

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

Meet Program

Event 1 Girls 15 & Over 200 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

2	Kinzy Yahia Mohamed Same	15	ENPPI	NT
3	Mariam Hazem Abd Elshko	16	SHOOT	NT
4	Swlaf Samer Abdalla Sharar	17	Y.M.C.A	NT
5	Sara Ahmed Eissa	15	MAADI	NT
6	Yara ali el Koshy	18	ZMALK	NT
7	Malak Mohamed Nagy	16	Sporting	NT
8	Kanzy Waled Hamad	16	SMOHA	NT
9	Tala Tarekf el Kafrawe	17	HELOP	NT

Heat 2 of 11 Finals

1	Nour Elshamy	15	Sporting	NT
2	Lian Shady Sabry	19	HELOP	NT
3	Yasmin Ahmed El Tahlawy	18	AHLY	NT
4	Sondos Mohamed Salah El I	15	Elethead	NT
5	Shrouk Mohamed Rashad M	15	Olympic	NT
6	Yasmen Samer Mahmoud	20	AHLY	NT
7	Sagda Mohamed Salah	15	Elethead	NT
8	Gana Noaaman Samer	15	Al Hawar	NT
9	Jasmine Ahmed Eissa	17	MAADI	NT
10	Goumana Wael Hosny	16	AHLY	NT

Heat 3 of 11 Finals

1	Sandra Medhat Mohamed	18	AHLY	NT
2	Roqaya Saad Mohamed	15	ZMALK	NT
3	Sama Ahmed Ali	17	AHLY	NT
4	Haneen Yasser Saad Abd Ell	15	6 OCT	3:46.13
5	Ghoswn Wahed Mohamed	19	El Obour	3:38.09
6	Kenzi Maher Abdelwahab	15	Elethead	3:46.06
7	Gana Mohamed Ahmed Sala	18	GHABA	NT
8	Rawan Ahmed Abdou	17	DEGLA	NT
9	Khadiga Ahmed Mohamed I	16	SHOOT	NT
10	Laila Ahmed Adel El Kholy	19	MAADI	NT

Heat 4 of 11 Finals

1	Gana Ibrahim Abdalla	17	TALBE	3:28.27
2	Fareda Amr Mohamed Foua	15	HELOP	3:27.20
3	Menna Mohamed Ahmed	15	SENZO	3:25.81
4	Tasnem Mohamed Mohame	19	SMOHA	3:21.60
5	Karma Ihab Ali	15	DEGLA	3:19.33
6	Dalia Ahmed Abdelsalam	19	MAY15	3:20.49
7	Nour Diaa Mahmoud	17	A S E C	3:24.53
8	Farida Ahmed Amin	17	DEGLA	3:26.98
9	aya Moharam Mohamed	19	TALBE	3:27.49
10	Salama Mahmoud Khorshec	19	El Obour	3:31.59

Heat 5 of 11 Finals

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

Heat 6 of 11 Finals

1	Yossra Mostafa Kamel	16	Elethead	3:12.64
2	Nada Mohamed Ahmed Kaf	16	ZMALK	3:12.32
3	Malak Mohamed Samir Dar	15	DEGLA	3:10.95
4	Mariam Wael Attia	15	AHLY	3:09.60
5	Noha Alaa Abd Elhlim	19	ZOHUR	3:09.05
6	Noor Tamer AbdElrhim Mol	16	SHAMS	3:09.51
7	Basmala amr aly	19	Olympic	3:10.31
8	Malak Mohamed Abdelmon	17	DEGLA	3:12.09
9	Farida Ahmed Fouad	17	DEGLA	3:12.49
10	Karma Ayman Abou Amera	16	Sporting	3:13.36

Heat 7 of 11 Finals

1	Arwa Ahmed Hassan Elsaied	19	City Club	3:07.86
2	Habeba Mostafa Gamal Elde	17	Gezira El Ward	3:07.07
3	Jana Mohamed Abd Elkariel	15	6 OCT	3:06.63
4	Kholoud Abdelfatah Ali Abd	17	SMOHA	3:05.97
5	Mariam Ahmed Abdel Hahn	15	AHLY	3:04.38
6	Hana Mohamed Youssef Mo	17	SMOHA	3:05.65
7	Rawda Mohamed Mobark A	18	DEGLA	3:06.22
8	Salma Saed Elsamadony	15	TANTA	3:07.03
9	Salma Mohamedf Abdel Sal	19	HELDO	3:07.20
10	Saga Alaa Adel Ibrahim	15	SHOOT	3:07.97

Heat 8 of 11 Finals

1	Sarah Karim Mohamed Gala	17	SMOHA	3:03.67
2	Lemar Samer Elsaied Anwa	15	SMOHA	3:03.01
3	Yara Hesham Mohsen	15	AHLY	3:02.08
4	Yara Hassan Fathy	16	TWFIK	3:01.11
5	Malak Mohamed Fayek Elsa	16	SMOHA	3:00.35
6	Maryam Emad Mohamed El	18	Gezira El Ward	3:00.94
7	Salma Waleed Raslan	15	Al Hawar	3:01.44
8	Farida Nasser Mohamed El-	15	SHOOT	3:02.72
9	Nourallah Ahmed Fahmy	16	AHLY	3:03.09
10	Nadin Karim Adel	15	BNKG	3:04.32

Heat 9 of 11 Finals

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

Heat 10 of 11 Finals

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

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Meet Program

Heat 11 Finals (#1 Girls 15 & Over 200 LC Meter Breaststroke Age Gro

1	Hlla Khaled Diab	16	AHLY	2:50.50	___
2	Maya Ahmed Ragheb	16	Sporting	2:47.68	___
3	Mariam Mohamed Ahmed k	17	SMOHA	2:45.75	___
4	Julie Akram Ahmed	17	AHLY	2:44.85	___
5	Rawan Tamer Mohamed	19	AHLY	2:39.35	___
6	Janat Kareem Mohamed	15	SHROK	2:43.25	___
7	Dana Rafik El Saady	15	DEGLA	2:44.97	___
8	Mariem Mohamed Emad Fa	18	MAADI	2:46.76	___
9	Gana Nasr El Din Ali	19	Sporting	2:49.26	___
10	Lara Amr Mahmoud Alsokk	15	6 OCT	2:50.86	___

Event 2 Boys 15 & Over 200 LC Meter IM Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 27 Finals

1	Ali Ahmed Abdulmageed	16	GEZIR	NT	___
2	Mostafa Hesham Fatoth Basu	15	SMOHA	NT	___
3	Ziad Mohaned Salah	19	DEGLA	NT	___
4	Mohamed Hesham Esmail	20	6 OCT	NT	___
5	Ziad Wael Mohamed	19	ZMALK	NT	___
6	Mohamed Ashraf Safwat	15	ZMALK	NT	___
7	Youssef Mahmoud Taha	17	AHLY	NT	___
8	Abdelrahman Khaled Sabry	17	Olympic	NT	___
9	Anas Yasser Abd El Ghany	17	DEGLA	NT	___
10	Mohamed Mostafa Mohame	19	DEGLA	NT	___

Heat 2 of 27 Finals

1	Ahmed Medhat Ahmed Mos	16	DEGLA	NT	___
2	Hamza Ahmed Morsi Morsi	17	6 OCT	NT	___
3	Saleh Mohamed Mahmoud :	15	AHLY	NT	___
4	Mahmoud Haitham Mahmo	15	GHABA	NT	___
5	Yossef Hossam Mohamed El	16	SHOOT	NT	___
6	Ahmed Mohamed Salah	17	GHABA	NT	___
7	Abd Elrhman Ahmed Al Hm	19	El Obour	NT	___
8	Mohamed Belal Ahmed Elst	16	Bank Ahly Alex	NT	___
9	Mohamed Wael Ibrahim De	15	TWFIK	NT	___
10	Abdel Reheim Samir Al Shei	25	ZMALK	NT	___

Heat 3 of 27 Finals

1	Seif Eldin Fady SaLah	16	SHOOT	NT	___
2	Aly Eldin Tamer Mohamed	19	AHLY	NT	___
3	Mohamed Ahmed Amin	19	ZMALK	NT	___
4	Abdelrahman Adel Fawzy	16	SMOHA	NT	___
5	Kareem Mohamed Fouad A	18	TWFIK	NT	___
6	Yosef Hatem ali Ahmed	16	Al Hawar	NT	___
7	Ahmed abd el Hady Hassan	18	ZMALK	NT	___
8	Yassin Hassan Hosny Ahme	15	Elethead	NT	___
9	Ahmed Mohsen Mohamed	15	AHLY	NT	___
10	Mohab Ahmed Abdel Fattah	15	Elethead	NT	___

Heat 4 of 27 Finals

1	Hamza Ahmed Mohamed Al	16	Bank Ahly Alex	NT	___
2	Abdel Aziz Mohamed Abdel	17	DEGLA	NT	___
3	Youssef Emad Shaaban	15	AHLY	NT	___
4	Youssef Sameh Salah Eldin S	17	6 OCT	NT	___
5	Basel Al Sayed Houssin	17	HELOP	NT	___
6	Yossef Hany Abo Neama	16	GHABA	NT	___
7	Baraa tal Salah	15	ZMALK	NT	___
8	Fares Ahmed Mohamed Hm	16	Bank Ahly Alex	NT	___
9	abd Elrahman Mohamed Ba	18	TRSAN	NT	___
10	Yahya Ahmed Abd El Fatah	17	Sporting	NT	___

Heat 5 of 27 Finals

1	Essam Hassan Allam	15	GEZIR	NT	___
2	Ahmed Hossam Eldin Salarr	19	SMOHA	NT	___
3	Yosef Mohamed Abd El Hale	19	HELOP	NT	___
4	Hazem Omar Mohamad Fatl	15	SMOHA	NT	___
5	Mohamed Mourad Mohame	21	Sporting	NT	___
6	Ahmed Wael Saad Mohame	18	Olympic	NT	___
7	Slem Ahmed Hosny	19	Sporting	NT	___
8	Marwan Ahmed Elsayed Ah	15	Olympic	NT	___
9	abd el Rahman Waleed el S	16	HELOP	NT	___
10	Nabil Ahmed Nabil Elharas	15	TANTA	NT	___

Heat 6 of 27 Finals

1	Saif Eldin Waled Abdel Razi	20	DEGLA	NT	___
2	Khaled Mohamed Ezzat Abc	15	TRSAN	NT	___
3	Yassin Hossam Elden Metw	16	ZOHUR	NT	___
4	Zeyad Saber Abd el Fatah	16	AHRAM	NT	___
5	Ahmed Mostafa Hosny	18	DEGLA	NT	___
6	Yasin Waled Zaky Abo Ward	19	SMOHA	NT	___
7	Yassin Waleed Mohamed M	17	Olympic	NT	___
8	Idris Ibrahim Mohammed	16	BNK.G	NT	___
9	Omar Hany Sayed Khalel	16	DEGLA	NT	___
10	Moustafa Essam Wahba	16	Sporting	NT	___

Heat 7 of 27 Finals

1	Mohamed Samer Elsayed M	17	DEGLA	2:58.44	___
2	Fares Ehab Moustafa Ibrahi	15	Olympic	2:53.66	___
3	Mohamed Waled Taher	15	RWAD	2:50.77	___
4	Omar Mostafa Esmael Ebrh	15	SMOHA	2:47.72	___
5	Seif Eldeen Essam Reda	16	Palm Hills	2:46.19	___
6	Mostafa Mohamed Fouad El	15	TWFIK	2:47.07	___
7	Tayem Wessam Azab	15	Sporting	2:50.35	___
8	Marwan Waleed Mohamed :	15	SHOOT	2:53.02	___
9	Mahmoud Hossam Mahmot	15	Bank Ahly Alex	2:56.92	___
10	Mohaned Walid Mohamed	16	SHOOT	3:00.58	___

Heat 8 of 27 Finals

1	Omar Atef el Sadat	15	Al Hawar	2:44.19	___
2	Omar Ahmed Mohamed	15	DEGLA	2:43.75	___
3	Mohamed Nader Mohamed	15	A S E C	2:43.02	___
4	Zeyad Ashraf Mohamed Ebr	15	TANTA	2:42.32	___
5	Ahmed Sameh Mohamed Er	15	HELOP	2:42.28	___
6	Mohamed Karim Mohamed	15	DEGLA	2:42.28	___
7	Marwan Ehab Abdelkader	17	ZMALK	2:42.34	___
8	Ahmed Mohamed Yaseir	15	ZMALK	2:43.27	___
9	Yousef Mohamed Elsaed Mc	15	Bank Ahly Alex	2:43.80	___
10	omr abd Elrhman ali	16	Elethead	2:44.93	___

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Meet Program

Heat 9 Finals (#2 Boys 15 & Over 200 LC Meter IM Age Groups)

1	Adel Khaled Gougou	15	Sporting	2:42.08	___
2	Omar El Sayed Ali	15	Elethead	2:41.71	___
3	Ahmed Mohamed Abdelaziz	17	MRAC	2:41.45	___
4	Kress Nader abd Elsaid	16	Cairo	2:40.79	___
5	Ahmed Mohamed Elzawawy	16	TANTA	2:40.16	___
6	Aly Mohammed Sadek	15	Palm Hills	2:40.26	___
7	Yasin Tarek Mostafa	17	HELOP	2:41.35	___
8	Abdelrhman Mohamed Ahn	15	DEGLA	2:41.63	___
9	Mahmoud Khaled Mahmoud	15	MRAC	2:41.77	___
10	abd Elrahman Ramadan	16	TALBE	2:42.10	___

Heat 10 of 27 Finals

1	Hamza Mohamed Ahmed Ev	15	DEGLA	2:39.76	___
2	Youssef Galal Ezz	15	Elethead	2:39.21	___
3	Ahmed Tamer Rabea	16	SHOOT	2:38.98	___
4	Mohamed Hany Ahmed Has	17	SHAMS	2:38.68	___
5	Omer Ahmed Abo Bakr	15	SHOOT	2:38.25	___
6	Omar Tamer Mohamed Elta	15	Bank Ahly Alex	2:38.28	___
7	Omar Ahmed Mansor	19	Sporting	2:38.95	___
8	Youssef Galal Sayed	15	DEGLA	2:39.11	___
9	Seif Samer Seif Elsaied	16	Bank Ahly Alex	2:39.30	___
10	Youssef Sameh Ahmed Zaie	15	SHOOT	2:40.15	___

Heat 11 of 27 Finals

1	Ahmed Hazem Ibrahim	16	ENPPI	2:38.07	___
2	Ahmed Tamer Abdel Lattif	16	Sporting	2:37.16	___
3	Mahmoud Ahmed Yehya	16	DEGLA	2:36.86	___
4	Aly Mahmod Ez el den	15	HELOP	2:36.62	___
5	Serag Ahmed Mohamed	16	TALBE	2:36.29	___
6	Eyad Mohamed Samy	18	ZMALK	2:36.44	___
7	Youssef Ahmed Abo Elhassa	16	DEGLA	2:36.66	___
8	abd Elrahman Ahmed Mahr	18	Olympic	2:37.04	___
9	Abd Alla Karim Ashraf Mah	18	GEZIR	2:37.76	___
10	Mohamed Mostafa Alla' EID	15	SHOOT	2:38.20	___

Heat 12 of 27 Finals

1	Eyad Ahmad Kamel Gahlan	15	SMOHA	2:35.92	___
2	Eyad Essam Mohmed	15	Cairo	2:35.18	___
3	Moaz Tamer Hassan Mohan	15	NASR	2:34.74	___
4	Moaz Ahmed Zaki Mohamed	15	TANTA	2:34.35	___
5	Amr Hany Mahmoud Ahme	17	AHLY	2:34.10	___
6	Abdalla Adel Abdalla	15	AHLY	2:34.12	___
7	Yassin Wessam Nour	15	DEGLA	2:34.35	___
8	Yassen Abdlwahab Mohame	17	SMOHA	2:34.97	___
9	Omar Mohamad Ahmad Kot	15	SMOHA	2:35.67	___
10	Adham Amr Ahmed ElShar	15	DEGLA	2:36.04	___

Heat 13 of 27 Finals

1	Hamza Hammad Mohamed	17	DEGLA	2:33.81	___
2	Ahmed Ramee Ahmed Hash	16	6 OCT	2:33.33	___
3	Abd Allah Faisal Ebrahim	15	Swim Home	2:33.27	___
4	Mahmoud Ashraf El Gayash	16	DEGLA	2:32.83	___
5	Abd ElRahman Mohamed S	16	SHAMS	2:32.44	___
6	Mohamed Yasser Mohamed	16	SMOHA	2:32.82	___
7	Nagy Ahmed Mohamed	16	TALBE	2:33.24	___
8	Moaz Eslam Kamal Eldeen I	15	SMOHA	2:33.31	___
9	Yehia SeifEL din EL Margha	18	SHAMS	2:33.75	___
10	Omar Shady Mohamad Ali F	15	SMOHA	2:34.10	___

Heat 14 of 27 Finals

1	Hussein Mohamed Hussein	15	DEGLA	2:32.36	___
2	Omar Mohamed Omar Sofy	16	SHOOT	2:31.56	___
3	Mohamed Afifi Mohamed	15	DEGLA	2:31.54	___
4	Mohamed Ahmed Ibraheem	17	RWAD	2:30.94	___
5	aly Eldin Ahmed Mohamed	16	ZMALK	2:30.40	___
6	Yousif Gaseer Migahed	16	ZMALK	2:30.50	___
7	Ahmed Mohamed Mousa Kc	17	Olympic	2:31.42	___
8	Yasin Mossa Moh. Faghr Eld	15	GEZIR	2:31.56	___
9	Mahmoud Abdelwahab Sha	17	ENPPI	2:32.23	___
10	Hazem Mohamed Hesens Sol	15	Bank Ahly Alex	2:32.41	___

Heat 15 of 27 Finals

1	Omar Ayman Esmael Emam	15	6 OCT	2:30.06	___
2	Saif Eddin Amr Abdel Raouf	16	AHRAM	2:29.89	___
3	Ahmed Mohamed Abdel Sal	15	HELDO	2:29.82	___
4	Amr Saad EL Sayed	19	Elethead	2:29.60	___
5	Adham Mostafa Ibrahim	15	El Temsah	2:29.31	___
6	Malek Khaled Mahmoud Ab	16	Bank Ahly Alex	2:29.52	___
7	Yousif Ahmed Hamdy Borh	19	SMOHA	2:29.73	___
8	Adham Ashraf Shawky Moh	16	ZMALK	2:29.82	___
9	Mohamed Ibrahim Zakreya	15	A S E C	2:29.95	___
10	Adam Hossamaldin Abdalla	17	ZMALK	2:30.31	___

Heat 16 of 27 Finals

1	Yousef Khaled A.Elrahman I	20	DEGLA	2:28.86	___
2	Zyad Mohamed Moawad	18	ZMALK	2:28.67	___
3	Seif Eldin Mohamed Hassan	21	AHLY	2:28.54	___
4	Anwar Ayman Mohamed M	15	Olympic	2:28.16	___
5	Ahmed Sameh Awad	20	RWAD	2:27.88	___
6	Mohamed Bahgat Mohamec	16	Stad Mansoura	2:28.12	___
7	Mohamed Ahmed Fouad	18	AHLY	2:28.43	___
8	Yahya Yasser Mohamed Elbl	17	Bank Ahly Alex	2:28.56	___
9	Hatem el Ameer Salah el dir	15	Al Hawar	2:28.78	___
10	Kamal El Din Mokhtar	19	DEGLA	2:29.13	___

Heat 17 of 27 Finals

1	Yousef Samir Abel Fatah	18	ZMALK	2:27.81	___
2	Omar Ahmed Mohamed Am	15	AHLY	2:27.28	___
3	Ayad Hatem Fouad	17	ZMALK	2:27.17	___
4	Mohammed Magdy Hassan	15	El Temsah	2:26.79	___
5	Omar Gawad Mohamed	17	Cairo	2:26.45	___
6	Hamza Mostafa Mohamed	17	Palm Hills	2:26.45	___
7	Omar Mohamed Mostafa El	19	SMOHA	2:27.04	___
8	Karim Sameh Karim	15	TRSAN	2:27.24	___
9	Ziad Moahmed Salaheldin M	17	SMOHA	2:27.51	___
10	Selim Ihab Ghali	18	DEGLA	2:27.84	___

Heat 18 of 27 Finals

1	Omr Ahmed Farouk	17	Cairo	2:26.30	___
2	Hamza Mohamed Hassan M	15	HELOP	2:26.01	___
3	Abd ElFatah Mohamed Abd	17	TANTA	2:25.92	___
4	Ahmad Ehab Ebrahem Abde	15	SMOHA	2:25.61	___
5	Essa Shref Abd EL Monem	15	HELOP	2:25.49	___
6	Ahmed Samy Hassan	15	M.S Tagamoa	2:25.55	___
7	Ahmed Hassan Ahmed Hass	17	DEGLA	2:25.73	___
8	Karim Hesham Moh. Fakry	15	GEZIR	2:25.97	___
9	Zeiad Osama Fathy Abdel F	20	TRSAN	2:26.25	___
10	Mohamed Amr Elsayed Abd	15	Olympic	2:26.35	___

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Heat 19 Finals (#2 Boys 15 & Over 200 LC Meter IM Age Groups)

1	Ahmed Tamer Gamal Eldin	15	DEGLA	2:24.65	___
2	Abdel Rahman Ahmed Ali	17	DEGLA	2:24.59	___
3	Mahmoud Ahmed Eltablawi	17	ZOHUR	2:24.34	___
4	Karim amr Abd el Monem	18	DEGLA	2:24.00	___
5	Mazen Majed Mahmoud	15	AHRAM	2:23.74	___
6	Mostafa Adel Ibrahim Khali	19	SMOHA	2:23.80	___
7	amr Khaled abd Elmaksoud	18	Olympic	2:24.28	___
8	Marawan Walid Noshy	16	AHLY	2:24.50	___
9	Moaz Mohamed Sayed Soli	16	AHLY	2:24.64	___
10	Ahmed Maged Ghoureib	15	DEGLA	2:25.27	___

Heat 20 of 27 Finals

1	Yehia Salah El Din Galal	15	DEGLA	2:23.65	___
2	Hassan Ahmed Mohamed E.	15	HELOP	2:23.44	___
3	Moamen Khalid Mohamed	18	ZMALK	2:22.72	___
4	Mohamed abd Elshafy Sade	16	ZMALK	2:22.63	___
5	Ziad Ahamed Ragab Abd el	17	SHOOT	2:22.49	___
6	Youssef Abdel Aziz Alaa	17	DEGLA	2:22.58	___
7	Moamen Amr Mohamad Ha	15	SMOHA	2:22.69	___
8	Hanna Refaat Hanna Awada	17	HELDO	2:23.07	___
9	Omar Mohamed Ahmed Fat	16	SHOOT	2:23.46	___
10	Adham Hossameidin Abdall	17	ZMALK	2:23.66	___

Heat 21 of 27 Finals

1	Mohamed Haytham Ahmed	16	AHLY	2:22.48	___
2	John Wael Abdel Malek	16	DEGLA	2:22.33	___
3	Mohamed Eslam Mohamed	17	SMOHA	2:21.96	___
4	Omar Mohamed Yehia	16	DEGLA	2:21.83	___
5	Abdelrahman Ashraf Abdel	19	AHLY	2:21.59	___
6	Mahmoud Mohamed Mohar	16	Al Hawar	2:21.78	___
7	Mohamed Medhat Shalby	15	HELOP	2:21.92	___
8	Mohamed Naser Ramdan	16	TALBE	2:22.17	___
9	Ahmed Wael Ahmed Mohan	19	Bank Ahly Alex	2:22.41	___
10	Ahmed Osama Mohamed	20	Cairo	2:22.49	___

Heat 22 of 27 Finals

1	Mohamed Emad Shaaban	18	AHLY	2:21.24	___
2	Nour Eldin AlaaEldin Abdal	17	6 OCT	2:20.90	___
3	Basel Mahmoud Younes	17	ZMALK	2:20.60	___
4	Adham Ahmed Mohamed	15	SHOOT	2:20.37	___
5	Gamal Metwaly Gamal Moh	20	ZOHUR	2:19.99	___
6	Yasin Hatem Sery	19	HELOP	2:20.21	___
7	Malek Mohamed Bazan	16	MAADI	2:20.56	___
8	Zeiad Hamdy Amin Ossman	20	ZMALK	2:20.74	___
9	Zeyad Osama Zedan	17	Bank Ahly Alex	2:21.20	___
10	Adam Mohamed Mahmoud	15	SHOOT	2:21.59	___

Heat 23 of 27 Finals

1	Youssef Tamer Mohamed H.	18	DEGLA	2:19.66	___
2	Khaled Hammad Mohamed	19	DEGLA	2:19.44	___
3	Mohamed Ramy Mohamed	18	AHLY	2:19.16	___
4	Yassien Yasser Hassan	16	SMOHA	2:18.90	___
5	Khaled Hesham Ahmed	16	Elethead	2:18.84	___
6	Ibrahim Yasser Farahat Abd	17	MAADI	2:18.89	___
7	Khaled Wael Sabre Abdelha	16	SMOHA	2:19.00	___
8	Farouk Mohamad Elgedely	16	SMOHA	2:19.38	___
9	Houssen Talal Houssen Say	19	6 OCT	2:19.56	___
10	Abd ElRahman Mohamed A	18	SHOOT	2:19.76	___

Heat 24 of 27 Finals

1	Ahmed Ayman Ali Mohamed	18	SHAMS	2:18.74	___
2	Yosef Ahm. Ebrahim Hebesl	17	GEZIR	2:18.65	___
3	Abdel Rahman Khaled Zaka	18	AHLY	2:17.51	___
4	Youssef Ehab Mostafa	18	AHLY	2:17.30	___
5	Ziad Tarek Mohamed	17	DEGLA	2:16.78	___
6	Saif Mohamed Mahmoud M.	15	SHOOT	2:17.09	___
7	Seif Amr Mahmoud Alsokry	17	6 OCT	2:17.42	___
8	Hamza Moahmed Mhmoud	16	SMOHA	2:17.68	___
9	Mohamed Adel Mohamed M	22	AHLY	2:18.74	___
10	Ahmed Adel Eshak	18	DEGLA	2:18.77	___

Heat 25 of 27 Finals

1	Ahmed Hazem Akram	18	AHLY	2:16.75	___
2	Omar Tarek Shehata A	18	SMOHA	2:16.39	___
3	Kareem Ahmed Ibrahim	17	Sporting	2:16.29	___
4	Abd El Rahman Hisham Fatl	17	Sporting	2:15.35	___
5	Omar Ahmed Hassan Ryaar	18	SHAMS	2:15.00	___
6	Omar Mohamed Hassan	15	AHLY	2:15.17	___
7	Ahmed Tarek Mohamed	19	SHOOT	2:16.13	___
8	Omar Hany Abdalla	21	AHLY	2:16.39	___
9	Omar Gaber Aly	18	AHLY	2:16.58	___
10	Karim Adel Ahmed Bahgat	20	ZOHUR	2:16.78	___

Heat 26 of 27 Finals

1	Omar Ahmed Salah	17	AHLY	2:14.26	___
2	Yassin Mohamed Abdelgaw	17	OLMPA	2:13.76	___
3	Ahmed Mohamed Ahmed al	17	SHOOT	2:13.26	___
4	Saif ELDIn Sameh A.Elmoaer	20	DEGLA	2:12.74	___
5	Ahmed Mohamed Amr	19	ZOHUR	2:11.61	___
6	Seif Ahmed Hegazy	19	AHLY	2:12.68	___
7	Moahmed Ahmed Salem Ha	16	SMOHA	2:13.00	___
8	Hazem Mohamed Abo Stet	19	HELOP	2:13.41	___
9	Youssef Amr Sayed	17	DEGLA	2:14.01	___
10	Yassin Esam El Din	19	Sporting	2:14.38	___

Heat 27 of 27 Finals

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

Event 3 Girls 15 & Over 100 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 17 Finals

1	Mariam Ahmed Mostafa Fa	17	ZOHUR	NT	___
2	Loujaen Ahmed Abd Al Hale	15	SHOOT	NT	___
3	Haya Mohamed Mahmoud	15	DEGLA	NT	___
4	Zina Amr	18	Sporting	NT	___
5	Zena Nader Galal Moh. Bash	17	GEZIR	NT	___
6	Farida Basem Mohamed Me	19	MAADI	NT	___
7	Nadine Mohamed Amin	17	AHLY	NT	___
8	Farida Moustafa Hessen Aty	15	Bank Ahly Alex	NT	___
9	Gana Wael Youssef Mahmou	17	DEGLA	NT	___

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

Meet Program

Heat 2 Finals (#3 Girls 15 & Over 100 LC Meter Backstroke Age Group)

1	Sara Ismail Sarwat	17	HELOP	NT	___
2	Mayar Sherif Mohamed	15	Elethead	NT	___
3	Maya Abdelaziz Zakaria	15	AHLY	NT	___
4	Hoor MmohamadAhmed Ba	15	TANTA	NT	___
5	Zena Ashraf Mohamed Ebra	15	TANTA	NT	___
6	Noreen Ahmad Saad Abdala	15	SMOHA	NT	___
7	Salma Mohamed Hamdy	15	Gezira El Ward	NT	___
8	Goudy Ahmed Hanafy	16	AHLY	NT	___
9	Jana Hussin Mohamed Huss	18	SMOHA	NT	___
10	Rawda Faysal Elasherif	18	AHLY	NT	___

Heat 3 of 17 Finals

1	Alia Khaled Abas Sabaa	17	HELOP	NT	___
2	Rokaia Gamal Mohamed	17	AHLY	NT	___
3	Reem Mostafa Mohamed	15	A S E C	NT	___
4	Gandan Ahmed Farouk	19	SHOOT	NT	___
5	Rodaina Mohamed Saad	18	DEGLA	NT	___
6	Nadine Mostafa Fathy	16	GHABA	NT	___
7	Razan Ahmed Hosny	19	DEGLA	NT	___
8	Yasmen Ahmed Basim	17	Sporting	NT	___
9	Mariam Nader Sedky	16	Ismaily	NT	___
10	Malek Essam Eldin	19	Elethead	NT	___

Heat 4 of 17 Finals

1	Nour Elshamy	15	Sporting	1:39.06	___
2	Nour Madi	15	Sporting	1:37.41	___
3	Jana Wael Fahem	17	ZMALK	1:34.41	___
4	Jana Tarek Taha	16	DEGLA	1:30.94	___
5	Aisel Mostafa Anwar	18	AHLY	1:30.23	___
6	Salama Mahmoud Khorshec	19	El Obour	1:30.89	___
7	Habiba Elaroussy	15	Sporting	1:34.00	___
8	Farida Atef Ibrahim	18	Elethead	1:35.55	___
9	Khadija Eslam Ahmed Sami	15	Sporting	1:37.66	___
10	Klara Alfred Sabr	18	ZMALK	1:39.74	___

Heat 5 of 17 Finals

1	Zeina Mohamed Abdel Moa	15	AHLY	1:29.99	___
2	Nijar Maher Reda Taha	16	MRAC	1:29.78	___
3	Salma Ahmed Mahmoud Al	15	HELOP	1:27.93	___
4	Gana Mohamed Mohamed	17	Ultimate	1:27.36	___
5	Goudy Ahmed Ibrahim	15	DEGLA	1:26.87	___
6	Katrin Magdy Gad Gaed	15	6 OCT	1:27.08	___
7	Leila Ahmed Ebrahim Ali Ei	18	HELDO	1:27.78	___
8	Donya Ahmed aly Yousef	15	TANTA	1:28.34	___
9	Ratag Khaled Mohamed	15	DEGLA	1:29.97	___
10	Jannat Ibrahim Saleh Fargh	15	Elethead	1:30.15	___

Heat 6 of 17 Finals

1	Salma Ahmed Moustafa	15	SENZO	1:26.05	___
2	Jana Mohamed Aboelossed	15	TANTA	1:25.25	___
3	Nour Mohamed Abd El Had	18	Sporting	1:24.99	___
4	Maya Ali Ahmed	15	Elethead	1:24.83	___
5	Alaa Amr El Sokry	18	Sporting	1:23.77	___
6	Nadin Motaz Mohamed	15	MRAC	1:23.93	___
7	Sandra Emad Onsy	15	RWAD	1:24.85	___
8	Salma Mostafa Kamel Abou	15	Elethead	1:25.01	___
9	Mariam Ashraf Rashad Nab	15	Sporting	1:25.47	___
10	Malak Ahmed Said El Wakil	16	DEGLA	1:26.15	___

Heat 7 of 17 Finals

1	Retal Mohamed Khamis	15	Sporting	1:23.11	___
2	Malak Mohamed Samir Dar	15	DEGLA	1:22.88	___
3	Farida Ahmed Mohamed Ab	17	Olympic	1:22.38	___
4	Salma Sameh Wagdy Mohar	16	SMOHA	1:22.10	___
5	Alia Ali Mohamed	20	HELOP	1:21.81	___
6	Farah Mohamed Moussa Ko	18	Olympic	1:21.85	___
7	Nawal Abd El-Hamid El-Kil	15	New Giza	1:22.36	___
8	Jana Mohamed Abd Elkari	15	6 OCT	1:22.70	___
9	Malak Yasser Abdellatif	15	Sporting	1:22.92	___
10	Haya Ahmed Elsaid Abdo	16	6 OCT	1:23.41	___

Heat 8 of 17 Finals

1	Rawan Yahia	15	ZMALK	1:21.55	___
2	Esraa Ehab Zamel	19	ZMALK	1:21.48	___
3	Jode Mohamad Yossef Moha	15	SMOHA	1:21.32	___
4	Laila Khaled Elraai	19	AHLY	1:21.00	___
5	Rola Mostafa Salah	18	SHOOT	1:20.35	___
6	Renad Khaled Mahmoud	19	AHLY	1:20.42	___
7	Gana amr Shahen	15	ZMALK	1:21.15	___
8	Nadia Ayman eid Abdelhmi	15	ZMALK	1:21.35	___
9	Jana Hisham Mohamed	17	Cairo	1:21.55	___
10	Masa Mostafa abd Elghany	15	TANTA	1:21.72	___

Heat 9 of 17 Finals

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

Heat 10 of 17 Finals

1	Anan Mohamed Yehia	18	M.ARB	1:18.33	___
2	Remaas Tamer Elseid Moha	15	SMOHA	1:18.23	___
3	Mennatallah Tamer Fawzy	15	DEGLA	1:18.16	___
4	Yasamina Aslam Subhaa	18	Nasr City	1:17.96	___
5	Zenia Ahmed Saied Kandil	16	HELOP	1:17.75	___
6	Malak Sherif Shawky El Goh	20	MAADI	1:17.80	___
7	Noor Tamer AbdElrhim Mol	16	SHAMS	1:18.10	___
8	Hanin Saeed	15	ZMALK	1:18.23	___
9	Gana Tarek Mohamed Farid	18	SHOOT	1:18.27	___
10	Malak Mohamed Hassan	15	ZMALK	1:18.51	___

Heat 11 of 17 Finals

1	Mariam Ebrahim Mohamed	15	HELOP	1:17.64	___
2	Iman Ahmed Adel Elsaied	16	SMOHA	1:17.55	___
3	Jana Khaled El Sayed	15	DEGLA	1:17.29	___
4	Lamar Ahmed Mohamed	16	Elethead	1:16.79	___
5	Lena Ahmed Adel Smaha	16	HELOP	1:16.22	___
6	Hana Mohamed Hasaan	16	ZMALK	1:16.41	___
7	Sama Gehad Mohamed	17	TWFIK	1:17.22	___
8	Hana Mohamed Ezzat Taha	15	HELOP	1:17.42	___
9	Joanna Waleed Shanan	15	MAADI	1:17.57	___
10	Maya Osama Ahmed Mohan	17	SHOOT	1:17.74	___

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

Meet Program

Heat 12 Finals (#3 Girls 15 & Over 100 LC Meter Backstroke Age Group)

1	Nour Amgad Ali Fahmy	16	SHAMS	1:15.97	___
2	Kenzy Hamada Saad	15	AHLY	1:15.84	___
3	Alia Khaled Mohamed Ghor	17	GEZIR	1:15.72	___
4	Salma Abdel Hamid Mazrou	17	DEGLA	1:15.53	___
5	Amina Alaa Elhamouly	16	Sporting	1:15.34	___
6	Lojain Mohamed Nabil	15	DEGLA	1:15.47	___
7	Reem Ameer Abd Elwahab	16	SHOOT	1:15.53	___
8	Rana Ahmed Mahmoud Taw	17	SHOOT	1:15.81	___
9	Menna Mohamed Alashkar	17	ZMALK	1:15.93	___
10	Jana Hisham Shaheen	17	Cairo	1:16.03	___

Heat 13 of 17 Finals

1	Fatima Haytham Abd ElMer	19	TANTA	1:15.06	___
2	Kenzy Tamer Ahmed Abdell	17	SMOHA	1:14.61	___
3	Hana Tarek Yehia	16	AHLY	1:14.43	___
4	Haya HossamEldin Kndel	18	SMOHA	1:14.16	___
5	Jassmin Mohamed Abdel Ka	16	DEGLA	1:13.95	___
6	Menna Tallah Ahmed Moha	17	BANHA	1:14.02	___
7	Yasmena Ahmed Saad	16	SMOHA	1:14.30	___
8	Sandy Soliman Said	17	AHLY	1:14.51	___
9	Layla Mohamed Elsaed Man	15	Bank Ahly Alex	1:14.82	___
10	Noor Kamel ElNagar	19	Sporting	1:15.13	___

Heat 14 of 17 Finals

1	Loujain Youssef Ahmed	20	AHLY	1:13.57	___
2	Rodayna Mohamed Wagdy	16	TRSAN	1:13.53	___
3	Joudy Khaled Saied Ismail	15	Olympic	1:12.97	___
4	Yara Ahmad Nageb Ahmad	15	SMOHA	1:12.40	___
5	Hagar Mohamed Ibrahim A	17	SMOHA	1:11.95	___
6	Shahd Ahmed Abd Elbaky	19	Sporting	1:11.98	___
7	Salma Mohamed Ezzat Moh	16	DEGLA	1:12.66	___
8	Nour Mohamad Hassan Mol	15	SMOHA	1:13.38	___
9	Mariam Hossam Elden Hass	15	Cairo	1:13.54	___
10	Mai Khaled Abdeltif	20	DEGLA	1:13.69	___

Heat 15 of 17 Finals

1	Shimaa Mohamed Hussien	17	TALBE	1:11.87	___
2	Hana Ashraf Mahmoud	22	DEGLA	1:11.81	___
3	Malak Mokhtar Mohamed	17	DEGLA	1:11.48	___
4	Nancy Mostafa Ibrahim Mc	15	SHAMS	1:11.33	___
5	Mariam Sherif Mohamed Sh	17	MAADI	1:11.30	___
6	Login Hazem Samir	15	Nasr City	1:11.32	___
7	Marem Ahmad Abdelgafar /	15	SMOHA	1:11.45	___
8	Kenzy Mohamed el Sebaey	17	Cairo	1:11.71	___
9	Dilara Khaled Ahmed Moha	17	Olympic	1:11.86	___
10	Goumana Tarek Yehia	18	AHLY	1:11.92	___

Heat 16 of 17 Finals

1	Khadega abd el Azez Glal	16	HELOP	1:10.73	___
2	Fatma Osama Fahmy	16	ZMALK	1:10.03	___
3	Kenzy Ahmed Ali	20	AHLY	1:09.83	___
4	Kenzy Wael Foud Ramadan	15	SMOHA	1:09.78	___
5	Farida Sherif Ahmed Taha	16	SHOOT	1:09.53	___
6	Jana Maged Amir	15	ZOHUR	1:09.65	___
7	Rokan Tamer Ismail	15	SHOOT	1:09.82	___
8	Rofaida Mahmoud Mohame	17	MAY15	1:09.91	___
9	Lama Tamer Mohamed Ahn	18	SMOHA	1:10.42	___
10	Na'eela Wael Elagroudy	16	Sporting	1:11.00	___

Heat 17 of 17 Finals

1	Jana Mohamed Omar Moha	17	SHAMS	1:08.93	___
2	Hanan Ahmed Mohamed M	18	Bank Ahly Alex	1:08.49	___
3	Farida Amr Mohamed Abd I	18	SHOOT	1:08.42	___
4	Farah Amr Abdel Motaleib	20	SHOOT	1:07.02	___
5	Raghd Mohamed Elsaid Mol	18	SMOHA	1:05.35	___
6	Malak Waled Essam Shaban	19	SMOHA	1:06.22	___
7	Fatma Mohamed Klel Ebrah	19	6 OCT	1:08.41	___
8	Maya Kamal Mohamed Mhn	17	SMOHA	1:08.49	___
9	Mariam Mohamed Emad Fa	18	MAADI	1:08.83	___
10	Hala Amr	15	GHABA	1:09.45	___

Event 4 Boys 15 & Over 50 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 57 Finals

1	Mohamed Ahmed Amin Mal	15	MOKAT	NT	___
2	Mohamed Nader Mohamed	15	A S E C	NT	___
3	Moaz Islam Hussain Ismail	15	Elethad	NT	___
4	Selim Hamza El Faitoury	16	Sporting	NT	___
5	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	NT	___
6	Mahmoud Ahmed Yehya	16	DEGLA	NT	___
7	Mahmoud Tamer Saber	17	Elethad	NT	___
8	Loaay Mohamed abd Raboh	16	Elethad	NT	___
9	Tarek Ahmed Abdelwahab	19	SHOOT	NT	___
10	Adham Ahmed Abd Elmone	16	El Obour	NT	___

Heat 2 of 57 Finals

1	Abdelrahman Ayman Sayed	20	Fayoum Club	NT	___
2	Abdelrahman Ahmed Mosta	17	Elec	NT	___
3	Omar Ahmed Sayed	16	DEGLA	NT	___
4	Yassin Mostafa Nasr	15	Sporting	NT	___
5	Belal Eslam Elsaid Abd Elra	15	DEGLA	NT	___
6	Yousif Ahmed Salah	17	TRSAN	NT	___
7	Omar Tamer Issa	15	RWAD	NT	___
8	el Farok Omer el Farok	16	BNK.G	NT	___
9	Mohammed Ahmed Elsaeed	16	MRAC	NT	___
10	Ziad Haithm Mostafa	15	Ismaily	NT	___

Heat 3 of 57 Finals

1	Omar Mohamed Abdalem	15	SENZO	NT	___
2	Mohamed Essam Sedky	17	BNK.G	NT	___
3	Fares Ayman Esmaeel	16	SMOHA	NT	___
4	Adam Tarek Adel EL Ghazol	15	HELOP	NT	___
5	Mohamed Hesham Esmaiel	20	6 OCT	NT	___
6	Mazen Nadeem Mohamed M	16	DEGLA	NT	___
7	Youssef amr Mohamed	16	Elethad	NT	___
8	Mohamed Kareem Mohame	18	Elethad	NT	___
9	Seif Walaa Antar	18	DEGLA	NT	___
10	Abdelfattah Ahmed Youssef	16	Olympic	NT	___

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

Meet Program

Heat 4 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Omar Abd EL Razek Kamal	15	RWAD	NT	___
2	Ali Essam Ali Mohamed Mo	16	SMOHA	NT	___
3	Hamza Ahmed Fawzy	17	DEGLA	NT	___
4	Sofyan Hassan Mohamed	16	Ismaily	NT	___
5	Mohamed Mahmoud Attia	18	DEGLA	NT	___
6	Abdelrahman Ahmed Moha	15	Ismaily	NT	___
7	Fares Ahmed Ameen Aly All	17	6 OCT	NT	___
8	Abdelrahman Sobhy Abdell	15	Bank Ahly Alex	NT	___
9	Belal Mohamed Fouad Ram	15	Olympic	NT	___
10	Idris Ibrahim Mohammed	16	BNK.G	NT	___

Heat 5 of 57 Finals

1	Omar Ahmed Abd Elaziz	16	DEGLA	NT	___
2	Mostafa Mahmoud Mohame	15	Elethead	NT	___
3	Omar Yasser Menis	20	Sporting	NT	___
4	Sief Ayman El Said	19	Sporting	NT	___
5	Youssef Mohamed Ismail Yo	16	RWAD	NT	___
6	Ali Shref Ali Abdelkader	16	SMOHA	NT	___
7	Zeyad Ashraf Mohamed Ebr	15	TANTA	NT	___
8	Adham Adel Abaza	19	Sporting	NT	___
9	Youssef Sameh Salah Eldin	17	6 OCT	NT	___
10	Marwan Nehad Zakareia	25	DEGLA	NT	___

Heat 6 of 57 Finals

1	Marwan Ahmed Elsayed Ah	15	Olympic	NT	___
2	Omar Mohamed Mostafa El	19	SMOHA	NT	___
3	Yossif Yasser Atteya	18	A S E C	NT	___
4	Aly Eldin Tamer Mohamed	19	AHLY	NT	___
5	Adham Moh. Galal EIDin ElS	18	GEZIR	NT	___
6	Adham Ahmed AbdeL Aziz	19	RWAD	NT	___
7	Omar Tamer Gouda	17	AHLY	NT	___
8	Adham Ahmed Mahmoud	18	AHLY	NT	___
9	Ali Amr Mohamed Taha	15	Bank Ahly Alex	NT	___
10	Zeyad Ahmed Hamed Shaba	15	Bank Ahly Alex	NT	___

Heat 7 of 57 Finals

1	Yassin Mohamed Abdelnaby	16	Ismaily	NT	___
2	Ziad Hateem Foaad	16	Elethead	NT	___
3	Bilal Mohamed Mohamed	18	Y.M.C.A	NT	___
4	Ziad Ahmed abd Elhamid	17	ENPPI	NT	___
5	Helmy Kadry Helmy	17	ZAGU	NT	___
6	Kamal Ahmed Kamal	15	DEGLA	NT	___
7	Yassen Ahmed Fathy Shams	15	MOKAT	NT	___
8	Amar Hazem Zakey Zakarey	15	SMOHA	NT	___
9	Moataz Mahmoud Mohame	15	DEGLA	NT	___
10	Monzer Ahmed Amayem	16	TANTA	NT	___

Heat 8 of 57 Finals

1	Yassin Ebrahim Ragheb	16	Sporting	NT	___
2	Yahya Assem Mohamed Har	16	Palm Hills	NT	___
3	Mohamed Khaled Mohmd K	20	SHOOT	NT	___
4	Omar Ahmed Mohamed Abi	16	PETRO	NT	___
5	Karim Mohamed Mahmoud	19	HELDO	NT	___
6	Yassin Amr Mohamed Arfa	17	SHOOT	NT	___
7	Mostafa Mohamed Ahmed	16	SMOHA	NT	___
8	Ahmed Wael Ahmed Mohan	19	Bank Ahly Alex	NT	___
9	Ali Mohamed Tawfeq	17	DEGLA	NT	___
10	Mohamed Housam Ibrahim	27	AHLY	NT	___

Heat 9 of 57 Finals

1	Adham Ibrahim Basuni	17	GHABA	NT	___
2	Ahmed Walid Hossam Eldei	17	SHOOT	NT	___
3	Mazen Waled Mohamed	16	TRSAN	NT	___
4	Mohamed Hossam Mohame	18	A S E C	NT	___
5	Abdel Hamied Ahmed Yousi	15	BNK.G	NT	___
6	Yahya Waled Abdelmonem	17	Misr	NT	___
7	Hazem Omar Mohamad Fatl	15	SMOHA	NT	___
8	Ziad Tarek Mohamed	17	DEGLA	NT	___
9	Yehia Faysal Mohamed	17	HELOP	NT	___
10	Mohamed Hazem Mehany	19	Police Club	NT	___

Heat 10 of 57 Finals

1	Ali Ahmed El Prince	15	DEGLA	NT	___
2	Youssef Ahmed Abo Elhassa	16	DEGLA	NT	___
3	Mohamed Shreef	16	Tlaea El Ostol	NT	___
4	Kaled Amr Ahmed Bashir	15	Elethead	NT	___
5	Souhaib Gamal Abdelfattah	15	Olympic	NT	___
6	aly Eldin Ahmed Mohamed	16	ZMALK	NT	___
7	Omar Khaled Abdelrhim	17	Ismaily	NT	___
8	Youssef Emad Shaaban	15	AHLY	NT	___
9	Hazem Mohamed Essam	16	A S E C	NT	___
10	Mazen Ahmed AbdAlaah Sa	15	MRAC	NT	___

Heat 11 of 57 Finals

1	Zeyad Saber Abd el Fatah	16	AHRAM	NT	___
2	Mohamed Emad Maher	17	SENZO	NT	___
3	Omar Talal Ragab	17	Sporting	NT	___
4	Amir Ramadan Sayed Rama	22	6 OCT	NT	___
5	Zyad Waael Abass Bhr	20	6 OCT	NT	___
6	Karem Emad Reda	16	DEGLA	NT	___
7	Ahmed Waleed	16	Sporting	NT	___
8	Mahmud Adel Mohamad M	15	SMOHA	NT	___
9	Khaled Mohamed abd Elmo	22	Cairo	NT	___
10	Yousif Ahmed Ragab Elshan	18	SMOHA	NT	___

Heat 12 of 57 Finals

1	Abd Elrhman Ahmed Al Hm	19	El Obour	NT	___
2	Malek Khaled Mahmoud Ab	16	Bank Ahly Alex	NT	___
3	Sohaib Khaled Emam	20	AHLY	NT	___
4	Mohamed Said Labib Moha	17	SHOOT	NT	___
5	Daly Dimitrios Chin	26	Sporting	NT	___
6	Seif Eldin Fady SaLah	16	SHOOT	NT	___
7	Ahmed Hani Ezzat	15	SHOOT	NT	___
8	Ahmed Mohsen Mohamed	15	AHLY	NT	___
9	Ayad Hatem Fouad	17	ZMALK	NT	___
10	Esmael Mohamed Esmael	16	TANTA	NT	___

Heat 13 of 57 Finals

1	Yousef Reda Saad Elhefnaw	16	Stad Mansoura	NT	___
2	Marawan Samer Farouk Ab	17	MRAC	43.38	___
3	Keven Latif Farag	15	DEGLA	39.40	___
4	Rayan Mohamed Said	15	DEGLA	37.19	___
5	Hamza Wael Nasreldin	16	DEGLA	36.68	___
6	Ahmad Atef Mohamad	17	SMOHA	36.83	___
7	Hatem Yasser Fathy	17	ZAGU	37.30	___
8	Yehia Mohamed Ahmed Haf	15	DEGLA	40.51	___
9	Adam Ahmed Mohamed Ka	17	SHAMS	NT	___
10	Seif Tarek Mohamed Raslan	23	ZMALK	NT	___

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

Meet Program

Heat 14 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Youssef Abd Elazem Mohar	15	ZAGU	36.30	___
2	Abdallah Mohamed Metwal	15	DEGLA	35.64	___
3	Omar Marwan Badr	16	Sporting	35.39	___
4	Mohamed Zakaria Ahmed	16	GOLDY	34.94	___
5	Azzam Mohamed Sheha	16	Olympic	34.46	___
6	Hussien Marwan Badr	16	Sporting	34.85	___
7	Hazem Mohamed Abd Elhar	15	ZOHUR	35.20	___
8	Walid Mohamed Hussien	16	A S E C	35.59	___
9	Ahmed Hessin Ahmed	15	ENPPI	35.75	___
10	Seif El Din Khaled Mohamed	15	ZAGU	36.36	___

Heat 15 of 57 Finals

1	Youssef Ahmed Ratb	15	Elethad	33.88	___
2	Yassin Mohamed Sobhy	15	DEGLA	33.84	___
3	Ramez Amr Mohamed Ibral	16	DEGLA	33.72	___
4	Abdelrahman Wael Abdelm	15	GHABA	33.70	___
5	Yassin Samer Wagdy	15	Nasr City	33.62	___
6	Marwan Waleed Mohamed	15	SHOOT	33.65	___
7	Roshdy Ahmed Roshdy	15	DEGLA	33.72	___
8	Yehya Tamer Hamdy Shwat	15	TANTA	33.79	___
9	Mohamed Ismal El Sayed Is	15	A S E C	33.86	___
10	Omar Mohamed abu Bakr	15	AHRAM	34.41	___

Heat 16 of 57 Finals

1	Mohamed Elsayd Hassen Ac	15	Elethad	33.53	___
2	abd Allah Elsaed Helmy	16	Elethad	33.36	___
3	Ahmed Waled Ali	16	SMOHA	33.33	___
4	Seif Eldeen Essam Reda	16	Palm Hills	33.06	___
5	Tayem Wessam Azab	15	Sporting	33.01	___
6	Omer Ahmed Abo Bakr	15	SHOOT	33.04	___
7	Omar Samy Abdelsalam Ma	16	SMOHA	33.19	___
8	Saeed Mohamed AL Saeed	16	RWAD	33.34	___
9	Ammar Amr Al Qorsa	15	GOLDY	33.38	___
10	Adham Ahmed Mohamed	15	6 OCT	33.56	___

Heat 17 of 57 Finals

1	Omar Hany Sayed Khalel	16	DEGLA	32.89	___
2	Moustafa Mohamed Ahmed	15	ZMALK	32.75	___
3	Mostafa Mohamed Fouad El	15	TWFIK	32.66	___
4	Abdullah Mohamed Saad	16	Sporting	32.62	___
5	Adham Ahmed Ragab	17	DEGLA	32.51	___
6	omr Tamer Elsaed Elroby	16	Elethad	32.58	___
7	Mohamed Waled Taher	15	RWAD	32.64	___
8	Ahmed Wahid Mohamed	15	ZOHUR	32.74	___
9	Hessen Moh. Hessen Elbadr	16	GEZIR	32.80	___
10	Abd Alla Amr Ali Ahmed	15	ZOHUR	33.01	___

