

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

## Meet Program - 19/11/2023 Mor

## Event 111 Boys 14 &amp; Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 29 Timed Finals</b>				
0	Mohamed Adil Saied	16	Zamalek	NT
1	Adam Raafat Mohsen	17	Ahly	NT
2	Osama Emad Awad	16	Wadi Degla	NT
3	Zyad Osama Abdelrahman	18	El Mekaweloun	NT
4	Karim Samir Mohamed	18	Hadak Al Ahram	NT
5	Yahia Ahmed Mohamed Moustafa	19	Smouha	NT
6	Ahmed Yaser Ahmed Mahmoud	17	El Shams	NT
7	Youssef Mohamed Hamdy Abdelwah	16	Swimn	NT
8	Mohamed Mahmoud Khalil	16	Marina Sporting Club Hurghada	NT
9	Badrelden Hany Samir Abdou	16	6th	NT
<b>Heat 2 of 29 Timed Finals</b>				
0	Youssef Mostafa Gamal	16	Ahly	NT
1	Marwan Ahmed Reda	18	Marina Sporting Club Hurghada	NT
2	Marwan Ahmed Fathy Abdel Monier	17	Wadi Degla	NT
3	Adam Asharaf Ibrahim	17	El Ghaba	NT
4	Mohamed Mustafa Kamal	16	el Shark Club	NT
5	Youssef Asaad Saad Ya'koub	16	Rowad	NT
6	Adham Mohamed Mahmoud Ahmed	19	Maadi	NT
7	Mohamed Sayed Mohamd Yousif	16	The Republic Of The Sudan	NT
8	Ahmed Mohamed Ahmed Abdelaziz	23	El Gezira	NT
9	amr Khaled Mohamed Mahmo	18	Zamalek	NT
<b>Heat 3 of 29 Timed Finals</b>				
0	Mohamed Ahmed Abd Elshafe Abas	17	El Shams	NT
1	Yosif Ahmed Farouk	22	Cairo	NT
2	Abd ElRahman Mohamed Aiman	18	Shooting	NT
3	Aly Mohamed Mahmoud	17	Ahly	NT
4	Ahmed Magdy Abd Elhakim	18	El Nasr Club	NT
5	Hossam Eldin Abd Elhamid ELDamir	17	Shooting	NT
6	Ahmedd Maged Khorshed	18	Heliopolis	NT
7	abd el Rahman Ahmed Mamdouh	16	Shooting	NT
8	Abd Alla Karim Ashraf Mahgoub	18	El Gezira	NT
9	Mahmoud Mohamed Shehata Huss	16	Heliolido	NT
<b>Heat 4 of 29 Timed Finals</b>				
0	Abdelrahman Adel Fawzy	16	Smouha	NT
1	Ahmed Eslam Mohamed	16	Wadi Degla	NT
2	Yasien Ateif Mohamed Fouad	16	Zamalek	NT
3	Mohamed Ahmed Salem	19	El Ghaba	NT
4	Abdalla Mohamed Abbas	16	El Ghaba	NT
5	Ahmed Hany Salem	16	El Zohour	NT
6	Badr Mohamed Badr	16	Asyut Club	NT
7	Omar Hossam El Din	16	el Shark Club	NT
8	Abd Elrahman Mostafa Mahmoud	16	El Zohour	NT
9	Omar Ahmed Sayed	16	Ahly	NT

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**Heat 5 Timed Finals... (Event 111 Boys 14 & Over 50 LC Meter Backstroke)**

0	Adam Ayman Wageh	17	Wadi Degla	NT
1	Yassin Hisham Nour	18	Smouha	NT
2	Yehia Karim Nabil Elzawawy	17	Smouha	NT
3	Eyad Mohamad Kalil Ebrahe	18	Smouha	NT
4	Ali Nadir El Kordy	18	Shooting	NT
5	Mohamed Magdy Mostafa	17	Beni Suef Club	NT
6	Mohamed Salah Eldin Abdelmon	18	El Shrook	NT
7	Yossef Moh. Ahmed Ameen	18	El Gezira	NT
8	Mohamed Khalid Mohamed	16	Zamalek	NT
9	Ahmed Hisham Badr ElDin	17	Wadi Degla	NT

**Heat 6 of 29 Timed Finals**

0	Yasen Amro Yasen Abd Elrahman M	20	El Gezira	NT
1	Abdelrahman Khaled Mohamed	20	Wadi Degla	NT
2	Hassan Hatem Hassan	16	Ahly	NT
3	Ali Mohamed Mousa	18	Tanta	NT
4	Adam Mohamed Saied	16	Zamalek	NT
5	Belal Kaled Mohamad Abdel	17	Smouha	NT
6	Mohamed Omar Ibrahim	16	Zamalek	NT
7	Adam Mohamed Abdelmeniem	16	El Ghaba	NT
8	Mohamed Ashraf Mohamed	17	Wadi Degla	NT
9	Mohamed Omar Awad Abdalla	16	El Ghaba	NT

**Heat 7 of 29 Timed Finals**

0	Mohamed Mahmoud Ahmed Kamel	16	Wadi Degla	NT
1	Mohamed Walid Hesen Hamouda	16	El Ghaba	NT
2	Ahmed Hany Eltanahy	16	Olympia	NT
3	John Wael Abdel Malek	16	Wadi Degla	NT
4	Ahmed Sameh Awad	20	Rowad	NT
5	Zeyad Ahmed Magdy	16	Ahly	NT
6	abd Alrahman Nabel Mgahed	16	Talbeia	NT
7	Mahmoud Mohamed Mahmoud Bar	17	Shooting	NT
8	Zeyad Osama Zedan	17	Bank Ahly Alex	NT
9	Ali Hossam Anwar	16	Wadi Degla	NT

