

National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026

Meet Program - 5/4/2026 Morning

Event 15 Girls 15 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 17 Finals					
3	Nour Ayman eid Abdelhami	20	ZMALK	2:52.76	___
4	Menna Abd Elkhalk Mahran	19	ZOHUR	2:37.76	___
5	Farah Waled Ibrahim	19	TALBE	2:40.54	___
6	Jana Wael Fahem	20	ZMALK	2:55.44	___
Heat 2 of 17 Finals					
1	Nabila Hani Ismail	19	SHOOT	2:32.34	___
2	Mariam Ahmed Hassan	19	ZOHUR	2:30.92	___
3	Malak Youssef Abdelrahman	17	SMOHA	2:27.37	___
4	Jana Khaled El Sayed	18	Wadi Degla	2:26.75	___
5	Rokaia Ayman Mohamed M.	18	ZOHUR	2:27.06	___
6	Farida Ahmed Fouad	20	Wadi Degla	2:30.16	___
7	Gana Wael Youssef Mahmou	20	Wadi Degla	2:31.78	___
8	Malak Mohamed Abou Bakr	19	Wadi Degla	2:32.43	___
Heat 3 of 17 Finals					
1	Janaa Waleed Desouki	16	Nasr City	2:25.94	___
2	Talia Mohamed Younis Hou	16	Olympic Champion	2:25.67	___
3	Mariam Saleh Mohamed Ab	16	Wadi Degla	2:25.56	___
4	Malak Mohamed abd Elhadj	17	TALBE	2:25.35	___
5	Joudy Mohamed Ibrahim	17	ZOHUR	2:25.45	___
6	Malak Mohamed Kamal Abt	15	Wadi Degla	2:25.66	___
7	Goudy Ahmed Hanafy	19	AHLY	2:25.91	___
8	Noor Tamer AbdElrhim Mol	19	SHAMS	2:26.72	___
Heat 4 of 17 Finals					
1	Lougain amr Saeid	17	ZMALK	2:24.95	___
2	Basma Mohamed Fouad Rai	16	Olympic	2:24.74	___
3	Hana Nasser El Safty	19	SHOOT	2:24.67	___
4	Mariam Mahmoud Ahmed S	17	AHLY	2:23.89	___
5	Yara Adel Anwar Ahmed	16	Wadi Degla	2:24.66	___
6	Lojain Mokhtar Fayez Mokh	15	Pegasus Club	2:24.68	___
7	Malak Wael Taher Mohamed	15	Al Hawar	2:24.75	___
8	Gamila Ahmed Elaghoury	16	SMOHA	2:25.07	___
Heat 5 of 17 Finals					
1	Lara Essam Nabil	17	SMOHA	2:23.71	___
2	Lyan Mohamed Mahmoud	15	Wadi Degla	2:23.65	___
3	Layan Mohamed Aziz	15	PETRO	2:23.41	___
4	Farida Amr Gado	15	OLMPA	2:23.11	___
5	Aysel Sameh Elsayed	15	GHABA	2:23.18	___
6	Joudy Moahmed Khedr	19	SMOHA	2:23.63	___
7	Yara Ahmad Nageb Ahmad	18	SMOHA	2:23.67	___
8	Alya Amr Hamdy Elserafy	15	Palm Hills	2:23.72	___
Heat 6 of 17 Finals					
1	Lama Reda Metwally	15	ZOHUR	2:22.80	___
2	Shaden Mohamed Salah	15	AHLY	2:22.55	___
3	Haneen Muhammad Gamal	15	ROYAL	2:22.39	___
4	Haneen Yasser Mahmoud S	17	Wadi Degla	2:21.85	___
5	Rodaina Elsadany	15	ELABD	2:22.25	___
6	Talya Ahmed Harb	15	Alaab Damanhour	2:22.41	___
7	Nour Mohamed Ramzy	17	Swim Home	2:22.58	___
8	Mariam Yasser Mohamed Si	19	AHLY	2:23.02	___

Heat 7 of 17 Finals

1	Malikah Ahmed Moussa	15	AHLY	2:21.80	___
2	Sama Karm Nasr Mohamed	19	SHAMS	2:21.72	___
3	Hana Mohamed Asharaf Ma	18	SHAMS	2:21.37	___
4	Joudy Mostafa Abd Elraouf	16	Elethead	2:21.11	___
5	Dareen Ahmad Abdel Waha	15	AHLY	2:21.33	___
6	Jana Hesham Mohsen	17	SMOHA	2:21.47	___
7	Maram Hossam Mohamed	16	Wadi Degla	2:21.79	___
8	Laila Mohamed Magdy	15	REHAB	2:21.85	___

