

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

Meet Program - 17-03-2023 Fri Eve

Event 25 Girls 15 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Timed Finals				
2	Fatema Tamer Ahmed Sayed	16	Wadi Degla	NT
3	Jana Atef Rabie Ahamed	15	Shooting	NT
4	Zeina Ayman Saad	17	Zamalek	NT
5	Mariam Ahmed Zahran	16	Sporting	NT
6	Hana Hesham Saleh	18	Wadi Degla	NT
7	Shrouk Mohamed Rashad Mohamed	15	Olympic	NT
8	Yosr Anear Mostafa Elganz	19	Smouha	NT
9	Esraa Yahia Zakaria Towfik	15	6th	NT
Heat 2 of 10 Timed Finals				
1	Farida Tharwat Maher	20	Ahly	NT
2	Jannah Mohamed Farouk	18	Sporting	11:56.95
3	Menaallah Mhmod Elsayed Elshek	17	Smouha	11:38.32
4	Farida Mohamed Soliman	16	Zamalek	11:30.43
5	Fatma Amro Sabry Rashed	15	El Shams	11:16.98
6	Salma Ahmed Moustafa	15	Senzo	11:17.34
7	Zenab Wagdy Saber	18	Zamalek	11:37.72
8	Arwa Adel Ghaleb	17	Zamalek	11:56.01
9	Menna Mohamed Ahmed	15	Senzo	12:05.30
10	Aysel Sameh Mahmoud	15	El Zohour	NT
Heat 3 of 10 Timed Finals				
1	Katrin Magdy Gad Gaed	15	6th	11:06.84
2	Mayar Hassan Ali	20	Ahly	11:02.69
3	Rawda Faysal Elasherif	18	Ahly	10:55.11
4	Nadin Sameh Mohamed	16	Zamalek	10:48.24
5	Farida Haitham Nabil Ali Za	17	Smouha	10:44.43
6	Hana Tamer Ibrahim	15	Elethead	10:45.66
7	Donia Motaz Mohamed abd	16	Moasasa Riadhia Askaria	10:53.23
8	Freda Hesham Mahmoud	16	Heliopolis	10:58.21
9	Esraa Ehab Zamel	19	Zamalek	11:02.84
10	Rawda Abdelfadl Mahmoud	16	Zamalek	11:12.87
Heat 4 of 10 Timed Finals				
1	Nour Elsabah Ahmed Amer	17	Ahly	10:43.60
2	Rokia Mohamed Abdelrahman	15	Olympia	10:40.03
3	Malak Mohamed Hassan	15	Zamalek	10:37.12
4	Malak Ahmed El Kayal	16	Sporting	10:35.88
5	Dima Khaled Mohamed	15	Wadi Degla	10:29.77
6	Maryem Ahmed Saed Mahmoud	17	Tanta	10:32.54
7	Hana Nasser El Safty	16	Shooting	10:36.06
8	Renad Khedr Alaam	15	Baladyat El Mahala	10:37.18
9	Gana Aboeella Abdelnafa	15	Shooting	10:42.04
10	Sama Atef Sayed	15	Wadi Degla	10:43.67

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 5 Timed Finals... (Event 25 Girls 15 & Over 800 LC Meter Freestyle)**

1	Rinad Walid Gomaa	15	Stad Mansoura	10:25.25
2	Salma Ahmed ali Mostafa	18	El Ghaba	10:21.33
3	Hala Walid Abbas Abdelgawad	15	Olympic	10:20.64
4	Yara ali el Koshy	18	Zamalek	10:19.10
5	Menatalla Morsy	16	Smouha	10:18.23
6	Gana aly Refaat aly	16	Zamalek	10:18.88
7	Mariam Yasser Mohamed Shafik	16	Ahly	10:20.18
8	Rodaina Ayman Mohamed	16	Ahly	10:21.08
9	Laila Ashraf Salah	15	Wadi Degla	10:21.58
10	Dina Alaa Ibrahim Hussien	17	Smouha	10:27.26

Heat 6 of 10 Timed Finals

1	Manar Adel Abdelaziz Ahmed	16	Electricity	10:16.88
2	Farida Amr Tarek Zaied	15	El Zohour	10:10.76
3	Basmala Reda Shaban	16	Electricity	10:09.11
4	Rancy Mohamed Hafez	15	Tanta	10:08.33
5	Hala Hany Abdelwahab	17	El Ghaba	10:07.08
6	Gana Noaaman Samer	15	Al Hawar	10:07.23
7	Habiba Hossam Abdraboh Aly	15	El Shams	10:08.77
8	Rawan Mohamed Saleh Mohmaed	15	El Shams	10:10.06
9	Jana Mohamed Ahmed	19	Wadi Degla	10:10.83
10	Nour Amgad Ali Fahmy	16	El Shams	10:17.28

Heat 7 of 10 Timed Finals

1	Rokaia Hisham Ahmed	17	Shooting	10:04.96
2	Nour Ahmad Mahmud Abdelrh	15	Smouha	10:03.20
3	Rodaina Wael Mohamed	20	Rowad	10:02.18
4	Kenzy Shadi Mohamed Elhena	15	Stad Mansoura	10:01.12
5	Habeba Mohamed Saleh Mhmoud	16	6th	9:59.11
6	Zena Hesham Mahfoz	16	Tanta	9:59.16
7	Doreen Walid Fathy	17	Tawfekaya	10:01.55
8	Marim Mhmod Elsaid Elshik	19	Smouha	10:02.82
9	Shahd Yousry Mohamed Hassan	18	Olympic	10:03.77
10	Fayrouz Mohamed Hussien	15	Pegasus Club	10:05.22

Heat 8 of 10 Timed Finals

1	Alya Ehab Abdel Moneam	16	Ahly	9:57.57
2	Yara Hossam Salem	16	Ahly	9:55.37
3	Shahd Ahmed Safwat	17	Cairo	9:54.56
4	Sara Mohamed Hassan	22	Ahly	9:53.82
5	Zina Ahmed Medhat	15	Ahly	9:51.98
6	Nadin Adam Ahmed Foad Mohamed	20	El Shams	9:53.50
7	Yasmine Yasser Mamdouh	19	Shooting	9:53.93
8	Dana Fahmi	15	Sporting	9:55.35
9	Malak Ahmed Helmy	18	Ahly	9:57.34
10	Jannat Safwat Saleh	15	El Zohour	9:58.37

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 9 Timed Finals... (Event 25 Girls 15 & Over 800 LC Meter Freestyle)**

1	Kenzy Hazem Moneeb	17	Cairo	9:51.37
2	Rahma Ahmed Mohamed	15	Shooting	9:49.65
3	Marim Mohamed Bakr	15	Al Tersana	9:48.49
4	Sara Ahmed Alsaed Abdow	19	6th	9:47.96
5	Mariam Hesham Mohamed	19	Ahly	9:45.27
6	Habiba Mohamed Nashaat AbdElGh	15	Heliolido	9:46.23
7	Mariam Mohamed ali	19	Pegasus Club	9:48.00
8	Laila Mohamed Fathy	16	Shooting	9:49.14
9	Joudy Mohamed Aly	18	Sporting	9:51.24
10	Gana Emad Gaad Hosny	20	El Shams	9:51.59

