

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

Meet Program - 15-03-2023 Wed Mor

Event 6 Girls 15 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Timed Finals				
1	Hala Walid Abbas Abdelgawad	15	Olympic	NT
2	Zaina Mohamed Haitham Hassn	18	Shooting	NT
3	Nourhan Sherif SalahEldin	15	Elethead	NT
4	Shahd Sameh Safouat Shaaban	19	Heliolido	NT
5	Gana Nasr El Din Ali	19	Sporting	NT
6	Rawan Tamer Essam Mahmoud	16	Wadi Degla	NT
7	Mirolla Hany Samir	17	Wadi Degla	NT
8	Roqaya Saad Mohamed	15	Zamalek	NT
9	Mariam Ahmed Mostafa Farag	17	El Zohour	NT
Heat 2 of 8 Timed Finals				
1	Arwa Tamer Mohy Eldin	17	El Nasr Club	7:03.76
2	Zenab Wagdy Saber	18	Zamalek	6:44.27
3	Jana Ashraf Mohamed Gaber	17	Olympic	6:34.74
4	Nada Afify Abdelmaqsoud	16	Zamalek	6:28.43
5	Lorian Hany	15	Sporting	6:21.27
6	Nadin Sameh Mohamed	16	Zamalek	6:25.44
7	Nawal Yasser Sayed	18	El Obour	6:33.78
8	Salama Mahmoud Khorshed	19	El Obour	6:42.88
9	Dina Ebrahim Ebid	18	Sporting	6:50.39
10	Zeina Tarek Taha	19	Wadi Degla	7:44.40
Heat 3 of 8 Timed Finals				
1	Rawda Abdelfadl Mahmoud	16	Zamalek	6:15.02
2	Hana Mohie el den Osman	19	Heliopolis	6:10.43
3	Rodaina Haitham Mahmoud Abdel B	16	Wadi Degla	6:06.02
4	Maya Mohamad Mahmud Hamaa	15	Smouha	6:01.37
5	Farida Ahmed Fouad	17	Wadi Degla	5:59.94
6	Nadin Mohamed Mahmoud	15	Ahly	6:00.48
7	Mariam Ahmed Zahran	16	Sporting	6:03.67
8	Hana Ahmed Elsanhory	16	Smouha	6:08.62
9	Karma Ayman Abou Amera	16	Sporting	6:13.62
10	Salma Mohamedf Abdel Salam Moha	19	Heliolido	6:15.41
Heat 4 of 8 Timed Finals				
1	Jomana Hamdy Ameen	16	El Zohour	5:57.04
2	Malak Ahmed El Kayal	16	Sporting	5:54.90
3	Mai Khaled Abdeltif	20	Wadi Degla	5:51.66
4	Mariam Mohamed ali	19	Pegasus Club	5:50.50
5	Shahd Yousry Mohamed Hassan	18	Olympic	5:49.47
6	Nourallah Ahmed Fahmy	16	Ahly	5:50.15
7	Jassmin Mohamed Abdel Kader	16	Wadi Degla	5:51.53
8	Basmala Ramdan Mostafa Mosta	16	Bank Ahly Alex	5:53.30
9	Mai Mohamed Ramadan	16	Talbeia	5:54.92
10	Shrouk Mohamed Rashad Mohamed	15	Olympic	5:58.74

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 15-03-2023 Wed Mor****Heat 5 Timed Finals... (Event 6 Girls 15 & Over 400 LC Meter IM)**

1	Fatema Tamer Ahmed Sayed	16	Wadi Degla	5:48.96
2	Zina Yasser Ahmed	17	Sporting	5:47.00
3	Arwa Faysal Al Sherif	15	Ahly	5:42.31
4	Hala Hany Abdelwahab	17	El Ghaba	5:40.88
5	Sara Ahmed Alsaed Abdow	19	6th	5:39.56
6	Mariam Mohamed Ahmed Kotb	17	Smouha	5:40.19
7	Goudy Mohamed Fahim	15	Ahly	5:41.66
8	Sagwa Khaled Mostafa Mahmo	15	Bank Ahly Alex	5:43.22
9	Malak Mohamed Fayek Elsawa	16	Smouha	5:48.96
10	Hana Mohamed Asharaf Makrem	15	El Shams	5:49.40

Heat 6 of 8 Timed Finals

1	Kenzy Mostafa Hashad	18	Ahly	5:37.88
2	Habiba Hossam Abdraboh Aly	15	El Shams	5:37.59
3	Nazly Mohamed Elokda	15	Shooting	5:36.95
4	Basmalah Gomaa Ali	18	Bank Ahly Alex	5:36.46
5	Malak Mohamed Nagy	16	Sporting	5:35.52
6	Doreen Walid Fathy	17	Tawfekaya	5:36.01
7	Sohila Alaa Eldin Abd Elwahab	15	6th	5:36.69
8	Shahd Ahmed Safwat	17	Cairo	5:37.50
9	Nour Hasan Fouad	15	Cairo	5:37.79
10	Hanan Ahmed Hussin	17	Zamalek	5:38.96

Heat 7 of 8 Timed Finals

1	Farida Nasser Mohamed El-Safty	15	Shooting	5:35.21
2	Kenzy Shadi Mohamed Elhena	15	Stad Mansoura	5:34.44
3	Gana Noaman Samer	15	Al Hawar	5:31.04
4	Lara Amr Mahmoud Alsokkary	15	6th	5:29.18
5	Marim Mohamed Bakr	15	Al Tersana	5:28.52
6	Yara ali el Koshy	18	Zamalek	5:28.98
7	Sama Iyhab Onsy	15	Al Hawar	5:30.98
8	Mariam Hesham Mohamed	19	Ahly	5:31.28
9	Basmala amr aly	19	Olympic	5:34.45
10	Layla Mohamed Elsaed Manso	15	Bank Ahly Alex	5:35.22

Heat 8 of 8 Timed Finals

1	Khadega Osama Mohame Bahaa el d	16	Heliopolis	5:23.85
2	Jana Mohamed Omar Mohamed Elde	17	El Shams	5:19.92
3	hla Mohamed Nanoush	16	Tanta	5:18.78
4	Nadine Mohamed Amin	17	Ahly	5:14.93
5	Rawan Tamer Mohamed	19	Ahly	5:04.10
6	Hlla Khaled Diab	16	Ahly	5:07.71
7	Jasmine Ahmed Eissa	17	Maadi	5:18.53
8	Sara Mohamed Bhaa	18	Heliopolis	5:18.87
9	Malak Ahmed Gamal al Shazly	15	Shooting	5:21.95
10	Fatma Osama Fahmy	16	Zamalek	5:27.97