**Heat 8 of 29 Timed Finals**

0	Marwan Hany Fayek	16	El Zohour	NT
1	Mohamed Mostafa Mohamed	16	Ahly	NT
2	Mostafa Salah Eldin Abdelmon	18	El Shrook	NT
3	Ahmed Sherif Osman Ahmed	16	El Ghaba	NT
4	Danyal Gozef Eshaq	16	Ahly	NT
5	Ahmed Ashraf Abdel Naby	17	Ahly	NT
6	Youssef Hisham Mohamed	16	Wadi Degla	NT
7	Gamal Metwaly Gamal Mohamed	20	El Zohour	NT
8	Marten George Badea	17	Wadi Degla	NT
9	Yassin Mostafa Mahmoud Abdelham	16	Wadi Degla	NT

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**Heat 9 Timed Finals... (Event 111 Boys 14 & Over 50 LC Meter Backstroke)**

0	Eyad Ahmed Mostafa Bastawy	17	El Ghaba	NT
1	Youssif Hossam Mohamed	16	El Nasr Club	41.41
2	Hessen Moh. Hessen Elbadry Moh. R	16	El Gezira	40.03
3	Yassin Hesham Mamdouh	16	Ahly	39.12
4	Ahmed Tamer Mahmoud	16	Wadi Degla	38.30
5	Youssef Ahmed Fouad	16	Ahly	38.38
6	Abd Elrahman Ayman Ibrahim	16	El Nasr Club	39.19
7	Khaled Mohamed Nasr Abdelazim	21	Moasasa Riadiah Askaria	40.41
8	Ahmed Mosad Moustafa ali Ghidan	17	Shooting	47.11
9	Mohamed Hattem Mohamed Sabry	16	Wadi Degla	NT

**Heat 10 of 29 Timed Finals**

0	Gamal Walid Ahmed Abd Ellatif	16	Wadi Degla	37.79
1	Loai Mohmed Mohei Alden Abass	17	6th	36.92
2	Mohamed Eliwa Mohamed	16	Goldy	36.41
3	Ahmed Yasser Ali A.El gafar	16	Wadi Degla	36.02
4	Mohamed Ahmed Sameh	17	Shooting	35.84
5	Omr Mohamed Abdul Samia	16	Seka El Hadid	36.01
6	Karim Haythem EL Sayed	16	Heliolido	36.26
7	Ziad Wael Mohamed	19	Zamalek	36.45
8	Seif El din Sherif Abd Elfttah	16	El Zohour	37.45
9	Mohamed Ahmed Mohamed Elsaie	16	Zamalek	38.21

**Heat 11 of 29 Timed Finals**

0	Zeyad Mohamed Zaki	17	Ahly	35.63
1	Youssef Mohamed Barakat	19	Ahly	35.21
2	Soliman Mohamed Emam	16	Police Club	34.96
3	Abdel-Rahman Hosny Hussein	16	Ahly	34.81
4	Aly Samy Elshafy	17	Sporting	34.46
5	Omar Shrief Ahmed Ahmed S	16	Smouha	34.53
6	Marawan Mohamed Shaker	16	Ahly	34.96
7	Hussien Mohamed Ahmed	16	Wadi Degla	35.05
8	Abdel Rahman Mohamed Mohamed	16	Rowad	35.59
9	Nour Hossam Ahmed Salah	16	Zamalek	35.73

**Heat 12 of 29 Timed Finals**

0	Jan Nader Naroz Salama	16	El Ghaba	34.30
1	Youssef Ahmed Mahran	19	Ahly	33.81
2	Omar Mohamed Hossny Hossein	19	Al Tersana	33.61
3	Ziad Osama Abdel Fatah Mohamed	22	Wadi Degla	33.57
4	Youssef Mohamed Abo Elyazeed Em	16	Wadi Degla	33.29
5	Youssef Alaa Fathy	17	Wadi Degla	33.56
6	Mahmoud Abdelhamed Soltan	17	El Mekaweloun	33.60
7	Ziad Ahmed Mohamed Nabel	17	El Shams	33.77
8	Ahmed Ahmed Ibrahim Ibrahim	16	Wadi Degla	33.97
9	Steven Tharwat Shahata	16	El Nasr Club	34.32

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**Heat 13 Timed Finals... (Event 111 Boys 14 & Over 50 LC Meter Backstroke)**

0	Seif Mostafa Elkady	18	Ahly	33.16
1	Marwan Mohamed Saber	17	Zamalek	33.05
2	Youssef Mohamed Fathy	16	New Giza	33.01
3	Khaled Mohamed Elsyed Tawfe	17	Smouha	32.78
4	Omar Ahm. Bader Eldin Safa Islam	16	El Gezira	32.71
5	Mostafa Amr El Kady	17	Wadi Degla	32.74
6	Ahmed Mohamed Roshdy	16	Talbeia	32.86
7	Zeineldin Mohamed Zidan	16	Zamalek	33.03
8	Abd Elhalim Alaa Abd Elhalim	16	El Zohour	33.11
9	Mohamed Hany Ahmed Hassan	17	El Shams	33.21

