

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 19-11-2019 Morning

Event 32 Boys 14 Year Olds 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|---------------------------------|----------------------------------|-----|--------------------------|-----------|
| Heat 1 of 6 Timed Finals | | | | |
| 4 | Ali Mohamed Mousa | 14 | Tanta | NT |
| 5 | Ebrahim Sameh Mohamed | 14 | El Mekaweloun | 6:17.06 |
| 6 | Hassan Ahmed Hassan | 14 | Zamalek | 7:03.86 |
| 7 | Bashar Ahmed Mohamed | 14 | El Mekaweloun | NT |
| Heat 2 of 6 Timed Finals | | | | |
| 1 | Ahmed Shady Abd ElRahman Mohamed | 14 | Heliolido | 6:12.68 |
| 2 | Yahia Mostafa Gamal Eldeen Salem | 14 | Rowad | 6:05.95 |
| 3 | Omar Osama El Saadany | 14 | Sporting | 6:00.97 |
| 4 | Farok Mohamed Fayk Alshaar | 14 | 6th | 5:53.61 |
| 5 | Mazn Alsaeid Atya Dawoud | 14 | 6th | 5:50.10 |
| 6 | Mokhtar Emad Abdelhamied | 14 | Moasasa Riadiyah Askaria | 5:51.26 |
| 7 | Yousf Aymn Ebrahim Ahmed | 14 | 6th | 5:54.20 |
| 8 | Mostafa Mohamed Mourad | 14 | Wadi Degla | 6:01.15 |
| 9 | Ahmed abd el Hady Hassan | 14 | Zamalek | 6:09.96 |
| 10 | ezz Elden Marouf Mayaz | 14 | Al Tersana | 6:14.20 |
| Heat 3 of 6 Timed Finals | | | | |
| 1 | Khaled Mhmoud Mostfa Ali | 14 | 6th | 5:43.96 |
| 2 | Abdalla Mohamed Hassan | 14 | Ahly | 5:42.68 |
| 3 | Mohamed Yasser Mohmoud | 14 | Zamalek | 5:41.98 |
| 4 | Abd ElRahman Mohamed Aiman | 14 | Shooting | 5:36.71 |
| 5 | Kareem Mohamed Fouad Algaml | 14 | Tawfekaya | 5:33.35 |
| 6 | Abdla Mohmd Ahmd Ali Almhdi | 14 | 6th | 5:33.91 |
| 7 | Ahmed Sameh | 14 | El Ghaba | 5:41.78 |
| 8 | Yasin Mahmoud Mostafa | 14 | Shooting | 5:42.47 |
| 9 | Moaz Nasser Eid Abd Allah | 14 | Talbeia | 5:43.58 |
| 10 | Hade Mohamed Saed | 14 | El Mekaweloun | 5:47.96 |
| Heat 4 of 6 Timed Finals | | | | |
| 1 | Adham Mhammed Arafa Hasan | 14 | Al Hawar | 5:30.71 |
| 2 | Adham Ahmed Mahmoud | 14 | Ahly | 5:29.71 |
| 3 | Ali Nader Ali Mohamed | 14 | Wadi Degla | 5:29.48 |
| 4 | Omar Ahmed Hassan Ryaan | 14 | El Shams | 5:27.11 |
| 5 | Yassin Moaataz Zakaria | 14 | Ahly | 5:24.30 |
| 6 | Ziyad Walid Nabiil | 14 | Sporting | 5:26.74 |
| 7 | Mohamed Tarek Seiam | 14 | Heliopolis | 5:27.54 |
| 8 | Yehia Mohamed Saad Eldin | 14 | Wadi Degla | 5:29.62 |
| 9 | abd Elrahman Mohamed Bader | 14 | Al Tersana | 5:29.95 |
| 10 | Mostafa Emad Mohamed Awad | 14 | Gezira El Ward | 5:31.45 |
| Heat 5 of 6 Timed Finals | | | | |
| 1 | Ahmed Amr Magdy | 14 | Shooting | 5:19.91 |
| 2 | Abd El Rahman Mohamed Farouk | 14 | Shooting | 5:18.72 |
| 3 | Ahmed Hesham Mohsen | 14 | Ahly | 5:16.17 |
| 4 | Marwan Mostafa Mohamed Most | 14 | Smouha | 5:14.61 |
| 5 | Marawan Emad Hamed | 14 | Ahly | 5:13.27 |
| 6 | Yousf Mohmed Mdht Mohmed | 14 | 6th | 5:13.42 |
| 7 | Omar Gaber Aly | 14 | Ahly | 5:15.95 |
| 8 | Ahmed Hisham Safwat Radwan | 14 | Police Club | 5:18.23 |
| 9 | Ahmed Emad Samir Hassan | 14 | Heliolido | 5:18.83 |
| 10 | Ahmade Hamed Abbaas | 14 | Talbeia | 5:21.43 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 6 Timed Finals... (Event 32 Boys 14 Year Olds 400 LC Meter IM)**

| | | | | |
|----|-----------------------------------|----|----------------|---------|
| 1 | Seif Walaa Antar | 14 | Wadi Degla | 5:07.47 |
| 2 | Mohaned LiwaaEldin Ali | 14 | Smouha | 5:04.69 |
| 3 | ali Mohamed Sarwat | 14 | Heliopolis | 5:03.09 |
| 4 | Youssef Ehab Mostafa | 14 | Ahly | 5:02.02 |
| 5 | Yousef Adel Ramadan | 14 | El Shams | 4:56.44 |
| 6 | Ali Mohamed Ali Hasan El | 14 | Bank Ahly Alex | 4:57.43 |
| 7 | Nour El Din Ayman | 14 | Sporting | 5:02.60 |
| 8 | Mohamed Walid Abdel Aziz | 14 | Elethad | 5:04.56 |
| 9 | Ahmed Mohamed Moharam Elmanzalawy | 14 | Al Hawar | 5:05.47 |
| 10 | Ahmed Ayman Ali Mohamed | 14 | El Shams | 5:07.69 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 19-11-2019 Morning

