

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

## Event 81 Girls 14 &amp; Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 24 Timed Finals</b>				
3	Jana Mohamed Mohamed	17	Ultimate	NT
4	Kenzy Mohamed Abd el Hamid	16	Wadi Degla	NT
5	Rawan Ahmed Abdou	17	Wadi Degla	NT
<b>Heat 2 of 24 Timed Finals</b>				
1	Ganna Safwat Salah	16	Ahly	NT
2	Joumana Ahmed Abd Elmenim	16	El Shrook	NT
3	Jana Ahmed Saied	16	Cairo	NT
4	Gana Mohamed Fathy	17	Zamalek	NT
5	Salma Sameh Wagdy Mohamed	16	Smouha	NT
6	Gasmen Mohamed Fawzy	16	El Mekaweloun	NT
7	Kanzy Youssef Mohamed	17	Zamalek	NT
8	Nouran Hesham Mohsen	16	Wadi Degla	NT
<b>Heat 3 of 24 Timed Finals</b>				
0	Wedad Ahmed Mohamed Yousry	16	TM Sports	NT
1	Nor Salah El Din Mohmed	18	Shooting	NT
2	Lana Tarek Ebrahim	16	Tagamoa Heljhts	NT
3	Dima Adel Mohamed	16	Smouha	NT
4	Habiba Mahmoud Moustafa	16	Ahly	NT
5	Maya Hatem Fekry	17	Ahly	NT
6	Alia Tarek Mohamed	17	Pegasus Club	NT
7	Salma Walid Mahmoud	16	Zamalek	NT
8	Dilara Khaled Ahmed Mohamed	17	Olympic	NT
9	Menatalla Khaled Abdel Hady	17	Ahly	NT
<b>Heat 4 of 24 Timed Finals</b>				
0	Karma Ahmed Nabil	19	Shooting	NT
1	Zahwa Wael Mohamed	16	Talbeia	NT
2	Yasmine Sharif AbdElAziz Galal	19	El Shams	NT
3	Laila Khaled Elraai	19	Ahly	NT
4	Rawan Wael	18	Ahly	NT
5	Zeina Mohamed El Saied	17	Enppi	NT
6	Hager Rekaby Farghal	17	Ultimate	NT
7	le le Mohamed Tarek	16	Heliopolis	NT
8	Menna Abd Elkhalk Mahran Ali	16	El Zohour	NT
9	Gana Mohamed Said	16	Zamalek	NT
<b>Heat 5 of 24 Timed Finals</b>				
0	Jody Ashraf Saaed	17	El Shrook	NT
1	Yara Hany Mohamed Mohamed	17	Rowad	NT
2	Maryam Hatem Mohamed Abdela	16	Zamalek	NT
3	Basant Ahmed Abd Elmoneem	21	El Shrook	NT
4	Malak Mohamed Nagy	16	Sporting	NT
5	Goumana Tarek Yehia	18	Ahly	NT
6	Gana Emad Gaad Hosny	20	El Shams	NT
7	Nour Marwn Mazhar	16	Heliopolis	NT
8	Mariam Emad gad Hosney	16	El Shams	NT
9	Rofayda Mohamed Emam	16	Zamalek	NT

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**Heat 6 Timed Finals... (Event 81 Girls 14 & Over 100 LC Meter Freestyle)**

0	Retag Ahmed Saber	16	Wadi Degla	NT
1	Farah Ahmed Sadelden Ragap	17	6th	NT
2	Monika Ayman Raaouf Eriyan	19	El Shams	NT
3	Nada Afify Abdelmaqsoud	16	Zamalek	NT
4	Mennatalh Walid Elsayd Moh. Elban	19	El Gezira	NT
5	Khadiga Ahmed Mohamed Monir	16	Shooting	NT
6	Bassant Mohamed Mahros	17	Ahly	NT
7	Gana Osama El Sayed	16	Wadi Degla	NT
8	Aliaa Ismaiel Mohamed Ehab	16	Wadi Degla	NT
9	Farah Ahmed Abd Elaziz	16	El Zohour	NT

**Heat 7 of 24 Timed Finals**

0	Laila Mohamed Hitham	16	Shooting	NT
1	Haneen Sami Bashier Ibrahim	23	The Republic Of The Sudan	NT
2	Aida Mohamed Saad Selim El Gamm	16	Maadi	NT
3	Retag Mohamed Ragab	17	Zamalek	NT
4	Maya Mostafa Salah	16	Shooting	NT
5	Gana Walid Abou Tabl	18	Ahly	NT
6	Retaga Mohamed Ahmed Magdy	17	Nasr City	NT
7	Aisha Ahmed AbdElmagid	17	Sporting	NT
8	Shahd Khaled Elbarawy	17	Ahly	NT
9	Yasmine Yasser Mamdouh	19	Shooting	NT

