

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

Meet Program - 14-03-2023 Tues Mor

Event 1 Girls 15 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Timed Finals				
2	Kinzy Yahia Mohamed Sameh	15	Enppi	NT
3	Mariam Hazem Abd Elshkour	16	Shooting	NT
4	Swlaf Samer Abdalla Sharar	17	YMCA	NT
5	Sara Ahmed Eissa	15	Maadi	NT
6	Yara ali el Koshy	18	Zamalek	NT
7	Malak Mohamed Nagy	16	Sporting	NT
8	Kanzy Waled Hamad	16	Smouha	NT
9	Tala Tarekf el Kafrawe	17	Heliopolis	NT
Heat 2 of 11 Timed Finals				
1	Nour Elshamy	15	Sporting	NT
2	Lian Shady Sabry	19	Heliopolis	NT
3	Yasmin Ahmed El Tahlawy	18	Ahly	NT
4	Sondos Mohamed Salah El Di	15	Elethad	NT
5	Shrouk Mohamed Rashad Mohamed	15	Olympic	NT
6	Yasmen Samer Mahmoud	20	Ahly	NT
7	Sagda Mohamed Salah	15	Elethad	NT
8	Gana Noaaman Samer	15	Al Hawar	NT
9	Jasmine Ahmed Eissa	17	Maadi	NT
10	Goumana Wael Hosny	16	Ahly	NT
Heat 3 of 11 Timed Finals				
1	Sandra Medhat Mohamed	18	Ahly	NT
2	Roqaya Saad Mohamed	15	Zamalek	NT
3	Sama Ahmed Ali	17	Ahly	NT
4	Haneen Yasser Saad Abd Elkader	15	6th	3:46.13
5	Ghoswn Wahed Mohamed	19	El Obour	3:38.09
6	Kenzi Maher Abdelwahab	15	Elethad	3:46.06
7	Gana Mohamed Ahmed Salama	18	El Ghaba	NT
8	Rawan Ahmed Abdou	17	Wadi Degla	NT
9	Khadiga Ahmed Mohamed Monir	16	Shooting	NT
10	Laila Ahmed Adel El Kholy	19	Maadi	NT
Heat 4 of 11 Timed Finals				
1	Gana Ibrahim Abdalla	17	Talbeia	3:28.27
2	Fareda Amr Mohamed Fouad	15	Heliopolis	3:27.20
3	Menna Mohamed Ahmed	15	Senzo	3:25.81
4	Tasnem Mohamed Mohamed Gala	19	Smouha	3:21.60
5	Karma Ihab Ali	15	Wadi Degla	3:19.33
6	Dalia Ahmed Abdelsalam	19	15 May	3:20.49
7	Nour Diaa Mahmoud	17	A S E C	3:24.53
8	Farida Ahmed Amin	17	Wadi Degla	3:26.98
9	aya Moharam Mohamed	19	Talbeia	3:27.49
10	Salama Mahmoud Khorshed	19	El Obour	3:31.59

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 14-03-2023 Tues Mor****Heat 5 Timed Finals... (Event 1 Girls 15 & Over 200 LC Meter Breaststroke)**

1	Caren Wahid Niazy	15	Wadi Degla	3:19.12
2	Retaj Doctor Farg	15	Tlaea El Ostol	3:17.48
3	Rowida Ayman Mohamed	17	Talbeia	3:16.23
4	Jana Ashraf Mohamed Gaber	17	Olympic	3:13.81
5	Salma Abd Ella Abd Elhameed	18	Talbeia	3:13.43
6	Youmna Hesham Mohsen	15	Ahly	3:13.44
7	Nadine Bassem Joseph	15	Wadi Degla	3:15.50
8	Hana Nasser El Safty	16	Shooting	3:16.78
9	Renad Mohamed Rafek Farouk	15	Bank Ahly Alex	3:17.54
10	Ganna Mohamed Mahmoud	17	Ahly	3:19.28

Heat 6 of 11 Timed Finals

1	Yossra Mostafa Kamel	16	Elethead	3:12.64
2	Nada Mohamed Ahmed Kafaka	16	Zamalek	3:12.32
3	Malak Mohamed Samir Darwish	15	Wadi Degla	3:10.95
4	Mariam Wael Attia	15	Ahly	3:09.60
5	Noha Alaa Abd Elhlim	19	El Zohour	3:09.05
6	Noor Tamer AbdElrhim Mohamed	16	El Shams	3:09.51
7	Basmala amr aly	19	Olympic	3:10.31
8	Malak Mohamed Abdelmonem Ahm	17	Wadi Degla	3:12.09
9	Farida Ahmed Fouad	17	Wadi Degla	3:12.49
10	Karma Ayman Abou Amera	16	Sporting	3:13.36

Heat 7 of 11 Timed Finals

1	Arwa Ahmed Hassan Elsaid	19	City Club	3:07.86
2	Habeba Mostafa Gamal Eldeen	17	Gezira El Ward	3:07.07
3	Jana Mohamed Abd Elkariem	15	6th	3:06.63
4	Kholoud Abdelfatah Ali Abdel	17	Smouha	3:05.97
5	Mariam Ahmed Abdel Hakm	15	Ahly	3:04.38
6	Hana Mohamed Youssef Moha	17	Smouha	3:05.65
7	Rawda Mohamed Mobark Abdel Aze	18	Wadi Degla	3:06.22
8	Salma Saed Elsamadony	15	Tanta	3:07.03
9	Salma Mohamedf Abdel Salam Moha	19	Heliolido	3:07.20
10	Saga Alaa Adel Ibrahim	15	Shooting	3:07.97