Event 33 Girls 11 Year Olds 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|---|-----|----------------------|-----------|
| Heat 1 of 23 Timed Finals | | | | |
| 4 | Rokia Tamer Abbas | 11 | Canal El Suez | NT |
| 5 | Hala Khaled Hagag | 11 | Canal El Suez | NT |
| 6 | Natally Sameh Rashad | 11 | Al Qusiya Club | NT |
| Heat 2 of 23 Timed Finals | | | | |
| 1 | Samar El Hossiny Ahmed | 11 | Canal El Suez | NT |
| 2 | Rinad Ramy Adel | 11 | Ismailia Electricity | NT |
| 3 | Malak Amr Salah | 11 | Senzo | NT |
| 4 | Limar Ahmed Metwally | 11 | Ismailia Electricity | NT |
| 5 | Joliana Gerges Bebawy | 11 | Al Qusiya Club | NT |
| 6 | Jody Shrif ElAdawy | 11 | Canal El Suez | NT |
| 7 | Lamar Mohamed Salah | 11 | Ismailia Electricity | NT |
| 8 | Salma Ahmed Moustafa | 11 | Senzo | NT |
| 9 | Bsmla Abdo abd Eltawab | 11 | 15 May | NT |
| 10 | Habiba Attia Youssef | 11 | Senzo | NT |
| Heat 3 of 23 Timed Finals | | | | |
| 1 | Mariam Mohamed Awadallah | 11 | Canal El Suez | NT |
| 2 | Noha Mohmed Mohmed | 11 | 15 May | 1:39.96 |
| 3 | Yara Ahmed abd Elkader | 11 | 15 May | 1:39.36 |
| 4 | Noor Mohamed Ahmed Elsayed Elkhoully | 11 | Heliolido | 1:38.61 |
| 5 | Judy Maged Mohamed | 11 | Rowad | 1:36.73 |
| 6 | Rodaina Mohamed Ameen | 11 | M.S Tagamoa | 1:36.87 |
| 7 | Gloria Joseph George Mikhail Barsom | 11 | Heliolido | 1:39.09 |
| 8 | Nour Omar Abdelfatah Omar Mohamed Zarad | 11 | Heliolido | 1:39.51 |
| 9 | Noray Osama Nagah | 11 | Senzo | NT |
| 10 | Hanna Mohamed Anwar | 11 | Ismailia Electricity | NT |
| Heat 4 of 23 Timed Finals | | | | |
| 1 | Yassmin Ahmed Ali | 11 | Rowad | 1:36.03 |
| 2 | Farida Ramy Mahmoud Magdy Abdelhamied | 11 | Heliolido | 1:35.64 |
| 3 | Myar Mohamed Salah Byomy | 11 | Taleaa El Gish Club | 1:34.36 |
| 4 | Rola Yassir Mohamed | 11 | Hadak Al Ahram | 1:34.08 |
| 5 | Godana Nader Mohamed | 11 | Sharks Team | 1:33.81 |
| 6 | Malak Khaled Darwiesh | 11 | Maadi | 1:33.88 |
| 7 | zad Ahmed Mohamed | 11 | 15 May | 1:34.19 |
| 8 | Habiba Mustafa Hamdy Mohamed | 11 | Taleaa El Gish Club | 1:34.94 |
| 9 | Gana Mohammed Saad | 11 | Talbeia | 1:35.99 |
| 10 | Dilara Hany Mahmoud Ibrahim | 11 | Maadi | 1:36.45 |
| Heat 5 of 23 Timed Finals | | | | |
| 1 | Nahed Mohamed Hussin Elta | 11 | Ismailia Electricity | 1:32.65 |
| 2 | Hanna Mohamed Mansour | 11 | Ismailia Electricity | 1:31.82 |
| 3 | Maram Eslem Edal | 11 | El Obour | 1:30.92 |
| 4 | Nada Moustafa Mohamed Hassan | 11 | Maadi | 1:30.78 |
| 5 | Lina Ahmed Abdel Halim | 11 | Hadak Al Ahram | 1:30.16 |
| 6 | Login Hossam Eldin Tageldin | 11 | Sharks Team | 1:30.78 |
| 7 | Amira Ahmed Mohamed | 11 | El Ghaba | 1:30.91 |
| 8 | Sara Ahmed Kamal | 11 | Hadak Al Ahram | 1:31.72 |
| 9 | Goudy abd Elazez Mostafa | 11 | Talbeia | 1:31.85 |
| 10 | Khadija Moustafa Mohamed Talaat | 11 | Maadi | 1:33.44 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 6 Timed Finals... (Event 33 Girls 11 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|----------------------------|----|-----------------|---------|
| 1 | Hapepa Mohamed Helmy | 11 | El Mekaweloun | 1:29.62 |
| 2 | Gannat Hamza El_faytoury | 11 | Sporting | 1:29.50 |
| 3 | Tasnim Ramy ElSayed | 11 | El Ghaba | 1:29.39 |
| 4 | Sama Yousef Abdallah | 11 | Talbeia | 1:28.85 |
| 5 | Sarah Haitham Hazem | 11 | Sporting | 1:27.99 |
| 6 | Malak Mohamed el Bahr | 11 | Sporting | 1:28.80 |
| 7 | Farida Ahm. Aly Shakeeb | 11 | El Gezira | 1:29.32 |
| 8 | Sahar Nader Ibrahim Hassan | 11 | Tawfekaya | 1:29.43 |
| 9 | Rama Mohamed Abo Agwa | 11 | Tagamoa Heljhts | 1:29.60 |
| 10 | Mariam Maher AL Said | 11 | Rowad | 1:29.63 |

Heat 7 of 23 Timed Finals

| | | | | |
|----|-----------------------------|----|-------------------------|---------|
| 1 | Farida Walied Mohamed Fathy | 11 | El Shams | 1:27.61 |
| 2 | Malak Mohamed abd Elmawla | 11 | Tanta | 1:27.17 |
| 3 | Gannat Fathy Mohamed | 11 | El Ghaba | 1:27.05 |
| 4 | Sara Mohamed Bogdady | 11 | Al Tersana | 1:26.97 |
| 5 | Remas Rabea Mousa Hassan | 11 | Olympic | 1:26.90 |
| 6 | Jana Sayed Rayan | 11 | El Nasr Club | 1:26.97 |
| 7 | Jana Ahmed Ali | 11 | El Ghaba | 1:27.02 |
| 8 | Sama Tamer Mohamed | 11 | El Ghaba | 1:27.09 |
| 9 | Lojen Mohamed Omar | 11 | El Nasr Club | 1:27.18 |
| 10 | Kinzy Fathy Mohamed | 11 | Moasasa Riadiah Askaria | 1:27.63 |

Heat 8 of 23 Timed Finals

| | | | | |
|----|---------------------------------|----|----------------|---------|
| 1 | Sofia Ahmed Samier Saad | 11 | El Shams | 1:26.60 |
| 2 | Rahma Samira Mufawaboun | 11 | Hadak Al Ahram | 1:26.50 |
| 3 | Zainab al Sayed Hussein | 11 | Nasr City | 1:25.95 |
| 4 | Khadija Eslam Ahmed Samih | 11 | Sporting | 1:25.60 |
| 5 | Gasmine Ahmed Elbadawi | 11 | Nasr City | 1:25.39 |
| 6 | Salma Hisham abd Elrhim | 11 | Al Tersana | 1:25.54 |
| 7 | Kenzy Motaz Elsayed Ahmed | 11 | Tanta | 1:25.60 |
| 8 | Malak Ahmed Abd El Aal El Sayed | 11 | Maadi | 1:26.36 |
| 9 | Nigar Mohamed Talaat | 11 | Tawfekaya | 1:26.55 |
| 10 | Habiba Mahmoud Abdelnaby | 11 | Sharks Team | 1:26.81 |

Heat 9 of 23 Timed Finals

| | | | | |
|----|-----------------------------------|----|---------------------|---------|
| 1 | Retal Mohamed Khamis | 11 | Sporting | 1:25.32 |
| 2 | Nour Waleed Ezzat | 11 | Talbeia | 1:25.14 |
| 3 | Salma Atta Abdallah | 11 | Helwan Club | 1:24.64 |
| 4 | Abrar Eslam Yehie | 11 | El Obour | 1:24.39 |
| 5 | Carla Riemon abd el Malek Bocktor | 11 | Taleaa El Gish Club | 1:24.20 |
| 6 | Habiba Mohamed Zaki | 11 | Helwan Club | 1:24.21 |
| 7 | Karma Mohmed Ahmed | 11 | Cairo | 1:24.46 |
| 8 | Ethar Ahmed Gamal | 11 | Heliolido | 1:24.95 |
| 9 | Goudy Ahmed Samir | 11 | Al Shark Port Said | 1:25.19 |
| 10 | Miracle Ramy Guirguis | 11 | Rehab | 1:25.32 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 10 Timed Finals... (Event 33 Girls 11 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|------------------------------|----|---------------------|---------|
| 1 | Rahma Allah Sameh Hassan | 11 | Enppi | 1:24.03 |
| 2 | Marina Sameh Mina Saleb Mina | 11 | Heliolido | 1:23.82 |
| 3 | Habiba Mohamed ElSayed Zaki | 11 | Enppi | 1:23.69 |
| 4 | Joanna Waleed Shanan | 11 | Maadi | 1:23.53 |
| 5 | Jomana Walaa Abd Elhakim | 11 | El Obour | 1:23.44 |
| 6 | Hager Mostfa Mohamed | 11 | Tagamoa Heljhts | 1:23.45 |
| 7 | Fatma Hossam Ahmed | 11 | Taleaa El Gish Club | 1:23.65 |
| 8 | Remas Ashraf Ebrahim | 11 | Tanta | 1:23.80 |
| 9 | Jana Hamada Zakaria Aly | 11 | 6th | 1:23.99 |
| 10 | Sara Ahmed Hamza | 11 | El Obour | 1:24.15 |