**Heat 8 of 24 Timed Finals**

0	Hana Hesham Saleh	18	Wadi Degla	NT
1	Younna Hesham Ali	16	El Shrook	NT
2	Jana Khalid	19	Sporting	NT
3	Gana Haneaa Samir	17	Ahly	NT
4	Mariem Mohmed abd Elmasoud	16	Cairo	NT
5	Lama Tamer Mohamed Ahmed	18	Smouha	NT
6	Rawda Hazem Hossny	17	Wadi Degla	NT
7	Fatima Sami Bashier Ibrahim	18	The Republic Of The Sudan	NT
8	Ayten Hassan Hamza	19	Smouha	NT
9	Judy Mohamed Yousry	16	Wadi Degla	NT

**Heat 9 of 24 Timed Finals**

0	Malak Mohamed Abbas Mohamed	18	Maadi	NT
1	Aliya Ahmed ElMostafa Monzaly	17	El Shams	NT
2	Malak Waled Essam Shabana	19	Smouha	NT
3	Farida Sabry Nady	16	Ahly	1:34.41
4	Nourahn Sameh Adel	19	El Shams	1:30.91
5	Ranin Ahmed abd el Razek Mohame	18	Moasasa Riadiah Askaria	1:32.53
6	Zaina Mohamed Haitham Hassn	18	Shooting	NT
7	Lyla Mohamed Rmdan	18	6th	NT
8	Sohaeila Ahmed Hamdy Bauomy	20	6th	NT
9	Sama Ibrahiem Abdel Wehab	18	Wadi Degla	NT

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

**Heat 10 Timed Finals... (Event 81 Girls 14 & Over 100 LC Meter Freestyle)**

0	Goireia Mohamed Soliman	16	El Obour	1:27.48
1	Jana Wael Fahem	17	Zamalek	1:21.93
2	Houda Moustafa Abo Ghaly	16	Maadi	1:20.53
3	Hana Adel Mohamed	18	Ahly	1:19.75
4	Batol Ayman ali	16	El Zohour	1:18.54
5	Salma Waael Abdelmonem	17	Enppi	1:18.87
6	Jana Allaa Farouk	16	Ahly	1:20.05
7	Farah Hazem Mohamed	17	El Shams	1:21.45
8	Goudy Mohamed Samer Mohaseb	16	Heliopolis	1:23.01
9	Gana Mohamed Soliman	16	El Obour	1:30.31

**Heat 11 of 24 Timed Finals**

0	Malak Mohsen Yousef Abdelaziz	17	Moasasa Riadia Askaria	1:17.40
1	Farida Mostafa Mammdouh Mostafa	17	El Shams	1:16.40
2	Basmala Ashraf Gamal	17	Cairo	1:15.60
3	Jana Waleed abd Elrazek Gaafar	16	Wadi Degla	1:15.30
4	Farah Hesham Salah	16	Wadi Degla	1:14.62
5	Nadine Mostafa Fathy	16	El Ghaba	1:14.82
6	Hana Awsam Moataz	16	Wadi Degla	1:15.47
7	Arwa Magd Elsayed	18	Ahly	1:16.09
8	Habiba Ehab Fawzy	20	Ahly	1:16.74
9	Jana Hussin Mohamed Hussi	18	Smouha	1:18.43

**Heat 12 of 24 Timed Finals**

0	Hager Sameh Yoseef	17	El Zohour	1:14.49
1	Yasmin Mohamed Alaa	17	Ahly	1:13.85
2	Retag Moataz Mohamed	16	Wadi Degla	1:13.72
3	Alaa Khaled Safwan	18	El Mekaweloun	1:13.28
4	Norhan Hisham Mohamed	16	Wadi Degla	1:12.74
5	Shahd Hany Aly	16	El Shams	1:12.99
6	Hana Mahmoud Mostafa	16	Wadi Degla	1:13.32
7	Sarah Mohamed Abd ElSalam Mohar	17	Heliolido	1:13.74
8	Renad Wled Fathy	16	Al Tersana	1:14.02
9	Roaa Ahmed Darwish	16	Wadi Degla	1:14.60