Heat 8 of 17 Finals

1	Tasneem Mohamed Mahros	17	AHLY	2:21.02	___
2	Karma Ahmed Said	15	MAADI	2:20.93	___
3	Roa Tamer ali	16	Swim Home	2:20.17	___
4	Anod Amr Abd El Aziz	20	SHOOT	2:20.13	___
5	Fareda Ahmed Hosam	16	HELOP	2:20.14	___
6	Maya Mohamed Mostafa	16	Wadi Degla	2:20.64	___
7	Hana Jihad Ahmed Abu Issa	15	A S E C	2:20.94	___
8	Zeina Ahmed Mostafa	19	SHOOT	2:21.03	___

Heat 9 of 17 Finals

1	Farida Elamir Fessal Bahgat	15	SHAMS	2:19.89	___
2	Dima Amir Abdallah	17	Wadi Degla	2:19.66	___
3	Sedra Karim Mohamed Dar	15	Wadi Degla	2:19.46	___
4	Gana Mohamed Atef	17	SHOOT	2:18.98	___
5	Maya Mohamad Mahmud H	18	SMOHA	2:19.45	___
6	Gana Mohamed Abdul Maw	16	SHAMS	2:19.57	___
7	Khadija Sameh Abd Eihame	17	ZOHUR	2:19.85	___
8	Saja Mahmoud El-Bahiry	15	Platinum	2:20.08	___

Heat 10 of 17 Finals

1	Leeann Ahmed Zakareya	15	SMOHA	2:18.67	___
2	Fareda Eslam Ahmed Solim	16	SMOHA	2:18.54	___
3	Kenzy Hazem Moneeb	20	HADAK	2:18.51	___
4	Jana Mowafy Mahmoud Mo	15	SMOHA	2:18.38	___
5	Talin Ahmed Mohamed	15	Wadi Degla	2:18.43	___
6	Roussayl Ahmed Samir Sha	15	SMOHA	2:18.51	___
7	Malak Tareq Abla	16	SMOHA	2:18.60	___
8	Farida Amr Tarek Zaied	18	ZOHUR	2:18.73	___

Heat 11 of 17 Finals

1	Heba Amr Ali Ahmed	15	SHOOT	2:17.93	___
2	Mariam Hatem Mohamed Si	15	HELOP	2:17.85	___
3	Wafaa Ahmed Saad ElDin	18	Wadi Degla	2:17.76	___
4	Farah Ahmed	18	HELOP	2:17.61	___
5	Dima Khaled Mohamed	18	Wadi Degla	2:17.63	___
6	Razan Mohamed Samy Nofa	17	MAADI	2:17.79	___
7	Logain Amir Mohamed	17	Bank Ahly Alex	2:17.91	___
8	Loujain Hazem Samir Omra	18	ZOHUR	2:18.31	___

Heat 12 of 17 Finals

1	Sara Ayman Abdelmageed Z	17	ZOHUR	2:17.55	___
2	Sama Wael Ahmed Mohame	16	ZOHUR	2:17.12	___
3	Lara Tarek Abdelmohsen	15	SHOOT	2:16.83	___
4	Salma Mohamed Eltokhy	16	AHLY	2:16.66	___
5	Menatalla Morsy	19	SMOHA	2:16.71	___
6	Rofida Amro Abas	16	OLMPA	2:17.07	___
7	Joudy Raafat Abdelhamid S	17	Pegasus Club	2:17.28	___
8	Sara Mahmoud El Gendy	20	Wadi Degla	2:17.60	___

National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026

Meet Program - 5/4/2026 Morning

Heat 13 Finals (#15 Girls 15 & Over 200 LC Meter Freestyle)

1	Lamar Mohamed Saleh Has:	16	HADAK	2:16.32	___
2	Hana Mustafa Jaber	16	HADAK	2:16.07	___
3	Salma Saad Mohamed	18	SHOOT	2:15.54	___
4	Ayten Ousama Abdelsalam	17	Alaab Damanhour	2:15.25	___
5	Nazly Mohamed Elokda	18	SHOOT	2:15.48	___
6	Hana Walid Atallah	17	SHOOT	2:15.66	___
7	Fairoz Ahmed Ibrahim	18	SHAMS	2:16.15	___
8	Fareeda Mohamed Abd El M	17	SHOOT	2:16.45	___