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Event 7 Boys 15 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 27 Timed Finals				
2	Ahmed Hesham Mostafa	20	Shooting	NT
3	Abdel Rahman Ahmed El_faytoury	15	Sporting	NT
4	Mark Wageh Androwes	18	Wadi Degla	NT
5	Hazem Mohamed Hesen Solaym	15	Bank Ahly Alex	NT
6	Mohab Ahmed Abdel Fattah A	15	Elethad	NT
7	Mohamed Waled Adel Brakat	15	Heliopolis	NT
8	Karim Hossam Mohamed	17	Wadi Degla	NT
Heat 2 of 27 Timed Finals				
1	Ahmed Hani Ezzat	15	Shooting	NT
2	Amir Ramadan Sayed Ramadan	22	6th	NT
3	Mohamed Osama Fekry	15	Wadi Degla	NT
4	Ahmed Mohamed Mossad Moham	16	Zamalek	NT
5	Seif El Din Hamdy Husain Elkilany	16	Wadi Degla	NT
6	Ali Ahmed Abdulmageed	16	El Gezira	NT
7	Saied Mohamed Abd Elgawad	20	Sporting	NT
8	Youseif Mohamed Mohamed Saei	16	Zamalek	NT
9	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	NT
10	Abdelrahman Atef Said	15	Elethad	NT
Heat 3 of 27 Timed Finals				
1	Omar Mohamed Farouk	15	Elethad	NT
2	Amaar Khaled Hamed Alli	16	El Ghaba	NT
3	Farouk Mohamad Elgedely	16	Smouha	NT
4	Mostafa Ahmed Mostafa	15	Talbeia	NT
5	Ziad Mohaned Salah	19	Wadi Degla	NT
6	Ahmed Mohamed Yaseir	15	Zamalek	NT
7	Mohamed Medhat Shalby	15	Heliopolis	NT
8	Eyad Alaa El Kholy	16	Wadi Degla	NT
9	Mahmoud Abdelwahab Shaban	17	Enppi	NT
10	Mohamed Samy Mahmoud	19	El Ghaba	NT
Heat 4 of 27 Timed Finals				
1	Omar Mohamed Ayman Abd El-Gaw	15	Shooting	NT
2	Esmael Mohamed Esmael	16	Tanta	NT
3	Yousef Ahmed Salah Shendy	26	Ahly	NT
4	Adham Mostafa Ibrahim	15	El Temsah	NT
5	Marwan Nehad Zakareia	25	Wadi Degla	NT
6	Mahmoud Mohamed Mahmoud	16	Shooting	NT
7	Youssef amr Mohamed	16	Elethad	NT
8	Ahmed Hany Salem	16	El Zohour	NT
9	Yehia Mohamed Ahmed Hafez	15	Wadi Degla	NT
10	Loai Ehab A.Meshaal	16	Wadi Degla	NT

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Heat 5 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)

1	Mohamad Amr Mohamad Mense	15	Smouha	NT
2	Yousif Mohamed Khalaf	22	Smouha	NT
3	Rohaim Tolba	16	Shooting	NT
4	Mahmoud Sherif Abd Elmonem	15	El Zohour	1:31.68
5	Mazen Mohamed Mahros	15	Elethad	1:31.33
6	Eyad Mohamed Elsayed Hassan	15	Al Tersana	1:31.57
7	Omar Moatasem Mahmoud	16	El Ghaba	NT
8	Ahmed Khaled Farouk Fadel	15	6th	NT
9	Sohaib Khaled Emam	20	Ahly	NT
10	Yousef Reda Saad Elhefnawy	16	Stad Mansoura	NT

Heat 6 of 27 Timed Finals

1	Adam Yasser Shaker	15	New Giza	1:21.12
2	Youssef Mohamed Abd Elrashed	15	Elethad	1:20.16
3	Adham Hany Ahmed	15	A S E C	1:20.01
4	Khaled Mohamed Ezzat Abdelsalam	15	Al Tersana	1:19.98
5	Yahia Helmy Mohamed Mohame	15	A S E C	1:19.43
6	Khaled Ayman Mahmoud	16	Elethad	1:19.47
7	Omar Salah Salah Ghonem	15	New Giza	1:19.99
8	abd Allah Hosam abd Alrzak	16	Enppi	1:20.01
9	Mohaned Walid Mohamed	16	Shooting	1:20.74
10	Mohamed Ahmed Husien	15	Pegasus Club	1:23.81

Heat 7 of 27 Timed Finals

1	Omr Ashraf Ali	17	Elethad	1:18.94
2	Saeed Islam Saeed Hassan	16	Moasasa Riadiah Askaria	1:18.61
3	Omar Kmal Mohamed Batisha	19	YMCA	1:18.21
4	Omar Samy Abdelsalam Male	16	Smouha	1:17.68
5	Mohamed Diaa Eldeen Mohamed	17	Nasr City	1:17.15
6	Yassin Ahmed Fouad	16	Wadi Degla	1:17.25
7	Ahmed Mohamed Abdelaziz	17	Moasasa Riadiah Askaria	1:17.93
8	Mohamd Ahmed Hassen	15	Elethad	1:18.39
9	Omar Ahmed Mohamed	15	Wadi Degla	1:18.74
10	abd Allah Mohamed Abdelaziz	15	Zamalek	1:19.16

Heat 8 of 27 Timed Finals

1	Ahmed Khaled Badr	15	Elethad	1:16.66
2	Mohamed Alaa Mohamed	15	Heliopolis	1:16.29
3	Abdelrahman Sobhy Abdelhalem Mc	15	Bank Ahly Alex	1:15.51
4	Abdel Rahman Mostafa Fargaly	17	Rowad	1:15.45
5	Ahmed Sameh Mohamed Emam	15	Heliopolis	1:15.36
6	Ahmed Hazem Ibrahim	16	Enppi	1:15.37
7	Abd Alla Amr Ali Ahmed	15	El Zohour	1:15.48
8	Yassin Safy Eldin	15	El Ghaba	1:15.66
9	Omar Mohamed Abdalem	15	Senzo	1:16.54
10	Ziad Wael Mohamed	19	Zamalek	1:16.81

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Heat 9 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)