Heat 10 of 10 Timed Finals

1	Nabila Hassan Ismail	16	Olympia	9:36.76
2	Sandy Ayman Atef	23	Ahly	9:26.97
3	Nadine Karim Mansour Saleh	17	Shooting	9:17.67
4	Farah Tarek	17	Ahly	9:17.42
5	Loujin Abd Alla Slah Zkey	19	Shooting	9:07.07
6	Sara Mohamed Bhaa	18	Heliopolis	9:17.14
7	Lamees Amr Mhmoud Elsokary	16	6th	9:17.67
8	Shahd Sameh Safouat Shaaban	19	Heliolido	9:21.96
9	Arwa Faysal Al Sherif	15	Ahly	9:36.61
10	Sama Mohamed Makram Abdelwaht	16	Gezira El Ward	9:42.67

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

Meet Program - 17-03-2023 Fri Eve

Event 26 Boys 15 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 40 Timed Finals				
1	Mohamed Hossam el din Saber	15	Wadi Degla	NT
2	Mohamed Ibrahim Zakreya	15	A S E C	NT
3	Hasan Hatem Hasan	17	Wadi Degla	NT
4	Nadeem Naser El Din Fawzy	23	Tanta	NT
5	Awny Mohamad Awny	16	Smouha	NT
6	Marvin Medhat Shokry	17	Shooting	NT
7	Amir Ramadan Sayed Ramadan	22	6th	NT
8	Ramez Amr Mohamed Ibrahim	16	Wadi Degla	NT
9	Adam Samer AbdElghany Mga	19	Smouha	NT
10	Youssef Waleed abd Elazez	16	Elethad	NT
Heat 2 of 40 Timed Finals				
1	Youssef Ahmed Ratb	15	Elethad	NT
2	Eyad Ahmed Zakaria	18	Ahly	NT
3	Youssef Tamer Mohyeldin	16	Smouha	NT
4	Abdelrahman Khaled Sabry Abdelwa	17	Olympic	NT
5	Seif el Din Ayman Farid	15	Wadi Degla	NT
6	Hamza Mohamed Shoaib	15	Wadi Degla	NT
7	Adham Mohamed Fawzy	16	Wadi Degla	NT
8	Adam Mohamed Eldejwy	15	Meit Khakan Sport Club	NT
9	Yehia Faysal Mohamed	17	Heliopolis	NT
10	Youssef Mahmoud Soliman	16	Wadi Degla	NT
Heat 3 of 40 Timed Finals				
1	Bilal Mohamed Mohamed	18	YMCA	NT
2	Abdelharman Shref Anes Ibrahim	17	Smouha	NT
3	Adham Nader Samir Mohamed	16	Smouha	NT
4	Ali Ahmed Abdulmageed	16	El Gezira	NT
5	Abd Elrhman Ahmed Al Hmedi	19	El Obour	NT
6	Adam Medhat ezz Eldin	15	Wadi Degla	NT
7	Hamza Mostafa Mohamed	17	Palm Hills	NT
8	Ahmed Wael el Mohandes	18	Heliopolis	NT
9	Mohamed Ahmed Abd Elbaky	23	Sporting	NT
10	Amr Mohamed Abu Elfettouh	15	Wadi Degla	NT
Heat 4 of 40 Timed Finals				
1	Youssef Galal Sayed	15	Wadi Degla	NT
2	Mohamed Nashaat Abdelhamid	17	Zamalek	NT
3	Abdelrahman Sobhy Abdelhalem Mc	15	Bank Ahly Alex	NT
4	Hamza Ahmed Morsi Morsi Ahmed	17	6th	NT
5	Yehia Samer Wafek	16	Heliopolis	NT
6	Talal Ashraf Abdel Fatah	15	Wadi Degla	NT
7	Zeyad Mohamed Elsayed	15	Sporting	NT
8	Ahmed Hani Ezzat	15	Shooting	NT
9	Yousef Reda Saad Elhefnawy	16	Stad Mansoura	NT
10	Ziad Abdallah Zakria	16	El Nasr Club	NT

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 5 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)**

1	Marwan Mohamad Morsy Ebrahe	15	Smouha	NT
2	Mohamed Hany Ahmed Hassan	17	El Shams	NT
3	Youssef Shams Elden Gaber	15	A S E C	NT
4	Sohaib Khaled Emam	20	Ahly	NT
5	Youssef Tamer Gaber Mohamed	17	Smouha	NT
6	omr Ayman Hamdi	18	Elethead	NT
7	Adham Ibrahim Basuni	17	El Ghaba	NT
8	Begad Ashraf Abdel Fatah	17	Wadi Degla	NT
9	Mahmoud Ahmed Mohamed Anwar	15	A S E C	NT
10	Saleh Hossam El Din Saleh	20	El Zohour	NT

Heat 6 of 40 Timed Finals

1	Mostafa Mohamed Salah Safoh	15	Tanta	NT
2	Youssef amr Mohamed	16	Elethead	NT
3	Omar Sherif Abd El Hamid	17	Wadi Degla	NT
4	Seif Mohamed Khalil Fathy	15	Tanta	NT
5	Kirlis Asaad Aaryan	15	El Ghaba	NT
6	Yousif Mohamed Soliman Omra	18	Smouha	NT
7	Abdelharman Hany Mohamed Amin	17	Smouha	NT
8	Youssef Ahmed Taha	19	Zamalek	NT
9	Ahmed Mohamed Badawy	16	Wadi Degla	NT
10	Adam Ahmed Mohamed Kandil	17	El Shams	NT

Heat 7 of 40 Timed Finals

1	Ali Mohamed Tawfeq	17	Wadi Degla	NT
2	Selim Hamza El Faitoury	16	Sporting	NT
3	Mohammed Ahmed Elsaed Hussier	16	Moasasa Riadiah Askaria	NT
4	Adham Ahmed Mahmoud	18	Ahly	NT
5	Yassin Hassan Hosny Ahmed	15	Elethead	NT
6	Omar Mahmoud Aly Tawfik	17	Ahly	NT
7	Ahmed Mohamed Abdelrazek Soulin	19	Olympic	NT
8	Mohamed Taha Abd El Raouf	18	Wadi Degla	NT
9	Yehya Tamer Hamdy Shwata	15	Tanta	NT
10	Omar Ahmed Sayed	16	Wadi Degla	NT

Heat 8 of 40 Timed Finals

1	Omar Khaled Abdelrhim	17	Ismaily Sporting Club	NT
2	Karim Ahmed Khaled Elewa	21	El Shams	NT
3	Yassin Ahmed Fawzy	15	Meit Khakan Sport Club	NT
4	Kareem Mohamed Payomy Hassan	16	6th	NT
5	Fares Ayman Esmaeel	16	Smouha	NT
6	Yossef Magdy el Azhary	18	Heliopolis	NT
7	Essam Hassan Allam	15	El Gezira	NT
8	Ahmed Wael Saad Mohamed	18	Olympic	NT
9	Ahmed Yahia Saied	17	Elethead	NT
10	Mohamed Khaled Mohamed Mahmo	15	Shooting	NT