Heat 14 of 17 Finals

1	Halla Wael Mohamed	17	Wadi Degla	2:14.88	___
2	Hameis Essam Al Kholy	18	SHOOT	2:14.49	___
3	Fayroz Mohamed Elmtwaly	16	Bank Ahly Alex	2:14.18	___
4	Gana Mohamed Yahia	15	AHLY	2:14.16	___
5	Goumana Mohamed Ibrahim	18	AHLY	2:14.17	___
6	Hager Ahmed Nassar	15	SMOHA	2:14.37	___
7	Diala Mohamed Amin Ali	17	ZOHUR	2:14.78	___
8	Shahd Mohamed Ahmed Ell	17	AHLY	2:14.97	___

Heat 15 of 17 Finals

1	Sofia Ahmed Khalifa	16	AHLY	2:13.99	___
2	Asil Ahmed Mohamed	16	AHLY	2:13.42	___
3	Zina Ahmed Medhat	18	AHLY	2:13.05	___
4	Yara Kamel Masamer	16	Alaab Damanhour	2:12.58	___
5	Alya Ehab Abdel Moneam	19	AHLY	2:12.79	___
6	Mayar Ashraf al Sayed	17	M.S Tagamoa	2:13.23	___
7	Salma Ehab Ahmed Hany	17	Bank Ahly Alex	2:13.77	___
8	Joudy Ibrahim abd Allha	16	SHOOT	2:14.06	___

Heat 16 of 17 Finals

1	Noran Mohamed Emad Fah	17	MAADI	2:12.21	___
2	Salma Ahmed Elsaïd	18	Gezira El Ward	2:11.98	___
3	Yousra Tamer Mohamed	16	TRSAN	2:11.13	___
4	Arwa Faysal Al Sherif	18	AHLY	2:10.61	___
5	Roudaina Samy Mohamed	17	AHLY	2:10.78	___
6	Lela Ahmed Kamal	21	GHABA	2:11.73	___
7	Farah Amr Abdel Motaleib	23	SHOOT	2:12.20	___
8	Lara Amr Mahmoud Elsoka	18	AHLY	2:12.27	___

Heat 17 of 17 Finals

1	Farah Tarek	20	AHLY	2:10.43	___
2	Lamees Amr Mahmoud Elsc	19	AHLY	2:10.00	___
3	Daren Adel Ahmed	16	HADAK	2:09.08	___
4	Logain Abdallah Salah	22	AHLY	2:03.23	___
5	Rawan Tamer Mohamed	22	AHLY	2:07.01	___
6	Yours Mohamed Esmail	16	AHLY	2:09.78	___
7	Malak Ahmed Helmy	21	AHLY	2:10.23	___
8	Mariam Mohamed Bakr	18	HADAK	2:10.54	___

Event 16 Boys 15 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 21 Finals

3	Wael Mohamed Abdallah	15	Kharaya Ms	29.04	___
4	Zaid Mohamed Hassan	15	OLMPA	28.92	___
5	Ahmed Wael Ahmed Ahmec	15	6 OCT	28.98	___

Heat 2 of 21 Finals

1	Mohab Madeh Mohamed Lo	15	Gezira El Ward	28.91	___
2	Anas Waled Basuony Ibrahi	15	Bank Ahly Alex	28.70	___
3	Yossief Ahmed Wafik Sobhy	15	SHAMS	28.61	___
4	Youssef Mohamad Gamal	15	AHLY	28.56	___
5	Yassen Gehad AbdelMonem	15	SHOOT	28.61	___
6	Omar Khaled Saber Ahmed	15	SMOHA	28.64	___
7	Shady Mohamed Abo Shady	15	Elethad	28.82	___

Heat 3 of 21 Finals

1	Hamza Sharaf	15	Sporting	28.47	___
2	Mike Ramy Fayez	16	New Giza	28.30	___
3	Yahia Abd Elhamid ali	15	TOSHK	28.26	___
4	Marwan Ahmed Mohamed	16	Club S	28.22	___
5	Mohamed Alaa Eldien Moha	15	SHAMS	28.25	___
6	Aly Hassan Aly Hassan	16	SMOHA	28.28	___
7	Youssef Mostafa Hamdy	15	AHLY	28.34	___
8	Aseer Tamer Khedr Elnadi	15	ZOHUR	28.53	___