1	Mohamed Mamdouh Mohamed Moh	16	Moasasa Riadiah Askaria	1:15.07
2	Kress Nader abd Elsaid	16	Cairo	1:14.85
3	Tayem Waled Mostafa AbdElh	15	Smouha	1:14.58
4	Eyad Mohamed abd Elhamed	15	Tanta	1:14.10
5	Mohamed Moatazbellah Mohamed N	15	Wadi Degla	1:13.60
6	Youssef Mohamed Fathy	16	New Giza	1:13.70
7	Abd Elhalim Alaa Abd Elhalim	16	El Zohour	1:14.41
8	Nadem Hany Abdellatef	15	Elethad	1:14.77
9	Omar Tamer Mohamed Eltayb	15	Bank Ahly Alex	1:15.06
10	Mohamed Karim Mohamed	15	Wadi Degla	1:15.13

Heat 10 of 27 Timed Finals

1	Adel Mohamad Adel Ramadan	15	Smouha	1:13.52
2	Ahmed Hossam Ahmed Mohamed	15	Bank Ahly Alex	1:13.18
3	Mohamed Aboelazm Maghawry Abo	15	6th	1:13.06
4	Mohamed Ashraf Abdo	17	Elethad	1:12.94
5	Youssef Galal Ezz	15	Elethad	1:12.83
6	Seif Samer Seif Elsaied	16	Bank Ahly Alex	1:12.91
7	Youssef Mohamed Hamed	15	Wadi Degla	1:13.03
8	Mohamed Abdelmounem Ashor	15	El Shams	1:13.07
9	Ali Mourad Salaheldein	15	New Giza	1:13.45
10	Hamza Mohamed Shamrock	17	Senzo	1:13.60

Heat 11 of 27 Timed Finals

1	Hmdi Ahmed Hmdi Byomi	18	6th	1:12.43
2	Ali Ahmed El Prince	15	Wadi Degla	1:12.27
3	Khaled Mohamed Elsyed Tawfe	17	Smouha	1:11.91
4	Abd El Rhman Moustafa Fawzy	16	A S E C	1:11.77
5	Youssef Sameh Ahmed Zaied	15	Shooting	1:11.68
6	Hassan Ahmed Ehab Wahby	15	Heliopolis	1:11.74
7	Omar Ehab Mhmoud Hasan	16	Smouha	1:11.83
8	Zeiad Ahmed Saied	15	Zamalek	1:12.01
9	Marwan Mohamed Saber	17	Zamalek	1:12.37
10	Hassan Hussein Mohamad Hese	15	Smouha	1:12.55

Heat 12 of 27 Timed Finals

1	Baraa tal Salah	15	Zamalek	1:11.59
2	Mahmoud Haitham Mahmoud Kame	15	El Ghaba	1:11.54
3	Moaz Ahmed Zaki Mohamed	15	Tanta	1:11.47
4	Omar Ayman Zakaria	16	Smouha	1:11.24
5	Moustafa Yasser Abd El Latif	18	Sporting	1:10.98
6	Moaz Tamer Hassan Mohamed	15	El Nasr Club	1:11.02
7	Mohamed Emad Ghonemy	15	Rowad	1:11.31
8	Omar Sameh Mohamed Saleh	18	Ahly	1:11.53
9	Abdel Rahman Essam Nabil	18	Elethad	1:11.54
10	Eyad Essam Mohmed	15	Cairo	1:11.66

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Heat 13 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)

1	Seifallah Mahmoud Ahmed	16	El Ghaba	1:10.89
2	Adam Medhat ezz Eldin	15	Wadi Degla	1:10.46
3	Eyad Mohamed Yousry	15	Wadi Degla	1:10.36
4	Taha Saeed Mohamed Fathy	15	A S E C	1:10.30
5	Youssef Khalil Alsaïd	15	Rowad	1:10.17
6	Abdelrahman Ahmed Mohamed	16	Tlaea El Ostol	1:10.26
7	Nour Eldin Mohamed Refaat	15	Ahly	1:10.34
8	Mostafa Mohamed Fouad El Gamal	15	Tawfekaya	1:10.40
9	Ahmed Sameh Abdelkader	18	Wadi Degla	1:10.57
10	Assem Mostafa Khalil	16	Wadi Degla	1:10.97

Heat 14 of 27 Timed Finals

1	Omar Ahmed Mohamed Gaballah	15	Rowad	1:10.08
2	Youssef Shams Elden Gaber	15	A S E C	1:09.92
3	Slem Ahmed Hosny	19	Sporting	1:09.84
4	Yossef Ihab Youssef	17	Elethad	1:09.77
5	Yousif Wael Hamed Elsaïd	19	Smouha	1:09.54
6	Hazem Omar Mohamad Fathe	15	Smouha	1:09.74
7	Mostafa Mohamed Abdelmnam	16	Bank Ahly Alex	1:09.77
8	Adam Mohamed Mahmoud Shawky	15	El Zohour	1:09.91
9	Mohamed Hany Ahmed Hassan	17	El Shams	1:10.06
10	Martin Emad Rizk	17	YMCA	1:10.11

Heat 15 of 27 Timed Finals

1	Nagy Ahmed Mohamed	16	Talbeia	1:09.30
2	Omar Mohamed Nabil	17	Wadi Degla	1:09.16
3	Abelrahman Khaled Abdelmaksoud	16	Olympic	1:09.08
4	abd Elrahman Ahmed Mahmoud Ab	18	Olympic	1:08.87
5	Abd Allah Ahmed Abd El Aziz Hussie	15	Maadi	1:08.52
6	Moaz Eslam Kamal Eldeen E	15	Smouha	1:08.53
7	Mohab Wala Eldin Osama	15	Tanta	1:08.98
8	Mohamed Ahmed Mohamed Ebrahim	16	Rowad	1:09.12
9	Mostafa Ibrahim Mahrosr Ahme	16	Smouha	1:09.23
10	Yassen Haitham Ghazy	16	Tawfekaya	1:09.34

Heat 16 of 27 Timed Finals

1	Omar Mohamed Ibrahiem	16	Wadi Degla	1:08.41
2	Omar Karem Mahmoud Abd El	15	Elethad	1:08.25
3	Ibrahim Bahaaeldin Ibrahim Sayed	15	Olympic	1:08.05
4	Adam Mohamed Mahmoud	15	Wadi Degla	1:07.98
5	Yossef Ayman Said	15	El Ghaba	1:07.84
6	Adham Mahmoud Sayed	15	Ahly	1:07.93
7	Mohamed Essam Sedky	17	Bank Ahly Geza	1:08.05
8	Yassien Amr Adly Mohamed Els	16	Smouha	1:08.21
9	Ahmed Emad Ahmed	18	Ahly	1:08.30
10	Selim Shrif Osama Helmy Mohsen	15	El Gezira	1:08.45

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Heat 17 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)