Heat 8 of 11 Timed Finals

1	Sarah Karim Mohamed Galal	17	Smouha	3:03.67
2	Lemar Samer Elsaeid Anwar	15	Smouha	3:03.01
3	Yara Hesham Mohsen	15	Ahly	3:02.08
4	Yara Hassan Fathy	16	Tawfekaya	3:01.11
5	Malak Mohamed Fayek Elsawa	16	Smouha	3:00.35
6	Maryam Emad Mohamed Elhadid	18	Gezira El Ward	3:00.94
7	Salma Waleed Raslan	15	Al Hawar	3:01.44
8	Farida Nasser Mohamed El-Safty	15	Shooting	3:02.72
9	Nourallah Ahmed Fahmy	16	Ahly	3:03.09
10	Nadin Karim Adel	15	Bank Ahly Geza	3:04.32

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 14-03-2023 Tues Mor****Heat 9 Timed Finals... (Event 1 Girls 15 & Over 200 LC Meter Breaststroke)**

1	Lobna Ahmed Khalifa	19	Bank Ahly Alex	2:59.52
2	Zeina Wael Abd Elmohsen	16	Shooting	2:58.67
3	Nour Mohamed aly el Sobky	16	Wadi Degla	2:58.30
4	Sohila Alaa Eldin Abd Elwahab	15	6th	2:56.94
5	Rawan Yossry Zaky Khalaf	15	El Shams	2:56.78
6	Malak Ali Atia	16	Smouha	2:56.86
7	Sagwa Khaled Mostafa Mahmo	15	Bank Ahly Alex	2:57.42
8	Habiba Atef	16	A S E C	2:58.31
9	Shahd Mohamed Ismael	18	Smouha	2:58.80
10	Shahd Ahmed Safwat	17	Cairo	2:59.99

Heat 10 of 11 Timed Finals

1	Masa Mostafa abd Elghany	15	Tanta	2:55.81
2	Malak Mostafa Mahmoud	15	Elethead	2:54.65
3	Mariam Walid Sayed	15	Wadi Degla	2:54.11
4	Lorian Hany	15	Sporting	2:53.36
5	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	2:51.58
6	Karma Ahmed Nabil	19	Shooting	2:52.17
7	Bassant Gamil Barakat	16	Ahly	2:53.93
8	Menat Allah Medhat abd el Azeem	16	Al Hawar	2:54.37
9	Fatema Tamer Ahmed Sayed	16	Wadi Degla	2:55.61
10	Nadine Ayman Hussein	18	Hadak Al Ahram	2:56.47

Heat 11 of 11 Timed Finals

1	Hlla Khaled Diab	16	Ahly	2:50.50
2	Maya Ahmed Ragheb	16	Sporting	2:47.68
3	Mariam Mohamed Ahmed Kotb	17	Smouha	2:45.75
4	Julie Akram Ahmed	17	Ahly	2:44.85
5	Rawan Tamer Mohamed	19	Ahly	2:39.35
6	Janat Kareem Mohamed	15	El Shrook	2:43.25
7	Dana Rafik El Saady	15	Wadi Degla	2:44.97
8	Mariem Mohamed Emad Fahmy	18	Maadi	2:46.76
9	Gana Nasr El Din Ali	19	Sporting	2:49.26
10	Lara Amr Mahmoud Alsokkary	15	6th	2:50.86

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

Meet Program - 14-03-2023 Tues Mor

Event 2 Boys 15 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 27 Timed Finals				
1	Ali Ahmed Abdulmageed	16	El Gezira	NT
2	Mostafa Hesham FatoH Basune	15	Smouha	NT
3	Ziad Mohaned Salah	19	Wadi Degla	NT
4	Mohamed Hesham Esmail Hamd	20	6th	NT
5	Ziad Wael Mohamed	19	Zamalek	NT
6	Mohamed Ashraf Safwat	15	Zamalek	NT
7	Youssef Mahmoud Taha	17	Ahly	NT
8	Abdelrahman Khaled Sabry Abdelw	17	Olympic	NT
9	Anas Yasser Abd El Ghany	17	Wadi Degla	NT
10	Mohamed Mostafa Mohamed	19	Wadi Degla	NT
Heat 2 of 27 Timed Finals				
1	Ahmed Medhat Ahmed Mostafa	16	Wadi Degla	NT
2	Hamza Ahmed Morsi Morsi Ahmed	17	6th	NT
3	Saleh Mohamed Mahmoud Shawkt	15	Ahly	NT
4	Mahmoud Haitham Mahmoud Kame	15	El Ghaba	NT
5	Yossef Hossam Mohamed Elwy	16	Shooting	NT
6	Ahmed Mohamed Salah	17	El Ghaba	NT
7	Abd Elrhman Ahmed Al Hmedi	19	El Obour	NT
8	Mohamed Belal Ahmed Elshshta	16	Bank Ahly Alex	NT
9	Mohamed Wael Ibrahim Desouki	15	Tawfekaya	NT
10	Abdel Reheim Samir Al Sheinawy	25	Zamalek	NT
Heat 3 of 27 Timed Finals				
1	Seif Eldin Fady SaLah	16	Shooting	NT
2	Aly Eldin Tamer Mohamed	19	Ahly	NT
3	Mohamed Ahmed Amin	19	Zamalek	NT
4	Abdelrahman Adel Fawzy	16	Smouha	NT
5	Kareem Mohamed Fouad Algaml	18	Tawfekaya	NT
6	Yosef Hatem ali Ahmed	16	Al Hawar	NT
7	Ahmed abd el Hady Hassan	18	Zamalek	NT
8	Yassin Hassan Hosny Ahmed	15	Elethead	NT
9	Ahmed Mohsen Mohamed	15	Ahly	NT
10	Mohab Ahmed Abdel Fattah A	15	Elethead	NT
Heat 4 of 27 Timed Finals				
1	Hamza Ahmed Mohamed Ali	16	Bank Ahly Alex	NT
2	Abdel Aziz Mohamed Abdel Azez	17	Wadi Degla	NT
3	Youssef Emad Shaaban	15	Ahly	NT
4	Youssef Sameh Salah Eldin Sayed	17	6th	NT
5	Basel Al Sayed Houssin	17	Heliopolis	NT
6	Yossef Hany Abo Neama	16	El Ghaba	NT
7	Baraa tal Salah	15	Zamalek	NT
8	Fares Ahmed Mohamed Hmoda	16	Bank Ahly Alex	NT
9	abd Elrahman Mohamed Bader	18	Al Tersana	NT
10	Yahya Ahmed Abd El Fatah	17	Sporting	NT