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 9 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)**

1	Mohaned Walid Mohamed	16	Shooting	1:31.78
2	Ismail Tamer Ismail	15	El Shams	1:22.96
3	Adham Ahmed Mohamed	15	6th	1:20.29
4	Adham Ahmed Ragab	17	Wadi Degla	1:18.98
5	Ali Amr Mohamed Taha	15	Bank Ahly Alex	1:18.18
6	Baderelden Nabel Badr Kassem	17	Bank Ahly Alex	1:18.21
7	Omar Mohamed abu Bakr	15	Hadak Al Ahram	1:19.83
8	Hazem Mohamed Abd Elhameed	15	El Zohour	1:20.54
9	Abdallah Mohamed Metwally	15	Wadi Degla	1:23.49
10	Omar Khaled Abo El Magd	18	Ahly	NT

Heat 10 of 40 Timed Finals

1	Youssef Ahmed Fathy Abdel Moniem	15	Wadi Degla	1:16.39
2	Marwan Reda Hussein	15	Senzo	1:16.25
3	Yousef Ashraf Ahmed	16	Heliopolis	1:15.60
4	Aly Elden Hany Basiony	15	El Nasr Club	1:15.18
5	Abdullah Mohamed Abdallah	15	Sporting	1:14.74
6	Islam Farag Saleh	15	Wadi Degla	1:15.03
7	Mohamed Magdy Atef Ebrahim	15	6th	1:15.20
8	Khaled Mohamed Ezzat Abdelsalam	15	Al Tersana	1:15.77
9	Mostafa Moataz Mohamed	15	Wadi Degla	1:16.33
10	Yassin Samer Wagdy	15	Nasr City	1:16.43

Heat 11 of 40 Timed Finals

1	Mokhtar Ahmed Faiyad	16	Sporting	1:14.46
2	Adel Khaled Gougou	15	Sporting	1:14.14
3	Moaz Mohamed Ismaeel	15	Rowad	1:13.53
4	omr abd Elrhman ali	16	Elethead	1:12.99
5	Zeyad Sayed Ahmed	15	El Ghaba	1:12.83
6	Omar Moatasem Mahmoud	16	El Ghaba	1:12.91
7	Youssef Mohamed Youssef	15	Ultimate	1:13.00
8	Mohamed Waled Taher	15	Rowad	1:13.64
9	Abdel Aziz Mohamed Abdel Azez	17	Wadi Degla	1:14.43
10	Ahmad Amr Adel Abaza	15	Smouha	1:14.65

Heat 12 of 40 Timed Finals

1	Omer Ahmed Abo Bakr	15	Shooting	1:12.44
2	Marwan Mahmoud Mabrouk	16	El Nasr Club	1:12.30
3	Bassel Mostafa Mohamed	15	Wadi Degla	1:11.72
4	Yossef Hany Abo Neama	16	El Ghaba	1:11.63
5	Omar Mohamed Hassan	15	Wadi Degla	1:11.38
6	Sherif Atef Mohamed Mohamed	15	Rowad	1:11.49
7	Eslam Mostafa Mohamed Saed	16	Wadi Degla	1:11.64
8	Ahmed Wael El Shamaa	16	Sporting	1:11.81
9	Belal Ahmed Mousad	16	A S E C	1:12.40
10	Nagy Ahmed Nagy Aly Aly	15	Heliolido	1:12.65

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 13 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)**

1	Ibrahim Mohamed Ibrahim Elsa	17	Smouha	1:11.10
2	Mohamed Ahmed Mohamed Youssef	15	Ahly	1:10.45
3	Sofyan Hassan Mohamed	16	Ismaily Sporting Club	1:10.37
4	Omar Ayman Wahied Mohamed	15	El Shams	1:10.13
5	Yehia Waleed Sultan	15	Wadi Degla	1:10.07
6	Ahmed Ismeil	16	Nasr City	1:10.11
7	Elgamel Youssef Elgamel Youssef	15	Olympic	1:10.20
8	Ahmed Mohamed Rashed Gohar	15	A S E C	1:10.39
9	Mahmoud Ahmed Yehya	16	Wadi Degla	1:10.61
10	Amr Ahmed Osama	16	Wadi Degla	1:11.10

Heat 14 of 40 Timed Finals

1	Adam Tarek Adel EL Ghazoly	15	Heliopolis	1:09.89
2	Omar Walid Hatem	15	Wadi Degla	1:09.82
3	Zeiad Yehia Mohamed	16	Shooting	1:09.80
4	Zeyad Ashraf Mohamed Ebrah	15	Tanta	1:09.34
5	Mahmoud Shrif Mahmoud	15	El Nasr Club	1:09.04
6	Hassan Karim Aglan	15	Sporting	1:09.14
7	Mohamed Mostafa Alla' ElDin	15	Shooting	1:09.72
8	Mohamed Ahmed Dewan	18	Wadi Degla	1:09.81
9	Ahmed Mohamed Elzawawy	16	Tanta	1:09.85
10	Abdel Rahman Ahmed Nour el Dein	15	Bank Ahly Geza	1:09.94

Heat 15 of 40 Timed Finals

1	Ahmed Fady Elharty	16	Tanta	1:08.94
2	Yassin Ahmed Sayed Hafez	17	Elethad	1:08.74
3	Yossef Hossam Mohamed Elwy	16	Shooting	1:08.51
4	Hamza Hossam Eldin Fayez	15	Police Club	1:08.31
5	Yasin Amro Mamdouh	16	Heliopolis	1:08.25
6	Amro Hosen Fathy Hosen	15	Tanta	1:08.28
7	Yassen Tayie Mohamed Tayie	15	Bank Ahly Alex	1:08.32
8	Marwan Mohamed Elsaid	15	Stad Mansoura	1:08.66
9	Adm Hisham Mohamed	17	Elethad	1:08.81
10	Ahmed Mohsen Mohamed	18	Elethad	1:08.97

Heat 16 of 40 Timed Finals

1	Ali Ahmed El Prince	15	Wadi Degla	1:08.07
2	Marwan Ahmed Fathy Abdel Monier	17	Wadi Degla	1:08.04
3	Ibrahim Mostafa Ibrahim	17	Moasasa Riadiah Askaria	1:07.98
4	Salman Khaled Saber Kamel	16	Rowad	1:07.93
5	Abd EL Rahman Ahmed Ramadan	15	Rowad	1:07.83
6	Ahmed Mohamed Ahmed Helal	16	Ahly	1:07.86
7	Mohamed Ahmed Ibraheem Moham	17	Rowad	1:07.94
8	Mostafa Samir Mohamed Elsayed	16	El Nasr Club	1:08.00
9	Abd Elrhman Ahmed ali	16	Al Tersana	1:08.06
10	abd Allah Khaled abd Elmonem	15	Tanta	1:08.21

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 17 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)**