1	Awny Mohamad Awny	16	Smouha	1:07.80
2	Youssef Wala Mohamed Tawfek	16	Smouha	1:07.57
3	Ahmed Ramee Ahmed Hashem	16	6th	1:07.49
4	Fo`ad Haitham	20	Smouha	1:07.18
5	Adham Amr Ahmed ElSharambakho	15	Wadi Degla	1:07.09
6	Omar Ayman Esmael Emam	15	6th	1:07.10
7	Omar Tamer Issa	15	Rowad	1:07.36
8	Mohamed Khaled Mohamed Mahmo	15	Zamalek	1:07.53
9	Yasin Mossa Moh. Faghr Eldin Hawa:	15	El Gezira	1:07.70
10	Omar Khaled Khamis	18	A S E C	1:07.84

Heat 18 of 27 Timed Finals

1	Mahmoud Amr Samy	21	Ahly	1:06.96
2	Eyad Hossam Eldin Zakzouk	16	Sporting	1:06.93
3	Yossef Yehya Ibrahim	17	El Ghaba	1:06.87
4	Mohamed Tamer Mohamed Zaky	20	Smouha	1:06.68
5	Mohamed Emad Maher	17	Senzo	1:06.57
6	Nour Eldin AlaaEldin Abdalwhab Sh	17	6th	1:06.58
7	Ahmed Medhat Mohamed Ahmed	16	Bank Ahly Alex	1:06.77
8	Ahmed Awny Galal	19	Ahly	1:06.91
9	Abdelrahman Mohamad Ehab Abdel	15	Smouha	1:06.96
10	Yossef Hossam Mohamed Elwy	16	Shooting	1:07.03

Heat 19 of 27 Timed Finals

1	abd Elrhman Mohamed Ahmed	16	Elethad	1:06.49
2	Ziad Emad Atya	16	Wadi Degla	1:06.46
3	Kareem Mohamed Fouad Algaml	18	Tawfekaya	1:06.15
4	Adham Adel Abaza	19	Sporting	1:06.09
5	Kamal El Din Mokhtar	19	Wadi Degla	1:05.89
6	Zyad Mohamed Moawad	18	Zamalek	1:06.03
7	Loaay Motasem Alaaeldin	16	Zamalek	1:06.11
8	Amr Wael Shawky	16	Rowad	1:06.42
9	Farouk Mohamed Moharam	15	Wadi Degla	1:06.48
10	Yasein Hossam aly	16	Zamalek	1:06.57

Heat 20 of 27 Timed Finals

1	Abdel Rahman Mohamed Metwally	19	Elethad	1:05.80
2	Ahmed Mohamed Ahmed Al Bah	16	Wadi Degla	1:05.74
3	Moamen Khalid Mohamed	18	Zamalek	1:05.57
4	Adam Mohamed Helmy	16	Wadi Degla	1:05.47
5	Karim Yasser Mamdouh	17	Shooting	1:05.41
6	Zeid Mohamed Abdel-Azeem	16	Ahly	1:05.45
7	Seif Elden Osama Darwesh	16	Tanta	1:05.49
8	Mohmed Ayman Esmael Emam	17	6th	1:05.67
9	Mazen Karim Hassan	17	Ahly	1:05.75
10	Abdelrhman Mhmoud Yuones Fatha	20	Smouha	1:05.87

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Heat 21 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)

1	abd el Rahman Waleed el Shahat	16	Heliopolis	1:05.18
2	Yassin Hussein Nabil Hussein	15	Shooting	1:05.04
3	Omar Tarek Abdel-Rahman	16	Ahly	1:04.89
4	Adam Sameh Elawany	16	Tanta	1:04.70
5	Mohamed Bakry Kaaed Abd El Gabb	15	Maadi	1:04.49
6	Mahmoud Eissa Moharam	15	Wadi Degla	1:04.52
7	Mazen Ashraf Mohamed Abdel	18	Bank Ahly Alex	1:04.85
8	Mahmoud Mostafa AbdAllabor	17	Talbeia	1:05.03
9	Mohamed Ibrahim Elkhdry	17	Elethad	1:05.09
10	Mohamed Tarek Mohamed Zaky	15	Olympic	1:05.26

Heat 22 of 27 Timed Finals

1	Mohamed Ahmed Amin	19	Zamalek	1:04.40
2	Amar Haitham Mohamed Saeid	16	El Shams	1:04.25
3	Adam Mohamed Mahmoud Mohame	15	Shooting	1:04.18
4	Yassen Osama Yosef Ebrahim	15	Smouha	1:03.82
5	Adam Mohmoud Abdelftah Ka	17	Bank Ahly Alex	1:03.74
6	Mostafa Magdy Nabil	19	Ahly	1:03.81
7	Adham Hossam Lotfy Hassan	17	Smouha	1:03.98
8	Mohamed Ramy Mohamed	18	Ahly	1:04.22
9	Mohamed Ahmed Salem	19	El Ghaba	1:04.34
10	Yassin Amr Adel	15	Ahly	1:04.43

Heat 23 of 27 Timed Finals

1	Khaled Hesham Ahmed	16	Elethad	1:03.70
2	Yosef Hatem ali Ahmed	16	Al Hawar	1:03.52
3	Seif Amr Mahmoud Alsokry	17	6th	1:03.47
4	Mohamed Khaled Salam	18	Ahly	1:03.32
5	Omer Badr Kamel	19	Shooting	1:03.28
6	Yousif Ashraf Madkour	20	Smouha	1:03.31
7	Hussin Mohamed Hussin	18	Talbeia	1:03.41
8	Ali Ahmed Dawood	20	Ahly	1:03.50
9	Ahmed Hattem Ahmed	18	Wadi Degla	1:03.62
10	AbdelRahman Ehab Elshimy	16	Sporting	1:03.71

Heat 24 of 27 Timed Finals

1	Mahmod Mahmud Yassen esa	17	Tanta	1:03.15
2	Mazen Ibrahim Ahmed	17	Wadi Degla	1:02.87
3	John Wael Nagy Mosad	17	Heliolido	1:02.66
4	Hamza Moh. Khairy Samra	17	El Gezira	1:02.40
5	Yassin Hytam Hossam Eldin	17	Zamalek	1:02.19
6	Yosif Ahmed Mohsen	16	El Nasr Club	1:02.39
7	Omar Mohamed Tawfek	15	Al Hawar	1:02.54
8	Hussien Mohamed Hussien Shawky	15	El Shams	1:02.77
9	Kareem Hossam Ahmed Salama	15	Smouha	1:02.92
10	Ahmed Amr Abdel Azzim	18	Ahly	1:03.21

