	NT	_____
8	Adam Mohamed Mahmoud	16	ZOHUR	NT	_____
9	Abd El Rhman Moustafa Fa	17	A S E C	NT	_____
10	Abd al Ghany Hesham Abd	15	6 OCT	NT	_____

## Heat 10 of 28 Finals

1	Omar Shady Mohamad Ali I	16	SMOHA	NT	_____
2	Yahya Mahmud ib. Khalil	15	TANTA	5:40.50	_____
3	Adham Ayman Mohamed	17	MRAC	5:27.87	_____
4	Youssef Fawzy Abdelthahr	15	Olympic	5:15.97	_____
5	Omer Adil Ismat Moani	17	SUDAN	5:12.54	_____
6	Abd Elrahman abd Elaziz	15	Cairo	5:14.22	_____
7	Omar Ahmed Aly	15	Y.M.C.A	5:18.24	_____
8	Anas Essam Shaban	15	Y.M.C.A	5:32.61	_____
9	Saied Hassan Ahmed	17	Police Club	5:45.98	_____
10	Mohamed Amr Elsayed Abd	16	Olympic	NT	_____

## Heat 11 of 28 Finals

1	Youssef Karam Ahmed Zana	15	ENPPI	5:11.57	_____
2	Mohamed Mourad Farouk M	15	Olympic	5:07.85	_____
3	Khaled Sherif Nabil Moham	15	ZOHUR	5:06.64	_____
4	Omar Sherif Karam	15	TRSAN	5:04.16	_____
5	Abd ElAziz Hamdy Abd El	15	ElGezira Youth	5:02.32	_____
6	Yassin Ahmed Elsayed	15	SENZO	5:03.66	_____
7	Ahmed Tarek Ahmed	19	HLWAN	5:05.36	_____
8	Kamal Magdy Kamal Ahme	16	Elethad	5:07.00	_____
9	Asser Ahmed Ibrahim Darw	15	Bank Ahly Alex	5:10.11	_____
10	Eyad Ahmad Moustafa	15	ZOHUR	5:11.65	_____

## Heat 12 of 28 Finals

1	Jafar Mohamed Jafar Hassa	22	SUDAN	5:00.00	_____
2	Nabil Ahmed Ibrahim AbdE	17	MRAC	4:58.81	_____
3	Omar Fareed Shawke	15	Al Shehk Zaeid	4:58.06	_____
4	Nizar Mohamed Zenaty	15	Meit Khakan	4:56.61	_____
5	Ahmed Mohamed Ibrahim M	15	Bank Ahly Alex	4:56.05	_____
6	Eyad Mohamed abd Elhame	16	TANTA	4:56.27	_____
7	Yssin Ayman Elsaed	15	Tlaea El Ostol	4:56.94	_____
8	Adam Gamal Mohamed	16	MAY15	4:58.79	_____
9	Adham Ahmed abd Elkade	17	Elethad	4:59.15	_____
10	Mahmoud Haitham Jameel	15	SHOOT	5:00.85	_____

## Heat 13 of 28 Finals

1	Abdelrahman Ahmed Saad	15	Elethad	4:55.68	_____
2	Abdelrahman Amr Abdelazi	15	Tlaea El Ostol	4:54.47	_____
3	Fathy ali Fathy	15	TALBE	4:53.81	_____
4	Anas Wael	16	TALBE	4:52.48	_____
5	Yosaf Mohamed Bayoumi /	19	BNK.G	4:51.83	_____
6	Hitham Mohamed Ahmed A	15	MRAC	4:52.44	_____
7	Seifeldeen Mohmed Khairy	17	Y.M.C.A	4:52.92	_____
8	Braa Ahmed Lotfy	15	SHAMS	4:54.06	_____
9	Sherief Yaseer Saeid	15	ZMALK	4:54.93	_____
10	Mostafa Ahmed Motawea	15	DEGLA	4:55.83	_____