1	Mohmed Essam Saied	16	Cairo	1:07.81
2	Moaaz Waheed Ibraheem Awad	17	Rowad	1:07.54
3	Aly Mohammed Sadek	15	Palm Hills	1:07.44
4	Abdullah Ahmed Fouad	15	Rehab	1:07.33
5	Fras Alaa Eldin Hussein	16	Tanta	1:07.17
6	Yousef Mohamed Elsaed Moham	15	Bank Ahly Alex	1:07.23
7	Ahmed Khaled Hashem Ali	15	Heliopolis	1:07.41
8	Abd ElRahman Mohamed Salah ElSa	16	El Shams	1:07.51
9	Yassin Waleed Mohamed Mohamed	17	Olympic	1:07.62
10	Khaled Walied Atia	18	El Shams	1:07.82

Heat 18 of 40 Timed Finals

1	Omar Gawad Mohamed	17	Cairo	1:06.99
2	Youssef Medhat Fathy	15	Wadi Degla	1:06.98
3	Ali Ahmed Abd el Monem Omara	18	El Shams	1:06.89
4	Omar Mostafa Ahmed Mostaf	15	Rowad	1:06.83
5	Yassin Safy Eldin	15	El Ghaba	1:06.67
6	Adham Ayman Ebrahim Swilam	15	Tanta	1:06.71
7	Hazem Waheed Ibrahim	19	Rowad	1:06.85
8	Tamer Ahmed Ali	15	Elethad	1:06.94
9	Saleh Mohamed Mahmoud Shawkt	15	Ahly	1:06.98
10	Ahmed Mohamed Mousa Kotb	17	Olympic	1:07.10

Heat 19 of 40 Timed Finals

1	Omar Ayman Mohamed Magdy	16	Wadi Degla	1:06.52
2	Abdelrahman Mahmoud Mohamed	15	El Shams	1:06.41
3	Marawan Mohamed Sayed	15	Ahly	1:06.30
4	Motaz amr Mostafa	15	Al Tersana	1:06.22
5	Abdelrahman Mohamed Ramadan	17	Enppi	1:06.17
6	Omar Amin Mohamed	16	Al Tersana	1:06.20
7	Adham Ashraf Shawky Mohame	16	Zamalek	1:06.25
8	Mostafa Mohamed Baker	17	Al Tersana	1:06.38
9	Zein el den Tamer Mohamed	15	Heliopolis	1:06.46
10	Hamza Hammad Mohamed	17	Wadi Degla	1:06.62

Heat 20 of 40 Timed Finals

1	Ahmed Mohamed Abdel Salam Moh	15	Heliolido	1:06.00
2	Mohamed Mahmoud Mohamed Sha	15	Tanta	1:05.92
3	Seif Mohmed Salah	16	Cairo	1:05.82
4	Adam Ahmed Elsaied aly	15	Zamalek	1:05.74
5	Saif Mohammed Salama	15	El Temsah	1:05.65
6	Yasen Ahmed eid Thabet	16	Moasasa Riadiah Askaria	1:05.69
7	Yousief Ahmed Yousief	15	Cairo	1:05.78
8	Mohamed Karim Mohamed Shokry	20	Smouha	1:05.89
9	Yousif Islam Mohamed Ragae	15	Zamalek	1:05.98
10	Omar Mahmoud Saeid	15	Nasr City	1:06.13

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

Meet Program - 17-03-2023 Fri Eve

Heat 21 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)

1	Mahmoud Ashraf El Gayash	16	Wadi Degla	1:05.59
2	Kamal Eldin Khaled Alshahat	15	Elethad	1:05.41
3	Ali Hesham Moh. Fekre Shrif	19	El Gezira	1:05.27
4	Abd Allah Faisal Ebrahim	15	Swim Home	1:05.23
5	Mohamed Hany Elsebakhy	16	Smouha	1:05.20
6	Youssef Ahmed Abo Elhassan	16	Wadi Degla	1:05.23
7	Aser Mohamed Adel Ahmed	15	Elethad	1:05.25
8	Abdelrahman Ayman Kamal Shaaba	15	Elethad	1:05.30
9	Adham Amr Mahmoud	18	Ahly	1:05.45
10	Mohamed Wael Abdel Monaeim	20	Enppi	1:05.60

Heat 22 of 40 Timed Finals

1	Hassn Ramy Ahmed	16	Sporting	1:05.09
2	Mohamed Emad Ahmed Mostafa	16	Smouha	1:05.00
3	Eyad Ahmad Sobhy Ahmad So	15	Smouha	1:04.90
4	Omar Adel Ishaq	15	Wadi Degla	1:04.72
5	Yassin Ahmed Nabil	15	Sporting	1:04.63
6	Adham Tarik Ali Baiuomy	18	Smouha	1:04.68
7	Omar Mohamad Ali Ebrahim	15	Smouha	1:04.88
8	Hamza Ahmed Abdelslam Moha	15	Bank Ahly Alex	1:04.96
9	Mazen Tamer Mostafa	16	Wadi Degla	1:05.05
10	Eyad Waleed adb Alsalam	16	Elethad	1:05.20

Heat 23 of 40 Timed Finals

1	Omar Mohamed Essam	16	Wadi Degla	1:04.57
2	Omar Mahmoud Hassan Elazizy	15	Al Tersana	1:04.46
3	Amr Zakaria	16	Shooting	1:04.44
4	Omar Essam Mhmoud Abdelmoutlel	16	6th	1:04.17
5	Ahmed Emad Abdel Maaboud	17	Ahly	1:04.07
6	Eyad Mohamed Samy	18	Zamalek	1:04.07
7	Yossef Sayed Ahmed Elsayed	16	El Ghaba	1:04.19
8	Yasin Waled Zaky Abo Warda	19	Smouha	1:04.45
9	Moahmed Ahmed Farouq Elkot	16	Smouha	1:04.52
10	Yasien Hytham Fayez	16	Cairo	1:04.57

Heat 24 of 40 Timed Finals

1	Yassin Hossam Elden Metwally	16	El Zohour	1:04.00
2	Abd Alla Nabil Eprahem	19	Shooting	1:03.97
3	Mohamed Essam Mohamed	16	Minia Sport Clup	1:03.89
4	Mohamed Shreef	16	Tlaea El Ostol	1:03.85
5	Zad Ahmed Mohamed Asran	15	Wadi Degla	1:03.78
6	Mohanad Ashraf Farok Rashwan	21	El Zohour	1:03.82
7	Eyad Mohamed Amer	15	Tanta	1:03.87
8	Yahia Amr Mohamed	17	El Zohour	1:03.97
9	Omar Samer Mahmoud	15	Ahly	1:03.98
10	Omar Shref el Motamer Mohamed	16	Heliopolis	1:04.07

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

Meet Program - 17-03-2023 Fri Eve

Heat 25 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)