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 15-03-2023 Wed Mor****Heat 25 Timed Finals... (Event 7 Boys 15 & Over 100 LC Meter Backstroke)**

1	Adam HossamEldin Mohamed	16	Smouha	1:02.14
2	Karim Adel Ahmed Bahgat	20	El Zohour	1:01.97
3	Yassin Mohamed Abdelgawad Saed	17	Olympia	1:01.75
4	Karim Ahmed Naser Abdelmee	17	Smouha	1:01.60
5	Abdel Rahman Khaled Zakaria	18	Ahly	1:01.50
6	Hamza Moahmed Mhmoud	16	Smouha	1:01.57
7	Zyad Waael Abass Bhr	20	6th	1:01.74
8	Yosef Mohamed Abd El Halem	19	Heliopolis	1:01.85
9	Omar Hany Mohamed Galal	19	Gezira El Ward	1:02.14
10	Abd El Rahman Hisham Fathalah	17	Sporting	1:02.14

Heat 26 of 27 Timed Finals

1	Mahmoud El Walid Abd El Karim	17	Maadi	1:01.41
2	Omar Ahmed Salah	17	Ahly	1:01.21
3	Waleid Mohamed Sobhy	20	Zamalek	1:00.71
4	Moustafa Abdo Mohamed Shawqy	21	Rowad	1:00.50
5	Mohamed Taha Abd El Raouf	18	Wadi Degla	1:00.47
6	Mohamed Ahm. Aly Moh. Derbala	19	El Gezira	1:00.48
7	Yousif Ahmed Ragab Elshaman	18	Smouha	1:00.55
8	Marwan Ali Mahmoud	15	Wadi Degla	1:00.92
9	Mazen Wael Fakry	15	Al Tersana	1:01.22
10	Khaled Ahmed Mahmoud Gaber	18	Bank Ahly Alex	1:01.50

Heat 27 of 27 Timed Finals

1	Mohamed Walid Azouz	19	Ahly	1:00.32
2	Youssef Amr Sayed	17	Wadi Degla	1:00.25
3	Mohamed Ahmed Mohamed Elsaia	19	Smouha	59.90
4	Abdel Rahman Amr Farag	16	Shooting	59.02
5	Aly Ahmed Khalafalla	27	Ahly	56.62
6	Islam Mohamed Nashaat	17	Maadi	58.48
7	Abdel Reheim Samir Al Sheinawy	25	Zamalek	59.87
8	Ahmed Adel Mohamed Meselhy	23	Ahly	1:00.02
9	Mohab El Din Fathy	22	Sporting	1:00.26
10	Eyad Mohsen Isamil ali	16	El Shams	1:00.46

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

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Event 8 Girls 15 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 30 Timed Finals				
3	Kenzy Ibrahim Ibrahim	19	Ahly	NT
4	Arwa Mohamed Elsayed	15	Ahly	NT
5	Joudy Ahmed Medhat	15	Wadi Degla	NT
6	Habiba Fawzy Mostafa	16	El Nasr Club	NT
7	Salma Ahmed Moustafa	15	Senzo	NT
8	Loujaen Ahmed Abd Al Halem	15	Shooting	NT
Heat 2 of 30 Timed Finals				
1	Hanya Hossam Nabil El Cotory	26	El Gezira	NT
2	Dina Alaa Ibrahim Hussien	17	Smouha	NT
3	Zena Nader Galal Moh. Bashandy	17	El Gezira	NT
4	Nour Ahmed Samer	18	Sporting	NT
5	Arwa Hesham Sayed	16	Wadi Degla	NT
6	Marim Mhmod Elsaid Elshik	19	Smouha	NT
7	Goudy Ahmed Ibrahim	15	Wadi Degla	NT
8	Aisha Ahmed AbdElmagid	17	Sporting	NT
9	Noreen Ahmad Saad Abdala Ab	15	Smouha	NT
10	Reem Mostafa Mohamed	15	A S E C	NT
Heat 3 of 30 Timed Finals				
1	Alina George Boutros	15	Elethad	NT
2	Mariam Walid Sayed	15	Wadi Degla	NT
3	Mariem aly Mahdy Mohamed	15	Zamalek	NT
4	Kenzy Ahmed Saad ali	16	Wadi Degla	NT
5	Nataly Adel Ragy	16	Wadi Degla	NT
6	Farida Atef Ibrahim	18	Elethad	NT
7	Ghoswn Wahed Mohamed	19	El Obour	NT
8	Haidy Hosam Nabil Cotore	24	El Gezira	NT
9	Hana Ahmed Saied Kandel	16	Heliopolis	NT
10	Zeina Ahmed Mostafa	16	Shooting	NT
Heat 4 of 30 Timed Finals				
1	Maya Osama Ahmed Mohammed	17	Shooting	NT
2	Karema Kamel Saad	15	A S E C	NT
3	Mennatallah Tamer Fawzy	15	Wadi Degla	NT
4	Arwa Tamer Mohy Eldin	17	El Nasr Club	NT
5	Hana Wael Magdi Mah . Elsaeed	17	El Gezira	NT
6	Menaallah Mhmod Elsayed Elshek	17	Smouha	NT
7	Malak Ahmed Eisa	16	El Ghaba	NT
8	Zeina Mohamed Elsaid	17	Enppi	NT
9	Leila Ahmed Ebrahim Ali Eid	18	Heliolido	NT
10	Farida abd el Aziz Gaber	16	A S E C	NT
Heat 5 of 30 Timed Finals				
1	Yasmin Wael Abdalaah	16	Zamalek	NT
2	Mayar Hassan Ali	20	Ahly	NT
3	Malak Ali Moh. Abd El Metaal	16	El Gezira	NT
4	Rahma Tarik Mosa Awad	19	Smouha	NT
5	Yasmen Ahmed Basim	17	Sporting	NT
6	Gody Hazem Fawzy Salem	16	Tanta	NT
7	Maryem Ahmed Saed Mahmoud	17	Tanta	NT
8	Hoor MmohamadAhmed Bar	15	Tanta	NT
9	Dana Rafik El Saady	15	Wadi Degla	NT
10	Noray Osama Nagah	15	Senzo	NT

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Heat 6 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Salma Abdel Hamid Mazrouh	17	Wadi Degla	NT
2	Nour Mohamed Elsoda	15	Maadi	NT
3	Rokaia Gamal Mohamed	17	Ahly	NT
4	Laila Mohamed Mahmoud	15	Shooting	NT
5	Malak Mostafa Mahmoud	15	Elethad	NT
6	Arwa Hossam Taha	16	Smouha	NT
7	Donia Motaz Mohamed abd	16	Moasasa Riadiyah Askaria	NT
8	Rodaina Wael Mohamed	20	Rowad	NT
9	Cady Ashraf Ahmed	16	Wadi Degla	NT
10	Gana Wael Youssef Mahmoud	17	Wadi Degla	NT