**Heat 14 of 29 Timed Finals**

0	Omar Sherif Abd El Hamid	17	Wadi Degla	32.68
1	Mazen Medhat Mohamed Ahmed	16	Shooting	32.54
2	Motazz Mohamed Gomaa	16	Zamalek	32.53
3	Ahmed Waleed Ahmed Ali	17	El Zohour	32.48
4	Loay Tamer Mohamed Farahat	16	El Zohour	32.36
5	Amr Khaled Abdelfattah	16	Ahly	32.47
6	Zeyad Bassam Hussein	20	Ahly	32.51
7	Mohamed Ashraf Abdo	17	Elethead	32.54
8	Adham Amr Mahmoud	18	Ahly	32.55
9	Loai Ehab A.Meshaal	16	Wadi Degla	32.71

**Heat 15 of 29 Timed Finals**

0	Abdelharman Ahmed Abdelharman	17	Smouha	32.31
1	ali Waled Said	16	El Mekaweloun	32.26
2	Ahmed Gamal abd el Hafiz	16	Shooting	32.16
3	Abdelrahman Hazem aly	16	Zamalek	32.10
4	amr Mohamed Ebrahim Wehe	16	Helwan Club	32.03
5	Youssef Hussein Abdel Hameed	16	Wadi Degla	32.09
6	Yousef Ahmed Farouk Hassn	16	6th	32.14
7	Selim Ramy Salah El Din Mohamed	16	Shooting	32.20
8	Somow Eldeen Mohamed Esmail	19	El Zohour	32.30
9	Seif Allah Tarek Samir Sayed	17	Shooting	32.32

**Heat 16 of 29 Timed Finals**

0	Zeid Mohamed Abdel-Azeem	16	Ahly	31.95
1	Yassin Mohamed Abdel Rehim	17	Ahly	31.92
2	Moaz Mohamed Shawky	16	Al Ealamein	31.86
3	Sief Ahmed Samir	16	Moasasa Riadiah Askaria	31.83
4	Ahmed Ashraf Adel	17	El Zohour	31.75
5	Ramy Bassem Ihab	16	Wadi Degla	31.80
6	Loay Motasem Alaaeldin	16	Zamalek	31.84
7	Yassien Ahmed Mohamed	16	Smouha	31.86
8	Ahmed Ramee Ahmed Hashem	16	6th	31.94
9	Adham Hesham Mohamed	16	Minia Sport Clup	32.00

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**Heat 17 Timed Finals... (Event 111 Boys 14 & Over 50 LC Meter Backstroke)**

0	Amir Khaled Shehata	16	Hadak Al Ahram	31.72
1	Amr Zakaria	16	Shooting	31.50
2	Ahmed Walid Hamdy	19	Hadak Al Ahram	31.46
3	Adam Ahmed Sliman	17	El Zohour	31.43
4	Abd El Monaem Mahmoud Abd Elm	18	El Zohour	31.40
5	Mahmoud Amr Samy	21	Ahly	31.42
6	Sajed Yasser Mohamed	16	Wadi Degla	31.45
7	Mohamed Mamdouh Mohamed Moh	16	Moasasa Riadia Askaria	31.50
8	Abd Elrahman Hisham Mohamed M	17	Shooting	31.67
9	Loaay Mostafa Omar	16	Wadi Degla	31.73

**Heat 18 of 29 Timed Finals**

0	Zeyad Ali Saad Yassin	16	El Ghaba	31.30
1	Aly Eldin Ahmed Ibrahim	16	Ahly	31.13
2	Ibrahim Amr Saad	17	Ahly	31.09
3	Adham Adel Abaza	19	Sporting	30.91
4	Seif Waleed Mohamed Elsherbiny	16	Shooting	30.89
5	Yassin Sherif Mohamed Maged	17	El Shams	30.91
6	Abdel-Wahab Mohamed Abdel-Wah	17	Ahly	31.07
7	Moamen Mohamed Ahmed	17	Wadi Degla	31.12
8	Eyad Mohamed Shaban	16	Al Tersana	31.18
9	Anas Ahmed Elsaied	16	Zamalek	31.31

**Heat 19 of 29 Timed Finals**

0	Abdalla Mohamed Mhfoz Frg	16	6th	30.82
1	aly Eldin Ahmed Mohamed	16	Zamalek	30.81
2	Omar Faysal Farag	17	Ahly	30.73
3	Mohamed Emad Maher	17	Senzo	30.66
4	Marwan Mohamed Abdelmoniem	16	El Ghaba	30.65
5	Omar Mohamedm Hamza Osman	18	Bank Ahly Geza	30.65
6	Yousif Wael Hamed Elsaid	19	Smouha	30.73
7	Seifallah Mahmoud Ahmed	16	El Ghaba	30.76
8	Belal Tarek Mohamed Alsaadawi	16	Heliolido	30.82
9	Mohamed Ahmed Mohamed Ebrahim	16	Rowad	30.85

**Heat 20 of 29 Timed Finals**

0	Zyad Mohamed Moawad	18	Zamalek	30.62
1	Omar Karim Mohamed Mselhy	17	Smouha	30.56
2	Hamza Ahmed Mohamed Ali	16	Bank Ahly Alex	30.40
3	Youssef Wala Mohamed Tawfek	16	Smouha	30.30
4	Youssef Ahmed Hassan Abdo	16	Elethead	30.21
5	Waleed Samer Mahmoud	18	Ahly	30.27
6	Amr Zakria Mohamed	17	Al Tersana	30.33
7	Amr Mohamed Ebrahim Ebrahim	17	El Shams	30.42
8	Nagy Ahmed Mohamed	16	Talbeia	30.62
9	Mohamed Abd El Wahab Nabil	17	Hadak Al Ahram	30.65

