

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

## Meet Program - 17-03-2023 Fri Mor

## Event 23 Boys 15 &amp; Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 13 Timed Finals</b>				
4	Marawan Mohamed Sayed	15	Ahly	NT
5	Yosef Ahm. Ebrahim Hebesha	17	El Gezira	NT
6	Youssef Ahmed Abo Elhassan	16	Wadi Degla	NT
<b>Heat 2 of 13 Timed Finals</b>				
1	Khaled Hammad Mohamed	19	Wadi Degla	NT
2	Moaz Ahmed Zaki Mohamed	15	Tanta	NT
3	Basel Al Sayed Houssin	17	Heliopolis	NT
4	Abdelrahman Khaled Sabry Abdelwa	17	Olympic	NT
5	Ali Ahmed Abdulmageed	16	El Gezira	NT
6	Youssef Mahmoud Taha	17	Ahly	NT
7	Abdelrahman Mahmoud Mohamed	15	El Shams	NT
8	Hussien Elzafarany	17	Sporting	NT
9	Mohamed Mourad Mohamed	21	Sporting	NT
10	Mahmoud Abdelwahab Shaban	17	Enppi	NT
<b>Heat 3 of 13 Timed Finals</b>				
1	Marwan Mohmed Hamed	16	Cairo	NT
2	Ahmed Mohamed Abdelaziz	17	Moasasa Riadih Askaria	NT
3	Marawan Walid Noshy	16	Ahly	NT
4	Basel Mahmoud Younes	17	Zamalek	NT
5	Abd Allah Faisal Ebrahim	15	Swim Home	NT
6	Ahmed Mohamed Mossad Moham	16	Zamalek	NT
7	Ahmed Hani Ezzat	15	Shooting	NT
8	Mohamed abd Elshafy Sadek	16	Zamalek	NT
9	Saif Mohammed Salama	15	El Temsah	NT
10	Yasin Wael Elshmaa	24	Sporting	NT
<b>Heat 4 of 13 Timed Finals</b>				
1	Ahmed amr Mahmoud	15	Zamalek	5:56.52
2	Ahmed Sameh Mohamed Emam	15	Heliopolis	5:48.40
3	aly Hussien Mohamed Huse	15	Zamalek	5:42.23
4	Ahmed Waled Ibrahim	16	Talbeia	5:37.84
5	Yousif Ahmed Hamdy Borham	19	Smouha	5:34.67
6	Moaz Tamer Hassan Mohamed	15	El Nasr Club	5:34.86
7	Mohamed Mostafa Mohamed	19	Wadi Degla	5:40.51
8	Mohamed Walid Mohamed	15	El Ghaba	5:44.76
9	Yossef Ihab Youssef	17	Elethad	5:48.99
10	Mazen Mohamed Mohamady Mahm	16	El Nasr Club	NT
<b>Heat 5 of 13 Timed Finals</b>				
1	Adham Ayman Ebrahim Swilam	15	Tanta	5:32.41
2	Yasien Hytham Fayez	16	Cairo	5:29.20
3	Amr Hany Mahmoud Ahmed	17	Ahly	5:27.39
4	Adham Mostafa Ibrahim	15	El Temsah	5:25.23
5	Abd ElRahman Mohamed Salah ElSa	16	El Shams	5:23.54
6	Mohamed Ibrahim Zakreya	15	A S E C	5:24.81
7	Omar Shady Mohamad Ali H	15	Smouha	5:26.90
8	Kareem Mohamed Fouad Algaml	18	Tawfekaya	5:27.88
9	Mhmoud Wled Fkri Mhmoud	18	6th	5:32.17
10	Aly Mahmod Ez el den	15	Heliopolis	5:33.35

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1	Yehia Samer Wafek	16	Heliopolis	5:22.32
2	Omar Tamer Issa	15	Rowad	5:21.17
3	Ahmed Wael Ahmed Mohamed	19	Bank Ahly Alex	5:17.47
4	Yahya Yasser Mohamed Elbhn	17	Bank Ahly Alex	5:16.72
5	Ahmed Hassan Ahmed Hassan	17	Wadi Degla	5:15.95
6	Moaz Eslam Kamal Eldeen E	15	Smouha	5:16.47
7	Omar Gawad Mohamed	17	Cairo	5:17.05
8	Omr Ahmed Farouk	17	Cairo	5:18.28
9	Hazem Mohamed Hesem Solaym	15	Bank Ahly Alex	5:22.29
10	Ahmed Medhat Ahmed Mostafa	16	Wadi Degla	5:22.71