1	Youssef Tawfik Hamdy Tawfik	17	Senzo	1:03.77
2	Ali Mohamed Mousa	18	Tanta	1:03.72
3	Yousef Khaled A.Elrahman Bayomy	20	Wadi Degla	1:03.66
4	Mohamed Tarek Abasy	18	Tanta	1:03.65
5	Yousf Aymn Ebrahim Ahmed	18	6th	1:03.44
6	Karim Mahmoud Farouk	21	Beni Suef Club	1:03.59
7	Omar Waleed AlQabary	16	Sporting	1:03.65
8	Mohamed Salem Essa	18	Heliopolis	1:03.67
9	Omar Ahmed Mohamed Anwar	15	Ahly	1:03.73
10	Karem Kamal Ahmed	17	Tawfekaya	1:03.78

Heat 26 of 40 Timed Finals

1	Omar Mohamed Omar Sofy	16	Shooting	1:03.39
2	Mazen Wael Ali Gaber	20	Smouha	1:03.26
3	Ahmed Samy Hassan	15	M.S Tagamoa	1:03.25
4	Ahmed Tamer Gamal Eldin	15	Wadi Degla	1:03.15
5	Mohammed Magdy Hassan	15	El Temsah	1:03.08
6	Adham Moh. Galal Eldin ElSayd	18	El Gezira	1:03.10
7	Abdelrhman Ayman Mahmoud Ham	16	Bank Ahly Alex	1:03.22
8	Hamza Mohamed Habib	16	Ahly	1:03.25
9	Eyad Alaa El Kholy	16	Wadi Degla	1:03.34
10	Ahmed Medhat Mousa Marzok	17	Tanta	1:03.43

Heat 27 of 40 Timed Finals

1	Omar Atef el Sadat	15	Al Hawar	1:02.94
2	Bahy Mohy Mohamed	19	Zamalek	1:02.90
3	Ahmed Wael Ahmed Mohamed	19	Bank Ahly Alex	1:02.82
4	Youssef Ahmed Hassan Abdo	16	Elethead	1:02.67
5	Yehia Eslam Farouk	17	Ahly	1:02.65
6	Ahmed Samir Helmy El Sayed	15	Tawfekaya	1:02.66
7	Mahmoud Hossam El din Mahmoud	15	Shooting	1:02.79
8	Yassin Youssef Mohamed Elshaaben	15	Olympic	1:02.88
9	Mohamed Medhat Shalby	15	Heliopolis	1:02.93
10	Monzer Ahmed Amayem	16	Tanta	1:02.99

Heat 28 of 40 Timed Finals

1	Mohamed Hossam Mohamed	18	A S E C	1:02.62
2	Ahmed Tarek Mohamed Abdelalem	18	El Mekaweloun	1:02.51
3	Braa Ayman Ali	19	El Zohour	1:02.50
4	aly Saleeh aly	16	Zamalek	1:02.48
5	Eyad Ahmed Khatab	15	Wadi Degla	1:02.44
6	Adham Ahmed Hamada Ahmed Har	16	El Shams	1:02.44
7	Hossen Ahmed Mohamed Hashad	15	Tanta	1:02.49
8	Anas Mostafa Shaker	15	Wadi Degla	1:02.50
9	Abdalla Adel Abdalla	15	Ahly	1:02.59
10	Ahmed Mohamed Ghoraba	16	Tanta	1:02.63

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

Meet Program - 17-03-2023 Fri Eve

Heat 29 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)

1	Basel Sameh Mohamed	15	Hadak Al Ahram	1:02.40
2	Anas Haythm Mohamad Elsay	15	Smouha	1:02.24
3	Hesen Mohamad Elsaeid Yose	15	Smouha	1:02.14
4	Mohamed Yaser Fared Abd Elazez	17	El Shams	1:02.03
5	Yamen Ayman Helmy	16	Tanta	1:01.99
6	Ahmad Ehab Ebrahim Abdelwa	15	Smouha	1:02.02
7	Farouk Mohamad Elgedely	16	Smouha	1:02.08
8	Yehia Mohamed Saad Eldin	18	Wadi Degla	1:02.21
9	Karim amr Abd el Monem	18	Wadi Degla	1:02.34
10	Abdelrahman Mohamed Saied Elsay	15	Olympic	1:02.43

Heat 30 of 40 Timed Finals

1	Ahmed Khaled Farouk Fadel	15	6th	1:01.91
2	Saif Mohamed Mahmoud Metwaly	15	Shooting	1:01.83
3	Zeiad Mohamed Ahmed	17	Bank Ahly Geza	1:01.74
4	Mostafa Omar Kamal Eldin	19	Bank Ahly Geza	1:01.69
5	Mhmoud Tarik Ahmed Elgendy	16	Smouha	1:01.54
6	Abdelrahman Osama Omar	19	Cairo	1:01.69
7	Mohnad Hitham Ibrahim	17	Wadi Degla	1:01.72
8	Zyad Mohamed Moawad	18	Zamalek	1:01.80
9	Mostafa Moh. Ahm. Moh. Moharam	17	El Gezira	1:01.90
10	Kareem Ahmed Ibrahim	17	Sporting	1:01.96

Heat 31 of 40 Timed Finals

1	Ahmed Waleed Abdel Hady	15	Ahly	1:01.32
2	Amr Wael Shawky	16	Rowad	1:01.15
3	Adam Shref Mostafa	19	Heliopolis	1:01.10
4	Mohamed Eslam Ibrahim	15	Stad Mansoura	1:00.96
5	Abdel Rahman Hazem Moustafa	18	Elethead	1:00.95
6	Sherif Ashraf Hagag	16	A S E C	1:00.95
7	Abdullah Eldafrawy	15	Rehab	1:00.99
8	Omar Abdelaziz Hussein	15	Talbeia	1:01.11
9	Yahya Tarek Fawzy	18	Sporting	1:01.27
10	Ahmed Alaa Mahdy	18	Ahly	1:01.39

Heat 32 of 40 Timed Finals

1	Mohamed Haytham Ahmed	16	Ahly	1:00.87
2	Eyad Ahmed Saad Hasn	15	Tanta	1:00.81
3	Yehia Salah El Din Galal	15	Wadi Degla	1:00.65
4	Seif Mohamed Sayed	16	El Zohour	1:00.63
5	Mohamed Naser Ramdan	16	Talbeia	1:00.58
6	amr Ibrahim Mohamed Ibra	18	Electricity	1:00.59
7	Omar Mohamed Nabil	17	Wadi Degla	1:00.65
8	Karim Magdy Mohamed	17	El Zohour	1:00.74
9	Hatem Ashraf Kamel	16	Gezira El Ward	1:00.81
10	Eyad Sherif Hassan	16	Wadi Degla	1:00.92

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

Meet Program - 17-03-2023 Fri Eve

Heat 33 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)

1	Abd Allah Tamer Abd El Raaof	15	Maadi	1:00.51
2	Shady Wessam Mohamed	15	Wadi Degla	1:00.39
3	Omar Ahmed Gaber	19	Elethead	1:00.32
4	Abdelrahman Ahmed Mostafa	17	Electricity	1:00.31
5	Houssen Talal Houssen Sayd	19	6th	1:00.27
6	Basel Mahmoud Younes	17	Zamalek	1:00.27
7	Hamdy Mohamed Hamdy	19	Shooting	1:00.31
8	Abd el hay Ashour	17	El Shams	1:00.35
9	John Wael Abdel Malek	16	Wadi Degla	1:00.51
10	Adham Ayman Monir Hashem	18	Al Tersana	1:00.58