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0	AbdelRahman Ehab Elshimy	16	Sporting	30.15
1	Adam Mohamed Helmy	16	Wadi Degla	30.10
2	Abdel Rahman Mohamed Metwally	19	Elethead	30.05
3	Adham Hamdy Amin	17	Zamalek	30.02
4	Hady Mohamed Foad	17	Moasasa Riadiyah Askaria	29.98
5	Mazin Medhat Ali Abd ElHamid	16	El Shams	30.00
6	Malek Maged Mohamed	16	El Zohour	30.03
7	Yamen Ayman Helmy	16	Tanta	30.08
8	Mazen Ashraf Mohamed Abdel	18	Bank Ahly Alex	30.12
9	Abed Emad Abed	16	Al Tersana	30.16

**Heat 22 of 29 Timed Finals**

0	Ammar Mohamed Mohamed	16	15 May	29.91
1	Eyad Hossam Eldin Zakzouk	16	Sporting	29.90
2	Ahmed Mohamed Ahmed Al Bah	16	Wadi Degla	29.83
3	Ahmed Eid Hamad Ahmed	17	El Nasr Club	29.80
4	Ziad Emad Atya	16	Wadi Degla	29.75
5	Ahmed Yaser Mohamed	18	El Mekaweloun	29.76
6	aly Saleeh aly	16	Zamalek	29.81
7	Amar Haitham Mohamed Saeid	16	El Shams	29.85
8	Moamen Khalid Mohamed	18	Zamalek	29.91
9	Malek Waled Ibrahim Hussie	16	Smouha	29.96

**Heat 23 of 29 Timed Finals**

0	Ahmed Awny Galal	19	Ahly	29.69
1	Omar Tarek Abdel-Rahman	16	Ahly	29.63
2	Mohamed Nasr Ahmed	16	15 May	29.59
3	Omer Badr Kamel	19	Shooting	29.54
4	Mohamed Samy Mahmoud	19	El Ghaba	29.50
5	Marwan Mostafa Mohamed Most	18	Smouha	29.51
6	abd Elrhman Mohamed Ahmed	16	Elethead	29.58
7	Yehia Mohamed Saad Eldin	18	Wadi Degla	29.62
8	Kamal El Din Mokhtar	19	Wadi Degla	29.63
9	Ali Ahmed Dawood	20	Ahly	29.71

**Heat 24 of 29 Timed Finals**

0	Mazen Ibrahim Ahmed	17	Wadi Degla	29.38
1	Mohamed Ramy Mohamed	18	Ahly	29.34
2	Adham Hossameldin Abdallah	17	Zamalek	29.32
3	Mazen Karim Hassan	17	Ahly	29.20
4	Yosef Hatem ali Ahmed	16	Al Hawar	29.12
5	Mostafa Adel Mohamed Samy	17	Shooting	29.15
6	Ezz Eldin Omar Abdeiltif	18	Pegasus Club	29.24
7	Omar Mohamed Ibrahiem	16	Wadi Degla	29.33
8	abd el Rahman Waleed el Shahat	16	Heliopolis	29.36
9	Adham Elsayed Ali	16	Wadi Degla	29.46

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0	Yousif Mahmoud Mohammed Aly	17	Shooting	28.97
1	Mohamed Khaled Salam	18	Ahly	28.86
2	Mahmod Mahmod Yasen esa	17	Tanta	28.83
3	Hussin Mohamed Hussin	18	Talbeia	28.76
4	Mostafa Magdy Nabil	19	Ahly	28.72
5	Hamza Moh. Khairy Samra	17	El Gezira	28.74
6	Karim Adel Ahmed Bahgat	20	El Zohour	28.80
7	Omar Ahmed Mohamed Ibrahim	14	Smouha	28.84
8	Yassin Hytam Hossam Eldin	17	Zamalek	28.96
9	Adham Ahmed Hassan	20	Ahly	29.09

**Heat 26 of 29 Timed Finals**

0	Saleh Hossam El Din Saleh	20	El Zohour	28.71
1	Khaled Ahmed Mahmoud Gaber	18	Bank Ahly Alex	28.66
2	Seif Sayed Mahmoud	17	Helwan Club	28.60
3	Adam Mohamed Mahmoud Mohame	15	Shooting	28.54
4	Adam HossamEldin Mohamed	16	Smouha	28.47
5	Adam Ahmed Fouad Hab Elroman	16	Wadi Degla	28.48
6	Mohamed Ibrahim Elkhdry	17	Elethead	28.55
7	Hamza Moahmed Mhmoud	16	Smouha	28.61
8	Zyad Waael Abass Bhr	20	6th	28.67
9	Yousif Mohamed Khalaf	22	Smouha	28.71

**Heat 27 of 29 Timed Finals**

0	Ziyad Ahmed Abdel Azim	21	Hadak Al Ahram	28.44
1	Sherif Yaser Ali Meaabed	20	6th	28.30
2	Youssef Amr Sayed	17	Wadi Degla	28.11
3	Eyad Mohsen Isamil ali	16	El Shams	28.04
4	Karim Ahmed Naser Abdelmee	17	Smouha	28.02
5	Mohamed Taha Abd El Raouf	18	Wadi Degla	28.04
6	Mohamed Walid Hassan	17	Sporting	28.10
7	Blal amr Ahmed	18	Heliopolis	28.30
8	John Wael Nagy Mosad	17	Heliolido	28.36
9	Aly Ahmed Nagy	16	Ahly	28.45