**Heat 13 of 24 Timed Finals**

0	Salma Khaled Safwan	16	El Mekaweloun	1:12.35
1	Nour Mohamed Abd El Hady	18	Sporting	1:12.03
2	Rola Mostafa Salah	18	Shooting	1:11.90
3	Arwa Ayman Atif	16	Ahly	1:11.40
4	Yasamina Aslam Subhaa	18	Nasr City	1:11.31
5	Renad Tarek Ahmed Hamdy	16	Heliolido	1:11.32
6	Nada Mohamed Abdel Moneam	16	Wadi Degla	1:11.87
7	Arwa Adel Ghaleb	17	Zamalek	1:11.98
8	Mariam Mohamed Sobhy	17	Wadi Degla	1:12.24
9	Nazly Karim ELDin Ahm. Hasan	16	El Gezira	1:12.58

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

**Heat 14 Timed Finals... (Event 81 Girls 14 & Over 100 LC Meter Freestyle)**

0	Daren Ahmed Mohamed	16	Heliopolis	1:11.08
1	Freda Hesham Mahmoud	16	Heliopolis	1:10.34
2	Sara Ismail Sarwat	17	Heliopolis	1:10.03
3	Ronaa Taher Beshir	16	Shooting	1:09.96
4	Gana Mohamed Abd ElSamed Abass	18	Shooting	1:09.55
5	Reem Ameer Abd Elwahab	16	Shooting	1:09.84
6	Hana Noureldin Farag Antar	16	El Zohour	1:10.00
7	Donia Motaz Mohamed abd	16	Moasasa Riadiah Askaria	1:10.06
8	Rawda Faysal Elasherif	18	Ahly	1:10.35
9	Gana Medhat Mohamed	16	Al Ealamein	1:11.27

**Heat 15 of 24 Timed Finals**

0	Eman Tarik Mohamed Sallah	17	Smouha	1:09.45
1	Fatma Hisham Sarwt	20	Sporting	1:09.12
2	Sama Ahmed Ali	17	Ahly	1:08.94
3	Malak Wesam Badr	20	Tanta	1:08.64
4	Gana Wael Youssef Mahmoud	17	Wadi Degla	1:08.38
5	Shrin Ahmed Abdelkader	16	Sharks Team	1:08.42
6	Yasmen Ahmed Basim	17	Sporting	1:08.86
7	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	1:08.95
8	Kenzy Ahmed Saad ali	16	Wadi Degla	1:09.13
9	Retag Ahmed Abu El Fotoh	17	El Zohour	1:09.55

**Heat 16 of 24 Timed Finals**

0	Jannah Sameh AbdelMoneem	16	Sporting	1:08.20
1	Hana Mohamed Youssef Moha	17	Smouha	1:07.86
2	Gana Mohamed Khedr	19	Ahly	1:07.79
3	Nour Alaa Ahmed	16	Hadak Al Ahram	1:07.58
4	Goudy Ahmed Hanafy	16	Ahly	1:07.06
5	Kholoud Abdelfatah Ali Abdel	17	Smouha	1:07.22
6	Kenzy Magdy Mohamed Al Farnawa	16	Maadi	1:07.72
7	Rodaina Ayman Mohamed	16	Ahly	1:07.84
8	Yasmin Wael Abdalaah	16	Zamalek	1:08.09
9	Gnah Mohamed Seed Elgareb	16	6th	1:08.27

**Heat 17 of 24 Timed Finals**

0	Sama Karm Nasr Mohamed	16	El Shams	1:06.68
1	Farah Ayman Gaber	16	Smouha	1:06.58
2	Haya Mohamed Mahmoud	16	Ahly	1:06.42
3	Nour Elsabah Ahmed Amer	17	Ahly	1:06.34
4	Menatalla Morsy	16	Smouha	1:05.77
5	Tala Tarekf el Kafrawe	17	Heliopolis	1:06.02
6	Hoda Mohammed Said Adel	17	Shooting	1:06.42
7	Lana Mohamed Fathy	19	Ahly	1:06.44
8	Malak Mohamed Mhmoud Hamad	18	Smouha	1:06.63
9	Noor Kamel ElNagar	19	Sporting	1:06.98