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 14-03-2023 Tues Mor****Heat 5 Timed Finals... (Event 2 Boys 15 & Over 200 LC Meter IM)**

1	Essam Hassan Allam	15	El Gezira	NT
2	Ahmed Hossam Eldin Salama	19	Smouha	NT
3	Yosef Mohamed Abd El Halem	19	Heliopolis	NT
4	Hazem Omar Mohamad Fathe	15	Smouha	NT
5	Mohamed Mourad Mohamed	21	Sporting	NT
6	Ahmed Wael Saad Mohamed	18	Olympic	NT
7	Slem Ahmed Hosny	19	Sporting	NT
8	Marwan Ahmed Elsayed Ahmed	15	Olympic	NT
9	abd el Rahman Waleed el Shahat	16	Heliopolis	NT
10	Nabil Ahmed Nabil Elharas	15	Tanta	NT

Heat 6 of 27 Timed Finals

1	Saif ElDin Waled Abdel Razik	20	Wadi Degla	NT
2	Khaled Mohamed Ezzat Abdelsalam	15	Al Tersana	NT
3	Yassin Hossam Elden Metwally	16	El Zohour	NT
4	Zeyad Saber Abd el Fatah	16	Hadak Al Ahram	NT
5	Ahmed Mostafa Hosny	18	Wadi Degla	NT
6	Yasin Waled Zaky Abo Warda	19	Smouha	NT
7	Yassin Waleed Mohamed Mohamed	17	Olympic	NT
8	Idris Ibrahim Mohammed	16	Bank Ahly Geza	NT
9	Omar Hany Sayed Khalel	16	Wadi Degla	NT
10	Moustafa Essam Wahba	16	Sporting	NT

Heat 7 of 27 Timed Finals

1	Mohamed Samer Elsayed Mohamed	17	Wadi Degla	2:58.44
2	Fares Ehab Moustafa Ibrahim	15	Olympic	2:53.66
3	Mohamed Waled Taher	15	Rowad	2:50.77
4	Omar Mostafa Esmael Ebrhe	15	Smouha	2:47.72
5	Seif Eldeen Essam Reda	16	Palm Hills	2:46.19
6	Mostafa Mohamed Fouad El Gamal	15	Tawfekaya	2:47.07
7	Tayem Wessam Azab	15	Sporting	2:50.35
8	Marwan Waleed Mohamed Fawzy	15	Shooting	2:53.02
9	Mahmoud Hossam Mahmoud Mohar	15	Bank Ahly Alex	2:56.92
10	Mohaned Walid Mohamed	16	Shooting	3:00.58

Heat 8 of 27 Timed Finals

1	Omar Atef el Sadat	15	Al Hawar	2:44.19
2	Omar Ahmed Mohamed	15	Wadi Degla	2:43.75
3	Mohamed Nader Mohamed	15	A S E C	2:43.02
4	Zeyad Ashraf Mohamed Ebrah	15	Tanta	2:42.32
5	Ahmed Sameh Mohamed Emam	15	Heliopolis	2:42.28
6	Mohamed Karim Mohamed	15	Wadi Degla	2:42.28
7	Marwan Ehab Abdelkader	17	Zamalek	2:42.34
8	Ahmed Mohamed Yaseir	15	Zamalek	2:43.27
9	Yousef Mohamed Elsaed Moham	15	Bank Ahly Alex	2:43.80
10	omr abd Elrhman ali	16	Elethad	2:44.93

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 14-03-2023 Tues Mor****Heat 9 Timed Finals... (Event 2 Boys 15 & Over 200 LC Meter IM)**

1	Adel Khaled Gougou	15	Sporting	2:42.08
2	Omar El Sayed Ali	15	Elethead	2:41.71
3	Ahmed Mohamed Abdelaziz	17	Moasasa Riadhia Askaria	2:41.45
4	Kress Nader abd Elsaïd	16	Cairo	2:40.79
5	Ahmed Mohamed Elzawawy	16	Tanta	2:40.16
6	Aly Mohammed Sadek	15	Palm Hills	2:40.26
7	Yasin Tarek Mostafa	17	Heliopolis	2:41.35
8	Abdelrhman Mohamed Ahmed Ewai	15	Wadi Degla	2:41.63
9	Mahmoud Khaled Mahmoud Samy	15	Moasasa Riadhia Askaria	2:41.77
10	abd Elrahman Ramadan	16	Talbeia	2:42.10

Heat 10 of 27 Timed Finals

1	Hamza Mohamed Ahmed Ewis	15	Wadi Degla	2:39.76
2	Youssef Galal Ezz	15	Elethead	2:39.21
3	Ahmed Tamer Rabea	16	Shooting	2:38.98
4	Mohamed Hany Ahmed Hassan	17	El Shams	2:38.68
5	Omer Ahmed Abo Bakr	15	Shooting	2:38.25
6	Omar Tamer Mohamed Eltayb	15	Bank Ahly Alex	2:38.28
7	Omar Ahmed Mansor	19	Sporting	2:38.95
8	Youssef Galal Sayed	15	Wadi Degla	2:39.11
9	Seif Samer Seif Elsaïd	16	Bank Ahly Alex	2:39.30
10	Youssef Sameh Ahmed Zaïed	15	Shooting	2:40.15