Heat 11 of 23 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------------------|---------|
| 1 | Sama Ahmed Mohamed | 11 | Tagamoa Heljhts | 1:23.30 |
| 2 | Hala Tarek Asim Mohamed | 11 | Nasr City | 1:23.03 |
| 3 | Rokaia Moustafa Elsayed | 11 | Ismailia Electricity | 1:22.95 |
| 4 | Mariam Mosad Hassan aly | 11 | Moasasa Riadiah Askaria | 1:22.64 |
| 5 | Basnt Walied Mohamed Abd Elstar | 11 | El Shams | 1:22.53 |
| 6 | Rahma Mahmed Abdel Hady | 11 | El Nasr Club | 1:22.62 |
| 7 | Sandra Emad Onsy | 11 | Rowad | 1:22.92 |
| 8 | Rokaia Ayman Mohamed Magdy | 11 | El Zohour | 1:23.01 |
| 9 | Zena Ashraf Mohamed Ebrah | 11 | Tanta | 1:23.21 |
| 10 | Habiba Mohamed aly Mohamed | 11 | Moasasa Riadiah Askaria | 1:23.38 |

Heat 12 of 23 Timed Finals

| | | | | |
|----|------------------------------------|----|---------------------|---------|
| 1 | Nisrena Mohmed Khalil | 11 | Cairo | 1:22.10 |
| 2 | Yasmin Abdel Gawad Hamed | 11 | Hadak Al Ahram | 1:21.94 |
| 3 | Hams Hany Sayedm | 11 | Al Hawar | 1:21.83 |
| 4 | Habiba Hossam Abd Elhamed | 11 | El Nasr Club | 1:21.59 |
| 5 | Mariam Hossam Elden Hassan | 11 | Cairo | 1:21.55 |
| 6 | Jana Samir Mohamed Mohamed | 11 | El Nasr Club | 1:21.57 |
| 7 | Salma Ahmed Elsaid | 11 | Gezira El Ward | 1:21.74 |
| 8 | Jana Mohamed Abdeltawab | 11 | Helwan Club | 1:21.84 |
| 9 | Goody Hany Nabil | 11 | Nasr City | 1:22.00 |
| 10 | Hager Mohamed abd al Aleem Mohamed | 11 | Taleaa El Gish Club | 1:22.42 |

Heat 13 of 23 Timed Finals

| | | | | |
|----|--------------------------------|----|-------------------------|---------|
| 1 | Malak Mohamed Ahmed Mohamed | 11 | Moasasa Riadiah Askaria | 1:21.35 |
| 2 | Sama Mohamed Shokry | 11 | Stad Mansoura | 1:21.28 |
| 3 | Logen Ahmed Atwa | 11 | Gezira El Ward | 1:20.78 |
| 4 | Sama Bassem Hamdy | 11 | Nasr City | 1:20.67 |
| 5 | Habiba Mohmaed Himed Hamed | 11 | El Shams | 1:20.48 |
| 6 | Radwa Hamad Adel Hamad | 11 | Moasasa Riadiah Askaria | 1:20.63 |
| 7 | Lily Mohamed Abdel Raouf Ahmed | 11 | Tawfekaya | 1:20.74 |
| 8 | Gody Mohamed Esmail | 11 | Enppi | 1:20.80 |
| 9 | Noon Ahmed Osama | 11 | El Ghaba | 1:21.35 |
| 10 | Salma Ehab Atef | 11 | Rehab | 1:21.43 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 14 Timed Finals... (Event 33 Girls 11 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------------|----|--------------|---------|
| 1 | Nouran Tamer Hassan | 11 | Enppi | 1:20.41 |
| 2 | Shahd 0 Mohamed Mahmoud | 11 | Shooting | 1:20.15 |
| 3 | Malak Hesham Abd El Sallam Beshr | 11 | Maadi | 1:20.08 |
| 4 | Habiba Mohamed Saeed Abd Elmotaal | 11 | 6th | 1:19.80 |
| 5 | Fareda abd Elfatah Elsayd | 11 | Tanta | 1:19.68 |
| 6 | Karmaa Karim Rasmy | 11 | Enppi | 1:19.76 |
| 7 | Menh Alla Mohamad Mohamad Nage | 11 | Smouha | 1:20.01 |
| 8 | Jana Wael Samir | 11 | El Nasr Club | 1:20.10 |
| 9 | Nour Mohamed Ali | 11 | Al Zaher | 1:20.30 |
| 10 | Hagar Safwat Mohamed | 11 | El Zohour | 1:20.46 |

Heat 15 of 23 Timed Finals

| | | | | |
|----|---------------------------------------|----|----------------|---------|
| 1 | Sadan Khaled Mostafa Mahmo | 11 | Bank Ahly Alex | 1:19.52 |
| 2 | Omama Shady Mohammad Safwan El Solamy | 11 | Heliolido | 1:19.09 |
| 3 | Hania Mohamed Asem | 11 | Enppi | 1:18.47 |
| 4 | Khadega Kaled | 11 | Heliopolis | 1:18.29 |
| 5 | Toka Ayman Ebrahim Eldsok | 11 | Smouha | 1:17.75 |
| 6 | Gana Ahmed Abdel Aziz | 11 | Zamalek | 1:18.18 |
| 7 | Micale Ramy Guirguis | 11 | Rehab | 1:18.38 |
| 8 | Malak Basem Ali | 11 | Rehab | 1:18.56 |
| 9 | Demi Ahmed Fahmy Marwan | 11 | Nasr City | 1:19.43 |
| 10 | Sara Ahmed Abdelsatar ele | 11 | Tanta | 1:19.53 |

Heat 16 of 23 Timed Finals

| | | | | |
|----|---------------------------------|----|---------------------|---------|
| 1 | Farida Amr Tarek Zaied | 11 | El Zohour | 1:17.65 |
| 2 | Jana Saied Othman Mohamed Othma | 11 | Olympic | 1:17.30 |
| 3 | Haya Ahmed Samer | 11 | Heliopolis | 1:17.15 |
| 4 | Haneen Waleed Ahmed Ahmed | 11 | Taleaa El Gish Club | 1:17.02 |
| 5 | Malak Reda Mohamed Soror | 11 | Taleaa El Gish Club | 1:16.78 |
| 6 | Laila Hossam Eldin | 11 | Enppi | 1:16.93 |
| 7 | Lana Bassem Hesham | 11 | Stad Mansoura | 1:17.12 |
| 8 | Farah Hussein Ali Mohamd | 11 | 6th | 1:17.18 |
| 9 | Aysel Sameh Mahmoud | 11 | El Zohour | 1:17.52 |
| 10 | Hana Asad Alsaid Shmata | 11 | 6th | 1:17.68 |

Heat 17 of 23 Timed Finals

| | | | | |
|----|----------------------------|----|----------------|---------|
| 1 | Karen Gourge Victor | 11 | El Ghaba | 1:16.61 |
| 2 | Saja Mohamed Zaki | 11 | Sporting | 1:16.38 |
| 3 | Saga Alaa Adel Ibrahim | 11 | Shooting | 1:15.97 |
| 4 | Karma Hosam Basim Elkhatib | 11 | 6th | 1:15.91 |
| 5 | Aliaa Ahmad Rapea Saleh | 11 | Heliopolis | 1:15.76 |
| 6 | Alaa Mahmoud Mohamed | 11 | Al Shehk Zaeid | 1:15.87 |
| 7 | Malak amr Hasaan | 11 | Al Hawar | 1:15.97 |
| 8 | Jasmine Mohamed Youssef | 11 | Shooting | 1:16.08 |
| 9 | Haya Samir Mohamed | 11 | Nasr City | 1:16.42 |
| 10 | Gana abo Elelaa Abdelnafa | 11 | Zamalek | 1:16.66 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 18 Timed Finals... (Event 33 Girls 11 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------|----|-------------------------|---------|
| 1 | Ayla Mohamed Ali EL Medany | 11 | Heliopolis | 1:15.72 |
| 2 | Ganna Sheref Mohamad Abdel | 11 | Smouha | 1:15.67 |
| 3 | Kenzy Yasser | 11 | Talbeia | 1:15.53 |
| 4 | Jana Ahmed akl | 11 | Sporting | 1:15.51 |
| 5 | Farah Ahmed | 11 | Heliopolis | 1:15.14 |
| 6 | Hana Nabil Ahmed | 11 | Cairo | 1:15.33 |
| 7 | Loujaen Ahmed Abd Al Halem | 11 | Shooting | 1:15.52 |
| 8 | Gana Sameh Zenhom | 11 | Zamalek | 1:15.57 |
| 9 | Salma Mohamed Azmy Abdallah | 11 | Moasasa Riadiah Askaria | 1:15.68 |
| 10 | Nada Ahmed Mohamed | 11 | Royal | 1:15.73 |