Heat 4 of 21 Finals

1	Ahmed Ramdan Sayed Ram	16	Wadi Degla	28.17	___
2	Amar Mostafa Ismail	16	GHABA	28.11	___
3	Mohamed Mahmoud Rafat	15	El Temsah	28.10	___
4	Yousif Hany Abd-elghfar	15	GHABA	28.07	___
5	OmarAyman Mohamed Elsh	16	6 OCT	28.09	___
6	Marwan Akaram Rajab Sob	16	ZOHUR	28.11	___
7	Adham Mohamed Hassanin	16	Elethad	28.14	___
8	Mohamed Ahmed Mohamed	15	A S E C	28.19	___

Heat 5 of 21 Finals

1	Mohamed Yasser Mohamed	15	SMOHA	28.03	___
2	Youssef Mostafa ElSayed Me	15	SHOOT	27.99	___
3	Nour el din Mohamed	16	Sporting	27.91	___
4	Yassin Sherif Mahdy	16	AHLY	27.80	___
5	Seif Eldin Mohamed Salah	15	SMOHA	27.89	___
6	Mohamed Samy Hassan	16	M.S Tagamoa	27.93	___
7	Hassan Mahmoud Elazizy	16	TRSAN	28.00	___
8	Yousef Ahmed Magdy	15	City Club	28.06	___

Heat 6 of 21 Finals

1	Ammaar Mohamed Samy	19	ZOHUR	27.71	___
2	Yehia Ahmed Abbas Abou	19	GHABA	27.68	___
3	Omar Mohamed Magdy Mol	19	SHAMS	27.67	___
4	Adel Mohamed Laialy	15	Wadi Degla	27.63	___
5	Seif Ehab Abo Meshaal	16	Wadi Degla	27.66	___
6	Marawan Walid Noshy	19	AHLY	27.68	___
7	Eyad Hossam Eldin Zakzoul	19	Sporting	27.71	___
8	Yousif Waled Yousif Moham	15	GHABA	27.74	___

Heat 7 of 21 Finals

1	Adam Kaled Mahmod Samy	15	HELOP	27.60	___
2	Youssef Dweidar Mostafa	16	Marina Sporting	27.57	___
3	Yehia Ashraf Farag	19	AHLY	27.46	___
4	Youssef Islam Fathy	17	Elethad	27.46	___
5	Omar Ahmed Abdelmohsen	16	Alaab Damanhour	27.46	___
6	Youssef Osama Kamel	15	SHOOT	27.52	___
7	Omar Mohamed Essam	19	Wadi Degla	27.60	___
8	Badr Ahmed Sadat	16	Canal Suez Port	27.62	___

National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026

Meet Program - 5/4/2026 Morning

Heat 8 Finals (#16 Boys 15 & Over 50 LC Meter Butterfly)

1	Ahmed Ali Hassanain	15	6 OCT	27.44	___
2	Hamza abu el Khair	17	Sporting	27.42	___
3	Mohamed Ibrahim Mohame	17	AHLY	27.31	___
4	Mazen Mostafa Mohamed A	15	SMOHA	27.25	___
5	Eyad Abdelkereem Mohame	15	SHOOT	27.30	___
6	Ziad Nabil Ahmed Mohame	19	SMOHA	27.37	___
7	Mohamed Alaa Abdelfttah	17	SHAMS	27.44	___
8	Mohamed Ahmed Ibrahim	17	A S E C	27.45	___

Heat 9 of 21 Finals

1	Fares Ehab Moustafa Ibrahi	18	Olympic	27.19	___
2	Ahmed Tamer Gamal Eldin	18	Wadi Degla	27.16	___
3	Marwan Mahmoud Mohame	15	Olympic	27.15	___
4	Mohanad Ahmed Mohamed	17	TRSAN	27.13	___
5	Omar Mohamed Kamal	19	Al Shehk Zaeid	27.14	___
6	Zeyad Saber Abd el Fatah	19	HADAK	27.15	___
7	Omar Karem Mahmoud Abc	18	Elethead	27.18	___
8	Anas Awad Algazar	17	OLMPA	27.23	___