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

**Heat 18 Timed Finals... (Event 81 Girls 14 & Over 100 LC Meter Freestyle)**

0	Farida Mohamed Ahmed El Okda	17	Shooting	1:05.70
1	Haya HossamEldin Kndel	18	Smouha	1:05.41
2	Ritag Ehab Sayed Mohamed	17	El Shams	1:04.87
3	Fareda Mohamed Farouk	16	Wadi Degla	1:04.70
4	Nour Amgad Ali Fahmy	16	El Shams	1:04.61
5	Yara Hossam Salem	16	Ahly	1:04.66
6	Alia Khaled Mohamed Ghorab	17	El Gezira	1:04.85
7	Sandra Medhat Mohamed	18	Ahly	1:05.07
8	Mariam Yasser Mohamed Shafik	16	Ahly	1:05.56
9	Mariam Sherif Mohamed Shawky	17	Maadi	1:05.75

**Heat 19 of 24 Timed Finals**

0	Retaj Mohamed Elsayed Anwa	17	Smouha	1:04.54
1	Mariam Hatem Anwar EL Said	16	Shooting	1:04.34
2	Rokaia Hisham Ahmed	17	Shooting	1:04.32
3	Joudy Moahmed Khedr	16	Smouha	1:04.07
4	Nayera Tarek El-Sayed	16	Faros	1:04.00
5	Dina Alaa Ibrahim Hussien	17	Smouha	1:04.03
6	Nour Hafez Ahmed	16	Hadak Al Ahram	1:04.16
7	Zena Mahmoud Mohamed Mosa	18	El Ghaba	1:04.33
8	Na'eela Wael Elagroudy	16	Sporting	1:04.48
9	Rokaia Gamal Mohamed	17	Ahly	1:04.60

**Heat 20 of 24 Timed Finals**

0	Noor Marwan Moh. Aly Zewar	17	El Gezira	1:03.84
1	Kenzy Mohamed el Sebaey	17	Cairo	1:03.76
2	Gana Salah Kamal ElDin	17	Ahly	1:03.69
3	Hana Mostafa Ahmed Hamdy	22	Ahly	1:03.62
4	Malak Islam Mohamed	18	Ahly	1:03.26
5	Rana Ahmed Mahmoud Tawfik	17	Shooting	1:03.61
6	Hagar Mohamed Ibrahim Abde	17	Smouha	1:03.63
7	Jolin Hany Gamal	17	Sporting	1:03.70
8	Salma Alaa Mahdy	20	Ahly	1:03.77
9	Malak Hesham Mohamed	17	Ahly	1:03.87

**Heat 21 of 24 Timed Finals**

0	Hana Hisham Mohamed Yousi	18	Smouha	1:03.22
1	Hana Waled Hasan	18	El Shrook	1:02.99
2	Zena Hesham Mahfoz	16	Tanta	1:02.93
3	Sara Mahmoud El Gendy	17	Wadi Degla	1:02.54
4	Loujain Ibrahim Ibrahim	17	Ahly	1:02.29
5	Khadega abd el Azez Glal	16	Heliopolis	1:02.52
6	Hana Tarek Yehia	16	Ahly	1:02.81
7	Karma Shady Mohamed Sabry	16	Heliopolis	1:02.94
8	Alia Khaled Abas Sabaa	17	Heliopolis	1:03.14
9	Joudy Magdy Abbas	17	Bank Ahly Alex	1:03.23

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 15/11/2023 Mor****Heat 22 Timed Finals... (Event 81 Girls 14 & Over 100 LC Meter Freestyle)**

0	Anod Amr Abd El Aziz	17	Wadi Degla	1:01.80
1	Karma aly Elsheraee	17	Heliopolis	1:01.70
2	Nada Ahmed El Said Elbasyouny	16	Shooting	1:01.64
3	Shahd Ahmed Abd Elbaky	19	Sporting	1:01.48
4	Rouaa Ahmed Ibrahim	19	Rowad	1:01.37
5	Malak Ahmed Anes Mahmoud	16	Al Hawar	1:01.44
6	Salma Ahmed Elsaid	15	Gezira El Ward	1:01.51
7	Kenzy Ibrahim Ibrahim	19	Ahly	1:01.64
8	Hameis Essam Al Kholy	15	Shooting	1:01.72
9	Malak Mokhtar Mohamed	17	Wadi Degla	1:02.26

**Heat 23 of 24 Timed Finals**

0	Jana Mohamed Abdel Fatah	19	Shooting	1:01.34
1	Nadine Karim Mansour Saleh	17	Shooting	1:01.21
2	Lara Ahmed Elwan	15	Ahly	1:00.98
3	Jana Maged Amir	15	El Zohour	1:00.89
4	Farida Ayman Samra	19	Shooting	1:00.60
5	Hala Amr	15	El Ghaba	1:00.71
6	Malak Ahmed Helmy	18	Ahly	1:00.91
7	Maya Ahmed Ragheb	16	Sporting	1:01.00
8	Nour Mohamed Ahmed	14	Ahly	1:01.24
9	Hanan Ahmed Mohamed Mahmoud	18	Bank Ahly Alex	1:01.37