Heat 11 of 27 Timed Finals

1	Ahmed Hazem Ibrahim	16	Enppi	2:38.07
2	Ahmed Tamer Abdel Lattif	16	Sporting	2:37.16
3	Mahmoud Ahmed Yehya	16	Wadi Degla	2:36.86
4	Aly Mahmod Ez el den	15	Heliopolis	2:36.62
5	Serag Ahmed Mohamed	16	Talbeia	2:36.29
6	Eyad Mohamed Samy	18	Zamalek	2:36.44
7	Youssef Ahmed Abo Elhassan	16	Wadi Degla	2:36.66
8	abd Elrahman Ahmed Mahmoud Ab	18	Olympic	2:37.04
9	Abd Alla Karim Ashraf Mahgoub	18	El Gezira	2:37.76
10	Mohamed Mostafa Alla' ElDin	15	Shooting	2:38.20

Heat 12 of 27 Timed Finals

1	Eyad Ahmad Kamel Gahlan H	15	Smouha	2:35.92
2	Eyad Essam Mohmed	15	Cairo	2:35.18
3	Moaz Tamer Hassan Mohamed	15	El Nasr Club	2:34.74
4	Moaz Ahmed Zaki Mohamed	15	Tanta	2:34.35
5	Amr Hany Mahmoud Ahmed	17	Ahly	2:34.10
6	Abdalla Adel Abdalla	15	Ahly	2:34.12
7	Yassin Wessam Nour	15	Wadi Degla	2:34.35
8	Yassen Abdlwahab Mohamed	17	Smouha	2:34.97
9	Omar Mohamad Ahmad Kotp A	15	Smouha	2:35.67
10	Adham Amr Ahmed ElSharambakho	15	Wadi Degla	2:36.04

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 14-03-2023 Tues Mor****Heat 13 Timed Finals... (Event 2 Boys 15 & Over 200 LC Meter IM)**

1	Hamza Hammad Mohamed	17	Wadi Degla	2:33.81
2	Ahmed Ramee Ahmed Hashem	16	6th	2:33.33
3	Abd Allah Faisal Ebrahim	15	Swim Home	2:33.27
4	Mahmoud Ashraf El Gayash	16	Wadi Degla	2:32.83
5	Abd ElRahman Mohamed Salah ElSa	16	El Shams	2:32.44
6	Mohamed Yasser Mohamed Elgha	16	Smouha	2:32.82
7	Nagy Ahmed Mohamed	16	Talbeia	2:33.24
8	Moaz Eslam Kamal Eldeen E	15	Smouha	2:33.31
9	Yehia SeifEL din EL Marghany	18	El Shams	2:33.75
10	Omar Shady Mohamad Ali H	15	Smouha	2:34.10

Heat 14 of 27 Timed Finals

1	Hussein Mohamed Hussein Ghazy	15	Wadi Degla	2:32.36
2	Omar Mohamed Omar Sofy	16	Shooting	2:31.56
3	Mohamed Afifi Mohamed	15	Wadi Degla	2:31.54
4	Mohamed Ahmed Ibraheem Moham	17	Rowad	2:30.94
5	aly Eldin Ahmed Mohamed	16	Zamalek	2:30.40
6	Yousif Gaseer Migahed	16	Zamalek	2:30.50
7	Ahmed Mohamed Mousa Kotb	17	Olympic	2:31.42
8	Yasin Mossa Moh. Faghr Eldin Hawa	15	El Gezira	2:31.56
9	Mahmoud Abdelwahab Shaban	17	Enppi	2:32.23
10	Hazem Mohamed Hesen Solaym	15	Bank Ahly Alex	2:32.41

Heat 15 of 27 Timed Finals

1	Omar Ayman Esmael Emam	15	6th	2:30.06
2	Saif Eddin Amr Abdel Raouf	16	Hadak Al Ahram	2:29.89
3	Ahmed Mohamed Abdel Salam Moh	15	Heliolido	2:29.82
4	Amr Saad EL Sayed	19	Elethead	2:29.60
5	Adham Mostafa Ibrahim	15	El Temsah	2:29.31
6	Malek Khaled Mahmoud Abady	16	Bank Ahly Alex	2:29.52
7	Yousif Ahmed Hamdy Borham	19	Smouha	2:29.73
8	Adham Ashraf Shawky Mohame	16	Zamalek	2:29.82
9	Mohamed Ibrahim Zakreya	15	A S E C	2:29.95
10	Adam Hossamaldin Abdallah	17	Zamalek	2:30.31

Heat 16 of 27 Timed Finals

1	Yousef Khaled A.Elrahman Bayomy	20	Wadi Degla	2:28.86
2	Zyad Mohamed Moawad	18	Zamalek	2:28.67
3	Seif Eldin Mohamed Hassan	21	Ahly	2:28.54
4	Anwar Ayman Mohamed Moustafa	15	Olympic	2:28.16
5	Ahmed Sameh Awad	20	Rowad	2:27.88
6	Mohamed Bahgat Mohamed Elsherb	16	Stad Mansoura	2:28.12
7	Mohamed Ahmed Fouad	18	Ahly	2:28.43
8	Yahya Yasser Mohamed Elbhn	17	Bank Ahly Alex	2:28.56
9	Hatem el Ameer Salah el din	15	Al Hawar	2:28.78
10	Kamal El Din Mokhtar	19	Wadi Degla	2:29.13