Heat 10 of 21 Finals

1	Karim Magdy Mohamed	17	ZMALK	27.08	___
2	Gasser Mostafa Ali	18	SHROK	27.06	___
3	Yassin Amr Adel	18	AHLY	27.05	___
4	Eslam Mohamed Abdelraze	17	6 OCT	27.02	___
5	Yassien Walied Mahmod Ah	16	GHABA	27.05	___
6	Mostafa Amr Osman Aly	17	SHOOT	27.06	___
7	Hamza Mohamed Ahmed Al	17	Wadi Degla	27.07	___
8	Saif Mohamed Salah Eisaa	18	6 OCT	27.10	___

Heat 11 of 21 Finals

1	Ali Hisham Ali	17	SHAMS	26.94	___
2	Ibrahim Mohamed Ibrahim	15	Elethead	26.92	___
3	Gaser Khaled Fattouh	17	ZOHUR	26.87	___
4	Tamer Ahmed Ali	18	Elethead	26.86	___
5	Mahmoud Ibrahim Mahmou	19	City Club	26.87	___
6	Selim Moh. Foad Hamdy	18	GEZIR	26.91	___
7	Yassin Tamer Samir	18	ZOHUR	26.93	___
8	Adham Nader Samir Mohan	19	SMOHA	26.99	___

Heat 12 of 21 Finals

1	Ahmed Yasser Mahmoud Sa	18	ZOHUR	26.81	___
2	Seif Mohamed Saad Baioum	17	Wadi Degla	26.81	___
3	Ahmed Gamal abd el Hafiz	19	SHOOT	26.77	___
4	Tayem Ahmed Kamal ElAlay	17	SMOHA	26.74	___
5	Abdelrahman Tark Moustaf	17	Bitash	26.75	___
6	Hassan Mohamed Bayoumy	19	Olympic	26.79	___
7	Amr Moh. Samir Azmy	17	GEZIR	26.81	___
8	Adham Ahmed Mohamed	18	SHOOT	26.84	___

Heat 13 of 21 Finals

1	Eyad Sherif Hassan	19	Wadi Degla	26.73	___
2	Sohayb Nabel Abdelsalm Za	19	Bank Ahly Alex	26.72	___
3	Abdalla Adel Abdalla	18	AHLY	26.68	___
4	Anas Mohamed Abdelsid	16	HADAK	26.64	___
5	Mohamed Khaled Mohamec	18	SHOOT	26.65	___
6	Omar Abdelaziz Hussain	18	BNK.G	26.70	___
7	Ayman Ramy Ibrahim Mors	16	MAADI	26.73	___
8	Aly Ahmed Nagy	19	AHLY	26.74	___

Heat 14 of 21 Finals

1	Basel Sameh Mohamed	18	HADAK	26.60	___
2	Mahmoud Ahmed Youssef	16	BNK.G	26.57	___
3	Mohamed Sherif Ahmed Fel	17	SMOHA	26.53	___
4	Yassin Ahmed Mohamed Ad	17	HADAK	26.47	___
5	Yassin Mohamed Fawzy	16	AHLY	26.51	___
6	Mohamed Ahmed Elsayaf	16	SMOHA	26.55	___
7	Mansour Mohamed Mansou	15	Palm Hills	26.59	___
8	Omar Maged Mahmoud Elgi	16	Wadi Degla	26.62	___

Heat 15 of 21 Finals

1	Ahmed Magdy Mohamed	16	Pegasus Club	26.40	___
2	Yousef Ashraf Mohamed	17	NASR	26.39	___
3	Eyad Islam Mahmoud Elsaic	17	SMOHA	26.35	___
4	Ibrahim Bahaaeldin Ibrahim	18	Olympic	26.30	___
5	Adam Bahaeldein Salah	17	SMOHA	26.33	___
6	Hamza Ahmed Mohamed Al	19	Bank Ahly Alex	26.35	___
7	Ahmad Ehab Ebrahim Abde	18	SMOHA	26.40	___
8	Omar Mahmoud Yousef Sha	16	Gezira El Ward	26.42	___