Heat 18 of 57 Finals

1	Mohamed Hasham Mohmor	16	A S E C	32.43	___
2	Mohamed Ahmed Mohamed	15	AHLY	32.36	___
3	aly Mohamed Fathy	16	TANTA	32.24	___
4	Ahmed Rezk Eid Mahmoud	16	GOLDY	32.22	___
5	Mostafa Ahmed AL Saeed	15	RWAD	32.20	___
6	Adam Ayman Wageh	17	DEGLA	32.20	___
7	Belal Ahmed Mousad	16	A S E C	32.24	___
8	Omar Wael Ibrahim Saber	16	DEGLA	32.34	___
9	Mahmoud Amr El-shobaki	15	SHOOT	32.41	___
10	Kress Nader abd Elsaid	16	Cairo	32.47	___

Heat 19 of 57 Finals

1	Ali Ahmed Aadel Mosleh	16	6 OCT	32.18	___
2	Marwan Reda Hussein	15	SENZO	32.15	___
3	Ismail Moataz Halbony	17	MAADI	32.07	___
4	Abdelharman Shref Anes Ib	17	SMOHA	31.92	___
5	Omar Hany Magdy	15	ENPPI	31.84	___
6	Mohamed Tarek Mohamed	16	SMOHA	31.85	___
7	Omar El Sayed Ali	15	Elethad	31.98	___
8	Ahmed Mohamed Salah	17	GHABA	32.08	___
9	Aly Hady Adel	16	AHLY	32.17	___
10	Abdel Rahman Mohamed M	16	RWAD	32.19	___

Heat 20 of 57 Finals

1	Ali Hesham Abas Tawfek	15	SMOHA	31.79	___
2	Seif Mohamed Khalil Fathy	15	TANTA	31.75	___
3	abd Elrhman Mohamed Bak	16	Elethad	31.69	___
4	Ahmed Wael El Shamaa	16	Sporting	31.65	___
5	Adel Khaled Gougou	15	Sporting	31.64	___
6	Anas Ebrahim Abd-elrahm	15	GHABA	31.65	___
7	Abdelrhman Mohamed Ahn	15	DEGLA	31.68	___
8	Mohab Khaled Sayed	17	DEGLA	31.73	___
9	Zain EL Din Haytham	17	Elethad	31.78	___
10	Eyad Mohamed Mansor	15	Elethad	31.84	___

Heat 21 of 57 Finals

1	Youseif Mohamed Mohamed	16	ZMALK	31.63	___
2	Ali Mourad Salaheldein	15	New Giza	31.53	___
3	Osama Emad Awad	16	DEGLA	31.46	___
4	Ahmad Amr Adel Abaza	15	SMOHA	31.41	___
5	Adam Mohamed Eldejwly	15	Meit Khakan	31.35	___
6	Sherif Atef Mohamed Moha	15	RWAD	31.41	___
7	Ahmed Fathy Aid Abd el aty	17	RWAD	31.46	___
8	Adham Mohamed Fawzy	16	DEGLA	31.52	___
9	Zeyad Mohamed Elsayed	15	Sporting	31.56	___
10	Zeyad Hamza Mohamed	17	A S E C	31.63	___

Heat 22 of 57 Finals

1	Moaz Abdelfatah Ali Abdel	15	SMOHA	31.31	___
2	Ibrahim Mohamed Zarad	15	DEGLA	31.30	___
3	Malek Sherif Hayaty	16	Sporting	31.29	___
4	Mohamad Kaled Mohamad	15	SMOHA	31.26	___
5	Mohamed Mahmoud Salah l	15	Olympic	31.24	___
6	Moaz Amr Gamal	19	AHLY	31.25	___
7	Ahmed Ehab Seyam	16	TANTA	31.29	___
8	Adham Ashraf Sheta	15	Sporting	31.29	___
9	Yossef Hany Abo Neama	16	GHABA	31.30	___
10	Abedrahman Yasser	16	Tlaea El Ostol	31.31	___

Heat 23 of 57 Finals

1	Mohamed Ali Saed Mohame	15	Bank Ahly Alex	31.20	___
2	Youssef Sameh Ahmed Zaier	15	SHOOT	31.17	___
3	Yassien Ibrahim Mohamed	16	SMOHA	31.16	___
4	Abdelrahman Khaled Fathy	16	SMOHA	31.06	___
5	Abdelharman Hany Moham	17	SMOHA	30.95	___
6	Rashed Hany Ramadan	20	RWAD	31.06	___
7	Eyad Mohamed Yousry	15	DEGLA	31.16	___
8	Abdlrhman Ayman Salah El	16	HELDO	31.17	___
9	Youssef Galal Sayed	15	DEGLA	31.18	___
10	Mohamed AbdEl Rashed M	18	GHABA	31.22	___

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Meet Program

Heat 24 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Yasen Ahm. Abd ElHay Soie	17	GEZIR	30.92	___
2	Abd EL Rahman Ahmed Rar	15	RWAD	30.88	___
3	Slem Wesam Samy Mohame	15	HELOP	30.84	___
4	Moaz Waheed Ibraheem A	17	RWAD	30.81	___
5	Abdel Rahman Ahmed Nou	15	BNK.G	30.78	___
6	Belal Abd Elwadod Mohame	20	RWAD	30.79	___
7	Yassen Tayie Mohamed Tayi	15	Bank Ahly Alex	30.83	___
8	Yassein Waleed Elsayed	15	TALBE	30.85	___
9	Sief Ahmed Farouk	15	ZOHUR	30.88	___
10	Elgamel Youssef Elgamel Yo	15	Olympic	30.92	___

Heat 25 of 57 Finals

1	Mohamed Ashraf Abdo	17	Elethad	30.76	___
2	Yassien Ahmed Mohamed	16	SMOHA	30.74	___
3	Yousef Maged Mohamed	16	RWAD	30.72	___
4	Aly Mohammed Sadek	15	Palm Hills	30.66	___
5	Mokhtar Ahmed Faiyad	16	Sporting	30.62	___
6	Ahmed Fady Elharty	16	TANTA	30.64	___
7	Hamza Hossam Eldin Fayez	15	Police Club	30.67	___
8	Mhmoud Hassan Mhmod Kl	17	SMOHA	30.72	___
9	Hassan Ahmed Ehab Wahby	15	HELOP	30.75	___
10	Youssef Mohamed Hamed	15	DEGLA	30.78	___

Heat 26 of 57 Finals

1	Mohamed Hany Fathy	16	Elethad	30.57	___
2	Adam Medhat ezz Eldin	15	DEGLA	30.47	___
3	Mohamed Ashraf Safwat	15	ZMALK	30.44	___
4	Ibrahem Mohamed Ibrahen	17	SMOHA	30.41	___
5	Yassin Wessam Nour	15	DEGLA	30.39	___
6	Mohab Hossam Farouk Moh	15	Elethad	30.40	___
7	Ibrahim Mostafa Ibrahim	17	MRAC	30.43	___
8	Omar Shrief Ahmed Ahmed	16	SMOHA	30.47	___
9	Ahmed Sameh Samer Mohs	16	SMOHA	30.52	___
10	Moamen Ahmed Fekry	16	A S E C	30.57	___

Heat 27 of 57 Finals

1	Amr Mohamed Abu Elfettou	15	DEGLA	30.38	___
2	Hassan Karim Aglan	15	Sporting	30.37	___
3	Khaled Mohamed Elsyed Ta	17	SMOHA	30.33	___
4	Yahia Mohamed Yahia	17	Elethad	30.32	___
5	Yassin Safy Eldin	15	GHABA	30.30	___
6	Karim Ahmed Mohsen Abde	17	SMOHA	30.30	___
7	Mohamed Ahmed Dewan	18	DEGLA	30.32	___
8	Ahmed Samy Mahmoud	16	GHABA	30.33	___
9	Marwan Mohamed Ahmed	17	ENPPI	30.37	___
10	Mohamed Mahmoud Mohar	15	TANTA	30.39	___

Heat 28 of 57 Finals

1	abd Allah Mohamed Abdela	15	ZMALK	30.29	___
2	Youssef Ahmed El Tahlawy	18	AHLY	30.26	___
3	Saleh Mohamed Mahmoud	15	AHLY	30.24	___
4	Yassin Ahmed Sayed Hafez	17	Elethad	30.16	___
5	Omar Ayman Wahied Moha	15	SHAMS	30.13	___
6	Saif Eddin Amr Abdel Raouf	16	AHRAM	30.16	___
7	Yassin Abdallah Mohamed	17	DEGLA	30.19	___
8	Mostafa Ibrahim Mahrosr A	16	SMOHA	30.25	___
9	Youssuf AbdElmoneim Khal	17	Sporting	30.27	___
10	Mahmoud Ahmed Mohamec	15	A S E C	30.29	___

Heat 29 of 57 Finals

1	Youssief Ahmed Ibrahim	17	A S E C	30.11	___
2	Tamer Ahmed Ali	15	Elethad	30.09	___
3	Zeyad Hany Abd el Azeem	19	DEGLA	29.98	___
4	Ahmed Sameh Abdelkader	18	DEGLA	29.96	___
5	Adam Mohamed Mahmoud	15	ZOHUR	29.92	___
6	Omar Adel Ishaq	15	DEGLA	29.95	___
7	Hamza Amro Kandiel	15	SHAMS	29.97	___
8	Ahmed Emad Ahmed	18	AHLY	30.06	___
9	Omar Sameh Mohamed Sale	18	AHLY	30.10	___
10	abd Elrahman Mohamed Eb	15	TANTA	30.12	___

Heat 30 of 57 Finals

1	Omar Khaled Gamal El Din	15	MAADI	29.89	___
2	Eyad Hossam Eldin Zakzoul	16	Sporting	29.84	___
3	Abdelrahman Mohamad Eh	15	SMOHA	29.81	___
4	Omar Mostafa Ahmed Most	15	RWAD	29.79	___
5	Youssef Abdel Hakeem Moh	15	DEGLA	29.78	___
6	Hazem Waheed Ibrahim	19	RWAD	29.78	___
7	Awab Mostafa Mahmoud	16	SMOHA	29.80	___
8	Yassien Amr Adly Mohamed	16	SMOHA	29.83	___
9	Youssef Wala Mohamed Tav	16	SMOHA	29.88	___
10	Mohamed Mostafa Alla' EID	15	SHOOT	29.89	___

Heat 31 of 57 Finals

1	Aser Mohamed Adel Ahmed	15	Elethad	29.74	___
2	Mohmed Essam Saied	16	Cairo	29.73	___
3	Abdel Aziz Mohamed Abdel	17	DEGLA	29.67	___
4	Moustafa Yasser Abd El Lati	18	Sporting	29.67	___
5	Adham Ashraf Shawky Moh	16	ZMALK	29.65	___
6	Yousef Wesam Mohamed Sa	18	M.ARB	29.66	___
7	Ahmed Mohamed Ahmed H	16	AHLY	29.67	___
8	Mahmoud Tamer Mahmoud	17	DEGLA	29.69	___
9	Yousif Islam Mohamed Raga	15	ZMALK	29.74	___
10	Yassin Hassan Hosny Ahme	15	Elethad	29.75	___

Heat 32 of 57 Finals

1	Zad Ahmed Mohamed Asra	15	DEGLA	29.63	___
2	Amr Wael Shawky	16	RWAD	29.61	___
3	Youssef Mostafa Mahmoud	18	DEGLA	29.59	___
4	Ziad Abdel Ghany Osman	19	RWAD	29.57	___
5	Omar Ahmed Mansor	19	Sporting	29.55	___
6	Adham Mostafa Abdulla	15	Elethad	29.56	___
7	Adm Hisham Mohamed	17	Elethad	29.58	___
8	Hassn Hatem Mohamed	18	ENPPI	29.59	___
9	Abd AllaaAmr Sabre Rashec	17	SHAMS	29.62	___
10	Hamza Zahy El Sahn	17	Sporting	29.64	___

Heat 33 of 57 Finals

1	Ahmed Yahia Saied	17	Elethad	29.50	___
2	Mohamed Ahmed Mohamec	16	RWAD	29.49	___
3	Yassin Ahmed Othman	16	Sporting	29.47	___
4	Kareem Hossam Ahmed Sal	15	SMOHA	29.46	___
5	Yasin Amro Mamdouh	16	HELOP	29.43	___
6	Abdallah Mohamed Eldosul	16	SHAMS	29.45	___
7	Blal Mohamed Elsaid Mahm	16	SMOHA	29.47	___
8	Abd Elrhman Ahmed ali	16	TRSAN	29.48	___
9	Marvin Medhat Shokry	17	SHOOT	29.49	___
10	Youssef Mohamed Abdelreh	17	Olympic	29.54	___

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

Meet Program

Heat 34 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Abdalla Adel Abdalla	15	AHLY	29.39	___
2	Yasien Hytham Fayez	16	Cairo	29.36	___
3	Omar Ahmed Hussien Most	16	SMOHA	29.31	___
4	Yasen Ahmed eid Thabet	16	MRAC	29.30	___
5	Hassn Ramy Ahmed	16	Sporting	29.27	___
6	Yousef Khaled A.Elrahman I	20	DEGLA	29.28	___
7	Zeid Mohamed Abdel-Azeer	16	AHLY	29.31	___
8	Abdelrhman Ayman Mahmc	16	Bank Ahly Alex	29.34	___
9	Yassin Ahmed Nabil	15	Sporting	29.38	___
10	Maarouf Abou El Magd Moh	20	6 OCT	29.40	___

Heat 35 of 57 Finals

1	Adam Ahmed Elsaied aly	15	ZMALK	29.24	___
2	Mohamed Emad Ahmed Mo	16	SMOHA	29.21	___
3	Omar Mohamed Essam	16	DEGLA	29.18	___
4	Omar Mahmoud Aly Tawfik	17	AHLY	29.12	___
5	Yossef Karim Nabil Elzawaw	17	SMOHA	29.09	___
6	Mohamed Nashaat Abdelha	17	ZMALK	29.10	___
7	Mostafa Mohamed Zaghlol	17	GHABA	29.14	___
8	Motaz amr Mostafa	15	TRSAN	29.18	___
9	Fras Alaa Eldin Hussein	16	TANTA	29.22	___
10	Marwan Mohamed Omer	19	SHOOT	29.24	___

Heat 36 of 57 Finals

1	Mahmoud Ashraf El Gayash	16	DEGLA	29.06	___
2	Abdelrahman Ayman Kama	15	Elethead	29.06	___
3	Mostafa Ashraf Awad Allah	20	Olympic	29.05	___
4	Abdelrahman Mohamed Ra	17	ENPPI	29.04	___
5	Ahmed Khaled Hashem Ali	15	HELOP	29.01	___
6	Ahmed Sameh Awad	20	RWAD	29.03	___
7	Hanna Refaat Hanna Awada	17	HELDO	29.04	___
8	Seif Mohmed Salah	16	Cairo	29.06	___
9	Abd Alla Nabil Eprahem	19	SHOOT	29.06	___
10	Omar Atef el Sadat	15	Al Hawar	29.08	___

Heat 37 of 57 Finals

1	Ahmed Mohsen Mohamed	18	Elethead	28.98	___
2	Eyad Mohamed Amer	15	TANTA	28.93	___
3	Adham Amr Mahmoud	18	AHLY	28.92	___
4	Raef Osama Atif	19	Elethead	28.89	___
5	Awny Mohamad Awny	16	SMOHA	28.87	___
6	Loai Ehab A.Meshaal	16	DEGLA	28.89	___
7	Adam Karim Hemdan Abdo	16	SHOOT	28.91	___
8	Yasin Sameh Fahmy	20	HELOP	28.92	___
9	Mohamad Wesam Mohama	15	SMOHA	28.94	___
10	Hesen Mohamad Elsaied Yo	15	SMOHA	29.01	___

Heat 38 of 57 Finals

1	Omar Samer Mahmoud	15	AHLY	28.84	___
2	Eyad Ahmad Sobhy Ahmad	15	SMOHA	28.82	___
3	Abd Allah Ahmed Abd El Az	15	MAADI	28.79	___
4	Ahmed Mohamed Ahmed A	16	DEGLA	28.76	___
5	Omar Khaled Khamis	18	A S E C	28.71	___
6	Mahmoud Hossam El din M	15	SHOOT	28.76	___
7	Selim Shrif Osama Helmy M	15	GEZIR	28.78	___
8	Omar Mohamad Ali Ebrahe	15	SMOHA	28.82	___
9	Kamal Eldin Khaled Alshah	15	Elethead	28.84	___
10	Shady Mody Maher Helmy	19	MINIA	28.84	___

Heat 39 of 57 Finals

1	Ibrahim Bahaaeldin Ibrahim	15	Olympic	28.70	___
2	Mazen Tamer Mostafa	16	DEGLA	28.69	___
3	Moahmed Ahmed Farouq El	16	SMOHA	28.63	___
4	Adham Tarik Ali Baiuomy	18	SMOHA	28.60	___
5	Yehia Salah El Din Galal	15	DEGLA	28.55	___
6	Ahmed Samir Helmy El Say	15	TWFIK	28.56	___
7	Mostafa Mohamed Mohame	15	Gezira El Ward	28.60	___
8	Mohanad Ashraf Farok Rasl	21	ZOHUR	28.67	___
9	Yassen Amr Mahmoud Abde	15	Bank Ahly Alex	28.70	___
10	Yasser Walid Abo Elela	18	AHLY	28.71	___

Heat 40 of 57 Finals

1	Adham Nader Samir Mohan	16	SMOHA	28.54	___
2	Omar Amin Mohamed	16	TRSAN	28.52	___
3	Eyad Mohamed Abd ElMene	20	TANTA	28.51	___
4	Omar Mahmoud Saeid	15	Nasr City	28.50	___
5	Abdelrahman Khaled Sabry	17	Olympic	28.46	___
6	Ali Ahmed Abd el Monem O	18	SHAMS	28.48	___
7	Eyad Mohamed Shaban	16	TRSAN	28.50	___
8	Mohamed Hany Elsebakhy	16	SMOHA	28.52	___
9	Adham Ahmed Hamada Ah	16	SHAMS	28.53	___
10	Rami Michel Artigaud	17	GEZIR	28.55	___

Heat 41 of 57 Finals

1	Ahmed Wael Ibrahim Desou	19	TWFIK	28.43	___
2	abd Elrhman Mohamed Ahr	16	Elethead	28.40	___
3	Shady Wessam Mohamed	15	DEGLA	28.33	___
4	Youssef Mohamed Mehrasz	18	AHLY	28.30	___
5	Karim Mahmoud Farouk	21	Beni Suef Club	28.28	___
6	Eyad Mohamed Samy	18	ZMALK	28.29	___
7	Adham Ahmed Mohamed	15	SHOOT	28.32	___
8	Mohamed Amr Mohamed SI	17	SMOHA	28.36	___
9	Omar Waleed AlQabary	16	Sporting	28.41	___
10	Ahmed Wael Saad Mohame	18	Olympic	28.46	___

Heat 42 of 57 Finals

1	Eyad Ahmed Khatab	15	DEGLA	28.27	___
2	Yassin Hossam Elden Metw	16	ZOHUR	28.20	___
3	Ahmed Emad Abdel Maabo	17	AHLY	28.12	___
4	Ahmed Medhat Mousa Marz	17	TANTA	28.10	___
5	Omar Mohamed Omar Sofy	16	SHOOT	28.10	___
6	Youssef Ahmed Hassan Abd	16	Elethead	28.10	___
7	Yassin Youssef Mohamed El	15	Olympic	28.11	___
8	Ahmed Tamer Gamal Eldin	15	DEGLA	28.13	___
9	Ahmed Samy Hassan	15	M.S Tagamoa	28.26	___
10	Mohamed Essam Mohamed	16	Minia Sport Clup	28.27	___

Heat 43 of 57 Finals

1	Braa Ayman Ali	19	ZOHUR	28.01	___
2	Karim amr Abd el Monem	18	DEGLA	28.00	___
3	Ahmed Waleed Abdel Hady	15	AHLY	27.97	___
4	AbdelRahman Ehab Elshimy	16	Sporting	27.95	___
5	Mostafa Moh. Ahm. Moh. M	17	GEZIR	27.91	___
6	Omar Abdelaziz Hussein	15	TALBE	27.93	___
7	Omar Sherif Abd El Hamid	17	DEGLA	27.96	___
8	John Wael Abdel Malek	16	DEGLA	28.00	___
9	Seif Sayed Mahmoud	17	HLWAN	28.01	___
10	Adham Ahmed Hassan	20	AHLY	28.09	___

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

Meet Program

Heat 44 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Ahmed Khaled Farouk Fade	15	6 OCT	27.89	___
2	aly Saleeh aly	16	ZMALK	27.87	___
3	Abdelrahman Osama Omar	19	Cairo	27.86	___
4	Ziyad Walid Nabiil	18	Sporting	27.80	___
5	Youssef Tamer Mohyeldin	16	SMOHA	27.77	___
6	Ahmed Mohamed El Menya	19	DEGLA	27.79	___
7	Adam Samer AbdElghany M	19	SMOHA	27.84	___
8	Adham Hisham Nor	20	SMOHA	27.87	___
9	Yasin Waled Zaky Abo Warc	19	SMOHA	27.88	___
10	Karem Mohamed Atia Ehsai	16	HELOP	27.90	___

Heat 45 of 57 Finals

1	Karim Mohamed El Gharab:	18	ZOHUR	27.76	___
2	Mohmed Ayman Esmael Er	17	6 OCT	27.74	___
3	Ali Mhmod Ibrahim Mohan	17	SMOHA	27.73	___
4	Ahmed Alaa Mahdy	18	AHLY	27.71	___
5	Fadi Wael Gerges	17	REHAB	27.68	___
6	Mazen Saied Gaber Ali	17	SMOHA	27.70	___
7	Yousef Ahmed Salah Shendy	26	AHLY	27.71	___
8	Youssef Tawfik Hamdy Tawi	17	SENZO	27.74	___
9	Abd el hay Ashour	17	SHAMS	27.76	___
10	amr Hesham Bayomy	20	Cairo	27.77	___

Heat 46 of 57 Finals

1	Omar Mohamed Nabil	17	DEGLA	27.61	___
2	Abd Allah Tamer Abd El Raz	15	MAADI	27.59	___
3	Adam Sameh Elawany	16	TANTA	27.55	___
4	Yousif Ashraf Madkour	20	SMOHA	27.51	___
5	Mohamed Khaled Mohamec	15	SHOOT	27.49	___
6	Mohamed Ibrahim Elkhdry	17	Elethead	27.50	___
7	Mohamed Tarek Mohamed	15	Olympic	27.54	___
8	Abdel Rahman Hazem Mou:	18	Elethead	27.56	___
9	Yehia Eslam Farouk	17	AHLY	27.60	___
10	Mohamed Tarek Abasy	18	TANTA	27.62	___

Heat 47 of 57 Finals

1	Amr Mostafa Kodb	20	SMOHA	27.49	___
2	Ahmed Mohamed Abdelrazi	19	Olympic	27.45	___
3	Mazen Wael Ali Gaber	20	SMOHA	27.44	___
4	Eyad Sherif Hassan	16	DEGLA	27.43	___
5	Hamza Mohamed Habib	16	AHLY	27.37	___
6	Fares Mohamed Farouk	19	HELOP	27.39	___
7	Yahya Tarek Fawzy	18	Sporting	27.44	___
8	Mrawan amr Mostafa abd el	18	TRSAN	27.44	___
9	Yehia Mohamed Saad Eldin	18	DEGLA	27.49	___
10	Adam Asharaf Ibrahim	17	GHABA	27.49	___

Heat 48 of 57 Finals

1	Malek Ahmed Mohsen	15	DEGLA	27.36	___
2	Mohamed Naser Ramdan	16	TALBE	27.35	___
3	Omar Ehab Attef Mohamed	22	Gezira El Ward	27.30	___
4	Yosef Ahm. Ebrahim Hebesl	17	GEZIR	27.25	___
5	Ahmed Salah Mohamed Sab	16	SMOHA	27.16	___
6	amr Ibrahim Mohamed Ibra	18	Elec	27.18	___
7	Yamen Ayman Helmy	16	TANTA	27.25	___
8	Mohamed Medhat Shalby	15	HELOP	27.32	___
9	Zeiad Osama Fathy Abdel F	20	TRSAN	27.36	___
10	Esmat Ashraf Esmat Hatata	18	SMOHA	27.37	___

Heat 49 of 57 Finals

1	Marwan Mostafa Mohamed	18	SMOHA	27.12	___
2	Omar Khaled Abo El Magd	18	AHLY	27.06	___
3	Mahmoud Majed Mahmoud	19	AHRAM	27.03	___
4	Khaled Wael Sabre Abdelha	16	SMOHA	27.00	___
5	Zeyad Osama Zedan	17	Bank Ahly Alex	26.94	___
6	Marwan Mohamed Bakry M	17	Olympic	26.97	___
7	Yahia Amr Mohamed	17	ZOHUR	27.01	___
8	Mostafa Omar Kamal ElDin	19	BNKG	27.03	___
9	Karim Magdy Mohamed	17	ZOHUR	27.09	___
10	Karem Ashry Kasem	16	SHAMS	27.16	___

Heat 50 of 57 Finals

1	Nadeem Naser El Din Fawzy	23	TANTA	26.88	___
2	Omar Ahmed Gaber	19	Elethead	26.87	___
3	Yossef Ayman Abdalla Moha	15	SMOHA	26.82	___
4	Ahmed Hattem Ahmed	18	DEGLA	26.80	___
5	Mohamed Ahm. Aly Moh. De	19	GEZIR	26.78	___
6	Hamdy Mohamed Hamdy	19	SHOOT	26.80	___
7	Eyad Ahmed Saad Hasn	15	TANTA	26.82	___
8	Mohamed Nasr Ahmed	16	MAY15	26.87	___
9	Ahmed Amr Magdy	18	SHOOT	26.88	___
10	Ahmed Adel Eshak	18	DEGLA	26.93	___

Heat 51 of 57 Finals

1	Ali Mohamed Mousa	18	TANTA	26.75	___
2	Zeiad Mohamed Ahmed	17	BNKG	26.70	___
3	Adham Hossameldin Abdall	17	ZMALK	26.67	___
4	Mohamed Emad Abdelhami	16	AHRAM	26.65	___
5	Seif Mohamed Sayed	16	ZOHUR	26.64	___
6	Abd Elrahman Mostafa Rag:	17	Swim Home	26.65	___
7	Ahmed Hasan Tork	16	Sporting	26.66	___
8	Sherif Ashraf Hagag	16	A S E C	26.69	___
9	Abdel Rahman Khaled Zaka	18	AHLY	26.73	___
10	Hussien Mohamed Hussien	15	SHAMS	26.77	___

Heat 52 of 57 Finals

1	Malek Haytham Mohamed	17	DEGLA	26.60	___
2	Yahia Ahmed Mohamed Mo	19	SMOHA	26.57	___
3	Yahia Ashraf Madkour	20	SMOHA	26.52	___
4	Khaled Ahmed Mahmoud G.	18	Bank Ahly Alex	26.48	___
5	Mohamed Ahmed Essam Ak	20	SMOHA	26.44	___
6	Omar Karim Mohamed Mse	17	SMOHA	26.47	___
7	John Wael Nagy Mosad	17	HELDO	26.49	___
8	Mohamed Ahmed Salem	19	GHABA	26.54	___
9	Ahmed Yasser Mahmoud Sa	15	ZOHUR	26.60	___
10	Morad Yaser Hafez	20	DEGLA	26.61	___

Heat 53 of 57 Finals

1	Sief Mohamed Salah	19	TANTA	26.41	___
2	Yousef Samir Abel Fatah	18	ZMALK	26.40	___
3	Blal amr Ahmed	18	HELOP	26.38	___
4	Adham Ayman Monir Hashe	18	TRSAN	26.38	___
5	Abd ElFatah Mohamed Abd	17	TANTA	26.36	___
6	Marwan Mohmed Hamed	16	Cairo	26.36	___
7	Mohamed Yaser Fared Abd	17	SHAMS	26.38	___
8	SifEldin Hossam Mohamed	19	SMOHA	26.39	___
9	Amar Yasser Mohamed Ahn	17	SMOHA	26.41	___
10	Mohamed Khaled Salam	18	AHLY	26.42	___

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

Meet Program

Heat 54 Finals (#4 Boys 15 & Over 50 LC Meter Butterfly Age Groups)

1	Waleed Samer Mahmoud	18	AHLY	26.33	___
2	Karim Ahmed Khaled Elewa	21	SHAMS	26.22	___
3	Moustafa Abdo Mohamed S	21	RWAD	26.18	___
4	Yousif Mohamed Soliman O	18	SMOHA	26.14	___
5	Omar Ahmed Ibrahim Eid	27	SHOOT	26.11	___
6	Ahmad Hany Ahmad	17	HELOP	26.11	___
7	Seif Mohamed Mohamed	19	DEGLA	26.18	___
8	Ahmed Tarek Mohamed	19	SHOOT	26.21	___
9	Ahmed Osama Mohamed	20	Cairo	26.33	___
10	Omar Khaled Soliman	18	NASR	26.35	___

Heat 55 of 57 Finals

1	Mostafa Ahmed Elesawy	21	AHLY	26.07	___
2	Mohab El Din Fathy	22	Sporting	25.95	___
3	Youssef Eslam Farouk	20	AHLY	25.90	___
4	Abd ElRahman Mohamed A	18	SHOOT	25.81	___
5	Mohamed Ashraf	20	Sporting	25.78	___
6	Mohamed Hatem Mohamed	16	HELOP	25.80	___
7	Eyad Mohamad Kalil Ebrah	18	SMOHA	25.81	___
8	Ahmed Wael el Mohandes	18	HELOP	25.93	___
9	Ibrahim Ahmed Ibrahim	22	Sporting	26.05	___
10	Ahmed Adel Abdel aal	15	Al Hawar	26.10	___

Heat 56 of 57 Finals

1	Eyad Sayed Fadl Alla	21	ZOHUR	25.69	___
2	Adam Shref Mostafa	19	HELOP	25.56	___
3	Mohamed Walid Hassan aly	17	Olympic	25.53	___
4	Saleh Hossam El Din Saleh	20	ZOHUR	25.53	___
5	Ahmed Hatem abd el Sabou	24	Nasr City	25.19	___
6	Mohanad Mohamed Wageh	20	SHOOT	25.47	___
7	Mohamed Salama Gaber Sal	20	SMOHA	25.53	___
8	Adam Ahmed Hamdy	17	AHLY	25.53	___
9	Seif Ahmed Hegazy	19	AHLY	25.65	___
10	Omar Ahmed Samir Eldawo	16	Gezira El Ward	25.76	___

Heat 57 of 57 Finals

1	Omar Sherif Hamed	18	GHABA	24.98	___
2	Omar Mohamed Taha Radw	23	SMOHA	24.85	___
3	Mostafa Mohamed Al Tahan	23	DEGLA	24.60	___
4	Khaled Abdel Naser Ali	24	SHOOT	24.33	___
5	Aly Ahmed Khalafalla	27	AHLY	23.69	___
6	Yasin HossamEldin	20	SMOHA	23.97	___
7	Ali Mohab AbdelRaouf Ali	26	HELOP	24.54	___
8	Ali Khaled Osama	19	DEGLA	24.83	___
9	Seif Mohamed Mehrez	22	ZOHUR	24.86	___
10	Nadem Kram Mohamed	18	HELOP	25.16	___

Event 5 Girls 15 & Over 50 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 26 Finals

2	Noreen Ahmad Saad Abdala	15	SMOHA	NT	___
3	Sara Elhamy Foad Abd El Sa	18	MAADI	NT	___
4	Nada Wageih Ail	23	ENPPI	NT	___
5	Sagda Mohamed Salah	15	Elethad	NT	___
6	Laila Ahmed Adel El Kholy	19	MAADI	NT	___
7	Salma Ahmed Abo Mosalm	15	AHLY	NT	___
8	Haidy Hosam Nabil Cotore	24	GEZIR	NT	___

Heat 2 of 26 Finals

1	Aisha Ahmed AbdElmagid	17	Sporting	NT	___
2	Yasmen Ahmed Basim	17	Sporting	NT	___
3	Zeina Mohamed Elsaid	17	ENPPI	NT	___
4	Nada Ahmed El Said Elbasy	16	SHOOT	NT	___
5	Laila Mohamed Mahmoud	15	SHOOT	NT	___
6	Khadiga Ahmed Mohamed I	16	SHOOT	NT	___
7	Salma Sherif Hussien Moha	20	MAADI	NT	___
8	Jomana Hamdy Ameen	16	ZOHUR	NT	___
9	Sara Mahmoud El Gendy	17	DEGLA	NT	___
10	Jana Ahmed Ebrahim	20	Sporting	NT	___

Heat 3 of 26 Finals

1	Habiba Ahmed Hassan	15	AHLY	NT	___
2	Arwa Hesham Sayed	16	DEGLA	NT	___
3	Noray Osama Nagah	15	SENZO	NT	___
4	Sosana Ramy Makram Bash	16	GOLDY	NT	___
5	Jana Mohamed Abd Elkarier	15	6 OCT	NT	___
6	Ranheil Moaatat Ballah Ali	20	ZMALK	NT	___
7	Bessan Samir Sabry Aziz	15	Elethad	NT	___
8	Amina Maged	20	Sporting	NT	___
9	Rawan Wael	18	AHLY	NT	___
10	Zena Nader Galal Moh. Bash	17	GEZIR	NT	___

Heat 4 of 26 Finals

1	Nour Amr Mah. Fouad Elgui	17	GEZIR	NT	___
2	Engy Ahmed ElMahdy	16	Sporting	NT	___
3	Nadin Mohamed Mahmoud	15	AHLY	NT	___
4	Farida abd el Aziz Gaber	16	A S E C	NT	___
5	Lamar Ashraf Ahmed	15	DEGLA	NT	___
6	Habiba Fawzy Mostafa	16	NASR	NT	___
7	Carole Baher Fouad	15	Sporting	NT	___
8	Retag Ahmed Saber	16	DEGLA	NT	___
9	Yasmin Ahmed El Tahlawy	18	AHLY	NT	___
10	Nour Mohamed aly el Sobky	16	DEGLA	NT	___

Heat 5 of 26 Finals

1	Basmala Ramdan Mostafa M	16	Bank Ahly Alex	NT	___
2	Sara Soliman Said	19	AHLY	NT	___
3	Khadiga Yasser Fattouh	16	AHLY	NT	___
4	Menatalla Morsy	16	SMOHA	NT	___
5	Dana Khaled Mohamed	16	DEGLA	NT	___
6	Sara Yaser Mohamed Moha	19	SMOHA	NT	___
7	Habeba Ahmed Mohmed Al	15	HELOP	NT	___
8	Habiba Walid Abu Elwafa	17	Sporting	NT	___
9	Kenzy Ahmed Ali	20	AHLY	NT	___
10	Nour Ahmed Samer	18	Sporting	NT	___

Heat 6 of 26 Finals

1	Sondos Mohamed Salah El I	15	Elethad	NT	___
2	Bery Ahmed Ibrahim	15	Elethad	NT	___
3	Hanya Hossam Nabil El Cot	26	GEZIR	NT	___
4	Malak Mohamed Adel Ahme	16	DEGLA	42.55	___
5	Yassmin Ahmed Ali	15	RWAD	39.00	___
6	Gudy Ashraf Abdel Hameed	16	RWAD	40.55	___
7	Mariam Ahmed Abd EL Gek	16	RWAD	43.73	___
8	Retaj Yasser Mohamed Kam	15	MRAC	NT	___
9	Loujaen Ahmed Abd Al Hale	15	SHOOT	NT	___
10	Rahma Tarik Mosa Awad	19	SMOHA	NT	___

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

Meet Program

Heat 7 Finals (#5 Girls 15 & Over 50 LC Meter Freestyle Age Groups)

1	Rodina Mohamed Ahmed A	15	DEGLA	38.26	___
2	Batoul Wael Mahmoud	15	DEGLA	37.51	___
3	Aisel Mostafa Anwar	18	AHLY	36.58	___
4	Farida Atef Ibrahim	18	Elethead	36.42	___
5	Goudy Ahmed Ibrahim	15	DEGLA	36.21	___
6	Salma Waael Abdelmonem	17	ENPPI	36.25	___
7	Hana Mohamed Attia	16	DEGLA	36.56	___
8	Joudy Ahmed Medhat	15	DEGLA	36.90	___
9	Nataly Goarge Atif Tawfik	15	DEGLA	38.22	___
10	Nataly Adel Ragy	16	DEGLA	38.36	___

Heat 8 of 26 Finals

1	Jana Tarek Taha	16	DEGLA	35.83	___
2	Mariam Hazem Abd Elshko	16	SHOOT	35.32	___
3	Haya Ahmed Elsaid Abdo	16	6 OCT	35.25	___
4	Jana Hussin Mohamed Huss	18	SMOHA	35.17	___
5	Gasmen Eslam Farouk Mah	15	Bank Ahly Alex	35.10	___
6	Mayar Sherif Mohamed	15	Elethead	35.16	___
7	Malak M.Ahmed Abd Ellatti	15	DEGLA	35.18	___
8	Sana Khaled Mohamed	17	DEGLA	35.30	___
9	Dana Ahmed Mahmoud	16	Elethead	35.77	___
10	Alina George Boutros	15	Elethead	36.05	___

Heat 9 of 26 Finals

1	Malak Zahi El Sahn	15	Sporting	35.06	___
2	Janis Matta Fayeze	18	DEGLA	34.42	___
3	Habiba Ayman Abbas Maar	15	Sporting	34.36	___
4	Ratag Khaled Mohamed	15	DEGLA	34.07	___
5	Maryem Ahmed Refaat	18	Olympic	33.90	___
6	Maryam Algbaly	15	Baladyat El Maha	34.04	___
7	Farah Hesham Salah	16	DEGLA	34.11	___
8	Khadija Eslam Ahmed Sami	15	Sporting	34.40	___
9	Klara Alfred Sabr	18	ZMALK	34.93	___
10	Gana Mohamed Gamil	15	DEGLA	35.06	___

Heat 10 of 26 Finals

1	Mariam Ashraf Rashad Nab	15	Sporting	33.63	___
2	Nadia Ayman eid Abdelhmi	15	ZMALK	33.60	___
3	Salma Ahmed Mahmoud Al	15	HELOP	33.43	___
4	Jannat Ibrahim Saleh Fargh	15	Elethead	33.41	___
5	Eman Mohamed Hilmy	15	MRAC	33.26	___
6	Habiba Ehab Fawzy	20	AHLY	33.27	___
7	Kenzi Mohamed	15	A S E C	33.43	___
8	Hana Ahmed Mohamed	15	DEGLA	33.59	___
9	Zeina Mohamed Abdel Moa	15	AHLY	33.62	___
10	Hana Mahmoud Mostafa	16	DEGLA	33.72	___

Heat 11 of 26 Finals

1	Malak Ahmed Said El Wakil	16	DEGLA	33.09	___
2	Leila Ahmed Ebrahim Ali Ei	18	HELDO	32.95	___
3	emy Sherif Hosny	16	DEGLA	32.84	___
4	Fareda Amr Mohamed Foua	15	HELOP	32.74	___
5	Cady Ashraf Ahmed	16	DEGLA	32.63	___
6	Lilly Ahmed Farwiz	16	GEZIR	32.64	___
7	Jana Waleed abd Elrazek Ga	16	DEGLA	32.78	___
8	Malak Amr Salah	15	SENZO	32.88	___
9	Fatma Amro Sabry Rashed	15	SHAMS	33.05	___
10	Marvel Youhana Samer	17	Minia Sport Clup	33.15	___

Heat 12 of 26 Finals

1	Malak Ali Moh. Abd El Meta	16	GEZIR	32.54	___
2	Farah Mohamed Saied Saleh	17	ZMALK	32.47	___
3	Karema Kamel Saad	15	A S E C	32.30	___
4	Nazly Karim ELDin Ahm. Ha	16	GEZIR	32.18	___
5	Alia Ali Mohamed	20	HELOP	32.07	___
6	Alaa Amr El Sokry	18	Sporting	32.12	___
7	Norhan Mohamed Mohsen l	16	SMOHA	32.21	___
8	Mariem aly Mahdy Mohame	15	ZMALK	32.40	___
9	Salma Mostafa Kamel Abou	15	Elethead	32.50	___
10	Rola Mostafa Salah	18	SHOOT	32.57	___

Heat 13 of 26 Finals

1	Esraa Wael Ezat	17	ZMALK	32.04	___
2	Radwa Essam ali	18	ZMALK	31.97	___
3	Jode Mohamad Yossef Moha	15	SMOHA	31.91	___
4	Rawan Yahia	15	ZMALK	31.77	___
5	Lojain Mohamed Nabil	15	DEGLA	31.71	___
6	Kholoud Abdelfatah Ali Abd	17	SMOHA	31.74	___
7	Malak Tarek El Kady	18	Sporting	31.81	___
8	Shaza Mohamed Said Husse	15	Elethead	31.93	___
9	Ganna Mohamed Mahmoud	17	AHLY	32.02	___
10	Byrne Ibrahim Adel	15	Elethead	32.07	___

Heat 14 of 26 Finals

1	Laila Khaled Elraai	19	AHLY	31.64	___
2	Monika Ayman Raaouf Eryz	19	SHAMS	31.52	___
3	Haidy Mostafa Reyad	19	AHLY	31.47	___
4	Jana Alla Mohamed	15	Minia Sport Clup	31.40	___
5	Saba Ahmed Elshabrawy	15	AHLY	31.23	___
6	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	31.36	___
7	Ganaa Mohamed Elsaed Gac	15	Bank Ahly Alex	31.46	___
8	Fatma Hisham Sarwt	20	Sporting	31.49	___
9	Caren Hany Gamal	20	Sporting	31.62	___
10	Jana Mohamed Ahmed	17	A S E C	31.65	___

Heat 15 of 26 Finals

1	Shahd Hesham Fouad Abaa	19	ZMALK	31.16	___
2	Laila Hassan Mohamed	19	Elethead	31.06	___
3	Farida Mohamed Soliman	16	ZMALK	30.93	___
4	Remaas Tamer Elseid Moha	15	SMOHA	30.92	___
5	Farah Ayman Gaber	16	SMOHA	30.90	___
6	Joanna Waleed Shanan	15	MAADI	30.91	___
7	Marwa Mohamed Hanfy	17	Y.M.C.A	30.93	___
8	Sara Ismail Sarwat	17	HELOP	31.01	___
9	Razan Ahmed Hosny	19	DEGLA	31.16	___
10	Nadine Bassem Joseph	15	DEGLA	31.20	___

Heat 16 of 26 Finals

1	Hour een Samer Elsaeid Shc	15	SMOHA	30.71	___
2	Mennatallah Tamer Fawzy	15	DEGLA	30.65	___
3	Sandra Medhat Mohamed	18	AHLY	30.60	___
4	Hania Hossam Ahmed Salar	15	SMOHA	30.56	___
5	Gana Mohamed Abd ElSame	18	SHOOT	30.53	___
6	Saga Alaa Adel Ibrahim	15	SHOOT	30.55	___
7	Jana Mohamed Darwish	15	GHABA	30.58	___
8	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	30.63	___
9	Halla Alla Maher	17	DEGLA	30.66	___
10	Malak Khaled Ahmed Abdal	18	DEGLA	30.73	___

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Meet Program

Heat 17 Finals (#5 Girls 15 & Over 50 LC Meter Freestyle Age Groups)

1	Dima Adel Mohamed	16	SMOHA	30.48	___
2	Rawda Mohamed Mobark A	18	DEGLA	30.47	___
3	Gana amr Shahen	15	ZMALK	30.32	___
4	Jana Ahmed akl	15	Sporting	30.27	___
5	Goumana Mohamed Ibrahim	15	AHLY	30.24	___
6	Habeba Mohamed Moussa f	18	Olympic	30.24	___
7	Jana Hisham Shaheen	17	Cairo	30.30	___
8	Fatma Kamil Mohamed	15	ZMALK	30.44	___
9	Jana Hisham Mohamed	17	Cairo	30.47	___
10	Mariam Mohammed Hamdy	18	SHOOT	30.50	___

Heat 18 of 26 Finals

1	Hoda Mohammed Said Adel	17	SHOOT	30.14	___
2	Iman Ahmed Adel Elsaied	16	SMOHA	30.11	___
3	Menna Mohamed Alashkar	17	ZMALK	29.99	___
4	Malak Mohamed Mhmoud f	18	SMOHA	29.98	___
5	Hana Wael Magdi Mah . Elsc	17	GEZIR	29.91	___
6	Joudy Moahmed Khedr	16	SMOHA	29.97	___
7	Farida Moustafa Abd Elaziz	17	Sporting	29.99	___
8	Shahd Mohamed Ismael	18	SMOHA	30.03	___
9	Gandan Ahmed Farouk	19	SHOOT	30.13	___
10	Salma Waleed Raslan	15	Al Hawar	30.18	___

Heat 19 of 26 Finals

1	Ranim Mohamed Sayed Ahr	24	MRAC	29.87	___
2	Salma Abdel Hamid Mazrou	17	DEGLA	29.79	___
3	Karma Ahmed Nabil	19	SHOOT	29.70	___
4	Jannah Sameh AbdelMonee:	16	Sporting	29.69	___
5	Fareda Mohamed Rabie	16	TANTA	29.62	___
6	Nada Mohamed Magdy	15	Elethead	29.62	___
7	Noor Tamer AbdElrhim Mol	16	SHAMS	29.69	___
8	Rodaina Mohamed Saad	18	DEGLA	29.74	___
9	Noor Kamel ElNagar	19	Sporting	29.85	___
10	Mariam Hossam Elden Hass	15	Cairo	29.90	___

Heat 20 of 26 Finals

1	Alia Khaled Mohamed Ghor	17	GEZIR	29.59	___
2	Maya Osama Ahmed Mohan	17	SHOOT	29.51	___
3	Mennatallah Hatem Ibrahim	16	A S E C	29.45	___
4	Goumana Tarek Yehia	18	AHLY	29.43	___
5	Wafaa Ahmed Saad ELdin	15	DEGLA	29.41	___
6	Nadine Hazem Mohamed	15	Pegasus Club	29.42	___
7	Malak Hesham Mohamed	17	AHLY	29.43	___
8	Nour Shref Osama	15	HELOP	29.51	___
9	Haya Mohamed Mahmoud	16	AHLY	29.54	___
10	Fareda Mohamed Farouk	16	DEGLA	29.61	___

Heat 21 of 26 Finals

1	Hana Hisham Mohamed You	18	SMOHA	29.41	___
2	Toka Ayman Ebrahim Eldsc	15	SMOHA	29.36	___
3	Nour Mohamed Elsoda	15	MAADI	29.35	___
4	Habiba Mohamad Saeed Shi	15	SMOHA	29.33	___
5	Rana Ahmed Mahmoud Taw	17	SHOOT	29.26	___
6	Mariam Hatem Anwar EL Se	16	SHOOT	29.32	___
7	Nayera Tarek El-Sayed	16	FAROS	29.34	___
8	Habiba Mohamed Abd el Na	15	DEGLA	29.36	___
9	Malak Mohamed Mohyeldin	15	Pegasus Club	29.40	___
10	Fareda Ahmed Khalel	17	DEGLA	29.41	___

Heat 22 of 26 Finals

1	Lara Ahmed Elwan	15	AHLY	29.15	___
2	Jana Khalid	19	Sporting	29.12	___
3	Anod Amr Abd El Aziz	17	DEGLA	29.09	___
4	Nour Mohamad Hassan Mol	15	SMOHA	29.02	___
5	Retaj Mohamed Elsayed An	17	SMOHA	28.99	___
6	Fairoz Ahmed Ibrahim	15	SHAMS	29.02	___
7	Nadine Ayman Hussein	18	AHRAM	29.07	___
8	Rodayna Mohamed Wagdy	16	TRSAN	29.12	___
9	Malak Islam Mohamed	18	AHLY	29.14	___
10	Ayla Mohamed Ali EL Meda	15	HELOP	29.25	___

Heat 23 of 26 Finals

1	Haya HossamEldin Kndel	18	SMOHA	28.83	___
2	Marem Ahmad Abdelgafar f	15	SMOHA	28.70	___
3	Rokan Tamer Ismail	15	SHOOT	28.58	___
4	Rofaida Mahmoud Mohame	17	MAY15	28.54	___
5	Jana Maged Amir	15	ZOHUR	28.52	___
6	Na'eela Wael Elagroudy	16	Sporting	28.53	___
7	Farida Ahmed Ibrahim	17	GHABA	28.56	___
8	Mariam Mohamed Soliman	16	DEGLA	28.67	___
9	Salma Alaa Mahdy	20	AHLY	28.70	___
10	Malak Waled Essam Shaban	19	SMOHA	28.88	___

Heat 24 of 26 Finals

1	Hana Mostafa Ahmed Hamd	22	AHLY	28.51	___
2	Malak Mohamed Nagy	16	Sporting	28.45	___
3	Hana Waled Hasan	18	SHROK	28.39	___
4	Salma Ahmed Elsaid	15	Gezira El Ward	28.22	___
5	Karma aly Elsheraee	17	HELOP	28.14	___
6	Nour Mohamed Hessien Ah	18	SHAMS	28.19	___
7	Hameis Essam Al Kholy	15	SHOOT	28.38	___
8	Maya Abdelaziz Zakaria	15	AHLY	28.41	___
9	Loujain Ibrahim Ibrahim	17	AHLY	28.46	___
10	Hana Ashraf Mahmoud	22	DEGLA	28.52	___

Heat 25 of 26 Finals

1	Maya Kamal Mohamed Mhn	17	SMOHA	28.08	___
2	Loujain Youssef Ahmed	20	AHLY	27.97	___
3	Gana Nasr El Din Ali	19	Sporting	27.85	___
4	Julie Akram Ahmed	17	AHLY	27.75	___
5	Karma Shady Mohamed Sat	16	HELOP	27.73	___
6	Malak Ahmed Helmy	18	AHLY	27.74	___
7	Lela Ahmed Kamal	18	GHABA	27.84	___
8	Jolin Hany Gamal	17	Sporting	27.90	___
9	Nour Mohamed Ibrahim Ali	18	SMOHA	28.05	___
10	Fatma Mohamed Klel Ebrah	19	6 OCT	28.13	___

Heat 26 of 26 Finals

1	Farah Amr Abdel Motaleib	20	SHOOT	27.67	___
2	Malak Mohamed Abd El Gal	19	Bank Ahly Alex	27.33	___
3	Lougein amr Khaleil Ibrahim	16	ZMALK	27.15	___
4	Farida Tharwat Maher	20	AHLY	27.00	___
5	Sara Waled Mahmoud	16	HELOP	26.28	___
6	Carine Elia Abd el Malak	17	AHRAM	26.96	___
7	Hedy Amr Moustafa Hamou	24	HELOP	27.13	___
8	Kanzy Hesham Rashad	20	SHOOT	27.30	___
9	Jihan Ahmed Abdel Azim	19	AHRAM	27.39	___
10	Jana Mohamed Abdel Fatah	19	SHOOT	27.70	___

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

Meet Program

Event 6 Girls 15 & Over 400 LC Meter IM Age Groups

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
1	Hala Walid Abbas Abdelgaw	15	Olympic	NT
2	Zaina Mohamed Haitham H.	18	SHOOT	NT
3	Nourhan Sherif SalahEldin	15	Elethead	NT
4	Shahd Sameh Safouat Shaat	19	HELDO	NT
5	Gana Nasr El Din Ali	19	Sporting	NT
6	Rawan Tamer Essam Mahm	16	DEGLA	NT
7	Mirolla Hany Samir	17	DEGLA	NT
8	Roqaya Saad Mohamed	15	ZMALK	NT
9	Mariam Ahmed Mostafa Fa	17	ZOHUR	NT
Heat 2 of 8 Finals				
1	Arwa Tamer Mohy Eldin	17	NASR	7:03.76
2	Zenab Wagdy Saber	18	ZMALK	6:44.27
3	Jana Ashraf Mohamed Gabe	17	Olympic	6:34.74
4	Nada Afify Abdelmaqsoud	16	ZMALK	6:28.43
5	Lorian Hany	15	Sporting	6:21.27
6	Nadin Sameh Mohamed	16	ZMALK	6:25.44
7	Nawal Yasser Sayed	18	El Obour	6:33.78
8	Salama Mahmoud Khorshec	19	El Obour	6:42.88
9	Dina Ebrahim Ebid	18	Sporting	6:50.39
10	Zeina Tarek Taha	19	DEGLA	7:44.40
Heat 3 of 8 Finals				
1	Rawda Abdelfadi Mahmoud	16	ZMALK	6:15.02
2	Hana Mohie el den Osman	19	HELOP	6:10.43
3	Rodaina Haitham Mahmouc	16	DEGLA	6:06.02
4	Maya Mohamad Mahmud H	15	SMOHA	6:01.37
5	Farida Ahmed Fouad	17	DEGLA	5:59.94
6	Nadin Mohamed Mahmoud	15	AHLY	6:00.48
7	Mariam Ahmed Zahran	16	Sporting	6:03.67
8	Hana Ahmed Elsanhory	16	SMOHA	6:08.62
9	Karma Ayman Abou Amera	16	Sporting	6:13.62
10	Salma Mohamedf Abdel Sal	19	HELDO	6:15.41
Heat 4 of 8 Finals				
1	Jomana Hamdy Ameen	16	ZOHUR	5:57.04
2	Malak Ahmed El Kayal	16	Sporting	5:54.90
3	Mai Khaled Abdeltif	20	DEGLA	5:51.66
4	Mariam Mohamed ali	19	Pegasus Club	5:50.50
5	Shahd Yousry Mohamed Ha	18	Olympic	5:49.47
6	Nourallah Ahmed Fahmy	16	AHLY	5:50.15
7	Jassmin Mohamed Abdel Ka	16	DEGLA	5:51.53
8	Basmala Ramdan Mostafa M	16	Bank Ahly Alex	5:53.30
9	Mai Mohamed Ramadan	16	TALBE	5:54.92
10	Shrouk Mohamed Rashad M	15	Olympic	5:58.74
Heat 5 of 8 Finals				
1	Fatema Tamer Ahmed Saye	16	DEGLA	5:48.96
2	Zina Yasser Ahmed	17	Sporting	5:47.00
3	Arwa Faysal Al Sherif	15	AHLY	5:42.31
4	Hala Hany Abdelwahab	17	GHABA	5:40.88
5	Sara Ahmed Alsaed Abdow	19	6 OCT	5:39.56
6	Mariam Mohamed Ahmed k	17	SMOHA	5:40.19
7	Goudy Mohamed Fahim	15	AHLY	5:41.66
8	Sagwa Khaled Mostafa Mah	15	Bank Ahly Alex	5:43.22
9	Malak Mohamed Fayek Elsa	16	SMOHA	5:48.96
10	Hana Mohamed Asharaf Ma	15	SHAMS	5:49.40