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1	Yousef Samir Abel Fatah	18	Zamalek	2:27.81
2	Omar Ahmed Mohamed Anwar	15	Ahly	2:27.28
3	Ayad Hatem Fouad	17	Zamalek	2:27.17
4	Mohammed Magdy Hassan	15	El Tamsah	2:26.79
5	Omar Gawad Mohamed	17	Cairo	2:26.45
6	Hamza Mostafa Mohamed	17	Palm Hills	2:26.45
7	Omar Mohamed Mostafa Elsa	19	Smouha	2:27.04
8	Karim Sameh Karim	15	Al Tersana	2:27.24
9	Ziad Moahmed Salaheldin M	17	Smouha	2:27.51
10	Selim Ihab Ghali	18	Wadi Degla	2:27.84

Heat 18 of 27 Timed Finals

1	Omr Ahmed Farouk	17	Cairo	2:26.30
2	Hamza Mohamed Hassan Moubarak	15	Heliopolis	2:26.01
3	Abd ElFatah Mohamed Abd ElFatah	17	Tanta	2:25.92
4	Ahmad Ehab Ebrahim Abdelwa	15	Smouha	2:25.61
5	Essa Shref Abd EL Monem	15	Heliopolis	2:25.49
6	Ahmed Samy Hassan	15	M.S Tagamoa	2:25.55
7	Ahmed Hassan Ahmed Hassan	17	Wadi Degla	2:25.73
8	Karim Hesham Moh. Fakry Abd Elha	15	El Gezira	2:25.97
9	Zeiad Osama Fatthy Abdel Hamed	20	Al Tersana	2:26.25
10	Mohamed Amr Elsayed Abdelaziz	15	Olympic	2:26.35

Heat 19 of 27 Timed Finals

1	Ahmed Tamer Gamal Eldin	15	Wadi Degla	2:24.65
2	Abdel Rahman Ahmed Ali	17	Wadi Degla	2:24.59
3	Mahmoud Ahmed Eltablawy	17	El Zohour	2:24.34
4	Karim amr Abd el Monem	18	Wadi Degla	2:24.00
5	Mazen Majed Mahmoud	15	Hadak Al Ahram	2:23.74
6	Mostafa Adel Ibrahim Khalil	19	Smouha	2:23.80
7	amr Khaled abd Elmaksoud Ismail	18	Olympic	2:24.28
8	Marawan Walid Noshy	16	Ahly	2:24.50
9	Moaz Mohamed Sayed Soliman	16	Ahly	2:24.64
10	Ahmed Maged Ghoureib	15	Wadi Degla	2:25.27

Heat 20 of 27 Timed Finals

1	Yehia Salah El Din Galal	15	Wadi Degla	2:23.65
2	Hassan Ahmed Mohamed Essam	15	Heliopolis	2:23.44
3	Moamen Khalid Mohamed	18	Zamalek	2:22.72
4	Mohamed abd Elshafy Sadek	16	Zamalek	2:22.63
5	Ziad Ahamed Ragab Abd el Hamed	17	Shooting	2:22.49
6	Youssef Abdel Aziz Alaa	17	Wadi Degla	2:22.58
7	Moamen Amr Mohamad Hamed Ko	15	Smouha	2:22.69
8	Hanna Refaat Hanna Awadalla	17	Heliolido	2:23.07
9	Omar Mohamed Ahmed Fathy	16	Shooting	2:23.46
10	Adham Hossameldin Abdallah	17	Zamalek	2:23.66

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1	Mohamed Haytham Ahmed	16	Ahly	2:22.48
2	John Wael Abdel Malek	16	Wadi Degla	2:22.33
3	Mohamed Eslam Mohamed Elsaye	17	Smouha	2:21.96
4	Omar Mohamed Yehia	16	Wadi Degla	2:21.83
5	Abdelrahman Ashraf Abdelattif	19	Ahly	2:21.59
6	Mahmoud Mohamed Moharam el M	16	Al Hawar	2:21.78
7	Mohamed Medhat Shalby	15	Heliopolis	2:21.92
8	Mohamed Naser Ramdan	16	Talbeia	2:22.17
9	Ahmed Wael Ahmed Mohamed	19	Bank Ahly Alex	2:22.41
10	Ahmed Osama Mohamed	20	Cairo	2:22.49

Heat 22 of 27 Timed Finals

1	Mohamed Emad Shaaban	18	Ahly	2:21.24
2	Nour Eldin AlaaEldin Abdalwhab Sh	17	6th	2:20.90
3	Basel Mahmoud Younes	17	Zamalek	2:20.60
4	Adham Ahmed Mohamed	15	Shooting	2:20.37
5	Gamal Metwaly Gamal Mohamed	20	El Zohour	2:19.99
6	Yasin Hatem Sery	19	Heliopolis	2:20.21
7	Malek Mohamed Bazan	16	Maadi	2:20.56
8	Zeiad Hamdy Amin Ossman	20	Zamalek	2:20.74
9	Zeyad Osama Zedan	17	Bank Ahly Alex	2:21.20
10	Adam Mohamed Mahmoud Mohame	15	Shooting	2:21.59

Heat 23 of 27 Timed Finals

1	Youssef Tamer Mohamed Hamed	18	Wadi Degla	2:19.66
2	Khaled Hammad Mohamed	19	Wadi Degla	2:19.44
3	Mohamed Ramy Mohamed	18	Ahly	2:19.16
4	Yassien Yasser Hassan	16	Smouha	2:18.90
5	Khaled Hesham Ahmed	16	Elethad	2:18.84
6	Ibrahim Yasser Farahat AbdElMagid	17	Maadi	2:18.89
7	Khaled Wael Sabre Abdelhame	16	Smouha	2:19.00
8	Farouk Mohamad Elgedely	16	Smouha	2:19.38
9	Houssen Talal Houssen Sayd	19	6th	2:19.56
10	Abd ElRahman Mohamed Aiman	18	Shooting	2:19.76