Heat 7 of 30 Timed Finals

1	Nada Hassan Ahmed Hassan	17	Elethad	NT
2	Mariam Ahmed Abd EL Gelel	16	Rowad	1:34.11
3	Gudy Ashraf Abdel Hameed	16	Rowad	1:29.83
4	Carole Baher Fouad	15	Sporting	1:25.77
5	Nour Madi	15	Sporting	1:24.76
6	Yassmin Ahmed Ali	15	Rowad	1:25.26
7	Jody Mohamed Ashour Zaki	15	Elethad	1:26.62
8	Nataly Gorge Atif Tawfik	15	Wadi Degla	1:32.11
9	Salma Ahmed Abo Mosalm	15	Ahly	NT
10	Laila Hassan Mohamed	19	Elethad	NT

Heat 8 of 30 Timed Finals

1	Maryem Ahmed Refaat	18	Olympic	1:23.22
2	Malak M.Ahmed Abd Ellattif	15	Wadi Degla	1:21.82
3	Sana Khaled Mohamed	17	Wadi Degla	1:21.56
4	Habiba Elaroussy	15	Sporting	1:20.14
5	Sandra Emad Onsy	15	Rowad	1:19.00
6	Salma Waael Abdelmonem	17	Enppi	1:19.52
7	Ratag Khaled Mohamed	15	Wadi Degla	1:20.54
8	Khadija Eslam Ahmed Samih	15	Sporting	1:21.61
9	Nour Elshamy	15	Sporting	1:21.87
10	Bery Ahmed Ibrahim	15	Elethad	1:24.13

Heat 9 of 30 Timed Finals

1	Jana Hussin Mohamed Hussi	18	Smouha	1:18.44
2	Allaa Hazem Abd Elshkour	16	Shooting	1:16.90
3	Janis Matta Fayez	18	Wadi Degla	1:16.41
4	Habiba Ehab Fawzy	20	Ahly	1:16.31
5	Klara Alfred Sabr	18	Zamalek	1:15.91
6	Hana Ahmed Mohamed	15	Wadi Degla	1:16.00
7	Nada Mohamed Abdel Moneam	16	Wadi Degla	1:16.37
8	Gana Mohamed Mohamed	17	Ultimate	1:16.59
9	Gasmen Eslam Farouk Mahdy	15	Bank Ahly Alex	1:18.03
10	Malak Zahi El Sahn	15	Sporting	1:18.80

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Heat 10 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Marem Mohamed Kabary	17	Elethad	1:15.85
2	Judy Sayed Ahmed	16	Wadi Degla	1:15.66
3	Amira Hatem Ahmed Shawky	17	Maadi	1:15.10
4	Mariam Ashraf Rashad Nabih	15	Sporting	1:14.64
5	Nadine Mostafa Fathy	16	El Ghaba	1:14.52
6	Salma Ahmed Mahmoud Abd EL Lat	15	Heliopolis	1:14.57
7	Marvel Youhana Samer	17	Minia Sport Clup	1:14.96
8	Mariam Nader Sedky	16	Ismaily Sporting Club	1:15.56
9	Farah Hesham Salah	16	Wadi Degla	1:15.71
10	Jana Wael Fahem	17	Zamalek	1:15.89

Heat 11 of 30 Timed Finals

1	Hana Mahmoud Mostafa	16	Wadi Degla	1:14.32
2	Alia Ali Mohamed	20	Heliopolis	1:14.07
3	Farah Mohamed Saied Saleh	17	Zamalek	1:13.11
4	Nour Mohamed Abd El Hady	18	Sporting	1:13.02
5	Renad Khaled Mahmoud	19	Ahly	1:12.91
6	Rola Mostafa Salah	18	Shooting	1:13.01
7	Shahd Hesham Fouad Abaas	19	Zamalek	1:13.07
8	Catrin Wael Bolice	16	Wadi Degla	1:13.20
9	Retaj Yasser Mohamed Kamal	15	Moasasa Riadiyah Askaria	1:14.21
10	Nawal Abd El-Hamid El-Kilany	15	New Giza	1:14.41

Heat 12 of 30 Timed Finals

1	Nadin Atef Mohamed	18	Ahly	1:12.83
2	Fareda Amr Mohamed Fouad	15	Heliopolis	1:12.59
3	Gannat Fathy Mohamed	15	El Ghaba	1:12.58
4	Jana Mohamed Ahmed	17	A S E C	1:12.48
5	Malak Osama Mohamed Kamel Mors	15	Olympic	1:12.44
6	Nazly Karim EL Din Ahm. Hasan	16	El Gezira	1:12.45
7	Norhan Mohamed Mohsen Doban	16	Smouha	1:12.55
8	Malak Ahmed Said El Wakel	16	Wadi Degla	1:12.58
9	Mariam Ahmed Abdel Hakm	15	Ahly	1:12.75
10	Malak Tarek El Kady	18	Sporting	1:12.87

Heat 13 of 30 Timed Finals

1	Zeina Ayman Saad	17	Zamalek	1:12.20
2	Retag Moataz Mohamed	16	Wadi Degla	1:12.07
3	Alaa Amr El Sokry	18	Sporting	1:11.43
4	Laila Khaled Elraai	19	Ahly	1:11.22
5	Jode Mohamad Yossef Moham	15	Smouha	1:11.08
6	Rofayda Mohamed Emam	16	Zamalek	1:11.13
7	Arwa Adel Ghaleb	17	Zamalek	1:11.35
8	Shaza Mohamed Said Hussein	15	Elethad	1:11.89
9	Nadine Bassem Joseph	15	Wadi Degla	1:12.10
10	Jana Waleed abd Elrazek Gaafar	16	Wadi Degla	1:12.34

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Heat 14 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Nadin Motaz Mohamed	15	Moasasa Riadiah Askaria	1:10.95
2	Rawan Tamer Essam Mahmoud	16	Wadi Degla	1:10.87
3	Karien Alfrid Saber	15	Zamalek	1:10.59
4	Salma Sherif Hussien Mohamed	20	Maadi	1:10.47
5	Masa Mostafa abd Elghany	15	Tanta	1:10.25
6	Lilly Ahmed Farwiz	16	El Gezira	1:10.44
7	Yasmin Ahmed El Tahlawy	18	Ahly	1:10.52
8	Malak Amr Salah	15	Senzo	1:10.67
9	Rawan Yahia	15	Zamalek	1:10.90
10	Jana Mohamed Aboelossed	15	Tanta	1:11.08