Heat 6 of 8 Finals

1	Kenzy Mostafa Hashad	18	AHLY	5:37.88
2	Habiba Hossam Abdraboh A	15	SHAMS	5:37.59
3	Nazly Mohamed Elokda	15	SHOOT	5:36.95
4	Basmalah Gomaa Ali	18	Bank Ahly Alex	5:36.46
5	Malak Mohamed Nagy	16	Sporting	5:35.52
6	Doreen Walid Fathy	17	TWFIK	5:36.01
7	Sohila Alaa Eldin Abd Elwa	15	6 OCT	5:36.69
8	Shahd Ahmed Safwat	17	Cairo	5:37.50
9	Nour Hasan Fouad	15	Cairo	5:37.79
10	Hanan Ahmed Hussin	17	ZMALK	5:38.96

Heat 7 of 8 Finals

1	Farida Nasser Mohamed El-	15	SHOOT	5:35.21
2	Kenzy Shadi Mohamed Elhe	15	Stad Mansoura	5:34.44
3	Gana Noaman Samer	15	Al Hawar	5:31.04
4	Lara Amr Mahmoud Alsokk	15	6 OCT	5:29.18
5	Marim Mohamed Bakr	15	TRSAN	5:28.52
6	Yara ali el Koshy	18	ZMALK	5:28.98
7	Sama Iyhab Onsy	15	Al Hawar	5:30.98
8	Mariam Hesham Mohamed	19	AHLY	5:31.28
9	Basmala amr aly	19	Olympic	5:34.45
10	Layla Mohamed Elsaed Man	15	Bank Ahly Alex	5:35.22

Heat 8 of 8 Finals

1	Khadega Osama Mohame B	16	HELOP	5:23.85
2	Jana Mohamed Omar Moha	17	SHAMS	5:19.92
3	hla Mohamed Nanoush	16	TANTA	5:18.78
4	Nadine Mohamed Amin	17	AHLY	5:14.93
5	Rawan Tamer Mohamed	19	AHLY	5:04.10
6	Hilla Khaled Diab	16	AHLY	5:07.71
7	Jasmine Ahmed Eissa	17	MAADI	5:18.53
8	Sara Mohamed Bhaa	18	HELOP	5:18.87
9	Malak Ahmed Gamal al Sha	15	SHOOT	5:21.95
10	Fatma Osama Fahmy	16	ZMALK	5:27.97

Event 7 Boys 15 & Over 100 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed Time
Heat 1 of 27 Finals				
2	Ahmed Hesham Mostafa	20	SHOOT	NT
3	Abdel Rahman Ahmed EL_fa	15	Sporting	NT
4	Mark Wageh Androwes	18	DEGLA	NT
5	Hazem Mohamed Hesen Sol	15	Bank Ahly Alex	NT
6	Mohab Ahmed Abdel Fattah	15	Elethead	NT
7	Mohamed Waled Adel Brak	15	HELOP	NT
8	Karim Hossam Mohamed	17	DEGLA	NT
Heat 2 of 27 Finals				
1	Ahmed Hani Ezzat	15	SHOOT	NT
2	Amir Ramadan Sayed Rama	22	6 OCT	NT
3	Mohamed Osama Fekry	15	DEGLA	NT
4	Ahmed Mohamed Mossad M	16	ZMALK	NT
5	Seif El Din Hamdy Husain E	16	DEGLA	NT
6	Ali Ahmed Abdulmageed	16	GEZIR	NT
7	Saied Mohamed Abd Elgaw	20	Sporting	NT
8	Youseif Mohamed Mohamec	16	ZMALK	NT
9	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	NT
10	Abdelrahman Atef Said	15	Elethead	NT

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Meet Program

Heat 3 Finals (#7 Boys 15 & Over 100 LC Meter Backstroke Age Group):

1	Omar Mohamed Farouk	15	Elethead	NT	___
2	Amaar Khaled Hamed Alli	16	GHABA	NT	___
3	Farouk Mohamad Elgedely	16	SMOHA	NT	___
4	Mostafa Ahmed Mostafa	15	TALBE	NT	___
5	Ziad Mohaned Salah	19	DEGLA	NT	___
6	Ahmed Mohamed Yaseir	15	ZMALK	NT	___
7	Mohamed Medhat Shalby	15	HELOP	NT	___
8	Eyad Alaa El Kholy	16	DEGLA	NT	___
9	Mahmoud Abdelwahab Shal	17	ENPPI	NT	___
10	Mohamed Samy Mahmoud	19	GHABA	NT	___

Heat 4 of 27 Finals

1	Omar Mohamed Ayman Abc	15	SHOOT	NT	___
2	Esmael Mohamed Esmael	16	TANTA	NT	___
3	Yousef Ahmed Salah Shendy	26	AHLY	NT	___
4	Adham Mostafa Ibrahim	15	El Temsah	NT	___
5	Marwan Nehad Zakareia	25	DEGLA	NT	___
6	Mahmoud Mohamed Mahm	16	SHOOT	NT	___
7	Youssef amr Mohamed	16	Elethead	NT	___
8	Ahmed Hany Salem	16	ZOHUR	NT	___
9	Yehia Mohamed Ahmed Haf	15	DEGLA	NT	___
10	Loai Ehab A.Meshaal	16	DEGLA	NT	___

Heat 5 of 27 Finals

1	Mohamad Amr Mohamad M	15	SMOHA	NT	___
2	Yousif Mohamed Khalaf	22	SMOHA	NT	___
3	Rohaim Tolba	16	SHOOT	NT	___
4	Mahmoud Sherif Abd Elmor	15	ZOHUR	1:31.68	___
5	Mazen Mohamed Mahros	15	Elethead	1:31.33	___
6	Eyad Mohamed Elsayed Has	15	TRSAN	1:31.57	___
7	Omar Moatasem Mahmoud	16	GHABA	NT	___
8	Ahmed Khaled Farouk Fade	15	6 OCT	NT	___
9	Sohaib Khaled Emam	20	AHLY	NT	___
10	Yousef Reda Saad Elhefnaw	16	Stad Mansoura	NT	___

Heat 6 of 27 Finals

1	Adam Yasser Shaker	15	New Giza	1:21.12	___
2	Youssef Mohamed Abd Elra:	15	Elethead	1:20.16	___
3	Adham Hany Ahmed	15	A S E C	1:20.01	___
4	Khaled Mohamed Ezzat Abc	15	TRSAN	1:19.98	___
5	Yahia Helmy Mohamed Moh	15	A S E C	1:19.43	___
6	Khaled Ayman Mahmoud	16	Elethead	1:19.47	___
7	Omar Salah Salah Ghonem	15	New Giza	1:19.99	___
8	abd Allah Hosam abd Alrzal	16	ENPPI	1:20.01	___
9	Mohaned Walid Mohamed	16	SHOOT	1:20.74	___
10	Mohamed Ahmed Husien	15	Pegasus Club	1:23.81	___

Heat 7 of 27 Finals

1	Omr Ashraf Ali	17	Elethead	1:18.94	___
2	Saeed Islam Saeed Hassan	16	MRAC	1:18.61	___
3	Omar Kmal Mohamed Batis	19	Y.M.C.A	1:18.21	___
4	Omar Samy Abdelsalam Ma	16	SMOHA	1:17.68	___
5	Mohamed Diaa Eldeen Moh	17	Nasr City	1:17.15	___
6	Yassin Ahmed Fouad	16	DEGLA	1:17.25	___
7	Ahmed Mohamed Abdelaziz	17	MRAC	1:17.93	___
8	Mohamd Ahmed Hassen	15	Elethead	1:18.39	___
9	Omar Ahmed Mohamed	15	DEGLA	1:18.74	___
10	abd Allah Mohamed Abdela	15	ZMALK	1:19.16	___

Heat 8 of 27 Finals

1	Ahmed Khaled Badr	15	Elethead	1:16.66	___
2	Mohamed Alaa Mohamed	15	HELOP	1:16.29	___
3	Abdelrahman Sobhy Abdelh	15	Bank Ahly Alex	1:15.51	___
4	Abdel Rahman Mostafa Farç	17	RWAD	1:15.45	___
5	Ahmed Sameh Mohamed Er	15	HELOP	1:15.36	___
6	Ahmed Hazem Ibrahim	16	ENPPI	1:15.37	___
7	Abd Alla Amr Ali Ahmed	15	ZOHUR	1:15.48	___
8	Yassin Safy Eldin	15	GHABA	1:15.66	___
9	Omar Mohamed Abdalem	15	SENZO	1:16.54	___
10	Ziad Wael Mohamed	19	ZMALK	1:16.81	___

Heat 9 of 27 Finals

1	Mohamed Mamdouh Mohar	16	MRAC	1:15.07	___
2	Kress Nader abd Elsaïd	16	Cairo	1:14.85	___
3	Tayem Waled Mostafa Abde	15	SMOHA	1:14.58	___
4	Eyad Mohamed abd Elhame	15	TANTA	1:14.10	___
5	Mohamed Moatazbella Mo	15	DEGLA	1:13.60	___
6	Youssef Mohamed Fathy	16	New Giza	1:13.70	___
7	Abd Elhalim Alaa Abd Elhal	16	ZOHUR	1:14.41	___
8	Nadem Hany Abdellatef	15	Elethead	1:14.77	___
9	Omar Tamer Mohamed Elta	15	Bank Ahly Alex	1:15.06	___
10	Mohamed Karim Mohamed	15	DEGLA	1:15.13	___

Heat 10 of 27 Finals

1	Adel Mohamad Adel Ramad	15	SMOHA	1:13.52	___
2	Ahmed Hossam Ahmed Mol	15	Bank Ahly Alex	1:13.18	___
3	Mohamed Aboelazm Magha	15	6 OCT	1:13.06	___
4	Mohamed Ashraf Abdo	17	Elethead	1:12.94	___
5	Youssef Galal Ezz	15	Elethead	1:12.83	___
6	Seif Samer Seif Elsaïed	16	Bank Ahly Alex	1:12.91	___
7	Youssef Mohamed Hamed	15	DEGLA	1:13.03	___
8	Mohamed Abdelmounem A:	15	SHAMS	1:13.07	___
9	Ali Mourad Salaheldein	15	New Giza	1:13.45	___
10	Hamza Mohamed Shamrock	17	SENZO	1:13.60	___

Heat 11 of 27 Finals

1	Hmdi Ahmed Hmdi Byomi	18	6 OCT	1:12.43	___
2	Ali Ahmed El Prince	15	DEGLA	1:12.27	___
3	Khaled Mohamed Elsyed Ta	17	SMOHA	1:11.91	___
4	Abd El Rhman Moustafa Fav	16	A S E C	1:11.77	___
5	Youssef Sameh Ahmed Zaier	15	SHOOT	1:11.68	___
6	Hassan Ahmed Ehab Wahby	15	HELOP	1:11.74	___
7	Omar Ehab Mhmoud Hasan	16	SMOHA	1:11.83	___
8	Zeïad Ahmed Saïed	15	ZMALK	1:12.01	___
9	Marwan Mohamed Saber	17	ZMALK	1:12.37	___
10	Hassan Hussein Mohamad I	15	SMOHA	1:12.55	___

Heat 12 of 27 Finals

1	Baraa tal Salah	15	ZMALK	1:11.59	___
2	Mahmoud Haïtham Mahmo	15	GHABA	1:11.54	___
3	Moaz Ahmed Zaki Mohame	15	TANTA	1:11.47	___
4	Omar Ayman Zakaria	16	SMOHA	1:11.24	___
5	Moustafa Yasser Abd El Lati	18	Sporting	1:10.98	___
6	Moaz Tamer Hassan Mohar	15	NASR	1:11.02	___
7	Mohamed Emad Ghonemy	15	RWAD	1:11.31	___
8	Omar Sameh Mohamed Sale	18	AHLY	1:11.53	___
9	Abdel Rahman Essam Nabil	18	Elethead	1:11.54	___
10	Eyad Essam Mohmed	15	Cairo	1:11.66	___

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Meet Program

Heat 13 Finals (#7 Boys 15 & Over 100 LC Meter Backstroke Age Group)

1	Seifallah Mahmoud Ahmed	16	GHABA	1:10.89	___
2	Adam Medhat ezz Eldin	15	DEGLA	1:10.46	___
3	Eyad Mohamed Yousry	15	DEGLA	1:10.36	___
4	Taha Saeed Mohamed Fathy	15	A S E C	1:10.30	___
5	Youssef Khalil Alsaïd	15	RWAD	1:10.17	___
6	Abdelrahman Ahmed Moha	16	Tlaea El Ostol	1:10.26	___
7	Nour Eldin Mohamed Refaa	15	AHLY	1:10.34	___
8	Mostafa Mohamed Fouad El	15	TWFIK	1:10.40	___
9	Ahmed Sameh Abdelkader	18	DEGLA	1:10.57	___
10	Assem Mostafa Khalil	16	DEGLA	1:10.97	___

Heat 14 of 27 Finals

1	Omar Ahmed Mohamed Gal	15	RWAD	1:10.08	___
2	Youssef Shams Elden Gaber	15	A S E C	1:09.92	___
3	Slem Ahmed Hosny	19	Sporting	1:09.84	___
4	Yossef Ihab Youssef	17	Elethead	1:09.77	___
5	Yousif Wael Hamed Elsaïd	19	SMOHA	1:09.54	___
6	Hazem Omar Mohamad Fatï	15	SMOHA	1:09.74	___
7	Mostafa Mohamed Abdelmr	16	Bank Ahly Alex	1:09.77	___
8	Adam Mohamed Mahmoud	15	ZOHUR	1:09.91	___
9	Mohamed Hany Ahmed Has	17	SHAMS	1:10.06	___
10	Martin Emad Rizk	17	Y.M.C.A	1:10.11	___

Heat 15 of 27 Finals

1	Nagy Ahmed Mohamed	16	TALBE	1:09.30	___
2	Omar Mohamed Nabil	17	DEGLA	1:09.16	___
3	Abelrahman Khaled Abdeln	16	Olympic	1:09.08	___
4	abd Elrahman Ahmed Mahr	18	Olympic	1:08.87	___
5	Abd Allah Ahmed Abd El Az	15	MAADI	1:08.52	___
6	Moaz Eslam Kamal Eldeen I	15	SMOHA	1:08.53	___
7	Mohab Wala Eldin Osama	15	TANTA	1:08.98	___
8	Mohamed Ahmed Mohamec	16	RWAD	1:09.12	___
9	Mostafa Ibrahim Mahrosr A	16	SMOHA	1:09.23	___
10	Yassen Haitham Ghazy	16	TWFIK	1:09.34	___

Heat 16 of 27 Finals

1	Omar Mohamed Ibrahim	16	DEGLA	1:08.41	___
2	Omar Kareem Mahmoud Abc	15	Elethead	1:08.25	___
3	Ibrahim Bahaeldin Ibrahim	15	Olympic	1:08.05	___
4	Adam Mohamed Mahmoud	15	DEGLA	1:07.98	___
5	Yossef Ayman Said	15	GHABA	1:07.84	___
6	Adham Mahmoud Sayed	15	AHLY	1:07.93	___
7	Mohamed Essam Sedky	17	BNK.G	1:08.05	___
8	Yassien Amr Adly Mohamec	16	SMOHA	1:08.21	___
9	Ahmed Emad Ahmed	18	AHLY	1:08.30	___
10	Selim Shrif Osama Helmy M	15	GEZIR	1:08.45	___

Heat 17 of 27 Finals

1	Awny Mohamad Awny	16	SMOHA	1:07.80	___
2	Youssef Wala Mohamed Tav	16	SMOHA	1:07.57	___
3	Ahmed Ramee Ahmed Hash	16	6 OCT	1:07.49	___
4	Fo`ad Haitham	20	SMOHA	1:07.18	___
5	Adham Amr Ahmed ElShar	15	DEGLA	1:07.09	___
6	Omar Ayman Esmael Emam	15	6 OCT	1:07.10	___
7	Omar Tamer Issa	15	RWAD	1:07.36	___
8	Mohamed Khaled Mohamec	15	ZMALK	1:07.53	___
9	Yasin Mossa Moh. Faghr Eld	15	GEZIR	1:07.70	___
10	Omar Khaled Khamis	18	A S E C	1:07.84	___

Heat 18 of 27 Finals

1	Mahmoud Amr Samy	21	AHLY	1:06.96	___
2	Eyad Hossam Eldin Zakzoul	16	Sporting	1:06.93	___
3	Yossef Yehya Ibrahim	17	GHABA	1:06.87	___
4	Mohamed Tamer Mohamed	20	SMOHA	1:06.68	___
5	Mohamed Emad Maher	17	SENZO	1:06.57	___
6	Nour Eldin AlaaEldin Abdal	17	6 OCT	1:06.58	___
7	Ahmed Medhat Mohamed A	16	Bank Ahly Alex	1:06.77	___
8	Ahmed Awny Galal	19	AHLY	1:06.91	___
9	Abdelrahman Mohamad Eh:	15	SMOHA	1:06.96	___
10	Yossef Hossam Mohamed El	16	SHOOT	1:07.03	___

Heat 19 of 27 Finals

1	abd Elrhmam Mohamed Ahr	16	Elethead	1:06.49	___
2	Ziad Emad Atya	16	DEGLA	1:06.46	___
3	Kareem Mohamed Fouad A	18	TWFIK	1:06.15	___
4	Adham Adel Abaza	19	Sporting	1:06.09	___
5	Kamal El Din Mokhtar	19	DEGLA	1:05.89	___
6	Zyad Mohamed Moawad	18	ZMALK	1:06.03	___
7	Loaay Motasem Alaaeldin	16	ZMALK	1:06.11	___
8	Amr Wael Shawky	16	RWAD	1:06.42	___
9	Farouk Mohamed Moharam	15	DEGLA	1:06.48	___
10	Yasein Hossam aly	16	ZMALK	1:06.57	___

Heat 20 of 27 Finals

1	Abdel Rahman Mohamed M	19	Elethead	1:05.80	___
2	Ahmed Mohamed Ahmed A	16	DEGLA	1:05.74	___
3	Moamen Khalid Mohamed	18	ZMALK	1:05.57	___
4	Adam Mohamed Helmy	16	DEGLA	1:05.47	___
5	Karim Yasser Mamdouh	17	SHOOT	1:05.41	___
6	Zeid Mohamed Abdel-Azeer	16	AHLY	1:05.45	___
7	Seif Elden Osama Darwesh	16	TANTA	1:05.49	___
8	Mohmed Ayman Esmael Em	17	6 OCT	1:05.67	___
9	Mazen Karim Hassan	17	AHLY	1:05.75	___
10	Abdelrhmam Mhmoud Yuon	20	SMOHA	1:05.87	___

Heat 21 of 27 Finals

1	abd el Rahman Waleed el Sf	16	HELOP	1:05.18	___
2	Yassin Hussein Nabil Husse	15	SHOOT	1:05.04	___
3	Omar Tarek Abdel-Rahman	16	AHLY	1:04.89	___
4	Adam Sameh Elawany	16	TANTA	1:04.70	___
5	Mohamed Bakry Kaaed Abd	15	MAADI	1:04.49	___
6	Mahmoud Eissa Moharam	15	DEGLA	1:04.52	___
7	Mazen Ashraf Mohamed Ab	18	Bank Ahly Alex	1:04.85	___
8	Mahmoud Mostafa AbdAllsc	17	TALBE	1:05.03	___
9	Mohamed Ibrahim Elkhdry	17	Elethead	1:05.09	___
10	Mohamed Tarek Mohamed :	15	Olympic	1:05.26	___

Heat 22 of 27 Finals

1	Mohamed Ahmed Amin	19	ZMALK	1:04.40	___
2	Amar Haitham Mohamed Sc	16	SHAMS	1:04.25	___
3	Adam Mohamed Mahmoud	15	SHOOT	1:04.18	___
4	Yassen Osama Yosef Ebrahe	15	SMOHA	1:03.82	___
5	Adam Mohmoud Abdelftah	17	Bank Ahly Alex	1:03.74	___
6	Mostafa Magdy Nabil	19	AHLY	1:03.81	___
7	Adham Hossam Lotfy Hassa	17	SMOHA	1:03.98	___
8	Mohamed Ramy Mohamed	18	AHLY	1:04.22	___
9	Mohamed Ahmed Salem	19	GHABA	1:04.34	___
10	Yassin Amr Adel	15	AHLY	1:04.43	___

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

Meet Program

Heat 23 Finals (#7 Boys 15 & Over 100 LC Meter Backstroke Age Group)

1	Khaled Hesham Ahmed	16	Elethead	1:03.70	___
2	Yosef Hatem ali Ahmed	16	Al Hawar	1:03.52	___
3	Seif Amr Mahmoud Alsokry	17	6 OCT	1:03.47	___
4	Mohamed Khaled Salam	18	AHLY	1:03.32	___
5	Omer Badr Kamel	19	SHOOT	1:03.28	___
6	Yousif Ashraf Madkour	20	SMOHA	1:03.31	___
7	Hussin Mohamed Hussin	18	TALBE	1:03.41	___
8	Ali Ahmed Dawood	20	AHLY	1:03.50	___
9	Ahmed Hattem Ahmed	18	DEGLA	1:03.62	___
10	AbdelRahman Ehab Elshim	16	Sporting	1:03.71	___

Heat 24 of 27 Finals

1	Mahmod Mahmud Yassen es	17	TANTA	1:03.15	___
2	Mazen Ibrahim Ahmed	17	DEGLA	1:02.87	___
3	John Wael Nagy Mosad	17	HELDO	1:02.66	___
4	Hamza Moh. Khairy Samra	17	GEZIR	1:02.40	___
5	Yassin Hytam Hossam Eldin	17	ZMALK	1:02.19	___
6	Yosif Ahmed Mohsen	16	NASR	1:02.39	___
7	Omar Mohamed Tawfek	15	Al Hawar	1:02.54	___
8	Hussien Mohamed Hussien	15	SHAMS	1:02.77	___
9	Kareem Hossam Ahmed Sal	15	SMOHA	1:02.92	___
10	Ahmed Amr Abdel Azzim	18	AHLY	1:03.21	___

Heat 25 of 27 Finals

1	Adam HossamEldin Moham	16	SMOHA	1:02.14	___
2	Karim Adel Ahmed Bahgat	20	ZOHUR	1:01.97	___
3	Yassin Mohamed Abdelgaw	17	OLMPA	1:01.75	___
4	Karim Ahmed Naser Abdelr	17	SMOHA	1:01.60	___
5	Abdel Rahman Khaled Zaka	18	AHLY	1:01.50	___
6	Hamza Moahmed Mhmoud	16	SMOHA	1:01.57	___
7	Zyad Waael Abass Bhr	20	6 OCT	1:01.74	___
8	Yosef Mohamed Abd El Hale	19	HELOP	1:01.85	___
9	Omar Hany Mohamed Galal	19	Gezira El Ward	1:02.14	___
10	Abd El Rahman Hisham Fat	17	Sporting	1:02.14	___

Heat 26 of 27 Finals

1	Mahmoud El Walid Abd El F	17	MAADI	1:01.41	___
2	Omar Ahmed Salah	17	AHLY	1:01.21	___
3	Waleid Mohamed Sobhy	20	ZMALK	1:00.71	___
4	Moustafa Abdo Mohamed S	21	RWAD	1:00.50	___
5	Mohamed Taha Abd El Raou	18	DEGLA	1:00.47	___
6	Mohamed Ahm. Aly Moh. De	19	GEZIR	1:00.48	___
7	Yousif Ahmed Ragab Elshan	18	SMOHA	1:00.55	___
8	Marwan Ali Mahmoud	15	DEGLA	1:00.92	___
9	Mazen Wael Fakry	15	TRSAN	1:01.22	___
10	Khaled Ahmed Mahmoud G.	18	Bank Ahly Alex	1:01.50	___

Heat 27 of 27 Finals

1	Mohamed Walid Azouz	19	AHLY	1:00.32	___
2	Youssef Amr Sayed	17	DEGLA	1:00.25	___
3	Mohamed Ahmed Mohamec	19	SMOHA	59.90	___
4	Abdel Rahman Amr Farag	16	SHOOT	59.02	___
5	Aly Ahmed Khalafalla	27	AHLY	56.62	___
6	Islam Mohamed Nashaat	17	MAADI	58.48	___
7	Abdel Reheim Samir Al Shei	25	ZMALK	59.87	___
8	Ahmed Adel Mohamed Mes	23	AHLY	1:00.02	___
9	Mohab El Din Fathy	22	Sporting	1:00.26	___
10	Eyad Mohsen Isamil ali	16	SHAMS	1:00.46	___

Event 8 Girls 15 & Over 100 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 30 Finals

3	Kenzy Ibrahim Ibrahim	19	AHLY	NT	___
4	Arwa Mohamed Elsayed	15	AHLY	NT	___
5	Joudy Ahmed Medhat	15	DEGLA	NT	___
6	Habiba Fawzy Mostafa	16	NASR	NT	___
7	Salma Ahmed Moustafa	15	SENZO	NT	___
8	Loujaen Ahmed Abd Al Hale	15	SHOOT	NT	___

Heat 2 of 30 Finals

1	Hanya Hossam Nabil El Cot	26	GEZIR	NT	___
2	Dina Alaa Ibrahim Hussien	17	SMOHA	NT	___
3	Zena Nader Galal Moh. Bash	17	GEZIR	NT	___
4	Nour Ahmed Samer	18	Sporting	NT	___
5	Arwa Hesham Sayed	16	DEGLA	NT	___
6	Marim Mhmod Elsaid Elshil	19	SMOHA	NT	___
7	Goudy Ahmed Ibrahim	15	DEGLA	NT	___
8	Aisha Ahmed AbdElmagid	17	Sporting	NT	___
9	Noreen Ahmad Saad Abdala	15	SMOHA	NT	___
10	Reem Mostafa Mohamed	15	A S E C	NT	___

Heat 3 of 30 Finals

1	Alina George Boutros	15	Elethead	NT	___
2	Mariam Walid Sayed	15	DEGLA	NT	___
3	Mariam aly Mahdy Mohame	15	ZMALK	NT	___
4	Kenzy Ahmed Saad ali	16	DEGLA	NT	___
5	Nataly Adel Ragy	16	DEGLA	NT	___
6	Farida Atef Ibrahim	18	Elethead	NT	___
7	Ghoswn Wahed Mohamed	19	El Obour	NT	___
8	Haidy Hosam Nabil Cotore	24	GEZIR	NT	___
9	Hana Ahmed Saied Kandel	16	HELOP	NT	___
10	Zeina Ahmed Mostafa	16	SHOOT	NT	___

Heat 4 of 30 Finals

1	Maya Osama Ahmed Mohan	17	SHOOT	NT	___
2	Karema Kamel Saad	15	A S E C	NT	___
3	Mennatallah Tamer Fawzy	15	DEGLA	NT	___
4	Arwa Tamer Mohy Eldin	17	NASR	NT	___
5	Hana Wael Magdi Mah . Elsa	17	GEZIR	NT	___
6	Menaallah Mhmod Elsayed	17	SMOHA	NT	___
7	Malak Ahmed Eisa	16	GHABA	NT	___
8	Zeina Mohamed Elsaid	17	ENPPI	NT	___
9	Leila Ahmed Ebrahim Ali Ei	18	HELDO	NT	___
10	Farida abd el Aziz Gaber	16	A S E C	NT	___

Heat 5 of 30 Finals

1	Yasmin Wael Abdalaah	16	ZMALK	NT	___
2	Mayar Hassan Ali	20	AHLY	NT	___
3	Malak Ali Moh. Abd El Meta	16	GEZIR	NT	___
4	Rahma Tarik Mosa Awad	19	SMOHA	NT	___
5	Yasmen Ahmed Basim	17	Sporting	NT	___
6	Gody Hazem Fawzy Salem	16	TANTA	NT	___
7	Maryem Ahmed Saed Mahr	17	TANTA	NT	___
8	Hoor MmohamadAhmed Ba	15	TANTA	NT	___
9	Dana Rafik El Saady	15	DEGLA	NT	___
10	Noray Osama Nagah	15	SENZO	NT	___

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

Meet Program

Heat 6 Finals (#8 Girls 15 & Over 100 LC Meter Freestyle Age Groups)

1	Salma Abdel Hamid Mazrou	17	DEGLA	NT	___
2	Nour Mohamed Elsoda	15	MAADI	NT	___
3	Rokaia Gamal Mohamed	17	AHLY	NT	___
4	Laila Mohamed Mahmoud	15	SHOOT	NT	___
5	Malak Mostafa Mahmoud	15	Elethad	NT	___
6	Arwa Hossam Taha	16	SMOHA	NT	___
7	Donia Motaz Mohamed abd	16	MRAC	NT	___
8	Rodaina Wael Mohamed	20	RWAD	NT	___
9	Cady Ashraf Ahmed	16	DEGLA	NT	___
10	Gana Wael Youssef Mahmou	17	DEGLA	NT	___

Heat 7 of 30 Finals

1	Nada Hassan Ahmed Hassa	17	Elethad	NT	___
2	Mariam Ahmed Abd EL Gel	16	RWAD	1:34.11	___
3	Gudy Ashraf Abdel Hameed	16	RWAD	1:29.83	___
4	Carole Baher Fouad	15	Sporting	1:25.77	___
5	Nour Madi	15	Sporting	1:24.76	___
6	Yassmin Ahmed Ali	15	RWAD	1:25.26	___
7	Jody Mohamed Ashour Zal	15	Elethad	1:26.62	___
8	Nataly Goarge Atif Tawfik	15	DEGLA	1:32.11	___
9	Salma Ahmed Abo Mosalm	15	AHLY	NT	___
10	Laila Hassan Mohamed	19	Elethad	NT	___

Heat 8 of 30 Finals

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

Heat 9 of 30 Finals

1	Jana Hussin Mohamed Huss	18	SMOHA	1:18.44	___
2	Allaa Hazem Abd Elshkour	16	SHOOT	1:16.90	___
3	Janis Matta Faye	18	DEGLA	1:16.41	___
4	Habiba Ehab Fawzy	20	AHLY	1:16.31	___
5	Klara Alfred Sabr	18	ZMALK	1:15.91	___
6	Hana Ahmed Mohamed	15	DEGLA	1:16.00	___
7	Nada Mohamed Abdel Mon	16	DEGLA	1:16.37	___
8	Gana Mohamed Mohamed	17	Ultimate	1:16.59	___
9	Gasmen Eslam Farouk Mah	15	Bank Ahly Alex	1:18.03	___
10	Malak Zahi El Sahn	15	Sporting	1:18.80	___

Heat 10 of 30 Finals

1	Marem Mohamed Kabary	17	Elethad	1:15.85	___
2	Judy Sayed Ahmed	16	DEGLA	1:15.66	___
3	Amira Hatem Ahmed Shawl	17	MAADI	1:15.10	___
4	Mariam Ashraf Rashad Nab	15	Sporting	1:14.64	___
5	Nadine Mostafa Fathy	16	GHABA	1:14.52	___
6	Salma Ahmed Mahmoud Al	15	HELOP	1:14.57	___
7	Marvel Youhana Samer	17	Minia Sport Clup	1:14.96	___
8	Mariam Nader Sedky	16	Ismaily	1:15.56	___
9	Farah Hesham Salah	16	DEGLA	1:15.71	___
10	Jana Wael Fahem	17	ZMALK	1:15.89	___

Heat 11 of 30 Finals

1	Hana Mahmoud Mostafa	16	DEGLA	1:14.32	___
2	Alia Ali Mohamed	20	HELOP	1:14.07	___
3	Farah Mohamed Saied Saleh	17	ZMALK	1:13.11	___
4	Nour Mohamed Abd El Had	18	Sporting	1:13.02	___
5	Renad Khaled Mahmoud	19	AHLY	1:12.91	___
6	Rola Mostafa Salah	18	SHOOT	1:13.01	___
7	Shahd Hesham Fouad Abaa	19	ZMALK	1:13.07	___
8	Catrin Wael Bolice	16	DEGLA	1:13.20	___
9	Retaj Yasser Mohamed Kam	15	MRAC	1:14.21	___
10	Nawal Abd El-Hamid El-Kil	15	New Giza	1:14.41	___

Heat 12 of 30 Finals

1	Nadin Atef Mohamed	18	AHLY	1:12.83	___
2	Fareda Amr Mohamed Foua	15	HELOP	1:12.59	___
3	Gannat Fathy Mohamed	15	GHABA	1:12.58	___
4	Jana Mohamed Ahmed	17	A S E C	1:12.48	___
5	Malak Osama Mohamed Ka	15	Olympic	1:12.44	___
6	Nazly Karim ELDin Ahm. Ha	16	GEZIR	1:12.45	___
7	Norhan Mohamed Mohsen I	16	SMOHA	1:12.55	___
8	Malak Ahmed Said El Wakil	16	DEGLA	1:12.58	___
9	Mariam Ahmed Abdel Hakn	15	AHLY	1:12.75	___
10	Malak Tarek El Kady	18	Sporting	1:12.87	___

Heat 13 of 30 Finals

1	Zeina Ayman Saad	17	ZMALK	1:12.20	___
2	Retag Moataz Mohamed	16	DEGLA	1:12.07	___
3	Alaa Amr El Sokry	18	Sporting	1:11.43	___
4	Laila Khaled Elraai	19	AHLY	1:11.22	___
5	Jode Mohamad Yossef Moha	15	SMOHA	1:11.08	___
6	Rofayda Mohamed Emam	16	ZMALK	1:11.13	___
7	Arwa Adel Ghaleb	17	ZMALK	1:11.35	___
8	Shaza Mohamed Said Husse	15	Elethad	1:11.89	___
9	Nadine Bassem Joseph	15	DEGLA	1:12.10	___
10	Jana Waleed abd Elrazek Ga	16	DEGLA	1:12.34	___

Heat 14 of 30 Finals

1	Nadin Motaz Mohamed	15	MRAC	1:10.95	___
2	Rawan Tamer Essam Mahm	16	DEGLA	1:10.87	___
3	Karien Alfrid Saber	15	ZMALK	1:10.59	___
4	Salma Sherif Hussien Moha	20	MAADI	1:10.47	___
5	Masa Mostafa abd Elghany	15	TANTA	1:10.25	___
6	Lilly Ahmed Farwiz	16	GEZIR	1:10.44	___
7	Yasmin Ahmed El Tahlawy	18	AHLY	1:10.52	___
8	Malak Amr Salah	15	SENZO	1:10.67	___
9	Rawan Yahia	15	ZMALK	1:10.90	___
10	Jana Mohamed Aboelossed	15	TANTA	1:11.08	___

Heat 15 of 30 Finals

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

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

Meet Program

Heat 16 Finals (#8 Girls 15 & Over 100 LC Meter Freestyle Age Groups)

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

Heat 17 of 30 Finals

1	Hania Hossam Ahmed Salar	15	SMOHA	1:08.87	___
2	Gana Amro Abdallah Hamec	15	TANTA	1:08.68	___
3	Gana Mohamed Abd ElSama	18	SHOOT	1:08.24	___
4	Jannah Sameh AbdelMonee	16	Sporting	1:08.12	___
5	Gana amr Shahen	15	ZMALK	1:08.05	___
6	Mariam Ebrahim Mohamed	15	HELOP	1:08.08	___
7	Sama Ahmed Ali	17	AHLY	1:08.21	___
8	Saga Alaa Adel Ibrahim	15	SHOOT	1:08.61	___
9	Joanna Waleed Shanan	15	MAADI	1:08.80	___
10	Fayrouz Ahmed Amin	15	DEGLA	1:08.97	___

Heat 18 of 30 Finals

1	Login Hazem Samir	15	Nasr City	1:07.85	___
2	Jana Mohamed Darwish	15	GHABA	1:07.84	___
3	Malak Mohamed Mhmoud F	18	SMOHA	1:07.69	___
4	Jana Hisham Mohamed	17	Cairo	1:07.54	___
5	Fatma Kamil Mohamed	15	ZMALK	1:07.37	___
6	Rodaina Ayman Mohamed	16	AHLY	1:07.37	___
7	Lamar Ashraf Ahmed	15	DEGLA	1:07.57	___
8	Hour een Samer Elsaeid Sh	15	SMOHA	1:07.81	___
9	Salma Mohamed Ezzat Moh	16	DEGLA	1:07.84	___
10	Zenia Ahmed Saied Kandil	16	HELOP	1:07.93	___

Heat 19 of 30 Finals

1	Hoda Mohammed Said Adel	17	SHOOT	1:06.99	___
2	Farida Mohamed Soliman	16	ZMALK	1:06.85	___
3	Anan Mohamed Yehia	18	M.ARB	1:06.76	___
4	Alia Khaled Mohamed Ghor	17	GEZIR	1:06.69	___
5	Malak Ali Atia	16	SMOHA	1:06.61	___
6	Mayroz Mohamed abd Elsal	15	TANTA	1:06.64	___
7	Iman Ahmed Adel Elsaied	16	SMOHA	1:06.71	___
8	Remaas Tamer Elseid Moha	15	SMOHA	1:06.83	___
9	Jana Ahmed akl	15	Sporting	1:06.97	___
10	Mariam Mohammed Hamdy	18	SHOOT	1:07.20	___

Heat 20 of 30 Finals

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

Heat 21 of 30 Finals

1	Menna Tallah Kharboush	15	AHLY	1:05.75	___
2	Jana Hisham Shaheen	17	Cairo	1:05.60	___
3	Haya HossamEldin Kndel	18	SMOHA	1:05.46	___
4	Mariam Yasser Mohamed SI	16	AHLY	1:05.44	___
5	Nour Amgad Ali Fahmy	16	SHAMS	1:05.37	___
6	Kenzy Mohamed el Sebaey	17	Cairo	1:05.42	___
7	Yara Hossam Salem	16	AHLY	1:05.46	___
8	Farah Hatem Ngaty Moham	15	HELOP	1:05.57	___
9	Goumana Mohamed Ibrahim	15	AHLY	1:05.72	___
10	Ranim Mohamed Sayed Ahr	24	MRAC	1:05.76	___

Heat 22 of 30 Finals

1	Farida Mohamed Ahmed El	17	SHOOT	1:05.24	___
2	Fareda Mohamed Farouk	16	DEGLA	1:05.15	___
3	Hana Hisham Mohamed You	18	SMOHA	1:05.12	___
4	Ayla Mohamed Ali EL Meda	15	HELOP	1:04.51	___
5	Zina Ahmed Medhat	15	AHLY	1:04.44	___
6	Yara Ahmad Nageb Ahmad	15	SMOHA	1:04.51	___
7	Rancy Mohamed Hafez	15	TANTA	1:04.77	___
8	Tala Tarekf el Kafrawe	17	HELOP	1:05.14	___
9	Mennatallah Hatem Ibrahim	16	A S E C	1:05.21	___
10	Nour Elsabah Ahmed Amer	17	AHLY	1:05.35	___

Heat 23 of 30 Finals

1	Mariam Hatem Anwar EL Sa	16	SHOOT	1:04.39	___
2	Malak Khaled Ahmed Abdal	18	DEGLA	1:04.32	___
3	Joudy Moahmed Khedr	16	SMOHA	1:04.27	___
4	Rahma Ahmed Mohamed	15	SHOOT	1:04.24	___
5	Fairoz Ahmed Ibrahim	15	SHAMS	1:04.10	___
6	Nazly Mohamed Elokda	15	SHOOT	1:04.20	___
7	Rana Ahmed Mahmoud Taw	17	SHOOT	1:04.25	___
8	Raghd Mohamed Elsaid Mol	18	SMOHA	1:04.29	___
9	Khadega abd el Azez Glal	16	HELOP	1:04.35	___
10	Farah Ahmed	15	HELOP	1:04.39	___

Heat 24 of 30 Finals

1	Joudy Magdy Abbas	17	Bank Ahly Alex	1:03.97	___
2	Habiba Mohamed Abd el Na	15	DEGLA	1:03.93	___
3	Hana Ashraf Mahmoud	22	DEGLA	1:03.86	___
4	Toka Ayman Ebrahim Eldsc	15	SMOHA	1:03.71	___
5	Nour Shref Osama	15	HELOP	1:03.68	___
6	Basmalah Gomaa Ali	18	Bank Ahly Alex	1:03.70	___
7	Rokaia Hisham Ahmed	17	SHOOT	1:03.79	___
8	Laila Mohamed Hitham	16	SHOOT	1:03.89	___
9	Mariam Sherif Mohamed Sh	17	MAADI	1:03.95	___
10	Zena Mahmoud Mohamed M	18	GHABA	1:04.05	___

Heat 25 of 30 Finals

1	Zena Hesham Mahfoz	16	TANTA	1:03.61	___
2	Hana Tarek Yehia	16	AHLY	1:03.56	___
3	Malak Hesham Mohamed	17	AHLY	1:03.40	___
4	Hana Waled Hasan	18	SHROK	1:03.28	___
5	Malak Mokhtar Mohamed	17	DEGLA	1:03.23	___
6	Kenzy Wael Foud Ramadan	15	SMOHA	1:03.27	___
7	Lara Ahmed Elwan	15	AHLY	1:03.38	___
8	Laila Tarek Mostafa	16	DEGLA	1:03.55	___
9	Na'eela Wael Elagroudy	16	Sporting	1:03.59	___
10	Hagar Mohamed Ibrahim A	17	SMOHA	1:03.64	___

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

Meet Program

Heat 26 Finals (#8 Girls 15 & Over 100 LC Meter Freestyle Age Groups)

1	Goudy Abdelhalem Fathala	18	Bank Ahly Alex	1:03.18	___
2	Habiba Mohamad Saeed Sh	15	SMOHA	1:03.01	___
3	Rokan Tamer Ismail	15	SHOOT	1:02.90	___
4	Salma Alaa Mahdy	20	AHLY	1:02.83	___
5	Hana Mostafa Ahmed Hamc	22	AHLY	1:02.67	___
6	Marem Ahmad Abdelgafar /	15	SMOHA	1:02.77	___
7	Wafaa Ahmed Saad EIDin	15	DEGLA	1:02.84	___
8	Malak Islam Mohamed	18	AHLY	1:02.95	___
9	Jolin Hany Gamal	17	Sporting	1:03.10	___
10	Hala Amr	15	GHABA	1:03.23	___

Heat 27 of 30 Finals

1	Nour Mohamed Ibrahim Ali	18	SMOHA	1:02.57	___
2	Mayar Mohamed Gaber	22	AHLY	1:02.37	___
3	Malak Ahmed Anes Mahmo	16	Al Hawar	1:02.17	___
4	Alia Khaled Abas Sabaa	17	HELOP	1:02.12	___
5	Maya Abdelaziz Zakaria	15	AHLY	1:02.07	___
6	Farida Amr Mohamed Abd I	18	SHOOT	1:02.11	___
7	Ingy Bassem Bahaa Eldin	15	AHLY	1:02.15	___
8	Sara Mahmoud El Gendy	17	DEGLA	1:02.18	___
9	Loujain Youssef Ahmed	20	AHLY	1:02.43	___
10	Anod Amr Abd El Aziz	17	DEGLA	1:02.57	___

Heat 28 of 30 Finals

1	Jana Maged Amir	15	ZOHUR	1:01.98	___
2	Nour Mohamed Hessien Ah	18	SHAMS	1:01.88	___
3	Karma aly Elsheraee	17	HELOP	1:01.59	___
4	Salma Ahmed Elsaid	15	Gezira El Ward	1:01.41	___
5	Nadine Karim Mansour Sale	17	SHOOT	1:01.25	___
6	Hanan Ahmed Mohamed M	18	Bank Ahly Alex	1:01.26	___
7	Maya Kamal Mohamed Mhn	17	SMOHA	1:01.43	___
8	Shahd Ahmed Abd Elbaky	19	Sporting	1:01.81	___
9	Loujain Ibrahim Ibrahim	17	AHLY	1:01.89	___
10	Sara Soliman Said	19	AHLY	1:01.98	___

Heat 29 of 30 Finals

1	Nada Ahmed El Said Elbasy	16	SHOOT	1:01.20	___
2	Hameis Essam Al Kholy	15	SHOOT	1:01.19	___
3	Jihan Ahmed Abdel Azim	19	AHRAM	1:00.80	___
4	Farida Ayman Samra	19	SHOOT	1:00.74	___
5	Rouaa Ahmed Ibrahim	19	RWAD	1:00.58	___
6	Maya Ahmed Ragheb	16	Sporting	1:00.70	___
7	Jana Mohamed Abdel Fatah	19	SHOOT	1:00.74	___
8	Lela Ahmed Kamal	18	GHABA	1:00.88	___
9	Salma Osama Mohamed Dai	17	TANTA	1:01.20	___
10	Karma Shady Mohamed Sat	16	HELOP	1:01.21	___

Heat 30 of 30 Finals

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

Event 9 Girls 15 & Over 50 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
Heat 1 of 16 Finals				
4	Sara Elhamy Foad Abd El Sa	18	MAADI	NT
5	Souhaila Abou El Mgd Ahm	22	6 OCT	NT
6	Sondos Mohamed Salah El I	15	Elethead	NT
7	Nada Wageih Ail	23	ENPPI	NT
Heat 2 of 16 Finals				
1	Sama Gehad Mohamed	17	TWFIK	NT
2	Arwa Magd Elsayed	18	AHLY	NT
3	Maya Kamal Mohamed Mhn	17	SMOHA	NT
4	Nijar Maher Reda Taha	16	MRAC	NT
5	Nada Mohamed Ahmed Kaf	16	ZMALK	NT
6	Nour Amr Mah. Fouad Elgui	17	GEZIR	NT
7	Laila Mohamed Mahmoud	15	SHOOT	NT
8	Sagda Mohamed Salah	15	Elethead	NT
9	Malak Mohamed Adel Ahme	16	DEGLA	NT
10	Dana Khaled Mohamed	16	DEGLA	NT
Heat 3 of 16 Finals				
1	Sara Ahmed Eissa	15	MAADI	NT
2	Batoul Wael Mahmoud	15	DEGLA	NT
3	Khadija Eslam Ahmed Sami	15	Sporting	NT
4	Sosana Ramy Makram Bash	16	GOLDY	NT
5	Retag Moataz Mohamed	16	DEGLA	NT
6	Retal Mohamed Khamis	15	Sporting	NT
7	Zeina Mohamed Abdel Moa	15	AHLY	NT
8	Arwa Hesham Sayed	16	DEGLA	NT
9	Farida Ahmed Fouad	17	DEGLA	NT
10	Nada Mohamed Abdel Mon	16	DEGLA	NT
Heat 4 of 16 Finals				
1	Sana Khaled Mohamed	17	DEGLA	50.70
2	Mariam Hazem Abd Elshko	16	SHOOT	49.57
3	Nataly Goarge Atif Tawfik	15	DEGLA	49.20
4	Hana Ahmed Mohamed	15	DEGLA	47.53
5	Hana Mahmoud Mostafa	16	DEGLA	46.76
6	Kenzi Maher Abdelwahab	15	Elethead	46.90
7	Retaj Yasser Mohamed Kam	15	MRAC	47.55
8	Bessan Samir Sabry Aziz	15	Elethead	49.42
9	Rodina Mohamed Ahmed Al	15	DEGLA	49.97
10	Joody Mohamed Ashour Zal	15	Elethead	52.62
Heat 5 of 16 Finals				
1	Salma Wael Abdelmonem	17	ENPPI	46.34
2	Khadiga Ahmed Mohamed I	16	SHOOT	45.49
3	Swlaf Samer Abdalla Sharar	17	Y.M.C.A	44.47
4	Amina Maged	20	Sporting	44.29
5	Yasmen Samer Mahmoud	20	AHLY	43.73
6	Hanan Aadel Hossien	18	TALBE	43.94
7	Dana Ahmed Mahmoud	16	Elethead	44.30
8	Esraa Ehab Zamel	19	ZMALK	44.90
9	Gana Mohamed Gamil	15	DEGLA	46.28
10	Gana Mohamed Mohamed	17	Ultimate	46.53

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

Meet Program

Heat 6 Finals (#9 Girls 15 & Over 50 LC Meter Breaststroke Age Group)

1	Habiba Ayman Abbas Maar	15	Sporting	43.28	___
2	Nazly Karim ELDin Ahm. Ha	16	GEZIR	43.21	___
3	Arwa Sherif Mohamed Samy	18	SHOOT	42.69	___
4	Yossra Mostafa Kamel	16	Elethead	42.10	___
5	Remaas Tamer Elseid Moha	15	SMOHA	41.91	___
6	Norhan Mohamed Mohsen I	16	SMOHA	41.94	___
7	Salma Abd Ella Abd Elhame	18	TALBE	42.19	___
8	Yasmin Ahmed El Tahlawy	18	AHLY	42.74	___
9	Fareda Amr Mohamed Foua	15	HELOP	43.26	___
10	Arwa Tamer Mohy Eldin	17	NASR	43.51	___

Heat 7 of 16 Finals

1	Malak Ali Moh. Abd El Meta	16	GEZIR	41.87	___
2	Mariem Hossam Elden Hass	15	Cairo	41.79	___
3	Dalia Ahmed Abdelsalam	19	MAY15	41.71	___
4	Gana Ibrahim Abdalla	17	TALBE	41.36	___
5	Radwa Essam ali	18	ZMALK	41.28	___
6	Gana Mohamed Abd ElSame	18	SHOOT	41.36	___
7	Renad Mohamed Rafek Farc	15	Bank Ahly Alex	41.56	___
8	Karma Ihab Ali	15	DEGLA	41.78	___
9	Ganna Mohamed Mahmoud	17	AHLY	41.82	___
10	Fatma Amro Sabry Rashed	15	SHAMS	41.91	___

Heat 8 of 16 Finals

1	Habeba Mostafa Gamal Elde	17	Gezira El Ward	40.85	___
2	Habiba Hany Mohamed Sab	17	SMOHA	40.61	___
3	Nadine Bassem Joseph	15	DEGLA	40.60	___
4	Rowida Ayman Mohamed	17	TALBE	40.13	___
5	Nour Diaa Mahmoud	17	A S E C	40.01	___
6	Jana Mohamed Abd Elkarie	15	6 OCT	40.06	___
7	Noha Alaa Abd Elhlim	19	ZOHUR	40.51	___
8	Karma Ayman Abou Amera	16	Sporting	40.60	___
9	Tasnem Mohamed Mohame	19	SMOHA	40.64	___
10	Salma Sherif Hussien Moha	20	MAADI	40.97	___

Heat 9 of 16 Finals

1	Jana Alaa	18	Sporting	39.91	___
2	Habiba Ahmed Hassan	15	AHLY	39.79	___
3	Youmna Hesham Mohsen	15	AHLY	39.67	___
4	Loujin Reda Ebrahim Abd E	15	6 OCT	39.48	___
5	Hana Mohamed Ezzat Taha	15	HELOP	39.43	___
6	Hana Tarek Fared	20	SHOOT	39.45	___
7	Malak Mohamed Abdelmon	17	DEGLA	39.52	___
8	Sandy Soliman Said	17	AHLY	39.77	___
9	Malak Mohamed Samir Dar	15	DEGLA	39.84	___
10	Razan Ahmed Hosny	19	DEGLA	39.99	___

Heat 10 of 16 Finals

1	Sandra Medhat Mohamed	18	AHLY	39.30	___
2	Noor Tamer AbdElrhim Mol	16	SHAMS	39.26	___
3	Kinzy Yahia Mohamed Same	15	ENPPI	39.18	___
4	Lorian Hany	15	Sporting	38.82	___
5	Khadiga Yasser Fattouh	16	AHLY	38.74	___
6	Mirna Sameh Shawky Most	17	HELDO	38.77	___
7	Mariam Mohammed Hamdy	18	SHOOT	39.16	___
8	Malak Mohamed Mohyeldin	15	Pegasus Club	39.19	___
9	Kholoud Abdelfatah Ali Abd	17	SMOHA	39.27	___
10	Jana Youssef Gadelrab Abuz	15	Olympic	39.35	___