Heat 19 of 23 Timed Finals

| | | | | |
|----|----------------------------|----|----------------|---------|
| 1 | Layla Mohamed Elsaed Manso | 11 | Bank Ahly Alex | 1:14.79 |
| 2 | Lina Mohamed Ramadan Ahmed | 11 | 6th | 1:14.45 |
| 3 | Nour Hasan Fouad | 11 | Cairo | 1:14.15 |
| 4 | Habeba Aly Ahmed Ibrahim | 11 | Olympic | 1:13.72 |
| 5 | Maiss Elhussien Mohamed | 11 | Wadi Degla | 1:13.62 |
| 6 | Mariam Eslam Hosny | 11 | Wadi Degla | 1:13.70 |
| 7 | Malak Saher Samy | 11 | Helwan Club | 1:13.78 |
| 8 | Rinad Walid Gomaa | 11 | Stad Mansoura | 1:14.38 |
| 9 | Habiba Ramadan Mohamed | 11 | Stad Mansoura | 1:14.50 |
| 10 | Nourhan el Sayed Mahmoud | 11 | Hadak Al Ahram | 1:15.13 |

Heat 20 of 23 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------------------|---------|
| 1 | Mariam Mohamed Ebrahim | 11 | Stad Mansoura | 1:13.34 |
| 2 | Norai Mohamed Galal | 11 | Shooting | 1:13.26 |
| 3 | Lara Ahmed Elwan | 11 | Ahly | 1:12.77 |
| 4 | Farah Hatem Ngaty Mohamed | 11 | Heliopolis | 1:12.55 |
| 5 | Alaa Mamdouh abd Elhady Mohamed | 11 | Moasasa Riadiah Askaria | 1:12.53 |
| 6 | Malak Mohamed Hassan | 11 | Zamalek | 1:12.54 |
| 7 | Retag Alla Eldeen Abdelfat | 11 | Smouha | 1:12.72 |
| 8 | Salma Ahmed Abo Mosalm | 11 | Ahly | 1:12.85 |
| 9 | Hana Sameh Younes | 11 | El Temsah | 1:13.27 |
| 10 | Hala Walid Abbas Abdelgawad | 11 | Olympic | 1:13.38 |

Heat 21 of 23 Timed Finals

| | | | | |
|----|---------------------------|----|----------------|---------|
| 1 | Laila Ashraf Salah | 11 | Wadi Degla | 1:12.30 |
| 2 | Rancy Mohamed Hafez | 11 | Tanta | 1:11.93 |
| 3 | Noor Hassan Mohamed | 11 | Hadak Al Ahram | 1:11.78 |
| 4 | Sandy Mohamed Mosaad | 11 | Wadi Degla | 1:11.36 |
| 5 | Hanya Hossam Ahmad Salama | 11 | Smouha | 1:11.27 |
| 6 | Wafaa Ahmed Saad ElDin | 11 | Wadi Degla | 1:11.33 |
| 7 | Hanin Saeed | 11 | Zamalek | 1:11.59 |
| 8 | Amenha Hesham Amin | 11 | El Zohour | 1:11.80 |
| 9 | Fairoz Ahmed Ibrahiem | 11 | El Shams | 1:12.00 |
| 10 | Basmala Taha Abd Alraouf | 11 | Wadi Degla | 1:12.43 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 22 Timed Finals... (Event 33 Girls 11 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|------------------------------|----|--------------------|---------|
| 1 | Saba Ahmed Elshabrawy | 11 | Ahly | 1:11.07 |
| 2 | Nazly Mohamed Elokda | 11 | Shooting | 1:10.57 |
| 3 | Gana Allaeldin Mohamed | 11 | El Shams | 1:09.93 |
| 4 | Kenzy Wael Foud RamadanYos | 11 | Smouha | 1:09.78 |
| 5 | Maya Mohamad Mahmud Hamaa | 11 | Smouha | 1:09.61 |
| 6 | Marim Mohamed Bakr | 11 | Al Tersana | 1:09.73 |
| 7 | Jana Maged Amir | 11 | El Zohour | 1:09.84 |
| 8 | Hala Aboser | 11 | Baladyat El Mahala | 1:09.99 |
| 9 | Jana Mostafa Moktar | 11 | Cairo | 1:10.63 |
| 10 | Malk Mohamed Soliman Mahmoud | 11 | El Shams | 1:11.17 |

Heat 23 of 23 Timed Finals

| | | | | |
|----|-------------------------|----|---------------|---------|
| 1 | Nour Shref Osama | 11 | Heliopolis | 1:09.26 |
| 2 | Sama Iyhab Onsy | 11 | Al Hawar | 1:08.61 |
| 3 | Maya Abdelaziz Zakaria | 11 | Ahly | 1:08.11 |
| 4 | Goumana Mohamed Ibrahim | 11 | Ahly | 1:07.69 |
| 5 | Ingy Bassem Bahaa Eldin | 11 | Ahly | 1:05.80 |
| 6 | Arwa Faisal El Sherif | 11 | Wadi Degla | 1:07.02 |
| 7 | Hader Mahmoud | 11 | Zamalek | 1:08.01 |
| 8 | Rokan Tamer O Ismail | 11 | Shooting | 1:08.35 |
| 9 | Mona Mohamed Alaa | 11 | El Mekaweloun | 1:09.10 |
| 10 | Arwa Mohamed Elsayed | 11 | Ahly | 1:09.34 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 19-11-2019 Morning