**Heat 24 of 24 Timed Finals**

0	Lela Ahmed Kamal	18	El Ghaba	1:00.14
1	Lougein amr Khaleil Ibrahim	16	Zamalek	59.93
2	Carine Elia Abd el Malak	17	Hadak Al Ahram	59.79
3	Malak Mohamed Abd El Gaber	19	Bank Ahly Alex	59.22
4	Loujin Abd Alla Slah Zkey	19	Shooting	58.80
5	Nadine Mohamed Amin	17	Ahly	58.82
6	Loujain Youssef Ahmed	20	Ahly	59.70
7	Jihan Ahmed Abdel Azim	19	Hadak Al Ahram	59.92
8	Kanzy Hesham Rashad	20	Shooting	1:00.12
9	Farida Amr Mohamed Abd El Moteli	18	Shooting	1:00.32

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

## Event 82 Boys 14 &amp; Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 12 Timed Finals</b>				
1	Omar Ehab Mhmoud Hasan	16	Smouha	NT
2	Ahmed Hesham Nageib	20	Zamalek	NT
3	Abdelrahman Gouda Hassan Gouda	16	El Ghaba	NT
4	Youssef Yasser Ibrahim	17	Ahly	NT
5	Youssef Hatem Seifalah	20	Ahly	NT
6	Yasin Mahmoud Mostafa	18	Shooting	NT
7	Adam Amr Al Daadaa	16	Raas El Bar Club	NT
<b>Heat 2 of 12 Timed Finals</b>				
0	Eazz El Din Mohamed Khamis	18	Sporting	NT
1	Zeyad Saber Abd el Fatah	16	Hadak Al Ahram	NT
2	Youssef Wael Awad	18	Goldy	NT
3	Mohamed Waled Mahmoud ali	17	Zamalek	NT
4	Ahmed Mohamed Elhousseiny	19	Ahly	NT
5	Yossef Moh. Shrif Moh. Elbarbary	18	El Gezira	NT
6	Ahmed Hosam Hekal	16	Heliopolis	NT
7	Mostafa Mahmoud Elbosaty	16	Wadi Degla	NT
8	Belal Kaled Mohamad Abdel	17	Smouha	NT
9	Omar Ahmed Mansor	19	Sporting	NT
<b>Heat 3 of 12 Timed Finals</b>				
0	Mohamed Shoukry	20	Smouha	NT
1	Ahmed Ramadan Mohamed	18	Rowad	NT
2	Mohamed Samy Maher	19	Ahly	NT
3	Karem Wael Mohamed	18	Minia Sport Clup	13:00.00
4	Abdelrahman Mohamed Ihab	18	Al Ealamein	10:19.22
5	Hady Ahmed Sayed Ahmed	19	Al Tersana	11:30.42
6	Youssef Ahmed Taha	19	Zamalek	NT
7	Yosef Atef el Sadaty	18	Al Hawar	NT
8	Eyad Hany Mohamed Maheeb	17	El Shams	NT
9	Yassen Moh. Shrif Moh. Elbarbary	18	El Gezira	NT
<b>Heat 4 of 12 Timed Finals</b>				
0	Ahmed Alaa El Ganzoury	17	Wadi Degla	10:12.56
1	Khaled Walied Atia	18	El Shams	9:55.31
2	Ahmed Tamer Rabea	16	Shooting	9:45.80
3	Khaled Tamer Mohamed	16	Talbeia	9:43.10
4	Omar Mohamed Fawzy Tawfee	16	Talbeia	9:42.05
5	Iyad Mohamed Shaaban	16	Hadak Al Ahram	9:42.54
6	Omar Tamer Abbas	17	Maadi	9:45.13
7	Ryad Samy Abdel Haleem	16	Talbeia	9:49.55
8	Seif ezz el din abd el Kaway	16	Shooting	9:58.95
9	Mohamed Mostafa Mohamed	19	Wadi Degla	10:12.87

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 15/11/2023 Mor****Heat 5 Timed Finals... (Event 82 Boys 14 & Over 800 LC Meter Freestyle)**