## Heat 14 of 28 Finals

1	Fares Mahmoud Mokhtar	16	Elethad	4:51.73	_____
2	Hamza Walid Abdelaziz	15	Elethad	4:50.95	_____
3	Yassien Osama Fouad	15	SHAMS	4:48.80	_____
4	Hussen Mohamed Hamed	15	HELOP	4:48.52	_____
5	Ahmed Mohamed Rashed G	16	A S E C	4:47.92	_____
6	Mohamed Tarek Mohamed	17	SMOHA	4:48.24	_____
7	Yasien Tamer Othman	16	ZMALK	4:48.61	_____
8	Omar Mohamed Abdelgawv	15	Olympic	4:50.59	_____
9	Mohamed Tarek Mohamed	17	HLWAN	4:51.00	_____
10	Omar Ahmed Mohamed Gal	16	RWAD	4:51.78	_____

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

**Heat 15 Finals (#68 Men 15 & Over 400 LC Meter Freestyle)**

1	Hamza Elmoutaz Bellah Mc	15	ZMALK	4:45.48	_____
2	Mahmoud Mostafa Mohame	15	TANTA	4:45.00	_____
3	Karem Moatasem Mahmouc	16	DEGLA	4:44.82	_____
4	Mohamed Emadeldein Solir	15	SMOHA	4:44.51	_____
5	Mohamed Hashem Mohame	15	SMOHA	4:43.70	_____
6	Abdalla Essam Abdalla	15	Mshooting	4:43.88	_____
7	Yassien Sameh Samy Hasha	17	A S E C	4:44.68	_____
8	Saged Emad Roushdy	15	SMOHA	4:44.85	_____
9	Ali Mourad Salaheldein	16	New Giza	4:45.20	_____
10	Adam Amr Al Daadaa	17	Raas El Bar Club	4:47.36	_____

**Heat 16 of 28 Finals**

1	Seif Jousef Anas	15	HELOP	4:43.61	_____
2	Adham Khaled Salah Eldin	15	MRAC	4:42.58	_____
3	Moaz Eslam Kamal Eldeen	16	SMOHA	4:41.50	_____
4	Moaz Ahmed Abdallah	15	SHAMS	4:40.89	_____
5	Abdelrhman Mohamed Abd	15	6 OCT	4:40.19	_____
6	Adham Wael Zeyad	15	Sporting	4:40.84	_____
7	Ahmed Mohamed Nabil M	15	SHAMS	4:41.43	_____
8	aly Hussien Mohamed Huse	16	ZMALK	4:41.98	_____
9	Eyad Mohamed Hassan els	17	ZMALK	4:42.82	_____
10	Youssef Moataz Mohamed T	15	DEGLA	4:43.64	_____

**Heat 17 of 28 Finals**

1	Omar Mohamed Kawod	15	Baladyat El Maha	4:38.71	_____
2	Hamza Hazem Moneb	16	Cairo	4:38.29	_____
3	Omar Mahamed Karam Ali	16	HELDO	4:37.63	_____
4	Eyad Waleed adb Alsalam	17	Elethad	4:36.87	_____
5	Rayan Amr Mohamed	15	M.S Tagamoa	4:35.94	_____
6	Eazz El Din Mohamed Khar	19	Sporting	4:36.44	_____
7	Mohamed Hassan Hafez	19	AHLY	4:36.99	_____
8	Kariem amr Mouhmed	15	Cairo	4:38.04	_____
9	Yassin amr Mostafa	16	TRSAN	4:38.30	_____
10	Rayan Mohamed Elnagar	15	Mshooting	4:38.83	_____

**Heat 18 of 28 Finals**

1	Ahmed Mohamed Kaowd	16	Baladyat El Maha	4:35.74	_____
2	AbdelRahman Mohamed Sa	19	El Obour	4:35.14	_____
3	Ahmed Asharf Dawood	16	Baladyat El Maha	4:34.51	_____
4	Youssef Medhat Fathy	16	DEGLA	4:33.80	_____
5	Zeyad Mohamed Hedaya	16	M.S Tagamoa	4:33.40	_____
6	Mohamed Karim Mohamed	21	SMOHA	4:33.77	_____
7	Mazen Hany Emara	18	ZOHUR	4:34.45	_____
8	Karim Mohamed Ahmed Al	15	TRSAN	4:35.00	_____
9	Omar Hisham Hussien	15	ZOHUR	4:35.64	_____
10	Abdelrahman Adel Fawzy	17	SMOHA	4:35.85	_____

