

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

Meet Program - 16-03-2023 Thurs Eve

Event 19 Girls 15 & Over 400 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|---------------------------------|-----|--------------------|-----------|
| Heat 1 of 15 Timed Finals | | | | |
| 4 | Shahd Ahmed Safwat | 17 | Cairo | NT |
| 5 | Malak Mohamed Hassan | 15 | Zamalek | NT |
| 6 | Yosr Anear Mostafa Elganz | 19 | Smouha | NT |
| Heat 2 of 15 Timed Finals | | | | |
| 1 | Gannat Fathy Mohamed | 15 | El Ghaba | NT |
| 2 | Jana Wael Fahem | 17 | Zamalek | NT |
| 3 | Zaina Mohamed Haitham Hassn | 18 | Shooting | NT |
| 4 | Retag Alla Eldeen Abdelfat | 15 | Smouha | NT |
| 5 | Salma Ahmed Elsaid | 15 | Gezira El Ward | NT |
| 6 | Kenzy Ibrahim Ibrahim | 19 | Ahly | NT |
| 7 | Khadega Osama Mohame Bahaa el d | 16 | Heliopolis | NT |
| 8 | Dahb Magdy Kamal | 19 | Elethad | NT |
| 9 | Dana Fahmi | 15 | Sporting | NT |
| 10 | Hana Tarek Yehia | 16 | Ahly | NT |
| Heat 3 of 15 Timed Finals | | | | |
| 1 | Merna Mohamed adb Elhady | 19 | Zamalek | NT |
| 2 | Jana Atef Rabie Ahamed | 15 | Shooting | NT |
| 3 | Mariam Ahmed Mostafa Farag | 17 | El Zohour | NT |
| 4 | Joudy Moahmed Khedr | 16 | Smouha | NT |
| 5 | Mariam Ahmed Zahran | 16 | Sporting | NT |
| 6 | Malak Wesam Badr | 20 | Tanta | NT |
| 7 | Sara Ahmed Eissa | 15 | Maadi | NT |
| 8 | Maya Abdelaziz Zakaria | 15 | Ahly | NT |
| 9 | Jana Ahmed Elsayed | 17 | Senzo | NT |
| 10 | Hana Hesham Saleh | 18 | Wadi Degla | NT |
| Heat 4 of 15 Timed Finals | | | | |
| 1 | Laila Mohamed Hitham | 16 | Shooting | NT |
| 2 | Ghoswn Wahed Mohamed | 19 | El Obour | 6:19.74 |
| 3 | Nadine Mostafa Fathy | 16 | El Ghaba | 5:43.73 |
| 4 | Maryam Hefida | 16 | Baladyat El Mahala | 5:42.16 |
| 5 | Arwa Adel Ghaleb | 17 | Zamalek | 5:38.34 |
| 6 | Zenab Wagdy Saber | 18 | Zamalek | 5:41.22 |
| 7 | Marem Mohamed Kabary | 17 | Elethad | 5:43.15 |
| 8 | Salma Waled | 19 | Smouha | 6:04.53 |
| 9 | Fatma Kamil Mohamed | 15 | Zamalek | NT |
| 10 | Jana Khaled El Sayed | 15 | Wadi Degla | NT |
| Heat 5 of 15 Timed Finals | | | | |
| 1 | Aysel Sameh Mahmoud | 15 | El Zohour | 5:35.76 |
| 2 | Salma Ahmed Moustafa | 15 | Senzo | 5:31.23 |
| 3 | Nawal Abd El-Hamid El-Kilany | 15 | New Giza | 5:29.89 |
| 4 | Fatma Hisham Sarwt | 20 | Sporting | 5:25.15 |
| 5 | Nadin Atef Mohamed | 18 | Ahly | 5:24.36 |
| 6 | Nawal Yasser Sayed | 18 | El Obour | 5:24.89 |
| 7 | Fatma Amro Sabry Rashed | 15 | El Shams | 5:28.98 |
| 8 | Zeina Ayman Saad | 17 | Zamalek | 5:30.28 |
| 9 | Menaallah Mhmod Elsayed Elshek | 17 | Smouha | 5:32.03 |
| 10 | Amira Hatem Ahmed Shawky | 17 | Maadi | 5:36.17 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 6 Timed Finals... (Event 19 Girls 15 & Over 400 LC Meter Freestyle)**

| | | | | |
|----|----------------------------|----|-------------------------|---------|
| 1 | Monika Ayman Raaouf Eriyan | 19 | El Shams | 5:23.39 |
| 2 | Rawda Faysal Elasherif | 18 | Ahly | 5:21.04 |
| 3 | Freda Hesham Mahmoud | 16 | Heliopolis | 5:18.97 |
| 4 | Nour Zaghlol | 17 | Baladyat El Mahala | 5:17.42 |
| 5 | Mayar Hassan Ali | 20 | Ahly | 5:16.05 |
| 6 | Donia Motaz Mohamed abd | 16 | Moasasa Riadiah Askaria | 5:17.10 |
| 7 | Dalia Ahmed Abdelsalam | 19 | 15 May | 5:18.09 |
| 8 | Hana Tamer Ibrahim | 15 | Elethead | 5:19.98 |
| 9 | Hanin Saeed | 15 | Zamalek | 5:22.85 |
| 10 | Jana Mohamed Darwish | 15 | El Ghaba | 5:23.40 |

Heat 7 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|--------------------|---------|
| 1 | Maryem Ahmed Saed Mahmoud | 17 | Tanta | 5:15.26 |
| 2 | Renad Khedr Alaam | 15 | Baladyat El Mahala | 5:13.78 |
| 3 | Farida Haitham Nabil Ali Za | 17 | Smouha | 5:13.39 |
| 4 | Gana Aboeella Abdelnafa | 15 | Shooting | 5:12.71 |
| 5 | Layla Mohamed Elsaed Manso | 15 | Bank Ahly Alex | 5:10.41 |
| 6 | Malak Ahmed Nagy Ali | 19 | Heliolido | 5:11.54 |
| 7 | Malak Ahmed El Kayal | 16 | Sporting | 5:12.73 |
| 8 | Nadin Sameh Mohamed | 16 | Zamalek | 5:13.43 |
| 9 | Hana Nasser El Safty | 16 | Shooting | 5:14.15 |
| 10 | Reem Mostafa Mohamed | 15 | A S E C | 5:15.64 |

Heat 8 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|-------------|---------|
| 1 | Salma Ahmed ali Mostafa | 18 | El Ghaba | 5:05.39 |
| 2 | Amina Alaa Elhamouly | 16 | Sporting | 5:03.92 |
| 3 | Rodaina Ayman Mohamed | 16 | Ahly | 5:03.45 |
| 4 | Menna Tallah Ahmed Mohamed | 17 | Banha | 5:02.63 |
| 5 | Nourhan Sherif SalahEldin | 15 | Elethead | 5:02.10 |
| 6 | Manar Adel Abdelaziz Ahmed | 16 | Electricity | 5:02.25 |
| 7 | Malak Hesham Mohamed | 17 | Ahly | 5:03.27 |
| 8 | Hana Mohamed Asharaf Makrem | 15 | El Shams | 5:03.77 |
| 9 | Sama Atef Sayed | 15 | Wadi Degla | 5:05.21 |
| 10 | Dima Khaled Mohamed | 15 | Wadi Degla | 5:09.15 |

Heat 9 of 15 Timed Finals

| | | | | |
|----|------------------------------|----|--------------|---------|
| 1 | Hala Walid Abbas Abdelgawad | 15 | Olympic | 5:00.03 |
| 2 | Laila Ashraf Salah | 15 | Wadi Degla | 4:59.71 |
| 3 | Nour Elsabab Ahmed Amer | 17 | Ahly | 4:58.70 |
| 4 | Rawan Mohamed Saleh Mohmaed | 15 | El Shams | 4:58.32 |
| 5 | Maya Mohamad Mahmud Hamaa | 15 | Smouha | 4:57.91 |
| 6 | Nour Ahmad Mahmud Abdelrh | 15 | Smouha | 4:58.19 |
| 7 | Fayrouz Mohamed Hussien | 15 | Pegasus Club | 4:58.44 |
| 8 | Mariam Yasser Mohamed Shafik | 16 | Ahly | 4:59.64 |
| 9 | Gana aly Refaat aly | 16 | Zamalek | 4:59.74 |
| 10 | Marim Mhmod Elsaid Elshik | 19 | Smouha | 5:00.53 |

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

Meet Program - 16-03-2023 Thurs Eve

Heat 10 Timed Finals... (Event 19 Girls 15 & Over 400 LC Meter Freestyle)

| | | | | |
|----|------------------------------|----|---------------|---------|
| 1 | Retaj Mohamed Elsayed Anwa | 17 | Smouha | 4:57.29 |
| 2 | Mariam Sherif Mohamed Shawky | 17 | Maadi | 4:57.22 |
| 3 | Dina Alaa Ibrahim Hussien | 17 | Smouha | 4:57.14 |
| 4 | Nour Amgad Ali Fahmy | 16 | El Shams | 4:56.82 |
| 5 | Jomana Hamdy Ameen | 16 | El Zohour | 4:56.49 |
| 6 | Laila Tarek Mostafa | 16 | Wadi Degla | 4:56.50 |
| 7 | Farida Amr Tarek Zaied | 15 | El Zohour | 4:57.01 |
| 8 | Kenzy Shadi Mohamed Elhena | 15 | Stad Mansoura | 4:57.14 |
| 9 | Arwa Mohamed Elsayed | 15 | Ahly | 4:57.25 |
| 10 | Yara ali el Koshy | 18 | Zamalek | 4:57.76 |

Heat 11 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|------------|---------|
| 1 | Hagar Mohamed Ibrahim Abde | 17 | Smouha | 4:56.46 |
| 2 | Goudy Mohamed Fahim | 15 | Ahly | 4:56.27 |
| 3 | Gana Emad Gaad Hosny | 20 | El Shams | 4:54.92 |
| 4 | Rancy Mohamed Hafez | 15 | Tanta | 4:54.59 |
| 5 | Jana Mohamed Ahmed | 19 | Wadi Degla | 4:53.79 |
| 6 | Shahd Yousry Mohamed Hassan | 18 | Olympic | 4:54.14 |
| 7 | Jannat Safwat Saleh | 15 | El Zohour | 4:54.82 |
| 8 | Farah Ahmed | 15 | Heliopolis | 4:55.05 |
| 9 | Nazly Mohamed Elokda | 15 | Shooting | 4:56.44 |
| 10 | Yara Ahmad Nageb Ahmad Ab | 15 | Smouha | 4:56.47 |

Heat 12 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|--------------|---------|
| 1 | Rokaia Hisham Ahmed | 17 | Shooting | 4:53.15 |
| 2 | Basmala Reda Shaban | 16 | Electricity | 4:52.92 |
| 3 | Habeba Mohamed Saleh Mhmoud | 16 | 6th | 4:52.05 |
| 4 | Zina Ahmed Medhat | 15 | Ahly | 4:50.58 |
| 5 | Gana Noaaman Samer | 15 | Al Hawar | 4:50.20 |
| 6 | Mariam Mohamed ali | 19 | Pegasus Club | 4:50.21 |
| 7 | Joudy Mohamed Aly | 18 | Sporting | 4:51.43 |
| 8 | Fatema Tamer Ahmed Sayed | 16 | Wadi Degla | 4:52.68 |
| 9 | Rodaina Wael Mohamed | 20 | Rowad | 4:53.01 |
| 10 | Yasmena Ahmed Saad | 16 | Smouha | 4:53.30 |