**Heat 28 of 29 Timed Finals**

0	Waleid Mohamed Sobhy	20	Zamalek	27.89
1	Mohamed Ahmed Mohamed Elsaia	19	Smouha	27.84
2	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	27.72
3	Ahmed Hattem Ahmed	18	Wadi Degla	27.69
4	Moustafa Abdo Mohamed Shawqy	21	Rowad	27.61
5	Islam Mohamed Nashaat	17	Maadi	27.62
6	Abdel Reheim Samir Al Sheinawy	25	Zamalek	27.70
7	Ahmed Adel Mohamed Meselhy	23	Ahly	27.81
8	Yosif Ahmed Mohsen	16	El Nasr Club	27.89
9	Omar Ahmed Salah	17	Ahly	27.91

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0	Mohab El Din Fathy	22	Sporting	27.29
1	Seif Tarek Mohamed Raslan	23	Zamalek	27.21
2	Mahmoud El Walid Abd El Karim	17	Maadi	27.09
3	Mohamed Ahm. Aly Moh. Derbala	19	El Gezira	26.97
4	Yasin HossamEldin	20	Smouha	25.58
5	Marwan Ali Mahmoud	15	Wadi Degla	26.90
6	Mohamed Hany Elsayd	18	Hadak Al Ahram	27.05
7	Yousif Ahmed Ragab Elshaman	18	Smouha	27.17
8	Abdel Rahman Amr Farag	16	Shooting	27.22
9	Abdel Rahman Mohamed Abdel Sam	21	Ahly	27.46



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## Event 112 Girls 14 &amp; Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 10 Timed Finals</b>				
3	Gana Walid Abou Tabl	18	Ahly	NT
4	Aya Mohamed Ismat Manni	19	The Republic Of The Sudan	NT
5	Gana Salah Kamal ElDin	17	Ahly	NT
<b>Heat 2 of 10 Timed Finals</b>				
1	Malak Sher Shawky El Gohary	20	Maadi	NT
2	Joumana Moataz Mohamed	16	Cairo	NT
3	Lili Osama Fathy	16	Pegasus Club	NT
4	Karen Samir Fawzy	16	Marina Sporting Club Hurghada	NT
5	Daren Ahmed Mohamed	16	Heliopolis	NT
6	Logien Ahmed Elsherif	16	Shooting	NT
7	Judy Hesham Kamal	16	Wadi Degla	NT
8	Rofaida Mahmoud Mohamed Hass	17	15 May	NT
<b>Heat 3 of 10 Timed Finals</b>				
0	Noura Ahmed Mohamed abo Elazm	16	El Shams	NT
1	Jana Hassan Abdel Fattah	18	Wadi Degla	NT
2	Salma Wael Ahmed Mohamed	16	El Zohour	NT
3	Laila Tarek Mostafa	16	Wadi Degla	NT
4	Sara Yaser Mohamed Mohame	19	Smouha	NT
5	Gasmin Ahmed Monged	16	Ahly	NT
6	Gandan Ahmed Farouk	19	Shooting	NT
7	Nour Ahmed Samer	18	Sporting	NT
8	Noor Tamer AbdElrhim Mohamed	16	El Shams	NT
9	Habiba Hany Ali	19	El Shams	NT
<b>Heat 4 of 10 Timed Finals</b>				
0	Nanse Nader Kamal	16	El Mekaweloun	3:26.82
1	Mariam Ahmed Hassan	16	El Zohour	3:18.41
2	Aisel Mostafa Anwar	18	Ahly	3:13.33
3	Salama Mahmoud Khorshed	19	El Obour	3:07.17
4	Mariem Mohamed abd Elmasoud	16	Cairo	3:03.04
5	Hana Magdy Hassan	16	Ahly	3:03.80
6	Zena Khaled Mansour	16	El Mekaweloun	3:10.46
7	Jana Fathy Salim Abbas	17	Taleaa El Gish Club	3:16.81
8	Mariam Nader Sedky	16	Ismaily Sporting Club	3:20.65
9	Menat Allah Abdel Hamed Soltan	17	El Mekaweloun	NT
<b>Heat 5 of 10 Timed Finals</b>				
0	Shahd Ahmed Fouad	16	Zamalek	3:02.87
1	Shahed Sherif Abdullah	18	El Mekaweloun	3:00.55
2	Nour Mohamed Abd El Hady	18	Sporting	2:57.81
3	Lojain Ibrahim Mohamed Walash	17	6th	2:55.30
4	Remman aly aly Mohamed	16	El Shams	2:54.21
5	Menatalla Morsy	16	Smouha	2:54.37
6	Rola Mostafa Salah	18	Shooting	2:56.75
7	Retaga Mohamed Ahmed Magdy	17	Nasr City	3:00.13
8	Laila Ahmed Nagy	16	Shooting	3:02.43
9	Jana Mohamed Mohamed	17	Ultimate	3:02.98

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**Heat 6 Timed Finals... (Event 112 Girls 14 & Over 200 LC Meter Backstroke)**

0	Ronaz Mohamed Ahmed	17	Wadi Degla	2:53.47
1	Esraa Ehab Zamel	19	Zamalek	2:50.46
2	Mariam Emad gad Hosney	16	El Shams	2:47.55
3	Haneen Tamer Ahmed	16	Wadi Degla	2:45.22
4	Goudy Ahmed Hanafy	16	Ahly	2:44.38
5	Noor Kamel ElNagar	19	Sporting	2:44.77
6	Hana Mohie el den Osman	19	Heliopolis	2:47.26
7	Farah Emad El Din Saied	16	Al Ealamein	2:48.51
8	Minh Allah Fatehy ali	16	Talbeia	2:51.94
9	Anan Mohamed Yehia	18	El Mekaweloun	2:53.67