Heat 11 of 16 Finals

1	Toka Ayman Ebrahim Eldsc	15	SMOHA	38.60	___
2	Lemar Samer Elsaeid Anwa	15	SMOHA	38.49	___
3	Sarah Karim Mohamed Gala	17	SMOHA	38.40	___
4	Salma Saed Elsamadony	15	TANTA	38.36	___
5	Basmala Ramdan Mostafa M	16	Bank Ahly Alex	38.31	___
6	Zeina Wael Abd Elmohsen	16	SHOOT	38.36	___
7	Roqaya Saad Mohamed	15	ZMALK	38.37	___
8	Hoda Mohammed Said Adel	17	SHOOT	38.42	___
9	Lena Hany Mohamed	16	AHLY	38.54	___
10	Haya Mohamed Mahmoud	16	AHLY	38.67	___

Heat 12 of 16 Finals

1	Malak Khaled Ahmed Abdal	18	DEGLA	38.27	___
2	Yara Hassan Fathy	16	TWFIK	38.12	___
3	Rawan Yossry Zaky Khalaf	15	SHAMS	37.81	___
4	Sagwa Khaled Mostafa Mah	15	Bank Ahly Alex	37.79	___
5	Yara Hesham Mohsen	15	AHLY	37.62	___
6	Malak Mostafa Mahmoud	15	Elethead	37.75	___
7	Fareda Ahmed Khalel	17	DEGLA	37.81	___
8	Saga Alaa Adel Ibrahim	15	SHOOT	38.02	___
9	Marwa Mohamed Hanfy	17	Y.M.C.A	38.21	___
10	Menat Allah Medhat abd el	16	Al Hawar	38.27	___

Heat 13 of 16 Finals

1	Nour Mohamed aly el Sobky	16	DEGLA	37.55	___
2	Hana Mohamed Youssef Mo	17	SMOHA	37.53	___
3	Rawda Mohamed Mobark A	18	DEGLA	37.32	___
4	Nada Mohamed Magdy	15	Elethead	37.11	___
5	Rewan Sherief Zayan	18	Olympic	36.97	___
6	Malak Ali Atia	16	SMOHA	37.03	___
7	Mariam Hatem Anwar EL S	16	SHOOT	37.12	___
8	Goumana Wael Hosny	16	AHLY	37.33	___
9	Masa Mostafa abd Elghany	15	TANTA	37.53	___
10	Farah Hassan Rageb	18	A S E C	37.55	___

Heat 14 of 16 Finals

1	Habiba Atef	16	A S E C	36.95	___
2	Karma Shady Mohamed Sal	16	HELOP	36.54	___
3	Mariam Walid Sayed	15	DEGLA	36.49	___
4	Salma Waleed Raslan	15	Al Hawar	36.39	___
5	Kanzy Hesham Rashad	20	SHOOT	36.04	___
6	Lobna Ahmed Khalifa	19	Bank Ahly Alex	36.24	___
7	Gana Mohamed Ahmed Sala	18	GHABA	36.42	___
8	Mariam Ahmed Abdel Hakn	15	AHLY	36.50	___
9	Bassant Gamil Barakat	16	AHLY	36.93	___
10	Kanzy Waled Hamad	16	SMOHA	36.95	___

Heat 15 of 16 Finals

1	Malak Mohamed Nagy	16	Sporting	35.91	___
2	Maryam Emad Mohamed El	18	Gezira El Ward	35.56	___
3	Dana Rafik El Saady	15	DEGLA	35.29	___
4	Farida Ahmed Ibrahim	17	GHABA	35.10	___
5	Goudy Abdelhalem Fathala	18	Bank Ahly Alex	34.89	___
6	Hana Mostafa Ahmed Hamd	22	AHLY	34.92	___
7	Mariam Mohamed Soliman	16	DEGLA	35.23	___
8	Lian Shady Sabry	19	HELOP	35.37	___
9	Rawan Wael	18	AHLY	35.79	___
10	Carine Elia Abd el Malak	17	AHRAM	35.93	___

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

Meet Program

Heat 16 Finals (#9 Girls 15 & Over 50 LC Meter Breaststroke Age Group)

1	Mariam Mohamed Ahmed	17	SMOHA	34.85	___
2	Nadine Ayman Hussein	18	AHRAM	34.29	___
3	Janat Kareem Mohamed	15	SHROK	34.01	___
4	Hedy Amr Moustafa Hamou	24	HELOP	34.00	___
5	Sara Soliman Said	19	AHLY	33.41	___
6	Rewida Hisham Tolba Ibrah	28	AHLY	33.49	___
7	Julie Akram Ahmed	17	AHLY	34.00	___
8	Shahd Mohamed Ismael	18	SMOHA	34.15	___
9	Maya Ahmed Ragheb	16	Sporting	34.74	___
10	Karma Ahmed Nabil	19	SHOOT	34.88	___

Event 10 Boys 15 & Over 1500 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 14 Finals

3	Ahmed Ismeil	16	Nasr City	NT	___
4	Eyad Waled Hassan	16	SMOHA	NT	___
5	Marten Baher Fouad	18	Sporting	NT	___
6	Ali Mohamed Kamal	15	DEGLA	NT	___
7	Mazen Emad Hamed	16	AHLY	NT	___

Heat 2 of 14 Finals

1	Yassen Moh. Shrif Moh. Elba	18	GEZIR	NT	___
2	Marwan Ahmed Elamrawy	28	Sporting	NT	___
3	Marwan Ismael Elkmash	30	Sporting	NT	___
4	Mohamed Ahmed Amin	19	ZMALK	NT	___
5	Marawan Mohamed Sayed	15	AHLY	NT	___
6	Omar Mohamad Ali Ebrahe	15	SMOHA	NT	___
7	Moahmed Ahmed Farouq El	16	SMOHA	NT	___
8	Yahya Ahmed Abd El Fatah	17	Sporting	NT	___
9	Mohamed Mostafa Mohame	19	DEGLA	NT	___
10	Basel Al Sayed Houssin	17	HELOP	NT	___

Heat 3 of 14 Finals

1	Sief El Din Mohamed Moslri	17	Sporting	NT	___
2	Karim Sameh Karim	15	TRSAN	NT	___
3	Karem Wael Mohamed	18	Minia Sport Clup	24:42.53	___
4	Aly Mahmod Ez el den	15	HELOP	19:34.08	___
5	Abdel Rahman Wael Karam	15	DEGLA	19:26.76	___
6	Mohamed Walid Mohamed	15	GHABA	19:26.81	___
7	Abdelrahman Moataz Yahia	15	BNK.G	19:41.31	___
8	ali Mohamed Sarwat	18	HELOP	NT	___
9	Abdelrahman Yasser	17	SMOHA	NT	___
10	Ahmed Tamer Rabea	16	SHOOT	NT	___

Heat 4 of 14 Finals

1	Mohamed Samy Maher	19	AHLY	19:23.93	___
2	Mohamad Akram Mohamad	15	SMOHA	19:08.78	___
3	Yasien Mohamed Fathy	15	ZMALK	19:03.43	___
4	aly Hussien Mohamed Huse	15	ZMALK	19:01.88	___
5	Yousef Mohamed Awad	15	Stad Mansoura	18:59.90	___
6	Omar Shady Mohamad Ali F	15	SMOHA	19:00.75	___
7	Mahmoud Khaled Mahmoud	15	MRAC	19:02.63	___
8	Ahmed Abdelaziz Elshekh	15	Pegasus Club	19:06.54	___
9	Adham Khaled Abdelkader	16	Bank Ahly Alex	19:17.69	___
10	Ali Akram Ibrahim	17	SHOOT	19:26.43	___

Heat 5 of 14 Finals

1	Taha Saeed Mohamed Fathy	15	A S E C	18:50.04	___
2	Youssef Ahmed Taha	19	ZMALK	18:45.90	___
3	Hamza Hazem Moneb	15	Cairo	18:44.49	___
4	Mazen Ahmed AbdAlaah Sa	15	MRAC	18:40.22	___
5	Ahmed Mohamed Kaowd	15	Baladyat El Maha	18:32.07	___
6	Mohamed Ahmed Ibrahim S	15	Olympic	18:37.72	___
7	Mohamed Amr Abd El Monz	15	MAADI	18:41.37	___
8	Karim Ashraf Ahmed	17	ZMALK	18:45.53	___
9	Eyad Essam Mohamed	15	Cairo	18:46.77	___
10	Fares Karm Refaay	15	AHLY	18:59.20	___

Heat 6 of 14 Finals

1	Mohamed Ibrahim Zakreya	15	A S E C	18:27.87	___
2	Seif ezz el din abd el Kaway	16	SHOOT	18:22.78	___
3	Omr Ahmed Farouk	17	Cairo	18:21.13	___
4	Abdelrahman Adel Fawzy	16	SMOHA	18:15.27	___
5	Mohamed Karim Mohamed	20	SMOHA	18:12.08	___
6	Mohamed Wael Ibrahim De	15	TWFIK	18:13.73	___
7	Abd Alla Karim Ashraf Mah	18	GEZIR	18:19.18	___
8	Mahmoud Haitham Mahmo	15	GHABA	18:22.27	___
9	Joshua Joseph Fouad	15	TRSAN	18:25.04	___
10	Ahmed Sameh Safwat Shaal	17	HELDO	18:30.92	___

Heat 7 of 14 Finals

1	Eyad Mohamed Hassan els	16	ZMALK	18:11.45	___
2	Ziad Nabil Ahmed Mohamed	16	SMOHA	18:10.46	___
3	Mohamed Ahmed Fouad	18	AHLY	18:08.94	___
4	Yossef Maged Goreg	17	GHABA	18:07.43	___
5	Yousef Ahmed Fathy	15	Stad Mansoura	18:05.57	___
6	Saleh Shady Mohamed Said	21	SHOOT	18:06.06	___
7	Omar Essam Mhmoud Abde	16	6 OCT	18:07.84	___
8	Yahia Hazim Husieen	15	ZMALK	18:09.95	___
9	Zein el den Tamer Mohamed	15	HELOP	18:10.53	___
10	Mhmoud Wled Fkri Mhmou	18	6 OCT	18:11.66	___

Heat 8 of 14 Finals

1	Yassin Abdelmeged Moham	15	GHABA	18:03.04	___
2	Mohamed Hassan Abd El W	15	MAADI	18:00.02	___
3	Mohamed Hossam Samy	16	AHLY	17:57.69	___
4	Ez Elden Tamer	19	GHABA	17:56.27	___
5	Mhmoud A Hmed Mhmoud	15	6 OCT	17:52.68	___
6	Ahmed Asharf Dawood	15	Baladyat El Maha	17:54.74	___
7	Youssef Yasser Farouk Hass	15	Sporting	17:57.13	___
8	Selim Tamer Osama Ahmed	16	SHOOT	17:58.00	___
9	Omar Ahmed Hasan Khedr	15	SHOOT	18:00.37	___
10	Yassin Abdallah Ahmed You	16	DEGLA	18:03.73	___

Heat 9 of 14 Finals

1	Eyad Mohamed Abdelstar	16	ZMALK	17:48.77	___
2	Hamza Abdelhamed Mohan	16	Bank Ahly Alex	17:47.69	___
3	Ziad Ayman Mamoun	15	ZMALK	17:43.99	___
4	Ahmed Maged Ghoureib	15	DEGLA	17:43.25	___
5	Karim Yasser Mamdouh	17	SHOOT	17:42.30	___
6	Hatem el Ameer Salah el dir	15	Al Hawar	17:42.95	___
7	Ali Ali Hussein Ali	17	HELDO	17:43.39	___
8	Youssef Yasser Ibrahim	17	AHLY	17:46.23	___
9	Mohamed Nader Elbarbary	16	TANTA	17:48.38	___
10	Omar Ali Fathy Mohamad E	15	SMOHA	17:49.12	___

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

Meet Program

Heat 10 Finals (#10 Boys 15 & Over 1500 LC Meter Freestyle Age Group)

1	Nour Eldin Karem Mohame	15	AHLY	17:37.95	___
2	Omr Hany Abdelwhab	16	GHABA	17:35.79	___
3	Moustafa Essam Wahba	16	Sporting	17:32.42	___
4	Omar Elsayed Ramadan Els	16	Olympic	17:27.96	___
5	Mohamed Wael Abdel Mon	20	ENPPI	17:26.82	___
6	Mohamed Bahgat Mohamec	16	Stad Mansoura	17:27.22	___
7	Mostafa Adel Ibrahim Khali	19	SMOHA	17:29.08	___
8	Mazen Mostafa Asfoor	15	ZOHUR	17:33.62	___
9	Karim Osama Ibrahim Abd	16	MAADI	17:37.02	___
10	Omar Wahed Ibrahim Awac	15	RWAD	17:39.92	___

Heat 11 of 14 Finals

1	Mohamed Saeed Eleiraqy	18	ZMALK	17:26.53	___
2	Mohanad Tamer Mohamed	17	SMOHA	17:23.68	___
3	Zeiad Hamdy Amin Ossman	20	ZMALK	17:20.45	___
4	Karim Hesham Moh. Fakry	15	GEZIR	17:18.00	___
5	Youssef Ehab Mostafa	18	AHLY	17:16.66	___
6	Zeyad Mohamed Magdy	17	MAADI	17:16.80	___
7	abd Elrahman Sherif Karam	18	TRSAN	17:20.30	___
8	Yasin Alaa Ibrahim Elbieh	19	SMOHA	17:23.49	___
9	Seif Ashry Kasem	21	GHABA	17:26.26	___
10	Mohamed Essam Abdou	17	AHLY	17:26.72	___

Heat 12 of 14 Finals

1	Mohamed Waled Mahmoud	17	ZMALK	17:16.00	___
2	Anas Haythm Mohamad Els	15	SMOHA	17:15.85	___
3	Mohamed Khaled Mohamec	17	Bank Ahly Alex	17:14.69	___
4	Sherief Reda Metwaally	15	ZOHUR	17:06.14	___
5	Moustafa Tarik Moustafa	20	HELOP	17:04.78	___
6	Yassein Akram Ragab Sobei	16	SHAMS	17:05.12	___
7	Ali Sherif Ali Mohamed	18	SHOOT	17:12.61	___
8	Mahmoud Hassan Mohamec	15	SHAMS	17:15.57	___
9	Yossef Sherif Ibrahim	17	MAADI	17:15.94	___
10	Ahmed Yehya Ibrahim	17	GHABA	17:16.49	___

Heat 13 of 14 Finals

1	Mahmoud Mohamed Ahme	17	SHAMS	17:02.86	___
2	Malek Mohamed Bazan	16	MAADI	17:00.87	___
3	Ali Hany Mohamed Al Sogh	21	SHAMS	16:53.42	___
4	Yassin Esam El Din	19	Sporting	16:51.75	___
5	Belal Maged Soliman	20	AHLY	16:38.81	___
6	Mohamed Tarek Rashad Ab	18	SHAMS	16:42.69	___
7	Mohanad Yasser Abdelmen	16	SMOHA	16:52.38	___
8	Abd Elrahman Amr Abd Elf	17	SHAMS	16:59.32	___
9	Seif Amr Mahmoud Alsokry	17	6 OCT	17:01.65	___
10	Omar Mohsen Ramdan Abd	18	SMOHA	17:04.40	___

Heat 14 of 14 Finals

1	Ahmed Samir Mohamed	15	AHRAM	16:28.98	___
2	Saif Amr Al Batal	17	AHRAM	16:28.32	___
3	Omar Ahmed Hassan Ryaar	18	SHAMS	16:24.99	___
4	Ahmed Mohamed Ahmed al	17	SHOOT	16:19.53	___
5	Mohamed Adel Mohamed M	22	AHLY	15:51.14	___
6	Youssef Magdy Elhady	19	AHLY	16:14.33	___
7	Ahmed Mahmoud Elhouran	16	AHLY	16:24.96	___
8	Omar Karim Galal Samy	16	MAADI	16:25.89	___
9	Tarek Kamel Farouk	20	ZMALK	16:28.37	___
10	Karim Magid Abdelglil	16	ZMALK	16:32.29	___

Event 16 Boys 15 & Over 100 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 28 Finals

3	Omar Khaled Esmail Ramda	16	GHABA	NT	___
4	Omar Mohamed Hassan	15	DEGLA	NT	___
5	Ali Ahmed Abd el Monem O	18	SHAMS	NT	___
6	Omar Wael Ibrahim Saber	16	DEGLA	NT	___
7	Hamza Ahmed Fawzy	17	DEGLA	NT	___
8	Hamza Muhammed Abd el /	16	AHRAM	NT	___

Heat 2 of 28 Finals

1	Omar Tarek Saleh	16	Sporting	NT	___
2	Walid Khaled Mohamed	15	DEGLA	NT	___
3	Seif Eldin Fady SaLah	16	SHOOT	NT	___
4	Ahmed Mohamed Salah	17	GHABA	NT	___
5	Yasin Mohamed Abu Raya	18	TANTA	NT	___
6	Saif Amr Reda Sayed	15	DEGLA	NT	___
7	Essam Hassan Allam	15	GEZIR	NT	___
8	Mohamed Essam Sedky	17	BNKG	NT	___
9	Omar Ahmed Nsr	16	Pegasus Club	NT	___
10	Sief Ayman El Said	19	Sporting	NT	___

Heat 3 of 28 Finals

1	Ahmed Ehab Seyam	16	TANTA	NT	___
2	Mazen Nadeem Mohamed M	16	DEGLA	NT	___
3	Bahy Mohy Mohamed	19	ZMALK	NT	___
4	Ali Essam Ali Mohamed Mo	16	SMOHA	NT	___
5	Yossef Waled Ebrahim Moh	15	SMOHA	NT	___
6	Youssef Mamoud Ahmed	16	TALBE	NT	___
7	Aly Eldin Tamer Mohamed	19	AHLY	NT	___
8	abd Elrahman Mohamed Eb	15	TANTA	NT	___
9	Ahmad Atef Mohamad	17	SMOHA	NT	___
10	Eyad Nader Rashad Abdalla	15	Olympic	NT	___

Heat 4 of 28 Finals

1	Youssef Ahmed Hassan	16	Elethad	NT	___
2	Sief Amr Elsharqawy	16	SMOHA	NT	___
3	Moustafa Sherif Moustafa	15	DEGLA	NT	___
4	Omar Mohamed Taha Radw	23	SMOHA	NT	___
5	Mohamed Khaled Mohmd K	20	SHOOT	NT	___
6	Omar Ayman Aly Mohamed	15	A S E C	NT	___
7	Amr Saad EL Sayed	19	Elethad	NT	___
8	Karim Nasr Mansourmanso	16	SHOOT	NT	___
9	Amr Wael Elhamy Abdelmo	15	Olympic	NT	___
10	Yassin Mohamed Abdelnaby	16	Ismaily	NT	___

Heat 5 of 28 Finals

1	Omar Essam Mhmoud Abde	16	6 OCT	NT	___
2	Yassien Ahmed Ahmed Ashu	16	SMOHA	NT	___
3	Omar Ahmed Mohamed	15	DEGLA	NT	___
4	Mhmoud A Hmed Mhmoud	15	6 OCT	NT	___
5	Amr Ossama Mohamed Zwi	17	SMOHA	NT	___
6	Marwan Ahmed Alaa El_die	15	Sporting	NT	___
7	Hamza Ahmed Morsi Morsi	17	6 OCT	NT	___
8	Rohim Ahmed abd Elatyeeef	15	A S E C	NT	___
9	Yousif Ahmed Salah	17	TRSAN	NT	___
10	Mazen Ahmed AbdAlaah Sa	15	MRAC	NT	___

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

Meet Program

Heat 6 Finals (#16 Boys 15 & Over 100 LC Meter Breaststroke Age Gro

1	Mohamed Yasser Mohamed	15	A S E C	NT	___
2	Ahmed Waled Ibrahim	15	A S E C	NT	___
3	Adam Ayman Yousef	15	TANTA	NT	___
4	Yahya Yasser Mohamed Elbl	17	Bank Ahly Alex	NT	___
5	Mohamed Ahmed Elryas	19	ZMALK	NT	___
6	Ziyad Walid Nabiil	18	Sporting	NT	___
7	Abdelrahman Ahmed Bahga	15	SMOHA	NT	___
8	Mazin Mohamed Ahmed Ab	15	ENPPI	NT	___
9	Ismail Helmy ali	16	GOLDY	NT	___
10	Moaz Ibrahim Nassar	16	DEGLA	NT	___

Heat 7 of 28 Finals

1	Loaay Mohamed abd Raboh	16	Elethead	NT	___
2	Youssef Saleh Ibrahim Saleh	15	A S E C	NT	___
3	Omar Ahmed Hamed	15	SHRKS	1:40.22	___
4	Yaseen Ahmed Said	15	Elethead	1:37.82	___
5	Hamza Ali Mohamed Ali	15	Elethead	1:33.20	___
6	Youssef Ossama Ashraf Ahn	15	SHAMS	1:36.40	___
7	Hassan Hassan Ahmed	15	Stad Mansoura	1:38.05	___
8	Youssef Mohamed Abd Elaz	15	ZOHUR	NT	___
9	Nour El Dein Maged El Sher	17	SMOHA	NT	___
10	Mohamed Ahmed Essam Ak	20	SMOHA	NT	___

Heat 8 of 28 Finals

1	Belal Ibrahim Abass	17	A S E C	1:29.86	___
2	Omar Ahmed Mohamed Ali	15	Elethead	1:28.88	___
3	Mohamed Reda Mahmoed	15	BNK.G	1:28.16	___
4	ali Ahmed Gamal Eldin Afar	18	DEGLA	1:27.45	___
5	Youssef Ahmed Ibrahim EIS	16	SHAMS	1:27.16	___
6	Belal Ramdan Kassem	18	Bank Ahly Alex	1:27.30	___
7	Ahmed Essam Yakot	15	A S E C	1:27.98	___
8	Ali Hesham Abas Tawfek	15	SMOHA	1:28.30	___
9	Hamza Tarek Ahmed Ibrahe	15	Bank Ahly Alex	1:28.97	___
10	Hazem Hassam Mostafa Rar	15	SMOHA	1:30.91	___

Heat 9 of 28 Finals

1	Yasser Mohamed Abbas	15	ZMALK	1:26.70	___
2	Ahmed Sameh Mohamed Er	15	HELOP	1:25.94	___
3	Mohamed Alamir	15	Elethead	1:25.43	___
4	Amr Bashir	17	Y.M.C.A	1:25.36	___
5	Ezzat Mohamed Azzam Mol	15	Olympic	1:25.21	___
6	Yahia Mostafa Gamal Eldeer	18	RWAD	1:25.28	___
7	Ahmed Sameh Eldahby	16	Elethead	1:25.36	___
8	Omar Hassan Abdelwahab	16	SMOHA	1:25.58	___
9	Ahmed Hassan Ibrahim	15	DEGLA	1:26.38	___
10	Marwan Sameh Zakrea	16	BNK.G	1:26.74	___

Heat 10 of 28 Finals

1	Marwan Walid Abdel-khalel	15	DEGLA	1:24.43	___
2	Ahmed Mohamed Abdelaziz	17	MRAC	1:24.16	___
3	Youssef Omar Mhmoud Om	16	SMOHA	1:24.10	___
4	Abdelrahman Wael Abdelm	15	GHABA	1:23.36	___
5	Ali Akram Ibrahim	17	SHOOT	1:22.78	___
6	Marawan Mohamed Osama	15	DEGLA	1:23.13	___
7	Ali Mohamed El Rakiby	17	HELOP	1:23.94	___
8	Ibrahim Saleh Ibrahim Salel	18	A S E C	1:24.13	___
9	Mohamed Haittham El Sayec	15	MAADI	1:24.43	___
10	Abdelrhman Mohamed Ahn	15	DEGLA	1:24.99	___

Heat 11 of 28 Finals

1	Maher Mohamed Maher	15	RWAD	1:22.35	___
2	Hamza Mohamed Ahmed Ev	15	DEGLA	1:21.88	___
3	Mohamed Hany Fathy	16	Elethead	1:21.27	___
4	Adham Ashraf Sheta	15	Sporting	1:20.82	___
5	Ahmed Waild Mohamed	16	A S E C	1:20.46	___
6	Amaar Khaled Hamed Alli	16	GHABA	1:20.54	___
7	Fares Ahmed Ameen Aly All	17	6 OCT	1:20.89	___
8	Mohamed Sameh Saied Mol	15	Bank Ahly Alex	1:21.29	___
9	Ahmed abd el Hady Hassan	18	ZMALK	1:22.23	___
10	Eyad Waled Hassan	16	SMOHA	1:22.42	___

Heat 12 of 28 Finals

1	Mohamed Nader Mohamed	15	A S E C	1:20.40	___
2	Omar Khaled Mohamed Nat	17	A S E C	1:20.26	___
3	Yehya Tamer Gamaal Eldeer	15	SMOHA	1:20.17	___
4	Yousef Ahmed Fathy	15	Stad Mansoura	1:19.99	___
5	Yehia Mohamed El Bawab	15	HELOP	1:19.41	___
6	Ahmed Tamer Abdel Lattif	16	Sporting	1:19.58	___
7	Fares Ahmed Mohamed Hm	16	Bank Ahly Alex	1:20.03	___
8	Omar Mohamad Ahmad Kot	15	SMOHA	1:20.22	___
9	Yassin Hussam Yassin Sheb	15	SHOOT	1:20.37	___
10	Yousif Waleed Eid Abdul Az	15	6 OCT	1:20.42	___

Heat 13 of 28 Finals

1	abd Elrahman Ahmed Mahr	18	Olympic	1:19.21	___
2	Yassien Ibrahim Mohamed	16	SMOHA	1:19.10	___
3	Ziad Abdallah Zakria	16	NASR	1:18.93	___
4	Eyad Ahmad Kamel Gahlan	15	SMOHA	1:18.81	___
5	Yassin Wessam Nour	15	DEGLA	1:18.36	___
6	Ali Wael Mohamad Saad	15	SMOHA	1:18.42	___
7	Ahmed Osama Hassan Abde	17	Bank Ahly Alex	1:18.84	___
8	Mohamed Yasser Mohamed	16	SMOHA	1:18.94	___
9	Sief Ahmed Farouk	15	ZOHUR	1:19.19	___
10	Yassen Abdlwahab Mohame	17	SMOHA	1:19.29	___

Heat 14 of 28 Finals

1	Ahmed Mohamed Harby	15	Al Hawar	1:17.89	___
2	Yasen Ahm. Abd ElHay Soiei	17	GEZIR	1:17.31	___
3	Aly Hady Adel	16	AHLY	1:17.28	___
4	Yousef Maged Mohamed	16	RWAD	1:17.22	___
5	Yassien Sameh Samy Hasha	16	A S E C	1:17.15	___
6	Ahmed Sameh Awad	20	RWAD	1:17.18	___
7	Youssef Ahmed El_Sisi	15	Sporting	1:17.24	___
8	Marwan Ehab Abdelkader	17	ZMALK	1:17.30	___
9	Yousief Mohamed aly	15	ZMALK	1:17.73	___
10	Yousef Mohamed Salah	17	A S E C	1:18.08	___

Heat 15 of 28 Finals

1	Hussein Mohamed Hussein	15	DEGLA	1:16.82	___
2	Youssef Ahmed El Tahlawy	18	AHLY	1:16.59	___
3	Hussien Elzafarany	17	Sporting	1:16.49	___
4	Anwar Ayman Mohamed M	15	Olympic	1:16.38	___
5	Samir Ramy Samir Fahdy	18	SMOHA	1:16.32	___
6	Abdalah Waled el Said	20	Sporting	1:16.34	___
7	Mohab Mohamed Mostafa A	16	NASR	1:16.43	___
8	Omar Khaled Gamal El Din	15	MAADI	1:16.55	___
9	Yehia Hisham Yehia Abdelaz	16	SMOHA	1:16.63	___
10	Ibrahim Diaa El Din	15	SHOOT	1:17.10	___

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

Meet Program

Heat 16 Finals (#16 Boys 15 & Over 100 LC Meter Breaststroke Age Gr

1	Hassan Ibrahim Arafa	15	RWAD	1:16.17	___
2	Moaz Ahmed Ali Ahmed	17	RWAD	1:16.01	___
3	Seif Mohamed Nabil	15	DEGLA	1:15.96	___
4	Mohamed Ahmed Ibraheem	17	RWAD	1:15.84	___
5	Adam Karem Ahmed Mohar	16	Bank Ahly Alex	1:15.55	___
6	Keven Sameh Adly	18	Minia Sport Clup	1:15.58	___
7	Ahmed Mohamed Abdelrazi	19	Olympic	1:15.92	___
8	Yahia Mohamed Ahmed	17	Elethead	1:16.00	___
9	Mostafa Ashraf Awad Allah	20	Olympic	1:16.06	___
10	Adham Mostafa Abdulla	15	Elethead	1:16.28	___

Heat 17 of 28 Finals

1	Mohamed Hussien Mohame	17	SMOHA	1:15.40	___
2	Nour Eldin Karem Mohame	15	AHLY	1:15.08	___
3	Ahmed Mohsen Mohamed	15	AHLY	1:14.88	___
4	Ahmed Hany Ahmed Mahm	15	AHLY	1:14.79	___
5	Zein Eldein Hisham Moham	17	SHOOT	1:14.62	___
6	Mohamed Nashaat Abdelha	17	ZMALK	1:14.76	___
7	Nabil Ahmed Nabil Elharas	15	TANTA	1:14.87	___
8	Moaz Amr Gamal	19	AHLY	1:14.95	___
9	Omar Hany Fathy	15	A S E C	1:15.40	___
10	Zad Ahmed Mohamed Asrai	15	DEGLA	1:15.47	___

Heat 18 of 28 Finals

1	Abd Elrahman Tamer M Abc	16	NASR	1:14.46	___
2	Mohamed Diaa Eldeen Moh	17	Nasr City	1:14.22	___
3	Omar Mohamed Abdel Azer	15	Al Hawar	1:13.97	___
4	Ebrahem Mohamed Hamdy	16	TANTA	1:13.87	___
5	Youssef Mohamed Abdelreh	17	Olympic	1:13.81	___
6	Anas usama Mohamed	16	TRSAN	1:13.84	___
7	Omar Hazem	18	ZMALK	1:13.91	___
8	Ahmed Hamed Abaas	18	TALBE	1:14.15	___
9	Albaraa Ramy Mohamed	16	DEGLA	1:14.33	___
10	Saif Eddin Amr Abdel Raouf	16	AHRAM	1:14.62	___

Heat 19 of 28 Finals

1	Hamza Hammad Mohamed	17	DEGLA	1:13.60	___
2	Adam Hossamaldin Abdalla	17	ZMALK	1:13.20	___
3	Mrawan amr Mostafa abd el	18	TRSAN	1:13.17	___
4	Anas Yasser Abd El Ghany	17	DEGLA	1:13.04	___
5	Yousef Mahmoud Sayed	16	MRAC	1:12.94	___
6	Kamal Mohamed Kamal	15	AHLY	1:13.03	___
7	Selim Ihab Ghali	18	DEGLA	1:13.14	___
8	Ali Shref Ali Abdelkader	16	SMOHA	1:13.18	___
9	Yassin Mohanad Hamzawy	18	DEGLA	1:13.46	___
10	Ahmed Wael Ibrahim Desou	19	TWFIK	1:13.70	___

Heat 20 of 28 Finals

1	Yehia SeifEL din EL Margha	18	SHAMS	1:12.92	___
2	Ahmed Mohamed Badawy	16	DEGLA	1:12.80	___
3	Essa Shref Abd EL Monem	15	HELOP	1:12.58	___
4	Moaz Mohamed Sayed Soli	16	AHLY	1:12.51	___
5	Youssef Amr Moustafa Hany	17	HELDO	1:12.37	___
6	Yousif Gaseer Migahed	16	ZMALK	1:12.44	___
7	Rami Michel Artigaud	17	GEZIR	1:12.52	___
8	Omar Ibrahim Mohamed	19	AHLY	1:12.78	___
9	Mostafa Mohamed Mohame	15	Gezira El Ward	1:12.81	___
10	Kareem Amr Aly Hasan Has	17	6 OCT	1:12.93	___

Heat 21 of 28 Finals

1	Youssef Abdel Aziz Alaa	17	DEGLA	1:12.19	___
2	Azz El Din Hany Nagy Ahme	18	SHOOT	1:12.02	___
3	Karem Esam Shahba	16	TANTA	1:11.99	___
4	abd Elrahman Mohamed Fo	17	TALBE	1:11.91	___
5	Hamza Mohamed Hassan M	15	HELOP	1:11.76	___
6	Malek Khaled Mahmoud Ab	16	Bank Ahly Alex	1:11.85	___
7	Mohamed Ayman Ibrahim	17	A S E C	1:11.96	___
8	Ahmed Sameir Hassan	15	TALBE	1:12.01	___
9	AbdElrhman Mhmoud Yuon	20	SMOHA	1:12.19	___
10	NourEldin Nasr Wahba	18	SMOHA	1:12.33	___

Heat 22 of 28 Finals

1	Marwan Mohamed Elsaid	15	Stad Mansoura	1:11.66	___
2	Amr Hany Mahmoud Ahme	17	AHLY	1:11.56	___
3	Karem Mohamed Atia Ehsa	16	HELOP	1:11.44	___
4	Mazen Majed Mahmoud	15	AHRAM	1:11.39	___
5	Karim Osama Ibrahim Abd l	16	MAADI	1:11.26	___
6	Mohamed Emad Abdelhami	16	AHRAM	1:11.37	___
7	Mostafa Moh. Ahm. Moh. M	17	GEZIR	1:11.44	___
8	Ali Mahmoud Salah ElDein	19	SHAMS	1:11.45	___
9	Yousef Mahmoud Mohamed	17	SHAMS	1:11.62	___
10	Nour Ahmed Elhassany	16	ZOHUR	1:11.71	___

Heat 23 of 28 Finals

1	Mahmoud Tamer Mahmoud	17	DEGLA	1:11.15	___
2	Ahmed Amr Magdy	18	SHOOT	1:11.01	___
3	Yousif Ahmed Hamdy Borha	19	SMOHA	1:10.91	___
4	Ibrahim Yasser Farahat Abd	17	MAADI	1:10.77	___
5	Ahmed Mostafa Hosny	18	DEGLA	1:10.49	___
6	Moamen Amr Mohamad Ha	15	SMOHA	1:10.59	___
7	Yosuif Hesham Anour	18	GHABA	1:10.80	___
8	Ziad Moahmed Salaheldin M	17	SMOHA	1:10.93	___
9	Mahmoud Mohamed Mohar	16	Al Hawar	1:11.02	___
10	Yousef Yasser ali Abdelhalin	17	Olympic	1:11.16	___

Heat 24 of 28 Finals

1	Yassien Yasser Hassan	16	SMOHA	1:10.32	___
2	Ahmed Tamer Farouk Abd e	16	SHAMS	1:10.14	___
3	Mohamed Salem Essa	18	HELOP	1:10.08	___
4	Omar Yasser Menis	20	Sporting	1:09.82	___
5	Abdelfattah Ahmed Youssef	16	Olympic	1:09.73	___
6	Adham Hisham Nor	20	SMOHA	1:09.73	___
7	Mohamed Emad Shaaban	18	AHLY	1:09.85	___
8	Zeyad Karm Mohamdeen	19	AHLY	1:10.12	___
9	Karim Mohamed El Gharab	18	ZOHUR	1:10.22	___
10	Abdelrahman Alaaeldin	19	AHLY	1:10.48	___

Heat 25 of 28 Finals

1	Eyad Osama Ramadan	19	AHLY	1:09.66	___
2	Abdel Rahman Ahmed Ali	17	DEGLA	1:09.40	___
3	Mohamed Walid Abdel Aziz	18	Elethead	1:09.28	___
4	abd Elrahman Mohamed Ba	18	TRSAN	1:09.09	___
5	Mahmoud Ahmed Eltablawy	17	ZOHUR	1:08.83	___
6	Morad Yaser Hafez	20	DEGLA	1:08.94	___
7	Mazen Ismail Mohamed Isr	19	MAADI	1:09.20	___
8	Eazz El Din Mohamed Khar	18	Sporting	1:09.34	___
9	Hanna Refaat Hanna Awada	17	HELDO	1:09.43	___
10	Mohamed Mahmoud Attia	18	DEGLA	1:09.70	___

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

Meet Program

Heat 26 Finals (#16 Boys 15 & Over 100 LC Meter Breaststroke Age Gr

1	Mohanad Mohamed Wageh	20	SHOOT	1:08.79	___
2	Ibrahim Shams Eldin Moha	15	AHLY	1:08.75	___
3	Karim Mohamed Samy	20	AHLY	1:08.20	___
4	Youssef Tamer Mohamed H	18	DEGLA	1:07.99	___
5	Darren Dimitrios Chin	18	Sporting	1:07.76	___
6	Abdelrahman Ashraf Abdel	19	AHLY	1:07.83	___
7	Omar Mohamed Yehia	16	DEGLA	1:08.19	___
8	Khaled Hammad Mohamed	19	DEGLA	1:08.32	___
9	Amr Mostafa Kodb	20	SMOHA	1:08.54	___
10	Hazem Hossam Nady	15	DEGLA	1:08.82	___

Heat 27 of 28 Finals

1	Ahmad Hany Ahmad	17	HELOP	1:07.70	___
2	Mohamed Mashhour Yehia	18	AHLY	1:07.62	___
3	Gamal Metwaly Gamal Moh	20	ZOHUR	1:07.40	___
4	Ahmed Mohamed Amr	19	ZOHUR	1:07.22	___
5	Saif ELIDin Sameh A.Elmoae	20	DEGLA	1:06.30	___
6	Mohamed Ashraf Abdel Hay	22	AHLY	1:07.09	___
7	Marwan Mohamed Bakry M	17	Olympic	1:07.25	___
8	Mahmoud Majed Mahmoud	19	AHRAM	1:07.54	___
9	Mohamed Walid Hassan aly	17	Olympic	1:07.69	___
10	Hani Mohammed Atwan	16	El Temsah	1:07.71	___

Heat 28 of 28 Finals

1	Adam Yousry Bebars	17	AHLY	1:05.72	___
2	Faris Mohamed Mashaly	24	Sporting	1:05.34	___
3	Mohamed Housam Ibrahim	27	AHLY	1:04.74	___
4	Mohaned LiwaaEldin Ali	18	SMOHA	1:04.33	___
5	Ahmed Ismail Mohamed Isr	20	MAADI	1:04.18	___
6	Mohand Tarik Mohamed Ali	23	SMOHA	1:04.22	___
7	Karem Magdy Ismail	23	Sporting	1:04.44	___
8	Daly Dimitrios Chin	26	Sporting	1:04.77	___
9	Saif Ahmed abd Elmoniem I	20	SHAMS	1:05.57	___
10	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	1:05.85	___

Event 17 Girls 15 & Over 100 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Finals

4	Hanen Amr Mohamed	17	NASR	NT	___
5	Maya Mohamad Mahmud H	15	SMOHA	NT	___
6	Farah Hesham Salah	16	DEGLA	NT	___
7	Goumana Tarek Yehia	18	AHLY	NT	___

Heat 2 of 14 Finals

1	Haya Mohamed Mahmoud	15	DEGLA	NT	___
2	Jasmine Ahmed Eissa	17	MAADI	NT	___
3	Malak Tarek El Kady	18	Sporting	NT	___
4	Jana Mohamed Omar Moha	17	SHAMS	NT	___
5	Mirolla Hany Samir	17	DEGLA	NT	___
6	Sama Ahmed Ali	17	AHLY	NT	___
7	Sara Waled Mahmoud	16	HELOP	NT	___
8	Kenzy Ibrahim Ibrahim	19	AHLY	NT	___
9	Laila Ashraf Salah	15	DEGLA	NT	___
10	Salma Ahmed Abo Mosalm	15	AHLY	NT	___

Heat 3 of 14 Finals

1	Habiba Hossam Abdraboh A	15	SHAMS	NT	___
2	Lela Ahmed Kamal	18	GHABA	NT	___
3	Nour Ahmad Mahmud Abde	15	SMOHA	NT	___
4	Habiba Mahmoud Abdelnat	15	SHRKS	NT	___
5	Janh Hesham Mohamed Zag	15	SHAMS	1:44.52	___
6	Farah Tarek	17	AHLY	NT	___
7	Haidy Hosam Nabil Cotore	24	GEZIR	NT	___
8	Nijar Maher Reda Taha	16	MRAC	NT	___
9	Rodaina Haitham Mahmouc	16	DEGLA	NT	___
10	Fatma Mohamed Klel Ebrah	19	6 OCT	NT	___

Heat 4 of 14 Finals

1	Arwa Sherif Mohamed Samy	18	SHOOT	1:34.27	___
2	Malak Ahmed Ibrahim Moh	17	SMOHA	1:31.37	___
3	Noray Osama Nagah	15	SENZO	1:28.31	___
4	Nada Afify Abdelmaqsoud	16	ZMALK	1:24.73	___
5	Shaza Mohamed Said Husse	15	Elethead	1:23.79	___
6	Karien Alfrid Saber	15	ZMALK	1:24.30	___
7	Hana Tarek Fared	20	SHOOT	1:25.62	___
8	Janis Matta Fayez	18	DEGLA	1:29.18	___
9	Judy Sayed Ahmed	16	DEGLA	1:31.72	___
10	Zeina Tarek Taha	19	DEGLA	1:38.01	___

Heat 5 of 14 Finals

1	Nawal Yasser Sayed	18	El Obour	1:22.42	___
2	Dina Ebrahim Ebid	18	Sporting	1:22.17	___
3	Malak Mohamed Mhmoud F	18	SMOHA	1:21.24	___
4	Mariem aly Mahdy Mohame	15	ZMALK	1:20.78	___
5	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	1:18.71	___
6	Gana Aboeella Abdelnafa	15	SHOOT	1:20.02	___
7	Rawda Abdelfadl Mahmoud	16	ZMALK	1:20.89	___
8	Noha Alaa Abd Elhlim	19	ZOHUR	1:21.32	___
9	Aysel Sameh Mahmoud	15	ZOHUR	1:22.36	___
10	Jana Waleed abd Elrazek Ga	16	DEGLA	1:23.38	___

Heat 6 of 14 Finals

1	Kenzy Ahmed Saad ali	16	DEGLA	1:18.15	___
2	Yasmin Wael Abdalaah	16	ZMALK	1:17.82	___
3	Hana Ahmed Elsanhory	16	SMOHA	1:16.82	___
4	Hour een Samer Elsaied Sh	15	SMOHA	1:16.07	___
5	Malak Yasser Abdellatif	15	Sporting	1:15.54	___
6	Rawan Tamer Essam Mahm	16	DEGLA	1:15.68	___
7	Doha Wael Saleh	16	DEGLA	1:16.30	___
8	Tasnem Mohamed Mohame	19	SMOHA	1:17.66	___
9	Mayar Hassan Ali	20	AHLY	1:17.94	___
10	Salma Mohamed Elsaied Tan	15	ZMALK	1:18.16	___

Heat 7 of 14 Finals

1	Malak Mohamed Fayek Elsa	16	SMOHA	1:15.02	___
2	Hana Ahmed Saied Kandel	16	HELOP	1:14.89	___
3	Mennatallah Hatem Ibrahim	16	A S E C	1:14.39	___
4	Malak Ahmed Nagy Ali	19	HELDO	1:14.24	___
5	Habiba Mohamed Abd el Na	15	DEGLA	1:14.00	___
6	Hend Mohamed Mohamed S	15	MRAC	1:14.14	___
7	Tala Tarekf el Kafrawe	17	HELOP	1:14.35	___
8	Farida Nasser Mohamed El-	15	SHOOT	1:14.60	___
9	Farah Ayman Gaber	16	SMOHA	1:14.95	___
10	Joudy Khaled Saied Ismail	15	Olympic	1:15.30	___

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

Meet Program

Heat 8 Finals (#17 Girls 15 & Over 100 LC Meter Butterfly Age Groups)

1	Dima Adel Mohamed	16	SMOHA	1:13.75	___
2	Nadine Hazem Mohamed	15	Pegasus Club	1:13.59	___
3	Jannah Sameh AbdelMonee	16	Sporting	1:13.30	___
4	Nadin Mohamed Mahmoud	15	AHLY	1:12.85	___
5	Nour Hossam Zaghloul	16	Sporting	1:12.55	___
6	Hania Hossam Ahmed Salar	15	SMOHA	1:12.75	___
7	Fareda Mohamed Farouk	16	DEGLA	1:13.07	___
8	Mayroz Mohamed abd Elsal	15	TANTA	1:13.57	___
9	Maryam Emad Mohamed El	18	Gezira El Ward	1:13.74	___
10	Gana aly Refaat aly	16	ZMALK	1:13.87	___

Heat 9 of 14 Finals

1	Rawan Yossry Zaky Khalaf	15	SHAMS	1:12.44	___
2	Haya Mohamed Mahmoud	16	AHLY	1:12.12	___
3	Shahd Amr Mohamed EL Ga	16	HELDO	1:11.94	___
4	Raghd Mohamed Elsaid Mol	18	SMOHA	1:11.58	___
5	Zina Yasser Ahmed	17	Sporting	1:11.17	___
6	Marim Mhmod Elsaid Elshil	19	SMOHA	1:11.20	___
7	Goudy Mohamed Fahim	15	AHLY	1:11.62	___
8	Jana Ahmed akl	15	Sporting	1:12.04	___
9	Menna Allah Elsaid Awad B.	15	Stad Mansoura	1:12.14	___
10	Fareda Mohamed Rabie	16	TANTA	1:12.46	___

Heat 10 of 14 Finals

1	Menna Tallah Kharboush	15	AHLY	1:10.67	___
2	Nour Mohamed Elsoda	15	MAADI	1:10.43	___
3	Hameis Essam Al Kholy	15	SHOOT	1:10.21	___
4	Karma aly Elsheraee	17	HELOP	1:10.03	___
5	Hana Wael Magdi Mah . Elsa	17	GEZIR	1:09.53	___
6	Joudy Magdy Abbas	17	Bank Ahly Alex	1:09.87	___
7	Mai Mohamed Ramadan	16	TALBE	1:10.11	___
8	Nour Hasan Fouad	15	Cairo	1:10.42	___
9	Dana Fahmi	15	Sporting	1:10.56	___
10	Wafaa Ahmed Saad ElDin	15	DEGLA	1:11.03	___

Heat 11 of 14 Finals

1	Halla Alla Maher	17	DEGLA	1:09.43	___
2	Hana Waled Hasan	18	SHROK	1:09.22	___
3	Farah Ahmed	15	HELOP	1:09.13	___
4	Dilara Khaled Ahmed Moha	17	Olympic	1:09.06	___
5	Sara Mahmoud El Gendy	17	DEGLA	1:08.75	___
6	Goumana Mohamed Ibrahim	15	AHLY	1:08.91	___
7	Kenzy Mostafa Hashad	18	AHLY	1:09.12	___
8	Farida Mohamed Ahmed El	17	SHOOT	1:09.18	___
9	Hanan Ahmed Hussin	17	ZMALK	1:09.42	___
10	Zeina Ahmed Mostafa	16	SHOOT	1:09.48	___

Heat 12 of 14 Finals

1	Retaj Mohamed Elsayed An	17	SMOHA	1:08.69	___
2	Doreen Walid Fathy	17	TWFIK	1:08.47	___
3	Malak Mohamed Mahmoud	18	MAADI	1:08.10	___
4	Malak Ahmed Gamal al Sha	15	SHOOT	1:07.92	___
5	Habiba Mohamad Saeed Sh	15	SMOHA	1:07.86	___
6	Mena Mohamed Abdul Rahi	18	ZOHUR	1:07.86	___
7	Laila Mohamed Hitham	16	SHOOT	1:07.97	___
8	Salma Mohamed Hamdy	15	Gezira El Ward	1:08.17	___
9	Hala Hany Abdelwahab	17	GHABA	1:08.58	___
10	Nada Ahmed El Said Elbasy	16	SHOOT	1:08.74	___

Heat 13 of 14 Finals

1	Farida Ayman Samra	19	SHOOT	1:07.34	___
2	Sama Mohamed Makram Al	16	Gezira El Ward	1:07.09	___
3	Rofaida Mahmoud Mohame	17	MAY15	1:06.88	___
4	Sara Mohamed Hassan	22	AHLY	1:06.55	___
5	Nour Mohamed Hessien Ah	18	SHAMS	1:06.53	___
6	Zaina Mohamed Haitham H.	18	SHOOT	1:06.54	___
7	Jana Khalid	19	Sporting	1:06.58	___
8	Malak Ahmed Anes Mahmo	16	Al Hawar	1:06.98	___
9	Lara Ahmed Elwan	15	AHLY	1:07.15	___
10	Nour Mohamed Ibrahim Ali	18	SMOHA	1:07.54	___

Heat 14 of 14 Finals

1	Alya Ehab Abdel Moneam	16	AHLY	1:06.03	___
2	Jihan Ahmed Abdel Azim	19	AHRAM	1:05.07	___
3	Lougein amr Khaleil Ibrahim	16	ZMALK	1:04.49	___
4	hla Mohamed Nanoush	16	TANTA	1:04.10	___
5	Farida Hisham Osman	28	GEZIR	57.66	___
6	Rawan Tamer Mohamed	19	AHLY	1:02.41	___
7	Alia Khaled Abas Sabaa	17	HELOP	1:04.31	___
8	Salma Osama Mohamed Da	17	TANTA	1:04.51	___
9	Mayar Mohamed Gaber	22	AHLY	1:05.46	___
10	Sama Iyhab Onsy	15	Al Hawar	1:06.37	___

Event 18 Boys 15 & Over 200 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Finals

1	Eyad Hany Mohamed Mahe	17	SHAMS	NT	___
2	Omar Atefel Sadat	15	Al Hawar	NT	___
3	Kareem Mohamed Fouad A	18	TWFIK	NT	___
4	Ibrahim Mohamed Ibraher	17	SMOHA	NT	___
5	Saif Mohammed Salama	15	El Temsah	NT	___
6	Abdelrahman Ahmed Mosta	17	Elec	NT	___
7	Adam Ahmed Mohamed Ka	17	SHAMS	NT	___
8	Marwan Mohamad Morsy E	15	SMOHA	NT	___
9	Abdelrahman Khaled Sabry	17	Olympic	NT	___
10	Bilal Mohamed Mohamed	18	Y.M.C.A	NT	___

Heat 2 of 16 Finals

1	Ali Ahmed Abdulmageed	16	GEZIR	NT	___
2	Abdelrahman Mahmoud Mc	15	SHAMS	NT	___
3	Youssef Ahmed Ratb	15	Elethead	NT	___
4	Ahmed Osama Hassan Abd	17	Bank Ahly Alex	NT	___
5	Mohamed Haytham Ahmed	16	AHLY	NT	___
6	Mohamed Belal Ahmed Elsf	16	Bank Ahly Alex	NT	___
7	Mohamed Ibrahim Elkhdry	17	Elethead	NT	___
8	Ahmed Adel Eshak	18	DEGLA	NT	___
9	Fares Ayman Esmaeel	16	SMOHA	NT	___
10	Selim Hamza El Faitoury	16	Sporting	NT	___

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

Meet Program

Heat 3 Finals (#18 Boys 15 & Over 200 LC Meter Butterfly Age Groups)

1	Mahmoud Shrif Mahmoud	15	NASR	NT	___
2	Ahmed Waleed Abdel Hady	15	AHLY	NT	___
3	Mohamed Ahmed Dewan	18	DEGLA	3:04.03	___
4	Ahmed amr Mahmoud	15	ZMALK	2:53.94	___
5	Ahmed Mohamed Mousa Kc	17	Olympic	2:47.58	___
6	Ahmed Mohsen Mohamed	18	Elethead	2:51.29	___
7	Sofyan Hassan Mohamed	16	Ismaily	2:56.06	___
8	Omar Mohamed abu Bakr	15	AHRAM	3:06.76	___
9	Yousef Reda Saad Elhefnaw	16	Stad Mansoura	NT	___
10	Ali Ahmed El Prince	15	DEGLA	NT	___

Heat 4 of 16 Finals

1	Mohamed Mostafa Mohame	19	DEGLA	2:45.23	___
2	Aly Mahmod Ez el den	15	HELOP	2:43.99	___
3	Omar Ayman Mohamed Ma	16	DEGLA	2:39.49	___
4	Moazz Mohamed Ismaeel	15	RWAD	2:37.81	___
5	Ahmed Mohamed Rashed G	15	A S E C	2:37.32	___
6	Mohamed Walid Mohamed	15	GHABA	2:37.70	___
7	Mohamed Mahmoud Mohar	15	TANTA	2:38.67	___
8	Nagy Ahmed Nagy Aly Aly	15	HELDO	2:41.55	___
9	aly Hussien Mohamed Huse	15	ZMALK	2:44.20	___
10	Adham Amr Mahmoud	18	AHLY	2:46.83	___

Heat 5 of 16 Finals

1	Hassan Karim Aglan	15	Sporting	2:37.09	___
2	Yassen Tayie Mohamed Tayi	15	Bank Ahly Alex	2:35.58	___
3	Yasien Mohamed Fathy	15	ZMALK	2:34.88	___
4	Adham Ayman Ebrahim Sw	15	TANTA	2:34.47	___
5	Ahmed Wael Saad Mohame	18	Olympic	2:33.85	___
6	Saleh Mohamed Mahmoud	15	AHLY	2:34.42	___
7	Abdelrahman Ayman Kama	15	Elethead	2:34.67	___
8	Mostafa Samir Mohamed El	16	NASR	2:35.15	___
9	Omar Mostafa Ahmed Most	15	RWAD	2:35.71	___
10	Yousef Mohamed Elsaed Mc	15	Bank Ahly Alex	2:37.26	___