Heat 13 of 15 Timed Finals

| | | | | |
|----|-------------------------------|----|----------------|---------|
| 1 | Anod Amr Abd El Aziz | 17 | Wadi Degla | 4:49.15 |
| 2 | Basmalah Gomaa Ali | 18 | Bank Ahly Alex | 4:48.73 |
| 3 | Rouaa Ahmed Ibrahim | 19 | Rowad | 4:47.72 |
| 4 | Yara Hossam Salem | 16 | Ahly | 4:47.35 |
| 5 | Sara Ahmed Alsaed Abdow | 19 | 6th | 4:46.02 |
| 6 | Nadin Adam Ahmed Foad Mohamed | 20 | El Shams | 4:46.33 |
| 7 | Doreen Walid Fathy | 17 | Tawfekaya | 4:47.42 |
| 8 | Zeina Ahmed Mostafa | 16 | Shooting | 4:47.76 |
| 9 | Kenzy Hazem Moneeb | 17 | Cairo | 4:48.81 |
| 10 | Laila Mohamed Fathy | 16 | Shooting | 4:49.58 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 14 Timed Finals... (Event 19 Girls 15 & Over 400 LC Meter Freestyle)**

| | | | | |
|----|--------------------------------|----|----------------|---------|
| 1 | Alya Ehab Abdel Moneam | 16 | Ahly | 4:45.55 |
| 2 | Mariam Hesham Mohamed | 19 | Ahly | 4:45.22 |
| 3 | Habiba Mohamed Nashaat AbdElGh | 15 | Heliolido | 4:44.55 |
| 4 | Farah Tarek | 17 | Ahly | 4:43.71 |
| 5 | Malak Ahmed Anes Mahmoud | 16 | Al Hawar | 4:43.14 |
| 6 | Marim Mohamed Bakr | 15 | Al Tersana | 4:43.59 |
| 7 | Malak Ahmed Helmy | 18 | Ahly | 4:44.08 |
| 8 | Zena Hesham Mahfoz | 16 | Tanta | 4:44.65 |
| 9 | Sama Mohamed Makram Abdelwaht | 16 | Gezira El Ward | 4:45.40 |
| 10 | Nabila Hassan Ismail | 16 | Olympia | 4:45.83 |

Heat 15 of 15 Timed Finals

| | | | | |
|----|-----------------------------|----|----------------|---------|
| 1 | Malak Mohamed Abd El Gaber | 19 | Bank Ahly Alex | 4:42.46 |
| 2 | Arwa Faysal Al Sherif | 15 | Ahly | 4:34.42 |
| 3 | Nadine Karim Mansour Saleh | 17 | Shooting | 4:34.11 |
| 4 | Lamees Amr Mhmoud Elsokary | 16 | 6th | 4:31.42 |
| 5 | Loujin Abd Alla Slah Zkey | 19 | Shooting | 4:25.94 |
| 6 | Sara Mohamed Bhaa | 18 | Heliopolis | 4:30.48 |
| 7 | Sandy Ayman Atef | 23 | Ahly | 4:33.13 |
| 8 | Shahd Sameh Safouat Shaaban | 19 | Heliolido | 4:34.42 |
| 9 | Farida Tharwat Maher | 20 | Ahly | 4:36.59 |
| 10 | Rahma Ahmed Mohamed | 15 | Shooting | 4:42.60 |

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

Meet Program - 16-03-2023 Thurs Eve

Event 20 Boys 15 & Over 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|-----------------------------------|-----|-----------------------|-----------|
| Heat 1 of 76 Timed Finals | | | | |
| 4 | Ahmed Tamer Mostafa EL Said | 17 | Rowad | NT |
| 5 | Marwan Mohamed Alaa Eldin Moha | 15 | Wadi Degla | NT |
| 6 | Hamza Mohamed Ahmed Ewis | 15 | Wadi Degla | NT |
| Heat 2 of 76 Timed Finals | | | | |
| 2 | Waleid Mohamed Sobhy | 20 | Zamalek | NT |
| 3 | Saif Eldin Adel Elsayd | 15 | Elethead | NT |
| 4 | Yassin Hussein Nabil Hussein | 15 | Shooting | NT |
| 5 | Ziad Wael Mohamed | 19 | Zamalek | NT |
| 6 | Mohamed Karim Mohamed | 15 | Wadi Degla | NT |
| 7 | Ahmed Hazem Mohamed Apdlwahe | 19 | 6th | NT |
| 8 | Ismail Helmy ali | 16 | Goldy | NT |
| 9 | Seif El Din Hamdy Husain Elkilany | 16 | Wadi Degla | NT |
| Heat 3 of 76 Timed Finals | | | | |
| 1 | Omar Ahmed Mohamed Abd Elhafez | 16 | Petrosport | NT |
| 2 | Marwan Ahmed Alaa EL_dien | 15 | Sporting | NT |
| 3 | Yossef Ayman Said | 15 | El Ghaba | NT |
| 4 | Amr Mohamed Abu Elfettouh | 15 | Wadi Degla | NT |
| 5 | Ahmed Hany Salem | 16 | El Zohour | NT |
| 6 | Mazin Mohamed Ahmed Abaas | 15 | Enppi | NT |
| 7 | Ahmed Awny Galal | 19 | Ahly | NT |
| 8 | Ahmed Samy Hassan | 15 | M.S Tagamoa | NT |
| 9 | Eyad Mohamed abd Elhamed | 15 | Tanta | NT |
| 10 | Yousif Ahmed Salah | 17 | Al Tersana | NT |
| Heat 4 of 76 Timed Finals | | | | |
| 1 | Yossef Magdy el Azhary | 18 | Heliopolis | NT |
| 2 | Ziad Ahmed abd Elhamid | 17 | Enppi | NT |
| 3 | Mohamed Mashhour Yehia | 18 | Ahly | NT |
| 4 | Ziad Mohamed Mohamed Abdel Mor | 17 | Rowad | NT |
| 5 | Yassin Amr Mohamed Arfa | 17 | Shooting | NT |
| 6 | Ahmed Amr Abdel Azzim | 18 | Ahly | NT |
| 7 | Ahmed amr Mahmoud | 15 | Zamalek | NT |
| 8 | Ahmed Abdelaziz Elshekh | 15 | Pegasus Club | NT |
| 9 | Yassin Ahmed Fouad | 16 | Wadi Degla | NT |
| 10 | Sofyan Hassan Mohamed | 16 | Ismaily Sporting Club | NT |
| Heat 5 of 76 Timed Finals | | | | |
| 1 | Karim Nasr Mansourmansour | 16 | Shooting | NT |
| 2 | Abdelrahman Yasser | 17 | Smouha | NT |
| 3 | Mohamed Said Labib Mohamed | 17 | Shooting | NT |
| 4 | Elgamel Youssef Elgamel Youssef | 15 | Olympic | NT |
| 5 | Yassin Mohamed Abdelnaby | 16 | Ismaily Sporting Club | NT |
| 6 | Ahmed Adel Shaaban | 15 | Goldy | NT |
| 7 | Yousf Aymn Ebrahim Ahmed | 18 | 6th | NT |
| 8 | Ziad Abdallah Zakria | 16 | El Nasr Club | NT |
| 9 | Mohamed Ahmed Salah | 17 | Al Tersana | NT |
| 10 | Yossef Ahmad Mahmud FahmeA | 15 | Smouha | NT |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 6 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------|----|----------------|----|
| 1 | Khalid Ehab Obaid | 19 | Elethead | NT |
| 2 | Mohamed Tamer Mohamed | 22 | Wadi Degla | NT |
| 3 | Marwan Nehad Zakareia | 25 | Wadi Degla | NT |
| 4 | Eyad Akram Kamel | 16 | Elethead | NT |
| 5 | Marten Baher Fouad | 18 | Sporting | NT |
| 6 | Ahmed Khaled Farouk Fadel | 15 | 6th | NT |
| 7 | Essam Hassan Allam | 15 | El Gezira | NT |
| 8 | Mohamed Nsr Mohamed Eprahem | 19 | 6th | NT |
| 9 | Essa Shref Abd EL Monem | 15 | Heliopolis | NT |
| 10 | Abdelrahman Moataz Yahia | 15 | Bank Ahly Geza | NT |

Heat 7 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|--------------------------|----|
| 1 | Yousef Samir Abel Fatah | 18 | Zamalek | NT |
| 2 | Hamza Muhammed Abd el Aal | 16 | Hadak Al Ahram | NT |
| 3 | Mazen Waled Mohamed | 16 | Al Tersana | NT |
| 4 | Ziad Emad Atya | 16 | Wadi Degla | NT |
| 5 | Mazen Ibrahim Ahmed Shoka | 16 | Smouha | NT |
| 6 | Nabil Ahmed Nabil Elharas | 15 | Tanta | NT |
| 7 | Youssef Ashraf Mohamed Tira | 18 | Moasasa Riadiyah Askaria | NT |
| 8 | Omar Mahmoud Aly Tawfik | 17 | Ahly | NT |
| 9 | Youssef Sameh Salah Eldin Sayed | 17 | 6th | NT |
| 10 | Yoseef Ahmed Elgamel | 17 | Gezira El Ward | NT |

Heat 8 of 76 Timed Finals

| | | | | |
|----|-----------------------------|----|--------------------------|----|
| 1 | Yasin Alaa Ibrahim Elbieh | 19 | Smouha | NT |
| 2 | Omar Mohamed Farouk | 15 | Elethead | NT |
| 3 | Eyad Mohamed Sayed Ahmed | 22 | Moasasa Riadiyah Askaria | NT |
| 4 | Begad Ashraf Abdel Fatah | 17 | Wadi Degla | NT |
| 5 | Adham Hossam Lotfy Hassan | 17 | Smouha | NT |
| 6 | Ali Mohamed El Rakiby | 17 | Heliopolis | NT |
| 7 | Youssf Mohamed Eltokhy | 15 | Meit Khakan Sport Club | NT |
| 8 | Mahmud Adel Mohamad Mohamad | 15 | Smouha | NT |
| 9 | Omar Samy Abdelsalam Male | 16 | Smouha | NT |
| 10 | Bishoy Samy | 17 | Sporting | NT |

Heat 9 of 76 Timed Finals

| | | | | |
|----|----------------------------|----|------------------------|----|
| 1 | Ahmed Amr Magdy | 18 | Shooting | NT |
| 2 | Yossef Sayed Ahmed Elsayed | 16 | El Ghaba | NT |
| 3 | Omar Khaled Abdelrhim | 17 | Ismaily Sporting Club | NT |
| 4 | Karim Ahmed Naser Abdelmee | 17 | Smouha | NT |
| 5 | Mohamed Hasham Mohmod | 16 | A S E C | NT |
| 6 | Ali Gamal Elsabrout | 15 | Meit Khakan Sport Club | NT |
| 7 | Omar Mostafa Esmael Ebrhe | 15 | Smouha | NT |
| 8 | Ali Mohamed Mousa | 18 | Tanta | NT |
| 9 | Yassin Ahmed Fawzy | 15 | Meit Khakan Sport Club | NT |
| 10 | Mazen Mostafa Asfoor | 15 | El Zohour | NT |