Heat 16 of 21 Finals

1	Eyad Ahmed Zakaria	21	AHLY	26.22	___
2	Moustafa Maghraby	16	SHOOT	26.19	___
3	Omar Karim Mohamed Mse	20	SMOHA	26.17	___
4	Seif Tarek Mohamed Raslan	26	ZMALK	26.16	___
5	Yossef Ayman Abdalla Moha	18	SMOHA	26.17	___
6	Omar Samir Sabry	15	OLMPA	26.18	___
7	Malek Mohamed Bazan	19	MAADI	26.19	___
8	Adham Ayman Hussein	17	HADAK	26.23	___

Heat 17 of 21 Finals

1	Zeyad Osama Zedan	20	Bank Ahly Alex	26.12	___
2	Ahmed Khaled Farouk	18	HADAK	26.09	___
3	Ziad Tarek Mohamed	20	SHOOT	26.08	___
4	Mohamed Ahmed abd Elmo	19	Wadi Degla	26.00	___
5	Amar Yasser Mohamed Ahn	20	SMOHA	26.08	___
6	Omar Ahmed Salah	20	AHLY	26.09	___
7	SifEldin Hossam Mohamed	22	SMOHA	26.11	___
8	Ibrahim Amr Saad	20	AHLY	26.14	___

Heat 18 of 21 Finals

1	Selim Shrif Osama Helmy M	18	GEZIR	25.89	___
2	Youssef Ahmed Hassan Abd	19	Elethead	25.87	___
3	Yosef Ahmed Shaabn	17	HADAK	25.81	___
4	Abdelrahman Mahmoud Mc	18	SHAMS	25.56	___
5	Ahmad Hany Ahmad	20	HELOP	25.58	___
6	Saied Mohamed Abd Elgawz	23	Sporting	25.82	___
7	Mohamed Salama Gaber Sal	23	SMOHA	25.89	___
8	ali Soliman	17	Sporting	25.97	___

Heat 19 of 21 Finals

1	Omar Mahmoud Hassan Ela	18	TRSAN	25.51	___
2	Hamza Khaled Mohamed Al	18	Olympic	25.47	___
3	Mohamed Ahmed Salem	22	GHABA	25.36	___
4	Omar Ahmed Eidawoody	19	HADAK	25.25	___
5	Mohaned Ashraf Mohamed	17	Bank Ahly Alex	25.29	___
6	Marwan Mohmed Hamed	19	Cairo	25.39	___
7	Ahmed Samy Hassan	18	AHLY	25.50	___
8	Hossam Eslam Ghazy	16	Sporting	25.53	___

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Meet Program - 5/4/2026 Morning

Heat 20 Finals (#16 Boys 15 & Over 50 LC Meter Butterfly)

1	Mohamed Hatem Mohamed	19	HELOP	25.10	___
2	Khaled Abdel Naser Ali	27	SHOOT	25.04	___
3	Mohamed Yaser Omar	21	OLMPA	25.00	___
4	Ahmed Mohamed El Tatawy	21	Sporting	24.94	___
5	Moahmed Ahmed Salem Ha	19	SMOHA	24.96	___
6	Seif Walaa Antar	21	Wadi Degla	25.03	___
7	Zain Akram Ahmed	17	AHLY	25.06	___
8	Mohamed Ayman Abdelsam	19	AHLY	25.19	___

Heat 21 of 21 Finals

1	Adam Shref Mostafa	22	HELOP	24.88	___
2	Zein Hisham Hamdy	17	AHLY	24.72	___
3	Zeyad Gamal Ashry	16	AHLY	24.34	___
4	Abdel Rahman Sameh Mahr	26	AHLY	22.80	___
5	Yousif Tarik Reda	24	HELOP	23.76	___
6	Khaled Wael Sabre Abdelha	19	SMOHA	24.67	___
7	Seif Mohamed Mehrez	25	ZOHUR	24.83	___
8	Ahmed Adel Abdel aal	18	SHOOT	24.92	___

Event 17 Girls 15 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 14 Finals

3	Rahma el -saed Sabry	17	SAFWA	3:49.94	___
4	Joudy Ali Mohammed	17	Elethead	3:45.28	___
5	Nour Ayman eid Abdelhami	20	ZMALK	3:49.18	___