**Heat 7 of 13 Timed Finals**

1	Yassin Amir	20	El Ghaba	5:15.60
2	Anwar Ayman Mohamed Moustafa	15	Olympic	5:15.49
3	Eyad Osama Ramadan	19	Ahly	5:14.92
4	Omar Essam Mhmoud Abdelmoutlel	16	6th	5:14.80
5	Ahmad Ehab Ebrahim Abdelwa	15	Smouha	5:14.40
6	Hatem el Ameer Salah el din	15	Al Hawar	5:14.63
7	Ahmed Osama Hassan Abdalah	17	Bank Ahly Alex	5:14.90
8	Bahy Mohy Mohamed	19	Zamalek	5:15.30
9	Yousf Aymn Ebrahim Ahmed	18	6th	5:15.55
10	Eyad Mohamed Shokry Mohamed	15	6th	5:15.60

**Heat 8 of 13 Timed Finals**

1	Ahmed Emad Samir Hassan	18	Heliolido	5:13.71
2	Ahmed Maged Ghoureib	15	Wadi Degla	5:13.53
3	Malek Mohamed Bazan	16	Maadi	5:12.81
4	Hamza Ahmed Morsi Morsi Ahmed	17	6th	5:12.41
5	Mohamed Amr Elsayed Abdelaziz	15	Olympic	5:10.85
6	Moustafa Essam Wahba	16	Sporting	5:12.10
7	Mahmoud Hassan Mohamed Hassan	15	El Shams	5:12.74
8	Youssef Yasser Farouk Hassan	15	Sporting	5:13.47
9	Mohamed Haytham Ahmed	16	Ahly	5:13.61
10	Moamen Khalid Mohamed	18	Zamalek	5:13.76

**Heat 9 of 13 Timed Finals**

1	Youssef Abdel Aziz Alaa	17	Wadi Degla	5:10.42
2	Omar Ahmed Mohamed Anwar	15	Ahly	5:09.94
3	Mohammed Magdy Hassan	15	El Temsah	5:07.83
4	Omr Hany Abdelwhab	16	El Ghaba	5:06.58
5	Yassien Yasser Hassan	16	Smouha	5:05.87
6	Moamen Amr Mohamad Hamed Ko	15	Smouha	5:06.23
7	Karim Sameh Karim	15	Al Tersana	5:07.30
8	Ahmed Yasser Yehia	18	Cairo	5:08.74
9	Mazen Refaat Mahmoud	15	Hadak Al Ahram	5:09.94
10	Mazen Majed Mahmoud	15	Hadak Al Ahram	5:10.52

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 17-03-2023 Fri Mor****Heat 10 Timed Finals... (Event 23 Boys 15 & Over 400 LC Meter IM)**

1	Mohamed Bahgat Mohamed Elsherb	16	Stad Mansoura	5:04.47
2	Mohamed Waled Mahmoud ali	17	Zamalek	5:02.64
3	Omar Mohamed Ahmed Fathy	16	Shooting	5:02.19
4	Abd Elrahman Amr Abd Elfatah Gho	17	El Shams	5:00.74
5	Anas Mostafa Shaker	15	Wadi Degla	4:58.50
6	Omar Mohamed Yehia	16	Wadi Degla	4:59.23
7	Saif Mohamed Mahmoud Metwaly	15	Shooting	5:01.03
8	Youssef Ehab Mostafa	18	Ahly	5:02.27
9	Omar Mohsen Ramdan AbdElm	18	Smouha	5:04.04
10	Youssef Tamer Mohamed Hamed	18	Wadi Degla	5:04.86

**Heat 11 of 13 Timed Finals**

1	Khaled Hesham Ahmed	16	Elethead	4:57.60
2	Gamal Metwaly Gamal Mohamed	20	El Zohour	4:55.30
3	Yossef Ayman Abdalla Mohama	15	Smouha	4:53.87
4	Farouk Mohamad Elgedely	16	Smouha	4:53.56
5	Abd El Rahman Hisham Fathalah	17	Sporting	4:51.53
6	Omar Hany Abdalla	21	Ahly	4:52.79
7	Seif Amr Mahmoud Alsokry	17	6th	4:53.68
8	Omar Ahmed Salah	17	Ahly	4:53.93
9	Ibrahim Yasser Farahat AbdElMagid	17	Maadi	4:56.37
10	Zeiad Hamdy Amin Ossman	20	Zamalek	4:57.70