0	Omar Essam Mhmoud Abdelmoutlel	16	6th	9:38.88
1	Yehia Samer Wafek	16	Heliopolis	9:36.92
2	Hussein Mohamed Aly	16	Ahly	9:30.44
3	Yassein Ramy Alam El Din	16	Wadi Degla	9:28.94
4	Sief El Din Mohamed Moslm	17	Sporting	9:28.08
5	Ahmed Sameh Safwat Shaaban	17	Heliolido	9:28.17
6	Yousef Mohamed Ihab	16	Al Ealamein	9:29.17
7	Eyad Mohamed Hassan els	16	Zamalek	9:31.87
8	Abdallah Mahmoud Mohamed	17	El Ghaba	9:37.81
9	Mohamed Khaled Mohamed Abubak	16	Stad Mansoura	9:39.87

**Heat 6 of 12 Timed Finals**

0	Mazen Hany Emara	17	El Zohour	9:24.63
1	Saif Eldin Sherif Ahmed	16	Al Tersana	9:24.14
2	Selim Tamer Osama Ahmed	16	Shooting	9:21.41
3	Ez Elden Tamer	19	El Ghaba	9:21.13
4	Yasein Hossam aly	16	Zamalek	9:19.98
5	Amr Wael Shawky	16	Rowad	9:20.77
6	Yassin Abdallah Ahmed Youssef	16	Wadi Degla	9:21.15
7	Mhmoud Wled Fkri Mhmoud	18	6th	9:21.69
8	Yehia Ahmed Abd Elfatah Elsaid	16	Shooting	9:24.61
9	Seif Ashry Kasem	21	El Ghaba	9:26.50

**Heat 7 of 12 Timed Finals**

0	Seif Elden Osama Darwesh	16	Tanta	9:19.49
1	Ahmed Ismeil	16	Nasr City	9:18.33
2	Eyad Mohamed Abdelstar	16	Zamalek	9:17.55
3	Abdelrahman Yasser	17	Smouha	9:14.69
4	Adham Khaled Abdelkader Mo	16	Bank Ahly Alex	9:11.88
5	Zeiad Hamdy Amin Ossman	20	Zamalek	9:12.41
6	Moaaz Ahmed Mohamed Ahmed	16	El Nasr Club	9:15.82
7	Moamen Walid Monir Hassan	16	El Ghaba	9:17.95
8	Mohamed Ahmed Fouad	18	Ahly	9:19.04
9	Mohamed Hossam Samy	16	Ahly	9:19.52

**Heat 8 of 12 Timed Finals**

0	Moustafa Essam Wahba	16	Sporting	9:09.90
1	Yehia Ashraf Farag	16	Ahly	9:08.98
2	Ahmed Mohamed Mossad Moham	16	Zamalek	9:07.81
3	Mohamed Abdalla el Bosati	16	El Shrook	9:06.37
4	Ali Sherif Ali Mohamed	18	Shooting	9:04.47
5	abd Elrahman Sherif Karam Monir	18	Al Tersana	9:05.31
6	Zeyad Mohamed Magdy	17	Maadi	9:06.71
7	Mohamed Wael Abdel Monaeim	20	Enppi	9:08.07
8	Omr Ahmed Farouk	17	Cairo	9:09.73
9	Omar Elsayed Ramadan Elsayed	16	Olympic	9:10.19



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0	Mohamed Saeed Eleiraqy	18	Zamalek	9:02.96
1	Mohamed Khaled Mohamed Ragab	17	Bank Ahly Alex	9:00.25
2	Omar Mohsen Ramdan AbdElm	18	Smouha	8:57.16
3	Mostafa Adel Ibrahim Khalil	19	Smouha	8:56.32
4	Mohanad Tamer Mohamed Zaky	17	Smouha	8:53.76
5	Yassein Akram Ragab Sobeih	16	El Shams	8:55.12
6	Youssef Ehab Mostafa	18	Ahly	8:56.71
7	Mounir Ramez Mounir	19	Shooting	8:58.02
8	Elhamy Ibrahim Elhamy Badreldin	17	Heliolido	9:01.43
9	Mohamed Bahgat Mohamed Elsherb	16	Stad Mansoura	9:03.18

**Heat 10 of 12 Timed Finals**

0	Mazen Emad Hamed	16	Ahly	8:52.68
1	Yossef Sherif Ibrahim	17	Maadi	8:51.06
2	Mohamed Tarek Rashad Abd el Ham	18	El Shams	8:49.70
3	Mahmoud Mohamed Ahmed Abd Elr	17	El Shams	8:48.03
4	Moustafa Tarik Moustafa	20	Heliopolis	8:44.82
5	Yassin Esam El Din	19	Sporting	8:44.90
6	Mohamed Essam Abdou	17	Ahly	8:49.39
7	Karim Magid Abdelglil	16	Zamalek	8:50.29
8	Abd Elrahman Amr Abd Elfatah Gho	17	El Shams	8:51.15
9	Mostafa Karem Rasmy	17	Enppi	8:53.68