Heat 15 of 30 Timed Finals

1	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	1:10.08
2	Lojain Mohamed Nabil	15	Wadi Degla	1:09.81
3	Saba Ahmed Elshabrawy	15	Ahly	1:09.72
4	Malak Sherif Shawky El Gohary	20	Maadi	1:09.68
5	Hana Sherif Radwan	16	Wadi Degla	1:09.65
6	Fatma Hisham Sarwt	20	Sporting	1:09.66
7	Haidy Mostafa Reyad	19	Ahly	1:09.69
8	Hanin Saeed	15	Zamalek	1:09.77
9	Salma Sameh Wagdy Mohamed	16	Smouha	1:09.96
10	Byrne Ibrahim Adel	15	Elethad	1:10.13

Heat 16 of 30 Timed Finals

1	Gana Tarek Mohamed Farid	18	Shooting	1:09.58
2	Hana Tamer Ibrahim	15	Elethad	1:09.37
3	Sara Ismail Sarwat	17	Heliopolis	1:09.21
4	Farah Ayman Gaber	16	Smouha	1:09.02
5	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	1:08.99
6	Yasamina Aslam Subhaa	18	Nasr City	1:09.00
7	Sandra Medhat Mohamed	18	Ahly	1:09.18
8	Salma Mostafa Kamel Abou E	15	Elethad	1:09.22
9	Jana Alla Mohamed	15	Minia Sport Clup	1:09.55
10	Esraa Wael Ezat	17	Zamalek	1:09.64

Heat 17 of 30 Timed Finals

1	Hania Hossam Ahmed Salama	15	Smouha	1:08.87
2	Gana Amro Abdallah Hamed	15	Tanta	1:08.68
3	Gana Mohamed Abd ElSamed Abass	18	Shooting	1:08.24
4	Jannah Sameh AbdelMoneem	16	Sporting	1:08.12
5	Gana amr Shahen	15	Zamalek	1:08.05
6	Mariam Ebrahim Mohamed Hamdy	15	Heliopolis	1:08.08
7	Sama Ahmed Ali	17	Ahly	1:08.21
8	Saga Alaa Adel Ibrahim	15	Shooting	1:08.61
9	Joanna Waleed Shanan	15	Maadi	1:08.80
10	Fayrouz Ahmed Amin	15	Wadi Degla	1:08.97

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Heat 18 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Login Hazem Samir	15	Nasr City	1:07.85
2	Jana Mohamed Darwish	15	El Ghaba	1:07.84
3	Malak Mohamed Mhmoud Hamad	18	Smouha	1:07.69
4	Jana Hisham Mohamed	17	Cairo	1:07.54
5	Fatma Kamil Mohamed	15	Zamalek	1:07.37
6	Rodaina Ayman Mohamed	16	Ahly	1:07.37
7	Lamar Ashraf Ahmed	15	Wadi Degla	1:07.57
8	Hour een Samer Elsaeid Shaban	15	Smouha	1:07.81
9	Salma Mohamed Ezzat Mohamed	16	Wadi Degla	1:07.84
10	Zenia Ahmed Saied Kandil	16	Heliopolis	1:07.93

Heat 19 of 30 Timed Finals

1	Hoda Mohammed Said Adel	17	Shooting	1:06.99
2	Farida Mohamed Soliman	16	Zamalek	1:06.85
3	Anan Mohamed Yehia	18	El Mekaweloun	1:06.76
4	Alia Khaled Mohamed Ghorab	17	El Gezira	1:06.69
5	Malak Ali Atia	16	Smouha	1:06.61
6	Mayroz Mohamed abd Elsalam	15	Tanta	1:06.64
7	Iman Ahmed Adel Elsaied	16	Smouha	1:06.71
8	Remaas Tamer Elseid Mohamad	15	Smouha	1:06.83
9	Jana Ahmed akl	15	Sporting	1:06.97
10	Mariam Mohammed Hamdy	18	Shooting	1:07.20

Heat 20 of 30 Timed Finals

1	Farida Moustafa Abd Elaziz	17	Sporting	1:06.55
2	Habeba Mohamed Moussa Kotb	18	Olympic	1:06.26
3	Halla Alla Maher	17	Wadi Degla	1:06.12
4	Nayera Tarek El-Sayed	16	Faros	1:06.08
5	Noor Kamel ElNagar	19	Sporting	1:05.88
6	Jana Khaled El Sayed	15	Wadi Degla	1:05.98
7	Fareda Ahmed Khalel	17	Wadi Degla	1:06.09
8	Nadine Hazem Mohamed	15	Pegasus Club	1:06.15
9	Haya Mohamed Mahmoud	16	Ahly	1:06.51
10	Karma Ahmed Nabil	19	Shooting	1:06.59

Heat 21 of 30 Timed Finals

1	Menna Tallah Kharboush	15	Ahly	1:05.75
2	Jana Hisham Shaheen	17	Cairo	1:05.60
3	Haya HossamEldin Kndel	18	Smouha	1:05.46
4	Mariam Yasser Mohamed Shafik	16	Ahly	1:05.44
5	Nour Amgad Ali Fahmy	16	El Shams	1:05.37
6	Kenzy Mohamed el Sebaey	17	Cairo	1:05.42
7	Yara Hossam Salem	16	Ahly	1:05.46
8	Farah Hatem Ngaty Mohamed	15	Heliopolis	1:05.57
9	Goumana Mohamed Ibrahim	15	Ahly	1:05.72
10	Ranim Mohamed Sayed Ahmed	24	Moasasa Riadiyah Askaria	1:05.76

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Heat 22 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Farida Mohamed Ahmed El Okda	17	Shooting	1:05.24
2	Fareda Mohamed Farouk	16	Wadi Degla	1:05.15
3	Hana Hisham Mohamed Yousi	18	Smouha	1:05.12
4	Ayla Mohamed Ali EL Medany	15	Heliopolis	1:04.51
5	Zina Ahmed Medhat	15	Ahly	1:04.44
6	Yara Ahmad Nageb Ahmad Ab	15	Smouha	1:04.51
7	Rancy Mohamed Hafez	15	Tanta	1:04.77
8	Tala Tarekf el Kafrawe	17	Heliopolis	1:05.14
9	Mennatallah Hatem Ibrahim Elsaye	16	A S E C	1:05.21
10	Nour Elsabah Ahmed Amer	17	Ahly	1:05.35