Event 34 Girls 14 Year Olds 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|--|-----|-------------------------|-----------|
| Heat 1 of 10 Timed Finals | | | | |
| 1 | Jana Amir Abdel Fattah | 14 | Canal El Suez | NT |
| 2 | Nadira Mohamed aly al Najjar | 14 | 15 May | NT |
| 3 | Maryam Sayed Atallah | 14 | Talbeia | 1:37.95 |
| 4 | Mirna Mohamed Mansour | 14 | Misr Insurance | 1:33.43 |
| 5 | Malak Gamal Matwally | 14 | El Zohour | 1:31.35 |
| 6 | Nor Sheref Adel | 14 | Mansheit Naser | 1:32.45 |
| 7 | Yasmen Ayman Mohamed | 14 | Tagamoa Heljhts | 1:33.85 |
| 8 | Farida Gamal Atia | 14 | Al Zaher | 1:47.14 |
| 9 | Mariam Mohamed Atef | 14 | Al Qusiya Club | NT |
| 10 | Rina Amgad Sabry Ghaly | 14 | Senzo | NT |
| Heat 2 of 10 Timed Finals | | | | |
| 1 | Nourhan Hussien Ahmed | 14 | Taleaa El Gish Club | 1:27.33 |
| 2 | Nour Bahaa Mostafa | 14 | Hadak Al Ahram | 1:25.93 |
| 3 | Rwan Khaled Abdelhalem | 14 | Taleaa El Gish Club | 1:24.45 |
| 4 | Habiba Ehab Hassan Ebrahim | 14 | 6th | 1:24.23 |
| 5 | Yara Osama Mohamed Zaatar | 14 | Taleaa El Gish Club | 1:20.50 |
| 6 | Jana Mohamed Rashad | 14 | Helwan Club | 1:20.97 |
| 7 | Fatmaa El Zhraa Mohamed Ahmed | 14 | S Shbein Al Koum | 1:24.32 |
| 8 | Joumana Sayed Shahat | 14 | El Nasr Club | 1:25.49 |
| 9 | Mariam Ahmed Zakria | 14 | Police Club | 1:26.12 |
| 10 | Engy Ibrahim Ali Sayed Hassan | 14 | Mansheit Naser | 1:29.84 |
| Heat 3 of 10 Timed Finals | | | | |
| 1 | Amal Atef Ahmed | 14 | Zamalek | 1:19.49 |
| 2 | Esraa Alaa Hassan | 14 | El Shrook | 1:18.75 |
| 3 | Karma Ahmed Elmohandes | 14 | Cairo | 1:17.74 |
| 4 | Gana Mohamed abd el Salam | 14 | Hadak Al Ahram | 1:17.26 |
| 5 | Malak Asem Hamd Kasem | 14 | 6th | 1:17.05 |
| 6 | Sarah Hesham Abd El Hamid | 14 | 15 May | 1:17.14 |
| 7 | Fareh Yasser Mohamed Samy Mohamed | 14 | El Shams | 1:17.27 |
| 8 | Shahd Akml Mohamed Mohamed Alna | 14 | 6th | 1:17.91 |
| 9 | Klara Alfred Sabr | 14 | Zamalek | 1:19.09 |
| 10 | Rawan Ahmed AbdElwahab | 14 | Smouha | 1:20.19 |
| Heat 4 of 10 Timed Finals | | | | |
| 1 | Mariam Mohamed m Hamdy Soliman | 14 | Moasasa Riadiah Askaria | 1:16.82 |
| 2 | Amira Shawky Abd Elal Elsnosy | 14 | El Nasr Club | 1:14.98 |
| 3 | Jana Mohamed Samy | 14 | Smouha | 1:14.16 |
| 4 | Martina Magdy Bekhet | 14 | Zamalek | 1:13.08 |
| 5 | Sara Tarek Ahmed Mohsen | 14 | Maadi | 1:11.51 |
| 6 | Anan Mohamed Yehia | 14 | El Mekaweloun | 1:11.83 |
| 7 | Mariam Mohmed Mosaad | 14 | Zamalek | 1:13.43 |
| 8 | Habiba Sameh Fahmy | 14 | Heliopolis | 1:14.39 |
| 9 | Judy Awwad Mohamed | 14 | El Zohour | 1:15.17 |
| 10 | Karma Abdel Fattah Abdul Muttalib Kedr | 14 | Shooting | 1:17.04 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 5 Timed Finals... (Event 34 Girls 14 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|----------------------------------|----|----------------|---------|
| 1 | Darien Wael Said Abdel Raouf | 14 | Al Shehk Zaeid | 1:10.95 |
| 2 | Salma Samir abd el Azim | 14 | Al Tersana | 1:10.80 |
| 3 | Haneen amr Abdelaziz | 14 | Cairo | 1:10.59 |
| 4 | Gana Ashraf Abd El Hafez Mohamed | 14 | Shooting | 1:10.17 |
| 5 | Alaa Khaled Safwan | 14 | El Mekaweloun | 1:09.98 |
| 6 | Nor Salah El Din Mohamed | 14 | Shooting | 1:10.04 |
| 7 | Zenab Wagdy | 14 | El Ghaba | 1:10.33 |
| 8 | Fareh Shiref Hassan Ahmed Azab | 14 | El Shams | 1:10.80 |
| 9 | Sara Ibrahim Mohamed | 14 | Ahly | 1:10.93 |
| 10 | Yosr Wael Gmal | 14 | Heliopolis | 1:11.36 |

Heat 6 of 10 Timed Finals

| | | | | |
|----|------------------------------|----|--------------|---------|
| 1 | Reem Mohamed Ibrahim | 14 | Zamalek | 1:09.71 |
| 2 | Ola Ehab Samier Abd EL Kader | 14 | El Shams | 1:09.67 |
| 3 | Marim Mohamed Osman | 14 | El Nasr Club | 1:09.54 |
| 4 | Gana Mohamed Ahmed Salama | 14 | El Ghaba | 1:09.14 |
| 5 | Zena Mahmoud Mohamed Mosa | 14 | El Ghaba | 1:08.91 |
| 6 | Gana Tarek Mohamed Farid | 14 | Shooting | 1:09.05 |
| 7 | Farah Mohamed Moussa Kotb | 14 | Olympic | 1:09.33 |
| 8 | Alaa Amr El Sokry | 14 | Sporting | 1:09.58 |
| 9 | Kenzy amr Ahmed | 14 | Zamalek | 1:09.70 |
| 10 | Malak Mahmud Hassan | 14 | El Ghaba | 1:09.90 |

Heat 7 of 10 Timed Finals

| | | | | |
|----|--------------------------------|----|---------------|---------|
| 1 | Sama Tarek Raslan | 14 | Tanta | 1:08.76 |
| 2 | Lojain Osama Mohamed | 14 | Wadi Degla | 1:08.30 |
| 3 | Shahd Sherif Abdallah | 14 | El Mekaweloun | 1:08.24 |
| 4 | Zahwa Mohsen Sayed | 14 | Ahly | 1:07.82 |
| 5 | Nor Mahmoud Anbar | 14 | El Ghaba | 1:07.70 |
| 6 | Mona Mahmoud Abdalla | 14 | Ahly | 1:07.73 |
| 7 | Shado Abd Elaziz Fayez Mohamed | 14 | El Shams | 1:08.22 |
| 8 | Malak Islam Mohamed | 14 | Ahly | 1:08.26 |
| 9 | Farah Mohammed Abd Rabbo | 14 | Wadi Degla | 1:08.38 |
| 10 | MLK Mohamed Shwkey Saad | 14 | 6th | 1:08.90 |

Heat 8 of 10 Timed Finals

| | | | | |
|----|----------------------------|----|----------------|---------|
| 1 | Nouran Marawan Ramadan | 14 | Ahly | 1:07.33 |
| 2 | Habeba Mohamed Moussa Kotb | 14 | Olympic | 1:06.77 |
| 3 | Nadin Ayman Hessien | 14 | Wadi Degla | 1:06.43 |
| 4 | Goudy Abdelhalem Fathala Z | 14 | Bank Ahly Alex | 1:06.30 |
| 5 | Jana Mohamed Samir Khaled | 14 | Olympic | 1:05.91 |
| 6 | Fareda Mohamed Nwar | 14 | Tanta | 1:06.30 |
| 7 | Gody Ahmed Badawy Mhmoud | 14 | Smouha | 1:06.42 |
| 8 | Zeina Bassem Ali | 14 | Wadi Degla | 1:06.58 |
| 9 | Nourhan Mohamed Moharam | 14 | Tanta | 1:07.23 |
| 10 | Malak Hasan Moh. Elhoshy | 14 | El Gezira | 1:07.64 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 9 Timed Finals... (Event 34 Girls 14 Year Olds 100 LC Meter Freestyle)**

| | | | | |
|----|-------------------------------|----|------------|---------|
| 1 | Aida Ahm. Mohssin Abd Elrazek | 14 | El Gezira | 1:04.94 |
| 2 | Malak Mohamed Mahmoud Gaber | 14 | Maadi | 1:04.67 |
| 3 | Hana Waled Hassan | 14 | El Ghaba | 1:04.27 |
| 4 | Rodaina Mohamed Mohamed Hass | 14 | Nasr City | 1:04.11 |
| 5 | Leila Mohamed Ibrahim | 14 | Wadi Degla | 1:03.54 |
| 6 | Lela Ahmed Kamal | 14 | El Ghaba | 1:03.59 |
| 7 | Nour Mohamed Hossain | 14 | Shooting | 1:04.13 |
| 8 | Malak Mohamed Mhmoud Hamad | 14 | Smouha | 1:04.51 |
| 9 | Malak Khaled Mostafa | 14 | Shooting | 1:04.91 |
| 10 | Malak Khaled Ahmed Abdallah | 14 | Wadi Degla | 1:05.57 |

Heat 10 of 10 Timed Finals

| | | | | |
|----|-----------------------------------|----|------------|---------|
| 1 | Raghd Mohamed Elsaid Moham | 14 | Smouha | 1:02.72 |
| 2 | Farida Amr Mohamed Abd El Motelib | 14 | Shooting | 1:01.84 |
| 3 | Malak Ahmed Helmy | 14 | Ahly | 1:01.63 |
| 4 | Mariam Mohamed Emad Fahmy | 14 | Maadi | 1:01.19 |
| 5 | Nour Mohamed Ibrahim Ali | 14 | Smouha | 1:00.74 |
| 6 | Malak Mohamed Abbas Mohamed | 14 | Maadi | 1:00.95 |
| 7 | Goumana Tarek Yehia | 14 | Ahly | 1:01.57 |
| 8 | Rodaina Mohamed Saad | 14 | Wadi Degla | 1:01.74 |
| 9 | Lama Tamer Mohamed Ahmed | 14 | Smouha | 1:02.24 |
| 10 | Lila Mohamed Fahmi | 14 | Elethad | 1:03.15 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 19-11-2019 Morning