**Heat 12 of 13 Timed Finals**

1	Saif ElDIn Sameh A.Elmoaez	20	Wadi Degla	4:51.10
2	Rohaim Tolba	16	Shooting	4:49.70
3	Youssef Amr Sayed	17	Wadi Degla	4:47.34
4	Omar Mohamed Hassan	15	Ahly	4:47.05
5	Moahmed Ahmed Salem Hassan	16	Smouha	4:46.38
6	Omar Ahmed Hassan Ryaan	18	El Shams	4:47.03
7	Saied Mohamed Abd Elgawad	20	Sporting	4:47.22
8	Karim Magid Abdelglil	16	Zamalek	4:47.92
9	Hamza Moahmed Mhmoud	16	Smouha	4:51.07
10	Kareem Ahmed Ibrahim	17	Sporting	4:51.52

**Heat 13 of 13 Timed Finals**

1	Ahmed Mohamed Amr	19	El Zohour	4:44.13
2	Adam Yousry Bebars	17	Ahly	4:42.20
3	Yousef Adel Ramadan	18	El Shams	4:42.00
4	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	4:37.94
5	Karem Magdy Ismail	23	Sporting	4:31.22
6	Mohaned LiwaaEldin Ali	18	Smouha	4:37.91
7	Ahmed Mohamed Ahmed ali	17	Shooting	4:41.60
8	Seif Ahmed Hegazy	19	Ahly	4:42.15
9	Yassin Mohamed Abdelgawad Saed	17	Olympia	4:43.37
10	Yassin Esam El Din	19	Sporting	4:44.89

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## Meet Program - 17-03-2023 Fri Mor

## Event 24 Girls 15 &amp; Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Timed Finals</b>				
2	Sondos Mohamed Salah El Di	15	Elethad	NT
3	Hana Mohamed Ezzat Taha	15	Heliopolis	NT
4	Nataly Gorge Atif Tawfik	15	Wadi Degla	NT
5	Nada Wageih Ail	23	Enppi	NT
6	Arwa Hesham Sayed	16	Wadi Degla	NT
7	Mariam Mohammed Hamdy	18	Shooting	NT
8	Sagda Mohamed Salah	15	Elethad	NT
<b>Heat 2 of 14 Timed Finals</b>				
1	Farida Ahmed Ibrahim	17	El Ghaba	NT
2	Nour Elshamy	15	Sporting	NT
3	Sara Ahmed Eissa	15	Maadi	NT
4	Hoda Mohammed Said Adel	17	Shooting	NT
5	Kenzi Maher Abdelwahab	15	Elethad	1:44.81
6	Merna Mohamed adb Elhady	19	Zamalek	NT
7	Dana Khaled Mohamed	16	Wadi Degla	NT
8	Mariam Hazem Abd Elshkour	16	Shooting	NT
9	Souhaila Abou El Mgd Ahmed	22	6th	NT
10	Laila Ahmed Adel El Kholy	19	Maadi	NT
<b>Heat 3 of 14 Timed Finals</b>				
1	Swlaf Samer Abdalla Sharar	17	YMCA	1:41.26
2	Arwa Sherif Mohamed Samy	18	Shooting	1:39.87
3	Ghoswn Wahed Mohamed	19	El Obour	1:37.56
4	Dana Ahmed Mahmoud	16	Elethad	1:37.02
5	Habeba Waled Mahmud Shref O	15	Smouha	1:35.74
6	Merna Alaa Mohamed	17	Wadi Degla	1:36.06
7	Menna Mohamed Ahmed	15	Senzo	1:37.17
8	Amina Maged	20	Sporting	1:38.47
9	Salma Waael Abdelmonem	17	Enppi	1:40.23
10	Khadiga Ahmed Mohamed Monir	16	Shooting	1:42.55
<b>Heat 4 of 14 Timed Finals</b>				
1	Yasmen Samer Mahmoud	20	Ahly	1:35.39
2	Hanen Aadelf Hossien	18	Talbeia	1:35.03
3	Yasmin Ahmed El Tahlawy	18	Ahly	1:34.65
4	Gana Ibrahim Abdalla	17	Talbeia	1:34.32
5	Karema Kamel Saad	15	A S E C	1:33.99
6	Retal Mohamed Khamis	15	Sporting	1:34.29
7	Retaj Doctor Farg	15	Tlaea El Ostol	1:34.48
8	Caren Wahid Niazy	15	Wadi Degla	1:34.72
9	Habiba Ayman Abbas Maamoun	15	Sporting	1:35.07
10	Roaa Ahmed Darwish	16	Wadi Degla	1:35.72