Heat 24 of 27 Timed Finals

1	Ahmed Ayman Ali Mohamed	18	El Shams	2:18.74
2	Yosef Ahm. Ebrahim Hebesha	17	El Gezira	2:18.65
3	Abdel Rahman Khaled Zakaria	18	Ahly	2:17.51
4	Youssef Ehab Mostafa	18	Ahly	2:17.30
5	Ziad Tarek Mohamed	17	Wadi Degla	2:16.78
6	Saif Mohamed Mahmoud Metwaly	15	Shooting	2:17.09
7	Seif Amr Mahmoud Alsokry	17	6th	2:17.42
8	Hamza Moahmed Mhmoud	16	Smouha	2:17.68
9	Mohamed Adel Mohamed Meseilhy	22	Ahly	2:18.74
10	Ahmed Adel Eshak	18	Wadi Degla	2:18.77

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1	Ahmed Hazem Akram	18	Ahly	2:16.75
2	Omar Tarek Shehata A	18	Smouha	2:16.39
3	Kareem Ahmed Ibrahim	17	Sporting	2:16.29
4	Abd El Rahman Hisham Fathalah	17	Sporting	2:15.35
5	Omar Ahmed Hassan Ryaan	18	El Shams	2:15.00
6	Omar Mohamed Hassan	15	Ahly	2:15.17
7	Ahmed Tarek Mohamed	19	Shooting	2:16.13
8	Omar Hany Abdalla	21	Ahly	2:16.39
9	Omar Gaber Aly	18	Ahly	2:16.58
10	Karim Adel Ahmed Bahgat	20	El Zohour	2:16.78

Heat 26 of 27 Timed Finals

1	Omar Ahmed Salah	17	Ahly	2:14.26
2	Yassin Mohamed Abdelgawad Saed	17	Olympia	2:13.76
3	Ahmed Mohamed Ahmed ali	17	Shooting	2:13.26
4	Saif ElDIn Sameh A.Elmoaez	20	Wadi Degla	2:12.74
5	Ahmed Mohamed Amr	19	El Zohour	2:11.61
6	Seif Ahmed Hegazy	19	Ahly	2:12.68
7	Moahmed Ahmed Salem Hassan	16	Smouha	2:13.00
8	Hazem Mohamed Abo Stet	19	Heliopolis	2:13.41
9	Youssef Amr Sayed	17	Wadi Degla	2:14.01
10	Yassin Esam El Din	19	Sporting	2:14.38

Heat 27 of 27 Timed Finals

1	Ibrahim Shams Eldin Mohamed	15	Ahly	2:11.34
2	Saied Mohamed Abd Elgawad	20	Sporting	2:10.55
3	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	2:09.32
4	Adam Yousry Bebars	17	Ahly	2:08.35
5	Yasin Wael Elshmaa	24	Sporting	2:05.75
6	Mohaned LiwaaEldin Ali	18	Smouha	2:08.34
7	Karem Magdy Ismail	23	Sporting	2:08.41
8	Ibrahim Ahmed Ibrahim	22	Sporting	2:09.64
9	Abdel Rahman Amr Farag	16	Shooting	2:10.86
10	Yousef Adel Ramadan	18	El Shams	2:11.11

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Event 3 Girls 15 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 17 Timed Finals				
1	Mariam Ahmed Mostafa Farag	17	El Zohour	NT
2	Loujaen Ahmed Abd Al Halem	15	Shooting	NT
3	Haya Mohamed Mahmoud	15	Wadi Degla	NT
4	Zina Amr	18	Sporting	NT
5	Zena Nader Galal Moh. Bashandy	17	El Gezira	NT
6	Farida Basem Mohamed Megahed	19	Maadi	NT
7	Nadine Mohamed Amin	17	Ahly	NT
8	Farida Moustafa Hessen Atya	15	Bank Ahly Alex	NT
9	Gana Wael Youssef Mahmoud	17	Wadi Degla	NT
Heat 2 of 17 Timed Finals				
1	Sara Ismail Sarwat	17	Heliopolis	NT
2	Mayar Sherif Mohamed	15	Elethad	NT
3	Maya Abdelaziz Zakaria	15	Ahly	NT
4	Hoor MmohamadAhmed Bar	15	Tanta	NT
5	Zena Ashraf Mohamed Ebrah	15	Tanta	NT
6	Noreen Ahmad Saad Abdala Ab	15	Smouha	NT
7	Salma Mohamed Hamdy	15	Gezira El Ward	NT
8	Goudy Ahmed Hanafy	16	Ahly	NT
9	Jana Hussin Mohamed Hussi	18	Smouha	NT
10	Rawda Faysal Elasherif	18	Ahly	NT
Heat 3 of 17 Timed Finals				
1	Alia Khaled Abas Sabaa	17	Heliopolis	NT
2	Rokaia Gamal Mohamed	17	Ahly	NT
3	Reem Mostafa Mohamed	15	A S E C	NT
4	Gandan Ahmed Farouk	19	Shooting	NT
5	Rodaina Mohamed Saad	18	Wadi Degla	NT
6	Nadine Mostafa Fathy	16	El Ghaba	NT
7	Razan Ahmed Hosny	19	Wadi Degla	NT
8	Yasmen Ahmed Basim	17	Sporting	NT
9	Mariam Nader Sedky	16	Ismaily Sporting Club	NT
10	Malek Essam Eldin	19	Elethad	NT
Heat 4 of 17 Timed Finals				
1	Nour Elshamy	15	Sporting	1:39.06
2	Nour Madi	15	Sporting	1:37.41
3	Jana Wael Fahem	17	Zamalek	1:34.41
4	Jana Tarek Taha	16	Wadi Degla	1:30.94
5	Aisel Mostafa Anwar	18	Ahly	1:30.23
6	Salama Mahmoud Khorshed	19	El Obour	1:30.89
7	Habiba Elaroussy	15	Sporting	1:34.00
8	Farida Atef Ibrahim	18	Elethad	1:35.55
9	Khadija Eslam Ahmed Samih	15	Sporting	1:37.66
10	Klara Alfred Sabr	18	Zamalek	1:39.74