**Heat 11 of 12 Timed Finals**

0	Malek Mohamed Bazan	16	Maadi	8:42.54
1	Belal Maged Soliman	20	Ahly	8:41.07
2	Tarek Kamel Farouk	20	Zamalek	8:39.03
3	Tarek el Shaer	14	Sporting	8:37.76
4	Rohayem Tolba	16	Shooting	8:35.51
5	Yasin Alaa Ibrahim Elbieh	19	Smouha	8:35.86
6	Omar Mohamed Hassan	15	Ahly	8:38.22
7	Ahmed Mahmoud Elhourany	16	Ahly	8:39.26
8	Eyad Ahmed Zakaria	18	Ahly	8:41.19
9	Yasin Hatem Sery	19	Heliopolis	8:43.20

**Heat 12 of 12 Timed Finals**

0	Omar Ahmed Hassan Ryaan	18	El Shams	8:26.80
1	Saif Amr Al Batal	17	Hadak Al Ahram	8:26.27
2	Marwan Ahmed Elamrawy	28	Sporting	8:21.71
3	Mohamed Adel Mohamed Meseilhy	22	Ahly	8:06.75
4	Ahmed Akram Abbas	27	Ahly	7:42.63
5	Marwan Ismael Elkmash	30	Sporting	7:46.55
6	ali Mohamed Sarwat	18	Heliopolis	8:15.70
7	Omar Karim Galal Samy	16	Maadi	8:25.21
8	Ahmed Mohamed Ahmed ali	17	Shooting	8:26.28
9	Ahmed Samir Mohamed	15	Hadak Al Ahram	8:30.67

## National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

## Meet Program - 15/11/2023 Mor

## Event 83 Girls 14 &amp; Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 9 Timed Finals</b>				
3	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	NT
4	Rodaina Haitham Mahmoud Abdel B	16	Wadi Degla	NT
5	Salma Walid Mahmoud	16	Zamalek	NT
<b>Heat 2 of 9 Timed Finals</b>				
0	Malak Sher Shawky El Gohary	20	Maadi	NT
1	Malak Yasser Mahmoud	17	Zamalek	NT
2	Shahd Mohamed Zikri	16	El Shams	NT
3	Nadine Ayman Hussein	18	Hadak Al Ahram	NT
4	Mariam Amr Mohamed Youssef	18	Wadi Degla	NT
5	Rokaya Khalid El Masry	18	Sporting	NT
6	Jana Tarek abd Elrazeaa	16	Zamalek	NT
7	Kanzy Waled Hamad	16	Smouha	NT
8	Arwa Tamer Mohy Eldin	17	El Nasr Club	NT
9	Marim Zaky	18	Sporting	NT
<b>Heat 3 of 9 Timed Finals</b>				
0	Sara Elhamy Foad Abd El Sallam	18	Maadi	NT
1	Goudy Sherif Fawzy	16	Hadak Al Ahram	NT
2	Rawan Ahmed Abdelwahab	18	Smouha	NT
3	Nourallah Ahmed Fahmy	16	Ahly	NT
4	Nour Mohamed Etman Mohamed Et	17	El Shams	3:45.00
5	Zeina Tarek Taha	19	Wadi Degla	3:52.27
6	Lamar Maged Abdel Gawad	16	Wadi Degla	NT
7	Joumana Mohamed Hamza	16	Bank Ahly Geza	NT
8	Aya Mohamed Ismat Manni	19	The Republic Of The Sudan	NT
9	Farida Ahmed Ibrahim	17	El Ghaba	NT
<b>Heat 4 of 9 Timed Finals</b>				
0	Rana Rame Ahmed	18	El Mekaweloun	3:37.12
1	Kenzy Mohamed Raafat	16	Rowad	3:36.86
2	Roaa Abdelmonem Hmdy Abdelmon	17	6th	3:26.08
3	Merna Alaa Mohamed	17	Wadi Degla	3:23.01
4	Haya Hazem Abdelrahamn	18	El Shams	3:22.33
5	Tasnem Mohamed Mohamed Gala	19	Smouha	3:22.74
6	Hager Ahmed Mohamed Mahmoud	16	Wadi Degla	3:23.81
7	Farida Ahmed Amin	17	Wadi Degla	3:35.58
8	Sara Mohamed Ezzat	18	Heliopolis	3:37.03
9	Dina Ebrahim Ebid	18	Sporting	3:42.41
<b>Heat 5 of 9 Timed Finals</b>				
0	Ganna Mohamed Mahmoud	17	Ahly	3:20.41
1	Dalia Ahmed Abdelsalam	19	15 May	3:17.46
2	Farida Ahmed Fouad	17	Wadi Degla	3:13.86
3	Habeba Mostafa Gamal Eldeen	17	Gezira El Ward	3:09.45
4	Salma Mohamedf Abdel Salam Moha	19	Heliolido	3:09.04
5	Karma Ayman Abou Amera	16	Sporting	3:09.16
6	Salma Sherif Mohamed Sayed Sayed	16	El Shams	3:09.62
7	Nourhan Mahmoud Mohamed	16	El Obour	3:16.24
8	Nourhan Essam El Din Fatthy	20	El Zohour	3:19.38
9	Hana Nasser El Safty	16	Shooting	3:21.28