Heat 6 of 16 Finals

1	Zein el den Tamer Mohame	15	HELOP	2:33.28	___
2	Hassn Ramy Ahmed	16	Sporting	2:32.56	___
3	Abd Allah Faisal Ebrahim	15	Swim Home	2:31.63	___
4	Abdelrhman Ayman Mahmc	16	Bank Ahly Alex	2:30.71	___
5	Omar Mahmoud Aly Tawfik	17	AHLY	2:30.52	___
6	Youssef Medhat Fathy	15	DEGLA	2:30.68	___
7	Mohamed Samy Maher	19	AHLY	2:31.51	___
8	Youssef Ahmed Taha	19	ZMALK	2:31.73	___
9	Abd ElRahman Mohamed S	16	SHAMS	2:32.92	___
10	Yassin Safy Eldin	15	GHABA	2:33.50	___

Heat 7 of 16 Finals

1	Yahya Tarek Fawzy	18	Sporting	2:30.05	___
2	amr Khaled abd Elmaksoud	18	Olympic	2:28.86	___
3	Karem Kamal Ahmed	17	TWFIK	2:28.60	___
4	Hamza Ahmed Abdelslam M	15	Bank Ahly Alex	2:28.32	___
5	Aser Mohamed Adel Ahmed	15	Elethead	2:27.69	___
6	Mohab Wala Eldin Osama	15	TANTA	2:28.17	___
7	Eyad Waleed adb Alsalam	16	Elethead	2:28.37	___
8	Mahmoud Hossam El din M	15	SHOOT	2:28.82	___
9	Mohanad Ashraf Farok Rast	21	ZOHUR	2:29.93	___
10	Youssef Ahmed Abo Elhassa	16	DEGLA	2:30.50	___

Heat 8 of 16 Finals

1	Marwan Mohmed Hamed	16	Cairo	2:27.67	___
2	Hazem Mohamed Hesens Sol	15	Bank Ahly Alex	2:27.23	___
3	Omar Waleed AlQabary	16	Sporting	2:26.97	___
4	Hatem el Ameer Salah el dir	15	Al Hawar	2:25.98	___
5	Mazen Tamer Mostafa	16	DEGLA	2:25.58	___
6	Yousf Aymn Ebrahim Ahme	18	6 OCT	2:25.80	___
7	Youssef Ahmed Hassan Abd	16	Elethead	2:26.70	___
8	Omar Adel Ishaq	15	DEGLA	2:27.07	___
9	Yousef Mohamed Awad	15	Stad Mansoura	2:27.24	___
10	Ahmed Sameh Safwat Shaal	17	HELDO	2:27.68	___

Heat 9 of 16 Finals

1	Adham Khaled Abdelkader	16	Bank Ahly Alex	2:25.19	___
2	Abdelrahman Osama Omar	19	Cairo	2:24.43	___
3	Amr Zakaria	16	SHOOT	2:24.40	___
4	Yossef Sayed Ahmed Elsaye	16	GHABA	2:24.08	___
5	Mostafa Mohamed Baker	17	TRSAN	2:23.99	___
6	Mazen Refaat Mahmoud	15	AHRAM	2:24.01	___
7	Ahmed Asharf Dawood	15	Baladyat El Maha	2:24.34	___
8	Eyad Mohamed Shokry Mo	15	6 OCT	2:24.43	___
9	Yassin Ahmed Nabil	15	Sporting	2:25.06	___
10	Yasien Hytham Fayez	16	Cairo	2:25.27	___

Heat 10 of 16 Finals

1	Adham Ahmed Hamada Ah	16	SHAMS	2:23.76	___
2	Ahmed Samir Helmy El Saye	15	TWFIK	2:23.00	___
3	Mohanad Tamer Mohamed	17	SMOHA	2:21.93	___
4	Karim Magdy Mohamed	17	ZOHUR	2:21.57	___
5	Omar Mohamed Magdy Mol	16	SHAMS	2:21.40	___
6	Youssef Yasser Farouk Hass	15	Sporting	2:21.44	___
7	Omr Hany Abdelwhab	16	GHABA	2:21.68	___
8	Mohammed Magdy Hassan	15	El Temsah	2:22.56	___
9	Abdalla Adel Abdalla	15	AHLY	2:23.55	___
10	Mohamed Ahmed Salem	19	GHABA	2:23.78	___

Heat 11 of 16 Finals

1	Ahmed Mohamed Ghoraba	16	TANTA	2:20.79	___
2	Abdelrahman Mohamed Sai	15	Olympic	2:20.53	___
3	Omar Khaled Soliman	18	NASR	2:18.56	___
4	Omar Ahmed Mohamed An	15	AHLY	2:18.37	___
5	Anas Mostafa Shaker	15	DEGLA	2:17.70	___
6	Hassan Ahmed Mohamed E	15	HELOP	2:17.90	___
7	Basel Mahmoud Younes	17	ZMALK	2:18.47	___
8	Hatem Ashraf Kamel	16	Gezira El Ward	2:19.75	___
9	Youssef Tamer Mohyeldin	16	SMOHA	2:20.76	___
10	Ahmed Alaa Mahdy	18	AHLY	2:21.00	___

Heat 12 of 16 Finals

1	Marawan Walid Noshy	16	AHLY	2:17.44	___
2	Morad Yaser Hafez	20	DEGLA	2:17.18	___
3	Omar Wahed Ibrahim Awac	15	RWAD	2:17.04	___
4	Shady Wessam Mohamed	15	DEGLA	2:16.76	___
5	Hossen Ahmed Mohamed H	15	TANTA	2:16.43	___
6	John Wael Abdel Malek	16	DEGLA	2:16.46	___
7	abd Elrahman Sherif Karam	18	TRSAN	2:17.02	___
8	Mohamed Essam Abdou	17	AHLY	2:17.12	___
9	Yehia Salah El Din Galal	15	DEGLA	2:17.18	___
10	Ahmed Tarek Mohamed Ab	18	M.ARB	2:17.56	___

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

Meet Program

Heat 13 Finals (#18 Boys 15 & Over 200 LC Meter Butterfly Age Group):

1	Ahmad Ehab Ebrahim Abde	15	SMOHA	2:16.11	___
2	Sherief Reda Metwaally	15	ZOHUR	2:15.45	___
3	Marwan Mostafa Mohamed	18	SMOHA	2:14.90	___
4	Kareem Ahmed Ibrahim	17	Sporting	2:14.60	___
5	Mohamed Hesham Esmail	20	6 OCT	2:14.51	___
6	Malek Ahmed Mohsen	15	DEGLA	2:14.53	___
7	Moustafa Tarik Moustafa	20	HELOP	2:14.78	___
8	Yasin Hatem Sery	19	HELOP	2:14.97	___
9	Mohnad Hitham Ibrahim	17	DEGLA	2:15.64	___
10	Omar Mohamed Nabil	17	DEGLA	2:16.41	___

Heat 14 of 16 Finals

1	Ahmed Ayman Ali Mohamed	18	SHAMS	2:13.94	___
2	Mounir Ramez Mounir	19	SHOOT	2:13.41	___
3	amr Ibrahim Mohamed Ibra	18	Elec	2:13.24	___
4	Mohamed Eslam Ibrahim	15	Stad Mansoura	2:12.78	___
5	Abdullah Eldafrawy	15	REHAB	2:12.71	___
6	Ahmed Hasan Tork	16	Sporting	2:12.72	___
7	Abd Elrahman Mostafa Rag	17	Swim Home	2:12.81	___
8	Ziad Tarek Mohamed	17	DEGLA	2:13.25	___
9	Zeiad Hamdy Amin Ossman	20	ZMALK	2:13.93	___
10	Yosef Ahm. Ebrahim Hebesl	17	GEZIR	2:14.15	___

Heat 15 of 16 Finals

1	Karem Ashry Kasem	16	SHAMS	2:11.51	___
2	Yousef Adel Ramadan	18	SHAMS	2:11.19	___
3	Abd ElFatah Mohamed Abd	17	TANTA	2:10.77	___
4	Mohamed Salama Gaber Sal	20	SMOHA	2:10.25	___
5	Mohamed Ehab El Tayeb	17	AHLY	2:09.88	___
6	Saied Mohamed Abd Elgaw	20	Sporting	2:10.18	___
7	Mohamed Tarek Rashad Ab	18	SHAMS	2:10.27	___
8	Ahmed Adel Abdel aal	15	Al Hawar	2:10.97	___
9	Saif ElDIn Sameh A.Elmoae	20	DEGLA	2:11.22	___
10	Omar Sherif Hamed	18	GHABA	2:11.81	___

Heat 16 of 16 Finals

1	ali Mohamed Sarwat	18	HELOP	2:08.60	___
2	Seif Ahmed Hegazy	19	AHLY	2:07.45	___
3	Saif Amr Al Batal	17	AHRAM	2:06.03	___
4	Omar Ahmed Samir Eldawo	16	Gezira El Ward	2:04.84	___
5	Abdullah Ahmed Nasr	17	AHRAM	2:01.31	___
6	Ibrahim Ahmed Ibrahim	22	Sporting	2:04.28	___
7	Mohamed Yaser Omar	18	OLMPA	2:05.68	___
8	Mohaned Alaa Mahmod Ali	19	SMOHA	2:07.06	___
9	Ahmed Tarek Mohamed	19	SHOOT	2:07.55	___
10	Karim Magid Abdelglil	16	ZMALK	2:09.06	___

Event 19 Girls 15 & Over 400 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 15 Finals

4	Shahd Ahmed Safwat	17	Cairo	NT	___
5	Malak Mohamed Hassan	15	ZMALK	NT	___
6	Yosr Aneer Mostafa Elganz	19	SMOHA	NT	___

Heat 2 of 15 Finals

1	Gannat Fathy Mohamed	15	GHABA	NT	___
2	Jana Wael Fahem	17	ZMALK	NT	___
3	Zaina Mohamed Haitham H	18	SHOOT	NT	___
4	Retag Alla Eldeen Abdelfat	15	SMOHA	NT	___
5	Salma Ahmed Elsaid	15	Gezira El Ward	NT	___
6	Kenzy Ibrahim Ibrahim	19	AHLY	NT	___
7	Khadega Osama Mohame B	16	HELOP	NT	___
8	Dahb Magdy Kamal	19	Elethead	NT	___
9	Dana Fahmi	15	Sporting	NT	___
10	Hana Tarek Yehia	16	AHLY	NT	___

Heat 3 of 15 Finals

1	Merna Mohamed adb Elhad	19	ZMALK	NT	___
2	Jana Atef Rabie Ahamed	15	SHOOT	NT	___
3	Mariam Ahmed Mostafa Fa	17	ZOHUR	NT	___
4	Joudy Moahmed Khedr	16	SMOHA	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	DEGLA	NT	___

Heat 4 of 15 Finals

1	Laila Mohamed Hitham	16	SHOOT	NT	___
2	Ghoswn Wahed Mohamed	19	El Obour	6:19.74	___
3	Nadine Mostafa Fathy	16	GHABA	5:43.73	___
4	Maryam Hefida	16	Baladyat El Maha	5:42.16	___
5	Arwa Adel Ghaleb	17	ZMALK	5:38.34	___
6	Zenab Wagdy Saber	18	ZMALK	5:41.22	___
7	Marem Mohamed Kabary	17	Elethead	5:43.15	___
8	Salma Waled	19	SMOHA	6:04.53	___
9	Fatma Kamil Mohamed	15	ZMALK	NT	___
10	Jana Khaled El Sayed	15	DEGLA	NT	___

Heat 5 of 15 Finals

1	Aysel Sameh Mahmoud	15	ZOHUR	5:35.76	___
2	Salma Ahmed Moustafa	15	SENZO	5:31.23	___
3	Nawal Abd El-Hamid El-Kil	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	SHAMS	5:28.98	___
8	Zeina Ayman Saad	17	ZMALK	5:30.28	___
9	Menaallah Mhmod Elsayed	17	SMOHA	5:32.03	___
10	Amira Hatem Ahmed Shawl	17	MAADI	5:36.17	___

Heat 6 of 15 Finals

1	Monika Ayman Raaouf Eriy	19	SHAMS	5:23.39	___
2	Rawda Faysal Elasherif	18	AHLY	5:21.04	___
3	Freda Hesham Mahmoud	16	HELOP	5:18.97	___
4	Nour Zaghlol	17	Baladyat El Maha	5:17.42	___
5	Mayar Hassan Ali	20	AHLY	5:16.05	___
6	Donia Motaz Mohamed abd	16	MRAC	5:17.10	___
7	Dalia Ahmed Abdelsalam	19	MAY15	5:18.09	___
8	Hana Tamer Ibrahim	15	Elethead	5:19.98	___
9	Hanin Saeed	15	ZMALK	5:22.85	___
10	Jana Mohamed Darwish	15	GHABA	5:23.40	___

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

Meet Program

Heat 7 Finals (#19 Girls 15 & Over 400 LC Meter Freestyle Age Groups)

1	Maryem Ahmed Saed Mahr	17	TANTA	5:15.26	___
2	Renad Khedr Alaam	15	Baladyat El Maha	5:13.78	___
3	Farida Haitham Nabil Ali Za	17	SMOHA	5:13.39	___
4	Gana Aboeella Abdelnafa	15	SHOOT	5:12.71	___
5	Layla Mohamed Elsaed Man	15	Bank Ahly Alex	5:10.41	___
6	Malak Ahmed Nagy Ali	19	HELDO	5:11.54	___
7	Malak Ahmed El Kayal	16	Sporting	5:12.73	___
8	Nadin Sameh Mohamed	16	ZMALK	5:13.43	___
9	Hana Nasser El Safty	16	SHOOT	5:14.15	___
10	Reem Mostafa Mohamed	15	A S E C	5:15.64	___

Heat 8 of 15 Finals

1	Salma Ahmed ali Mostafa	18	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 Moha	17	BANHA	5:02.63	___
5	Nourhan Sherif SalahEldin	15	Elethead	5:02.10	___
6	Manar Adel Abdelaziz Ahm	16	Elec	5:02.25	___
7	Malak Hesham Mohamed	17	AHLY	5:03.27	___
8	Hana Mohamed Asharaf Ma	15	SHAMS	5:03.77	___
9	Sama Atef Sayed	15	DEGLA	5:05.21	___
10	Dima Khaled Mohamed	15	DEGLA	5:09.15	___

Heat 9 of 15 Finals

1	Hala Walid Abbas Abdelgaw	15	Olympic	5:00.03	___
2	Laila Ashraf Salah	15	DEGLA	4:59.71	___
3	Nour Elsabah Ahmed Amer	17	AHLY	4:58.70	___
4	Rawan Mohamed Saleh Mol	15	SHAMS	4:58.32	___
5	Maya Mohamad Mahmud H	15	SMOHA	4:57.91	___
6	Nour Ahmad Mahmud Abde	15	SMOHA	4:58.19	___
7	Fayrouz Mohamed Hussien	15	Pegasus Club	4:58.44	___
8	Mariam Yasser Mohamed Sl	16	AHLY	4:59.64	___
9	Gana aly Refaat aly	16	ZMALK	4:59.74	___
10	Marim Mhmod Elsaid Elshil	19	SMOHA	5:00.53	___

Heat 10 of 15 Finals

1	Retaj Mohamed Elsayed An	17	SMOHA	4:57.29	___
2	Mariam Sherif Mohamed Sh	17	MAADI	4:57.22	___
3	Dina Alaa Ibrahim Hussien	17	SMOHA	4:57.14	___
4	Nour Amgad Ali Fahmy	16	SHAMS	4:56.82	___
5	Jomana Hamdy Ameen	16	ZOHUR	4:56.49	___
6	Laila Tarek Mostafa	16	DEGLA	4:56.50	___
7	Farida Amr Tarek Zaied	15	ZOHUR	4:57.01	___
8	Kenzy Shadi Mohamed Elhe	15	Stad Mansoura	4:57.14	___
9	Arwa Mohamed Elsayed	15	AHLY	4:57.25	___
10	Yara ali el Koshy	18	ZMALK	4:57.76	___

Heat 11 of 15 Finals

1	Hagar Mohamed Ibrahim A	17	SMOHA	4:56.46	___
2	Goudy Mohamed Fahim	15	AHLY	4:56.27	___
3	Gana Emad Gaad Hosny	20	SHAMS	4:54.92	___
4	Rancy Mohamed Hafez	15	TANTA	4:54.59	___
5	Jana Mohamed Ahmed	19	DEGLA	4:53.79	___
6	Shahd Yousry Mohamed Ha	18	Olympic	4:54.14	___
7	Jannat Safwat Saleh	15	ZOHUR	4:54.82	___
8	Farah Ahmed	15	HELOP	4:55.05	___
9	Nazly Mohamed Elokda	15	SHOOT	4:56.44	___
10	Yara Ahmad Nageb Ahmad	15	SMOHA	4:56.47	___

Heat 12 of 15 Finals

1	Rokaia Hisham Ahmed	17	SHOOT	4:53.15	___
2	Basmala Reda Shaban	16	Elec	4:52.92	___
3	Habeba Mohamed Saleh Mh	16	6 OCT	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 Saye	16	DEGLA	4:52.68	___
9	Rodaina Wael Mohamed	20	RWAD	4:53.01	___
10	Yasmena Ahmed Saad	16	SMOHA	4:53.30	___

Heat 13 of 15 Finals

1	Anod Amr Abd El Aziz	17	DEGLA	4:49.15	___
2	Basmalah Gomaa Ali	18	Bank Ahly Alex	4:48.73	___
3	Rouaa Ahmed Ibrahim	19	RWAD	4:47.72	___
4	Yara Hossam Salem	16	AHLY	4:47.35	___
5	Sara Ahmed Alsaed Abdow	19	6 OCT	4:46.02	___
6	Nadin Adam Ahmed Foad M	20	SHAMS	4:46.33	___
7	Doreen Walid Fathy	17	TWFIK	4:47.42	___
8	Zeina Ahmed Mostafa	16	SHOOT	4:47.76	___
9	Kenzy Hazem Moneeb	17	Cairo	4:48.81	___
10	Laila Mohamed Fathy	16	SHOOT	4:49.58	___

Heat 14 of 15 Finals

1	Alya Ehab Abdel Moneam	16	AHLY	4:45.55	___
2	Mariam Hesham Mohamed	19	AHLY	4:45.22	___
3	Habiba Mohamed Nashaat /	15	HELDO	4:44.55	___
4	Farah Tarek	17	AHLY	4:43.71	___
5	Malak Ahmed Anes Mahmo	16	Al Hawar	4:43.14	___
6	Marim Mohamed Bakr	15	TRSAN	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 At	16	Gezira El Ward	4:45.40	___
10	Nabila Hassan Ismail	16	OLMPA	4:45.83	___

Heat 15 of 15 Finals

1	Malak Mohamed Abd El Gal	19	Bank Ahly Alex	4:42.46	___
2	Arwa Faysal Al Sherif	15	AHLY	4:34.42	___
3	Nadine Karim Mansour Sale	17	SHOOT	4:34.11	___
4	Lamees Amr Mhmoud Elsol	16	6 OCT	4:31.42	___
5	Loujin Abd Alla Slah Zkey	19	SHOOT	4:25.94	___
6	Sara Mohamed Bhaa	18	HELOP	4:30.48	___
7	Sandy Ayman Atef	23	AHLY	4:33.13	___
8	Shahd Sameh Safouat Shaat	19	HELDO	4:34.42	___
9	Farida Tharwat Maher	20	AHLY	4:36.59	___
10	Rahma Ahmed Mohamed	15	SHOOT	4:42.60	___

Event 20 Boys 15 & Over 100 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 76 Finals

4	Ahmed Tamer Mostafa EL S	17	RWAD	NT	___
5	Marwan Mohamed Alaa Eld	15	DEGLA	NT	___
6	Hamza Mohamed Ahmed Ev	15	DEGLA	NT	___

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

Meet Program

Heat 2 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Groups)

2	Waleid Mohamed Sobhy	20	ZMALK	NT	___
3	Saif Eldin Adel Elsayd	15	Elethead	NT	___
4	Yassin Hussein Nabil Husse	15	SHOOT	NT	___
5	Ziad Wael Mohamed	19	ZMALK	NT	___
6	Mohamed Karim Mohamed	15	DEGLA	NT	___
7	Ahmed Hazem Mohamed Aj	19	6 OCT	NT	___
8	Ismail Helmy ali	16	GOLDY	NT	___
9	Seif El Din Hamdy Husain E	16	DEGLA	NT	___

Heat 3 of 76 Finals

1	Omar Ahmed Mohamed Abu	16	PETRO	NT	___
2	Marwan Ahmed Alaa El_die	15	Sporting	NT	___
3	Yossef Ayman Said	15	GHABA	NT	___
4	Amr Mohamed Abu Elfettou	15	DEGLA	NT	___
5	Ahmed Hany Salem	16	ZOHUR	NT	___
6	Mazin Mohamed Ahmed Ab	15	ENPPI	NT	___
7	Ahmed Awny Galal	19	AHLY	NT	___
8	Ahmed Samy Hassan	15	M.S Tagamoa	NT	___
9	Eyad Mohamed abd Elhame	15	TANTA	NT	___
10	Yousif Ahmed Salah	17	TRSAN	NT	___

Heat 4 of 76 Finals

1	Yossef Magdy el Azhary	18	HELOP	NT	___
2	Ziad Ahmed abd Elhamid	17	ENPPI	NT	___
3	Mohamed Mashhour Yehia	18	AHLY	NT	___
4	Ziad Mohamed Mohamed A	17	RWAD	NT	___
5	Yassin Amr Mohamed Arfa	17	SHOOT	NT	___
6	Ahmed Amr Abdel Azzim	18	AHLY	NT	___
7	Ahmed amr Mahmoud	15	ZMALK	NT	___
8	Ahmed Abdelaziz Elshekh	15	Pegasus Club	NT	___
9	Yassin Ahmed Fouad	16	DEGLA	NT	___
10	Sofyan Hassan Mohamed	16	Ismaily	NT	___

Heat 5 of 76 Finals

1	Karim Nasr Mansourmanso	16	SHOOT	NT	___
2	Abdelrahman Yasser	17	SMOHA	NT	___
3	Mohamed Said Labib Moha	17	SHOOT	NT	___
4	Elgamel Youssef Elgamel Yo	15	Olympic	NT	___
5	Yassin Mohamed Abdelnaby	16	Ismaily	NT	___
6	Ahmed Adel Shaaban	15	GOLDY	NT	___
7	Yousf Aymn Ebrahim Ahme	18	6 OCT	NT	___
8	Ziad Abdallah Zakria	16	NASR	NT	___
9	Mohamed Ahmed Salah	17	TRSAN	NT	___
10	Yossef Ahmad Mahmud Fah	15	SMOHA	NT	___

Heat 6 of 76 Finals

1	Khalid Ehab Obaid	19	Elethead	NT	___
2	Mohamed Tamer Mohamed	22	DEGLA	NT	___
3	Marwan Nehad Zakareia	25	DEGLA	NT	___
4	Eyad Akram Kamel	16	Elethead	NT	___
5	Marten Baher Fouad	18	Sporting	NT	___
6	Ahmed Khaled Farouk Fade	15	6 OCT	NT	___
7	Essam Hassan Allam	15	GEZIR	NT	___
8	Mohamed Nsr Mohamed Ep	19	6 OCT	NT	___
9	Essa Shref Abd EL Monem	15	HELOP	NT	___
10	Abdelrahman Moataz Yahia	15	BNK.G	NT	___

Heat 7 of 76 Finals

1	Yousef Samir Abel Fatah	18	ZMALK	NT	___
2	Hamza Muhammed Abd el /	16	AHRAM	NT	___
3	Mazen Waled Mohamed	16	TRSAN	NT	___
4	Ziad Emad Atya	16	DEGLA	NT	___
5	Mazen Ibrahim Ahmed Shol	16	SMOHA	NT	___
6	Nabil Ahmed Nabil Elharas	15	TANTA	NT	___
7	Youssef Ashraf Mohamed Ti	18	MRAC	NT	___
8	Omar Mahmoud Aly Tawfik	17	AHLY	NT	___
9	Youssef Sameh Salah Eldin	17	6 OCT	NT	___
10	Yoseef Ahmed Elgamel	17	Gezira El Ward	NT	___

Heat 8 of 76 Finals

1	Yasin Alaa Ibrahim Elbieh	19	SMOHA	NT	___
2	Omar Mohamed Farouk	15	Elethead	NT	___
3	Eyad Mohamed Sayed Ahme	22	MRAC	NT	___
4	Begad Ashraf Abdel Fatah	17	DEGLA	NT	___
5	Adham Hossam Lotfy Hassa	17	SMOHA	NT	___
6	Ali Mohamed El Rakiby	17	HELOP	NT	___
7	Youssef Mohamed Eltokhy	15	Meit Khakan	NT	___
8	Mahmud Adel Mohamad M	15	SMOHA	NT	___
9	Omar Samy Abdelsalam Ma	16	SMOHA	NT	___
10	Bishoy Samy	17	Sporting	NT	___

Heat 9 of 76 Finals

1	Ahmed Amr Magdy	18	SHOOT	NT	___
2	Yossef Sayed Ahmed Elsaye	16	GHABA	NT	___
3	Omar Khaled Abdelrhim	17	Ismaily	NT	___
4	Karim Ahmed Naser Abdelr	17	SMOHA	NT	___
5	Mohamed Hasham Mohmoc	16	A S E C	NT	___
6	Ali Gamal Elsabrou	15	Meit Khakan	NT	___
7	Omar Mostafa Esmael Ebrh	15	SMOHA	NT	___
8	Ali Mohamed Mousa	18	TANTA	NT	___
9	Yassin Ahmed Fawzy	15	Meit Khakan	NT	___
10	Mazen Mostafa Asfoor	15	ZOHUR	NT	___

Heat 10 of 76 Finals

1	abd el Rahman Waleed el S	16	HELOP	NT	___
2	Zeiad Mohamed Ahmed	17	BNK.G	NT	___
3	Omar Ahmed Nsr	16	Pegasus Club	NT	___
4	Mohamed Hesham Esmail	20	6 OCT	NT	___
5	Omar Mohamed Hassan	15	AHLY	NT	___
6	Adham Ahmed Abd Elmone	16	El Obour	NT	___
7	Yassen Ahmed Fathy Shams	15	MOKAT	NT	___
8	Ahmed Adel Mohamed Mes	23	AHLY	NT	___
9	Mohand Hossam Fathy Khal	15	GOLDY	NT	___
10	Baderelden Nabel Badr Kas	17	Bank Ahly Alex	NT	___

Heat 11 of 76 Finals

1	Ahmed Tamer Abdel Lattif	16	Sporting	NT	___
2	Omar Mohamed Omar Sofy	16	SHOOT	NT	___
3	Yassin Mohamed Sobhy	15	DEGLA	NT	___
4	Hasan Hatem Hasan	17	DEGLA	NT	___
5	Aly Mohammed Sadek	15	Palm Hills	NT	___
6	Mazen Emad Hamed	16	AHLY	NT	___
7	Kirlis Asaad Aaryan	15	GHABA	NT	___
8	omr Ayman Hamdi	18	Elethead	NT	___
9	Yahya Waled Abdelmonem	17	Misr	NT	___
10	Abdel Rahman Ahmed EL_fa	15	Sporting	NT	___

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

Meet Program

Heat 12 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Mohamed abd Elraouf Alaa	20	GOLDY	NT	___
2	Yahia Radwan Nour El Din	15	Elethead	NT	___
3	Mhmoud Hassan Mhmod Kl	17	SMOHA	NT	___
4	Omar Mohamed Ahmed Fat	16	SHOOT	NT	___
5	Youssef Mohamed Abd Elaz	15	ZOHUR	NT	___
6	el Farok Omer el Farok	16	BNK.G	NT	___
7	Omar Karim Ali Abd El Har	17	SENZO	NT	___
8	Kamal Ahmed Kamal	15	DEGLA	NT	___
9	Mohamed Ahmed Amin Mal	15	MOKAT	NT	___
10	Mohamed Aboelazm Magha	15	6 OCT	NT	___

Heat 13 of 76 Finals

1	Mohamed Ashraf Abdo	17	Elethead	NT	___
2	Moustafa Sherif Moustafa	15	DEGLA	NT	___
3	Eyad Alaa El Kholy	16	DEGLA	NT	___
4	Omar Mohamed Taha Radw	23	SMOHA	NT	___
5	Adam Mohmoud Abdelftah	17	Bank Ahly Alex	NT	___
6	Ziad Hateem Foaad	16	Elethead	NT	___
7	Ahmed Hesham Mostafa	20	SHOOT	NT	___
8	Mohab Karem Mohamed Fa	15	Elethead	NT	___
9	Omr Mohamed Metwaly	17	Elethead	NT	___
10	Mokhtar Ahmed Faiyad	16	Sporting	NT	___

Heat 14 of 76 Finals

1	Seif El-Din Khaled Mohmed	15	SHOOT	NT	___
2	Mhmoud A Hmed Mhmoud	15	6 OCT	NT	___
3	Loaay Motasem Alaaeldin	16	ZMALK	NT	___
4	Mazen Ismail Mohamed Isr	19	MAADI	NT	___
5	Esmat Ashraf Esmat Hatata	18	SMOHA	NT	___
6	Nadeem Naser El Din Fawzy	23	TANTA	NT	___
7	Abdelrahman Ahmed Bahga	15	SMOHA	NT	___
8	Omar Ahmed Abd Elaziz	16	DEGLA	NT	___
9	Abdullah Ahmed Islam	15	Elethead	NT	___
10	Aly Samy Elshafy	17	Sporting	NT	___

Heat 15 of 76 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 Moh	15	A S E C	NT	___
5	Mohamed Osama Fekry	15	DEGLA	NT	___
6	Ahmed Mahmoud Seddik Al	15	Elethead	NT	___
7	Ismael Moh.Ibrahim ElAwa	17	GEZIR	NT	___
8	Ahmed Mohamed Ahmed H	16	AHLY	NT	___
9	Ziad Haithm Mostafa	15	Ismaily	NT	___
10	Yossef Ayman Abdalla Moha	15	SMOHA	NT	___

Heat 16 of 76 Finals

1	Hassan Ibrahim Arafah	15	RWAD	NT	___
2	Moataz Mahmoud Mohame	15	DEGLA	NT	___
3	Yossef Salah Saber	16	Elethead	NT	___
4	Yossif Yasser Atteya	18	A S E C	NT	___
5	Abdelrahman Ahmed Moha	15	Ismaily	NT	___
6	Adham Ahmed abd Elkade	16	Elethead	NT	___
7	Yossef Ahmed Farok Hassar	20	MAADI	NT	___
8	Salman Khaled Saber Kame	16	RWAD	NT	___
9	Abdelrahman Ahmed Hassa	15	Sporting	NT	___
10	Seifeldeen Mohmed Khairy	16	Y.M.C.A	NT	___

Heat 17 of 76 Finals

1	Waleed Samer Mahmoud	18	AHLY	NT	___
2	Amar Hazem Zakey Zakarey	15	SMOHA	NT	___
3	Abdel Hamied Ahmed Yousi	15	BNK.G	NT	___
4	Ahmed Hatem abd el Sabou	24	Nasr City	NT	___
5	Ramez Amr Mohamed Ibrah	16	DEGLA	NT	___
6	Adam Ahmed Mohamed Kai	17	SHAMS	NT	___
7	Mahmoud Haitham Mahmo	19	ZMALK	NT	___
8	Amro Hosen Fathy Hosen	15	TANTA	NT	___
9	Mostafa Ahmed Elesawy	21	AHLY	NT	___
10	Yasin Mohamed Abu Raya	18	TANTA	NT	___

Heat 18 of 76 Finals

1	Mohamed Waled Adel Brak	15	HELOP	NT	___
2	Omar Talal Ragab	17	Sporting	NT	___
3	Hassan Karim Aglan	15	Sporting	NT	___
4	Mohab Khaled Sayed	17	DEGLA	NT	___
5	Belal Eslam Elsaid Abd Elra	15	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 Finals

1	Youssef Ahmed Fouad	16	AHLY	NT	___
2	Abdelrahman Mohamed Sai	15	Olympic	NT	___
3	Adam HossamEldin Moham	16	SMOHA	NT	___
4	Mohamed Nabil Mohamed	15	AHLY	1:20.61	___
5	Mark Maher Helmy Eskand	15	DEGLA	1:18.54	___
6	Yehia Mohamed Ahmed Haf	15	DEGLA	1:19.08	___
7	Omar Ahmed Hamed	15	SHRKS	1:27.17	___
8	Ibrahim Shams Eldin Moha	15	AHLY	NT	___
9	Ahmed Waleed Abdel Hady	15	AHLY	NT	___
10	Ahmed Wael Ibrahim Desou	19	TWFIK	NT	___

Heat 20 of 76 Finals

1	Mohamed Yasser Mohamed	15	A S E C	1:17.91	___
2	Saif Amr Reda Sayed	15	DEGLA	1:16.65	___
3	Mazen Nadeem Mohamed M	16	DEGLA	1:15.46	___
4	Mahmoud Sherif Abd Elmor	15	ZOHUR	1:15.37	___
5	Yassin Emad Abd Elkhalek	15	ZAGU	1:14.01	___
6	Hazem Hassam Mostafa Rar	15	SMOHA	1:14.19	___
7	Mazen Mohamed Mahros	15	Elethead	1:15.37	___
8	Youssef Mohamed Ismail Yo	16	RWAD	1:16.51	___
9	Keven Latif Farag	15	DEGLA	1:17.17	___
10	Rashed Hatem Hasan	15	DEGLA	1:18.33	___

Heat 21 of 76 Finals

1	Youssef Abd Elazem Mohar	15	ZAGU	1:13.59	___
2	Kaled Amr Ahmed Bashir	15	Elethead	1:13.37	___
3	Michell Ramy Farouk	15	DEGLA	1:12.31	___
4	Marwan Walid Abdel-khalel	15	DEGLA	1:12.04	___
5	Ismaiel Tamer Ismaiel	15	SHAMS	1:11.89	___
6	abd Elrhman Mohamed Mal	16	Elethead	1:12.00	___
7	Adam Ahmed Elsaeed Moha	15	MRAC	1:12.13	___
8	Eyad Mohamed Elsayed Has	15	TRSAN	1:12.51	___
9	Mohamed Moustafa Moham	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

Heat 22 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Mohamed Zakaria Ahmed	16	GOLDY	1:11.82	___
2	Youssef Ossama Ashraf Ahm	15	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	SMOHA	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	DEGLA	1:11.86	___

Heat 23 of 76 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	ZAGU	1:10.16	___
4	abd Allah Hosam abd Alrzal	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. O	15	GEZIR	1:10.15	___
8	Nour Nasser Ahmed Gadelk	15	Olympic	1:10.26	___
9	Marwan Sameh Zakrea	16	BNK.G	1:10.57	___
10	Marwan Mohammed Younis	17	BNK.G	1:10.66	___

Heat 24 of 76 Finals

1	Ahmed Khaled Mohamed Sa	16	MRAC	1:09.87	___
2	Moaz Ibrahiem Nassar	16	DEGLA	1:09.76	___
3	Abdelrahman Wael Abdelm	15	GHABA	1:09.73	___
4	Marwan Ahmed Elsayed Ah	15	Olympic	1:09.66	___
5	Hamza Mohamed Abo Talet	15	DEGLA	1:09.23	___
6	Saeed Islam Saeed Hassan	16	MRAC	1:09.45	___
7	Ahmed Hassan Ibrahim	15	DEGLA	1:09.72	___
8	Ahmad Atef Mohamad	17	SMOHA	1:09.73	___
9	Hazem Mohamed Abd Elhai	15	ZOHUR	1:09.77	___
10	Hamza Mohamed Shamrock	17	SENZO	1:09.95	___

Heat 25 of 76 Finals

1	Fares Ehab Moustafa Ibrahi	15	Olympic	1:08.80	___
2	omr Tamer Elsaed Elroby	16	Elethad	1:08.63	___
3	Nour El Dein Maged El Sher	17	SMOHA	1:08.29	___
4	Yahia Helmy Mohamed Moh	15	A S E C	1:07.98	___
5	Islam Farag Saleh	15	DEGLA	1:07.71	___
6	Youssef Ahmed Fathy Abdel	15	DEGLA	1:07.97	___
7	Abdelharman Shref Anes Ib	17	SMOHA	1:08.12	___
8	Adham Ahmed Mohamed	15	6 OCT	1:08.45	___
9	Hamza Wael Nasreldin	16	DEGLA	1:08.64	___
10	Abdallah Mohamed Metwal	15	DEGLA	1:08.97	___

Heat 26 of 76 Finals

1	Yasen Mohamed El Bawab	15	HELOP	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 Khami	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	ZOHUR	1:07.49	___
9	Yahya Assem Mohamed Har	16	Palm Hills	1:07.63	___
10	Sherif Atef Mohamed Moha	15	RWAD	1:07.68	___

Heat 27 of 76 Finals

1	Hessen Moh. Hessen Elbadr	16	GEZIR	1:06.88	___
2	Mostafa Hesham Fatoth Bast	15	SMOHA	1:06.74	___
3	Saeed Mohamed AL Saeed	16	RWAD	1:06.69	___
4	Ali Hesham Abas Tawfek	15	SMOHA	1:06.24	___
5	Adham Ayman Ebrahim Swi	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	15	SHOOT	1:06.72	___
9	Mohammed Ahmed Elsaec	16	MRAC	1:06.80	___
10	Youssef Al Said Abdel Hame	16	RWAD	1:06.92	___

Heat 28 of 76 Finals

1	Seif Eldeen Essam Reda	16	Palm Hills	1:05.92	___
2	Yehya Tamer Hamdy Shwat	15	TANTA	1:05.87	___
3	Belal Ahmed Mousad	16	A S E C	1:05.80	___
4	Omar Hany Sayed Khalel	16	DEGLA	1:05.74	___
5	Eyad Mohamed Mansor	15	Elethad	1:05.63	___
6	Ahmed Wahid Mohamed	15	ZOHUR	1:05.67	___
7	Tayem Wessam Azab	15	Sporting	1:05.76	___
8	Moaz Islam Hussain Ismail	15	Elethad	1:05.85	___
9	Omar Tamer Gouda	17	AHLY	1:05.91	___
10	Abdel Rahman Ahmed Nour	15	BNK.G	1:05.92	___

Heat 29 of 76 Finals

1	Mohamed Khaled Mohmd K	20	SHOOT	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	DEGLA	1:05.42	___
5	abd Allah Khaled abd Elmor	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	GHABA	1:05.49	___
9	Mohamed Haitham El Sayec	15	MAADI	1:05.53	___
10	Adel Khaled Gougou	15	Sporting	1:05.56	___

Heat 30 of 76 Finals

1	Loai Ahmed Salah Eldeen A	15	MRAC	1:05.34	___
2	Youssef Mohamed Youssef	15	Ultimate	1:05.32	___
3	Hassan Nabil Samy Elnagga	15	GEZIR	1:04.95	___
4	Abdel Rahman Mostafa Farq	17	RWAD	1:04.93	___
5	Mohamed Waled Taher	15	RWAD	1:04.81	___
6	Marwan Mahmoud Mabroui	16	NASR	1:04.84	___
7	Mohamed Kareem Mohame	18	Elethad	1:04.94	___
8	Roshdy Ahmed Roshdy	15	DEGLA	1:05.18	___
9	Mohamed Mahmoud Mohar	15	TANTA	1:05.32	___
10	omr abd Elrhman ali	16	Elethad	1:05.35	___

Heat 31 of 76 Finals

1	Yousef Moustafa Fargaly	18	RWAD	1:04.79	___
2	Omar Hany Magdy	15	ENPPI	1:04.72	___
3	Omar Mohamed Ayman Abc	15	SHOOT	1:04.67	___
4	Marwan Reda Hussein	15	SENZO	1:04.60	___
5	Mohamed Hossam el din Sa	15	DEGLA	1:04.59	___
6	Ziad Mohamed Galal	15	RWAD	1:04.59	___
7	Yossef Waled Ebrahem Moh	15	SMOHA	1:04.64	___
8	Adham Ashraf Sheta	15	Sporting	1:04.69	___
9	Bassel Mostafa Mohamed	15	DEGLA	1:04.77	___
10	Fares Karm Refaay	15	AHLY	1:04.80	___

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Meet Program

Heat 32 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Youssef Ahmed Ibrahim EIS	16	SHAMS	1:04.49	___
2	Adham Ahmed Ragab	17	DEGLA	1:04.39	___
3	Karim Mahmoud Farouk	21	Beni Suef Club	1:04.31	___
4	Omar Walid Hatem	15	DEGLA	1:04.19	___
5	Adam Samer AbdElghany M	19	SMOHA	1:04.13	___
6	Mohamed Moatazbellah Mo	15	DEGLA	1:04.16	___
7	Abdel Aziz Mohamed Abdel	17	DEGLA	1:04.30	___
8	Hamza Hossam Eldin Fayez	15	Police Club	1:04.35	___
9	Yousef Ashraf Ahmed	16	HELOP	1:04.43	___
10	Abdelrahman Khaled Fathy	16	SMOHA	1:04.50	___

Heat 33 of 76 Finals

1	Ahmed Wael El Shamaa	16	Sporting	1:04.13	___
2	Ibrahim Saleh Ibrahim Salel	18	A S E C	1:04.09	___
3	Osama Emad Awad	16	DEGLA	1:04.02	___
4	Adel Mohamad Adel Ramad	15	SMOHA	1:03.95	___
5	Seif Mohamed Abdelmonim	15	ZMALK	1:03.88	___
6	Youssef Mohamed Fathy Mc	16	SMOHA	1:03.88	___
7	Adam Ayman Wageh	17	DEGLA	1:03.97	___
8	Ibrahim Mohamed Ibrahim	17	SMOHA	1:04.07	___
9	Youssef Mohamed Fathy	16	New Giza	1:04.13	___
10	Talal Ashraf Abdel Fatah	15	DEGLA	1:04.13	___

Heat 34 of 76 Finals

1	Ahmed Mahmoud Farouk	15	DEGLA	1:03.74	___
2	Ahmed Sameh Samer Mohs	16	SMOHA	1:03.70	___
3	Youssef Omar Mhmoud Om	16	SMOHA	1:03.62	___
4	Yousef Mohamed Mohamec	16	ZMALK	1:03.60	___
5	Sief Ahmed Farouk	15	ZOHUR	1:03.46	___
6	Abdel Rahman Mohamed M	16	RWAD	1:03.54	___
7	Omar Ehab Mhmoud Hasan	16	SMOHA	1:03.60	___
8	Abd EL Rahman Ahmed Rar	15	RWAD	1:03.69	___
9	Ahmed Ehab Seyam	16	TANTA	1:03.71	___
10	Mohamed Salam	15	SEKA	1:03.76	___

Heat 35 of 76 Finals

1	Youssef Mohamed Hamed	15	DEGLA	1:03.45	___
2	Yousif Islam Mohamed Ragz	15	ZMALK	1:03.42	___
3	Mohamed Mamdouh Mohar	16	MRAC	1:03.37	___
4	Mahmoud Amr El-shobaki	15	SHOOT	1:03.31	___
5	Mohamed Tarek Mohamed :	16	SMOHA	1:03.26	___
6	Mohamed Hamid Shaker	15	ZMALK	1:03.26	___
7	Marwan Mohamed Ahmed	17	ENPPI	1:03.33	___
8	Adham Amr Ahmed ElSharz	15	DEGLA	1:03.39	___
9	Belal Ibrahim Abass	17	A S E C	1:03.42	___
10	Eyad Mohamed Yousry	15	DEGLA	1:03.45	___

Heat 36 of 76 Finals

1	Ahmed Khaled Abd El Karin	16	MAADI	1:03.21	___
2	Kareem Mohamed Payomy	16	6 OCT	1:03.16	___
3	Zyad Abdelrehem Khalaf Ab	16	Bank Ahly Alex	1:03.13	___
4	Abd Elhalim Alaa Abd Elhal	16	ZOHUR	1:03.10	___
5	Yasin Mossa Moh. Faghr Eld	15	GEZIR	1:03.06	___
6	Yasin Amro Mamdouh	16	HELOP	1:03.08	___
7	Hmdi Ahmed Hmdi Byomi	18	6 OCT	1:03.13	___
8	Yassen Haitham Ghazy	16	TWFIK	1:03.15	___
9	Abdelrahman Ahmed Ali Ah	16	Bank Ahly Alex	1:03.20	___
10	Mohamed Ashraf Safwat	15	ZMALK	1:03.24	___

Heat 37 of 76 Finals

1	Ahmed Sameh Abdelkader	18	DEGLA	1:02.95	___
2	abd Elrhman Mohamed Bak	16	Elethead	1:02.89	___
3	Loai Ehab A.Meshaal	16	DEGLA	1:02.82	___
4	Omar Mostafa Ahmed Most:	15	RWAD	1:02.78	___
5	Ahmed Tarek Ahmed	18	HLWAN	1:02.73	___
6	Mohamed Ahmed Mohamec	15	AHLY	1:02.74	___
7	Adam Mohamed Eldejwy	15	Meit Khakan	1:02.82	___
8	Fares Mahmoud Mokhtar	15	Elethead	1:02.88	___
9	Mohamed Ahmed Dewan	18	DEGLA	1:02.91	___
10	Aser Mohamed Adel Ahmed	15	Elethead	1:03.02	___

Heat 38 of 76 Finals

1	Yehia Mohamed El Bawab	15	HELOP	1:02.58	___
2	Mohab Hossam Farouk Moh	15	Elethead	1:02.52	___
3	Saleh Mohamed Mahmoud :	15	AHLY	1:02.52	___
4	Youssef Ahmed El Tahlawy	18	AHLY	1:02.47	___
5	Omar Khaled Mohamed Nat	17	A S E C	1:02.47	___
6	Mostafa Ahmed AL Saeed	15	RWAD	1:02.47	___
7	abd Allah Mohamed Abdela	15	ZMALK	1:02.49	___
8	Abdelharman Hany Moham	17	SMOHA	1:02.52	___
9	Moaz Ahmed Ali Ahmed	17	RWAD	1:02.56	___
10	Abdullah Ahmed Fouad	15	REHAB	1:02.62	___

Heat 39 of 76 Finals

1	Ahmed Yahia Saied	17	Elethead	1:02.42	___
2	Ahmed Shref Sarhan	17	TANTA	1:02.35	___
3	Omer Ahmed Abo Bakr	15	SHOOT	1:02.29	___
4	Yousef Mohamed Elsaed Mc	15	Bank Ahly Alex	1:02.26	___
5	Seif Mohamed Khalil Fathy	15	TANTA	1:02.26	___
6	Yazid Ahmed Mohamed	15	Elethead	1:02.26	___
7	Yassin Hussam Yassin Sheb:	15	SHOOT	1:02.28	___
8	Marwan Mohamad Morsy E	15	SMOHA	1:02.30	___
9	Baraa tal Salah	15	ZMALK	1:02.41	___
10	Omar Mohamed Abdel Azer	15	Al Hawar	1:02.46	___

Heat 40 of 76 Finals

1	Youssef Khalil Alsaid	15	RWAD	1:02.16	___
2	Abd El Rahman Essam El Sa	18	DEGLA	1:02.09	___
3	Adam Ahmed Elsaied aly	15	ZMALK	1:01.94	___
4	Marwan Ahmed Fathy Abde	17	DEGLA	1:01.91	___
5	Moaz Ahmed Zaki Mohamec	15	TANTA	1:01.90	___
6	Omar Ayman Wahied Moha	15	SHAMS	1:01.90	___
7	Eyad Mohamed Hassan els	16	ZMALK	1:01.93	___
8	Anas Tamer Almalky	16	Elethead	1:02.07	___
9	Mohamad Kaled Mohamad :	15	SMOHA	1:02.12	___
10	Marwan Mohamed Omer	19	SHOOT	1:02.21	___

Heat 41 of 76 Finals

1	Ibrahim Diaa El Din	15	SHOOT	1:01.86	___
2	Moaz Waheed Ibraheem A:	17	RWAD	1:01.85	___
3	Mohamed Alaa Mohamed	15	HELOP	1:01.76	___
4	Ahmed Samy Mahmoud	16	GHABA	1:01.74	___
5	Ibrahim Mohamed Zarak	15	DEGLA	1:01.73	___
6	Yassien Amr Adly Mohamec	16	SMOHA	1:01.74	___
7	Mohamed Khaled Mohamec	15	ZMALK	1:01.75	___
8	Youssuf AbdElmoneim Khal	17	Sporting	1:01.85	___
9	Ahmed Mohamed Kaowd	15	Baladyat El Maha	1:01.85	___
10	Nour Ahmed Elhassany	16	ZOHUR	1:01.88	___

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Meet Program

Heat 42 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Ahmad Amr Adel Abaza	15	SMOHA	1:01.71	___
2	Omar Shrief Ahmed Ahmed	16	SMOHA	1:01.64	___
3	Omar Abd EL Razek Kamal	15	RWAD	1:01.59	___
4	Eyad Waleed adb Alsalam	16	Elethead	1:01.58	___
5	Fares Ahmed Ameen Aly All	17	6 OCT	1:01.55	___
6	Yassen Amr Mahmoud Abde	15	Bank Ahly Alex	1:01.56	___
7	Seif el Din Ayman Farid	15	DEGLA	1:01.59	___
8	Abd AllaaAmr Sabre Rashec	17	SHAMS	1:01.62	___
9	Ali Mourad Salaheldein	15	New Giza	1:01.68	___
10	Omar Ahmed Mohamed Gal	15	RWAD	1:01.73	___

Heat 43 of 76 Finals

1	Khaled Mohamed Elsyed Ta	17	SMOHA	1:01.53	___
2	Youssef Amr Yasseen Mady	15	GEZIR	1:01.49	___
3	Moustafa Mohamed Ahmed	15	ZMALK	1:01.44	___
4	Yasen Ahmed eid Thabet	16	MRAC	1:01.39	___
5	Shady Wessam Mohamed	15	DEGLA	1:01.37	___
6	Mohmed Essam Saied	16	Cairo	1:01.38	___
7	Maarouf Abou El Magd Moh	20	6 OCT	1:01.43	___
8	Omar Moatasem Mahmoud	16	GHABA	1:01.49	___
9	Yehia Waleed Sultan	15	DEGLA	1:01.53	___
10	Ahmed Khaled Hashem Ali	15	HELOP	1:01.53	___

Heat 44 of 76 Finals

1	Zeyad Khaled abd Elmonem	16	TANTA	1:01.33	___
2	Ali Ahmed Aadel Mosleh	16	6 OCT	1:01.28	___
3	Youssief Ahmed Ibrahim	17	A S E C	1:01.20	___
4	Marwan Mohamed Saber	17	ZMALK	1:01.09	___
5	Abdelrahman Mohamed Ra	17	ENPPI	1:01.05	___
6	Ahmed Samy Sayed	17	TWFIK	1:01.06	___
7	Joshua Joseph Fouad	15	TRSAN	1:01.12	___
8	Loay Alhesen Mohamad Ala	15	SMOHA	1:01.25	___
9	Yamen Moustafa	16	FAROS	1:01.31	___
10	Mohamud Mohamad Roshd	15	SMOHA	1:01.36	___

Heat 45 of 76 Finals

1	Yassin Waleed Mohamed M	17	Olympic	1:01.04	___
2	Ziad Mohaned Salah	19	DEGLA	1:01.03	___
3	Ibrahim Mostafa Ibrahim	17	MRAC	1:01.00	___
4	Mostafa Mohamed Baker	17	TRSAN	1:00.94	___
5	Adham Mohamed Abdelhan	17	TANTA	1:00.91	___
6	Zeyad Emad Mamdoh	17	TANTA	1:00.91	___
7	Hamza Ahmed Abdelslam M	15	Bank Ahly Alex	1:00.95	___
8	Adm Hisham Mohamed	17	Elethead	1:01.00	___
9	Yahia Amr Mohamed	17	ZOHUR	1:01.03	___
10	Abdlrhman Ayman Salah El	16	HELDO	1:01.04	___

Heat 46 of 76 Finals

1	Abdelrahman Ayman Kama	15	Elethead	1:00.83	___
2	Mahmoud Ahmed Mohamee	15	A S E C	1:00.81	___
3	Marvin Medhat Shokry	17	SHOOT	1:00.76	___
4	Ahmed Wael el Qelioby	19	ZMALK	1:00.76	___
5	Mahmoud Ahmed Yehya	16	DEGLA	1:00.73	___
6	Mohamed Mostafa Alla' EID	15	SHOOT	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	SMOHA	1:00.82	___
10	Shady Mody Maher Helmy	19	MINIA	1:00.90	___

Heat 47 of 76 Finals

1	Ahmed Samir Helmy El Saye	15	TWFIK	1:00.68	___
2	Amir Maged Eid Yousef	15	HELOP	1:00.63	___
3	Srag El Den Ahmed	19	Sporting	1:00.52	___
4	Ahmed Fathy Aid Abd el aty	17	RWAD	1:00.50	___
5	Moahmed Ahmed Farouq El	16	SMOHA	1:00.42	___
6	Eyad Mohamed Shaban	16	TRSAN	1:00.47	___
7	Motaz amr Mostafa	15	TRSAN	1:00.50	___
8	Yasin Tarek Mostafa	17	HELOP	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 Finals