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Heat 5 Timed Finals... (Event 3 Girls 15 & Over 100 LC Meter Backstroke)

1	Zeina Mohamed Abdel Moez	15	Ahly	1:29.99
2	Nijar Maher Reda Taha	16	Moasasa Riadiyah Askaria	1:29.78
3	Salma Ahmed Mahmoud Abd EL Lat	15	Heliopolis	1:27.93
4	Gana Mohamed Mohamed	17	Ultimate	1:27.36
5	Goudy Ahmed Ibrahim	15	Wadi Degla	1:26.87
6	Katrin Magdy Gad Gaed	15	6th	1:27.08
7	Leila Ahmed Ebrahim Ali Eid	18	Heliolido	1:27.78
8	Donya Ahmed aly Yousef	15	Tanta	1:28.34
9	Ratag Khaled Mohamed	15	Wadi Degla	1:29.97
10	Jannat Ibrahim Saleh Fargha	15	Elethad	1:30.15

Heat 6 of 17 Timed Finals

1	Salma Ahmed Moustafa	15	Senzo	1:26.05
2	Jana Mohamed Aboelossed	15	Tanta	1:25.25
3	Nour Mohamed Abd El Hady	18	Sporting	1:24.99
4	Maya Ali Ahmed	15	Elethad	1:24.83
5	Alaa Amr El Sokry	18	Sporting	1:23.77
6	Nadin Motaz Mohamed	15	Moasasa Riadiyah Askaria	1:23.93
7	Sandra Emad Onsy	15	Rowad	1:24.85
8	Salma Mostafa Kamel Abou E	15	Elethad	1:25.01
9	Mariam Ashraf Rashad Nabih	15	Sporting	1:25.47
10	Malak Ahmed Said El Wakel	16	Wadi Degla	1:26.15

Heat 7 of 17 Timed Finals

1	Retal Mohamed Khamis	15	Sporting	1:23.11
2	Malak Mohamed Samir Darwish	15	Wadi Degla	1:22.88
3	Farida Ahmed Mohamed Abdelwane	17	Olympic	1:22.38
4	Salma Sameh Wagdy Mohamed	16	Smouha	1:22.10
5	Alia Ali Mohamed	20	Heliopolis	1:21.81
6	Farah Mohamed Moussa Kotb	18	Olympic	1:21.85
7	Nawal Abd El-Hamid El-Kilany	15	New Giza	1:22.36
8	Jana Mohamed Abd Elkariem	15	6th	1:22.70
9	Malak Yasser Abdellatif	15	Sporting	1:22.92
10	Haya Ahmed Elsaid Abdo	16	6th	1:23.41

Heat 8 of 17 Timed Finals

1	Rawan Yahia	15	Zamalek	1:21.55
2	Esraa Ehab Zamel	19	Zamalek	1:21.48
3	Jode Mohamad Yossef Moham	15	Smouha	1:21.32
4	Laila Khaled Elraai	19	Ahly	1:21.00
5	Rola Mostafa Salah	18	Shooting	1:20.35
6	Renad Khaled Mahmoud	19	Ahly	1:20.42
7	Gana amr Shahen	15	Zamalek	1:21.15
8	Nadia Ayman eid Abdelhmid	15	Zamalek	1:21.35
9	Jana Hisham Mohamed	17	Cairo	1:21.55
10	Masa Mostafa abd Elghany	15	Tanta	1:21.72

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023

Meet Program - 14-03-2023 Tues Mor

Heat 9 Timed Finals... (Event 3 Girls 15 & Over 100 LC Meter Backstroke)

1	Habeba Mostafa Gamal Eldeen	17	Gezira El Ward	1:20.29
2	Arwa Hossam Taha	16	Smouha	1:19.65
3	Farida Rashdy Mohamed Ahmed	15	Bank Ahly Alex	1:19.40
4	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	1:19.05
5	Esraa Wael Ezat	17	Zamalek	1:18.53
6	Nadin Mohamed Mahmoud	15	Ahly	1:18.95
7	Hana Mohie el den Osman	19	Heliopolis	1:19.37
8	Farida Haitham Nabil Ali Za	17	Smouha	1:19.47
9	Mariam Wael Attia	15	Ahly	1:20.14
10	Catrin Wael Bolice	16	Wadi Degla	1:20.32

Heat 10 of 17 Timed Finals

1	Anan Mohamed Yehia	18	El Mekaweloun	1:18.33
2	Remaas Tamer Elseid Mohamad	15	Smouha	1:18.23
3	Mennatallah Tamer Fawzy	15	Wadi Degla	1:18.16
4	Yasamina Aslam Subhaa	18	Nasr City	1:17.96
5	Zenia Ahmed Saied Kandil	16	Heliopolis	1:17.75
6	Malak Sherif Shawky El Gohary	20	Maadi	1:17.80
7	Noor Tamer AbdElrhim Mohamed	16	El Shams	1:18.10
8	Hanin Saeed	15	Zamalek	1:18.23
9	Gana Tarek Mohamed Farid	18	Shooting	1:18.27
10	Malak Mohamed Hassan	15	Zamalek	1:18.51