Heat 34 of 40 Timed Finals

1	Marwan Mohmed Hamed	16	Cairo	1:00.21
2	Mohamed Ibrahim Elkhdry	17	Elethead	1:00.15
3	Adham Hossameldin Abdallah	17	Zamalek	1:00.10
4	Zyad Waael Abass Bhr	20	6th	59.98
5	Fares Mohamed Farouk	19	Heliopolis	59.72
6	Ahmed Hasan Tork	16	Sporting	59.93
7	Omar Karim Mohamed Mselhy	17	Smouha	1:00.00
8	Malek Ahmed Mohsen	15	Wadi Degla	1:00.14
9	Khaled Wael Sabre Abdelhame	16	Smouha	1:00.17
10	Mounir Ramez Mounir	19	Shooting	1:00.22

Heat 35 of 40 Timed Finals

1	Mohamed Nasr Ahmed	16	15 May	59.53
2	Omar Gaber Aly	18	Ahly	59.46
3	Mohamed Khaled Salam	18	Ahly	59.36
4	Amar Yasser Mohamed Ahmed	17	Smouha	59.29
5	Mohamed Ahmed Salem	19	El Ghaba	59.15
6	Seif Walaa Antar	18	Wadi Degla	59.25
7	SifEldin Hossam Mohamed Elsog	19	Smouha	59.32
8	Yossef Ayman Abdalla Mohama	15	Smouha	59.38
9	Malek Haytham Mohamed	17	Wadi Degla	59.53
10	Ahmed Yasser Mahmoud Salman	15	El Zohour	59.67

Heat 36 of 40 Timed Finals

1	Abd Elrahman Mostafa Ragab	17	Swim Home	59.10
2	Yousef Samir Abel Fatah	18	Zamalek	59.05
3	Ahmed Hazem Akram	18	Ahly	58.98
4	Seif Mohamed Mohamed	19	Wadi Degla	58.93
5	Morad Yaser Hafez	20	Wadi Degla	58.81
6	Ahmed Adel Eshak	18	Wadi Degla	58.82
7	Ahmed Osama Mohamed	20	Cairo	58.96
8	Mohamed Ehab El Tayeb	17	Ahly	59.00
9	Yosef Ahm. Ebrahim Hebesha	17	El Gezira	59.10
10	Mohamed Hesham Esmail Hamd	20	6th	59.14

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

Meet Program - 17-03-2023 Fri Eve

Heat 37 Timed Finals... (Event 26 Boys 15 & Over 100 LC Meter Butterfly)

1	Khaled Ahmed Mahmoud Gaber	18	Bank Ahly Alex	58.72
2	Waleed Samer Mahmoud	18	Ahly	58.58
3	Moahmed Ahmed Salem Hassan	16	Smouha	58.32
4	Marwan Mostafa Mohamed Most	18	Smouha	58.22
5	Yousif Ahmed Ragab Elshaman	18	Smouha	58.16
6	Abd ElFatah Mohamed Abd ElFatah	17	Tanta	58.18
7	Karem Ashry Kasem	16	El Shams	58.31
8	Youssef Emad Shaaban	15	Ahly	58.44
9	Youssef Magdy Elhady	19	Ahly	58.64
10	Ahmed Hatem abd el Sabour	24	Nasr City	58.74

Heat 38 of 40 Timed Finals

1	Mohamed Ashraf	20	Sporting	58.09
2	Ibrahim Ahmed Ibrahim	22	Sporting	57.68
3	Mohamed Hatem Mohamed Sery	16	Heliopolis	57.60
4	Ahmed Tarek Mohamed	19	Shooting	57.39
5	Mohamed Salama Gaber Salama	20	Smouha	57.33
6	ali Mohamed Sarwat	18	Heliopolis	57.33
7	Abd ElRahman Mohamed Aiman	18	Shooting	57.49
8	Mohaned Alaa Mahmud Ali	19	Smouha	57.62
9	Ziad Tarek Mohamed	17	Wadi Degla	58.01
10	Ahmed Ayman Ali Mohamed	18	El Shams	58.12

Heat 39 of 40 Timed Finals

1	Omar Khaled Soliman	18	El Nasr Club	57.23
2	Ahmad Hany Ahmad	17	Heliopolis	57.18
3	Ahmed Adel Abdel aal	15	Al Hawar	57.02
4	Seif Ahmed Hegazy	19	Ahly	56.87
5	Mostafa Mohamed Al Tahan	23	Wadi Degla	56.47
6	Seif Mohamed Mehrez	22	El Zohour	56.51
7	Hazem Mohamed Abo Stet	19	Heliopolis	56.93
8	Saied Mohamed Abd Elgawad	20	Sporting	57.13
9	Abdel Rahman Amr Farag	16	Shooting	57.21
10	Mohamed Ayman Abdelsamea	16	Ahly	57.31

Heat 40 of 40 Timed Finals

1	Adam Ahmed Hamdy	17	Ahly	56.44
2	Omar Sherif Hamed	18	El Ghaba	55.89
3	Nadem Kram Mohamed	18	Heliopolis	55.67
4	Khaled Abdel Naser Ali	24	Shooting	54.36
5	Yasin HossamEldin	20	Smouha	54.30
6	Abdullah Ahmed Nasr	17	Hadak Al Ahram	54.35
7	Ali Khaled Osama	19	Wadi Degla	55.05
8	Omar Ahmed Samir Eldawody	16	Gezira El Ward	55.77
9	Ali Mohab AbdelRaouf Ali	26	Heliopolis	55.98
10	Mohamed Walid Hassan aly	17	Olympic	56.47