1	Omar Tarek Saleh	16	Sporting	1:00.36	___
2	Mazen Ahmed Ragab Abdel	20	SHOOT	1:00.31	___
3	Adham Amr Mahmoud	18	AHLY	1:00.24	___
4	Ahmed Ramee Ahmed Hash	16	6 OCT	1:00.14	___
5	Hany Mohsen Sayed	15	AHLY	1:00.09	___
6	Adam Hossamaldin Abdalla	17	ZMALK	1:00.10	___
7	Youssef Mohamed Mostafa l	16	DEGLA	1:00.23	___
8	Adham Nader Samir Mohan	16	SMOHA	1:00.28	___
9	Omar Samer Mahmoud	15	AHLY	1:00.34	___
10	Abdallah Mohamed Eldosul	16	SHAMS	1:00.38	___

Heat 49 of 76 Finals

1	Zeiad Yehia Mohamed	16	SHOOT	1:00.05	___
2	Ahmed Mohamed Salah Els	17	TANTA	1:00.02	___
3	Ziad Abdel Ghany Osman	19	RWAD	59.89	___
4	Mahmoud Eissa Moharam	15	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 Moh	17	SMOHA	59.88	___
8	Zeyad Hany Abd el Azeem	19	DEGLA	59.96	___
9	Abdel Rahman Ahmed Ali	17	DEGLA	1:00.04	___
10	Hussein Mohamed Hussein	15	DEGLA	1:00.05	___

Heat 50 of 76 Finals

1	Youssef Amr Moustafa Hany	17	HELDO	59.85	___
2	aly Eldin Ahmed Mohamed	16	ZMALK	59.82	___
3	Yassin Youssef Mohamed El	15	Olympic	59.77	___
4	Abd Alla Nabil Eprahem	19	SHOOT	59.69	___
5	Amr Saad EL Sayed	19	Elethead	59.64	___
6	Abdelrahman Ahmed Moha	16	Tlaea El Ostol	59.68	___
7	Abd Alla Mohamed Saleh	17	A S E C	59.70	___
8	Karim Mohamed Mahmoud	19	HELDO	59.78	___
9	Eyad Ahmad Sobhy Ahmad	15	SMOHA	59.84	___
10	Omar Ahmed Hussien Most	16	SMOHA	59.86	___

Heat 51 of 76 Finals

1	Mostafa Mohamed Salah Sa	15	TANTA	59.60	___
2	Abd El Rahman Mohamed A	17	Sporting	59.59	___
3	Omar Kareem Mahmoud Abc	15	Elethead	59.56	___
4	Omar Ahmed Hasan Khedr	15	SHOOT	59.48	___
5	Seif ezz el din abd el Kawey	16	SHOOT	59.47	___
6	Rashed Hany Ramadan	20	RWAD	59.48	___
7	Khaled Walied Atia	18	SHAMS	59.53	___
8	Omar Adel Ishaq	15	DEGLA	59.58	___
9	Omar Mohamed Ibrahiem	16	DEGLA	59.59	___
10	Tarek Ahmed Abdelwahab	19	SHOOT	59.60	___

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Meet Program

Heat 52 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Mohamed Shreef	16	Tlaea El Ostol	59.44	___
2	Ziad Nabil Ahmed Mohamed	16	SMOHA	59.41	___
3	Mohamed Tarek Abasy	18	TANTA	59.38	___
4	Yassin Abdallah Mohamed	17	DEGLA	59.33	___
5	Youssef Mohamed Mehraz	18	AHLY	59.29	___
6	Yousef Mahmoud Sayed	16	MRAC	59.32	___
7	abd Elrahman Mohamed Eb	15	TANTA	59.36	___
8	Eyad Mohamed Amer	15	TANTA	59.40	___
9	Amar Haitham Mohamed Sa	16	SHAMS	59.43	___
10	Mahmoud Ashraf El Gayash	16	DEGLA	59.45	___

Heat 53 of 76 Finals

1	Ahmed Mohamed Abdel Sal	15	HELDO	59.25	___
2	Mohamed Essam Mohamed	16	Minia Sport Clup	59.23	___
3	Yousief Mohamed aly	15	ZMALK	59.14	___
4	Mostafa Mohamed Zaghlol	17	GHABA	59.10	___
5	Omar Waleed AlQabary	16	Sporting	59.07	___
6	Adham Ashraf Shawky Moh	16	ZMALK	59.09	___
7	Yasein Hossam aly	16	ZMALK	59.13	___
8	Omar Sherif Abd El Hamid	17	DEGLA	59.15	___
9	Hassan Hossam Hassan Kar	18	SHAMS	59.24	___
10	Ahmed Mohsen Mohamed	18	Elethead	59.26	___

Heat 54 of 76 Finals

1	Hussein Mohamed Aly	16	AHLY	58.95	___
2	Eyad Mohamed Abdelstar	16	ZMALK	58.88	___
3	Yassen Ahmad Ebrahim Ka	15	SMOHA	58.75	___
4	Omar Mohamed Essam	16	DEGLA	58.72	___
5	Adham Tarik Ali Baiuomy	18	SMOHA	58.66	___
6	Mohamed Nader Elbarbary	16	TANTA	58.70	___
7	Nour El Din Ayman	18	Sporting	58.74	___
8	Hamdy Mohamed Hamdy	19	SHOOT	58.76	___
9	Mohamed abd Elshafy Sade	16	ZMALK	58.88	___
10	Yassin Ahmed Othman	16	Sporting	58.96	___

Heat 55 of 76 Finals

1	Ali Ahmed Abd el Monem O	18	SHAMS	58.59	___
2	Hesen Mohamad Elsaied Yo	15	SMOHA	58.55	___
3	Yousef Yahya Zakriya Rama	20	Sporting	58.45	___
4	Omar amr Helmy	15	El Temsah	58.43	___
5	Belal Mohamed Fouad Ram	15	Olympic	58.41	___
6	Slem Wesam Samy Mohame	15	HELOP	58.42	___
7	Hamza Mohamed Hassan M	15	HELOP	58.44	___
8	Hazem Waheed Ibrahim	19	RWAD	58.52	___
9	Yehia Mohamed Saad Eldin	18	DEGLA	58.56	___
10	Abd Allah Ahmed Abd El Az	15	MAADI	58.60	___

Heat 56 of 76 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 Metw	16	ZOHUR	58.11	___
5	Amro Ahmed Elshekh	16	TANTA	58.07	___
6	Selim Ihab Ghali	18	DEGLA	58.11	___
7	Adam Mohamed Helmy	16	DEGLA	58.12	___
8	Omar Ali Fathy Mohamad E	15	SMOHA	58.22	___
9	Selim Shrif Osama Helmy M	15	GEZIR	58.29	___
10	Karim Ashraf Ahmed	17	ZMALK	58.33	___

Heat 57 of 76 Finals

1	Karem Kamal Ahmed	17	TWFIK	58.03	___
2	Abd el hay Ashour	17	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	NASR	57.91	___
7	Adam Mohamed Mahmoud	15	ZOHUR	57.94	___
8	Amr Zakaria	16	SHOOT	57.97	___
9	Yasin Sameh Fahmy	20	HELOP	58.02	___
10	Mahmoud Hossam El din M	15	SHOOT	58.06	___

Heat 58 of 76 Finals

1	Mohamed Hossam Samy	16	AHLY	57.84	___
2	Ahmed Medhat Mousa Marz	17	TANTA	57.80	___
3	Mohamed Bakry Kaaed Abd	15	MAADI	57.79	___
4	Yassin Mohanad Hamzawy	18	DEGLA	57.75	___
5	abd Elrhmam Mohamed Ahr	16	Elethead	57.74	___
6	AbdelRahman Ehab Elshimy	16	Sporting	57.74	___
7	Adham Moh. Galal EIDin EIS	18	GEZIR	57.76	___
8	Mrawan amr Mostafa abd el	18	TRSAN	57.80	___
9	Ali Mohamed Tawfeq	17	DEGLA	57.84	___
10	aly Saleeh aly	16	ZMALK	57.85	___

Heat 59 of 76 Finals

1	Hamza Amro Kandiel	15	SHAMS	57.71	___
2	Omar Mahmoud Hassan Ela	15	TRSAN	57.68	___
3	Adham Hossameldin Abdall	17	ZMALK	57.65	___
4	Youssef Tawfik Hamdy Tawf	17	SENZO	57.62	___
5	Omar Shref el Motamer Mol	16	HELOP	57.56	___
6	Abd Allah Tamer Abd El Raç	15	MAADI	57.62	___
7	Saif EIDin Waled Abdel Razi	20	DEGLA	57.63	___
8	Adham Ibrahim Basuni	17	GHABA	57.67	___
9	Abdelmoez Ayman Gomaa	17	A S E C	57.70	___
10	Abdelfattah Ahmed Youssef	16	Olympic	57.71	___

Heat 60 of 76 Finals

1	Ahmed Emad Abdel Maabou	17	AHLY	57.52	___
2	Yasser Walid Abo Elela	18	AHLY	57.48	___
3	Mhmoud Tarik Ahmed Elge	16	SMOHA	57.44	___
4	Malek Sherif Hayaty	16	Sporting	57.34	___
5	Ahmed Tamer Gamal Eldin	15	DEGLA	57.30	___
6	Mazen Ashraf Mohamed Ab	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 Ward	19	SMOHA	57.52	___
10	Eyad Ahmed Khatab	15	DEGLA	57.55	___

Heat 61 of 76 Finals

1	Belal Alaa Mostafa Abozed	17	TANTA	57.26	___
2	Hamza Mostafa Mohamed	17	Palm Hills	57.25	___
3	Yossef Karim Nabil Elzawaw	17	SMOHA	57.24	___
4	Omar Tarek Abdel-Rahman	16	AHLY	57.22	___
5	Mohamed Essam Sedky	17	BNK.G	57.20	___
6	Farouk Mohamed Moharam	15	DEGLA	57.22	___
7	Selim Tamer Osama Ahmed	16	SHOOT	57.23	___
8	Yehia Ahmed Abd Elfatah El	16	SHOOT	57.24	___
9	Hamza Mohamed Habib	16	AHLY	57.25	___
10	Ayad Hatem Fouad	17	ZMALK	57.29	___

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

Meet Program

Heat 62 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

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	DEGLA	56.91	___
5	Omar Mohamed Mostafa El	19	SMOHA	56.90	___
6	Karim Hossam Mohamed	17	DEGLA	56.90	___
7	Abdelrahman Alaaeldin	19	AHLY	56.93	___
8	Braa Ayman Ali	19	ZOHUR	57.06	___
9	Karim Magdy Mohamed	17	ZOHUR	57.08	___
10	Omar Karim Mohamed Mse	17	SMOHA	57.16	___

Heat 63 of 76 Finals

1	Mohamed Ashraf Abdel Hay	22	AHLY	56.89	___
2	Mazen Saied Gaber Ali	17	SMOHA	56.81	___
3	Zeid Mohamed Abdel-Azeer	16	AHLY	56.76	___
4	Yassen Osama Yosef Ebrahe	15	SMOHA	56.67	___
5	Seif Eldin Mohamed Hassan	21	AHLY	56.62	___
6	Youssef Tamer Mohyeldin	16	SMOHA	56.63	___
7	Mohamed Abdalla Al Basaty	16	OLMPA	56.70	___
8	Hossen Ahmed Mohamed H	15	TANTA	56.78	___
9	Yassin Amr Adel	15	AHLY	56.81	___
10	Mohamed Amr Mohamed Sl	17	SMOHA	56.90	___

Heat 64 of 76 Finals

1	Ali Shref Ali Abdelkader	16	SMOHA	56.57	___
2	Adham Adel Abaza	19	Sporting	56.52	___
3	Zeyad Osama Ramdan	15	AHRAM	56.40	___
4	Mohamed Ahmed Salah She	29	AHLY	56.39	___
5	Mohamed Khaled Mohamec	17	Bank Ahly Alex	56.30	___
6	Nour Eldin AlaaEldin Abdal	17	6 OCT	56.34	___
7	Ahmed Adel Eshak	18	DEGLA	56.40	___
8	Monzer Ahmed Amayem	16	TANTA	56.42	___
9	Ali Mhmod Ibrahim Mohan	17	SMOHA	56.54	___
10	Ali Ali Hussein Ali	17	HELDO	56.58	___

Heat 65 of 76 Finals

1	Omar Yasser Menis	20	Sporting	56.25	___
2	Abdel Rahman Hazem Mou	18	Elethead	56.22	___
3	Ahmed Hattem Ahmed	18	DEGLA	56.22	___
4	Karim Adel Ahmed Bahgat	20	ZOHUR	56.07	___
5	Adham Ahmed Hassan	20	AHLY	56.04	___
6	Mohamad Wesam Mohama	15	SMOHA	56.04	___
7	Seif Mohamed Sayed	16	ZOHUR	56.16	___
8	Omar Abdelaziz Hussein	15	TALBE	56.22	___
9	Eyad Ahmed Saad Hasn	15	TANTA	56.23	___
10	Ahmed Adel Abdel aal	15	Al Hawar	56.26	___

Heat 66 of 76 Finals

1	Mohamed Salem Essa	18	HELOP	55.99	___
2	Mazen Wael Ali Gaber	20	SMOHA	55.97	___
3	Omar Khaled Ibrahim	15	AHLY	55.95	___
4	Youssef Mostafa Mahmoud	18	DEGLA	55.84	___
5	Youssef Tamer Gaber Moha	17	SMOHA	55.82	___
6	Adham Ayman Monir Hashe	18	TRSAN	55.83	___
7	Adam Karim Hemdan Abdo	16	SHOOT	55.84	___
8	Karim Mohamed El Gharab	18	ZOHUR	55.96	___
9	Ali Mahmoud Salah ElDein	19	SHAMS	55.97	___
10	Hassan Ahmed Mohamed E	15	HELOP	56.00	___

Heat 67 of 76 Finals

1	Malek Ahmed Mohsen	15	DEGLA	55.78	___
2	Abd ElFatah Mohamed Abd	17	TANTA	55.75	___
3	Zeiad Osama Fatthy Abdel F	20	TRSAN	55.70	___
4	Yehia Karim Nabil Elzawaw	17	SMOHA	55.69	___
5	amr Hesham Bayomy	20	Cairo	55.65	___
6	Mohamed Khaled Mohamec	15	SHOOT	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 Finals

1	Mostafa Omar Kamal ElDin	19	BNK.G	55.63	___
2	Zeyad Saber Abd el Fatah	16	AHRAM	55.61	___
3	Hamza Ahmed Mohamed Al	16	Bank Ahly Alex	55.58	___
4	Adham Ahmed Mohamed	15	SHOOT	55.41	___
5	Kareem Amr Aly Hasan Has	17	6 OCT	55.33	___
6	Mohamed Tarek Mohamed	15	Olympic	55.39	___
7	Ali Sherif Ali Mohamed	18	SHOOT	55.55	___
8	Mohamed Ramy Mohamed	18	AHLY	55.60	___
9	Ahmed Mahmoud Elhouran	16	AHLY	55.61	___
10	Ahmed Samir Mohamed	15	AHRAM	55.63	___

Heat 69 of 76 Finals

1	Omar Mohamed Tawfek	15	Al Hawar	55.18	___
2	Mohamed Naser Ramdan	16	TALBE	55.08	___
3	abd Elrahman Mohamed Ba	18	TRSAN	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	15	SHAMS	54.90	___
7	Omar Ahmed Ibrahim Eid	27	SHOOT	54.94	___
8	Yehia Eslam Farouk	17	AHLY	55.04	___
9	Mohamed Nasr Ahmed	16	MAY15	55.13	___
10	Malek Haytham Mohamed	17	DEGLA	55.20	___

Heat 70 of 76 Finals

1	Karim amr Abd el Monem	18	DEGLA	54.85	___
2	Omar Mohamed Abdel Megi	18	AHLY	54.81	___
3	Amar Yasser Mohamed Ahn	17	SMOHA	54.60	___
4	Abdelrahman Ahmed Mosta	17	Elec	54.56	___
5	Mohamed Emad Abdelhami	16	AHRAM	54.50	___
6	Sief Mohamed Salah	19	TANTA	54.54	___
7	Omar Gaber Aly	18	AHLY	54.58	___
8	Ahmed Yasser Mahmoud Sa	15	ZOHUR	54.77	___
9	Marwan Ali Mahmoud	15	DEGLA	54.83	___
10	Yamen Ayman Helmy	16	TANTA	54.85	___

Heat 71 of 76 Finals

1	Mostafa Magdy Nabil	19	AHLY	54.44	___
2	Mohamed Eslam Mohamed	17	SMOHA	54.36	___
3	Youssef Emad Shaaban	15	AHLY	54.31	___
4	John Wael Nagy Mosad	17	HELDO	54.27	___
5	Hamza Moh. Khairy Samra	17	GEZIR	54.23	___
6	Marwan Mostafa Mohamed	18	SMOHA	54.26	___
7	Omar Sherif Hamed	18	GHABA	54.29	___
8	Ahmed Moustafa Shaban	18	A S E C	54.36	___
9	Yahia Ashraf Madkour	20	SMOHA	54.36	___
10	Fares Mohamed Farouk	19	HELOP	54.47	___

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

Meet Program

Heat 72 Finals (#20 Boys 15 & Over 100 LC Meter Freestyle Age Group)

1	Mohamed Ashraf	20	Sporting	54.04	___
2	Seif Walaa Antar	18	DEGLA	53.92	___
3	Mohanad Mohamed Wageh	20	SHOOT	53.91	___
4	Houssen Talal Houssen Say	19	6 OCT	53.86	___
5	Adam Shref Mostafa	19	HELOP	53.82	___
6	Ziad Ahamed Ragab Abd el	17	SHOOT	53.84	___
7	Mohand Tarik Mohamed Ali	23	SMOHA	53.89	___
8	Mohamed Walid Azouz	19	AHLY	53.92	___
9	Khaled Wael Sabre Abdelha	16	SMOHA	54.04	___
10	Mohamed Ahmed Essam Ak	20	SMOHA	54.21	___

Heat 73 of 76 Finals

1	Abdel Rahman Ali Mohamed	22	SHAMS	53.59	___
2	Mohamed Hatem Mohamed	16	HELOP	53.59	___
3	SifEldin Hossam Mohamed	19	SMOHA	53.51	___
4	Seif Sayed Mahmoud	17	HLWAN	53.45	___
5	Tarek Kamel Farouk	20	ZMALK	53.41	___
6	Mohamed Yaser Fared Abd	17	SHAMS	53.42	___
7	Mohamed Ahm. Aly Moh. Di	19	GEZIR	53.49	___
8	Abdel Rahman Amr Farag	16	SHOOT	53.56	___
9	Yassin Hytam Hossam Eldin	17	ZMALK	53.59	___
10	Zeyad Osama Zedan	17	Bank Ahly Alex	53.78	___

Heat 74 of 76 Finals

1	Islam Mohamed Nashaat	17	MAADI	53.20	___
2	Omar Tarek Shehata A	18	SMOHA	53.15	___
3	Adam Ahmed Hamdy	17	AHLY	53.07	___
4	Ahmed Wael el Mohandes	18	HELOP	52.95	___
5	Mohab El Din Fathy	22	Sporting	52.90	___
6	Saleh Hossam El Din Saleh	20	ZOHUR	52.95	___
7	Hazem Mohamed Abo Stet	19	HELOP	52.99	___
8	Abd ElRahman Mohamed A	18	SHOOT	53.10	___
9	Ali Khaled Osama	19	DEGLA	53.19	___
10	Mohamed Salama Gaber Sal	20	SMOHA	53.29	___

Heat 75 of 76 Finals

1	Mahmoud El Walid Abd El F	17	MAADI	52.77	___
2	Omar Ahmed Samir Eldawo	16	Gezira El Ward	52.72	___
3	Khaled Abdel Naser Ali	24	SHOOT	52.58	___
4	Mohamed Ahmed Mohamed	19	SMOHA	52.40	___
5	Ahmed Ismail Mohamed Isr	20	MAADI	51.95	___
6	Yousif Mohamed Soliman O	18	SMOHA	52.16	___
7	Eyad Ahmed Zakaria	18	AHLY	52.56	___
8	Ahmed Hazem Akram	18	AHLY	52.68	___
9	Ziyad Ahmed Abdel Azim	21	AHRAM	52.72	___
10	Mohamed Ayman Abdelsar	16	AHLY	52.81	___

Heat 76 of 76 Finals

1	Seif Mohamed Mehrez	22	ZOHUR	51.76	___
2	Karim Ahmed Khaled Elewa	21	SHAMS	51.67	___
3	Mostafa Mohamed Al Tahan	23	DEGLA	51.39	___
4	Yasin Wael Elshmaa	24	Sporting	50.58	___
5	Yasin HossamEldin	20	SMOHA	49.76	___
6	Aly Ahmed Khalafalla	27	AHLY	49.80	___
7	Nadem Kram Mohamed	18	HELOP	51.21	___
8	Abdullah Ahmed Nasr	17	AHRAM	51.46	___
9	Seif Tarek Mohamed Raslan	23	ZMALK	51.74	___
10	Mohamed Yaser Omar	18	OLMPA	51.84	___

Event 23 Boys 15 & Over 400 LC Meter IM Age Groups

Lane	Name	Age	Team	Seed Time	
Heat 1 of 13 Finals					
4	Marawan Mohamed Sayed	15	AHLY		NT ___
5	Yosef Ahm. Ebrahim Hebesl	17	GEZIR		NT ___
6	Youssef Ahmed Abo Elhassa	16	DEGLA		NT ___
Heat 2 of 13 Finals					
1	Khaled Hammad Mohamed	19	DEGLA		NT ___
2	Moaz Ahmed Zaki Mohamed	15	TANTA		NT ___
3	Basel Al Sayed Houssin	17	HELOP		NT ___
4	Abdelrahman Khaled Sabry	17	Olympic		NT ___
5	Ali Ahmed Abdulmageed	16	GEZIR		NT ___
6	Youssef Mahmoud Taha	17	AHLY		NT ___
7	Abdelrahman Mahmoud Mc	15	SHAMS		NT ___
8	Hussien Elzafarany	17	Sporting		NT ___
9	Mohamed Mourad Mohame	21	Sporting		NT ___
10	Mahmoud Abdelwahab Sha	17	ENPPI		NT ___
Heat 3 of 13 Finals					
1	Marwan Mohmed Hamed	16	Cairo		NT ___
2	Ahmed Mohamed Abdelaziz	17	MRAC		NT ___
3	Marawan Walid Noshy	16	AHLY		NT ___
4	Basel Mahmoud Younes	17	ZMALK		NT ___
5	Abd Allah Faisal Ebrahim	15	Swim Home		NT ___
6	Ahmed Mohamed Mossad M	16	ZMALK		NT ___
7	Ahmed Hani Ezzat	15	SHOOT		NT ___
8	Mohamed abd Elshafy Sade	16	ZMALK		NT ___
9	Saif Mohammed Salama	15	El Temsah		NT ___
10	Yasin Wael Elshmaa	24	Sporting		NT ___
Heat 4 of 13 Finals					
1	Ahmed amr Mahmoud	15	ZMALK	5:56.52	___
2	Ahmed Sameh Mohamed Er	15	HELOP	5:48.40	___
3	aly Hussien Mohamed Huse	15	ZMALK	5:42.23	___
4	Ahmed Waled Ibrahim	16	TALBE	5:37.84	___
5	Yousif Ahmed Hamdy Borha	19	SMOHA	5:34.67	___
6	Moaz Tamer Hassan Mohan	15	NASR	5:34.86	___
7	Mohamed Mostafa Mohame	19	DEGLA	5:40.51	___
8	Mohamed Walid Mohamed	15	GHABA	5:44.76	___
9	Yossef Ihab Youssef	17	Elethead	5:48.99	___
10	Mazen Mohamed Mohamad	16	NASR		NT ___
Heat 5 of 13 Finals					
1	Adham Ayman Ebrahim Swi	15	TANTA	5:32.41	___
2	Yasien Hytham Fayez	16	Cairo	5:29.20	___
3	Amr Hany Mahmoud Ahmei	17	AHLY	5:27.39	___
4	Adham Mostafa Ibrahim	15	El Temsah	5:25.23	___
5	Abd ElRahman Mohamed Sc	16	SHAMS	5:23.54	___
6	Mohamed Ibrahim Zakreya	15	A S E C	5:24.81	___
7	Omar Shady Mohamad Ali F	15	SMOHA	5:26.90	___
8	Kareem Mohamed Fouad A	18	TWFIK	5:27.88	___
9	Mhmoud Wled Fkri Mhmou	18	6 OCT	5:32.17	___
10	Aly Mahmud Ez el den	15	HELOP	5:33.35	___

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

Meet Program

Heat 6 Finals (#23 Boys 15 & Over 400 LC Meter IM Age Groups)

1	Yehia Samer Wafek	16	HELOP	5:22.32	___
2	Omar Tamer Issa	15	RWAD	5:21.17	___
3	Ahmed Wael Ahmed Mohan	19	Bank Ahly Alex	5:17.47	___
4	Yahya Yasser Mohamed Elbl	17	Bank Ahly Alex	5:16.72	___
5	Ahmed Hassan Ahmed Hass	17	DEGLA	5:15.95	___
6	Moaz Eslam Kamal Eldeen I	15	SMOHA	5:16.47	___
7	Omar Gawad Mohamed	17	Cairo	5:17.05	___
8	Omr Ahmed Farouk	17	Cairo	5:18.28	___
9	Hazem Mohamed Hesenn Sol	15	Bank Ahly Alex	5:22.29	___
10	Ahmed Medhat Ahmed Mos	16	DEGLA	5:22.71	___

Heat 7 of 13 Finals

1	Yassin Amir	20	GHABA	5:15.60	___
2	Anwar Ayman Mohamed M	15	Olympic	5:15.49	___
3	Eyad Osama Ramadan	19	AHLY	5:14.92	___
4	Omar Essam Mhmoud Abde	16	6 OCT	5:14.80	___
5	Ahmad Ehab Ebrahim Abde	15	SMOHA	5:14.40	___
6	Hatem el Ameer Salah el dir	15	Al Hawar	5:14.63	___
7	Ahmed Osama Hassan Abd	17	Bank Ahly Alex	5:14.90	___
8	Bahy Mohy Mohamed	19	ZMALK	5:15.30	___
9	Yousf Aymn Ebrahim Ahme	18	6 OCT	5:15.55	___
10	Eyad Mohamed Shokry Moh	15	6 OCT	5:15.60	___

Heat 8 of 13 Finals

1	Ahmed Emad Samir Hassan	18	HELDO	5:13.71	___
2	Ahmed Maged Ghoureib	15	DEGLA	5:13.53	___
3	Malek Mohamed Bazan	16	MAADI	5:12.81	___
4	Hamza Ahmed Morsi Morsi	17	6 OCT	5:12.41	___
5	Mohamed Amr Elsayed Abd	15	Olympic	5:10.85	___
6	Moustafa Essam Wahba	16	Sporting	5:12.10	___
7	Mahmoud Hassan Mohame	15	SHAMS	5:12.74	___
8	Youssef Yasser Farouk Hass	15	Sporting	5:13.47	___
9	Mohamed Haytham Ahmed	16	AHLY	5:13.61	___
10	Moamen Khalid Mohamed	18	ZMALK	5:13.76	___

Heat 9 of 13 Finals

1	Youssef Abdel Aziz Alaa	17	DEGLA	5:10.42	___
2	Omar Ahmed Mohamed An	15	AHLY	5:09.94	___
3	Mohammed Magdy Hassan	15	El Temsah	5:07.83	___
4	Omr Hany Abdelwhab	16	GHABA	5:06.58	___
5	Yassien Yasser Hassan	16	SMOHA	5:05.87	___
6	Moamen Amr Mohamad Ha	15	SMOHA	5:06.23	___
7	Karim Sameh Karim	15	TRSAN	5:07.30	___
8	Ahmed Yasser Yehia	18	Cairo	5:08.74	___
9	Mazen Refaat Mahmoud	15	AHRAM	5:09.94	___
10	Mazen Majed Mahmoud	15	AHRAM	5:10.52	___

Heat 10 of 13 Finals

1	Mohamed Bahgat Mohamec	16	Stad Mansoura	5:04.47	___
2	Mohamed Waled Mahmoud	17	ZMALK	5:02.64	___
3	Omar Mohamed Ahmed Fat	16	SHOOT	5:02.19	___
4	Abd Elrahman Amr Abd Elf	17	SHAMS	5:00.74	___
5	Anas Mostafa Shaker	15	DEGLA	4:58.50	___
6	Omar Mohamed Yehia	16	DEGLA	4:59.23	___
7	Saif Mohamed Mahmoud M	15	SHOOT	5:01.03	___
8	Youssef Ehab Mostafa	18	AHLY	5:02.27	___
9	Omar Mohsen Ramdan Abd	18	SMOHA	5:04.04	___
10	Youssef Tamer Mohamed H	18	DEGLA	5:04.86	___

Heat 11 of 13 Finals

1	Khaled Hesham Ahmed	16	Elethead	4:57.60	___
2	Gamal Metwaly Gamal Moh	20	ZOHUR	4:55.30	___
3	Yossef Ayman Abdalla Moh	15	SMOHA	4:53.87	___
4	Farouk Mohamad Elgedely	16	SMOHA	4:53.56	___
5	Abd El Rahman Hisham Fat	17	Sporting	4:51.53	___
6	Omar Hany Abdalla	21	AHLY	4:52.79	___
7	Seif Amr Mahmoud Alsokry	17	6 OCT	4:53.68	___
8	Omar Ahmed Salah	17	AHLY	4:53.93	___
9	Ibrahim Yasser Farahat Abd	17	MAADI	4:56.37	___
10	Zeiad Hamdy Amin Ossman	20	ZMALK	4:57.70	___

Heat 12 of 13 Finals

1	Saif ELIn Sameh A.Elmoae	20	DEGLA	4:51.10	___
2	Rohaim Tolba	16	SHOOT	4:49.70	___
3	Youssef Amr Sayed	17	DEGLA	4:47.34	___
4	Omar Mohamed Hassan	15	AHLY	4:47.05	___
5	Moahmed Ahmed Salem Ha	16	SMOHA	4:46.38	___
6	Omar Ahmed Hassan Ryaar	18	SHAMS	4:47.03	___
7	Saied Mohamed Abd Elgaw	20	Sporting	4:47.22	___
8	Karim Magid Abdelgilil	16	ZMALK	4:47.92	___
9	Hamza Moahmed Mhmoud	16	SMOHA	4:51.07	___
10	Kareem Ahmed Ibrahim	17	Sporting	4:51.52	___

Heat 13 of 13 Finals

1	Ahmed Mohamed Amr	19	ZOHUR	4:44.13	___
2	Adam Yousry Bebars	17	AHLY	4:42.20	___
3	Yousef Adel Ramadan	18	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	SMOHA	4:37.91	___
7	Ahmed Mohamed Ahmed al	17	SHOOT	4:41.60	___
8	Seif Ahmed Hegazy	19	AHLY	4:42.15	___
9	Yassin Mohamed Abdelgaw	17	OLMPA	4:43.37	___
10	Yassin Esam El Din	19	Sporting	4:44.89	___

Event 24 Girls 15 & Over 100 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Finals

2	Sondos Mohamed Salah El I	15	Elethead	NT	___
3	Hana Mohamed Ezzat Taha	15	HELOP	NT	___
4	Nataly Gorge Atif Tawfik	15	DEGLA	NT	___
5	Nada Wageih Ail	23	ENPPI	NT	___
6	Arwa Hesham Sayed	16	DEGLA	NT	___
7	Mariam Mohammed Hamdy	18	SHOOT	NT	___
8	Sagda Mohamed Salah	15	Elethead	NT	___

Heat 2 of 14 Finals

1	Farida Ahmed Ibrahim	17	GHABA	NT	___
2	Nour Elshamy	15	Sporting	NT	___
3	Sara Ahmed Eissa	15	MAADI	NT	___
4	Hoda Mohammed Said Adel	17	SHOOT	NT	___
5	Kenzi Maher Abdelwahab	15	Elethead	1:44.81	___
6	Merna Mohamed adb Elhad	19	ZMALK	NT	___
7	Dana Khaled Mohamed	16	DEGLA	NT	___
8	Mariam Hazem Abd Elshko	16	SHOOT	NT	___
9	Souhaila Abou El Mgd Ahme	22	6 OCT	NT	___
10	Laila Ahmed Adel El Kholy	19	MAADI	NT	___

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

Meet Program

Heat 3 Finals (#24 Girls 15 & Over 100 LC Meter Breaststroke Age Gro

1	Swlaf Samer Abdalla Sharar	17	Y.M.C.A	1:41.26	___
2	Arwa Sherif Mohamed Samy	18	SHOOT	1:39.87	___
3	Ghoswn Wahed Mohamed	19	El Obour	1:37.56	___
4	Dana Ahmed Mahmoud	16	Elethead	1:37.02	___
5	Habeba Waled Mahmud Shr	15	SMOHA	1:35.74	___
6	Merna Alaa Mohamed	17	DEGLA	1:36.06	___
7	Menna Mohamed Ahmed	15	SENZO	1:37.17	___
8	Amina Maged	20	Sporting	1:38.47	___
9	Salma Wael Abdelmonem	17	ENPPI	1:40.23	___
10	Khadiga Ahmed Mohamed I	16	SHOOT	1:42.55	___

Heat 4 of 14 Finals

1	Yasmen Samer Mahmoud	20	AHLY	1:35.39	___
2	Hanen Aadelf Hossien	18	TALBE	1:35.03	___
3	Yasmin Ahmed El Tahlawy	18	AHLY	1:34.65	___
4	Gana Ibrahim Abdalla	17	TALBE	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	DEGLA	1:34.72	___
9	Habiba Ayman Abbas Maar	15	Sporting	1:35.07	___
10	Roaa Ahmed Darwish	16	DEGLA	1:35.72	___

Heat 5 of 14 Finals

1	Jana Alaa	18	Sporting	1:33.71	___
2	Nour Hossam Zaghloul	16	Sporting	1:32.99	___
3	Salma Abd Ella Abd Elhame	18	TALBE	1:32.55	___
4	Salma Mohamed Elsaid Tan	15	ZMALK	1:31.60	___
5	Renad Mohamed Rafek Farc	15	Bank Ahly Alex	1:31.25	___
6	Ganna Mohamed Mahmoud	17	AHLY	1:31.46	___
7	Mai Mohamed Ramadan	16	TALBE	1:32.42	___
8	Karma Ihab Ali	15	DEGLA	1:32.84	___
9	Dalia Ahmed Abdelsalam	19	MAY15	1:33.53	___
10	Fareda Amr Mohamed Foua	15	HELOP	1:33.98	___

Heat 6 of 14 Finals

1	Nour Diaa 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 Most	17	HELDO	1:29.06	___
5	Hana Tarek Fared	20	SHOOT	1:28.63	___
6	Farida Ahmed Fouad	17	DEGLA	1:28.69	___
7	Nadine Bassem Joseph	15	DEGLA	1:29.34	___
8	Jana Youssef Gadelrab Abuz	15	Olympic	1:30.20	___
9	Tasnem Mohamed Mohame	19	SMOHA	1:30.44	___
10	Jana Ashraf Mohamed Gabe	17	Olympic	1:31.19	___

Heat 7 of 14 Finals

1	Youmna Hesham Mohsen	15	AHLY	1:28.31	___
2	Hana Mohamed Asharaf Ma	15	SHAMS	1:27.89	___
3	Nada Mohamed Ahmed Kaf	16	ZMALK	1:27.80	___
4	Noha Alaa Abd Elhlim	19	ZOHUR	1:27.73	___
5	Rowida Ayman Mohamed	17	TALBE	1:27.34	___
6	Habeba Mostafa Gamal Elde	17	Gezira El Ward	1:27.37	___
7	Habiba Ahmed Hassan	15	AHLY	1:27.73	___
8	Salma Mohamedf Abdel Sal	19	HELDO	1:27.80	___
9	Sandra Medhat Mohamed	18	AHLY	1:28.05	___
10	Yossra Mostafa Kamel	16	Elethead	1:28.55	___

Heat 8 of 14 Finals

1	Lena Hany Mohamed	16	AHLY	1:27.10	___
2	Saga Alaa Adel Ibrahim	15	SHOOT	1:26.94	___
3	Salma Saed Elsamadony	15	TANTA	1:26.89	___
4	Marwa Mohamed Hanfy	17	Y.M.C.A	1:26.66	___
5	Khadiga Yasser Fattouh	16	AHLY	1:25.92	___
6	Malak Mohamed Abdelmon	17	DEGLA	1:26.31	___
7	Malak Mohamed Samir Dar	15	DEGLA	1:26.78	___
8	Basmala Ramdan Mostafa M	16	Bank Ahly Alex	1:26.91	___
9	Toka Ayman Ebrahim Eldsc	15	SMOHA	1:27.09	___
10	Jana Mohamed Abd Elkariel	15	6 OCT	1:27.16	___

Heat 9 of 14 Finals

1	Hana Mohamed Youssef Mo	17	SMOHA	1:25.52	___
2	Sarah Karim Mohamed Gala	17	SMOHA	1:25.22	___
3	Mariam Hatem Anwar EL Sa	16	SHOOT	1:25.10	___
4	Zeina Wael Abd Elmohsen	16	SHOOT	1:24.76	___
5	Yara Hassan Fathy	16	TWFIK	1:24.41	___
6	Nourallah Ahmed Fahmy	16	AHLY	1:24.51	___
7	Dilara Khaled Ahmed Moha	17	Olympic	1:24.77	___
8	Kholoud Abdelfatah Ali Abd	17	SMOHA	1:25.14	___
9	Loujin Reda Ebrahim Abd E	15	6 OCT	1:25.35	___
10	Sagwa Khaled Mostafa Mah	15	Bank Ahly Alex	1:25.86	___

Heat 10 of 14 Finals

1	Goumana Wael Hosny	16	AHLY	1:24.28	___
2	Lorian Hany	15	Sporting	1:24.14	___
3	Sara Elhamy Foad Abd El Sa	18	MAADI	1:24.06	___
4	Kanzy Waled Hamad	16	SMOHA	1:23.89	___
5	Jomana Hamdy Ameen	16	ZOHUR	1:23.42	___
6	Rewan Sherief Zayan	18	Olympic	1:23.86	___
7	Rawan Yossry Zaky Khalaf	15	SHAMS	1:24.01	___
8	Lemar Samer Elsaied Anwa	15	SMOHA	1:24.12	___
9	Laila Mohamed Fathy	16	SHOOT	1:24.24	___
10	Kinzy Yahia Mohamed Same	15	ENPPI	1:24.32	___

Heat 11 of 14 Finals

1	Malak Mostafa Mahmoud	15	Elethead	1:23.15	___
2	Menat Allah Medhat abd el	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 Sab	16	HELOP	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	DEGLA	1:23.31	___

Heat 12 of 14 Finals

1	Rawda Mohamed Mobark A	18	DEGLA	1:21.77	___
2	Roqaya Saad Mohamed	15	ZMALK	1:21.43	___
3	Malak Ali Atia	16	SMOHA	1:21.17	___
4	Nada Mohamed Magdy	15	Elethead	1:20.80	___
5	Masa Mostafa abd Elghany	15	TANTA	1:20.61	___
6	Bassant Gamil Barakat	16	AHLY	1:20.77	___
7	Lara Amr Mahmoud Alsokk	15	6 OCT	1:21.10	___
8	Kanzy Hesham Rashad	20	SHOOT	1:21.22	___
9	Gana Mohamed Ahmed Sala	18	GHABA	1:21.75	___
10	Mariam Ahmed Abdel Hahn	15	AHLY	1:21.81	___

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

Meet Program

Heat 13 Finals (#24 Girls 15 & Over 100 LC Meter Breaststroke Age Gr

1	Lian Shady Sabry	19	HELOP	1:20.41	___
2	Mariam Mohamed Soliman	16	DEGLA	1:19.67	___
3	Nadine Ayman Hussein	18	AHRAM	1:19.54	___
4	Karma Ahmed Nabil	19	SHOOT	1:17.81	___
5	Gana Nasr El Din Ali	19	Sporting	1:17.74	___
6	Goudy Abdelhalem Fathala	18	Bank Ahly Alex	1:17.75	___
7	Shahd Mohamed Ismael	18	SMOHA	1:18.00	___
8	Hana Mostafa Ahmed Hamd	22	AHLY	1:19.63	___
9	Mariam Walid Sayed	15	DEGLA	1:20.26	___
10	Maryam Emad Mohamed El	18	Gezira El Ward	1:20.59	___

Heat 14 of 14 Finals

1	Maya Ahmed Ragheb	16	Sporting	1:17.28	___
2	Nadine Mohamed Amin	17	AHLY	1:16.57	___
3	Hedy Amr Moustafa Hamou	24	HELOP	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	SHROK	1:14.98	___
7	Rewida Hisham Tolba Ibrah	28	AHLY	1:15.47	___
8	Dana Rafik El Saady	15	DEGLA	1:16.31	___
9	Mariam Mohamed Ahmed K	17	SMOHA	1:16.86	___
10	Mariem Mohamed Emad Fa	18	MAADI	1:17.48	___

Event 25 Girls 15 & Over 800 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

2	Fatema Tamer Ahmed Sayed	16	DEGLA	NT	___
3	Jana Atef Rabie Ahamed	15	SHOOT	NT	___
4	Zeina Ayman Saad	17	ZMALK	NT	___
5	Mariam Ahmed Zahran	16	Sporting	NT	___
6	Hana Hesham Saleh	18	DEGLA	NT	___
7	Shrouk Mohamed Rashad M	15	Olympic	NT	___
8	Yosr Aneer Mostafa Elganz	19	SMOHA	NT	___
9	Esraa Yahia Zakaria Towfik	15	6 OCT	NT	___

Heat 2 of 10 Finals

1	Farida Tharwat Maher	20	AHLY	NT	___
2	Jannah Mohamed Farouk	18	Sporting	11:56.95	___
3	Menaallah Mhmod Elsayed	17	SMOHA	11:38.32	___
4	Farida Mohamed Soliman	16	ZMALK	11:30.43	___
5	Fatma Amro Sabry Rashed	15	SHAMS	11:16.98	___
6	Salma Ahmed Moustafa	15	SENZO	11:17.34	___
7	Zenab Wagdy Saber	18	ZMALK	11:37.72	___
8	Arwa Adel Ghaleb	17	ZMALK	11:56.01	___
9	Menna Mohamed Ahmed	15	SENZO	12:05.30	___
10	Aysel Sameh Mahmoud	15	ZOHUR	NT	___

Heat 3 of 10 Finals

1	Katrin Magdy Gad Gaed	15	6 OCT	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	ZMALK	10:48.24	___
5	Farida Haitham Nabil Ali Za	17	SMOHA	10:44.43	___
6	Hana Tamer Ibrahim	15	Elethead	10:45.66	___
7	Donia Motaz Mohamed abd	16	MRAC	10:53.23	___
8	Freda Hesham Mahmoud	16	HELOP	10:58.21	___
9	Esraa Ehab Zamel	19	ZMALK	11:02.84	___
10	Rawda Abdelfadl Mahmoud	16	ZMALK	11:12.87	___

Heat 4 of 10 Finals

1	Nour Elsabah Ahmed Amer	17	AHLY	10:43.60	___
2	Rokia Mohamed Abdelrahm	15	OLMPA	10:40.03	___
3	Malak Mohamed Hassan	15	ZMALK	10:37.12	___
4	Malak Ahmed El Kayal	16	Sporting	10:35.88	___
5	Dima Khaled Mohamed	15	DEGLA	10:29.77	___
6	Maryem Ahmed Saed Mahr	17	TANTA	10:32.54	___
7	Hana Nasser El Safty	16	SHOOT	10:36.06	___
8	Renad Khedr Alaam	15	Baladyat El Maha	10:37.18	___
9	Gana Aboeella Abdelnafa	15	SHOOT	10:42.04	___
10	Sama Atef Sayed	15	DEGLA	10:43.67	___

Heat 5 of 10 Finals

1	Rinad Walid Goma	15	Stad Mansoura	10:25.25	___
2	Salma Ahmed ali Mostafa	18	GHABA	10:21.33	___
3	Hala Walid Abbas Abdelgaw	15	Olympic	10:20.64	___
4	Yara ali el Koshy	18	ZMALK	10:19.10	___
5	Menatalla Morsy	16	SMOHA	10:18.23	___
6	Gana aly Refaat aly	16	ZMALK	10:18.88	___
7	Mariam Yasser Mohamed SI	16	AHLY	10:20.18	___
8	Rodaina Ayman Mohamed	16	AHLY	10:21.08	___
9	Laila Ashraf Salah	15	DEGLA	10:21.58	___
10	Dina Alaa Ibrahim Hussien	17	SMOHA	10:27.26	___

Heat 6 of 10 Finals

1	Manar Adel Abdelaziz Ahme	16	Elec	10:16.88	___
2	Farida Amr Tarek Zaied	15	ZOHUR	10:10.76	___
3	Basmla Reda Shaban	16	Elec	10:09.11	___
4	Rancy Mohamed Hafez	15	TANTA	10:08.33	___
5	Hala Hany Abdelwahab	17	GHABA	10:07.08	___
6	Gana Noaaman Samer	15	Al Hawar	10:07.23	___
7	Habiba Hossam Abdraboh A	15	SHAMS	10:08.77	___
8	Rawan Mohamed Saleh Moh	15	SHAMS	10:10.06	___
9	Jana Mohamed Ahmed	19	DEGLA	10:10.83	___
10	Nour Amgad Ali Fahmy	16	SHAMS	10:17.28	___

Heat 7 of 10 Finals

1	Rokaia Hisham Ahmed	17	SHOOT	10:04.96	___
2	Nour Ahmad Mahmud Abde	15	SMOHA	10:03.20	___
3	Rodaina Wael Mohamed	20	RWAD	10:02.18	___
4	Kenzy Shadi Mohamed Elhe	15	Stad Mansoura	10:01.12	___
5	Habeba Mohamed Saleh Mh	16	6 OCT	9:59.11	___
6	Zena Hesham Mahfoz	16	TANTA	9:59.16	___
7	Doreen Walid Fathy	17	TWFIK	10:01.55	___
8	Marim Mhmod Elsaid Elshil	19	SMOHA	10:02.82	___
9	Shahd Yousry Mohamed Ha	18	Olympic	10:03.77	___
10	Fayrouz Mohamed Hussien	15	Pegasus Club	10:05.22	___

Heat 8 of 10 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 M	20	SHAMS	9:53.50	___
7	Yasmine Yasser Mamdouh	19	SHOOT	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	ZOHUR	9:58.37	___

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

Meet Program

Heat 9 Finals (#25 Girls 15 & Over 800 LC Meter Freestyle Age Groups)

1	Kenzy Hazem Moneeb	17	Cairo	9:51.37	___
2	Rahma Ahmed Mohamed	15	SHOOT	9:49.65	___
3	Marim Mohamed Bakr	15	TRSAN	9:48.49	___
4	Sara Ahmed Alsaed Abdow	19	6 OCT	9:47.96	___
5	Mariam Hesham Mohamed	19	AHLY	9:45.27	___
6	Habiba Mohamed Nashaat /	15	HELDO	9:46.23	___
7	Mariam Mohamed ali	19	Pegasus Club	9:48.00	___
8	Laila Mohamed Fathy	16	SHOOT	9:49.14	___
9	Joudy Mohamed Aly	18	Sporting	9:51.24	___
10	Gana Emad Gaad Hosny	20	SHAMS	9:51.59	___

Heat 10 of 10 Finals

1	Nabila Hassan Ismail	16	OLMPA	9:36.76	___
2	Sandy Ayman Atef	23	AHLY	9:26.97	___
3	Nadine Karim Mansour Sale	17	SHOOT	9:17.67	___
4	Farah Tarek	17	AHLY	9:17.42	___
5	Loujin Abd Alla Slah Zkey	19	SHOOT	9:07.07	___
6	Sara Mohamed Bhaa	18	HELOP	9:17.14	___
7	Lamees Amr Mhmoud Elsol	16	6 OCT	9:17.67	___
8	Shahd Sameh Safouat Shaat	19	HELDO	9:21.96	___
9	Arwa Faysal Al Sherif	15	AHLY	9:36.61	___
10	Sama Mohamed Makram Al	16	Gezira El Ward	9:42.67	___

Event 26 Boys 15 & Over 100 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 40 Finals

1	Mohamed Hossam el din Sa	15	DEGLA	NT	___
2	Mohamed Ibrahim Zakreya	15	A S E C	NT	___
3	Hasan Hatem Hasan	17	DEGLA	NT	___
4	Nadeem Naser El Din Fawzy	23	TANTA	NT	___
5	Awny Mohamad Awny	16	SMOHA	NT	___
6	Marvin Medhat Shokry	17	SHOOT	NT	___
7	Amir Ramadan Sayed Rama	22	6 OCT	NT	___
8	Ramez Amr Mohamed Ibral	16	DEGLA	NT	___
9	Adam Samer AbdElghany M	19	SMOHA	NT	___
10	Youssef Waleed abd Elazez	16	Elethad	NT	___

Heat 2 of 40 Finals

1	Youssef Ahmed Ratb	15	Elethad	NT	___
2	Eyad Ahmed Zakaria	18	AHLY	NT	___
3	Youssef Tamer Mohyeldin	16	SMOHA	NT	___
4	Abdelrahman Khaled Sabry	17	Olympic	NT	___
5	Seif el Din Ayman Farid	15	DEGLA	NT	___
6	Hamza Mohamed Shoaib	15	DEGLA	NT	___
7	Adham Mohamed Fawzy	16	DEGLA	NT	___
8	Adam Mohamed Eldejwy	15	Meit Khakan	NT	___
9	Yehia Faysal Mohamed	17	HELOP	NT	___
10	Youssef Mahmoud Soliman	16	DEGLA	NT	___

Heat 3 of 40 Finals

1	Bilal Mohamed Mohamed	18	Y.M.C.A	NT	___
2	Abdelharman Shref Anes Ib	17	SMOHA	NT	___
3	Adham Nader Samir Mohan	16	SMOHA	NT	___
4	Ali Ahmed Abdulmageed	16	GEZIR	NT	___
5	Abd Elrhmam Ahmed Al Hm	19	El Obour	NT	___
6	Adam Medhat ezz Eldin	15	DEGLA	NT	___
7	Hamza Mostafa Mohamed	17	Palm Hills	NT	___
8	Ahmed Wael el Mohandes	18	HELOP	NT	___
9	Mohamed Ahmed Abd Elbal	23	Sporting	NT	___
10	Amr Mohamed Abu Elfettou	15	DEGLA	NT	___

Heat 4 of 40 Finals

1	Youssef Galal Sayed	15	DEGLA	NT	___
2	Mohamed Nashaat Abdelha	17	ZMALK	NT	___
3	Abdelrahman Sobhy Abdelh	15	Bank Ahly Alex	NT	___
4	Hamza Ahmed Morsi Morsi	17	6 OCT	NT	___
5	Yehia Samer Wafek	16	HELOP	NT	___
6	Talal Ashraf Abdel Fatah	15	DEGLA	NT	___
7	Zeyad Mohamed Elsayed	15	Sporting	NT	___
8	Ahmed Hani Ezzat	15	SHOOT	NT	___
9	Yousef Reda Saad Elhefnaw	16	Stad Mansoura	NT	___
10	Ziad Abdallah Zakria	16	NASR	NT	___

Heat 5 of 40 Finals

1	Marwan Mohamad Morsy E	15	SMOHA	NT	___
2	Mohamed Hany Ahmed Has	17	SHAMS	NT	___
3	Youssef Shams Elden Gaber	15	A S E C	NT	___
4	Sohaib Khaled Emam	20	AHLY	NT	___
5	Youssef Tamer Gaber Moha	17	SMOHA	NT	___
6	omr Ayman Hamdi	18	Elethad	NT	___
7	Adham Ibrahim Basuni	17	GHABA	NT	___
8	Begad Ashraf Abdel Fatah	17	DEGLA	NT	___
9	Mahmoud Ahmed Mohame	15	A S E C	NT	___
10	Saleh Hossam El Din Saleh	20	ZOHUR	NT	___

Heat 6 of 40 Finals

1	Mostafa Mohamed Salah Sa	15	TANTA	NT	___
2	Youssef amr Mohamed	16	Elethad	NT	___
3	Omar Sherif Abd El Hamid	17	DEGLA	NT	___
4	Seif Mohamed Khalil Fathy	15	TANTA	NT	___
5	Kirlis Asaad Aaryan	15	GHABA	NT	___
6	Yousif Mohamed Soliman O	18	SMOHA	NT	___
7	Abdelharman Hany Moham	17	SMOHA	NT	___
8	Youssef Ahmed Taha	19	ZMALK	NT	___
9	Ahmed Mohamed Badawy	16	DEGLA	NT	___
10	Adam Ahmed Mohamed Ka	17	SHAMS	NT	___

Heat 7 of 40 Finals

1	Ali Mohamed Tawfeq	17	DEGLA	NT	___
2	Selim Hamza El Faitoury	16	Sporting	NT	___
3	Mohammed Ahmed Elsaeed	16	MRAC	NT	___
4	Adham Ahmed Mahmoud	18	AHLY	NT	___
5	Yassin Hassan Hosny Ahme	15	Elethad	NT	___
6	Omar Mahmoud Aly Tawfik	17	AHLY	NT	___
7	Ahmed Mohamed Abdelrazi	19	Olympic	NT	___
8	Mohamed Taha Abd El Raou	18	DEGLA	NT	___
9	Yehya Tamer Hamdy Shwat	15	TANTA	NT	___
10	Omar Ahmed Sayed	16	DEGLA	NT	___

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

Meet Program

Heat 8 Finals (#26 Boys 15 & Over 100 LC Meter Butterfly Age Groups)