Event 35 Boys 11 Year Olds 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|--------------------------------|-----|---------------------|-----------|
| Heat 1 of 15 Timed Finals | | | | |
| 4 | Ali Talaat Ali Shata | 11 | Raas El Bar Club | NT |
| 5 | Omar Tamer Issa | 11 | Rowad | NT |
| 6 | Ahmed Hossam El Din | 11 | Canal El Suez | NT |
| Heat 2 of 15 Timed Finals | | | | |
| 1 | Mohamed Wadah Mohamed Gebssa | 11 | Heliopolis | 3:40.99 |
| 2 | Mohamed Mohamed Mohamed | 11 | Hadak Al Ahram | 3:31.69 |
| 3 | Adam Ahmed Mohmed Sayd | 11 | 15 May | 3:29.27 |
| 4 | Seifeldin Wesam Abdelmoniem | 11 | El Ghaba | 3:27.60 |
| 5 | Malek Mohamed Hasan | 11 | Talbeia | 3:26.00 |
| 6 | Ahmed Essam Abd Elkreem | 11 | Taleaa El Gish Club | 3:27.53 |
| 7 | Youssef Mohamed Abd EL Aziz | 11 | Rowad | 3:28.00 |
| 8 | Yassin Maged Samir | 11 | Al Tersana | 3:29.45 |
| 9 | Ali Ahmed Ali Ahmed | 11 | Heliopolis | 3:33.76 |
| 10 | Ahmed Abdelazim Saleh | 11 | Taleaa El Gish Club | 3:59.25 |
| Heat 3 of 15 Timed Finals | | | | |
| 1 | Michael Tamer Fouad | 11 | El Ghaba | 3:25.81 |
| 2 | Adam Mohamed Abd Elfatah | 11 | El Zohour | 3:25.23 |
| 3 | Saif Alla Hatem Raouf | 11 | El Shams | 3:24.57 |
| 4 | Yossef Mohamed Amin Zaky | 11 | Elethead | 3:22.93 |
| 5 | abd Elrahman Ashrf Nabil | 11 | Al Tersana | 3:21.92 |
| 6 | Moaz Tamer Hassan Mohmaed | 11 | El Shams | 3:21.96 |
| 7 | Mostafa Wael Samier | 11 | Al Shark Port Said | 3:24.46 |
| 8 | Mazen Mohamed Hosen Omar | 11 | Tanta | 3:24.78 |
| 9 | Anas Mohamed Ebrahim | 11 | El Ghaba | 3:25.58 |
| 10 | Mostafa Mahmoud Nasr Eldin | 11 | Hadak Al Ahram | 3:25.88 |
| Heat 4 of 15 Timed Finals | | | | |
| 1 | Mohamed Ayman Ismail | 11 | El Nasr Club | 3:19.17 |
| 2 | Mahmoud Amr El-shobaki | 11 | Shooting | 3:18.84 |
| 3 | Abdullah Ahmed Farouk | 11 | M.S Tagamoa | 3:18.21 |
| 4 | Ebrahim Khaled Effat | 11 | Heliopolis | 3:17.74 |
| 5 | Yossef Mohamed Hassan | 11 | El Ghaba | 3:17.03 |
| 6 | Moataz Ahmed Mohamed Labib | 11 | 6th | 3:17.67 |
| 7 | Moamen amr Mohammed | 11 | Talbeia | 3:18.19 |
| 8 | Mohamed Emad Ghonemy | 11 | Rowad | 3:18.53 |
| 9 | Adham Ahmed Mohamed | 11 | 6th | 3:18.87 |
| 10 | Hassan Karim Aglan | 11 | Sporting | 3:21.43 |
| Heat 5 of 15 Timed Finals | | | | |
| 1 | abd Allah Khaled abd Elmonem | 11 | Tanta | 3:16.30 |
| 2 | Yossef Ayman Said | 11 | El Ghaba | 3:15.45 |
| 3 | Hazem Hatem Nasr Ahmed Mohamed | 11 | Heliolido | 3:14.93 |
| 4 | Mohamed Abdelmounem Ashor | 11 | El Shams | 3:14.52 |
| 5 | Omar Salah Salah Mostafa | 11 | Shooting | 3:14.19 |
| 6 | Adam Mohamed Mahmoud Shawky | 11 | El Zohour | 3:14.40 |
| 7 | Ahmed Shady Ahmed | 11 | Hadak Al Ahram | 3:14.66 |
| 8 | Omar Reda Mohamed | 11 | Al Shehk Zaeid | 3:15.06 |
| 9 | Youssef Shabaan Atya | 11 | Talbeia | 3:15.49 |
| 10 | Abd Elrahman Sherief | 11 | Cairo | 3:16.76 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 6 Timed Finals... (Event 35 Boys 11 Year Olds 200 LC Meter Backstroke)**

| | | | | |
|----|--|----|---------------------|---------|
| 1 | Bilal Tarik Mohamed Asal | 11 | Al Tersana | 3:13.87 |
| 2 | Hassan Ahmed Ehab Wahby | 11 | Heliopolis | 3:13.40 |
| 3 | Marwan Mahmoud Mostafa | 11 | Hadak Al Ahram | 3:12.67 |
| 4 | Hussein Mahmed Hussein | 11 | El Nasr Club | 3:12.02 |
| 5 | Yossef Mohamed Ahmed Fawzy | 11 | Tanta | 3:11.52 |
| 6 | Adam Tarek Adel EL Ghazoly | 11 | Heliopolis | 3:11.75 |
| 7 | Mahmoud Khaled Mahmoud Samy Bishr | 11 | El Shams | 3:12.52 |
| 8 | Mohand Ahmed Maher | 11 | El Nasr Club | 3:13.35 |
| 9 | Omar Abdelmonaim Mohamed | 11 | Taleaa El Gish Club | 3:13.81 |
| 10 | Abd Elrahman Mohamed Ahmed Abd Elhamid | 11 | El Zohour | 3:13.92 |

Heat 7 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|----------------|---------|
| 1 | Omar Abd EL Razek Kamal | 11 | Rowad | 3:11.37 |
| 2 | Mohamed Hasan Ghanem Fayed | 11 | Gezira El Ward | 3:10.72 |
| 3 | Mohamad Akram Mohamad Badwe | 11 | Smouha | 3:09.93 |
| 4 | Mohamed Sameh abo Zaid | 11 | Talbeia | 3:09.55 |
| 5 | Omar Fareid Mohammed | 11 | Talbeia | 3:08.25 |
| 6 | Adham Mohamed Abd Elrahman | 11 | El Zohour | 3:08.48 |
| 7 | Yousif Haitham Elsaid | 11 | Zamalek | 3:09.79 |
| 8 | Amir Maged Eid Yousef | 11 | Heliopolis | 3:10.47 |
| 9 | AlHassan Mohamed Hassan | 11 | El Ghaba | 3:10.75 |
| 10 | Mohand Medhat Ezzat | 11 | Helwan Club | 3:11.40 |

Heat 8 of 15 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------|---------|
| 1 | Mohamed Ahmed Ibrahim Saleh | 11 | Olympic | 3:07.63 |
| 2 | Yousief Mohamed Fathy Hussie | 11 | Zamalek | 3:07.35 |
| 3 | Hamza Tawfik Mohamed Tawfi | 11 | Tanta | 3:06.32 |
| 4 | omr Alaa Ebrahim | 11 | 15 May | 3:05.92 |
| 5 | Ali Morad Salah Eldeen A | 11 | Smouha | 3:05.33 |
| 6 | Eyad Mohamed abd Elhamed | 11 | Tanta | 3:05.64 |
| 7 | Ahmed Osama Abdelhameed | 11 | M.S Tagamoa | 3:05.95 |
| 8 | Mohamed Mostafa Alla' ElDin | 11 | Shooting | 3:06.65 |
| 9 | Ahmed Ebrahim Abd Elfatah Ahmed | 11 | 6th | 3:07.61 |
| 10 | Yasien Hazem Taher | 11 | Zamalek | 3:07.98 |