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| | | | | |
|----|--------------------------------|----|----------------|----|
| 1 | abd el Rahman Waleed el Shahat | 16 | Heliopolis | NT |
| 2 | Zeiad Mohamed Ahmed | 17 | Bank Ahly Geza | NT |
| 3 | Omar Ahmed Nsr | 16 | Pegasus Club | NT |
| 4 | Mohamed Hesham Esmail Hamd | 20 | 6th | NT |
| 5 | Omar Mohamed Hassan | 15 | Ahly | NT |
| 6 | Adham Ahmed Abd Elmoneim | 16 | El Obour | NT |
| 7 | Yassen Ahmed Fathy Shams | 15 | Mokattam | NT |
| 8 | Ahmed Adel Mohamed Meselhy | 23 | Ahly | NT |
| 9 | Mohand Hossam Fathy Khalel | 15 | Goldy | NT |
| 10 | Baderelden Nabel Badr Kassem | 17 | Bank Ahly Alex | NT |

Heat 11 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|----------------|----|
| 1 | Ahmed Tamer Abdel Lattif | 16 | Sporting | NT |
| 2 | Omar Mohamed Omar Sofy | 16 | Shooting | NT |
| 3 | Yassin Mohamed Sobhy | 15 | Wadi Degla | NT |
| 4 | Hasan Hatem Hasan | 17 | Wadi Degla | NT |
| 5 | Aly Mohammed Sadek | 15 | Palm Hills | NT |
| 6 | Mazen Emad Hamed | 16 | Ahly | NT |
| 7 | Kirlis Asaad Aaryan | 15 | El Ghaba | NT |
| 8 | omr Ayman Hamdi | 18 | Elethad | NT |
| 9 | Yahya Waled Abdelmonem | 17 | Misr Insurance | NT |
| 10 | Abdel Rahman Ahmed El_faytoury | 15 | Sporting | NT |

Heat 12 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|----------------|----|
| 1 | Mohamed abd Elraouf Alaam Mohar | 20 | Goldy | NT |
| 2 | Yahia Radwan Nour El Din | 15 | Elethad | NT |
| 3 | Mhmoud Hassan Mhmod Khlossy | 17 | Smouha | NT |
| 4 | Omar Mohamed Ahmed Fathy | 16 | Shooting | NT |
| 5 | Youssef Mohamed Abd Elazim | 15 | El Zohour | NT |
| 6 | el Farok Omer el Farok | 16 | Bank Ahly Geza | NT |
| 7 | Omar Karim Ali Abd El Hamid | 17 | Senzo | NT |
| 8 | Kamal Ahmed Kamal | 15 | Wadi Degla | NT |
| 9 | Mohamed Ahmed Amin Mahmoud | 15 | Mokattam | NT |
| 10 | Mohamed Aboelazm Maghawry Abo | 15 | 6th | NT |

Heat 13 of 76 Timed Finals

| | | | | |
|----|---------------------------|----|----------------|----|
| 1 | Mohamed Ashraf Abdo | 17 | Elethad | NT |
| 2 | Moustafa Sherif Moustafa | 15 | Wadi Degla | NT |
| 3 | Eyad Alaa El Kholy | 16 | Wadi Degla | NT |
| 4 | Omar Mohamed Taha Radwan | 23 | Smouha | NT |
| 5 | Adam Mohmoud Abdelftah Ka | 17 | Bank Ahly Alex | NT |
| 6 | Ziad Hateem Foad | 16 | Elethad | NT |
| 7 | Ahmed Hesham Mostafa | 20 | Shooting | NT |
| 8 | Mohab Karem Mohamed Fahem | 15 | Elethad | NT |
| 9 | Omr Mohamed Metwaly | 17 | Elethad | NT |
| 10 | Mokhtar Ahmed Faiyad | 16 | Sporting | NT |

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

Meet Program - 16-03-2023 Thurs Eve

Heat 14 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|---------------------------------|----|------------|----|
| 1 | Seif El-Din Khaled Mohmed Hamdy | 15 | Shooting | NT |
| 2 | Mhmoud A Hmed Mhmoud Hsanen | 15 | 6th | NT |
| 3 | Loaay Motasem Alaaeldin | 16 | Zamalek | NT |
| 4 | Mazen Ismail Mohamed Ismail | 19 | Maadi | NT |
| 5 | Esmat Ashraf Esmat Hatata | 18 | Smouha | NT |
| 6 | Nadeem Naser El Din Fawzy | 23 | Tanta | NT |
| 7 | Abdelrahman Ahmed Bahgat | 15 | Smouha | NT |
| 8 | Omar Ahmed Abd Elaziz | 16 | Wadi Degla | NT |
| 9 | Abdullah Ahmed Islam | 15 | Elethad | NT |
| 10 | Aly Samy Elshafy | 17 | Sporting | NT |

Heat 15 of 76 Timed Finals

| | | | | |
|----|----------------------------------|----|-----------------------|----|
| 1 | Moamen El Saed Soltan | 22 | Tanta | NT |
| 2 | Aly Mohamed Aly | 16 | Sporting | NT |
| 3 | Ahmed Emad Ahmed | 18 | Ahly | NT |
| 4 | Adham Mohamed Said Mohamed | 15 | A S E C | NT |
| 5 | Mohamed Osama Fekry | 15 | Wadi Degla | NT |
| 6 | Ahmed Mahmoud Seddik Ali | 15 | Elethad | NT |
| 7 | Ismael Moh.Ibrahim ElAwady Abd E | 17 | El Gezira | NT |
| 8 | Ahmed Mohamed Ahmed Helal | 16 | Ahly | NT |
| 9 | Ziad Haithm Mostafa | 15 | Ismaily Sporting Club | NT |
| 10 | Yossef Ayman Abdalla Mohama | 15 | Smouha | NT |

Heat 16 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|-----------------------|----|
| 1 | Hassan Ibrahim Arafa | 15 | Rowad | NT |
| 2 | Moataz Mahmoud Mohamed Ahmed | 15 | Wadi Degla | NT |
| 3 | Yossef Salah Saber | 16 | Elethad | NT |
| 4 | Yossif Yasser Atteya | 18 | A S E C | NT |
| 5 | Abdelrahman Ahmed Mohamed | 15 | Ismaily Sporting Club | NT |
| 6 | Adham Ahmed abd Elkade | 16 | Elethad | NT |
| 7 | Yossef Ahmed Farok Hassan | 20 | Maadi | NT |
| 8 | Salman Khaled Saber Kamel | 16 | Rowad | NT |
| 9 | Abdelrahman Ahmed Hassan | 15 | Sporting | NT |
| 10 | Seifeldeen Mohmed Khairy | 16 | YMCA | NT |

Heat 17 of 76 Timed Finals

| | | | | |
|----|---------------------------|----|----------------|----|
| 1 | Waleed Samer Mahmoud | 18 | Ahly | NT |
| 2 | Amar Hazem Zakey Zakareya | 15 | Smouha | NT |
| 3 | Abdel Hamied Ahmed Yousif | 15 | Bank Ahly Geza | NT |
| 4 | Ahmed Hatem abd el Sabour | 24 | Nasr City | NT |
| 5 | Ramez Amr Mohamed Ibrahim | 16 | Wadi Degla | NT |
| 6 | Adam Ahmed Mohamed Kandil | 17 | El Shams | NT |
| 7 | Mahmoud Haitham Mahmoud | 19 | Zamalek | NT |
| 8 | Amro Hosen Fathy Hosen | 15 | Tanta | NT |
| 9 | Mostafa Ahmed Elesawy | 21 | Ahly | NT |
| 10 | Yasin Mohamed Abu Raya | 18 | Tanta | NT |

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

Meet Program - 16-03-2023 Thurs Eve

Heat 18 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|-------------------------------|----|------------|----|
| 1 | Mohamed Waled Adel Brakat | 15 | Heliopolis | NT |
| 2 | Omar Talal Ragab | 17 | Sporting | NT |
| 3 | Hassan Karim Aqlan | 15 | Sporting | NT |
| 4 | Mohab Khaled Sayed | 17 | Wadi Degla | NT |
| 5 | Belal Eslam Elsaid Abd Elrazk | 15 | Wadi Degla | NT |
| 6 | Ahmed Osama Mohamed | 20 | Cairo | NT |
| 7 | Ahmed Waleed | 16 | Sporting | NT |
| 8 | Omar Khaled Khamis | 18 | A S E C | NT |
| 9 | Ahmed Hazem Ibrahim | 16 | Enppi | NT |
| 10 | Sohaib Khaled Emam | 20 | Ahly | NT |

Heat 19 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------|---------|
| 1 | Youssef Ahmed Fouad | 16 | Ahly | NT |
| 2 | Abdelrahman Mohamed Saied Elsay | 15 | Olympic | NT |
| 3 | Adam HossamEldin Mohamed | 16 | Smouha | NT |
| 4 | Mohamed Nabil Mohamed | 15 | Ahly | 1:20.61 |
| 5 | Mark Maher Helmy Eskander | 15 | Wadi Degla | 1:18.54 |
| 6 | Yehia Mohamed Ahmed Hafez | 15 | Wadi Degla | 1:19.08 |
| 7 | Omar Ahmed Hamed | 15 | Sharks Team | 1:27.17 |
| 8 | Ibrahim Shams Eldin Mohamed | 15 | Ahly | NT |
| 9 | Ahmed Waleed Abdel Hady | 15 | Ahly | NT |
| 10 | Ahmed Wael Ibrahim Desouki | 19 | Tawfekaya | NT |

Heat 20 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|--------------------|---------|
| 1 | Mohamed Yasser Mohamed | 15 | A S E C | 1:17.91 |
| 2 | Saif Amr Reda Sayed | 15 | Wadi Degla | 1:16.65 |
| 3 | Mazen Nadeem Mohamed Mahmoud | 16 | Wadi Degla | 1:15.46 |
| 4 | Mahmoud Sherif Abd Elmonem | 15 | El Zohour | 1:15.37 |
| 5 | Yassin Emad Abd Elkhalek | 15 | Zagazig University | 1:14.01 |
| 6 | Hazem Hassam Mostafa Ramze | 15 | Smouha | 1:14.19 |
| 7 | Mazen Mohamed Mahros | 15 | Elethead | 1:15.37 |
| 8 | Youssef Mohamed Ismail Youssef | 16 | Rowad | 1:16.51 |
| 9 | Keven Latif Farag | 15 | Wadi Degla | 1:17.17 |
| 10 | Rashed Hatem Hasan | 15 | Wadi Degla | 1:18.33 |