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

Meet Program - 17-03-2023 Fri Eve

Event 27 Girls 15 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 20 Timed Finals				
4	Malak Mohamed Samir Darwish	15	Wadi Degla	NT
5	Nijar Maher Reda Taha	16	Moasasa Riadiyah Askaria	NT
6	Gandan Ahmed Farouk	19	Shooting	NT
7	Janh Hesham Mohamed Zaghloul	15	El Shams	NT
Heat 2 of 20 Timed Finals				
1	Aisha Ahmed AbdElmagid	17	Sporting	NT
2	Farida Moustafa Hessen Atya	15	Bank Ahly Alex	NT
3	Nour Elshamy	15	Sporting	NT
4	Farida Moustafa Abd Elaziz	17	Sporting	NT
5	Hanin Saeed	15	Zamalek	NT
6	Rokaia Gamal Mohamed	17	Ahly	NT
7	Rokaya Emad Samir Hassan Abdel K	15	Heliolido	NT
8	Farida Atef Ibrahim	18	Elethad	NT
9	Laila Mohamed Mahmoud	15	Shooting	NT
10	Joudy Ahmed Medhat	15	Wadi Degla	NT
Heat 3 of 20 Timed Finals				
1	Haneen Tamer Ahmed	16	Wadi Degla	NT
2	Gana Mohamed Gamil	15	Wadi Degla	NT
3	Farah Aymen Adel Mettwaly	15	Shooting	NT
4	Hanen Amr Mohamed	17	El Nasr Club	NT
5	Lobna Ahmed Khalifa	19	Bank Ahly Alex	NT
6	Retag Ahmed Saber	16	Wadi Degla	NT
7	Fareda Ahmed Khalel	17	Wadi Degla	NT
8	Zena Nader Galal Moh. Bashandy	17	El Gezira	NT
9	Esraa Wael Ezat	17	Zamalek	NT
10	Lian Shady Sabry	19	Heliopolis	NT
Heat 4 of 20 Timed Finals				
1	Salma Mohamed Hamdy	15	Gezira El Ward	NT
2	Hana Mohamed Hasaan	16	Zamalek	NT
3	Noreen Ahmad Saad Abdala Ab	15	Smouha	NT
4	Farida Ayman Samra	19	Shooting	NT
5	Gody Hazem Fawzy Salem	16	Tanta	NT
6	Habeba Mohamed Saleh Mhmoud	16	6th	NT
7	Retaj Yasser Mohamed Kamal	15	Moasasa Riadiyah Askaria	NT
8	Nada Hassan Ahmed Hassan	17	Elethad	NT
9	Malak Zahi El Sahn	15	Sporting	NT
10	Salma Sameh Wagdy Mohamed	16	Smouha	NT
Heat 5 of 20 Timed Finals				
1	Sara Yaser Mohamed Mohame	19	Smouha	NT
2	Mariam Nader Sedky	16	Ismaily Sporting Club	NT
3	Goudy Ahmed Hanafy	16	Ahly	NT
4	Loujaen Ahmed Abd Al Halem	15	Shooting	NT
5	Klara Alfred Sabr	18	Zamalek	47.88
6	Batoul Wael Mahmoud	15	Wadi Degla	NT
7	Yasmen Ahmed Basim	17	Sporting	NT
8	Jana Mostafa Moktar	15	Cairo	NT
9	Arwa Magd Elsayed	18	Ahly	NT
10	Loujain Ibrahim Ibrahim	17	Ahly	NT

Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023**Meet Program - 17-03-2023 Fri Eve****Heat 6 Timed Finals... (Event 27 Girls 15 & Over 50 LC Meter Backstroke)**

1	Allaa Hazem Abd Elshkour	16	Shooting	43.47
2	Jana Hussin Mohamed Hussi	18	Smouha	42.49
3	Judy Sayed Ahmed	16	Wadi Degla	42.09
4	Ratag Khaled Mohamed	15	Wadi Degla	41.63
5	Salma Ahmed Mahmoud Abd EL Lat	15	Heliopolis	41.12
6	Khadija Eslam Ahmed Samih	15	Sporting	41.20
7	Gana Mohamed Mohamed	17	Ultimate	41.67
8	Habiba Elaroussy	15	Sporting	42.44
9	Hana Mahmoud Mostafa	16	Wadi Degla	42.64
10	Nour Madi	15	Sporting	43.96

Heat 7 of 20 Timed Finals

1	Jannat Ibrahim Saleh Fargha	15	Elethad	40.71
2	Haya Ahmed Elsaid Abdo	16	6th	40.03
3	Sandra Emad Onsy	15	Rowad	39.71
4	Haidy Mostafa Reyad	19	Ahly	39.38
5	Salma Mostafa Kamel Abou E	15	Elethad	39.03
6	Maya Ali Ahmed	15	Elethad	39.17
7	Hana Ahmed Mohamed	15	Wadi Degla	39.41
8	Radwa Essam ali	18	Zamalek	39.98
9	Donya Ahmed aly Yousef	15	Tanta	40.22
10	Aisel Mostafa Anwar	18	Ahly	41.08

Heat 8 of 20 Timed Finals

1	Malak Ahmed Said El Wakel	16	Wadi Degla	38.88
2	Goudy Ahmed Ibrahim	15	Wadi Degla	38.80
3	Mariam Ashraf Rashad Nabih	15	Sporting	38.75
4	Hana Ahmed Ragab	16	El Ghaba	38.63
5	Kenzi Mohamed	15	A S E C	38.32
6	Retal Mohamed Khamis	15	Sporting	38.61
7	Merna Alaa Mohamed	17	Wadi Degla	38.74
8	Mayar Sherif Mohamed	15	Elethad	38.79
9	Nadin Motaz Mohamed	15	Moasasa Riadiyah Askaria	38.87
10	Nour Mohamed Abd El Hady	18	Sporting	39.00

Heat 9 of 20 Timed Finals

1	Zeina Mohamed Abdel Moez	15	Ahly	38.14
2	Alaa Amr El Sokry	18	Sporting	37.80
3	Rola Mostafa Salah	18	Shooting	37.57
4	Jode Mohamad Yossef Moham	15	Smouha	37.34
5	Jana Alla Mohamed	15	Minia Sport Clup	37.20
6	Catrin Wael Bolice	16	Wadi Degla	37.29
7	Dahb Magdy Kamal	19	Elethad	37.47
8	Nazly Karim ELDin Ahm. Hasan	16	El Gezira	37.64
9	Gana Mohamed Abd ElSamed Abass	18	Shooting	37.88
10	Malak Ahmed Eisa	16	El Ghaba	38.27

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

Meet Program - 17-03-2023 Fri Eve

Heat 10 Timed Finals... (Event 27 Girls 15 & Over 50 LC Meter Backstroke)

1	Rawan Yahia	15	Zamalek	37.06
2	Renad Khaled Mahmoud	19	Ahly	36.74
3	Farah Mohamed Moussa Kotb	18	Olympic	36.69
4	Habeba Waled Mahmud Shref O	15	Smouha	36.57
5	Lojain Ahmed Abd el Hamid	15	Wadi Degla	36.53
6	Nadia Ayman eid Abdelhmid	15	Zamalek	36.53
7	Marwa Mohamed Hanfy	17	YMCA	36.59
8	Habeba Mostafa Gamal Eldeen	17	Gezira El Ward	36.72
9	Ayla Mohamed Ali EL Medany	15	Heliopolis	36.89
10	Gana Wael Youssef Mahmoud	17	Wadi Degla	37.12

Heat 11 of 20 Timed Finals

1	Arwa Hossam Taha	16	Smouha	36.45
2	Rawan Mohamed Moaawad	17	Ahly	36.28
3	Malak Osama Mohamed Kamel Mors	15	Olympic	36.16
4	Farida Rashdy Mohamed Ahmed	15	Bank Ahly Alex	36.07
5	Hoda Mohammed Said Adel	17	Shooting	35.97
6	Gana amr Shahen	15	Zamalek	36.00
7	Mariam Ebrahim Mohamed Hamdy	15	Heliopolis	36.09
8	Kinzy Yahia Mohamed Sameh	15	Enppi	36.19
9	Farida Ahmed Mohamed Abdelwane	17	Olympic	36.39
10	Rofaida Khaled Hussein	16	Ahly	36.50

