

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 149 Women 13 & Over 50 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Fay Salam Abbas	19	Maadi	33.21
2	Kenzy Mohamed el Sebaey	13	Cairo	32.94
3	Sara Soliman Said	15	Ahly	32.80
4	Rawda Nabil Mohamed	17	Smouha	32.62
5	Kenzy Ahmed Ali	16	Ahly	32.71
6	Malak Waled Essam Shabana	15	Smouha	32.93
7	Dana Tamer Shafiq	16	Heliopolis	33.10
8	Mariam Abdel-Rahman Sakr	22	Ahly	33.23
Heat 2 A - Final				
1	Lougin Yousief Ahmed Yousie	16	El Shams	32.30
2	Farida Amr Mohamed Abd El Motelib	14	Shooting	31.95
3	Rawan Mohamed AboElFadl	16	Wadi Degla	31.78
4	Roula Ahm. Housseiny Houssein	17	El Gezira	30.79
5	Farah Amr Abdel Motaleb	16	Shooting	31.17
6	Donya Amr Mohamed Nabih	17	El Shams	31.94
7	Leila Mohamed Ibrahim	14	Wadi Degla	32.28
8	Rodaina Mohamed Saad	14	Wadi Degla	32.38

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 150 Men 13 & Over 50 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Yousif Mohamed Khalaf	18	Smouha	28.48
2	Mohab El Din Fathy	18	Sporting	28.46
3	Mohamed Hesham Ahmed Abdel Monaem	19	Heliolido	28.02
4	Mohamed Hisham Mohamed Ahmed	27	Gezira El Ward	27.76
5	Marawan Ahmed Abdel Moez	15	Wadi Degla	27.90
6	Moustafa Yaser Fouda	24	Heliopolis	28.12
7	Ahmed Hamdy Al Shaik	15	Shooting	28.47
8	Ali Mohamed Hussein Kassem	22	Ahly	28.54
Heat 2 A - Final				
1	Mohamed Adel Ahmed Bahgat	19	El Zohour	27.69
2	Ahmed Younis Nasir	17	Zamalek	27.63
3	Yousif Tarik Reda	17	Heliopolis	27.46
4	Abdelrahman Gamal Eldin	19	Ahly	26.73
5	Mohamed Yasser Karam	17	Cairo	27.45
6	Yousef Ashraf Mahmoud	19	Zamalek	27.54
7	Karim Waled Essam Shabana	18	Smouha	27.67
8	Yasin HossamEldin	16	Smouha	27.74

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 151 Women 13 & Over 100 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Hanya Hossam Nabil El Cotory	22	El Gezira	1:02.29
2	Gihan Ahmed Abd El Azim Abdallah	15	Maadi	1:01.22
3	Rawan Mostafa	16	Wadi Degla	1:01.07
4	Amina Magdy Mohamed El Sebeilgy	26	Heliopolis	1:00.76
5	Jana Mohamed Abdel Fattah	15	Canal El Suez	1:00.82
6	Hana Mostafa Ahmed Hamdy	18	Ahly	1:01.22
7	Loujin Abd Alla Slah Zkey	15	6th	1:02.03
8	Dana Tamer Shafiq	16	Heliopolis	1:02.43
Heat 2 A - Final				
1	Carine Elia Abd el Malak	13	Hadak Al Ahram	1:00.49
2	Rawan Mohamed AboElFadl	16	Wadi Degla	1:00.07
3	Farida Ayman Samra	15	Shooting	59.63
4	Yasmin Mamdouh Mahmoud	20	Ahly	59.36
5	Ro`ua Ahmed Farag	17	Shooting	59.44
6	Farida Tharwat Maher	16	Ahly	59.69
7	Malak Mohamed Abd El Gaber	15	Bank Ahly Alex	1:00.32
8	Rawan Hesham Mohamed	18	Cairo	1:00.63