Heat 9 of 15 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------|---------|
| 1 | Fahd Hassan Hasanin | 11 | Zamalek | 3:04.92 |
| 2 | Abdelrhman Moustafa Hanfy | 11 | A S E C | 3:04.44 |
| 3 | Essam Khaled Abdel Hady | 11 | Ahly | 3:04.06 |
| 4 | Hamza Mohamed Saed | 11 | El Obour | 3:03.75 |
| 5 | Hamza Amro Kandiel | 11 | El Shams | 3:02.85 |
| 6 | Zeiad Ahmed Hamdy | 11 | Sharks Team | 3:03.00 |
| 7 | Eyad al Shareef Mahmoud | 11 | Nasr City | 3:04.00 |
| 8 | Abdel Rahman Gasser Abdellattif | 11 | Ahly | 3:04.36 |
| 9 | Adam Ali Hassan Ahmed | 11 | Shooting | 3:04.86 |
| 10 | Youssef Mohamed Farouk Elshaer | 11 | Shooting | 3:04.97 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 10 Timed Finals... (Event 35 Boys 11 Year Olds 200 LC Meter Backstroke)**

| | | | | |
|----|---------------------------------|----|------------|---------|
| 1 | Abdelrahman Hany Shaker Elsaeid | 11 | Smouha | 3:01.98 |
| 2 | Zeiad Ahmed Saied | 11 | Zamalek | 3:01.83 |
| 3 | Malek Mohamed Bader | 11 | Al Tersana | 3:01.11 |
| 4 | Mohab Wala Eldin Osama | 11 | Tanta | 3:00.92 |
| 5 | Youssef Khalil Alsaied | 11 | Rowad | 3:00.43 |
| 6 | Hamza Mohamed Ebrahim Fath | 11 | Tanta | 3:00.77 |
| 7 | Ahmed Sameh Mohamed Emam | 11 | Heliopolis | 3:01.01 |
| 8 | Mahmoud Haitham Mahmoud Kame | 11 | El Ghaba | 3:01.81 |
| 9 | amr Magdy Elsayed | 11 | Al Tersana | 3:01.96 |
| 10 | Mazen Wael Fakry | 11 | Al Tersana | 3:02.19 |

Heat 11 of 15 Timed Finals

| | | | | |
|----|------------------------------------|----|-------------|---------|
| 1 | Mohamed Aboelazm Maghawry Aboelazm | 11 | 6th | 2:59.79 |
| 2 | Yahia Mohamed Salama Mohamed | 11 | El Shams | 2:59.50 |
| 3 | Omar Shiref Abd el Mounem Mohame | 11 | El Shams | 2:59.33 |
| 4 | Omar Ahmed Mohamed Gaballah | 11 | Rowad | 2:58.48 |
| 5 | Omar Atef el Sadat | 11 | Al Hawar | 2:58.44 |
| 6 | Mohamed El Saeed Atia Mohamed | 11 | 6th | 2:58.47 |
| 7 | Moustafa amr Abdelazem | 11 | Helwan Club | 2:58.70 |
| 8 | Mohamud Mohamad Roshdey Abde | 11 | Smouha | 2:59.46 |
| 9 | Omar Mohamed Ali Abdo | 11 | Shooting | 2:59.62 |
| 10 | Yassin Amr Adel | 11 | Ahly | 3:00.21 |

Heat 12 of 15 Timed Finals

| | | | | |
|----|------------------------------------|----|------------|---------|
| 1 | Yassin Khaled Ibrahim Hussien | 11 | Maadi | 2:57.53 |
| 2 | Mohamed Wael Ibrahim Desouki | 11 | Tawfekaya | 2:57.05 |
| 3 | Hatem el Ameer Salah el din | 11 | Al Hawar | 2:55.89 |
| 4 | Yasin Mossa Moh. Faghr Eldin Hawas | 11 | El Gezira | 2:55.42 |
| 5 | Yassin Mohamed abd el Fatah | 11 | Wadi Degla | 2:55.24 |
| 6 | Mohamed Amr Elsayed Abdelaziz | 11 | Olympic | 2:55.26 |
| 7 | Mohamed Ashraf Mohamed Abdel Raouf | 11 | Ahly | 2:55.68 |
| 8 | Ziad amr abd Elhakem | 11 | Cairo | 2:56.90 |
| 9 | Omar Karem Mahmoud Abd El | 11 | Elethead | 2:57.31 |
| 10 | Abdul Rahman Khaled el Melouky | 11 | Sporting | 2:58.00 |

Heat 13 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|----------------|---------|
| 1 | Omar Mohamad Ali Ebrahim | 11 | Smouha | 2:55.00 |
| 2 | Moaz Eslam Kamal Eldeen E | 11 | Smouha | 2:54.54 |
| 3 | Hesham Essam Mohamed | 11 | Stad Mansoura | 2:54.19 |
| 4 | Ahmed Walid Shobhy | 11 | Stad Mansoura | 2:53.62 |
| 5 | Basel Sameh Mohamed | 11 | Hadak Al Ahram | 2:53.16 |
| 6 | Karem Moatasem Mahmoud | 11 | Wadi Degla | 2:53.20 |
| 7 | Adam Mohamed Mahmoud | 11 | Wadi Degla | 2:53.62 |
| 8 | Faris Mohamed Mohamed Farid | 11 | 6th | 2:54.44 |
| 9 | Ayman ali Elmorsy | 11 | Stad Mansoura | 2:54.64 |
| 10 | Youssef Ahmed Samir | 11 | Wadi Degla | 2:55.06 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 14 Timed Finals... (Event 35 Boys 11 Year Olds 200 LC Meter Backstroke)**

| | | | | |
|----|-------------------------------------|----|---------------|---------|
| 1 | Mohand Alaa Mohamed | 11 | YMCA | 2:52.63 |
| 2 | Yahia Hazim Husieen | 11 | Zamalek | 2:51.42 |
| 3 | Yasien Mohamed Roshdy | 11 | Zamalek | 2:50.84 |
| 4 | Mostafa Mohamed Fouad El Gamal | 11 | Tawfekaya | 2:49.69 |
| 5 | Mohamed Osama Fekry | 11 | Wadi Degla | 2:48.82 |
| 6 | Mohamed Khaled Mohamed Mahmoud Zaki | 11 | Shooting | 2:49.52 |
| 7 | Khaled Mohamed Samir | 11 | Ahly | 2:49.74 |
| 8 | Tayem Waled Mostafa AbdElh | 11 | Smouha | 2:51.03 |
| 9 | Fares Karm Refaay | 11 | Ahly | 2:52.12 |
| 10 | Mostafa Hossam el din | 11 | Stad Mansoura | 2:52.81 |

Heat 15 of 15 Timed Finals

| | | | | |
|----|--------------------------------|----|-------------------------|---------|
| 1 | Mohamed Tarek Mohamed Zaky | 11 | Olympic | 2:47.86 |
| 2 | Adham Amr Ahmed ElSharambakhom | 11 | Wadi Degla | 2:46.91 |
| 3 | Eyad Essam Mohamed | 11 | Cairo | 2:45.20 |
| 4 | Omar Taher Allam | 11 | Stad Mansoura | 2:44.76 |
| 5 | Marwan Ali Mahmoud | 11 | Wadi Degla | 2:41.10 |
| 6 | Ahmed Mohamed Anwar Fekry | 11 | Ahly | 2:43.11 |
| 7 | Yehia Mohamed Ahmed Ismail | 11 | Moasasa Riadiah Askaria | 2:44.85 |
| 8 | Omar Ayman Esmael Emam | 11 | 6th | 2:45.39 |
| 9 | Karim Mohamed Sharaf | 11 | Stad Mansoura | 2:47.04 |
| 10 | Sameir Moataz Bellah | 11 | Talbeia | 2:48.74 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19