Heat 21 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|-------------------------|---------|
| 1 | Youssef Abd Elazem Mohamed | 15 | Zagazig University | 1:13.59 |
| 2 | Kaled Amr Ahmed Bashir | 15 | Elethead | 1:13.37 |
| 3 | Michell Ramy Farouk | 15 | Wadi Degla | 1:12.31 |
| 4 | Marwan Walid Abdel-khalek | 15 | Wadi Degla | 1:12.04 |
| 5 | Ismail Tamer Ismaiel | 15 | El Shams | 1:11.89 |
| 6 | abd Elrhman Mohamed Mahmoud | 16 | Elethead | 1:12.00 |
| 7 | Adam Ahmed Elsaeed Mohamed Mo | 15 | Moasasa Riadhia Askaria | 1:12.13 |
| 8 | Eyad Mohamed Elsayed Hassan | 15 | Al Tersana | 1:12.51 |
| 9 | Mohamed Moustafa Mohamed | 15 | Tlaea El Ostol | 1:13.49 |
| 10 | Yassin Mostafa Nasr | 15 | Sporting | 1:13.66 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 22 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------|----|----------------|---------|
| 1 | Mohamed Zakaria Ahmed | 16 | Goldy | 1:11.82 |
| 2 | Youssef Ossama Ashraf Ahmed | 15 | El Shams | 1:11.73 |
| 3 | Seif Medhat Nabil | 16 | Sporting | 1:11.29 |
| 4 | Ali Ayman Nematallah | 15 | Sporting | 1:10.85 |
| 5 | Moahmed Wael Mohamed | 16 | Smouha | 1:10.83 |
| 6 | Adam Yasser Shaker | 15 | New Giza | 1:10.84 |
| 7 | Ahmed Rezk Eid Mahmoud | 16 | Goldy | 1:11.16 |
| 8 | Ahmed Sameh Mohamed | 15 | Tlaea El Ostol | 1:11.66 |
| 9 | Hassan Ashraf Shehata | 16 | Elethad | 1:11.81 |
| 10 | Khalid Islam Gomaa | 16 | Wadi Degla | 1:11.86 |

Heat 23 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|--------------------|---------|
| 1 | Yaseen Ahmed Said | 15 | Elethad | 1:10.64 |
| 2 | Omar Salah Salah Ghonem | 15 | New Giza | 1:10.38 |
| 3 | Bsada Mark Nage | 15 | Zagazig University | 1:10.16 |
| 4 | abd Allah Hosam abd Alrzak | 16 | Enppi | 1:10.04 |
| 5 | Omar Ayman Aly Mohamed | 15 | A S E C | 1:09.97 |
| 6 | Mohamed Eliwa Mohamed | 16 | Goldy | 1:10.00 |
| 7 | Osman Moh. Osman Moh. Osman | 15 | El Gezira | 1:10.15 |
| 8 | Nour Nasser Ahmed Gadelkareem | 15 | Olympic | 1:10.26 |
| 9 | Marwan Sameh Zakrea | 16 | Bank Ahly Geza | 1:10.57 |
| 10 | Marwan Mohammed Younis | 17 | Bank Ahly Geza | 1:10.66 |

Heat 24 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|-------------------------|---------|
| 1 | Ahmed Khaled Mohamed Said | 16 | Moasasa Riadiah Askaria | 1:09.87 |
| 2 | Moaz Ibrahiem Nassar | 16 | Wadi Degla | 1:09.76 |
| 3 | Abdelrahman Wael Abdelmoniem | 15 | El Ghaba | 1:09.73 |
| 4 | Marwan Ahmed Elsayed Ahmed | 15 | Olympic | 1:09.66 |
| 5 | Hamza Mohamed Abo Taleb | 15 | Wadi Degla | 1:09.23 |
| 6 | Saeed Islam Saeed Hassan | 16 | Moasasa Riadiah Askaria | 1:09.45 |
| 7 | Ahmed Hassan Ibrahim | 15 | Wadi Degla | 1:09.72 |
| 8 | Ahmad Atef Mohamad | 17 | Smouha | 1:09.73 |
| 9 | Hazem Mohamed Abd Elhameed | 15 | El Zohour | 1:09.77 |
| 10 | Hamza Mohamed Shamrock | 17 | Senzo | 1:09.95 |

Heat 25 of 76 Timed Finals

| | | | | |
|----|----------------------------------|----|------------|---------|
| 1 | Fares Ehab Moustafa Ibrahim | 15 | Olympic | 1:08.80 |
| 2 | omr Tamer Elsaed Elroby | 16 | Elethad | 1:08.63 |
| 3 | Nour El Dein Maged El Shenawey | 17 | Smouha | 1:08.29 |
| 4 | Yahia Helmy Mohamed Mohame | 15 | A S E C | 1:07.98 |
| 5 | Islam Farag Saleh | 15 | Wadi Degla | 1:07.71 |
| 6 | Youssef Ahmed Fathy Abdel Moniem | 15 | Wadi Degla | 1:07.97 |
| 7 | Abdelharman Shref Anes Ibrahim | 17 | Smouha | 1:08.12 |
| 8 | Adham Ahmed Mohamed | 15 | 6th | 1:08.45 |
| 9 | Hamza Wael Nasreldin | 16 | Wadi Degla | 1:08.64 |
| 10 | Abdallah Mohamed Metwally | 15 | Wadi Degla | 1:08.97 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 26 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------|----|------------|---------|
| 1 | Yasen Mohamed El Bawab | 15 | Heliopolis | 1:07.64 |
| 2 | aly Mohamed Fathy | 16 | Tanta | 1:07.60 |
| 3 | Azzam Mohamed Sheha | 16 | Olympic | 1:07.38 |
| 4 | Ammar Amr Al Qorsa | 15 | Goldy | 1:07.06 |
| 5 | Ahmed Sameh Saied Khamis | 15 | Olympic | 1:06.94 |
| 6 | Ismail Moataz Halbony | 17 | Maadi | 1:06.97 |
| 7 | Ali Walid Ali | 15 | Elethad | 1:07.32 |
| 8 | Abd Alla Amr Ali Ahmed | 15 | El Zohour | 1:07.49 |
| 9 | Yahya Assem Mohamed Hanfy | 16 | Palm Hills | 1:07.63 |
| 10 | Sherif Atef Mohamed Mohamed | 15 | Rowad | 1:07.68 |

Heat 27 of 76 Timed Finals

| | | | | |
|----|-----------------------------------|----|--------------------------|---------|
| 1 | Hessen Moh. Hessen Elbadry Moh. R | 16 | El Gezira | 1:06.88 |
| 2 | Mostafa Hesham FatoH Basune | 15 | Smouha | 1:06.74 |
| 3 | Saeed Mohamed AL Saeed | 16 | Rowad | 1:06.69 |
| 4 | Ali Hesham Abas Tawfek | 15 | Smouha | 1:06.24 |
| 5 | Adham Ayman Ebrahim Swilam | 15 | Tanta | 1:05.99 |
| 6 | Zeyad Mohamed Elsayed | 15 | Sporting | 1:06.17 |
| 7 | Mohamed Ahmed Husien | 15 | Pegasus Club | 1:06.26 |
| 8 | Marwan Waleed Mohamed Fawzy | 15 | Shooting | 1:06.72 |
| 9 | Mohammed Ahmed Elsaheed Hussier | 16 | Moasasa Riadiyah Askaria | 1:06.80 |
| 10 | Youssef Al Said Abdel Hameed | 16 | Rowad | 1:06.92 |

Heat 28 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|----------------|---------|
| 1 | Seif Eldeen Essam Reda | 16 | Palm Hills | 1:05.92 |
| 2 | Yehya Tamer Hamdy Shwata | 15 | Tanta | 1:05.87 |
| 3 | Belal Ahmed Mousad | 16 | A S E C | 1:05.80 |
| 4 | Omar Hany Sayed Khalel | 16 | Wadi Degla | 1:05.74 |
| 5 | Eyad Mohamed Mansor | 15 | Elethad | 1:05.63 |
| 6 | Ahmed Wahid Mohamed | 15 | El Zohour | 1:05.67 |
| 7 | Tayem Wessam Azab | 15 | Sporting | 1:05.76 |
| 8 | Moaaz Islam Hussain Ismail | 15 | Elethad | 1:05.85 |
| 9 | Omar Tamer Gouda | 17 | Ahly | 1:05.91 |
| 10 | Abdel Rahman Ahmed Nour el Dein | 15 | Bank Ahly Geza | 1:05.92 |

Heat 29 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|------------|---------|
| 1 | Mohamed Khaled Mohmd Kamal Elt | 20 | Shooting | 1:05.54 |
| 2 | Ahmed Khaled Badr | 15 | Elethad | 1:05.50 |
| 3 | Ahmed Hessin Ahmed | 15 | Enppi | 1:05.49 |
| 4 | Mostafa Moataz Mohamed | 15 | Wadi Degla | 1:05.42 |
| 5 | abd Allah Khaled abd Elmonem | 15 | Tanta | 1:05.40 |
| 6 | Omar El Sayed Ali | 15 | Elethad | 1:05.41 |
| 7 | Omar Mohamed Abdalem | 15 | Senzo | 1:05.47 |
| 8 | Zeyad Sayed Ahmed | 15 | El Ghaba | 1:05.49 |
| 9 | Mohamed Haitham El Sayed Awad | 15 | Maadi | 1:05.53 |
| 10 | Adel Khaled Gougou | 15 | Sporting | 1:05.56 |

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

Meet Program - 16-03-2023 Thurs Eve

Heat 30 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|-------------------------------|----|-------------------------|---------|
| 1 | Loai Ahmed Salah Eldeen Ahmed | 15 | Moasasa Riadiah Askaria | 1:05.34 |
| 2 | Youssef Mohamed Youssef | 15 | Ultimate | 1:05.32 |
| 3 | Hassan Nabil Samy Elnaggar | 15 | El Gezira | 1:04.95 |
| 4 | Abdel Rahman Mostafa Fargaly | 17 | Rowad | 1:04.93 |
| 5 | Mohamed Waled Taher | 15 | Rowad | 1:04.81 |
| 6 | Marwan Mahmoud Mabrouk | 16 | El Nasr Club | 1:04.84 |
| 7 | Mohamed Kareem Mohamed | 18 | Elethead | 1:04.94 |
| 8 | Roshdy Ahmed Roshdy | 15 | Wadi Degla | 1:05.18 |
| 9 | Mohamed Mahmoud Mohamed Shaf | 15 | Tanta | 1:05.32 |
| 10 | omr abd Elrhman ali | 16 | Elethead | 1:05.35 |

Heat 31 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|------------|---------|
| 1 | Yousef Moustafa Fargaly | 18 | Rowad | 1:04.79 |
| 2 | Omar Hany Magdy | 15 | Enppi | 1:04.72 |
| 3 | Omar Mohamed Ayman Abd El-Gaw. | 15 | Shooting | 1:04.67 |
| 4 | Marwan Reda Hussein | 15 | Senzo | 1:04.60 |
| 5 | Mohamed Hossam el din Saber | 15 | Wadi Degla | 1:04.59 |
| 6 | Ziad Mohamed Galal | 15 | Rowad | 1:04.59 |
| 7 | Yossef Waled Ebrahim Mohama | 15 | Smouha | 1:04.64 |
| 8 | Adham Ashraf Sheta | 15 | Sporting | 1:04.69 |
| 9 | Bassel Mostafa Mohamed | 15 | Wadi Degla | 1:04.77 |
| 10 | Fares Karm Refaay | 15 | Ahly | 1:04.80 |

Heat 32 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|----------------|---------|
| 1 | Youssef Ahmed Ibrahim ElSayed | 16 | El Shams | 1:04.49 |
| 2 | Adham Ahmed Ragab | 17 | Wadi Degla | 1:04.39 |
| 3 | Karim Mahmoud Farouk | 21 | Beni Suef Club | 1:04.31 |
| 4 | Omar Walid Hatem | 15 | Wadi Degla | 1:04.19 |
| 5 | Adam Samer AbdElghany Mga | 19 | Smouha | 1:04.13 |
| 6 | Mohamed Moatazbellah Mohamed N | 15 | Wadi Degla | 1:04.16 |
| 7 | Abdel Aziz Mohamed Abdel Azez | 17 | Wadi Degla | 1:04.30 |
| 8 | Hamza Hossam Eldin Fayez | 15 | Police Club | 1:04.35 |
| 9 | Yousef Ashraf Ahmed | 16 | Heliopolis | 1:04.43 |
| 10 | Abdelrahman Khaled Fathy | 16 | Smouha | 1:04.50 |