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 152 Men 13 & Over 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Mohamed Ashraf Fouad Hassan	16	6th	1:08.42
2	Mohmed Sherief	17	Cairo	1:08.07
3	Ahmed Ismail Mohamed Ismail Ibrahim	16	Maadi	1:07.37
4	Mohamed Zeiad Mohamd Eisa	17	Shooting	1:07.14
5	Omar Hesham Raslan	22	Heliopolis	1:07.21
6	Omar Ehab Ahmed Abo el Ftoh	17	El Shams	1:07.53
7	Saif Ahmed abd Elmoniem Emarah	16	El Shams	1:08.20
8	Zeyad Osama a Mohamed	18	Olympic	1:08.43
Heat 2 A - Final				
1	Mohamed Housam Ibrahim	23	Ahly	1:06.83
2	Daly Dimitrios Chin	22	Sporting	1:06.35
3	Hassan Yasser Ezzat	21	Ahly	1:05.54
4	Youssef Ismail Elkamash	24	Sporting	1:03.13
5	Ahmed Kamal Hafez	32	Maadi	1:04.41
6	Faris Mohamed Mashaly	20	Sporting	1:05.60
7	Mohand Tarik Mohamed Ali El	19	Smouha	1:06.71
8	Youssef Talal Mohamed	17	Ahly	1:07.00

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 153 Women 13 & Over 400 LC Meter IM**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Hanin Ashraf A aly	15	Olympic	5:39.10
2	Sohaeila Ahmed Hamdy Bauomy	16	6th	5:37.74
3	Gana Nasr El Din Ali	15	Sporting	5:32.41
4	Mariam Hesham Mohamed	15	Ahly	5:29.12
5	Shahd Yasser	17	Smouha	5:31.80
6	Habiba Hesham Mostafa Hamdy	16	Wadi Degla	5:33.34
7	Hana Mohie el den Osman	15	Heliopolis	5:38.18
8	Mai Khaled Abdeltif	16	Wadi Degla	5:39.11
Heat 2 A - Final				
1	Hend Hamed Amr Hassan	21	Ahly	5:26.51
2	Nariman Wael AbdElrhman Elbr	15	Ghazl El Mahala	5:26.14
3	Hana Khaled Samy Hassan	17	Shooting	5:21.76
4	Rawan Tamer Mohamed	15	Wadi Degla	5:15.10
5	Nour Diaa Elden abo Bakr	15	Heliopolis	5:18.67
6	Dina Khaled Elgaloly	19	Sporting	5:24.96
7	Alya Mostafa Mohamed	16	Ahly	5:26.21
8	Haidy Hosam Nabil Cotore	20	El Gezira	5:27.14

National Swimming Championship 2019-2020 - 16-Nov-19 to 05-Dec-19**Meet Program - 30-11-2019 Final****Event 154 Men 13 & Over 200 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
Heat 1 B - Final				
1	Yasin Hatem Sery	15	Heliopolis	1:59.43
2	Karim Ahmed Khaled Elewa	17	El Shams	1:57.98
3	Moaaz Hesham Mahmoud	20	Cairo	1:56.67
4	Khaled Abdel Naser Ali	20	Shooting	1:56.42
5	Mrawan Mostafa Mowaled	16	Wadi Degla	1:56.52
6	Karim Medhat Badr Mohamed	20	Smouha	1:57.65
7	Ibrahim Mohamed Yoneis	19	Zamalek	1:58.16
8	Seif Ramah Essam El Din	17	Shooting	1:59.78
Heat 2 A - Final				
1	Yosef Hany Mohamed	17	Ahly	1:55.67
2	Mohamed Hossam AbdElslam	21	Smouha	1:55.53
3	Mohamed Adel Mohamed Meseilhy	18	Ahly	1:53.19
4	Marwan Ahmed Elamrawy	24	Sporting	1:51.68
5	Yasin Wael Elshmaa	20	Sporting	1:51.76
6	Mohamed Ahmed Abd Elbaky	19	Sporting	1:54.16
7	Salah Mohamed Amin	27	Smouha	1:55.58
8	Ahmed Sameh Elsaid	15	Ahly	1:55.89