**Heat 19 of 28 Finals**

1	Sief El Din Mohamed Mosli	18	Sporting	4:32.70	_____
2	Ali Ahmed El Prince	16	DEGLA	4:32.66	_____
3	Adam Hamada Ahmed Moh	15	6 OCT	4:32.54	_____
4	Youssef Mohamed Khalil	15	DEGLA	4:32.08	_____
5	Ahmed Sherief Ismaiel Saye	16	SHAMS	4:31.66	_____
6	Hatem el Ameer Salah el dir	16	Al Hawar	4:31.92	_____
7	Hady Mahmood Efat	15	Wave	4:32.40	_____
8	Karim Yasser Mamdouh	18	SHOOT	4:32.55	_____
9	Yehia Samer Wafek	17	HELOP	4:32.67	_____
10	Mohamed Hassan Abd El W	16	MAADI	4:33.29	_____

**Heat 20 of 28 Finals**

1	Abdelrhman Mohamed Moh	15	Bank Ahly Alex	4:31.05	_____
2	Omar Mohamed Hosny	15	HADAK	4:30.99	_____
3	Magdy Ahmed Magdy Gaze	15	TANTA	4:30.39	_____
4	Saif Ahmed Samir Abdo	16	6 OCT	4:30.30	_____
5	Eyad Mohamed Abdelstar	17	ZMALK	4:30.17	_____
6	Mohamad Akram Mohamad	16	SMOHA	4:30.20	_____
7	Ahmed Tamer Rabea	17	SHOOT	4:30.33	_____
8	Omar Abd EL Razek Kamal	16	RWAD	4:30.68	_____
9	Ahmed Abdelaziz Elshekh	16	Pegasus Club	4:31.04	_____
10	Youseef Islam	15	Sporting	4:31.45	_____

**Heat 21 of 28 Finals**

1	Yassin Abdelmeged Moham	16	GHABA	4:29.75	_____
2	Karim Sameh Karim	16	TRSAN	4:29.06	_____
3	Yehia Karim Nabil Elzawaw	18	SMOHA	4:28.55	_____
4	Mohamed Amr Nabil	15	DEGLA	4:27.69	_____
5	Youssef Yasser Farouk Hass	16	Sporting	4:27.05	_____
6	Yehia Ahmed Abd Elfatah E	17	SHOOT	4:27.41	_____
7	Adhm Bassem Mouhmed	15	Cairo	4:27.89	_____
8	Ahmad Nabil Ahmad	15	HADAK	4:29.02	_____
9	Mohamed Shreef	17	Tlaea El Ostol	4:29.08	_____
10	Ahmed Sameh Safwat Shaal	18	HELDO	4:30.04	_____

**Heat 22 of 28 Finals**

1	Saif Eldin Sherif Ahmed	17	TRSAN	4:26.63	_____
2	Adam Ahmed Yaqoub	15	HADAK	4:26.41	_____
3	Ahmed Ismeil	17	Nasr City	4:26.03	_____
4	Yousef Ahmed Fathy	16	Stad Mansoura	4:25.56	_____
5	Yasein Hossam aly	17	ZMALK	4:25.37	_____
6	Mhmoud Wled Fkri Mhmou	19	6 OCT	4:25.40	_____
7	Eyad Kamal Mohamed Sala	15	DEGLA	4:25.84	_____
8	Eslam Mohamed Abdelrazel	15	6 OCT	4:26.08	_____
9	Selim Tamer Osama Ahmed	17	SHOOT	4:26.55	_____
10	Ziad Mohamed Hassan	15	Sporting	4:26.82	_____

**Heat 23 of 28 Finals**

1	Mohamed Bahgat Mohamec	17	Stad Mansoura	4:25.14	_____
2	Adham Shady Mohsen El H	16	ZOHUR	4:24.72	_____
3	Omar Basem Hassan Mohar	15	MAADI	4:23.81	_____
4	Nour Eldin Karem Mohame	16	AHLY	4:23.45	_____
5	Yassien Tarek Mahmoud	15	Cairo	4:23.44	_____
6	Mohnad Hitham Ibrahim	18	DEGLA	4:23.45	_____
7	Yahia Hazim Husieen	16	ZMALK	4:23.74	_____
8	Yassin Esam El Din	20	Sporting	4:24.63	_____
9	abd Elrahman Sherif Karam	19	TRSAN	4:25.12	_____
10	Mohamed Saeed Eleiraqy	19	ZMALK	4:25.24	_____