Heat 12 of 20 Timed Finals

1	Norai Mohamed Galal	15	Shooting	35.84
2	Nour Shref Osama	15	Heliopolis	35.74
3	Alia Ali Mohamed	20	Heliopolis	35.71
4	Razan Ahmed Hosny	19	Wadi Degla	35.67
5	Joudy Moahmed Khedr	16	Smouha	35.64
6	Anan Mohamed Yehia	18	El Mekaweloun	35.66
7	Sara Tarek Ahmed Mohsen	18	Maadi	35.69
8	Jana Hisham Mohamed	17	Cairo	35.72
9	Salma Abdel Hamid Mazrouh	17	Wadi Degla	35.74
10	Laila Khaled Elraai	19	Ahly	35.93

Heat 13 of 20 Timed Finals

1	Joudy Tamer Kamal	16	Smouha	35.52
2	Yasamina Aslam Subhaa	18	Nasr City	35.50
3	Sama Gehad Mohamed	17	Tawfekaya	35.37
4	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	35.36
5	Jana Hisham Shaheen	17	Cairo	35.27
6	Jana Mohamed Abdel Fatah	19	Shooting	35.29
7	Joanna Waleed Shanan	15	Maadi	35.37
8	Zenia Ahmed Saied Kandil	16	Heliopolis	35.42
9	Fareda Mohamed Farouk	16	Wadi Degla	35.51
10	Lojain Mohamed Nabil	15	Wadi Degla	35.59

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

Meet Program - 17-03-2023 Fri Eve

Heat 14 Timed Finals... (Event 27 Girls 15 & Over 50 LC Meter Backstroke)

1	Maya Osama Ahmed Mohammed	17	Shooting	35.21
2	Iman Ahmed Adel Elsaied	16	Smouha	35.09
3	Remaas Tamer Elseid Mohamad	15	Smouha	34.98
4	Haya Mohamed Mahmoud	15	Wadi Degla	34.94
5	Nour Mohamed Elsoda	15	Maadi	34.89
6	Jana Khalid	19	Sporting	34.90
7	Hana Hisham Mohamed Yousi	18	Smouha	34.95
8	Malek Essam Eldin	19	Elethad	35.06
9	Goumana Wael Hosny	16	Ahly	35.21
10	Lamar Ahmed Mohamed	16	Elethad	35.27

Heat 15 of 20 Timed Finals

1	Hana Mohamed Ezzat Taha	15	Heliopolis	34.81
2	Gana Tarek Mohamed Farid	18	Shooting	34.69
3	Menna Tallah Ahmed Mohamed	17	Banha	34.61
4	Kenzy Tamer Ahmed Abdelham	17	Smouha	34.46
5	Ranim Mohamed Sayed Ahmed	24	Moasasa Riadiyah Askaria	34.30
6	Noor Kamel ElNagar	19	Sporting	34.31
7	Reem Ameer Abd Elwahab	16	Shooting	34.60
8	Fatima Haytham Abd ElMeneam	19	Tanta	34.65
9	Lena Ahmed Adel Smaha	16	Heliopolis	34.75
10	Amina Alaa Elhamouly	16	Sporting	34.86

Heat 16 of 20 Timed Finals

1	Mennatallah Tamer Fawzy	15	Wadi Degla	34.19
2	Sara Soliman Said	19	Ahly	34.08
3	Noor Tamer AbdElrhim Mohamed	16	El Shams	34.04
4	Farida Basem Mohamed Megahed	19	Maadi	33.99
5	Alia Khaled Mohamed Ghorab	17	El Gezira	33.88
6	Kenzy Hamada Saad	15	Ahly	33.92
7	Sandy Soliman Said	17	Ahly	34.04
8	Jassmin Mohamed Abdel Kader	16	Wadi Degla	34.08
9	Salma Mohamed Ezzat Mohamed	16	Wadi Degla	34.09
10	Mariem Hossam Elden Hassan	15	Cairo	34.27

Heat 17 of 20 Timed Finals

1	Mai Khaled Abdeltif	20	Wadi Degla	33.70
2	Malak Mokhtar Mohamed	17	Wadi Degla	33.53
3	Karma aly Elsheraee	17	Heliopolis	33.41
4	Nour Mohamed Ibrahim Ali	18	Smouha	33.13
5	Zena Mahmoud Mohamed Mosa	18	El Ghaba	33.09
6	Haya HossamEldin Kndel	18	Smouha	33.10
7	Menna Mohamed Alashkar	17	Zamalek	33.25
8	Shimaa Mohamed Hussien	17	Talbeia	33.44
9	Fatma Osama Fahmy	16	Zamalek	33.53
10	Nour Mohamad Hassan Moham	15	Smouha	33.83

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

Meet Program - 17-03-2023 Fri Eve

Heat 18 Timed Finals... (Event 27 Girls 15 & Over 50 LC Meter Backstroke)

1	Rodayna Mohamed Wagdy	16	Al Tersana	32.94
2	Khadega abd el Azez Glal	16	Heliopolis	32.89
3	Shahd Ahmed Abd Elbaky	19	Sporting	32.77
4	Login Hazem Samir	15	Nasr City	32.71
5	Joudy Khaled Saied Ismail	15	Olympic	32.69
6	Marem Ahmad Abdelgafar Ahm	15	Smouha	32.70
7	Rodaina Mohamed Saad	18	Wadi Degla	32.76
8	Farida Sherif Ahmed Taha	16	Shooting	32.78
9	Kenzy Mohamed el Sebaey	17	Cairo	32.90
10	Gana Allaeldin Mohamed	15	El Shams	33.03

Heat 19 of 20 Timed Finals

1	Rokan Tamer Ismail	15	Shooting	32.58
2	Na'eela Wael Elagroudy	16	Sporting	32.49
3	Lela Ahmed Kamal	18	El Ghaba	32.40
4	Habiba Mohamad Saeed Shebl	15	Smouha	32.30
5	Nancy Mostafa Ibrahim Mohamed	15	El Shams	32.30
6	Farida Amr Mohamed Abd El Moteli	18	Shooting	32.30
7	Dilara Khaled Ahmed Mohamed	17	Olympic	32.35
8	Loujain Youssef Ahmed	20	Ahly	32.41
9	Kenzy Wael Foud RamadanYos	15	Smouha	32.55
10	Rofaida Mahmoud Mohamed Hass	17	15 May	32.63

Heat 20 of 20 Timed Finals

1	Jana Maged Amir	15	El Zohour	32.22
2	Hala Amr	15	El Ghaba	31.95
3	Farah Amr Abdel Motaleib	20	Shooting	31.23
4	Malak Waled Essam Shabana	19	Smouha	30.81
5	Sara Waled Mahmoud	16	Heliopolis	29.61
6	Raghd Mohamed Elsaid Moham	18	Smouha	30.48
7	Maya Kamal Mohamed Mhmod	17	Smouha	31.01
8	Fatma Mohamed Klel Ebrahim	19	6th	31.42
9	Kenzy Ahmed Ali	20	Ahly	32.15
10	Hana Ashraf Mahmoud	22	Wadi Degla	32.27