Heat 33 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|------------|---------|
| 1 | Ahmed Wael El Shamaa | 16 | Sporting | 1:04.13 |
| 2 | Ibrahim Saleh Ibrahim Saleh | 18 | A S E C | 1:04.09 |
| 3 | Osama Emad Awad | 16 | Wadi Degla | 1:04.02 |
| 4 | Adel Mohamad Adel Ramadan | 15 | Smouha | 1:03.95 |
| 5 | Seif Mohamed Abdelmonim | 15 | Zamalek | 1:03.88 |
| 6 | Youssef Mohamed Fathy Mohame | 16 | Smouha | 1:03.88 |
| 7 | Adam Ayman Wageh | 17 | Wadi Degla | 1:03.97 |
| 8 | Ibrahem Mohamed Ibrahem Elsa | 17 | Smouha | 1:04.07 |
| 9 | Youssef Mohamed Fathy | 16 | New Giza | 1:04.13 |
| 10 | Talal Ashraf Abdel Fatah | 15 | Wadi Degla | 1:04.13 |

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Heat 34 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|------------------------------|----|---------------|---------|
| 1 | Ahmed Mahmoud Farouk | 15 | Wadi Degla | 1:03.74 |
| 2 | Ahmed Sameh Samer Mohsen | 16 | Smouha | 1:03.70 |
| 3 | Youssef Omar Mhmoud Omar | 16 | Smouha | 1:03.62 |
| 4 | Youseif Mohamed Mohamed Saei | 16 | Zamalek | 1:03.60 |
| 5 | Sief Ahmed Farouk | 15 | El Zohour | 1:03.46 |
| 6 | Abdel Rahman Mohamed Mohamed | 16 | Rowad | 1:03.54 |
| 7 | Omar Ehab Mhmoud Hasan | 16 | Smouha | 1:03.60 |
| 8 | Abd EL Rahman Ahmed Ramadan | 15 | Rowad | 1:03.69 |
| 9 | Ahmed Ehab Seyam | 16 | Tanta | 1:03.71 |
| 10 | Mohamed Salam | 15 | Seka El Hadid | 1:03.76 |

Heat 35 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|------------------------|---------|
| 1 | Youssef Mohamed Hamed | 15 | Wadi Degla | 1:03.45 |
| 2 | Yousif Islam Mohamed Ragae | 15 | Zamalek | 1:03.42 |
| 3 | Mohamed Mamdouh Mohamed Moh | 16 | Moasasa Riadia Askaria | 1:03.37 |
| 4 | Mahmoud Amr El-shobaki | 15 | Shooting | 1:03.31 |
| 5 | Mohamed Tarek Mohamed Salah | 16 | Smouha | 1:03.26 |
| 6 | Mohamed Hamid Shaker | 15 | Zamalek | 1:03.26 |
| 7 | Marwan Mohamed Ahmed | 17 | Enppi | 1:03.33 |
| 8 | Adham Amr Ahmed ElSharambakho | 15 | Wadi Degla | 1:03.39 |
| 9 | Belal Ibrahim Abass | 17 | A S E C | 1:03.42 |
| 10 | Eyad Mohamed Yousry | 15 | Wadi Degla | 1:03.45 |

Heat 36 of 76 Timed Finals

| | | | | |
|----|------------------------------------|----|----------------|---------|
| 1 | Ahmed Khaled Abd El Karim Mohar | 16 | Maadi | 1:03.21 |
| 2 | Kareem Mohamed Payomy Hassan | 16 | 6th | 1:03.16 |
| 3 | Zyad Abdelrehem Khalaf Ab | 16 | Bank Ahly Alex | 1:03.13 |
| 4 | Abd Elhalim Alaa Abd Elhalim | 16 | El Zohour | 1:03.10 |
| 5 | Yasin Mossa Moh. Faghr Eldin Hawa: | 15 | El Gezira | 1:03.06 |
| 6 | Yasin Amro Mamdouh | 16 | Heliopolis | 1:03.08 |
| 7 | Hmdi Ahmed Hmdi Byomi | 18 | 6th | 1:03.13 |
| 8 | Yassen Haitham Ghazy | 16 | Tawfekaya | 1:03.15 |
| 9 | Abdelrahman Ahmed Ali Ahmed | 16 | Bank Ahly Alex | 1:03.20 |
| 10 | Mohamed Ashraf Safwat | 15 | Zamalek | 1:03.24 |

Heat 37 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|------------------------|---------|
| 1 | Ahmed Sameh Abdelkader | 18 | Wadi Degla | 1:02.95 |
| 2 | abd Elrhman Mohamed Bakar | 16 | Elethad | 1:02.89 |
| 3 | Loai Ehab A.Meshaal | 16 | Wadi Degla | 1:02.82 |
| 4 | Omar Mostafa Ahmed Mostaf | 15 | Rowad | 1:02.78 |
| 5 | Ahmed Tarek Ahmed | 18 | Helwan Club | 1:02.73 |
| 6 | Mohamed Ahmed Mohamed Youssef | 15 | Ahly | 1:02.74 |
| 7 | Adam Mohamed Eldejwy | 15 | Meit Khakan Sport Club | 1:02.82 |
| 8 | Fares Mahmoud Mokhtar | 15 | Elethad | 1:02.88 |
| 9 | Mohamed Ahmed Dewan | 18 | Wadi Degla | 1:02.91 |
| 10 | Aser Mohamed Adel Ahmed | 15 | Elethad | 1:03.02 |

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Heat 38 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|-------------------------------|----|------------|---------|
| 1 | Yehia Mohamed El Bawab | 15 | Heliopolis | 1:02.58 |
| 2 | Mohab Hossam Farouk Mohame | 15 | Elethad | 1:02.52 |
| 3 | Saleh Mohamed Mahmoud Shawkt | 15 | Ahly | 1:02.52 |
| 4 | Youssef Ahmed El Tahlawy | 18 | Ahly | 1:02.47 |
| 5 | Omar Khaled Mohamed Nabil | 17 | A S E C | 1:02.47 |
| 6 | Mostafa Ahmed AL Saeed | 15 | Rowad | 1:02.47 |
| 7 | abd Allah Mohamed Abdelaziz | 15 | Zamalek | 1:02.49 |
| 8 | Abdelharman Hany Mohamed Amin | 17 | Smouha | 1:02.52 |
| 9 | Moaz Ahmed Ali Ahmed | 17 | Rowad | 1:02.56 |
| 10 | Abdullah Ahmed Fouad | 15 | Rehab | 1:02.62 |

Heat 39 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|----------------|---------|
| 1 | Ahmed Yahia Saied | 17 | Elethad | 1:02.42 |
| 2 | Ahmed Shref Sarhan | 17 | Tanta | 1:02.35 |
| 3 | Omer Ahmed Abo Bakr | 15 | Shooting | 1:02.29 |
| 4 | Yousef Mohamed Elsaed Moham | 15 | Bank Ahly Alex | 1:02.26 |
| 5 | Seif Mohamed Khalil Fathy | 15 | Tanta | 1:02.26 |
| 6 | Yazid Ahmed Mohamed | 15 | Elethad | 1:02.26 |
| 7 | Yassin Hussam Yassin Shebata | 15 | Shooting | 1:02.28 |
| 8 | Marwan Mohamad Morsy Ebrahe | 15 | Smouha | 1:02.30 |
| 9 | Baraa tal Salah | 15 | Zamalek | 1:02.41 |
| 10 | Omar Mohamed Abdel Azem | 15 | Al Hawar | 1:02.46 |

Heat 40 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|------------|---------|
| 1 | Youssef Khalil Alsaied | 15 | Rowad | 1:02.16 |
| 2 | Abd El Rahman Essam El Sayed | 18 | Wadi Degla | 1:02.09 |
| 3 | Adam Ahmed Elsaied aly | 15 | Zamalek | 1:01.94 |
| 4 | Marwan Ahmed Fathy Abdel Monier | 17 | Wadi Degla | 1:01.91 |
| 5 | Moaz Ahmed Zaki Mohamed | 15 | Tanta | 1:01.90 |
| 6 | Omar Ayman Wahied Mohamed | 15 | El Shams | 1:01.90 |
| 7 | Eyad Mohamed Hassan els | 16 | Zamalek | 1:01.93 |
| 8 | Anas Tamer Almalky | 16 | Elethad | 1:02.07 |
| 9 | Mohamad Kaled Mohamad Hamedo | 15 | Smouha | 1:02.12 |
| 10 | Marwan Mohamed Omer | 19 | Shooting | 1:02.21 |

Heat 41 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|--------------------|---------|
| 1 | Ibrahim Daa El Din | 15 | Shooting | 1:01.86 |
| 2 | Moaz Waheed Ibraheem Awad | 17 | Rowad | 1:01.85 |
| 3 | Mohamed Alaa Mohamed | 15 | Heliopolis | 1:01.76 |
| 4 | Ahmed Samy Mahmoud | 16 | El Ghaba | 1:01.74 |
| 5 | Ibrahim Mohamed Zarad | 15 | Wadi Degla | 1:01.73 |
| 6 | Yassien Amr Adly Mohamed Els | 16 | Smouha | 1:01.74 |
| 7 | Mohamed Khaled Mohamed Mahmo | 15 | Zamalek | 1:01.75 |
| 8 | Youssuf AbdElmoneim Khalaf | 17 | Sporting | 1:01.85 |
| 9 | Ahmed Mohamed Kaowd | 15 | Baladyat El Mahala | 1:01.85 |
| 10 | Nour Ahmed Elhassany | 16 | El Zohour | 1:01.88 |

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

Meet Program - 16-03-2023 Thurs Eve

Heat 42 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|--------------------------------|----|----------------|---------|
| 1 | Ahmad Amr Adel Abaza | 15 | Smouha | 1:01.71 |
| 2 | Omar Shrief Ahmed Ahmed S | 16 | Smouha | 1:01.64 |
| 3 | Omar Abd EL Razeq Kamal | 15 | Rowad | 1:01.59 |
| 4 | Eyad Waleed adb Alsalam | 16 | Elethead | 1:01.58 |
| 5 | Fares Ahmed Ameen Aly Alhgrssy | 17 | 6th | 1:01.55 |
| 6 | Yassen Amr Mahmoud Abdelsta | 15 | Bank Ahly Alex | 1:01.56 |
| 7 | Seif el Din Ayman Farid | 15 | Wadi Degla | 1:01.59 |
| 8 | Abd AllaaAmr Sabre Rashed | 17 | El Shams | 1:01.62 |
| 9 | Ali Mourad Salaheldein | 15 | New Giza | 1:01.68 |
| 10 | Omar Ahmed Mohamed Gaballah | 15 | Rowad | 1:01.73 |