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 15/11/2023 Mor****Heat 6 Timed Finals... (Event 83 Girls 14 & Over 200 LC Meter Breaststroke)**

0	Nada Mohamed Ahmed Kafaka	16	Zamalek	3:08.79
1	Afrosena Sameh Kamel	18	Hadak Al Ahram	3:07.23
2	Hana Mohamed Youssef Moha	17	Smouha	3:06.28
3	Gnah Mohamed Seed Elgareb	16	6th	3:05.23
4	Sarah Karim Mohamed Galal	17	Smouha	3:04.35
5	Laila Ahmed Adel El Kholy	19	Maadi	3:04.53
6	Haya Mostafa Husin Fathah	16	Tanta	3:06.06
7	Farah Okasha Mohamed	17	Helwan Club	3:06.46
8	Nour Alaa Ahmed	16	Hadak Al Ahram	3:07.92
9	Malak Mohamed Abdelmonem Ahm	17	Wadi Degla	3:08.89

**Heat 7 of 9 Timed Finals**

0	Hanen Ahmed Hussin	17	Zamalek	3:03.70
1	Shahd Ahmed Safwat	17	Cairo	3:01.14
2	Sandra Medhat Mohamed	18	Ahly	2:59.25
3	Farida Tamer Farouk abd ElMonsif	19	El Shams	2:58.68
4	Karma Ahmed Nabil	19	Shooting	2:56.92
5	Shahd Mohamed Ismael	18	Smouha	2:58.47
6	Habiba Atef	16	A S E C	2:58.69
7	Noha Alaa Abd Elhlim	19	El Zohour	3:00.03
8	Kholoud Abdelfatah Ali Abdel	17	Smouha	3:01.19
9	Zeina Wael Abd Elmohsen	16	Shooting	3:04.15

**Heat 8 of 9 Timed Finals**

0	Fatema Tamer Ahmed Sayed	16	Wadi Degla	2:55.90
1	Gana Mohamed Ahmed Salama	18	El Ghaba	2:53.45
2	Mariam Mohamed Emad Fahmy	18	Maadi	2:52.40
3	Nada Hesham Medhat	14	Ahly	2:50.63
4	Basant Gamil Barakat	16	Ahly	2:49.28
5	Mariam Ahmed Abdel Hakm	15	Ahly	2:50.15
6	Maya Ahmed Ragheb	16	Sporting	2:51.36
7	Mariam Walid Sayed	15	Wadi Degla	2:52.85
8	Basmala Tarek Mahmoud	17	Al Tersana	2:54.45
9	Nour Mohamed aly el Sobky	16	Wadi Degla	2:55.96

**Heat 9 of 9 Timed Finals**

0	Jasmine Ahmed Eissa	17	Maadi	2:48.23
1	Gana Nasr El Din Ali	19	Sporting	2:46.86
2	Hlla Khaled Diab	16	Ahly	2:45.74
3	Julie Akram Ahmed	17	Ahly	2:44.27
4	Janat Kareem Mohamed	15	El Shrook	2:38.19
5	Rawan Tamer Mohamed	19	Ahly	2:39.56
6	Mariam Mohamed Ahmed Kotb	17	Smouha	2:45.61
7	Mariam Mahmoud Ahmed	14	Wadi Degla	2:46.11
8	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	2:47.31
9	Lara Amr Mahmoud Alsokkary	15	6th	2:49.04