Heat 2 of 14 Finals

1	Jasmin Ahmed Kenawi	17	Alaab Damanhour	3:30.87	___
2	Karel Rafek Nader	17	HELOP	3:28.41	___
3	Renad Mohamed Rafek Farc	18	Bank Ahly Alex	3:26.36	___
4	Reem Mohamed Omar Abd	17	El Obour	3:24.10	___
5	Nour Mostafa Ibrahim Moh:	16	SHAMS	3:24.29	___
6	Swlaf Samer Abdalla Sharar	20	Y.M.C.A	3:28.05	___
7	Sagda Mohamed Salah	18	Elethead	3:30.70	___
8	Karma Hesham Saied	17	HELOP	3:33.88	___

Heat 3 of 14 Finals

1	Laila Ahmed EL Sadek	17	HELOP	3:20.42	___
2	Mariam Mahmoud Radwan	16	SMOHA	3:19.72	___
3	Jydaa Mohamed Zakaria	15	ZOHUR	3:19.00	___
4	Lili Sherif Ahmed	15	AHLY	3:18.49	___
5	Arwa Tamer Mohy Eldin	20	NASR	3:18.92	___
6	Sama Ahmed Abdelrhman	15	Bank Ahly Alex	3:19.20	___
7	Lojin Taha Mohamed Taha	17	A S E C	3:19.85	___
8	Maryam Mohamed Wasfi	16	SHOOT	3:23.56	___

Heat 4 of 14 Finals

1	Joudy Mohamed Saied	18	ZOHUR	3:16.65	___
2	Ayla Abou Amra	15	Sporting	3:14.93	___
3	Hala Ahmed Fathy	15	OLMPA	3:14.00	___
4	Shadw Mohamed Zikri	16	SHAMS	3:12.54	___
5	Haya Mohamed Atef Ramda	15	SHOOT	3:12.70	___
6	Goumana Wael Hosny	19	AHLY	3:14.53	___
7	Elham Mohamed Abdel Aziz	15	AHLY	3:15.94	___
8	Salma Sherief Mohamed Ma	18	Olympic	3:17.14	___

Heat 5 of 14 Finals

1	Happy Wael Emad	16	REHAB	3:11.56	___
2	Alia Ahmed Mostafa Kamel	15	SHOOT	3:10.54	___
3	Kenzy Yasser Dawood	16	TRSAN	3:10.37	___
4	Tala Feras Mostafa Mohreb	17	SMOHA	3:09.83	___
5	Laila Tawfik Wafik Gomaa	16	GEZIR	3:09.83	___
6	Retal Ahmed Hassan Elsaye	16	City Club	3:10.43	___
7	Yara Anwar Mostafa	15	Bitash	3:11.49	___
8	Farida Arafat Mahdy	15	AHLY	3:11.58	___

Heat 6 of 14 Finals

1	Joumana Mohamed Hamza	19	BNK.G	3:09.50	___
2	Nada Ahmed Saber	15	PETRO	3:09.10	___
3	Yossra Mostafa Kamel	19	Elethead	3:08.82	___
4	Bessan Ahmed Mahmoud	15	ZOHUR	3:08.17	___
5	Shrouk Mohamed Rashad M	18	Olympic	3:08.65	___
6	Malak Amr	17	SHOOT	3:08.94	___
7	Malak Mohamed Samier	17	SHOOT	3:09.45	___
8	Renad Rada Hasan	15	Bank Ahly Alex	3:09.54	___

Heat 7 of 14 Finals

1	Habiba Mohamed Abdallah	16	Bank Ahly Alex	3:07.72	___
2	Gody Wael Saeed	15	SMOHA	3:06.48	___
3	Habiba Moustafa Refaat	19	GEZIR	3:05.73	___
4	Jomana Mahmud Hatem	17	Pegasus Club	3:05.06	___
5	Judy Mohamed Hussein	15	SHOOT	3:05.35	___
6	Jana Hany Mohamed Ewies	17	6 OCT	3:06.47	___
7	Khadiga Yasser Fattouh	19	AHLY	3:07.58	___
8	Nada Sameh Elsayed	17	GHABA	3:07.74	___

Heat 8 of 14 Finals

1	Malak Hesham	18	Al Shehk Zaeid	3:04.49	___
2	Joner Ehab Latef	17	Olympic	3:03.75	___
3	Retal Hamada Khairy	15	TRSAN	3:02.74	___
4	Laila Mohamed Magdy	15	REHAB	3:01.33	___
5	Laila Ossama	17	Sporting	3:02.54	___
6	Farida Mostafa el Barawy	16	Sporting	3:03.54	___
7	Fayrouz amr Sayed	15	Cairo	3:03.85	___
8	Zaina Ahmed Mohamed Mo	17	Olympic	3:04.52	___