1	Omar Khaled Abdelrhim	17	Ismaily	NT	___
2	Karim Ahmed Khaled Elewa	21	SHAMS	NT	___
3	Yassin Ahmed Fawzy	15	Meit Khakan	NT	___
4	Kareem Mohamed Payomy	16	6 OCT	NT	___
5	Fares Ayman Esmaeel	16	SMOHA	NT	___
6	Yossef Magdy el Azhary	18	HELOP	NT	___
7	Essam Hassan Allam	15	GEZIR	NT	___
8	Ahmed Wael Saad Mohamed	18	Olympic	NT	___
9	Ahmed Yahia Saied	17	Elethad	NT	___
10	Mohamed Khaled Mohamec	15	SHOOT	NT	___

Heat 9 of 40 Finals

1	Mohaned Walid Mohamed	16	SHOOT	1:31.78	___
2	Ismail Tamer Ismaiel	15	SHAMS	1:22.96	___
3	Adham Ahmed Mohamed	15	6 OCT	1:20.29	___
4	Adham Ahmed Ragab	17	DEGLA	1:18.98	___
5	Ali Amr Mohamed Taha	15	Bank Ahly Alex	1:18.18	___
6	Baderelden Nabel Badr Kas	17	Bank Ahly Alex	1:18.21	___
7	Omar Mohamed abu Bakr	15	AHRAM	1:19.83	___
8	Hazem Mohamed Abd Elhai	15	ZOHUR	1:20.54	___
9	Abdallah Mohamed Metwal	15	DEGLA	1:23.49	___
10	Omar Khaled Abo El Magd	18	AHLY	NT	___

Heat 10 of 40 Finals

1	Youssef Ahmed Fathy Abdel	15	DEGLA	1:16.39	___
2	Marwan Reda Hussein	15	SENZO	1:16.25	___
3	Yousef Ashraf Ahmed	16	HELOP	1:15.60	___
4	Aly Elden Hany Basiony	15	NASR	1:15.18	___
5	Abdullah Mohamed Abdella	15	Sporting	1:14.74	___
6	Islam Farag Saleh	15	DEGLA	1:15.03	___
7	Mohamed Magdy Atef Ebral	15	6 OCT	1:15.20	___
8	Khaled Mohamed Ezzat Abc	15	TRSAN	1:15.77	___
9	Mostafa Moataz Mohamed	15	DEGLA	1:16.33	___
10	Yassin Samer Wagdy	15	Nasr City	1:16.43	___

Heat 11 of 40 Finals

1	Mokhtar Ahmed Faiyad	16	Sporting	1:14.46	___
2	Adel Khaled Gougou	15	Sporting	1:14.14	___
3	Moaz Mohamed Ismaeel	15	RWAD	1:13.53	___
4	omr abd Elrhman ali	16	Elethad	1:12.99	___
5	Zeyad Sayed Ahmed	15	GHABA	1:12.83	___
6	Omar Moatasem Mahmoud	16	GHABA	1:12.91	___
7	Youssef Mohamed Youssef	15	Ultimate	1:13.00	___
8	Mohamed Waled Taher	15	RWAD	1:13.64	___
9	Abdel Aziz Mohamed Abdel	17	DEGLA	1:14.43	___
10	Ahmad Amr Adel Abaza	15	SMOHA	1:14.65	___

Heat 12 of 40 Finals

1	Omer Ahmed Abo Bakr	15	SHOOT	1:12.44	___
2	Marwan Mahmoud Mabrou	16	NASR	1:12.30	___
3	Bassel Mostafa Mohamed	15	DEGLA	1:11.72	___
4	Yossef Hany Abo Neama	16	GHABA	1:11.63	___
5	Omar Mohamed Hassan	15	DEGLA	1:11.38	___
6	Sherif Atef Mohamed Moha	15	RWAD	1:11.49	___
7	Eslam Mostafa Mohamed Se	16	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	HELDO	1:12.65	___

Heat 13 of 40 Finals

1	Ibrahim Mohamed Ibraher	17	SMOHA	1:11.10	___
2	Mohamed Ahmed Mohamed	15	AHLY	1:10.45	___
3	Sofyan Hassan Mohamed	16	Ismaily	1:10.37	___
4	Omar Ayman Wahied Moha	15	SHAMS	1:10.13	___
5	Yehia Waleed Sultan	15	DEGLA	1:10.07	___
6	Ahmed Ismeil	16	Nasr City	1:10.11	___
7	Elgamel Youssef Elgamel Yo	15	Olympic	1:10.20	___
8	Ahmed Mohamed Rashed G	15	A S E C	1:10.39	___
9	Mahmoud Ahmed Yehya	16	DEGLA	1:10.61	___
10	Amr Ahmed Osama	16	DEGLA	1:11.10	___

Heat 14 of 40 Finals

1	Adam Tarek Adel EL Ghazol	15	HELOP	1:09.89	___
2	Omar Walid Hatem	15	DEGLA	1:09.82	___
3	Zeaid Yehia Mohamed	16	SHOOT	1:09.80	___
4	Zeyad Ashraf Mohamed Ebr	15	TANTA	1:09.34	___
5	Mahmoud Shrif Mahmoud	15	NASR	1:09.04	___
6	Hassan Karim Aglan	15	Sporting	1:09.14	___
7	Mohamed Mostafa Alla' EID	15	SHOOT	1:09.72	___
8	Mohamed Ahmed Dewan	18	DEGLA	1:09.81	___
9	Ahmed Mohamed Elzawaw	16	TANTA	1:09.85	___
10	Abdel Rahman Ahmed Nour	15	BNKG	1:09.94	___

Heat 15 of 40 Finals

1	Ahmed Fady Elharty	16	TANTA	1:08.94	___
2	Yassin Ahmed Sayed Hafez	17	Elethad	1:08.74	___
3	Yossef Hossam Mohamed El	16	SHOOT	1:08.51	___
4	Hamza Hossam Eldin Faye	15	Police Club	1:08.31	___
5	Yasin Amro Mamdouh	16	HELOP	1:08.25	___
6	Amro Hosen Fathy Hosen	15	TANTA	1:08.28	___
7	Yassen Tayie Mohamed Tayi	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 Finals

1	Ali Ahmed El Prince	15	DEGLA	1:08.07	___
2	Marwan Ahmed Fathy Abde	17	DEGLA	1:08.04	___
3	Ibrahim Mostafa Ibrahim	17	MRAC	1:07.98	___
4	Salman Khaled Saber Kame	16	RWAD	1:07.93	___
5	Abd EL Rahman Ahmed Rar	15	RWAD	1:07.83	___
6	Ahmed Mohamed Ahmed H	16	AHLY	1:07.86	___
7	Mohamed Ahmed Ibraheem	17	RWAD	1:07.94	___
8	Mostafa Samir Mohamed El	16	NASR	1:08.00	___
9	Abd Elrhman Ahmed ali	16	TRSAN	1:08.06	___
10	abd Allah Khaled abd Elmor	15	TANTA	1:08.21	___

Heat 17 of 40 Finals

1	Mohmed Essam Saied	16	Cairo	1:07.81	___
2	Moaz Waheed Ibraheem A	17	RWAD	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 Mc	15	Bank Ahly Alex	1:07.23	___
7	Ahmed Khaled Hashem Ali	15	HELOP	1:07.41	___
8	Abd ElRahman Mohamed S	16	SHAMS	1:07.51	___
9	Yassin Waleed Mohamed M	17	Olympic	1:07.62	___
10	Khaled Walied Atia	18	SHAMS	1:07.82	___

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

Meet Program

Heat 18 Finals (#26 Boys 15 & Over 100 LC Meter Butterfly Age Group):

1	Omar Gawad Mohamed	17	Cairo	1:06.99	___
2	Youssef Medhat Fathy	15	DEGLA	1:06.98	___
3	Ali Ahmed Abd el Monem O	18	SHAMS	1:06.89	___
4	Omar Mostafa Ahmed Most	15	RWAD	1:06.83	___
5	Yassin Safy Eldin	15	GHABA	1:06.67	___
6	Adham Ayman Ebrahim Sw	15	TANTA	1:06.71	___
7	Hazem Waheed Ibrahim	19	RWAD	1:06.85	___
8	Tamer Ahmed Ali	15	Elethead	1:06.94	___
9	Saleh Mohamed Mahmoud	15	AHLY	1:06.98	___
10	Ahmed Mohamed Mousa Kc	17	Olympic	1:07.10	___

Heat 19 of 40 Finals

1	Omar Ayman Mohamed Ma	16	DEGLA	1:06.52	___
2	Abdelrahman Mahmoud Mc	15	SHAMS	1:06.41	___
3	Marawan Mohamed Sayed	15	AHLY	1:06.30	___
4	Motaz amr Mostafa	15	TRSAN	1:06.22	___
5	Abdelrahman Mohamed Ra	17	ENPPI	1:06.17	___
6	Omar Amin Mohamed	16	TRSAN	1:06.20	___
7	Adham Ashraf Shawky Moh	16	ZMALK	1:06.25	___
8	Mostafa Mohamed Baker	17	TRSAN	1:06.38	___
9	Zein el den Tamer Mohame	15	HELOP	1:06.46	___
10	Hamza Hamdad Mohamed	17	DEGLA	1:06.62	___

Heat 20 of 40 Finals

1	Ahmed Mohamed Abdel Sal	15	HELDO	1:06.00	___
2	Mohamed Mahmoud Mohar	15	TANTA	1:05.92	___
3	Seif Mohamed Salah	16	Cairo	1:05.82	___
4	Adam Ahmed Elsaied aly	15	ZMALK	1:05.74	___
5	Saif Mohammed Salama	15	El Temsah	1:05.65	___
6	Yasen Ahmed eid Thabet	16	MRAC	1:05.69	___
7	Yousief Ahmed Yousief	15	Cairo	1:05.78	___
8	Mohamed Karim Mohamed	20	SMOHA	1:05.89	___
9	Yousif Islam Mohamed Ragz	15	ZMALK	1:05.98	___
10	Omar Mahmoud Saeid	15	Nasr City	1:06.13	___

Heat 21 of 40 Finals

1	Mahmoud Ashraf El Gayash	16	DEGLA	1:05.59	___
2	Kamal Eldin Khaled Alshah	15	Elethead	1:05.41	___
3	Ali Hesham Moh. Fekre Shri	19	GEZIR	1:05.27	___
4	Abd Allah Faisal Ebrahim	15	Swim Home	1:05.23	___
5	Mohamed Hany Elsebakhy	16	SMOHA	1:05.20	___
6	Youssef Ahmed Abo Elhassa	16	DEGLA	1:05.23	___
7	Aser Mohamed Adel Ahmed	15	Elethead	1:05.25	___
8	Abdelrahman Ayman Kama	15	Elethead	1:05.30	___
9	Adham Amr Mahmoud	18	AHLY	1:05.45	___
10	Mohamed Wael Abdel Monz	20	ENPPI	1:05.60	___

Heat 22 of 40 Finals

1	Hassn Ramy Ahmed	16	Sporting	1:05.09	___
2	Mohamed Emad Ahmed Mo	16	SMOHA	1:05.00	___
3	Eyad Ahmad Sobhy Ahmad	15	SMOHA	1:04.90	___
4	Omar Adel Ishaq	15	DEGLA	1:04.72	___
5	Yassin Ahmed Nabil	15	Sporting	1:04.63	___
6	Adham Tarik Ali Baiuomy	18	SMOHA	1:04.68	___
7	Omar Mohamad Ali Ebrahe	15	SMOHA	1:04.88	___
8	Hamza Ahmed Abdelslam M	15	Bank Ahly Alex	1:04.96	___
9	Mazen Tamer Mostafa	16	DEGLA	1:05.05	___
10	Eyad Waleed adb Alsalam	16	Elethead	1:05.20	___

Heat 23 of 40 Finals

1	Omar Mohamed Essam	16	DEGLA	1:04.57	___
2	Omar Mahmoud Hassan Ela	15	TRSAN	1:04.46	___
3	Amr Zakaria	16	SHOOT	1:04.44	___
4	Omar Essam Mhmoud Abde	16	6 OCT	1:04.17	___
5	Ahmed Emad Abdel Maabo	17	AHLY	1:04.07	___
6	Eyad Mohamed Samy	18	ZMALK	1:04.07	___
7	Yossef Sayed Ahmed Elsaye	16	GHABA	1:04.19	___
8	Yasin Waled Zaky Abo Ward	19	SMOHA	1:04.45	___
9	Moahmed Ahmed Farouq El	16	SMOHA	1:04.52	___
10	Yasien Hytham Fayez	16	Cairo	1:04.57	___

Heat 24 of 40 Finals

1	Yassin Hossam Elden Metw	16	ZOHUR	1:04.00	___
2	Abd Alla Nabil Eprahem	19	SHOOT	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 Asra	15	DEGLA	1:03.78	___
6	Mohanad Ashraf Farok Rasl	21	ZOHUR	1:03.82	___
7	Eyad Mohamed Amer	15	TANTA	1:03.87	___
8	Yahia Amr Mohamed	17	ZOHUR	1:03.97	___
9	Omar Samer Mahmoud	15	AHLY	1:03.98	___
10	Omar Shref el Motamer Mol	16	HELOP	1:04.07	___

Heat 25 of 40 Finals

1	Youssef Tawfik Hamdy Tawl	17	SENZO	1:03.77	___
2	Ali Mohamed Mousa	18	TANTA	1:03.72	___
3	Yousef Khaled A.Elrahman I	20	DEGLA	1:03.66	___
4	Mohamed Tarek Abasy	18	TANTA	1:03.65	___
5	Yousf Aymn Ebrahim Ahme	18	6 OCT	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	HELOP	1:03.67	___
9	Omar Ahmed Mohamed Am	15	AHLY	1:03.73	___
10	Karem Kamal Ahmed	17	TWFIK	1:03.78	___

Heat 26 of 40 Finals

1	Omar Mohamed Omar Sofy	16	SHOOT	1:03.39	___
2	Mazen Wael Ali Gaber	20	SMOHA	1:03.26	___
3	Ahmed Samy Hassan	15	M.S Tagamoa	1:03.25	___
4	Ahmed Tamer Gamal Eldin	15	DEGLA	1:03.15	___
5	Mohammed Magdy Hassan	15	El Temsah	1:03.08	___
6	Adham Moh. Galal ELDin EIS	18	GEZIR	1:03.10	___
7	Abdelrhman Ayman Mahmc	16	Bank Ahly Alex	1:03.22	___
8	Hamza Mohamed Habib	16	AHLY	1:03.25	___
9	Eyad Alaa El Kholy	16	DEGLA	1:03.34	___
10	Ahmed Medhat Mousa Marz	17	TANTA	1:03.43	___

Heat 27 of 40 Finals

1	Omar Atef el Sadat	15	Al Hawar	1:02.94	___
2	Bahy Mohy Mohamed	19	ZMALK	1:02.90	___
3	Ahmed Wael Ahmed Mohan	19	Bank Ahly Alex	1:02.82	___
4	Youssef Ahmed Hassan Abd	16	Elethead	1:02.67	___
5	Yehia Eslam Farouk	17	AHLY	1:02.65	___
6	Ahmed Samir Helmy El Saye	15	TWFIK	1:02.66	___
7	Mahmoud Hossam El din M	15	SHOOT	1:02.79	___
8	Yassin Youssef Mohamed El	15	Olympic	1:02.88	___
9	Mohamed Medhat Shalby	15	HELOP	1:02.93	___
10	Monzer Ahmed Amayem	16	TANTA	1:02.99	___

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

Meet Program

Heat 28 Finals (#26 Boys 15 & Over 100 LC Meter Butterfly Age Group):

1	Mohamed Hossam Mohame	18	A S E C	1:02.62	___
2	Ahmed Tarek Mohamed Abi	18	M.ARB	1:02.51	___
3	Braa Ayman Ali	19	ZOHUR	1:02.50	___
4	aly Saleeh aly	16	ZMALK	1:02.48	___
5	Eyad Ahmed Khatab	15	DEGLA	1:02.44	___
6	Adham Ahmed Hamada Ah	16	SHAMS	1:02.44	___
7	Hossen Ahmed Mohamed H	15	TANTA	1:02.49	___
8	Anas Mostafa Shaker	15	DEGLA	1:02.50	___
9	Abdalla Adel Abdalla	15	AHLY	1:02.59	___
10	Ahmed Mohamed Ghoraba	16	TANTA	1:02.63	___

Heat 29 of 40 Finals

1	Basel Sameh Mohamed	15	AHRAM	1:02.40	___
2	Anas Haythm Mohamad Els	15	SMOHA	1:02.24	___
3	Hesen Mohamad Elsaied Yo	15	SMOHA	1:02.14	___
4	Mohamed Yaser Fared Abd	17	SHAMS	1:02.03	___
5	Yamen Ayman Helmy	16	TANTA	1:01.99	___
6	Ahmad Ehab Ebrahim Abde	15	SMOHA	1:02.02	___
7	Farouk Mohamad Elgedely	16	SMOHA	1:02.08	___
8	Yehia Mohamed Saad Eldin	18	DEGLA	1:02.21	___
9	Karim amr Abd el Monem	18	DEGLA	1:02.34	___
10	Abdelrahman Mohamed Sai	15	Olympic	1:02.43	___

Heat 30 of 40 Finals

1	Ahmed Khaled Farouk Fade	15	6 OCT	1:01.91	___
2	Saif Mohamed Mahmoud M	15	SHOOT	1:01.83	___
3	Zeiad Mohamed Ahmed	17	BNK.G	1:01.74	___
4	Mostafa Omar Kamal ELDin	19	BNK.G	1:01.69	___
5	Mhmoud Tarik Ahmed Elge	16	SMOHA	1:01.54	___
6	Abdelrahman Osama Omar	19	Cairo	1:01.69	___
7	Mohnad Hitham Ibrahim	17	DEGLA	1:01.72	___
8	Zyad Mohamed Moawad	18	ZMALK	1:01.80	___
9	Mostafa Moh. Ahm. Moh. M	17	GEZIR	1:01.90	___
10	Kareem Ahmed Ibrahim	17	Sporting	1:01.96	___

Heat 31 of 40 Finals

1	Ahmed Waleed Abdel Hady	15	AHLY	1:01.32	___
2	Amr Wael Shawky	16	RWAD	1:01.15	___
3	Adam Shref Mostafa	19	HELOP	1:01.10	___
4	Mohamed Eslam Ibrahim	15	Stad Mansoura	1:00.96	___
5	Abdel Rahman Hazem Mou	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	TALBE	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 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	DEGLA	1:00.65	___
4	Seif Mohamed Sayed	16	ZOHUR	1:00.63	___
5	Mohamed Naser Ramdan	16	TALBE	1:00.58	___
6	amr Ibrahim Mohamed Ibra	18	Elec	1:00.59	___
7	Omar Mohamed Nabil	17	DEGLA	1:00.65	___
8	Karim Magdy Mohamed	17	ZOHUR	1:00.74	___
9	Hatem Ashraf Kamel	16	Gezira El Ward	1:00.81	___
10	Eyad Sherif Hassan	16	DEGLA	1:00.92	___

Heat 33 of 40 Finals

1	Abd Allah Tamer Abd El Ra	15	MAADI	1:00.51	___
2	Shady Wessam Mohamed	15	DEGLA	1:00.39	___
3	Omar Ahmed Gaber	19	Elethead	1:00.32	___
4	Abdelrahman Ahmed Mosta	17	Elec	1:00.31	___
5	Houssen Talal Houssen Say	19	6 OCT	1:00.27	___
6	Basel Mahmoud Younes	17	ZMALK	1:00.27	___
7	Hamdy Mohamed Hamdy	19	SHOOT	1:00.31	___
8	Abd el hay Ashour	17	SHAMS	1:00.35	___
9	John Wael Abdel Malek	16	DEGLA	1:00.51	___
10	Adham Ayman Monir Hash	18	TRSAN	1:00.58	___

Heat 34 of 40 Finals

1	Marwan Mohmed Hamed	16	Cairo	1:00.21	___
2	Mohamed Ibrahim Elkhdry	17	Elethead	1:00.15	___
3	Adham Hossameldin Abdall	17	ZMALK	1:00.10	___
4	Zyad Waael Abass Bhr	20	6 OCT	59.98	___
5	Fares Mohamed Farouk	19	HELOP	59.72	___
6	Ahmed Hasan Tork	16	Sporting	59.93	___
7	Omar Karim Mohamed Mse	17	SMOHA	1:00.00	___
8	Malek Ahmed Mohsen	15	DEGLA	1:00.14	___
9	Khaled Wael Sabre Abdelha	16	SMOHA	1:00.17	___
10	Mounir Ramez Mounir	19	SHOOT	1:00.22	___

Heat 35 of 40 Finals

1	Mohamed Nasr Ahmed	16	MAY15	59.53	___
2	Omar Gaber Aly	18	AHLY	59.46	___
3	Mohamed Khaled Salam	18	AHLY	59.36	___
4	Amar Yasser Mohamed Ahn	17	SMOHA	59.29	___
5	Mohamed Ahmed Salem	19	GHABA	59.15	___
6	Seif Walaa Antar	18	DEGLA	59.25	___
7	SifEldin Hossam Mohamed	19	SMOHA	59.32	___
8	Yossef Ayman Abdalla Moh	15	SMOHA	59.38	___
9	Malek Haytham Mohamed	17	DEGLA	59.53	___
10	Ahmed Yasser Mahmoud Sa	15	ZOHUR	59.67	___

Heat 36 of 40 Finals

1	Abd Elrahman Mostafa Rag	17	Swim Home	59.10	___
2	Yousef Samir Abel Fatah	18	ZMALK	59.05	___
3	Ahmed Hazem Akram	18	AHLY	58.98	___
4	Seif Mohamed Mohamed	19	DEGLA	58.93	___
5	Morad Yaser Hafez	20	DEGLA	58.81	___
6	Ahmed Adel Eshak	18	DEGLA	58.82	___
7	Ahmed Osama Mohamed	20	Cairo	58.96	___
8	Mohamed Ehab El Tayeb	17	AHLY	59.00	___
9	Yosef Ahm. Ebrahim Hebes	17	GEZIR	59.10	___
10	Mohamed Hesham Esmail	20	6 OCT	59.14	___

Heat 37 of 40 Finals

1	Khaled Ahmed Mahmoud G.	18	Bank Ahly Alex	58.72	___
2	Waleed Samer Mahmoud	18	AHLY	58.58	___
3	Moahmed Ahmed Salem Ha	16	SMOHA	58.32	___
4	Marwan Mostafa Mohamed	18	SMOHA	58.22	___
5	Yousif Ahmed Ragab Elshan	18	SMOHA	58.16	___
6	Abd Elfatah Mohamed Abd	17	TANTA	58.18	___
7	Karem Ashry Kasem	16	SHAMS	58.31	___
8	Youssef Emad Shaaban	15	AHLY	58.44	___
9	Youssef Magdy Elhady	19	AHLY	58.64	___
10	Ahmed Hatem abd el Sabou	24	Nasr City	58.74	___

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

Meet Program

Heat 38 Finals (#26 Boys 15 & Over 100 LC Meter Butterfly Age Group):

1	Mohamed Ashraf	20	Sporting	58.09	___
2	Ibrahim Ahmed Ibrahim	22	Sporting	57.68	___
3	Mohamed Hatem Mohamed	16	HELOP	57.60	___
4	Ahmed Tarek Mohamed	19	SHOOT	57.39	___
5	Mohamed Salama Gaber Sal	20	SMOHA	57.33	___
6	ali Mohamed Sarwat	18	HELOP	57.33	___
7	Abd ElRahman Mohamed A	18	SHOOT	57.49	___
8	Mohaned Alaa Mahmod Ali	19	SMOHA	57.62	___
9	Ziad Tarek Mohamed	17	DEGLA	58.01	___
10	Ahmed Ayman Ali Mohamed	18	SHAMS	58.12	___

Heat 39 of 40 Finals

1	Omar Khaled Soliman	18	NASR	57.23	___
2	Ahmad Hany Ahmad	17	HELOP	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	DEGLA	56.47	___
6	Seif Mohamed Mehrez	22	ZOHUR	56.51	___
7	Hazem Mohamed Abo Stet	19	HELOP	56.93	___
8	Saied Mohamed Abd Elgaw	20	Sporting	57.13	___
9	Abdel Rahman Amr Farag	16	SHOOT	57.21	___
10	Mohamed Ayman Abdelsam	16	AHLY	57.31	___

Heat 40 of 40 Finals

1	Adam Ahmed Hamdy	17	AHLY	56.44	___
2	Omar Sherif Hamed	18	GHABA	55.89	___
3	Nadem Kram Mohamed	18	HELOP	55.67	___
4	Khaled Abdel Naser Ali	24	SHOOT	54.36	___
5	Yasin HossamEldin	20	SMOHA	54.30	___
6	Abdullah Ahmed Nasr	17	AHRAM	54.35	___
7	Ali Khaled Osama	19	DEGLA	55.05	___
8	Omar Ahmed Samir Eldawo	16	Gezira El Ward	55.77	___
9	Ali Mohab AbdelRaouf Ali	26	HELOP	55.98	___
10	Mohamed Walid Hassan aly	17	Olympic	56.47	___

Event 27 Girls 15 & Over 50 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 20 Finals

4	Malak Mohamed Samir Dar	15	DEGLA	NT	___
5	Nijar Maher Reda Taha	16	MRAC	NT	___
6	Gandan Ahmed Farouk	19	SHOOT	NT	___
7	Janh Hesham Mohamed Zag	15	SHAMS	NT	___

Heat 2 of 20 Finals

1	Aisha Ahmed AbdElmagid	17	Sporting	NT	___
2	Farida Moustafa Hossen Aty	15	Bank Ahly Alex	NT	___
3	Nour Elshamy	15	Sporting	NT	___
4	Farida Moustafa Abd Elaziz	17	Sporting	NT	___
5	Hanin Saeed	15	ZMALK	NT	___
6	Rokaia Gamal Mohamed	17	AHLY	NT	___
7	Rokaya Emad Samir Hassan	15	HELDO	NT	___
8	Farida Atef Ibrahim	18	Elethad	NT	___
9	Laila Mohamed Mahmoud	15	SHOOT	NT	___
10	Joudy Ahmed Medhat	15	DEGLA	NT	___

Heat 3 of 20 Finals

1	Haneen Tamer Ahmed	16	DEGLA	NT	___
2	Gana Mohamed Gamil	15	DEGLA	NT	___
3	Farah Aymen Adel Mettwaly	15	SHOOT	NT	___
4	Hanan Amr Mohamed	17	NASR	NT	___
5	Lobna Ahmed Khalifa	19	Bank Ahly Alex	NT	___
6	Retag Ahmed Saber	16	DEGLA	NT	___
7	Fareda Ahmed Khalel	17	DEGLA	NT	___
8	Zena Nader Galal Moh. Basl	17	GEZIR	NT	___
9	Esraa Wael Ezat	17	ZMALK	NT	___
10	Lian Shady Sabry	19	HELOP	NT	___

Heat 4 of 20 Finals

1	Salma Mohamed Hamdy	15	Gezira El Ward	NT	___
2	Hana Mohamed Hasaan	16	ZMALK	NT	___
3	Noreen Ahmad Saad Abdala	15	SMOHA	NT	___
4	Farida Ayman Samra	19	SHOOT	NT	___
5	Gody Hazem Fawzy Salem	16	TANTA	NT	___
6	Habeba Mohamed Saleh Mh	16	6 OCT	NT	___
7	Retaj Yasser Mohamed Kam	15	MRAC	NT	___
8	Nada Hassan Ahmed Hassa	17	Elethad	NT	___
9	Malak Zahi El Sahn	15	Sporting	NT	___
10	Salma Sameh Wagdy Mohar	16	SMOHA	NT	___

Heat 5 of 20 Finals

1	Sara Yaser Mohamed Mohar	19	SMOHA	NT	___
2	Mariam Nader Sedky	16	Ismaily	NT	___
3	Goudy Ahmed Hanafy	16	AHLY	NT	___
4	Loujaen Ahmed Abd Al Hale	15	SHOOT	NT	___
5	Klara Alfred Sabr	18	ZMALK	47.88	___
6	Batoul Wael Mahmoud	15	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	___

Heat 6 of 20 Finals

1	Allaa Hazem Abd Elshkour	16	SHOOT	43.47	___
2	Jana Hussin Mohamed Huss	18	SMOHA	42.49	___
3	Judy Sayed Ahmed	16	DEGLA	42.09	___
4	Ratag Khaled Mohamed	15	DEGLA	41.63	___
5	Salma Ahmed Mahmoud At	15	HELOP	41.12	___
6	Khadija Eslam Ahmed Sami	15	Sporting	41.20	___
7	Gana Mohamed Mohamed	17	Ultimate	41.67	___
8	Habiba Elaroussy	15	Sporting	42.44	___
9	Hana Mahmoud Mostafa	16	DEGLA	42.64	___
10	Nour Madi	15	Sporting	43.96	___

Heat 7 of 20 Finals

1	Jannat Ibrahim Saleh Fargh	15	Elethad	40.71	___
2	Haya Ahmed Elsaid Abdo	16	6 OCT	40.03	___
3	Sandra Emad Onsy	15	RWAD	39.71	___
4	Haidy Mostafa Reyad	19	AHLY	39.38	___
5	Salma Mostafa Kamel Abou	15	Elethad	39.03	___
6	Maya Ali Ahmed	15	Elethad	39.17	___
7	Hana Ahmed Mohamed	15	DEGLA	39.41	___
8	Radwa Essam ali	18	ZMALK	39.98	___
9	Donya Ahmed aly Yousef	15	TANTA	40.22	___
10	Aisel Mostafa Anwar	18	AHLY	41.08	___

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

Meet Program

Heat 8 Finals (#27 Girls 15 & Over 50 LC Meter Backstroke Age Group)

1	Malak Ahmed Said El Wakil	16	DEGLA	38.88	___
2	Goudy Ahmed Ibrahim	15	DEGLA	38.80	___
3	Mariam Ashraf Rashad Nab	15	Sporting	38.75	___
4	Hana Ahmed Ragab	16	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	DEGLA	38.74	___
8	Mayar Sherif Mohamed	15	Elethead	38.79	___
9	Nadin Motaz Mohamed	15	MRAC	38.87	___
10	Nour Mohamed Abd El Had	18	Sporting	39.00	___

Heat 9 of 20 Finals

1	Zeina Mohamed Abdel Moa	15	AHLY	38.14	___
2	Alaa Amr El Sokry	18	Sporting	37.80	___
3	Rola Mostafa Salah	18	SHOOT	37.57	___
4	Jode Mohamad Yossef Moha	15	SMOHA	37.34	___
5	Jana Alla Mohamed	15	Minia Sport Clup	37.20	___
6	Catrin Wael Bolice	16	DEGLA	37.29	___
7	Dahb Magdy Kamal	19	Elethead	37.47	___
8	Nazly Karim EIDin Ahm. Ha	16	GEZIR	37.64	___
9	Gana Mohamed Abd ElSame	18	SHOOT	37.88	___
10	Malak Ahmed Eisa	16	GHABA	38.27	___

Heat 10 of 20 Finals

1	Rawan Yahia	15	ZMALK	37.06	___
2	Renad Khaled Mahmoud	19	AHLY	36.74	___
3	Farah Mohamed Moussa Ko	18	Olympic	36.69	___
4	Habeba Waled Mahmud Shi	15	SMOHA	36.57	___
5	Lojain Ahmed Abd el Hamic	15	DEGLA	36.53	___
6	Nadia Ayman eid Abdelhmi	15	ZMALK	36.53	___
7	Marwa Mohamed Hanfy	17	Y.M.C.A	36.59	___
8	Habeba Mostafa Gamal Elde	17	Gezira El Ward	36.72	___
9	Ayla Mohamed Ali EL Meda	15	HELOP	36.89	___
10	Gana Wael Youssef Mahmou	17	DEGLA	37.12	___

Heat 11 of 20 Finals

1	Arwa Hossam Taha	16	SMOHA	36.45	___
2	Rawan Mohamed Moaawad	17	AHLY	36.28	___
3	Malak Osama Mohamed Kai	15	Olympic	36.16	___
4	Farida Rashdy Mohamed Al	15	Bank Ahly Alex	36.07	___
5	Hoda Mohammed Said Adel	17	SHOOT	35.97	___
6	Gana amr Shahen	15	ZMALK	36.00	___
7	Mariam Ebrahim Mohamed	15	HELOP	36.09	___
8	Kinzy Yahia Mohamed Same	15	ENPPI	36.19	___
9	Farida Ahmed Mohamed Ab	17	Olympic	36.39	___
10	Rofaida Khaled Hussein	16	AHLY	36.50	___

Heat 12 of 20 Finals

1	Norai Mohamed Galal	15	SHOOT	35.84	___
2	Nour Shref Osama	15	HELOP	35.74	___
3	Alia Ali Mohamed	20	HELOP	35.71	___
4	Razan Ahmed Hosny	19	DEGLA	35.67	___
5	Joudy Moahmed Khedr	16	SMOHA	35.64	___
6	Anan Mohamed Yehia	18	M.ARB	35.66	___
7	Sara Tarek Ahmed Mohsen	18	MAADI	35.69	___
8	Jana Hisham Mohamed	17	Cairo	35.72	___
9	Salma Abdel Hamid Mazrou	17	DEGLA	35.74	___
10	Laila Khaled Elraai	19	AHLY	35.93	___

Heat 13 of 20 Finals

1	Joudy Tamer Kamal	16	SMOHA	35.52	___
2	Yasamina Aslam Subhaa	18	Nasr City	35.50	___
3	Sama Gehad Mohamed	17	TWFIK	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	SHOOT	35.29	___
7	Joanna Waleed Shanan	15	MAADI	35.37	___
8	Zenia Ahmed Saied Kandil	16	HELOP	35.42	___
9	Fareda Mohamed Farouk	16	DEGLA	35.51	___
10	Lojain Mohamed Nabil	15	DEGLA	35.59	___

Heat 14 of 20 Finals

1	Maya Osama Ahmed Mohan	17	SHOOT	35.21	___
2	Iman Ahmed Adel Elsaied	16	SMOHA	35.09	___
3	Remaas Tamer Elseid Moha	15	SMOHA	34.98	___
4	Haya Mohamed Mahmoud	15	DEGLA	34.94	___
5	Nour Mohamed Elsoda	15	MAADI	34.89	___
6	Jana Khalid	19	Sporting	34.90	___
7	Hana Hisham Mohamed You	18	SMOHA	34.95	___
8	Malek Essam Eldin	19	Elethead	35.06	___
9	Goumana Wael Hosny	16	AHLY	35.21	___
10	Lamar Ahmed Mohamed	16	Elethead	35.27	___

Heat 15 of 20 Finals

1	Hana Mohamed Ezzat Taha	15	HELOP	34.81	___
2	Gana Tarek Mohamed Farid	18	SHOOT	34.69	___
3	Menna Tallah Ahmed Moha	17	BANHA	34.61	___
4	Kenzy Tamer Ahmed Abdell	17	SMOHA	34.46	___
5	Ranim Mohamed Sayed Ahr	24	MRAC	34.30	___
6	Noor Kamel ElNagar	19	Sporting	34.31	___
7	Reem Ameer Abd Elwahab	16	SHOOT	34.60	___
8	Fatima Haytham Abd ElMer	19	TANTA	34.65	___
9	Lena Ahmed Adel Smaha	16	HELOP	34.75	___
10	Amina Alaa Elhamouly	16	Sporting	34.86	___

Heat 16 of 20 Finals

1	Mennatallah Tamer Fawzy	15	DEGLA	34.19	___
2	Sara Soliman Said	19	AHLY	34.08	___
3	Noor Tamer AbdElrhim Mol	16	SHAMS	34.04	___
4	Farida Basem Mohamed Me	19	MAADI	33.99	___
5	Alia Khaled Mohamed Ghor	17	GEZIR	33.88	___
6	Kenzy Hamada Saad	15	AHLY	33.92	___
7	Sandy Soliman Said	17	AHLY	34.04	___
8	Jassmin Mohamed Abdel Ka	16	DEGLA	34.08	___
9	Salma Mohamed Ezzat Moh	16	DEGLA	34.09	___
10	Mariem Hossam Elden Hass	15	Cairo	34.27	___

Heat 17 of 20 Finals

1	Mai Khaled Abdeltif	20	DEGLA	33.70	___
2	Malak Mokhtar Mohamed	17	DEGLA	33.53	___
3	Karma aly Elsheraee	17	HELOP	33.41	___
4	Nour Mohamed Ibrahim Ali	18	SMOHA	33.13	___
5	Zena Mahmoud Mohamed M	18	GHABA	33.09	___
6	Haya HossamEldin Kndel	18	SMOHA	33.10	___
7	Menna Mohamed Alashkar	17	ZMALK	33.25	___
8	Shimaa Mohamed Hussien	17	TALBE	33.44	___
9	Fatma Osama Fahmy	16	ZMALK	33.53	___
10	Nour Mohamad Hassan Mol	15	SMOHA	33.83	___

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

Meet Program

Heat 18 Finals (#27 Girls 15 & Over 50 LC Meter Backstroke Age Group)

1	Rodayna Mohamed Wagdy	16	TRSAN	32.94	___
2	Khadega abd el Azez Glal	16	HELOP	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 /	15	SMOHA	32.70	___
7	Rodaina Mohamed Saad	18	DEGLA	32.76	___
8	Farida Sherif Ahmed Taha	16	SHOOT	32.78	___
9	Kenzy Mohamed el Sebaey	17	Cairo	32.90	___
10	Gana Allaeldin Mohamed	15	SHAMS	33.03	___

Heat 19 of 20 Finals

1	Rokan Tamer Ismail	15	SHOOT	32.58	___
2	Na'eela Wael Elagroudy	16	Sporting	32.49	___
3	Lela Ahmed Kamal	18	GHABA	32.40	___
4	Habiba Mohamad Saeed Sh	15	SMOHA	32.30	___
5	Nancy Mostafa Ibrahim Mc	15	SHAMS	32.30	___
6	Farida Amr Mohamed Abd I	18	SHOOT	32.30	___
7	Dilara Khaled Ahmed Moha	17	Olympic	32.35	___
8	Loujain Youssef Ahmed	20	AHLY	32.41	___
9	Kenzy Wael Foud Ramadan'	15	SMOHA	32.55	___
10	Rofaida Mahmoud Mohame	17	MAY15	32.63	___

Heat 20 of 20 Finals

1	Jana Maged Amir	15	ZOHUR	32.22	___
2	Hala Amr	15	GHABA	31.95	___
3	Farah Amr Abdel Motaleib	20	SHOOT	31.23	___
4	Malak Waled Essam Shaban	19	SMOHA	30.81	___
5	Sara Waled Mahmoud	16	HELOP	29.61	___
6	Raghd Mohamed Elsaid Mol	18	SMOHA	30.48	___
7	Maya Kamal Mohamed Mhn	17	SMOHA	31.01	___
8	Fatma Mohamed Klel Ebrah	19	6 OCT	31.42	___
9	Kenzy Ahmed Ali	20	AHLY	32.15	___
10	Hana Ashraf Mahmoud	22	DEGLA	32.27	___

Event 33 Girls 15 & Over 200 LC Meter IM Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 16 Finals

4	Nour Amr Mah. Fouad Elgui	17	GEZIR	NT	___
5	Malak Mostafa Mahmoud	15	Elethead	NT	___
6	Jana Ashraf Mohamed Gabe	17	Olympic	NT	___

Heat 2 of 16 Finals

1	Nada Mohamed Magdy	15	Elethead	NT	___
2	Merna Mohamed adb Elhad	19	ZMALK	NT	___
3	Hana Mohamed Hasaan	16	ZMALK	NT	___
4	Mariam Wael Attia	15	AHLY	NT	___
5	Aliaa Emad Abd El-Azia	16	FAROS	NT	___
6	Loujain Ibrahim Ibrahim	17	AHLY	NT	___
7	Nabila Hassan Ismail	16	OLMPA	NT	___
8	Mai Mohamed Ramadan	16	TALBE	NT	___
9	Marwa Mohamed Hanfy	17	Y.M.C.A	NT	___
10	Catrin Wael Bolice	16	DEGLA	NT	___

Heat 3 of 16 Finals

1	Kinzy Yahia Mohamed Samr	15	ENPPI	NT	___
2	Fatma Kamil Mohamed	15	ZMALK	NT	___
3	Toka Ayman Ebrahim Eldsc	15	SMOHA	NT	___
4	Hanan Ahmed Mohamed M:	18	Bank Ahly Alex	NT	___
5	Sara Ahmed Eissa	15	MAADI	NT	___
6	Mariam Mohamed Soliman	16	DEGLA	NT	___
7	Aisha Ahmed AbdElmagid	17	Sporting	NT	___
8	Fatima Haytham Abd ElMer	19	TANTA	NT	___
9	Hour een Samer Elsaied Sh	15	SMOHA	NT	___
10	Nadine Mostafa Fathy	16	GHABA	NT	___

Heat 4 of 16 Finals

1	Menatalla Morsy	16	SMOHA	NT	___
2	Kenzy Mohamed el Sebaey	17	Cairo	NT	___
3	Arwa Sherif Mohamed Samy	18	SHOOT	NT	___
4	Laila Mohamed Fathy	16	SHOOT	NT	___
5	Yasmen Samer Mahmoud	20	AHLY	3:21.93	___
6	Haneen Yasser Saad Abd Ell	15	6 OCT	3:22.34	___
7	Sandra Emad Onsy	15	RWAD	NT	___
8	Farida Rashdy Mohamed Al	15	Bank Ahly Alex	NT	___
9	Lemar Samer Elsaied Anwa	15	SMOHA	NT	___
10	Habiba Ahmed Hassan	15	AHLY	NT	___

Heat 5 of 16 Finals

1	aya Moharam Mohamed	19	TALBE	3:14.50	___
2	Habiba Ayman Abbas Maan	15	Sporting	3:12.43	___
3	Salama Mahmoud Khorshec	19	El Obour	3:10.35	___
4	Dina Ebrahim Ebid	18	Sporting	3:07.73	___
5	Salma Abd Ella Abd Elhame	18	TALBE	3:04.73	___
6	Nawal Yasser Sayed	18	El Obour	3:04.76	___
7	Gannat Fathy Mohamed	15	GHABA	3:08.31	___
8	Zina Amr	18	Sporting	3:11.12	___
9	Arwa Magd Elsayed	18	AHLY	3:14.14	___
10	Farah Mohamed Saied Salef	17	ZMALK	3:21.26	___

Heat 6 of 16 Finals

1	Saba Ahmed Elshabrawy	15	AHLY	3:02.66	___
2	Salma Ahmed Moustafa	15	SENZO	3:02.00	___
3	Mirolla Hany Samir	17	DEGLA	2:59.20	___
4	Karien Alfrid Saber	15	ZMALK	2:58.45	___
5	Hana Nasser El Safty	16	SHOOT	2:57.58	___
6	Rowida Ayman Mohamed	17	TALBE	2:57.61	___
7	Rawan Mohamed Moaawad	17	AHLY	2:58.66	___
8	Habeba Mohamed Moussa F	18	Olympic	2:59.62	___
9	Dalia Ahmed Abdelsalam	19	MAY15	3:02.30	___
10	Zeina Ayman Saad	17	ZMALK	3:03.30	___

Heat 7 of 16 Finals

1	Nada Mohamed Ahmed Kaf:	16	ZMALK	2:55.69	___
2	Hana Ahmed Elsanhory	16	SMOHA	2:54.24	___
3	Hana Tarek Fared	20	SHOOT	2:53.61	___
4	Lena Hany Mohamed	16	AHLY	2:53.48	___
5	Hala Walid Abbas Abdelgaw	15	Olympic	2:52.77	___
6	Jana Saied Othman Mohame	15	Olympic	2:52.81	___
7	Salma Mohamedf Abdel Sak	19	HELDO	2:53.50	___
8	Freda Hesham Mahmoud	16	HELOP	2:53.73	___
9	Malak Sherif Shawky El Goh	20	MAADI	2:54.28	___
10	Khadiga Yasser Fattouh	16	AHLY	2:57.01	___

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

Meet Program

Heat 8 Finals (#33 Girls 15 & Over 200 LC Meter IM Age Groups)

1	Lorian Hany	15	Sporting	2:52.35	___
2	Rodaina Haitham Mahmou	16	DEGLA	2:51.07	___
3	Sarah Karim Mohamed Gala	17	SMOHA	2:50.43	___
4	Karma Ayman Abou Amera	16	Sporting	2:49.99	___
5	Malak Wesam Badr	20	TANTA	2:48.80	___
6	Zeina Wael Abd Elmohsen	16	SHOOT	2:49.76	___
7	Menna Mohamed Alashkar	17	ZMALK	2:50.27	___
8	Sama Ahmed Ali	17	AHLY	2:50.69	___
9	Hana Mohie el den Osman	19	HELOP	2:51.93	___
10	Salma Mohamed Elsaid Tan	15	ZMALK	2:52.59	___

Heat 9 of 16 Finals

1	Rawan Tamer Essam Mahm	16	DEGLA	2:48.65	___
2	Hana Ahmed Saied Kandel	16	HELOP	2:48.13	___
3	Farah Hatem Ngaty Moham	15	HELOP	2:47.85	___
4	Sara Elhamy Foad Abd El Sa	18	MAADI	2:47.30	___
5	Nourallah Ahmed Fahmy	16	AHLY	2:46.86	___
6	Habeba Mohamed Saleh Mh	16	6 OCT	2:46.87	___
7	Farida Ahmed Fouad	17	DEGLA	2:47.42	___
8	Roqaya Saad Mohamed	15	ZMALK	2:48.07	___
9	Maya Mohamed Mahmud H	15	SMOHA	2:48.53	___
10	Joudy Khaled Saied Ismail	15	Olympic	2:48.66	___

Heat 10 of 16 Finals

1	Farida Moustafa Abd Elaziz	17	Sporting	2:46.47	___
2	Jana Mohamed Ahmed	19	DEGLA	2:45.74	___
3	Shrouk Mohamed Rashad M	15	Olympic	2:45.45	___
4	Miray Ebram Mousad	15	SHAMS	2:44.68	___
5	Menna Tallah Kharboush	15	AHLY	2:43.75	___
6	Malak Ahmed El Kayal	16	Sporting	2:44.61	___
7	Basmala Ramdan Mostafa M	16	Bank Ahly Alex	2:44.80	___
8	Malak Mohamed Fayek Elsa	16	SMOHA	2:45.45	___
9	Hana Hisham Mohamed You	18	SMOHA	2:45.94	___
10	Jassmin Mohamed Abdel Ka	16	DEGLA	2:46.47	___

Heat 11 of 16 Finals

1	Mennatallah Hatem Ibrahim	16	A S E C	2:43.46	___
2	Malak Ali Atia	16	SMOHA	2:43.10	___
3	Menat Allah Medhat abd el	16	Al Hawar	2:42.91	___
4	Nancy Mostafa Ibrahim Mc	15	SHAMS	2:41.45	___
5	Tala Tarekf el Kafrawe	17	HELOP	2:41.09	___
6	Yasmene Ahmed Saad	16	SMOHA	2:41.41	___
7	Zina Yasser Ahmed	17	Sporting	2:42.80	___
8	Gandan Ahmed Farouk	19	SHOOT	2:42.93	___
9	Malak Islam Mohamed	18	AHLY	2:43.29	___
10	Hana Mohamed Asharaf Ma	15	SHAMS	2:43.67	___

Heat 12 of 16 Finals

1	Mariam Hatem Anwar EL S	16	SHOOT	2:41.05	___
2	Sagwa Khaled Mostafa Mah	15	Bank Ahly Alex	2:40.88	___
3	Shahd Amr Mohamed EL Ga	16	HELDO	2:40.57	___
4	Login Hazem Samir	15	Nasr City	2:40.18	___
5	Sara Ahmed Alsaed Abdow	19	6 OCT	2:39.93	___
6	Joudy Magdy Abbas	17	Bank Ahly Alex	2:40.09	___
7	Habiba Hossam Abdraboh /	15	SHAMS	2:40.21	___
8	Shahd Yousry Mohamed Ha	18	Olympic	2:40.79	___
9	Maryam Emad Mohamed EL	18	Gezira El Ward	2:40.92	___
10	Salma Mohamed Hamdy	15	Gezira El Ward	2:41.07	___

Heat 13 of 16 Finals

1	Farida Sherif Ahmed Taha	16	SHOOT	2:39.74	___
2	Jomana Hamdy Ameen	16	ZOHUR	2:39.33	___
3	Basmala amr aly	19	Olympic	2:39.04	___
4	Kenzy Mostafa Hashad	18	AHLY	2:38.76	___
5	Dana Rafik El Saady	15	DEGLA	2:38.65	___
6	Malak Mohamed Nagy	16	Sporting	2:38.66	___
7	Layla Mohamed Elsaed Man	15	Bank Ahly Alex	2:38.98	___
8	Bassant Gamil Barakat	16	AHLY	2:39.06	___
9	Hanen Ahmed Hussin	17	ZMALK	2:39.49	___
10	Nazly Mohamed Elokda	15	SHOOT	2:39.91	___

Heat 14 of 16 Finals

1	Nadin Adam Ahmed Foad M	20	SHAMS	2:38.45	___
2	Retaj Mohamed Elsayed An	17	SMOHA	2:38.29	___
3	Ingy Bassem Bahaa Eldin	15	AHLY	2:38.10	___
4	Farida Nasser Mohamed El-	15	SHOOT	2:37.76	___
5	Fatma Osama Fahmy	16	ZMALK	2:37.51	___
6	Goudy Mohamed Fahim	15	AHLY	2:37.52	___
7	Nour Hasan Fouad	15	Cairo	2:37.96	___
8	Gana Noaaman Samer	15	Al Hawar	2:38.14	___
9	Sama Iyhab Onsy	15	Al Hawar	2:38.44	___
10	Mai Khaled Abdeltif	20	DEGLA	2:38.56	___

Heat 15 of 16 Finals

1	Basmalah Gomaa Ali	18	Bank Ahly Alex	2:36.82	___
2	Lara Amr Mahmoud Alsokk	15	6 OCT	2:34.80	___
3	Malak Mohamed Abd El Gal	19	Bank Ahly Alex	2:33.55	___
4	Malak Ahmed Gamal al Sha	15	SHOOT	2:32.58	___
5	Hala Amr	15	GHABA	2:31.86	___
6	Khadega Osama Mohame B	16	HELOP	2:31.88	___
7	Alya Ehab Abdel Moneam	16	AHLY	2:33.10	___
8	Farah Amr Abdel Motaleib	20	SHOOT	2:33.91	___
9	Mariam Mohamed Ahmed k	17	SMOHA	2:35.15	___
10	Sohila Alaa Eldin Abd Elwa	15	6 OCT	2:37.23	___

Heat 16 of 16 Finals

1	Alia Khaled Abas Sabaa	17	HELOP	2:30.31	___
2	hla Mohamed Nanoush	16	TANTA	2:28.86	___
3	Mariam Mohamed Emad Fa	18	MAADI	2:26.34	___
4	Jasmine Ahmed Eissa	17	MAADI	2:26.17	___
5	Rawan Tamer Mohamed	19	AHLY	2:21.31	___
6	Nadine Mohamed Amin	17	AHLY	2:25.62	___
7	Hlla Khaled Diab	16	AHLY	2:26.20	___
8	Gana Nasr El Din Ali	19	Sporting	2:27.93	___
9	Zaina Mohamed Haitham H	18	SHOOT	2:29.87	___
10	Julie Akram Ahmed	17	AHLY	2:31.39	___

Event 34 Boys 15 & Over 200 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 18 Finals

3	Seif Eldin Fady SaLah	16	SHOOT	NT	___
4	Yahia Mostafa Gamal Eldeer	18	RWAD	NT	___
5	Hazem Hassam Mostafa Rar	15	SMOHA	NT	___
6	Hamza Ahmed Fawzy	17	DEGLA	NT	___
7	Omar Hany Fathy	15	A S E C	NT	___
8	Karim Mohamed Samy	20	AHLY	NT	___

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

Meet Program

Heat 2 Finals (#34 Boys 15 & Over 200 LC Meter Breaststroke Age Gro

1	Youssef Ahmed Hassan	16	Elethead	NT	___
2	Khaled Hesham Ahmed	16	Elethead	NT	___
3	Mohand Tarik Mohamed Ali	23	SMOHA	NT	___
4	Anas usama Mohamed	16	TRSAN	NT	___
5	Yassin Mohanad Hamzawy	18	DEGLA	NT	___
6	Rami Michel Artigaud	17	GEZIR	NT	___
7	Omar Khaled Mohamed Nal	17	A S E C	NT	___
8	John Wael Abdel Malek	16	DEGLA	NT	___
9	Abdullah Wael Abdellrazik	17	DEGLA	NT	___
10	Youssef Saleh Ibrahim Saleh	15	A S E C	NT	___

Heat 3 of 18 Finals

1	Amr Ossama Mohamed Zwi	17	SMOHA	NT	___
2	Hussien Elzafarany	17	Sporting	NT	___
3	Yousf Aymn Ebrahim Ahme	18	6 OCT	NT	___
4	Yousef Mohamed Salah	17	A S E C	NT	___
5	Essam Hassan Allam	15	GEZIR	NT	___
6	Abdelrahman Ahmed Bahge	15	SMOHA	NT	___
7	Mohamed Diaa Eldeen Moh	17	Nasr City	NT	___
8	Youssef Mamoud Ahmed	16	TALBE	NT	___
9	Youssef Abdel Aziz Alaa	17	DEGLA	NT	___
10	Youssef Waleed abd Elazez	16	Elethead	NT	___