**Egypt Swimming Cup 2022-2023 - 3/14/2023 to 3/20/2023****Meet Program - 17-03-2023 Fri Mor****Heat 5 Timed Finals... (Event 24 Girls 15 & Over 100 LC Meter Breaststroke)**

1	Jana Alaa	18 Sporting	1:33.71
2	Nour Hossam Zaghloul	16 Sporting	1:32.99
3	Salma Abd Ella Abd Elhameed	18 Talbeia	1:32.55
4	Salma Mohamed Elsaid Tanta	15 Zamalek	1:31.60
5	Renad Mohamed Rafek Farouk	15 Bank Ahly Alex	1:31.25
6	Ganna Mohamed Mahmoud	17 Ahly	1:31.46
7	Mai Mohamed Ramadan	16 Talbeia	1:32.42
8	Karma Ihab Ali	15 Wadi Degla	1:32.84
9	Dalia Ahmed Abdelsalam	19 15 May	1:33.53
10	Fareda Amr Mohamed Fouad	15 Heliopolis	1:33.98

**Heat 6 of 14 Timed Finals**

1	Nour Daa Mahmoud	17 A S E C	1:30.82
2	Sandy Soliman Said	17 Ahly	1:30.34
3	Karma Ayman Abou Amera	16 Sporting	1:30.01
4	Mirna Sameh Shawky Mostafa	17 Heliolido	1:29.06
5	Hana Tarek Fared	20 Shooting	1:28.63
6	Farida Ahmed Fouad	17 Wadi Degla	1:28.69
7	Nadine Bassem Joseph	15 Wadi Degla	1:29.34
8	Jana Youssef Gadelrab Abuzeid	15 Olympic	1:30.20
9	Tasnem Mohamed Mohamed Gala	19 Smouha	1:30.44
10	Jana Ashraf Mohamed Gaber	17 Olympic	1:31.19

**Heat 7 of 14 Timed Finals**

1	Youmna Hesham Mohsen	15 Ahly	1:28.31
2	Hana Mohamed Asharaf Makrem	15 El Shams	1:27.89
3	Nada Mohamed Ahmed Kafaka	16 Zamalek	1:27.80
4	Noha Alaa Abd Elhlim	19 El Zohour	1:27.73
5	Rowida Ayman Mohamed	17 Talbeia	1:27.34
6	Habeba Mostafa Gamal Eldeen	17 Gezira El Ward	1:27.37
7	Habiba Ahmed Hassan	15 Ahly	1:27.73
8	Salma Mohamedf Abdel Salam Moha	19 Heliolido	1:27.80
9	Sandra Medhat Mohamed	18 Ahly	1:28.05
10	Yossra Mostafa Kamel	16 Elethad	1:28.55

**Heat 8 of 14 Timed Finals**

1	Lena Hany Mohamed	16 Ahly	1:27.10
2	Saga Alaa Adel Ibrahim	15 Shooting	1:26.94
3	Salma Saed Elsamadony	15 Tanta	1:26.89
4	Marwa Mohamed Hanfy	17 YMCA	1:26.66
5	Khadiga Yasser Fattouh	16 Ahly	1:25.92
6	Malak Mohamed Abdelmonem Ahm	17 Wadi Degla	1:26.31
7	Malak Mohamed Samir Darwish	15 Wadi Degla	1:26.78
8	Basmala Ramdan Mostafa Mosta	16 Bank Ahly Alex	1:26.91
9	Toka Ayman Ebrahim Eldsok	15 Smouha	1:27.09
10	Jana Mohamed Abd Elkariem	15 6th	1:27.16

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**Heat 9 Timed Finals... (Event 24 Girls 15 & Over 100 LC Meter Breaststroke)**

1	Hana Mohamed Youssef Moha	17	Smouha	1:25.52
2	Sarah Karim Mohamed Galal	17	Smouha	1:25.22
3	Mariam Hatem Anwar EL Said	16	Shooting	1:25.10
4	Zeina Wael Abd Elmohsen	16	Shooting	1:24.76
5	Yara Hassan Fathy	16	Tawfekaya	1:24.41
6	Nourallah Ahmed Fahmy	16	Ahly	1:24.51
7	Dilara Khaled Ahmed Mohamed	17	Olympic	1:24.77
8	Kholoud Abdelfatah Ali Abdel	17	Smouha	1:25.14
9	Loujin Reda Ebrahim Abd Elaziz	15	6th	1:25.35
10	Sagwa Khaled Mostafa Mahmo	15	Bank Ahly Alex	1:25.86