**Heat 24 of 28 Finals**

1	Ziad Ayman Mamoun	16	ZMALK	4:22.73	_____
2	Karim Osama Ibrahim Abd	17	MAADI	4:22.30	_____
3	Mostafa Mahmoud Elbosat	17	DEGLA	4:21.85	_____
4	Omar Elsayed Ramadan Els	17	Olympic	4:19.86	_____
5	Anas Haythm Mohamad Els	16	SMOHA	4:18.90	_____
6	Zeyad Osama Ramdan	16	HADAK	4:19.32	_____
7	Abdelrahman Mohamed Sai	16	Olympic	4:20.11	_____
8	Hisham Elshirbeny	15	ZMALK	4:21.99	_____
9	Mounir Ramez Mounir	20	SHOOT	4:22.61	_____
10	Ali Amr Zoalfakar	15	SMOHA	4:22.85	_____

## Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

## Meet Program - 25-04-2024 Eve

<b>Heat 25 Finals (#68 Men 15 &amp; Over 400 LC Meter Freestyle)</b>				
1	Zeyad Mohamed Magdy	18	MAADI	4:18.13
2	Yassein Akram Ragab Sobei	17	SHAMS	4:17.37
3	Nour Eldin AlaaEldin Abdal	18	6 OCT	4:16.74
4	Mostafa Adel Ibrahim Khal	20	SMOHA	4:16.29
5	Mazen Mostafa Asfoor	16	ZOHUR	4:15.83
6	Sherief Reda Metwaally	16	ZOHUR	4:16.28
7	Mohamed Khaled Mohamec	18	Bank Ahly Alex	4:16.48
8	Mohamed Abdalla el Bosati	17	SHROK	4:17.16
9	Yossef Sherif Ibrahim	18	MAADI	4:17.60
10	Youssef Ehab Mostafa	19	AHLY	4:18.70
<b>Heat 26 of 28 Finals</b>				
1	Karim Hesham Moh. Fakry	16	GEZIR	4:15.38
2	Mazen Emad Hamed	17	AHLY	4:14.79
3	Abdullah Eldafrawy	16	REHAB	4:13.58
4	Adham Amr Mahmoud	15	MAADI	4:12.74
5	Tarek el Shaer	15	Sporting	4:11.14
6	Mahmoud Hassan Mohamec	16	SHAMS	4:12.73
7	Mohamed Essam Abdou	18	AHLY	4:13.46
8	Yasen Mohamed Nabil	15	HELOP	4:14.72
9	Mohanad Tamer Mohamed	18	SMOHA	4:15.07
10	Mohamed Tarek Rashad Ab	19	SHAMS	4:15.52
<b>Heat 27 of 28 Finals</b>				
1	Omar Mohamed Hassan	16	AHLY	4:09.58
2	Farouk Mohamad Elgedely	17	SMOHA	4:09.20
3	Ahmed Mahmoud Elhouran	17	AHLY	4:08.74
4	Ahmed Samir Mohamed	16	HADAK	4:05.82
5	Eyad Ahmed Zakaria	19	AHLY	4:04.30
6	ali Mohamed Sarwat	19	HELOP	4:05.73
7	Yousef Adel Ramadan	19	SHAMS	4:06.74
8	Malek Mohamed Bazan	17	MAADI	4:09.00
9	Tarek Kamel Farouk	21	ZMALK	4:09.30
10	Karim Magid Abdelglil	17	ZMALK	4:10.39
<b>Heat 28 of 28 Finals</b>				
1	Ahmed Mohamed Ahmed al	18	SHOOT	4:02.45
2	Karem Magdy Ismail	24	Sporting	4:02.04
3	Mohamed Yaser Omar	19	OLMPA	4:01.12
4	Ibrahim Shams Eldin Moha	16	AHLY	3:59.76
5	Mohamed Adel Mohamed N	23	AHLY	3:56.31
6	Marwan Ahmed Elamrawy	29	Sporting	3:58.03
7	Mohamed Ayman Abdelsam	17	AHLY	4:00.90
8	Omar Karim Galal Samy	17	MAADI	4:01.13
9	Saif Amr Al Batal	18	HADAK	4:02.35
10	Mohanad Yasser Abdelmene	17	SMOHA	4:02.46