Heat 43 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|-------------------------|---------|
| 1 | Khaled Mohamed Elsyed Tawfe | 17 | Smouha | 1:01.53 |
| 2 | Youssef Amr Yasseen Mady | 15 | El Gezira | 1:01.49 |
| 3 | Moustafa Mohamed Ahmed Abdelk | 15 | Zamalek | 1:01.44 |
| 4 | Yasen Ahmed eid Thabet | 16 | Moasasa Riadiah Askaria | 1:01.39 |
| 5 | Shady Wessam Mohamed | 15 | Wadi Degla | 1:01.37 |
| 6 | Mohmed Essam Saied | 16 | Cairo | 1:01.38 |
| 7 | Maarouf Abou El Magd Mohamed | 20 | 6th | 1:01.43 |
| 8 | Omar Moatasem Mahmoud | 16 | El Ghaba | 1:01.49 |
| 9 | Yehia Waleed Sultan | 15 | Wadi Degla | 1:01.53 |
| 10 | Ahmed Khaled Hashem Ali | 15 | Heliopolis | 1:01.53 |

Heat 44 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|------------|---------|
| 1 | Zeyad Khaled abd Elmonem | 16 | Tanta | 1:01.33 |
| 2 | Ali Ahmed Aadel Mosleh | 16 | 6th | 1:01.28 |
| 3 | Youssief Ahmed Ibrahim | 17 | A S E C | 1:01.20 |
| 4 | Marwan Mohamed Saber | 17 | Zamalek | 1:01.09 |
| 5 | Abdelrahman Mohamed Ramadan | 17 | Enppi | 1:01.05 |
| 6 | Ahmed Samy Sayed | 17 | Tawfekaya | 1:01.06 |
| 7 | Joshua Joseph Fouad | 15 | Al Tersana | 1:01.12 |
| 8 | Loay Alhesen Mohamad Alam | 15 | Smouha | 1:01.25 |
| 9 | Yamen Moustafa | 16 | Faros | 1:01.31 |
| 10 | Mohamud Mohamad Roshdey Abde | 15 | Smouha | 1:01.36 |

Heat 45 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|-------------------------|---------|
| 1 | Yassin Waleed Mohamed Mohamed | 17 | Olympic | 1:01.04 |
| 2 | Ziad Mohaned Salah | 19 | Wadi Degla | 1:01.03 |
| 3 | Ibrahim Mostafa Ibrahim | 17 | Moasasa Riadiah Askaria | 1:01.00 |
| 4 | Mostafa Mohamed Baker | 17 | Al Tersana | 1:00.94 |
| 5 | Adham Mohamed Abdelhamed | 17 | Tanta | 1:00.91 |
| 6 | Zeyad Emad Mamdoh | 17 | Tanta | 1:00.91 |
| 7 | Hamza Ahmed Abdelslam Moha | 15 | Bank Ahly Alex | 1:00.95 |
| 8 | Adm Hisham Mohamed | 17 | Elethead | 1:01.00 |
| 9 | Yahia Amr Mohamed | 17 | El Zohour | 1:01.03 |
| 10 | Abdlrhman Ayman Salah Elsayed | 16 | Heliolido | 1:01.04 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 46 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|--------------------------------|----|--------------|---------|
| 1 | Abdelrahman Ayman Kamal Shaaba | 15 | Elethead | 1:00.83 |
| 2 | Mahmoud Ahmed Mohamed Anwar | 15 | A S E C | 1:00.81 |
| 3 | Marvin Medhat Shokry | 17 | Shooting | 1:00.76 |
| 4 | Ahmed Wael el Qelioby | 19 | Zamalek | 1:00.76 |
| 5 | Mahmoud Ahmed Yehya | 16 | Wadi Degla | 1:00.73 |
| 6 | Mohamed Mostafa Alla' ElDin | 15 | Shooting | 1:00.75 |
| 7 | Hassn Hatem Mohamed | 18 | Enppi | 1:00.76 |
| 8 | Seif Mohmed Salah | 16 | Cairo | 1:00.80 |
| 9 | Awab Mostafa Mahmoud | 16 | Smouha | 1:00.82 |
| 10 | Shady Mody Maher Helmy | 19 | M S AL Minia | 1:00.90 |

Heat 47 of 76 Timed Finals

| | | | | |
|----|----------------------------|----|------------|---------|
| 1 | Ahmed Samir Helmy El Sayed | 15 | Tawfekaya | 1:00.68 |
| 2 | Amir Maged Eid Yousef | 15 | Heliopolis | 1:00.63 |
| 3 | Srag El Den Ahmed | 19 | Sporting | 1:00.52 |
| 4 | Ahmed Fathy Aid Abd el aty | 17 | Rowad | 1:00.50 |
| 5 | Moahmed Ahmed Farouq Elkot | 16 | Smouha | 1:00.42 |
| 6 | Eyad Mohamed Shaban | 16 | Al Tersana | 1:00.47 |
| 7 | Motaz amr Mostafa | 15 | Al Tersana | 1:00.50 |
| 8 | Yasin Tarek Mostafa | 17 | Heliopolis | 1:00.61 |
| 9 | Yassin Ahmed Nabil | 15 | Sporting | 1:00.64 |
| 10 | Abdel Rahman Essam Nabil | 18 | Elethead | 1:00.69 |

Heat 48 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|------------|---------|
| 1 | Omar Tarek Saleh | 16 | Sporting | 1:00.36 |
| 2 | Mazen Ahmed Ragab Abdel Hamed | 20 | Shooting | 1:00.31 |
| 3 | Adham Amr Mahmoud | 18 | Ahly | 1:00.24 |
| 4 | Ahmed Ramee Ahmed Hashem | 16 | 6th | 1:00.14 |
| 5 | Hany Mohsen Sayed | 15 | Ahly | 1:00.09 |
| 6 | Adam Hossamaldin Abdallah | 17 | Zamalek | 1:00.10 |
| 7 | Youssef Mohamed Mostafa Labi | 16 | Wadi Degla | 1:00.23 |
| 8 | Adham Nader Samir Mohamed | 16 | Smouha | 1:00.28 |
| 9 | Omar Samer Mahmoud | 15 | Ahly | 1:00.34 |
| 10 | Abdallah Mohamed Eldosuky | 16 | El Shams | 1:00.38 |

Heat 49 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|------------|---------|
| 1 | Zeiad Yehia Mohamed | 16 | Shooting | 1:00.05 |
| 2 | Ahmed Mohamed Salah Elsaye | 17 | Tanta | 1:00.02 |
| 3 | Ziad Abdel Ghany Osman | 19 | Rowad | 59.89 |
| 4 | Mahmoud Eissa Moharam | 15 | Wadi Degla | 59.88 |
| 5 | Omar Mahmoud Saeid | 15 | Nasr City | 59.86 |
| 6 | Yassin Ahmed Sayed Hafez | 17 | Elethead | 59.87 |
| 7 | Ahmed Khaled Youssef Moham | 17 | Smouha | 59.88 |
| 8 | Zeyad Hany Abd el Azeem | 19 | Wadi Degla | 59.96 |
| 9 | Abdel Rahman Ahmed Ali | 17 | Wadi Degla | 1:00.04 |
| 10 | Hussein Mohamed Hussein Ghazy | 15 | Wadi Degla | 1:00.05 |

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Heat 50 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|----------------------------------|----|----------------|-------|
| 1 | Youssef Amr Moustafa Hany | 17 | Heliolido | 59.85 |
| 2 | aly Eldin Ahmed Mohamed | 16 | Zamalek | 59.82 |
| 3 | Yassin Youssef Mohamed Elshaaben | 15 | Olympic | 59.77 |
| 4 | Abd Alla Nabil Eprahem | 19 | Shooting | 59.69 |
| 5 | Amr Saad EL Sayed | 19 | Elethad | 59.64 |
| 6 | Abdelrahman Ahmed Mohamed | 16 | Tlaea El Ostol | 59.68 |
| 7 | Abd Alla Mohamed Saleh | 17 | A S E C | 59.70 |
| 8 | Karim Mohamed Mahmoud | 19 | Heliolido | 59.78 |
| 9 | Eyad Ahmad Sobhy Ahmad So | 15 | Smouha | 59.84 |
| 10 | Omar Ahmed Hussien Mostaf | 16 | Smouha | 59.86 |

Heat 51 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|------------|-------|
| 1 | Mostafa Mohamed Salah Safoh | 15 | Tanta | 59.60 |
| 2 | Abd El Rahman Mohamed Abdalah | 17 | Sporting | 59.59 |
| 3 | Omar Kareem Mahmoud Abd El | 15 | Elethad | 59.56 |
| 4 | Omar Ahmed Hasan Khedr | 15 | Shooting | 59.48 |
| 5 | Seif ezz el din abd el Kawey | 16 | Shooting | 59.47 |
| 6 | Rashed Hany Ramadan | 20 | Rowad | 59.48 |
| 7 | Khaled Walied Atia | 18 | El Shams | 59.53 |
| 8 | Omar Adel Ishaq | 15 | Wadi Degla | 59.58 |
| 9 | Omar Mohamed Ibrahim | 16 | Wadi Degla | 59.59 |
| 10 | Tarek Ahmed Abdelwahab | 19 | Shooting | 59.60 |

Heat 52 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|-------------------------|-------|
| 1 | Mohamed Shreef | 16 | Tlaea El Ostol | 59.44 |
| 2 | Ziad Nabil Ahmed Mohamed | 16 | Smouha | 59.41 |
| 3 | Mohamed Tarek Abasy | 18 | Tanta | 59.38 |
| 4 | Yassin Abdallah Mohamed | 17 | Wadi Degla | 59.33 |
| 5 | Youssef Mohamed Mehrasz | 18 | Ahly | 59.29 |
| 6 | Yousef Mahmoud Sayed | 16 | Moasasa Riadiah Askaria | 59.32 |
| 7 | abd Elrahman Mohamed Ebrahim g | 15 | Tanta | 59.36 |
| 8 | Eyad Mohamed Amer | 15 | Tanta | 59.40 |
| 9 | Amar Haitham Mohamed Saeid | 16 | El Shams | 59.43 |
| 10 | Mahmoud Ashraf El Gayash | 16 | Wadi Degla | 59.45 |

Heat 53 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|------------------|-------|
| 1 | Ahmed Mohamed Abdel Salam Moh | 15 | Heliolido | 59.25 |
| 2 | Mohamed Essam Mohamed | 16 | Minia Sport Clup | 59.23 |
| 3 | Yousief Mohamed aly | 15 | Zamalek | 59.14 |
| 4 | Mostafa Mohamed Zaghlol | 17 | El Ghaba | 59.10 |
| 5 | Omar Waleed AlQabary | 16 | Sporting | 59.07 |
| 6 | Adham Ashraf Shawky Mohame | 16 | Zamalek | 59.09 |
| 7 | Yasein Hossam aly | 16 | Zamalek | 59.13 |
| 8 | Omar Sherif Abd El Hamid | 17 | Wadi Degla | 59.15 |
| 9 | Hassan Hossam Hassan Kamel Ali | 18 | El Shams | 59.24 |
| 10 | Ahmed Mohsen Mohamed | 18 | Elethad | 59.26 |

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Heat 54 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|-----------------------------|----|------------|-------|
| 1 | Hussein Mohamed Aly | 16 | Ahly | 58.95 |
| 2 | Eyad Mohamed Abdelstar | 16 | Zamalek | 58.88 |
| 3 | Yassen Ahmad Ebrahim Kallil | 15 | Smouha | 58.75 |
| 4 | Omar Mohamed Essam | 16 | Wadi Degla | 58.72 |
| 5 | Adham Tarik Ali Baiuomy | 18 | Smouha | 58.66 |
| 6 | Mohamed Nader Elbarbary | 16 | Tanta | 58.70 |
| 7 | Nour El Din Ayman | 18 | Sporting | 58.74 |
| 8 | Hamdy Mohamed Hamdy | 19 | Shooting | 58.76 |
| 9 | Mohamed abd Elshafy Sadek | 16 | Zamalek | 58.88 |
| 10 | Yassin Ahmed Othman | 16 | Sporting | 58.96 |