Meet Program - 19-11-2019 Morning

Event 36 Boys 14 Year Olds 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|---------------------------------|------------------------------------|-----|---------------------|-----------|
| Heat 1 of 8 Timed Finals | | | | |
| 4 | Belal Tamer Abas | 14 | Canal El Suez | NT |
| 5 | Hany Essam Sharkawy | 14 | Al Tersana | 3:09.86 |
| 6 | Ebrahim Moataz | 14 | Taleaa El Gish Club | 3:34.30 |
| 7 | Mazen Ashraf Mohamed Abdel | 14 | Bank Ahly Alex | NT |
| Heat 2 of 8 Timed Finals | | | | |
| 1 | Ziad Sayed Fathy Hassan | 14 | 15 May | 3:02.46 |
| 2 | Omer Mohamed Mahrous | 14 | Taleaa El Gish Club | 2:56.75 |
| 3 | Yosef Ahmed Sabry | 14 | Heliopolis | 2:50.57 |
| 4 | Ahmed Magdy Abd Elhakim | 14 | El Nasr Club | 2:49.86 |
| 5 | Mrawan Mahmoud Ahmed | 14 | Talbeia | 2:49.76 |
| 6 | Ahmed Tarek Ahmed | 14 | Helwan Club | 2:49.84 |
| 7 | Hussein Hassan Ahmed AbouSteit | 14 | Heliolido | 2:50.41 |
| 8 | Abd Alla Karim Ashraf Mahgoub | 14 | El Gezira | 2:54.07 |
| 9 | Zyad Ahmed Abdelmnam Ali Brkat | 14 | 6th | 2:57.56 |
| 10 | Houseen Mohseen Houseen | 14 | Zamalek | 3:08.45 |
| Heat 3 of 8 Timed Finals | | | | |
| 1 | Yaser Khaled Mamdouh ali | 14 | Al Tersana | 2:48.53 |
| 2 | Ahmed Sharif Ahmed Abdallah | 14 | Shooting | 2:46.96 |
| 3 | Saif Esam Abd Elmenem | 14 | El Nasr Club | 2:46.06 |
| 4 | Omar Ahmed Magdy Abd AlManeim | 14 | Heliolido | 2:45.27 |
| 5 | Ali Ahmed Soliman Ali | 14 | Rowad | 2:45.17 |
| 6 | Ziad Mohamed Ahmed Abd El Ghany | 14 | Shooting | 2:45.24 |
| 7 | Basel Amir Ali Hosney | 14 | 6th | 2:45.34 |
| 8 | Mohamed Hesham Mahmoud | 14 | Mansheit Naser | 2:46.42 |
| 9 | Mazen Yousry El Ghonimy | 14 | Tanta | 2:47.80 |
| 10 | Fares Sherif Mahmoud Fared | 14 | Shooting | 2:49.42 |
| Heat 4 of 8 Timed Finals | | | | |
| 1 | Ahmed Yasir Mostafa | 14 | Shooting | 2:44.84 |
| 2 | Yossef Moh. Shrif Moh. Elbarbary | 14 | El Gezira | 2:43.58 |
| 3 | Mazen Maged Menshawy Abdel Meged | 14 | Wadi Degla | 2:41.77 |
| 4 | Yousif Shawky Mahros | 14 | Shooting | 2:41.36 |
| 5 | Moustafa Salah El Din Abdel M | 14 | El Shrook | 2:41.16 |
| 6 | Ibrahim Rafik Ibrahim | 14 | Elethead | 2:41.26 |
| 7 | Ziad Amr Samir | 14 | El Nasr Club | 2:41.41 |
| 8 | Abdalla Mohmed Saeid Mtwli | 14 | 6th | 2:42.03 |
| 9 | Omar Khaled Hasan | 14 | El Nasr Club | 2:43.60 |
| 10 | Ayman Yasser Manssour | 14 | Talbeia | 2:45.10 |
| Heat 5 of 8 Timed Finals | | | | |
| 1 | Mohab Tarek Helal Mohamed | 14 | Heliolido | 2:41.09 |
| 2 | Kareem Mohamed Fouad Algaml | 14 | Tawfekaya | 2:40.76 |
| 3 | Mohamed Fouad | 14 | Zamalek | 2:40.43 |
| 4 | Eyad Mohamed Gamal | 14 | Wadi Degla | 2:39.21 |
| 5 | Ahmed Sameh Abdelkader | 14 | Wadi Degla | 2:38.77 |
| 6 | Mohmd Ahmed Faruk Abdlhmed | 14 | 6th | 2:38.99 |
| 7 | Mhmoud Wled Fkri Mhmoud | 14 | 6th | 2:39.68 |
| 8 | Yossef Magdy el Azhary | 14 | Heliopolis | 2:40.61 |
| 9 | Abd El Monaem Mahmoud Abd Elmonaem | 14 | El Zohour | 2:40.89 |
| 10 | Yahya Ahmed Refat | 14 | Sporting | 2:41.11 |

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 19-11-2019 Morning****Heat 6 Timed Finals... (Event 36 Boys 14 Year Olds 200 LC Meter Backstroke)**

| | | | | |
|----|-------------------------------|----|-------------|---------|
| 1 | Seif Ahmed Nasr | 14 | Al Tersana | 2:37.49 |
| 2 | Omar Wael Galal | 14 | Police Club | 2:35.78 |
| 3 | Hossien Mohammed Hossien | 14 | Talbeia | 2:34.48 |
| 4 | Ziyad Walid Nabiil | 14 | Sporting | 2:33.55 |
| 5 | Mahmoud Emad Abd Elmoghny | 14 | El Zohour | 2:33.27 |
| 6 | Ahmed Mohmed Gmal Eprahem | 14 | 6th | 2:33.33 |
| 7 | Yassin Amr Warda | 14 | Sporting | 2:34.38 |
| 8 | Abd El Rahman Mohamed Mahrous | 14 | Tanta | 2:35.50 |
| 9 | Ali Ahmed Saad | 14 | Wadi Degla | 2:36.73 |
| 10 | Ali Khaled Ali | 14 | Shooting | 2:38.44 |

Heat 7 of 8 Timed Finals

| | | | | |
|----|-------------------------------|----|----------------|---------|
| 1 | Badr Ali Ahmed | 14 | Elethead | 2:31.91 |
| 2 | Abdalla Mostafa Ahmed | 14 | Ahly | 2:30.96 |
| 3 | Omar Mohamed Abdel Meguid | 14 | Ahly | 2:28.90 |
| 4 | Mohamed Ramy Mohamed | 14 | Ahly | 2:28.79 |
| 5 | Abd El Rahman Mohamed Ali | 14 | Shooting | 2:27.56 |
| 6 | Mohamed Ahmed Maher | 14 | Ahly | 2:28.33 |
| 7 | Amr Khaled Mohamed Abdel Aziz | 14 | Wadi Degla | 2:28.79 |
| 8 | Ahmed Yaser Mohamed | 14 | El Mekaweloun | 2:29.85 |
| 9 | Aser Hosam Mohamed Elfhmy | 14 | Bank Ahly Alex | 2:31.20 |
| 10 | Moustafa Yasser Abd El Latif | 14 | Sporting | 2:31.92 |

Heat 8 of 8 Timed Finals

| | | | | |
|----|-----------------------------------|----|----------------|---------|
| 1 | Ahmed Amr Abdel Azzim | 14 | Ahly | 2:26.20 |
| 2 | Malek amr Mahdy | 14 | Cairo | 2:25.76 |
| 3 | Ahmed Mohamed Moharam Elmanzalawy | 14 | Al Hawar | 2:25.10 |
| 4 | Ahmed Hazem Akram | 14 | Wadi Degla | 2:20.20 |
| 5 | Mohamed Hany Elsayed | 14 | Ahly | 2:11.96 |
| 6 | Khaled Ahmed Mahmoud Gaber | 14 | Bank Ahly Alex | 2:18.10 |
| 7 | Adham Mohamed Elarby | 14 | Smouha | 2:24.84 |
| 8 | Mohamed Taha Abd El Raouf | 14 | Wadi Degla | 2:25.64 |
| 9 | Abdel Rahman Khaled Zakaria | 14 | Ahly | 2:26.20 |
| 10 | Moamen Khalid Mohamed | 14 | Zamalek | 2:27.25 |