**Heat 7 of 10 Timed Finals**

0	Razan Hossam El Gebaly	16	Wadi Degla	2:43.61
1	Nouran Mahmoud Mohamed	18	Wadi Degla	2:41.99
2	Yasmina Ahmed Saad	16	Smouha	2:41.91
3	Shahd Sameh Safouat Shaaban	19	Heliolido	2:41.53
4	Malak Mohamed Nagy	16	Sporting	2:41.45
5	Habeba Mohamed Saleh Mhmoud	16	6th	2:41.51
6	Gana Wael Youssef Mahmoud	17	Wadi Degla	2:41.74
7	Amina Alaa Elhamouly	16	Sporting	2:41.99
8	Goudy Mohamed Hossam	16	Ahly	2:43.33
9	Farida Haitham Nabil Ali Za	17	Smouha	2:43.83

**Heat 8 of 10 Timed Finals**

0	Basmala amr aly	19	Olympic	2:41.07
1	Fatima Haytham Abd ElMeneam	19	Tanta	2:40.18
2	Yasmine Yasser Mamdouh	19	Shooting	2:37.99
3	Salma Mohamed Ezzat Mohamed	16	Wadi Degla	2:37.39
4	Jassmin Mohamed Abdel Kader	16	Wadi Degla	2:35.49
5	Kenzy Ahmed Ali	20	Ahly	2:35.77
6	Hana Mohamed Hasaan	16	Zamalek	2:37.84
7	Menna Tallah Ahmed Mohamed	17	Banha	2:39.80
8	Nourallah Ahmed Fahmy	16	Ahly	2:40.97
9	Kenzy Tamer Ahmed Abdelham	17	Smouha	2:41.44

**Heat 9 of 10 Timed Finals**

0	Shahd Ahmed Abd Elbaky	19	Sporting	2:34.60
1	Malak Mokhtar Mohamed	17	Wadi Degla	2:33.97
2	Hagar Mohamed Ibrahim Abde	17	Smouha	2:33.19
3	Mariam Sherif Mohamed Shawky	17	Maadi	2:32.00
4	Rokan Tamer Ismail	15	Shooting	2:31.11
5	Maya Kamal Mohamed Mhmod	17	Smouha	2:31.34
6	Farida Sherif Ahmed Taha	16	Shooting	2:33.17
7	Lamees Amr Mhmoud Elsokary	16	6th	2:33.80
8	Nada Hesham Medhat	14	Ahly	2:34.52
9	Kenzy Mohamed el Sebaey	17	Cairo	2:35.29

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 19/11/2023 Mor****Heat 10 Timed Finals... (Event 112 Girls 14 & Over 200 LC Meter Backstroke)**

0	Khadega Osama Mohame Bahaa el d	16	Heliopolis	2:30.69
1	Malak Waled Essam Shabana	19	Smouha	2:28.57
2	Jana Mohamed Omar Mohamed Elde	17	El Shams	2:27.64
3	Farah Amr Abdel Motaleib	20	Shooting	2:26.06
4	hla Mohamed Nanoush	16	Tanta	2:25.77
5	Farida Amr Mohamed Abd El Moteli	18	Shooting	2:25.85
6	Salma Ahmed Elsaid	15	Gezira El Ward	2:27.56
7	Mariem Mohamed Emad Fahmy	18	Maadi	2:28.14
8	Hanan Ahmed Mohamed Mahmoud	18	Bank Ahly Alex	2:29.29
9	Login Hazem Samir	15	Nasr City	2:30.97

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

## Meet Program - 19/11/2023 Mor

## Event 113 Boys 14 &amp; Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 15 Timed Finals</b>				
1	Omar Mohamed Fayz Mostafa	18	Moasasa Riadiah Askaria	NT
2	Faris Mohamed Mashaly	24	Sporting	NT
3	Abdel Rahman Mohamed Abdel Sam	21	Ahly	NT
4	Abd El Rahman Hassan Abd El Rahr	18	Talbeia	NT
5	Ziad Moahmed Salaheldin M	17	Smouha	NT
6	Ahmed Mohamed Abdelaziz	17	Moasasa Riadiah Askaria	NT
7	Abdelfattah Ahmed Youssef Ahmed	16	Olympic	NT
8	Ahmed Hesham Nageib	20	Zamalek	NT
<b>Heat 2 of 15 Timed Finals</b>				
0	Ahmed Ramy Mohamed Fathy	17	El Mekaweloun	NT
1	Adham Ahmed AbdeL Aziz	19	Rowad	NT
2	Ahmed Mohamed Sobhy Hussie	16	Zamalek	NT
3	Ibrahim Ehab Elkasas	16	Ahly	NT
4	Karim Mohamed Samy	20	Ahly	NT
5	Youssef Moatsem	17	Wadi Degla	NT
6	Omar Ahmed Sayed	16	Ahly	NT
7	Seif Tamer Abd Elaziz	16	El Obour	NT
8	Omar Salah Mamdouh Ahmed	18	Beni Suef Club	NT
9	Adam Hany Ali	16	Wadi Degla	NT
<b>Heat 3 of 15 Timed Finals</b>				
0	Mostafa Moh. Ahm. Moh. Moharam	17	El Gezira	NT
1	Omar Ehab Elfaham	19	Sporting	NT
2	Amro Nabil Ibrahim	17	Faros	NT
3	Yassin Hisham Nour	18	Smouha	NT
4	Ibrahim Mohamed Abdelmohsein	17	Zamalek	NT
5	Ahmed Ehab el Shbasey	17	Tanta	NT
6	Yassen Moh. Shrif Moh. Elbarbary	18	El Gezira	NT
7	Zein Eldein Hisham Mohamed Hosn	17	Shooting	NT
8	Omr Adel Abdelmouhsen Ahmed	16	6th	NT
9	Osama Mohsen Khamis AbdElm	18	Smouha	NT
<b>Heat 4 of 15 Timed Finals</b>				
0	Hamza Mohamed Abd Elhalem	17	El Zohour	NT
1	Karim Mohamed El Gharabawy	18	El Zohour	NT
2	Mohamed Ayman Ibrahim	17	A S E C	NT
3	Karim Hossam Halal	17	Shooting	3:18.14
4	Youssef Mostafa Gamal	16	Ahly	3:11.98
5	Abd Rahman Mohamed Gamal	19	Shooting	3:17.56
6	Zeyad Amer Arby	18	Talbeia	NT
7	Omar Khaled Esmail Ramdan	16	El Ghaba	NT
8	Omar Mahmoud Hassan	16	Ahly	NT
9	Eyad Waleed Ramzy	16	el Shark Club	NT