Heat 55 of 76 Timed Finals

| | | | | |
|----|------------------------------------|----|------------|-------|
| 1 | Ali Ahmed Abd el Monem Omara | 18 | El Shams | 58.59 |
| 2 | Hesen Mohamad Elsaeid Yose | 15 | Smouha | 58.55 |
| 3 | Yousef Yahya Zakriya Ramady | 20 | Sporting | 58.45 |
| 4 | Omar amr Helmy | 15 | El Tamsah | 58.43 |
| 5 | Belal Mohamed Fouad Ramadan | 15 | Olympic | 58.41 |
| 6 | Slem Wesam Samy Mohamed | 15 | Heliopolis | 58.42 |
| 7 | Hamza Mohamed Hassan Moubarak | 15 | Heliopolis | 58.44 |
| 8 | Hazem Waheed Ibrahim | 19 | Rowad | 58.52 |
| 9 | Yehia Mohamed Saad Eldin | 18 | Wadi Degla | 58.56 |
| 10 | Abd Allah Ahmed Abd El Aziz Hussie | 15 | Maadi | 58.60 |

Heat 56 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|------------|-------|
| 1 | Fadi Wael Gerges | 17 | Rehab | 58.32 |
| 2 | Fras Alaa Eldin Hussein | 16 | Tanta | 58.29 |
| 3 | Karim Ramy Ibrahim | 17 | Ahly | 58.21 |
| 4 | Yassin Hossam Elden Metwally | 16 | El Zohour | 58.11 |
| 5 | Amro Ahmed Elshekh | 16 | Tanta | 58.07 |
| 6 | Selim Ihab Ghali | 18 | Wadi Degla | 58.11 |
| 7 | Adam Mohamed Helmy | 16 | Wadi Degla | 58.12 |
| 8 | Omar Ali Fathy Mohamad Es | 15 | Smouha | 58.22 |
| 9 | Selim Shrif Osama Helmy Mohsen | 15 | El Gezira | 58.29 |
| 10 | Karim Ashraf Ahmed | 17 | Zamalek | 58.33 |

Heat 57 of 76 Timed Finals

| | | | | |
|----|-------------------------------|----|----------------|-------|
| 1 | Karem Kamal Ahmed | 17 | Tawfekaya | 58.03 |
| 2 | Abd el hay Ashour | 17 | El Shams | 58.00 |
| 3 | Zeyad Ahmed Bhaa Al din | 18 | Enppi | 57.96 |
| 4 | Abdelrahman Osama Omar | 19 | Cairo | 57.92 |
| 5 | Hatem Ashraf Kamel | 16 | Gezira El Ward | 57.86 |
| 6 | Omar Khaled Soliman | 18 | El Nasr Club | 57.91 |
| 7 | Adam Mohamed Mahmoud Shawky | 15 | El Zohour | 57.94 |
| 8 | Amr Zakaria | 16 | Shooting | 57.97 |
| 9 | Yasin Sameh Fahmy | 20 | Heliopolis | 58.02 |
| 10 | Mahmoud Hossam El din Mahmoud | 15 | Shooting | 58.06 |

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Heat 58 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|---------------------------------|----|------------|-------|
| 1 | Mohamed Hossam Samy | 16 | Ahly | 57.84 |
| 2 | Ahmed Medhat Mousa Marzok | 17 | Tanta | 57.80 |
| 3 | Mohamed Bakry Kaaed Abd El Gabb | 15 | Maadi | 57.79 |
| 4 | Yassin Mohanad Hamzawy | 18 | Wadi Degla | 57.75 |
| 5 | abd Elrhman Mohamed Ahmed | 16 | Elethad | 57.74 |
| 6 | AbdelRahman Ehab Elshimy | 16 | Sporting | 57.74 |
| 7 | Adham Moh. Galal ELDin ElSayd | 18 | El Gezira | 57.76 |
| 8 | Mrawan amr Mostafa abd el Aziz | 18 | Al Tersana | 57.80 |
| 9 | Ali Mohamed Tawfeq | 17 | Wadi Degla | 57.84 |
| 10 | aly Saleeh aly | 16 | Zamalek | 57.85 |

Heat 59 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|------------|-------|
| 1 | Hamza Amro Kandiel | 15 | El Shams | 57.71 |
| 2 | Omar Mahmoud Hassan Elazizy | 15 | Al Tersana | 57.68 |
| 3 | Adham Hossameldin Abdallah | 17 | Zamalek | 57.65 |
| 4 | Youssef Tawfik Hamdy Tawfik | 17 | Senzo | 57.62 |
| 5 | Omar Shref el Motamer Mohamed | 16 | Heliopolis | 57.56 |
| 6 | Abd Allah Tamer Abd El Raaof | 15 | Maadi | 57.62 |
| 7 | Saif ELDin Waled Abdel Razik | 20 | Wadi Degla | 57.63 |
| 8 | Adham Ibrahim Basuni | 17 | El Ghaba | 57.67 |
| 9 | Abdelmoez Ayman Gomaa | 17 | A S E C | 57.70 |
| 10 | Abdelfattah Ahmed Youssef Ahmed | 16 | Olympic | 57.71 |

Heat 60 of 76 Timed Finals

| | | | | |
|----|----------------------------|----|----------------|-------|
| 1 | Ahmed Emad Abdel Maaboud | 17 | Ahly | 57.52 |
| 2 | Yasser Walid Abo Elela | 18 | Ahly | 57.48 |
| 3 | Mhmoud Tarik Ahmed Elgendy | 16 | Smouha | 57.44 |
| 4 | Malek Sherif Hayaty | 16 | Sporting | 57.34 |
| 5 | Ahmed Tamer Gamal Eldin | 15 | Wadi Degla | 57.30 |
| 6 | Mazen Ashraf Mohamed Abdel | 18 | Bank Ahly Alex | 57.31 |
| 7 | Adham Ahmed Mahmoud | 18 | Ahly | 57.38 |
| 8 | Youssef Yasser Ibrahim | 17 | Ahly | 57.44 |
| 9 | Yasin Waled Zaky Abo Warda | 19 | Smouha | 57.52 |
| 10 | Eyad Ahmed Khatab | 15 | Wadi Degla | 57.55 |

Heat 61 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|----------------|-------|
| 1 | Belal Alaa Mostafa Abozed | 17 | Tanta | 57.26 |
| 2 | Hamza Mostafa Mohamed | 17 | Palm Hills | 57.25 |
| 3 | Yossef Karim Nabil Elzawawy | 17 | Smouha | 57.24 |
| 4 | Omar Tarek Abdel-Rahman | 16 | Ahly | 57.22 |
| 5 | Mohamed Essam Sedky | 17 | Bank Ahly Geza | 57.20 |
| 6 | Farouk Mohamed Moharam | 15 | Wadi Degla | 57.22 |
| 7 | Selim Tamer Osama Ahmed | 16 | Shooting | 57.23 |
| 8 | Yehia Ahmed Abd Elfatah Elsaid | 16 | Shooting | 57.24 |
| 9 | Hamza Mohamed Habib | 16 | Ahly | 57.25 |
| 10 | Ayad Hatem Fouad | 17 | Zamalek | 57.29 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 62 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|---------------------------|----|------------|-------|
| 1 | Omar Hany Fathy | 15 | A S E C | 57.12 |
| 2 | Ahmed Yasser Yehia | 18 | Cairo | 57.08 |
| 3 | Darren Dimitrios Chin | 18 | Sporting | 56.96 |
| 4 | Eyad Sherif Hassan | 16 | Wadi Degla | 56.91 |
| 5 | Omar Mohamed Mostafa Elsa | 19 | Smouha | 56.90 |
| 6 | Karim Hossam Mohamed | 17 | Wadi Degla | 56.90 |
| 7 | Abdelrahman Alaaeldin | 19 | Ahly | 56.93 |
| 8 | Braa Ayman Ali | 19 | El Zohour | 57.06 |
| 9 | Karim Magdy Mohamed | 17 | El Zohour | 57.08 |
| 10 | Omar Karim Mohamed Mselhy | 17 | Smouha | 57.16 |

Heat 63 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|---------|-------|
| 1 | Mohamed Ashraf Abdel Hay | 22 | Ahly | 56.89 |
| 2 | Mazen Saied Gaber Ali | 17 | Smouha | 56.81 |
| 3 | Zeid Mohamed Abdel-Azeem | 16 | Ahly | 56.76 |
| 4 | Yassen Osama Yosef Ebrahim | 15 | Smouha | 56.67 |
| 5 | Seif Eldin Mohamed Hassan | 21 | Ahly | 56.62 |
| 6 | Youssef Tamer Mohyeldin | 16 | Smouha | 56.63 |
| 7 | Mohamed Abdalla Al Basaty | 16 | Olympia | 56.70 |
| 8 | Hossen Ahmed Mohamed Hashad | 15 | Tanta | 56.78 |
| 9 | Yassin Amr Adel | 15 | Ahly | 56.81 |
| 10 | Mohamed Amr Mohamed Shamandy | 17 | Smouha | 56.90 |

Heat 64 of 76 Timed Finals

| | | | | |
|----|-----------------------------------|----|----------------|-------|
| 1 | Ali Shref Ali Abdelkader | 16 | Smouha | 56.57 |
| 2 | Adham Adel Abaza | 19 | Sporting | 56.52 |
| 3 | Zeyad Osama Ramdan | 15 | Hadak Al Ahram | 56.40 |
| 4 | Mohamed Ahmed Salah Shendy | 29 | Ahly | 56.39 |
| 5 | Mohamed Khaled Mohamed Ragab | 17 | Bank Ahly Alex | 56.30 |
| 6 | Nour Eldin AlaaEldin Abdalwhab Sh | 17 | 6th | 56.34 |
| 7 | Ahmed Adel Eshak | 18 | Wadi Degla | 56.40 |
| 8 | Monzer Ahmed Amayem | 16 | Tanta | 56.42 |
| 9 | Ali Mhmod Ibrahim Mohame | 17 | Smouha | 56.54 |
| 10 | Ali Ali Hussein Ali | 17 | Heliolido | 56.58 |

Heat 65 of 76 Timed Finals

| | | | | |
|----|-----------------------------|----|------------|-------|
| 1 | Omar Yasser Menis | 20 | Sporting | 56.25 |
| 2 | Abdel Rahman Hazem Moustafa | 18 | Elethad | 56.22 |
| 3 | Ahmed Hattem Ahmed | 18 | Wadi Degla | 56.22 |
| 4 | Karim Adel Ahmed Bahgat | 20 | El Zohour | 56.07 |
| 5 | Adham Ahmed Hassan | 20 | Ahly | 56.04 |
| 6 | Mohamad Wesam Mohamad Ahmad | 15 | Smouha | 56.04 |
| 7 | Seif Mohamed Sayed | 16 | El Zohour | 56.16 |
| 8 | Omar Abdelaziz Hussein | 15 | Talbeia | 56.22 |
| 9 | Eyad Ahmed Saad Hasn | 15 | Tanta | 56.23 |
| 10 | Ahmed Adel Abdel aal | 15 | Al Hawar | 56.26 |