Heat 9 of 14 Finals

1	Mona Mohamed Adel Metw.	15	Olympic	3:00.90	___
2	Salma Nader Magdy	16	REHAB	3:00.06	___
3	Zeina Mohamed Darwish	17	SMOHA	2:59.35	___
4	Zina Alaa Moustafa	15	ZMALK	2:59.10	___
5	Talia Tamer	16	SMOHA	2:59.14	___
6	Ashraaq Hisham Ibrahim	17	ZMALK	2:59.48	___
7	Juamana Mohamed Gabr	16	Bitash	3:00.16	___
8	Alaa Karem Mohamed Hafe:	16	AHLY	3:01.16	___

Heat 10 of 14 Finals

1	Farida Ibrahim	15	Sporting	2:58.80	___
2	Karma Ahmed El Dessouki	15	HELOP	2:58.06	___
3	Laila Mohamed Fathy	19	SHOOT	2:57.51	___
4	Raghad Ragab Mohsen Moh	16	Swim Home	2:57.16	___
5	Farida Ahmed Ibrahim	20	GHABA	2:57.19	___
6	Yara Hassan Fathy	19	TWFIK	2:57.52	___
7	Malak Mohamed Fayek Elsa	19	SMOHA	2:58.32	___
8	Mariam Mohamed Ibrahim	15	Bank Ahly Alex	2:58.93	___

National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**Meet Program - 5/4/2026 Morning****Heat 11 Finals (#17 Girls 15 & Over 200 LC Meter Breaststroke)**

1	Farida Nasser Mohamed El-	18	SHOOT	2:56.63	___
2	Nour Bahgat Fekry	16	SHOOT	2:56.44	___
3	Laila Ahmed Elamrosy	19	MRAC	2:55.93	___
4	Jodi Yaser al Khatep	16	SHOBR	2:53.53	___
5	Ghada Wael Abdullah	17	PETRO	2:54.53	___
6	Sarah Ahmed Helmy	15	Elethad	2:56.38	___
7	Nour Mohamed Ahmed	16	AHLY	2:56.55	___
8	Jana Mohamed Ibrahim	15	N.Elnasr SC	2:57.14	___

Heat 12 of 14 Finals

1	Rokaya Saad Mohamed Ade	18	AHLY	2:52.69	___
2	Nour Mohamed aly el Sobky	19	Wadi Degla	2:51.38	___
3	Lara Amr Mahmoud Elsoka	18	AHLY	2:50.84	___
4	Hana Ahmed Mohamed	15	ZOHUR	2:50.14	___
5	Rama Magdy Mohamed	15	Wadi Degla	2:50.56	___
6	Farida Belal Ibrahim Saad	15	REHAB	2:51.19	___
7	Kenzy Maged Abdel Gawad	17	Wadi Degla	2:52.08	___
8	Malak Mohamed Nagy	19	Sporting	2:53.39	___

Heat 13 of 14 Finals

1	Mariam Ahmed Abdel Hakn	18	AHLY	2:49.26	___
2	Yomna Goma Ali Abdo	17	Bank Ahly Alex	2:48.57	___
3	Jana Shady Medhat	16	AHLY	2:47.67	___
4	Nada Hesham Medhat	17	AHLY	2:46.75	___
5	Jana Sherif Mohamed	17	HADAK	2:47.65	___
6	Yousr Mohamed Esmail	16	AHLY	2:48.28	___
7	Tema Mohamed Salem	16	Sporting	2:49.22	___
8	Yara Sherif Mohamed	17	Wadi Degla	2:49.95	___

Heat 14 of 14 Finals

1	Habiba Mohamed Abdelaziz	15	Olympic	2:42.80	___
2	Hlla Khaled Diab	19	AHLY	2:42.11	___
3	Dana Rafeq Elsaade	18	HELOP	2:41.05	___
4	Mariam Mahmoud Ahmed S	17	AHLY	2:39.48	___
5	Rawan Tamer Mohamed	22	AHLY	2:39.57	___
6	Gana Nasr El Din Ali	22	Sporting	2:41.99	___
7	Janat Karem Mohamed Hafi	18	AHLY	2:42.67	___
8	Habiba Mohamed el Hadad	16	Sporting	2:45.52	___