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

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**Heat 5 Timed Finals... (Event 113 Boys 14 & Over 200 LC Meter Breaststroke)**

0	Abdelrahman Ahmed Sayed	17	Al Tersana	3:10.39
1	Mahmoud Moustafa Lotfy	16	Heliopolis	3:09.13
2	Lotfy Mohamed Lotfy	16	Wadi Degla	3:04.63
3	amr Taha Goda	16	Zamalek	3:03.48
4	Yousif Hossam Mohamed Moham	16	Zamalek	2:58.80
5	Youssief Omar Mhmoud Omar	16	Smouha	2:59.65
6	Ahmed Wael Ahmed	16	Al Tersana	3:04.10
7	Ayad Ahmed Abdalla Mohamed	17	El Shams	3:07.68
8	Saif Ahmed Gamal Elden	16	El Mekaweloun	3:10.04
9	Omar Sameh Ismail	16	Ahly	3:11.56

**Heat 6 of 15 Timed Finals**

0	Abdullah Hany Badr Eldin	16	Wadi Degla	2:57.02
1	Mostafa Khaled Fathy	16	Talbeia	2:55.62
2	Mahmoud Mohamed Mahmoud	17	Zamalek	2:54.12
3	Ali Ahmed Mohamed Abd el Halim	17	Shooting	2:53.22
4	Mohamed Diaa Eldeen Mohamed	17	Nasr City	2:51.91
5	Marwan Tarek Rashed Abd ElHamid	16	El Shams	2:52.77
6	Moamen Abdelmounem Abdelataief	16	El Shams	2:53.22
7	Ziad Gawad Mahmoud	18	Cairo	2:55.46
8	Adham Mohamed abd Aziz	16	Nasr City	2:56.56
9	Ahmed Ayman Hassan Kabil	17	Shooting	2:57.85

**Heat 7 of 15 Timed Finals**

0	Assr Ahmed Aly Fekry	16	6th	2:49.04
1	Karim Hany Abdalla	17	Ahly	2:48.82
2	Yasen Ahm. Abd ElHay Soiemann Abd	17	El Gezira	2:48.53
3	Yassien Yaser Atef	17	Moasasa Riadia Askaria	2:48.05
4	Youssef Mamoud Ahmed	16	Talbeia	2:47.55
5	Yousif Ahmed Hamdy Borham	19	Smouha	2:48.00
6	Mohamed Ahmed Elryas	19	Zamalek	2:48.42
7	Ahmed Waild Mohamed	16	A S E C	2:48.63
8	Hamza Hammad Mohamed	17	Wadi Degla	2:49.00
9	Mohamed Yasser Mohamed Elgha	16	Smouha	2:50.22

**Heat 8 of 15 Timed Finals**

0	Yousef Mohamed Salah	17	A S E C	2:46.45
1	AbdelRahman Mohamed Sayed	18	El Obour	2:44.72
2	Azz El Din Hany Nagy Ahmed	18	Shooting	2:42.90
3	Moaz Amr Gamal	19	Ahly	2:42.20
4	Omar Mohamed Abdelhafez	17	Mansheit Naser	2:42.05
5	Marwan Medhat Ali Abd ElHamid	16	El Shams	2:42.08
6	Sief Ayman El Said	19	Sporting	2:42.21
7	Karim Gamal Abd Elsalam	16	Shooting	2:43.43
8	Anas usama Mohamed	16	Al Tersana	2:45.02
9	Moaz Ahmed Ali Ahmed	17	Rowad	2:47.41

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**Heat 9 Timed Finals... (Event 113 Boys 14 & Over 200 LC Meter Breaststroke)**

0	Youssef Ahmed Hassan	16	Elethead	2:41.90
1	Abd Elrahman Tamer M Abd Elmaas	16	El Nasr Club	2:40.16
2	Ahmed Hatem Hosny	17	Wadi Degla	2:39.71
3	Adam Hossamaldin Abdallah	17	Zamalek	2:39.53
4	Youssef Abdel Aziz Alaa	17	Wadi Degla	2:39.15
5	Marwan Ehab Abdelkader	17	Zamalek	2:39.20
6	Yousef Mahmoud Mohamed Sabry	17	El Shams	2:39.53
7	Hamza Ahmed Morsi Morsi Ahmed	17	6th	2:39.92
8	Ibrahim Yasser Farahat AbdElMagid	17	Maadi	2:41.08
9	Mazen Mohamed Mohamady Mahm	16	El Nasr Club	2:41.91