Heat 11 of 17 Timed Finals

1	Mariam Ebrahim Mohamed Hamdy	15	Heliopolis	1:17.64
2	Iman Ahmed Adel Elsaied	16	Smouha	1:17.55
3	Jana Khaled El Sayed	15	Wadi Degla	1:17.29
4	Lamar Ahmed Mohamed	16	Elethead	1:16.79
5	Lena Ahmed Adel Smaha	16	Heliopolis	1:16.22
6	Hana Mohamed Hasaan	16	Zamalek	1:16.41
7	Sama Gehad Mohamed	17	Tawfekaya	1:17.22
8	Hana Mohamed Ezzat Taha	15	Heliopolis	1:17.42
9	Joanna Waleed Shanan	15	Maadi	1:17.57
10	Maya Osama Ahmed Mohammed	17	Shooting	1:17.74

Heat 12 of 17 Timed Finals

1	Nour Amgad Ali Fahmy	16	El Shams	1:15.97
2	Kenzy Hamada Saad	15	Ahly	1:15.84
3	Alia Khaled Mohamed Ghorab	17	El Gezira	1:15.72
4	Salma Abdel Hamid Mazrouh	17	Wadi Degla	1:15.53
5	Amina Alaa Elhamouly	16	Sporting	1:15.34
6	Lojain Mohamed Nabil	15	Wadi Degla	1:15.47
7	Reem Ameer Abd Elwahab	16	Shooting	1:15.53
8	Rana Ahmed Mahmoud Tawfik	17	Shooting	1:15.81
9	Menna Mohamed Alashkar	17	Zamalek	1:15.93
10	Jana Hisham Shaheen	17	Cairo	1:16.03

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Heat 13 Timed Finals... (Event 3 Girls 15 & Over 100 LC Meter Backstroke)

1	Fatima Haytham Abd ElMeneam	19	Tanta	1:15.06
2	Kenzy Tamer Ahmed Abdelham	17	Smouha	1:14.61
3	Hana Tarek Yehia	16	Ahly	1:14.43
4	Haya HossamEldin Kndel	18	Smouha	1:14.16
5	Jassmin Mohamed Abdel Kader	16	Wadi Degla	1:13.95
6	Menna Tallah Ahmed Mohamed	17	Banha	1:14.02
7	Yasmena Ahmed Saad	16	Smouha	1:14.30
8	Sandy Soliman Said	17	Ahly	1:14.51
9	Layla Mohamed Elsaed Manso	15	Bank Ahly Alex	1:14.82
10	Noor Kamel ElNagar	19	Sporting	1:15.13

Heat 14 of 17 Timed Finals

1	Loujain Youssef Ahmed	20	Ahly	1:13.57
2	Rodayna Mohamed Wagdy	16	Al Tersana	1:13.53
3	Joudy Khaled Saied Ismail	15	Olympic	1:12.97
4	Yara Ahmad Nageb Ahmad Ab	15	Smouha	1:12.40
5	Hagar Mohamed Ibrahim Abde	17	Smouha	1:11.95
6	Shahd Ahmed Abd Elbaky	19	Sporting	1:11.98
7	Salma Mohamed Ezzat Mohamed	16	Wadi Degla	1:12.66
8	Nour Mohamad Hassan Moham	15	Smouha	1:13.38
9	Mariem Hossam Elden Hassan	15	Cairo	1:13.54
10	Mai Khaled Abdeltif	20	Wadi Degla	1:13.69

Heat 15 of 17 Timed Finals

1	Shimaa Mohamed Hussien	17	Talbeia	1:11.87
2	Hana Ashraf Mahmoud	22	Wadi Degla	1:11.81
3	Malak Mokhtar Mohamed	17	Wadi Degla	1:11.48
4	Nancy Mostafa Ibrahim Mohamed	15	El Shams	1:11.33
5	Mariam Sherif Mohamed Shawky	17	Maadi	1:11.30
6	Login Hazem Samir	15	Nasr City	1:11.32
7	Marem Ahmad Abdelgafar Ahm	15	Smouha	1:11.45
8	Kenzy Mohamed el Sebaey	17	Cairo	1:11.71
9	Dilara Khaled Ahmed Mohamed	17	Olympic	1:11.86
10	Goumana Tarek Yehia	18	Ahly	1:11.92

Heat 16 of 17 Timed Finals

1	Khadega abd el Azez Glal	16	Heliopolis	1:10.73
2	Fatma Osama Fahmy	16	Zamalek	1:10.03
3	Kenzy Ahmed Ali	20	Ahly	1:09.83
4	Kenzy Wael Foud RamadanYos	15	Smouha	1:09.78
5	Farida Sherif Ahmed Taha	16	Shooting	1:09.53
6	Jana Maged Amir	15	El Zohour	1:09.65
7	Rokan Tamer Ismail	15	Shooting	1:09.82
8	Rofaida Mahmoud Mohamed Hass	17	15 May	1:09.91
9	Lama Tamer Mohamed Ahmed	18	Smouha	1:10.42
10	Na'eela Wael Elagroudy	16	Sporting	1:11.00

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1	Jana Mohamed Omar Mohamed Elde	17	El Shams	1:08.93
2	Hanan Ahmed Mohamed Mahmoud	18	Bank Ahly Alex	1:08.49
3	Farida Amr Mohamed Abd El Moteli	18	Shooting	1:08.42
4	Farah Amr Abdel Motaleib	20	Shooting	1:07.02
5	Raghd Mohamed Elsaid Moham	18	Smouha	1:05.35
6	Malak Waled Essam Shabana	19	Smouha	1:06.22
7	Fatma Mohamed Klel Ebrahim	19	6th	1:08.41
8	Maya Kamal Mohamed Mhmod	17	Smouha	1:08.49
9	Mariem Mohamed Emad Fahmy	18	Maadi	1:08.83
10	Hala Amr	15	El Ghaba	1:09.45