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Heat 66 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)

| | | | | |
|----|---------------------------------|----|------------|-------|
| 1 | Mohamed Salem Essa | 18 | Heliopolis | 55.99 |
| 2 | Mazen Wael Ali Gaber | 20 | Smouha | 55.97 |
| 3 | Omar Khaled Ibrahim | 15 | Ahly | 55.95 |
| 4 | Youssef Mostafa Mahmoud Dardery | 18 | Wadi Degla | 55.84 |
| 5 | Youssef Tamer Gaber Mohamed | 17 | Smouha | 55.82 |
| 6 | Adham Ayman Monir Hashem | 18 | Al Tersana | 55.83 |
| 7 | Adam Karim Hemdan Abdo | 16 | Shooting | 55.84 |
| 8 | Karim Mohamed El Gharabawy | 18 | El Zohour | 55.96 |
| 9 | Ali Mahmoud Salah ElDein Zaki | 19 | El Shams | 55.97 |
| 10 | Hassan Ahmed Mohamed Essam | 15 | Heliopolis | 56.00 |

Heat 67 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|-------------|-------|
| 1 | Malek Ahmed Mohsen | 15 | Wadi Degla | 55.78 |
| 2 | Abd ElFatah Mohamed Abd ElFatah | 17 | Tanta | 55.75 |
| 3 | Zeiad Osama Fatthy Abdel Hamed | 20 | Al Tersana | 55.70 |
| 4 | Yehia Karim Nabil Elzawawy | 17 | Smouha | 55.69 |
| 5 | amr Hesham Bayomy | 20 | Cairo | 55.65 |
| 6 | Mohamed Khaled Mohamed Mahmo | 15 | Shooting | 55.66 |
| 7 | Mohamed Hazem Mehany | 19 | Police Club | 55.70 |
| 8 | Zeyad Karm Mohamdeen | 19 | Ahly | 55.72 |
| 9 | Yossef Sherif Ibrahim | 17 | Maadi | 55.78 |
| 10 | Mazen Karim Hassan | 17 | Ahly | 55.82 |

Heat 68 of 76 Timed Finals

| | | | | |
|----|---------------------------------|----|----------------|-------|
| 1 | Mostafa Omar Kamal Eldin | 19 | Bank Ahly Geza | 55.63 |
| 2 | Zeyad Saber Abd el Fatah | 16 | Hadak Al Ahram | 55.61 |
| 3 | Hamza Ahmed Mohamed Ali | 16 | Bank Ahly Alex | 55.58 |
| 4 | Adham Ahmed Mohamed | 15 | Shooting | 55.41 |
| 5 | Kareem Amr Aly Hasan Hassan Sha | 17 | 6th | 55.33 |
| 6 | Mohamed Tarek Mohamed Zaky | 15 | Olympic | 55.39 |
| 7 | Ali Sherif Ali Mohamed | 18 | Shooting | 55.55 |
| 8 | Mohamed Ramy Mohamed | 18 | Ahly | 55.60 |
| 9 | Ahmed Mahmoud Elhourany | 16 | Ahly | 55.61 |
| 10 | Ahmed Samir Mohamed | 15 | Hadak Al Ahram | 55.63 |

Heat 69 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|----------------|-------|
| 1 | Omar Mohamed Tawfek | 15 | Al Hawar | 55.18 |
| 2 | Mohamed Naser Ramdan | 16 | Talbeia | 55.08 |
| 3 | abd Elrahman Mohamed Bader | 18 | Al Tersana | 55.02 |
| 4 | Aly Amr Ahmed Shaaban | 21 | Bank Ahly Alex | 54.94 |
| 5 | Youssef Eslam Farouk | 20 | Ahly | 54.88 |
| 6 | Hussien Mohamed Hussien Shawky | 15 | El Shams | 54.90 |
| 7 | Omar Ahmed Ibrahim Eid | 27 | Shooting | 54.94 |
| 8 | Yehia Eslam Farouk | 17 | Ahly | 55.04 |
| 9 | Mohamed Nasr Ahmed | 16 | 15 May | 55.13 |
| 10 | Malek Haytham Mohamed | 17 | Wadi Degla | 55.20 |

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| | | | | |
|----|-----------------------------|----|----------------|-------|
| 1 | Karim amr Abd el Monem | 18 | Wadi Degla | 54.85 |
| 2 | Omar Mohamed Abdel Meguid | 18 | Ahly | 54.81 |
| 3 | Amar Yasser Mohamed Ahmed | 17 | Smouha | 54.60 |
| 4 | Abdelrahman Ahmed Mostafa | 17 | Electricity | 54.56 |
| 5 | Mohamed Emad Abdelhamid | 16 | Hadak Al Ahram | 54.50 |
| 6 | Sief Mohamed Salah | 19 | Tanta | 54.54 |
| 7 | Omar Gaber Aly | 18 | Ahly | 54.58 |
| 8 | Ahmed Yasser Mahmoud Salman | 15 | El Zohour | 54.77 |
| 9 | Marwan Ali Mahmoud | 15 | Wadi Degla | 54.83 |
| 10 | Yamen Ayman Helmy | 16 | Tanta | 54.85 |

Heat 71 of 76 Timed Finals

| | | | | |
|----|------------------------------|----|------------|-------|
| 1 | Mostafa Magdy Nabil | 19 | Ahly | 54.44 |
| 2 | Mohamed Eslam Mohamed Elsaye | 17 | Smouha | 54.36 |
| 3 | Youssef Emad Shaaban | 15 | Ahly | 54.31 |
| 4 | John Wael Nagy Mosad | 17 | Heliolido | 54.27 |
| 5 | Hamza Moh. Khairy Samra | 17 | El Gezira | 54.23 |
| 6 | Marwan Mostafa Mohamed Most | 18 | Smouha | 54.26 |
| 7 | Omar Sherif Hamed | 18 | El Ghaba | 54.29 |
| 8 | Ahmed Moustafa Shaban | 18 | A S E C | 54.36 |
| 9 | Yahia Ashraf Madkour | 20 | Smouha | 54.36 |
| 10 | Fares Mohamed Farouk | 19 | Heliopolis | 54.47 |

Heat 72 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|------------|-------|
| 1 | Mohamed Ashraf | 20 | Sporting | 54.04 |
| 2 | Seif Walaa Antar | 18 | Wadi Degla | 53.92 |
| 3 | Mohanad Mohamed Wageh | 20 | Shooting | 53.91 |
| 4 | Houssen Talal Houssen Sayd | 19 | 6th | 53.86 |
| 5 | Adam Shref Mostafa | 19 | Heliopolis | 53.82 |
| 6 | Ziad Ahamed Ragab Abd el Hamed | 17 | Shooting | 53.84 |
| 7 | Mohand Tarik Mohamed Ali El | 23 | Smouha | 53.89 |
| 8 | Mohamed Walid Azouz | 19 | Ahly | 53.92 |
| 9 | Khaled Wael Sabre Abdelhame | 16 | Smouha | 54.04 |
| 10 | Mohamed Ahmed Essam Akl | 20 | Smouha | 54.21 |

Heat 73 of 76 Timed Finals

| | | | | |
|----|--------------------------------|----|----------------|-------|
| 1 | Abdel Rahman Ali Mohamed | 22 | El Shams | 53.59 |
| 2 | Mohamed Hatem Mohamed Sery | 16 | Heliopolis | 53.59 |
| 3 | SifEldin Hossam Mohamed Elsog | 19 | Smouha | 53.51 |
| 4 | Seif Sayed Mahmoud | 17 | Helwan Club | 53.45 |
| 5 | Tarek Kamel Farouk | 20 | Zamalek | 53.41 |
| 6 | Mohamed Yaser Fared Abd Elazez | 17 | El Shams | 53.42 |
| 7 | Mohamed Ahm. Aly Moh. Derbala | 19 | El Gezira | 53.49 |
| 8 | Abdel Rahman Amr Farag | 16 | Shooting | 53.56 |
| 9 | Yassin Hytam Hossam Eldin | 17 | Zamalek | 53.59 |
| 10 | Zeyad Osama Zedan | 17 | Bank Ahly Alex | 53.78 |

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 16-03-2023 Thurs Eve****Heat 74 Timed Finals... (Event 20 Boys 15 & Over 100 LC Meter Freestyle)**

| | | | | |
|----|-----------------------------|----|------------|-------|
| 1 | Islam Mohamed Nashaat | 17 | Maadi | 53.20 |
| 2 | Omar Tarek Shehata A | 18 | Smouha | 53.15 |
| 3 | Adam Ahmed Hamdy | 17 | Ahly | 53.07 |
| 4 | Ahmed Wael el Mohandes | 18 | Heliopolis | 52.95 |
| 5 | Mohab El Din Fathy | 22 | Sporting | 52.90 |
| 6 | Saleh Hossam El Din Saleh | 20 | El Zohour | 52.95 |
| 7 | Hazem Mohamed Abo Stet | 19 | Heliopolis | 52.99 |
| 8 | Abd ElRahman Mohamed Aiman | 18 | Shooting | 53.10 |
| 9 | Ali Khaled Osama | 19 | Wadi Degla | 53.19 |
| 10 | Mohamed Salama Gaber Salama | 20 | Smouha | 53.29 |

Heat 75 of 76 Timed Finals

| | | | | |
|----|-----------------------------------|----|----------------|-------|
| 1 | Mahmoud El Walid Abd El Karim | 17 | Maadi | 52.77 |
| 2 | Omar Ahmed Samir Eldawody | 16 | Gezira El Ward | 52.72 |
| 3 | Khaled Abdel Naser Ali | 24 | Shooting | 52.58 |
| 4 | Mohamed Ahmed Mohamed Elsaia | 19 | Smouha | 52.40 |
| 5 | Ahmed Ismail Mohamed Ismail Ibral | 20 | Maadi | 51.95 |
| 6 | Yousif Mohamed Soliman Omra | 18 | Smouha | 52.16 |
| 7 | Eyad Ahmed Zakaria | 18 | Ahly | 52.56 |
| 8 | Ahmed Hazem Akram | 18 | Ahly | 52.68 |
| 9 | Ziyad Ahmed Abdel Azim | 21 | Hadak Al Ahram | 52.72 |
| 10 | Mohamed Ayman Abdelsamea | 16 | Ahly | 52.81 |

Heat 76 of 76 Timed Finals

| | | | | |
|----|---------------------------|----|----------------|-------|
| 1 | Seif Mohamed Mehrez | 22 | El Zohour | 51.76 |
| 2 | Karim Ahmed Khaled Elewa | 21 | El Shams | 51.67 |
| 3 | Mostafa Mohamed Al Tahan | 23 | Wadi Degla | 51.39 |
| 4 | Yasin Wael Elshmaa | 24 | Sporting | 50.58 |
| 5 | Yasin HossamEldin | 20 | Smouha | 49.76 |
| 6 | Aly Ahmed Khalafalla | 27 | Ahly | 49.80 |
| 7 | Nadem Kram Mohamed | 18 | Heliopolis | 51.21 |
| 8 | Abdullah Ahmed Nasr | 17 | Hadak Al Ahram | 51.46 |
| 9 | Seif Tarek Mohamed Raslan | 23 | Zamalek | 51.74 |
| 10 | Mohamed Yaser Omar | 18 | Olympia | 51.84 |