**Heat 10 of 15 Timed Finals**

0	Yehia SeifEL din EL Marghany	18	El Shams	2:38.94
1	Karem Wael Elgendy	16	Tanta	2:38.48
2	Mazen Mohamed Adel	18	Elethead	2:38.20
3	abd Elrahman Mohamed Foaad	17	Talbeia	2:37.81
4	Moaaz Mohamed Sayed Soliman	16	Ahly	2:37.64
5	Ziad Ahmed Ibrahim Abdelhay	17	Taleaa El Gish Club	2:37.65
6	Mahmoud Tamer Mahmoud	17	Wadi Degla	2:37.92
7	Omar Ibrahim Mohamed	19	Ahly	2:38.32
8	Iyad Adel Ahmed	16	Hadak Al Ahram	2:38.67
9	Khaled Hesham Ahmed	16	Elethead	2:39.10

**Heat 11 of 15 Timed Finals**

0	Moaz Wael Gamal Ebrahim	17	El Shams	2:37.52
1	AbdElrhman Mhmoud Yuones Fatha	20	Smouha	2:37.20
2	Moustafa Essam Wahba	16	Sporting	2:36.40
3	Malek Khaled Mahmoud Abady	16	Bank Ahly Alex	2:35.34
4	Karim Osama Ibrahim Abd ElMoaty	16	Maadi	2:35.20
5	Rami Michel Artigaud	17	El Gezira	2:35.34
6	Omar Tamer Ahmed	17	El Ghaba	2:36.12
7	Selim Ihab Ghali	18	Wadi Degla	2:36.65
8	Yousif Gaseer Migahed	16	Zamalek	2:37.42
9	Ahmed Hamed Abaas	18	Talbeia	2:37.64

**Heat 12 of 15 Timed Finals**

0	Morad Yaser Hafez	20	Wadi Degla	2:34.74
1	Omar Mohamed Ibrahim	16	Nasr City	2:34.54
2	Amr Hany Mahmoud Ahmed	17	Ahly	2:33.89
3	Mahmoud Mohamed Moharam el M	16	Al Hawar	2:32.81
4	Daly Dimitrios Chin	26	Sporting	2:32.44
5	Eyad Osama Ramadan	19	Ahly	2:32.70
6	Abdel Rahman Ahmed Ali	17	Wadi Degla	2:32.92
7	Abdelrahman Ashraf Abdelattif	19	Ahly	2:33.95
8	Zeyad Karm Mohamdeen	19	Ahly	2:34.58
9	Nour Ahmed Elhassany	16	El Zohour	2:34.84

**National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023****Meet Program - 19/11/2023 Mor****Heat 13 Timed Finals... (Event 113 Boys 14 & Over 200 LC Meter Breaststroke)**

0	Darren Dimitrios Chin	18	Sporting	2:31.48
1	Khaled Hammad Mohamed	19	Wadi Degla	2:30.83
2	Hamza Mohamed Hassan Moubarak	15	Heliopolis	2:29.97
3	Omar Mohamed Yehia	16	Wadi Degla	2:29.77
4	Eazz El Din Mohamed Khamis	18	Sporting	2:29.75
5	Yousef Adel Ramadan	18	El Shams	2:29.76
6	Mohamed Housam Ibrahim	27	Ahly	2:29.91
7	Abdalla Gasser AbdelLatif	18	Ahly	2:30.43
8	Yassien Yasser Hassan	16	Smouha	2:31.33
9	Mahmoud Majed Mahmoud	19	Hadak Al Ahram	2:32.03

**Heat 14 of 15 Timed Finals**

0	Hani Mohammed Atwan	16	El Temsah	2:29.67
1	Yassen Mohamed Abdelgwad	17	Faros	2:28.36
2	Hazem Hossam Nady	15	Wadi Degla	2:27.99
3	Ahmad Hany Ahmad	17	Heliopolis	2:27.36
4	Mazen Ismail Mohamed Ismail	19	Maadi	2:27.00
5	Mohamed Mashhour Yehia	18	Ahly	2:27.04
6	Adam Yousry Bebars	17	Ahly	2:27.87
7	Abd El Rahman Hisham Fathalah	17	Sporting	2:28.11
8	Youssef Tamer Mohamed Hamed	18	Wadi Degla	2:29.43
9	Omar Hany Abdalla	21	Ahly	2:29.68

**Heat 15 of 15 Timed Finals**

0	Gamal Metwaly Gamal Mohamed	20	El Zohour	2:26.36
1	Mahmoud Ahmed Eltablawy	17	El Zohour	2:25.62
2	Ibrahim Shams Eldin Mohamed	15	Ahly	2:22.22
3	Karem Magdy Ismail	23	Sporting	2:21.01
4	Youssef Ismail Elkamash	28	Sporting	2:14.83
5	Mohaned LiwaaEldin Ali	18	Smouha	2:20.69
6	Saif ELDIn Sameh A.Elmoaez	20	Wadi Degla	2:21.17
7	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	2:24.74
8	Mohamed Ashraf Abdel Hay	22	Ahly	2:26.26
9	Marwan Mohamed Bakry Mohamed	17	Olympic	2:26.72