Heat 23 of 30 Timed Finals

1	Mariam Hatem Anwar EL Said	16	Shooting	1:04.39
2	Malak Khaled Ahmed Abdallah	18	Wadi Degla	1:04.32
3	Joudy Moahmed Khedr	16	Smouha	1:04.27
4	Rahma Ahmed Mohamed	15	Shooting	1:04.24
5	Fairoz Ahmed Ibrahim	15	El Shams	1:04.10
6	Nazly Mohamed Elokda	15	Shooting	1:04.20
7	Rana Ahmed Mahmoud Tawfik	17	Shooting	1:04.25
8	Raghd Mohamed Elsaid Moham	18	Smouha	1:04.29
9	Khadega abd el Azez Glal	16	Heliopolis	1:04.35
10	Farah Ahmed	15	Heliopolis	1:04.39

Heat 24 of 30 Timed Finals

1	Joudy Magdy Abbas	17	Bank Ahly Alex	1:03.97
2	Habiba Mohamed Abd el Naby	15	Wadi Degla	1:03.93
3	Hana Ashraf Mahmoud	22	Wadi Degla	1:03.86
4	Toka Ayman Ebrahim Eldsok	15	Smouha	1:03.71
5	Nour Shref Osama	15	Heliopolis	1:03.68
6	Basmalah Gomaa Ali	18	Bank Ahly Alex	1:03.70
7	Rokaia Hisham Ahmed	17	Shooting	1:03.79
8	Laila Mohamed Hitham	16	Shooting	1:03.89
9	Mariam Sherif Mohamed Shawky	17	Maadi	1:03.95
10	Zena Mahmoud Mohamed Mosa	18	El Ghaba	1:04.05

Heat 25 of 30 Timed Finals

1	Zena Hesham Mahfoz	16	Tanta	1:03.61
2	Hana Tarek Yehia	16	Ahly	1:03.56
3	Malak Hesham Mohamed	17	Ahly	1:03.40
4	Hana Waled Hasan	18	El Shrook	1:03.28
5	Malak Mokhtar Mohamed	17	Wadi Degla	1:03.23
6	Kenzy Wael Foud RamadanYos	15	Smouha	1:03.27
7	Lara Ahmed Elwan	15	Ahly	1:03.38
8	Laila Tarek Mostafa	16	Wadi Degla	1:03.55
9	Na'eela Wael Elagroudy	16	Sporting	1:03.59
10	Hagar Mohamed Ibrahim Abde	17	Smouha	1:03.64

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Heat 26 Timed Finals... (Event 8 Girls 15 & Over 100 LC Meter Freestyle)

1	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	1:03.18
2	Habiba Mohamad Saeed Shebl	15	Smouha	1:03.01
3	Rokan Tamer Ismail	15	Shooting	1:02.90
4	Salma Alaa Mahdy	20	Ahly	1:02.83
5	Hana Mostafa Ahmed Hamdy	22	Ahly	1:02.67
6	Marem Ahmad Abdelgafar Ahm	15	Smouha	1:02.77
7	Wafaa Ahmed Saad ElDin	15	Wadi Degla	1:02.84
8	Malak Islam Mohamed	18	Ahly	1:02.95
9	Jolin Hany Gamal	17	Sporting	1:03.10
10	Hala Amr	15	El Ghaba	1:03.23

Heat 27 of 30 Timed Finals

1	Nour Mohamed Ibrahim Ali	18	Smouha	1:02.57
2	Mayar Mohamed Gaber	22	Ahly	1:02.37
3	Malak Ahmed Anes Mahmoud	16	Al Hawar	1:02.17
4	Alia Khaled Abas Sabaa	17	Heliopolis	1:02.12
5	Maya Abdelaziz Zakaria	15	Ahly	1:02.07
6	Farida Amr Mohamed Abd El Moteli	18	Shooting	1:02.11
7	Ingy Bassem Bahaa Eldin	15	Ahly	1:02.15
8	Sara Mahmoud El Gendy	17	Wadi Degla	1:02.18
9	Loujain Youssef Ahmed	20	Ahly	1:02.43
10	Anod Amr Abd El Aziz	17	Wadi Degla	1:02.57

Heat 28 of 30 Timed Finals

1	Jana Maged Amir	15	El Zohour	1:01.98
2	Nour Mohamed Hessien Ahmed	18	El Shams	1:01.88
3	Karma aly Elsheraee	17	Heliopolis	1:01.59
4	Salma Ahmed Elsaid	15	Gezira El Ward	1:01.41
5	Nadine Karim Mansour Saleh	17	Shooting	1:01.25
6	Hanan Ahmed Mohamed Mahmoud	18	Bank Ahly Alex	1:01.26
7	Maya Kamal Mohamed Mhmod	17	Smouha	1:01.43
8	Shahd Ahmed Abd Elbaky	19	Sporting	1:01.81
9	Loujain Ibrahim Ibrahim	17	Ahly	1:01.89
10	Sara Soliman Said	19	Ahly	1:01.98

Heat 29 of 30 Timed Finals

1	Nada Ahmed El Said Elbasyouny	16	Shooting	1:01.20
2	Hameis Essam Al Kholy	15	Shooting	1:01.19
3	Jihan Ahmed Abdel Azim	19	Hadak Al Ahram	1:00.80
4	Farida Ayman Samra	19	Shooting	1:00.74
5	Rouaa Ahmed Ibrahim	19	Rowad	1:00.58
6	Maya Ahmed Ragheb	16	Sporting	1:00.70
7	Jana Mohamed Abdel Fatah	19	Shooting	1:00.74
8	Lela Ahmed Kamal	18	El Ghaba	1:00.88
9	Salma Osama Mohamed Darwes	17	Tanta	1:01.20
10	Karma Shady Mohamed Sabry	16	Heliopolis	1:01.21

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1	Kanzy Hesham Rashad	20	Shooting	1:00.30
2	Goumana Tarek Yehia	18	Ahly	59.74
3	Farida Tharwat Maher	20	Ahly	59.04
4	Loujin Abd Alla Slah Zkey	19	Shooting	58.84
5	Sara Waled Mahmoud	16	Heliopolis	58.00
6	Malak Mohamed Abd El Gaber	19	Bank Ahly Alex	58.57
7	Lougein amr Khaleil Ibrahim	16	Zamalek	59.04
8	Carine Elia Abd el Malak	17	Hadak Al Ahram	59.48
9	Nadine Mohamed Amin	17	Ahly	59.97
10	Malak Ahmed Helmy	18	Ahly	1:00.50