**Heat 10 of 14 Timed Finals**

1	Goumana Wael Hosny	16	Ahly	1:24.28
2	Lorian Hany	15	Sporting	1:24.14
3	Sara Elhamy Foad Abd El Sallam	18	Maadi	1:24.06
4	Kanzy Waled Hamad	16	Smouha	1:23.89
5	Jomana Hamdy Ameen	16	El Zohour	1:23.42
6	Rewan Sherief Zayan	18	Olympic	1:23.86
7	Rawan Yossry Zaky Khalaf	15	El Shams	1:24.01
8	Lemar Samer Elsaeid Anwar	15	Smouha	1:24.12
9	Laila Mohamed Fathy	16	Shooting	1:24.24
10	Kinzy Yahia Mohamed Sameh	15	Enppi	1:24.32

**Heat 11 of 14 Timed Finals**

1	Malak Mostafa Mahmoud	15	Elethad	1:23.15
2	Menat Allah Medhat abd el Azeem	16	Al Hawar	1:22.95
3	Salma Waleed Raslan	15	Al Hawar	1:22.68
4	Lobna Ahmed Khalifa	19	Bank Ahly Alex	1:22.10
5	Habiba Atef	16	A S E C	1:21.96
6	Karma Shady Mohamed Sabry	16	Heliopolis	1:22.07
7	Yara Hesham Mohsen	15	Ahly	1:22.38
8	Rawan Wael	18	Ahly	1:22.82
9	Farah Hassan Rageb	18	A S E C	1:22.96
10	Nour Mohamed aly el Sobky	16	Wadi Degla	1:23.31

**Heat 12 of 14 Timed Finals**

1	Rawda Mohamed Mobark Abdel Aze	18	Wadi Degla	1:21.77
2	Roqaya Saad Mohamed	15	Zamalek	1:21.43
3	Malak Ali Atia	16	Smouha	1:21.17
4	Nada Mohamed Magdy	15	Elethad	1:20.80
5	Masa Mostafa abd Elghany	15	Tanta	1:20.61
6	Basant Gamil Barakat	16	Ahly	1:20.77
7	Lara Amr Mahmoud Alsokkary	15	6th	1:21.10
8	Kanzy Hesham Rashad	20	Shooting	1:21.22
9	Gana Mohamed Ahmed Salama	18	El Ghaba	1:21.75
10	Mariam Ahmed Abdel Hakm	15	Ahly	1:21.81

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1	Lian Shady Sabry	19	Heliopolis	1:20.41
2	Mariam Mohamed Soliman Aoda	16	Wadi Degla	1:19.67
3	Nadine Ayman Hussein	18	Hadak Al Ahram	1:19.54
4	Karma Ahmed Nabil	19	Shooting	1:17.81
5	Gana Nasr El Din Ali	19	Sporting	1:17.74
6	Goudy Abdelhalem Fathala Z	18	Bank Ahly Alex	1:17.75
7	Shahd Mohamed Ismael	18	Smouha	1:18.00
8	Hana Mostafa Ahmed Hamdy	22	Ahly	1:19.63
9	Mariam Walid Sayed	15	Wadi Degla	1:20.26
10	Maryam Emad Mohamed Elhadid	18	Gezira El Ward	1:20.59

**Heat 14 of 14 Timed Finals**

1	Maya Ahmed Ragheb	16	Sporting	1:17.28
2	Nadine Mohamed Amin	17	Ahly	1:16.57
3	Hedy Amr Moustafa Hamouda	24	Heliopolis	1:15.73
4	Sara Soliman Said	19	Ahly	1:15.34
5	Julie Akram Ahmed	17	Ahly	1:13.93
6	Janat Kareem Mohamed	15	El Shrook	1:14.98
7	Rewida Hisham Tolba Ibrahim	28	Ahly	1:15.47
8	Dana Rafik El Saady	15	Wadi Degla	1:16.31
9	Mariam Mohamed Ahmed Kotb	17	Smouha	1:16.86
10	Mariem Mohamed Emad Fahmy	18	Maadi	1:17.48