Heat 4 of 18 Finals

1	Hamza Hammad Mohamed	17	DEGLA	NT	___
2	Karim Mohamed El Gharab:	18	ZOHUR	NT	___
3	Omar Ahmed Mohamed Ali	15	Elethead	3:21.58	___
4	Ahmed Essam Yakot	15	A S E C	3:16.03	___
5	Hamza Tarek Ahmed Ibrahe	15	Bank Ahly Alex	3:11.07	___
6	Omar Mostafa Esmael Ebrh	15	SMOHA	3:13.11	___
7	Marwan Sameh Zakrea	16	BNK.G	3:20.33	___
8	Abd Rahman Mohamed Gan	19	SHOOT	3:22.13	___
9	Adam Ayman Yousef	15	TANTA	NT	___
10	Anas Yasser Abd El Ghany	17	DEGLA	NT	___

Heat 5 of 18 Finals

1	Omar Ahmed Mohamed	15	DEGLA	3:06.71	___
2	Mohamed Nader Mohamed	15	A S E C	3:04.45	___
3	Yousif Waleed Eid Abdul Az	15	6 OCT	3:01.90	___
4	Ali Akram Ibrahim	17	SHOOT	3:01.32	___
5	Yehya Tamer Gamaal Eldeer	15	SMOHA	2:59.04	___
6	Yasser Mohamed Abbas	15	ZMALK	2:59.67	___
7	Mohamed Haitham El Sayec	15	MAADI	3:01.60	___
8	Yassin Hussam Yassin Sheb:	15	SHOOT	3:03.74	___
9	Abdelrhman Mohamed Ahn	15	DEGLA	3:05.42	___
10	Youssef Ahmed Ibrahim EIS	16	SHAMS	3:07.21	___

Heat 6 of 18 Finals

1	Yassien Ibrahim Mohamed	16	SMOHA	2:58.58	___
2	Youssief Omar Mhmoud Om	16	SMOHA	2:57.01	___
3	Omar Mohamad Ahmad Kot	15	SMOHA	2:56.81	___
4	Mohamed Sameh Saied Mol	15	Bank Ahly Alex	2:56.53	___
5	Adam Karem Ahmed Mohar	16	Bank Ahly Alex	2:55.85	___
6	Eyad Ahmad Kamel Gahlan	15	SMOHA	2:56.43	___
7	Hamza Mohamed Ahmed Ev	15	DEGLA	2:56.65	___
8	Eyad Waled Hassan	16	SMOHA	2:56.98	___
9	Maher Mohamed Maher	15	RWAD	2:58.28	___
10	Yahya Yasser Mohamed Elbl	17	Bank Ahly Alex	2:58.73	___

Heat 7 of 18 Finals

1	Aly Hady Adel	16	AHLY	2:54.92	___
2	Yousief Mohamed aly	15	ZMALK	2:53.00	___
3	Mostafa Ashraf Awad Allah	20	Olympic	2:52.50	___
4	Yehia Hisham Yehia Abdelaz	16	SMOHA	2:51.36	___
5	Mohamed Yasser Mohamed	16	SMOHA	2:51.07	___
6	Belal Mohamed Youns Mohi	19	6 OCT	2:51.28	___
7	Mohmed Mostafa Moktar	15	Cairo	2:51.72	___
8	Mohamed Ahmed Ibraheem:	17	RWAD	2:52.99	___
9	Yousef Maged Mohamed	16	RWAD	2:53.49	___
10	Ahmed Waïld Mohamed	16	A S E C	2:55.49	___

Heat 8 of 18 Finals

1	Moaz Ahmed Ali Ahmed	17	RWAD	2:50.71	___
2	Omar Ahmed Emad	15	SHOOT	2:50.04	___
3	Mohamed Afifi Mohamed	15	DEGLA	2:49.92	___
4	Ahmed Mohamed Harby	15	Al Hawar	2:49.39	___
5	Youssef Mohamed Abdelreh	17	Olympic	2:48.46	___
6	Ahmed Osama Hassan Abdæ	17	Bank Ahly Alex	2:48.49	___
7	Yasen Ahm. Abd ElHay Soie:	17	GEZIR	2:49.53	___
8	Adham Mostafa Abdulla	15	Elethead	2:49.99	___
9	Seif Mohamed Nabil	15	DEGLA	2:50.32	___
10	Moaz Amr Gamal	19	AHLY	2:50.77	___

Heat 9 of 18 Finals

1	Mohamed Hussien Mohame	17	SMOHA	2:47.90	___
2	Ahmed Mohsen Mohamed	15	AHLY	2:47.63	___
3	Saif Eddin Amr Abdel Raouf	16	AHRAM	2:47.45	___
4	Ali Wael Mohamad Saad	15	SMOHA	2:46.85	___
5	Ahmed Mohamed Badawy	16	DEGLA	2:46.59	___
6	Marwan Ehab Abdelkader	17	ZMALK	2:46.61	___
7	Ahmed Mohamed Abdelraz:	19	Olympic	2:46.98	___
8	Ibrahim Diaa El Din	15	SHOOT	2:47.58	___
9	Adam Hossamaldin Abdalla	17	ZMALK	2:47.68	___
10	Ahmed Hany Ahmed Mahm	15	AHLY	2:48.45	___

Heat 10 of 18 Finals

1	Omar Khaled Gamal El Din :	15	MAADI	2:46.05	___
2	Yassien Sameh Samy Hasha	16	A S E C	2:45.94	___
3	Hamza Ahmed Morsi Morsi	17	6 OCT	2:45.28	___
4	Hassan Ibrahim Arafa	15	RWAD	2:44.62	___
5	Karim Kamal Ahmed Mosta	20	6 OCT	2:43.25	___
6	Hanna Refaat Hanna Awada	17	HELDO	2:44.01	___
7	Nabil Ahmed Nabil Elharas	15	TANTA	2:44.88	___
8	Yousef Mahmoud Sayed	16	MRAC	2:45.91	___
9	Ahmed Sameh Adel	18	Cairo	2:45.95	___
10	Youssef Amr Moustafa Hany	17	HELDO	2:46.18	___

Heat 11 of 18 Finals

1	Mazen Mohamed Mohamad	16	NASR	2:42.72	___
2	Kamal Mohamed Kamal	15	AHLY	2:41.87	___
3	Mostafa Mohamed Mohame	15	Gezira El Ward	2:41.34	___
4	Karim Sameh Karim	15	TRSAN	2:41.22	___
5	Omar Mohamed Abdel Azer	15	Al Hawar	2:40.99	___
6	Amr Hany Mahmoud Ahme:	17	AHLY	2:41.09	___
7	Moaz Mohamed Sayed Soli	16	AHLY	2:41.25	___
8	Karem Mohamed Atia Ehsa:	16	HELOP	2:41.52	___
9	Yosuif Hesham Anour	18	GHABA	2:42.46	___
10	Yehia SeifEL din EL Margha:	18	SHAMS	2:42.96	___

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

Meet Program

Heat 12 Finals (#34 Boys 15 & Over 200 LC Meter Breaststroke Age Gr

1	Yousef Yasser ali Abdelhalin	17	Olympic	2:40.83	___
2	Mahmoud Tamer Mahmoud	17	DEGLA	2:40.53	___
3	Yahia Mohamed Ahmed	17	Elethead	2:40.33	___
4	Yousif Ahmed Hamdy Borha	19	SMOHA	2:39.86	___
5	Albaraa Ramy Mohamed	16	DEGLA	2:39.76	___
6	Ahmed Hamed Abaas	18	TALBE	2:39.78	___
7	Abd Elrahman Tamer M Ab	16	NASR	2:40.23	___
8	Anwar Ayman Mohamed M	15	Olympic	2:40.52	___
9	Ziad Moahmed Salaheldin M	17	SMOHA	2:40.57	___
10	Ahmed Hatem Hosny	17	DEGLA	2:40.88	___

Heat 13 of 18 Finals

1	NourEldin Nasr Wahba	18	SMOHA	2:39.28	___
2	Mohamed Salem Essa	18	HELOP	2:39.16	___
3	Yousef Mahmoud Mohamed	17	SHAMS	2:38.75	___
4	Azz El Din Hany Nagy Ahme	18	SHOOT	2:38.40	___
5	Mohamed Ayman Ibrahim	17	A S E C	2:37.85	___
6	Abdelrahman Ashraf Abdel	19	AHLY	2:37.89	___
7	Karim Osama Ibrahim Abd	16	MAADI	2:38.54	___
8	Selim Ihab Ghali	18	DEGLA	2:39.14	___
9	Zad Ahmed Mohamed Asra	15	DEGLA	2:39.19	___
10	Malek Khaled Mahmoud Ab	16	Bank Ahly Alex	2:39.32	___

Heat 14 of 18 Finals

1	Omar Ibrahim Mohamed	19	AHLY	2:37.63	___
2	Mahmoud Mohamed Mohar	16	Al Hawar	2:37.53	___
3	Nour Ahmed Elhassany	16	ZOHUR	2:37.26	___
4	Amr Mostafa Kodb	20	SMOHA	2:36.74	___
5	Essa Shref Abd EL Monem	15	HELOP	2:36.56	___
6	Mazen Ismail Mohamed Isr	19	MAADI	2:36.69	___
7	Karem Esam Shahba	16	TANTA	2:37.04	___
8	Ahmed Sameir Hassan	15	TALBE	2:37.38	___
9	Ahmed Tamer Farouk Abd e	16	SHAMS	2:37.61	___
10	Ahmed Mostafa Hosny	18	DEGLA	2:37.65	___

Heat 15 of 18 Finals

1	Ibrahim Yasser Farahat Abd	17	MAADI	2:35.93	___
2	Eazz El Din Mohamed Khan	18	Sporting	2:34.85	___
3	Marwan Mohamed Elsaid	15	Stad Mansoura	2:34.71	___
4	Morad Yaser Hafez	20	DEGLA	2:33.90	___
5	Mahmoud Ahmed Eltablawy	17	ZOHUR	2:33.12	___
6	Zeyad Karm Mohamdeen	19	AHLY	2:33.81	___
7	Yousif Gaseer Migahed	16	ZMALK	2:34.68	___
8	Moamen Amr Mohamad Ha	15	SMOHA	2:34.73	___
9	Ali Mahmoud Salah ElDein	19	SHAMS	2:35.89	___
10	Mazen Majed Mahmoud	15	AHRAM	2:36.55	___

Heat 16 of 18 Finals

1	Mohamed Emad Shaaban	18	AHLY	2:32.93	___
2	Abdel Rahman Ahmed Ali	17	DEGLA	2:32.40	___
3	Darren Dimitrios Chin	18	Sporting	2:32.01	___
4	Khaled Hammad Mohamed	19	DEGLA	2:31.62	___
5	Ahmad Hany Ahmad	17	HELOP	2:31.01	___
6	Hani Mohammed Atwan	16	El Tamsah	2:31.12	___
7	Yassien Yasser Hassan	16	SMOHA	2:31.64	___
8	Marwan Mohamed Bakry M	17	Olympic	2:32.25	___
9	Eyad Osama Ramadan	19	AHLY	2:32.55	___
10	Abd El Rahman Hisham Fat	17	Sporting	2:32.98	___

Heat 17 of 18 Finals

1	Omar Hany Abdalla	21	AHLY	2:30.29	___
2	Yousef Adel Ramadan	18	SHAMS	2:29.76	___
3	Mahmoud Majed Mahmoud	19	AHRAM	2:29.00	___
4	Mohamed Walid Abdel Aziz	18	Elethead	2:27.86	___
5	Omar Mohamed Yehia	16	DEGLA	2:27.61	___
6	Gamal Metwaly Gamal Moh	20	ZOHUR	2:27.71	___
7	Yassin Mohamed Abdelgaw	17	OLMPA	2:28.06	___
8	Youssef Tamer Mohamed H	18	DEGLA	2:29.28	___
9	Hazem Hossam Nady	15	DEGLA	2:29.82	___
10	Daly Dimitrios Chin	26	Sporting	2:30.61	___

Heat 18 of 18 Finals

1	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	2:27.38	___
2	Ibrahim Shams Eldin Moha	15	AHLY	2:25.16	___
3	Ahmed Ismail Mohamed Isr	20	MAADI	2:23.05	___
4	Mohaned LiwaaEldin Ali	18	SMOHA	2:20.02	___
5	Faris Mohamed Mashaly	24	Sporting	2:19.03	___
6	Karem Magdy Ismail	23	Sporting	2:19.42	___
7	Saif ELDIn Sameh A.Elmoae	20	DEGLA	2:22.15	___
8	Adam Yousry Bebars	17	AHLY	2:26.05	___
9	Mohamed Ashraf Abdel Hay	22	AHLY	2:27.17	___
10	Ahmed Mohamed Amr	19	ZOHUR	2:27.40	___

Event 40 Boys 15 & Over 800 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 18 Finals

4	Mohamed Walid Mohamed	15	GHABA	NT	___
5	Youssef Ashraf Mohamed Ti	18	MRAC	NT	___
6	Abelrahman Khaled Abdelir	16	Olympic	NT	___

Heat 2 of 18 Finals

2	Youssef Mohamed Fathy Mc	16	SMOHA	NT	___
3	Yamen Moustafa	16	FAROS	NT	___
4	Omar Abd EL Razek Kamal	15	RWAD	NT	___
5	Yasein Hossam aly	16	ZMALK	NT	___
6	Youssef Medhat Fathy	15	DEGLA	NT	___
7	Omar Mohamad Ali Ebrahe	15	SMOHA	NT	___
8	Yahya Ahmed Abd El Fatah	17	Sporting	NT	___
9	Sief El Din Mohamed Moslr	17	Sporting	NT	___

Heat 3 of 18 Finals

1	Basel Al Sayed Houssin	17	HELOP	NT	___
2	Marwan Ahmed Elamrawy	28	Sporting	NT	___
3	Khaled Walied Atia	18	SHAMS	NT	___
4	Marten Baher Fouad	18	Sporting	NT	___
5	Mohnad Hitham Ibrahim	17	DEGLA	NT	___
6	Yehia Ahmed Abd Elfatah El	16	SHOOT	NT	___
7	Amro Ahmed Elshekh	16	TANTA	XNT	___
8	Mazen Emad Hamed	16	AHLY	NT	___
9	Omar Shady Mohamad Ali F	15	SMOHA	NT	___
10	Fares Karm Refaay	15	AHLY	NT	___

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

Meet Program

Heat 4 Finals (#40 Boys 15 & Over 800 LC Meter Freestyle Age Groups)

1	Yousef Amr Mahmoud Abde	15	Bank Ahly Alex	10:49.82	___
2	Eyad Essam Mohamed	15	Cairo	10:39.41	___
3	Omar Karim Ali Abd El Ham	17	SENZO	10:36.72	___
4	Ahmed Ayman Mohamed	15	Elec	10:21.57	___
5	Nagy Ahmed Nagy Aly Aly	15	HELDO	10:20.07	___
6	Ali Mohamed Kamal	15	DEGLA	10:20.83	___
7	Ahmed Khaled Abd El Karin	16	MAADI	10:31.03	___
8	Ahmed amr Mahmoud	15	ZMALK	10:38.29	___
9	Moaz Mohamed Ismaeel	15	RWAD	10:45.76	___
10	Eyad Mohamed Shokry Moh	15	6 OCT	NT	___

Heat 5 of 18 Finals

1	Abdel Rahman Wael Karam	15	DEGLA	10:12.20	___
2	Abdelrahman Moataz Yahia	15	BNK.G	10:09.48	___
3	Abd El Rhman Moustafa Fav	16	A S E C	10:04.15	___
4	Mahmoud Khaled Mahmoud	15	MRAC	9:58.94	___
5	Aly Mahmud Ez el den	15	HELOP	9:57.38	___
6	Hussein Mohamed Aly	16	AHLY	9:58.74	___
7	Youseif Mohamed aly	18	ZMALK	10:03.41	___
8	Ahmed Mohamed Rashed G	15	A S E C	10:05.33	___
9	Ali Akram Ibrahim	17	SHOOT	10:10.10	___
10	Nabil Tamer Galal Mohamed	15	MRAC	10:15.88	___

Heat 6 of 18 Finals

1	Ahmed Mohamed Yaseir	15	ZMALK	9:55.61	___
2	Mohamed Samy Maher	19	AHLY	9:52.85	___
3	Yehia Hisham Yehia Abdelaz	16	SMOHA	9:51.33	___
4	abd Elrahman Ahmed Moha	16	TANTA	9:50.57	___
5	Amro Hosen Fathy Hosen	15	TANTA	9:49.76	___
6	Ahmed Abdelaziz Elshekh	15	Pegasus Club	9:50.11	___
7	Taha Saeed Mohamed Fathy	15	A S E C	9:51.04	___
8	aly Hussien Mohamed Huse	15	ZMALK	9:51.92	___
9	Mazen Ahmed AbdAlaah Sa	15	MRAC	9:53.57	___
10	Assem Mostafa Khalil	16	DEGLA	9:56.29	___

Heat 7 of 18 Finals

1	Hamza Hazem Moneb	15	Cairo	9:48.82	___
2	Youssef Ahmed Taha	19	ZMALK	9:47.81	___
3	Omar Gawad Mohamed	17	Cairo	9:46.98	___
4	Ziad Abdallah Zakria	16	NASR	9:45.57	___
5	Joshua Joseph Fouad	15	TRSAN	9:42.68	___
6	Anas Ahmed Helmy Ahmed	18	SHAMS	9:44.91	___
7	Ahmed Mohamed Harby	15	Al Hawar	9:45.90	___
8	Mohamed Amr Abd El Mon	15	MAADI	9:47.09	___
9	Mohamed Ibrahim Zakreya	15	A S E C	9:48.66	___
10	Ziad Ayman Mamon	15	Cairo	9:48.91	___

Heat 8 of 18 Finals

1	Karim Ashraf Ahmed	17	ZMALK	9:41.19	___
2	amr Khaled abd Elmaksoud	18	Olympic	9:40.73	___
3	Ahmed Tamer Rabea	16	SHOOT	9:37.79	___
4	Abdelrahman Adel Fawzy	16	SMOHA	9:36.58	___
5	Omr Ahmed Farouk	17	Cairo	9:34.40	___
6	Selim Tamer Osama Ahmed	16	SHOOT	9:35.46	___
7	Mohamed Ahmed Ibrahim S	15	Olympic	9:36.84	___
8	Yehia Samer Wafek	16	HELOP	9:39.59	___
9	Abd Alla Karim Ashraf Mah	18	GEZIR	9:40.74	___
10	Mohamad Akram Mohamad	15	SMOHA	9:42.41	___

Heat 9 of 18 Finals

1	Seif ezz el din abd el Kawey	16	SHOOT	9:33.18	___
2	Zein el den Tamer Mohamed	15	HELOP	9:31.15	___
3	Mohamed Hossam Samy	16	AHLY	9:30.16	___
4	Omar Essam Mhmoud Abde	16	6 OCT	9:30.10	___
5	Mohamed Wael Ibrahim De	15	TWFIK	9:29.29	___
6	Youssef Ahmed Samir	15	DEGLA	9:29.51	___
7	Ahmed Ismeil	16	Nasr City	9:30.16	___
8	Ahmed Mohamed Kaowd	15	Baladyat El Maha	9:30.44	___
9	Ziad Nabil Ahmed Mohamed	16	SMOHA	9:32.53	___
10	Yossef Maged Goreg	17	GHABA	9:33.25	___

Heat 10 of 18 Finals

1	Moustfa Mohamed Mahmou	15	ENPPI	9:28.89	___
2	Zyad Ibrahim Mohamed	15	HELDO	9:27.57	___
3	Saleh Shady Mohamed Said	21	SHOOT	9:26.51	___
4	Eyad Mohamed Hassan els	16	ZMALK	9:24.81	___
5	Adham Khaled Abdelkader	16	Bank Ahly Alex	9:24.25	___
6	Mohamed Karim Mohamed	20	SMOHA	9:24.69	___
7	Youssef Yasser Farouk Hass	15	Sporting	9:26.21	___
8	Ahmed Asharf Dawood	15	Baladyat El Maha	9:27.49	___
9	Abdelrahman Yasser	17	SMOHA	9:28.87	___
10	Ahmed Mohamed Ghoraba	16	TANTA	9:28.97	___

Heat 11 of 18 Finals

1	Abdullah Eldafrawy	15	REHAB	9:23.52	___
2	Mohamed Hassan Abd El W	15	MAADI	9:23.24	___
3	Hatem el Ameer Salah el dir	15	Al Hawar	9:22.42	___
4	Omr Hany Abdelwhab	16	GHABA	9:20.22	___
5	Yahia Hazim Husieen	15	ZMALK	9:19.31	___
6	Yousef Ahmed Fathy	15	Stad Mansoura	9:19.98	___
7	Mhmoud Wled Fkri Mhmou	18	6 OCT	9:20.70	___
8	Omar Ahmed Hasan Khedr	15	SHOOT	9:22.88	___
9	Yassin Abdallah Ahmed You	16	DEGLA	9:23.30	___
10	Yassin Abdelmeged Moham	15	GHABA	9:23.82	___

Heat 12 of 18 Finals

1	Marawan Mohamed Sayed	15	AHLY	9:17.92	___
2	Karim Sameh Karim	15	TRSAN	9:17.02	___
3	Eyad Mohamed Abdelstar	16	ZMALK	9:16.71	___
4	Zeyad Osama Ramdan	15	AHRAM	9:15.96	___
5	Omar Ali Fathy Mohamad E	15	SMOHA	9:14.75	___
6	Ziad Ayman Mamoun	15	ZMALK	9:15.66	___
7	Youssef Yasser Ibrahim	17	AHLY	9:16.30	___
8	Mohamed Ahmed Fouad	18	AHLY	9:16.71	___
9	Ez Elden Tamer	19	GHABA	9:17.86	___
10	Karim Ramy Ibrahim	17	AHLY	9:18.10	___

Heat 13 of 18 Finals

1	Omar Wahed Ibrahim Awac	15	RWAD	9:14.25	___
2	Mohamed Wael Abdel Mon	20	ENPPI	9:10.51	___
3	Mohamed Nader Elbarbary	16	TANTA	9:09.83	___
4	Mohamed Saeed Eleiraqy	18	ZMALK	9:08.85	___
5	Mohamed Bahgat Mohamec	16	Stad Mansoura	9:07.85	___
6	Karim Hesham Moh. Fakry	15	GEZIR	9:08.07	___
7	Mahmoud Hassan Mohamed	15	SHAMS	9:08.87	___
8	Moustafa Essam Wahba	16	Sporting	9:09.88	___
9	Ali Ali Hussein Ali	17	HELDO	9:12.36	___
10	Nour Eldin Karem Mohame	15	AHLY	9:14.55	___

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

Meet Program

Heat 14 Finals (#40 Boys 15 & Over 800 LC Meter Freestyle Age Group)

1	Mostafa Adel Ibrahim Khali	19	SMOHA	9:07.51	___
2	Karim Yasser Mamdouh	17	SHOOT	9:04.39	___
3	Mazen Mostafa Asfoor	15	ZOHUR	9:03.85	___
4	Mohamed Mourad Mohame	21	Sporting	9:03.38	___
5	Mohamed Khaled Mohamec	17	Bank Ahly Alex	9:01.86	___
6	Ahmed Mohamed Mossad M	16	ZMALK	9:03.33	___
7	Seif Ashry Kasem	21	GHABA	9:03.40	___
8	Yassein Akram Ragab Sobei	16	SHAMS	9:04.36	___
9	Mohanad Tamer Mohamed	17	SMOHA	9:07.09	___
10	Omar Elsayed Ramadan Els.	16	Olympic	9:07.84	___

Heat 15 of 18 Finals

1	abd Elrahman Sherif Karam	18	TRSAN	9:00.95	___
2	Zeyad Mohamed Magdy	17	MAADI	8:59.84	___
3	Mohamed Essam Abdou	17	AHLY	8:58.29	___
4	Ali Sherif Ali Mohamed	18	SHOOT	8:55.84	___
5	Yasin Alaa Ibrahim Elbieh	19	SMOHA	8:54.53	___
6	Malek Mohamed Bazan	16	MAADI	8:55.70	___
7	Youssef Ehab Mostafa	18	AHLY	8:57.39	___
8	Saif Mohamed Mahmoud M	15	SHOOT	8:59.28	___
9	Anas Haythm Mohamad Els	15	SMOHA	9:00.49	___
10	Zeiad Hamdy Amin Ossman	20	ZMALK	9:01.81	___

Heat 16 of 18 Finals

1	Mounir Ramez Mounir	19	SHOOT	8:53.53	___
2	Moustafa Tarik Moustafa	20	HELOP	8:53.15	___
3	Mahmoud Mohamed Ahme	17	SHAMS	8:52.72	___
4	Yassin Esam El Din	19	Sporting	8:51.15	___
5	Sherief Reda Metwaally	15	ZOHUR	8:48.34	___
6	Yasin Hatem Sery	19	HELOP	8:50.63	___
7	Mohamed Waled Mahmoud	17	ZMALK	8:51.91	___
8	Rohaim Tolba	16	SHOOT	8:52.92	___
9	Ali Hany Mohamed Al Sogh	21	SHAMS	8:53.23	___
10	Yossef Sherif Ibrahim	17	MAADI	8:53.98	___

Heat 17 of 18 Finals

1	Omar Mohamed Hassan	15	AHLY	8:47.86	___
2	Mohanad Yasser Abdelmen	16	SMOHA	8:44.82	___
3	Omar Mohsen Ramdan Abd	18	SMOHA	8:42.67	___
4	Karim Magid Abdelglil	16	ZMALK	8:35.59	___
5	Youssef Magdy Elhady	19	AHLY	8:33.13	___
6	Eyad Ahmed Zakaria	18	AHLY	8:33.14	___
7	Belal Maged Soliman	20	AHLY	8:41.66	___
8	Mohamed Tarek Rashad Ab	18	SHAMS	8:44.41	___
9	Ahmed Samir Mohamed	15	AHRAM	8:46.93	___
10	Abd Elrahman Amr Abd Elf	17	SHAMS	8:48.14	___

Heat 18 of 18 Finals

1	Tarek Kamel Farouk	20	ZMALK	8:31.85	___
2	Ahmed Mahmoud Elhouran	16	AHLY	8:29.87	___
3	Omar Ahmed Hassan Ryaar	18	SHAMS	8:26.57	___
4	Saif Amr Al Batal	17	AHRAM	8:24.40	___
5	Mohamed Adel Mohamed M	22	AHLY	8:12.16	___
6	ali Mohamed Sarwat	18	HELOP	8:19.37	___
7	Ahmed Mohamed Ahmed al	17	SHOOT	8:24.59	___
8	Omar Karim Galal Samy	16	MAADI	8:29.29	___
9	Mohamed Ehab El Tayeb	17	AHLY	8:31.83	___
10	Mohamed Ayman Abdelsan	16	AHLY	8:32.58	___

Event 41 Boys 15 & Over 50 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed Time
Heat 1 of 37 Finals				
4	Kress Nader abd Elsaid	16	Cairo	NT
5	Hamza Hossam Fargaly	15	DEGLA	NT
6	Adham Nabil Mohamed Ma	17	TANTA	NT
Heat 2 of 37 Finals				
1	Yasin Mossa Moh. Faghr Eld	15	GEZIR	NT
2	Abdel Rahman Mohamed M	16	RWAD	NT
3	Yasin Mohamed Abu Raya	18	TANTA	NT
4	Ahmed Hazem Mohamed Aj	19	6 OCT	NT
5	Karim Ahmed Mohsen Abde	17	SMOHA	NT
6	Mohamed Walid Hassan aly	17	Olympic	NT
7	Marwan Mohammed Younis	17	BNKG	NT
8	Seif El Din Hamdy Husain E	16	DEGLA	NT
9	Ahmed Sameh Saied Khami	15	Olympic	NT
10	Mohamed Said Labib Moha	17	SHOOT	NT
Heat 3 of 37 Finals				
1	Yoseef Ahmed Elgamel	17	Gezira El Ward	NT
2	Eyad Sayed Fadl Alla	21	ZOHUR	NT
3	Ahmed Awny Galal	19	AHLY	NT
4	Yassin Amr Mohamed Arfa	17	SHOOT	NT
5	Mohamed Hatem Mohamed	16	HELOP	NT
6	Mahmoud Abdelwahab Sha	17	ENPPI	NT
7	Moaz Tamer Hassan Mohar	15	NASR	NT
8	Ahmed Wael el Mohandes	18	HELOP	NT
9	Farok Mohamed Fayk Alsha	18	6 OCT	NT
10	Abdelrahman Mohamed Ab	15	Elethad	NT
Heat 4 of 37 Finals				
1	Mahmoud Mohamed Mahm	16	SHOOT	NT
2	Waleed Samer Mahmoud	18	AHLY	NT
3	Mohab Mohamed Saeid Elsa	15	Bank Ahly Alex	NT
4	Mohamed Mahmoud Attia	18	DEGLA	NT
5	Youssef amr Mohamed	16	Elethad	NT
6	Adam Shref Mostafa	19	HELOP	NT
7	Abd Alla Amr Ali Ahmed	15	ZOHUR	NT
8	Adham Ahmed Mohamed	15	6 OCT	NT
9	Adham Ahmed Abd Elmone	16	El Obour	NT
10	Abdelrahman Ahmed Moha	15	Ismaily	NT
Heat 5 of 37 Finals				
1	Adam Tarek Adel EL Ghazol	15	HELOP	NT
2	Adham Mostafa Ibrahim	15	El Temsah	NT
3	Moustafa Yasser Abd El Lati	18	Sporting	NT
4	Abdelrahman Sobhy Abdell	15	Bank Ahly Alex	NT
5	Mahmoud Tamer Saber	17	Elethad	NT
6	Omar Tarek Saleh	16	Sporting	NT
7	Adham Mohamed Said Moh	15	A S E C	NT
8	Saif Eldin Adel Elsayd	15	Elethad	NT
9	Ismail Abdelrahman Ismail	16	DEGLA	NT
10	Omar Mohamed Tawfek	15	Al Hawar	NT

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Meet Program

Heat 6 Finals (#41 Boys 15 & Over 50 LC Meter Backstroke Age Group):

1	Yousif Mohamed Khalaf	22	SMOHA	NT	___
2	Marwan Nehad Zakareia	25	DEGLA	NT	___
3	Omar Zeyad Mohamed	16	Sporting	NT	___
4	Mahmud Adel Mohamad M	15	SMOHA	NT	___
5	Yosef Mohamed Abd El Hale	19	HELOP	NT	___
6	Faris Mohamed Mashaly	24	Sporting	NT	___
7	Mohamed Ahmed Elryas	19	ZMALK	NT	___
8	Mohamed Walid Azouz	19	AHLY	NT	___
9	Amir Ramadan Sayed Rama	22	6 OCT	NT	___
10	Ahmed Wael Ahmed Mohan	19	Bank Ahly Alex	NT	___

Heat 7 of 37 Finals

1	Mohab Ahmed Abdel Fattah	15	Elethad	NT	___
2	Ziad Osama Abdel Fatah M	22	DEGLA	NT	___
3	Ahmed Hani Ezzat	15	SHOOT	NT	___
4	Hasan Hatem Hasan	17	DEGLA	NT	___
5	Amar Abdelsamea Hasn Ha	15	6 OCT	NT	___
6	el Farok Omer el Farok	16	BNK.G	NT	___
7	Mostafa Mahmoud Mohame	15	Elethad	NT	___
8	Omar Ahmed Sayed	16	DEGLA	NT	___
9	Hassan Karim Aglan	15	Sporting	NT	___
10	Mohamed Mahmoud Salah I	15	Olympic	NT	___

Heat 8 of 37 Finals

1	Amar Hazem Zakey Zakarey	15	SMOHA	NT	___
2	Omar Ahmed Ibrahim Eid	27	SHOOT	NT	___
3	Ahmed Maged Ghoureib	15	DEGLA	NT	___
4	Mohamed Hany Ahmed Has	17	SHAMS	NT	___
5	Sohaib Khaled Emam	20	AHLY	NT	___
6	Yassin Ihab Obeid Hassanei	15	Elethad	NT	___
7	Omar Hossam Hamza Elsha	16	DEGLA	NT	___
8	Youssef Omar Mhmoud Om	16	SMOHA	NT	___
9	Adham Tarik Ali Baiuomy	18	SMOHA	NT	___
10	Idris Ibrahim Mohammed	16	BNK.G	NT	___

Heat 9 of 37 Finals

1	Moataz Mahmoud Mohame	15	DEGLA	NT	___
2	Omar Tamer Mohamed Elta	15	Bank Ahly Alex	NT	___
3	Waleid Mohamed Sobhy	20	ZMALK	NT	___
4	Rashed Hatem Hasan	15	DEGLA	43.00	___
5	Ammar Ahmed Ali Sayed	15	DEGLA	41.34	___
6	Keven Latif Farag	15	DEGLA	41.52	___
7	Hessen Moh. Hessen Elbadr	16	GEZIR	43.06	___
8	Ali Ahmed Aadel Mosleh	16	6 OCT	NT	___
9	Marwan Mohamed Alaa Eld	15	DEGLA	NT	___
10	Mostafa Ahmed Mostafa	15	TALBE	NT	___

Heat 10 of 37 Finals

1	Mazen Mohamed Mahros	15	Elethad	40.88	___
2	Mohab Karem Mohamed Fa	15	Elethad	40.53	___
3	Seif Medhat Nabil	16	Sporting	40.44	___
4	Yehia Mohamed Ahmed Haf	15	DEGLA	39.39	___
5	Omar Khaled Ahmed Elmoh	15	MRAC	39.00	___
6	Michell Ramy Farouk	15	DEGLA	39.27	___
7	Nadim Walid Abdelnaby	15	Elethad	39.58	___
8	Youssef Ahmed Fouad	16	AHLY	40.49	___
9	Omar Mohamed abu Bakr	15	AHRAM	40.79	___
10	Eyad Mohamed Elsayed Has	15	TRSAN	40.96	___

Heat 11 of 37 Finals

1	Mohamed Ahmed Husien	15	Pegasus Club	38.66	___
2	Abdallah Haitham Mabrouk	15	DEGLA	38.20	___
3	Eyad Ahmed Abd Elsallam	15	ZOHUR	37.74	___
4	Salem Abdelsmia Hssn Hos	19	6 OCT	37.23	___
5	Adam Yasser Shaker	15	New Giza	37.05	___
6	Youssef Mohamed Youssef	15	Ultimate	37.15	___
7	Khaled Mohamed Ezzat Abc	15	TRSAN	37.45	___
8	Mohamed Moustafa Moham	15	Tlaea El Ostol	38.02	___
9	Maher Mohamed Maher	15	RWAD	38.48	___
10	Hamza Mohamed Shoab	15	DEGLA	38.68	___

Heat 12 of 37 Finals

1	Ahmed Khaled Mohamed Sa	16	MRAC	36.86	___
2	Alli Hany Alli Soliman	16	GHABA	36.57	___
3	Mohamed Eliwa Mohamed	16	GOLDY	36.41	___
4	ali Ahmed Gamal Eldin Afar	18	DEGLA	36.28	___
5	Mostafa Ahmed AL Saeed	15	RWAD	36.10	___
6	Adham Hany Ahmed	15	A S E C	36.26	___
7	Hamza Mohamed Abo Taleh	15	DEGLA	36.30	___
8	Yassin Mostafa Nasr	15	Sporting	36.51	___
9	Ahmed Mohamed Ramadan	17	DEGLA	36.79	___
10	Mohamed Ismal El Sayed Is	15	A S E C	36.90	___

Heat 13 of 37 Finals

1	Saeed Islam Saeed Hassan	16	MRAC	36.07	___
2	Roshdy Ahmed Roshdy	15	DEGLA	36.00	___
3	Youssef Mahmoud Abd El A	16	DEGLA	35.77	___
4	abd Allah Hosam abd Alrzal	16	ENPPI	35.68	___
5	Yahia Helmy Mohamed Moh	15	A S E C	35.46	___
6	Omar Samy Abdelsalam Ma	16	SMOHA	35.52	___
7	Azzam Mohamed Sheha	16	Olympic	35.71	___
8	Abdallah Moahmed Abdelaz	16	SMOHA	35.80	___
9	Mohamd Ahmed Hassen	15	Elethad	36.06	___
10	Youssef Mohamed Abd Elra	15	Elethad	36.10	___

Heat 14 of 37 Finals

1	Mohamed Abdel Rashed Mc	18	GHABA	35.24	___
2	Khaled Ayman Mahmoud	16	Elethad	35.18	___
3	Yassin Ahmed Fouad	16	DEGLA	35.16	___
4	Seif Mohamed Abdelmonim	15	ZMALK	35.08	___
5	Fares Ehab Moustafa Ibrahi	15	Olympic	35.04	___
6	Yassen Amr abd el Manam	17	A S E C	35.04	___
7	Ahmed Waled Ali	16	SMOHA	35.11	___
8	Omar Kmal Mohamed Batis	19	Y.M.C.A	35.18	___
9	Ahmed Hazem Ibrahim	16	ENPPI	35.21	___
10	Mahmoud Hossam Mahmot	15	Bank Ahly Alex	35.35	___

Heat 15 of 37 Finals

1	Assem Mohamed Ramadan	15	DEGLA	34.83	___
2	Mashary Hany Ramadan M	17	RWAD	34.74	___
3	Omar Mohamed Farouk	15	Elethad	34.72	___
4	Ahmed Khaled Badr	15	Elethad	34.61	___
5	Kamal Eldin Khaled Alshah	15	Elethad	34.52	___
6	Aly Samy Elshafy	17	Sporting	34.56	___
7	Mohamed Abdelmounem A	15	SHAMS	34.70	___
8	Belal Abd Elwadod Mohame	20	RWAD	34.73	___
9	Omar Mohamed Abdalem	15	SENZO	34.83	___
10	Yassin Hassan Hosny Ahme	15	Elethad	34.92	___

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Meet Program

Heat 16 Finals (#41 Boys 15 & Over 50 LC Meter Backstroke Age Group)

1	Abdel Rahman Mostafa Farq	17	RWAD	34.46	___
2	Hassan Nabil Samy Elnagga	15	GEZIR	34.14	___
3	Omr Ashraf Ali	17	Elethad	34.06	___
4	Omar Sherif Abd El Hamid	17	DEGLA	34.00	___
5	Youssef Mohamed Fathy	16	New Giza	33.97	___
6	Hassan Hussein Mohamad I	15	SMOHA	33.98	___
7	Mohamed Emad Ezzeldin	16	New Giza	34.06	___
8	Abdelrahman Ayman Sayed	20	Fayoum Club	34.12	___
9	Ahmed Mahmoud Farouk	15	DEGLA	34.42	___
10	Ahmed abd el Hady Hassan	18	ZMALK	34.49	___

Heat 17 of 37 Finals

1	Omar Shrief Ahmed Ahmed	16	SMOHA	33.95	___
2	Yazid Ahmed Mohamed	15	Elethad	33.89	___
3	Mohamed Alaa Mohamed	15	HELOP	33.81	___
4	Mohamed Moatazbella Mo	15	DEGLA	33.76	___
5	Hamza Mohamed Shamrock	17	SENZO	33.64	___
6	Youssef Amr Yasseen Mady	15	GEZIR	33.75	___
7	Mohamed Ashraf Abdo	17	Elethad	33.78	___
8	Omar Mohamed Ayman Abc	15	SHOOT	33.85	___
9	Nadem Hany Abdellatef	15	Elethad	33.92	___
10	Ahmed Mohamed Elzawawy	16	TANTA	33.97	___

Heat 18 of 37 Finals

1	Abd Elhalim Alaa Abd Elhal	16	ZOHUR	33.49	___
2	Mohamed Emad Ghonemy	15	RWAD	33.40	___
3	Ahmed Samy Sayed	17	TWFIK	33.13	___
4	Mostafa Mohamed Ahmed	16	SMOHA	33.03	___
5	Ahmed Hossam Ahmed Mol	15	Bank Ahly Alex	33.03	___
6	Awab Mostafa Mahmoud	16	SMOHA	33.03	___
7	Hassan Ahmed Ehab Wahby	15	HELOP	33.07	___
8	Mohamed Ali Saed Mohame	15	Bank Ahly Alex	33.39	___
9	Eyad Sherif Hassan	16	DEGLA	33.48	___
10	Ahmed Hesham Mostafa	20	SHOOT	33.60	___

Heat 19 of 37 Finals

1	Omar Ayman Zakaria	16	SMOHA	32.94	___
2	Youseif Mohamed Mohamec	16	ZMALK	32.91	___
3	Slem Wesam Samy Mohame	15	HELOP	32.84	___
4	Slem Ahmed Hosny	19	Sporting	32.76	___
5	Mostafa Mohamed Fouad El	15	TWFIK	32.75	___
6	Youssef Mohamed Hamed	15	DEGLA	32.75	___
7	Omar Ahmed Mohamed Gal	15	RWAD	32.81	___
8	Ziad amr abd Elhakem	15	Cairo	32.85	___
9	Mohamed Mamdouh Mohar	16	MRAC	32.94	___
10	Marwan Mohamed Saber	17	ZMALK	32.99	___

Heat 20 of 37 Finals

1	Fadi Wael Gerges	17	REHAB	32.73	___
2	Amaar Khaled Hamed Alli	16	GHABA	32.66	___
3	Yahia Mohamed Ahmed	17	Elethad	32.59	___
4	Hazem Mohamed Essam	16	A S E C	32.55	___
5	Yassen Haitham Ghazy	16	TWFIK	32.52	___
6	Abdelrahman Ahmed Moha	16	Tlaea El Ostol	32.54	___
7	Amir Maged Eid Yousef	15	HELOP	32.56	___
8	Youssef Khalil Alsaied	15	RWAD	32.64	___
9	Khaled Mohamed Elsyed Ta	17	SMOHA	32.66	___
10	Yassien Ahmed Mohamed	16	SMOHA	32.75	___

Heat 21 of 37 Finals

1	Eyad Mohamed Yousry	15	DEGLA	32.51	___
2	Seifallah Mahmoud Ahmed	16	GHABA	32.46	___
3	Omar Mohamed Abdelghafa	16	SMOHA	32.42	___
4	Aly Eldin Ahmed Ibrahim	16	AHLY	32.36	___
5	Adam Medhat ezz Eldin	15	DEGLA	32.31	___
6	Ahmed Sameh Abdelkader	18	DEGLA	32.36	___
7	Hazem Omar Mohamad Fatl	15	SMOHA	32.40	___
8	Zeiad Ahmed Saied	15	ZMALK	32.43	___
9	Malek Sherif Hayaty	16	Sporting	32.49	___
10	Ziad Hateem Foaad	16	Elethad	32.52	___

Heat 22 of 37 Finals

1	Yousif Wael Hamed Elsaid	19	SMOHA	32.31	___
2	Yossef Ahmed Farok Hassar	20	MAADI	32.25	___
3	Abdel Rahman Essam Nabil	18	Elethad	32.22	___
4	Abd El Rhman Moustafa Fav	16	A S E C	32.09	___
5	Loai Ehab A.Meshaal	16	DEGLA	32.05	___
6	Mahmoud Amr Samy	21	AHLY	32.08	___
7	Adham Ibrahim Basuni	17	GHABA	32.16	___
8	Yossef Yehya Ibrahim	17	GHABA	32.25	___
9	Yassen Amr Mahmoud Abde	15	Bank Ahly Alex	32.27	___
10	Mohamad Mohamad Roshd	15	SMOHA	32.31	___

Heat 23 of 37 Finals

1	Awny Mohamad Awny	16	SMOHA	32.03	___
2	Mostafa Ibrahim Mahrosr A	16	SMOHA	32.02	___
3	Mohamed Khaled Mohamec	15	ZMALK	32.00	___
4	Youssef Shams Elden Gaber	15	A S E C	31.84	___
5	Ahmed Mohamed El Menya	19	DEGLA	31.75	___
6	Yehia Ahmed Atef Abdrabo	16	SMOHA	31.83	___
7	Omar Samer Mahmoud	15	AHLY	31.96	___
8	Ahmed Ramee Ahmed Hash	16	6 OCT	32.01	___
9	Yasser Walid Abo Elela	18	AHLY	32.02	___
10	Adham Ramy Samir	21	SHOOT	32.04	___

Heat 24 of 37 Finals

1	Yassen Ahmad Ebrahim Kal	15	SMOHA	31.67	___
2	Martin Emad Rizk	17	Y.M.C.A	31.52	___
3	Yossef Hossam Mohamed El	16	SHOOT	31.40	___
4	Yossef Ayman Said	15	GHABA	31.39	___
5	Omar Ayman Esmael Emam	15	6 OCT	31.31	___
6	Omar Tamer Issa	15	RWAD	31.33	___
7	Blal Mohamed Elsaid Mahm	16	SMOHA	31.39	___
8	Nour Eldin Mohamed Refaa	15	AHLY	31.51	___
9	Ahmed Emad Ahmed	18	AHLY	31.53	___
10	amr Khaled abd Elmaksoud	18	Olympic	31.68	___

Heat 25 of 37 Finals

1	Omar Karem Mahmoud Abc	15	Elethad	31.19	___
2	Adham Amr Ahmed ElShar	15	DEGLA	31.17	___
3	Abd Allah Ahmed Abd El Az	15	MAADI	31.09	___
4	Adham Mahmoud Sayed	15	AHLY	30.98	___
5	Zeid Mohamed Abdel-Azeer	16	AHLY	30.93	___
6	Abdel Rahman Hazem Mou	18	Elethad	30.97	___
7	Mohamed Osama Fekry	15	DEGLA	31.06	___
8	Yassien Amr Adly Mohamed	16	SMOHA	31.12	___
9	Loaay Motasem Alaaeldin	16	ZMALK	31.18	___
10	Youssef Wala Mohamed Tav	16	SMOHA	31.29	___

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Meet Program

Heat 26 Finals (#41 Boys 15 & Over 50 LC Meter Backstroke Age Group)

1	Mohamed Diaa Eldeen Moh	17	Nasr City	30.88	___
2	Zyad Mohamed Moawad	18	ZMALK	30.83	___
3	Mohamed Tamer Mohamed	20	SMOHA	30.78	___
4	Ahmed Mohamed Ahmed A	16	DEGLA	30.75	___
5	Mahmoud Eissa Moharam	15	DEGLA	30.73	___
6	Mazen Karim Hassan	17	AHLY	30.73	___
7	Mohamed Ahmed Mohamed	16	RWAD	30.76	___
8	Ibrahim Bahaaeldin Ibrahim	15	Olympic	30.81	___
9	Hamza Mohamed Habib	16	AHLY	30.87	___
10	Ahmed Khaled Youssef Moh	17	SMOHA	30.93	___

Heat 27 of 37 Finals

1	Eyad Hossam Eldin Zakzoul	16	Sporting	30.70	___
2	aly Saleeh aly	16	ZMALK	30.65	___
3	Ahmed Tarek Mohamed Abi	18	M.ARB	30.57	___
4	Yassin Hussein Nabil Hussein	15	SHOOT	30.56	___
5	Omar Khaled Khamis	18	A S E C	30.53	___
6	Abdel Rahman Mohamed M	19	Elethead	30.53	___
7	Fo`ad Haitham	20	SMOHA	30.56	___
8	Adam Mohamed Helmy	16	DEGLA	30.59	___
9	aly Eldin Ahmed Mohamed	16	ZMALK	30.65	___
10	Ahmed Medhat Mohamed A	16	Bank Ahly Alex	30.70	___

Heat 28 of 37 Finals

1	Abdelrahman Mohamad Eh	15	SMOHA	30.52	___
2	Ahmed Hossam Eldin Salar	19	SMOHA	30.46	___
3	Ahmed Samy Hassan	15	M.S Tagamoa	30.45	___
4	Adam Mohamed Mahmoud	15	DEGLA	30.37	___
5	Marawan Walid Noshy	16	AHLY	30.35	___
6	Adham Elsayed Ali	16	DEGLA	30.36	___
7	Ahmed Eid Hamad Ahmed	17	NASR	30.45	___
8	Adham Hossameldin Abdall	17	ZMALK	30.46	___
9	Hamza Ahmed Mohamed Al	16	Bank Ahly Alex	30.47	___
10	abd Elrhman Mohamed Ahr	16	Elethead	30.53	___

Heat 29 of 37 Finals

1	Adham Hossam Lotfy Hassa	17	SMOHA	30.31	___
2	Mohamed Hossam Mohame	18	A S E C	30.26	___
3	Omar Tarek Abdel-Rahman	16	AHLY	30.25	___
4	Mazen Ashraf Mohamed Ab	18	Bank Ahly Alex	30.23	___
5	Farouk Mohamed Moharam	15	DEGLA	30.18	___
6	Amr Medhat Bader	20	SMOHA	30.20	___
7	Mohamed Samy Mahmoud	19	GHABA	30.24	___
8	Omar Khaled Ibrahim	15	AHLY	30.26	___
9	abd el Rahman Waleed el St	16	HELOP	30.30	___
10	Selim Shrif Osama Helmy M	15	GEZIR	30.33	___

Heat 30 of 37 Finals

1	Ahmed Hasan Tork	16	Sporting	30.08	___
2	Mohamed Nasr Ahmed	16	MAY15	30.06	___
3	Adam Sameh Elawany	16	TANTA	30.01	___
4	Zeiad Mohamed Ahmed	17	BNK.G	29.95	___
5	Mohamed Bakry Kaaed Abd	15	MAADI	29.90	___
6	Mohmed Ayman Esmael Er	17	6 OCT	29.94	___
7	Adam Mohamed Mahmoud	15	SHOOT	29.96	___
8	Omar Mohamed Ibrahim	16	DEGLA	30.04	___
9	Mohamed Ahmed Amin	19	ZMALK	30.07	___
10	Ziad Emad Atya	16	DEGLA	30.16	___

Heat 31 of 37 Finals

1	Kamal El Din Mokhtar	19	DEGLA	29.84	___
2	Moamen Khalid Mohamed	18	ZMALK	29.80	___
3	Yosef Hatem ali Ahmed	16	Al Hawar	29.70	___
4	Mohamed Medhat Shalby	15	HELOP	29.60	___
5	Hussin Mohamed Hussin	18	TALBE	29.56	___
6	Yousef Ahmed Salah Shendy	26	AHLY	29.58	___
7	Mahmoud Mostafa AbdAlla	17	TALBE	29.66	___
8	Mohamed Mashhour Yehia	18	AHLY	29.77	___
9	Yassen Osama Yosef Ebrahe	15	SMOHA	29.81	___
10	Mohamed Emad Maher	17	SENZO	29.86	___

Heat 32 of 37 Finals

1	Mohamed Ramy Mohamed	18	AHLY	29.55	___
2	Mohamed Eslam Mohamed	17	SMOHA	29.54	___
3	Adam Mohmoud Abdelftah	17	Bank Ahly Alex	29.51	___
4	Adham Ahmed Hassan	20	AHLY	29.45	___
5	Mohamed Tarek Mohamed	15	Olympic	29.41	___
6	Mohamed Khaled Mohamed	15	SHOOT	29.42	___
7	Amar Haitham Mohamed Sa	16	SHAMS	29.49	___
8	Yossef Ayman Abdalla Moha	15	SMOHA	29.51	___
9	Yassin Amr Adel	15	AHLY	29.54	___
10	Ali Ahmed Dawood	20	AHLY	29.56	___

Heat 33 of 37 Finals

1	Kareem Hossam Ahmed Sal	15	SMOHA	29.33	___
2	Abdelrhman Mhmoud Yuon	20	SMOHA	29.24	___
3	Mostafa Magdy Nabil	19	AHLY	29.23	___
4	Omer Badr Kamel	19	SHOOT	29.17	___
5	Mahmod Mahmod Yassen es	17	TANTA	29.10	___
6	Hamza Moh. Khairy Samra	17	GEZIR	29.16	___
7	Mohamed Ashraf	20	Sporting	29.22	___
8	Yassin Hytam Hossam Eldin	17	ZMALK	29.24	___
9	Yousif Ashraf Madkour	20	SMOHA	29.30	___
10	AbdelRahman Ehab Elshimy	16	Sporting	29.35	___

Heat 34 of 37 Finals

1	Adam HossamEldin Moham	16	SMOHA	29.01	___
2	Mazen Wael Fakry	15	TRSAN	28.89	___
3	John Wael Nagy Mosad	17	HELDO	28.67	___
4	Omar Ahmed Salah	17	AHLY	28.64	___
5	Yosif Ahmed Mohsen	16	NASR	28.59	___
6	Saleh Hossam El Din Saleh	20	ZOHUR	28.59	___
7	Mostafa Ahmed Elesawy	21	AHLY	28.67	___
8	Mazen Ibrahim Ahmed	17	DEGLA	28.87	___
9	Hussien Mohamed Hussien	15	SHAMS	29.01	___
10	Ahmed Amr Abdel Azzim	18	AHLY	29.10	___

Heat 35 of 37 Finals

1	Blal amr Ahmed	18	HELOP	28.56	___
2	Youssef Amr Sayed	17	DEGLA	28.52	___
3	Omar Hany Mohamed Galal	19	Gezira El Ward	28.43	___
4	Abdel Rahman Khaled Zaka	18	AHLY	28.37	___
5	Nadem Kram Mohamed	18	HELOP	28.31	___
6	Khaled Ahmed Mahmoud G	18	Bank Ahly Alex	28.36	___
7	Zyad Waael Abass Bhr	20	6 OCT	28.42	___
8	Hamza Moahmed Mhmoud	16	SMOHA	28.50	___
9	Karim Ahmed Naser Abdelr	17	SMOHA	28.53	___
10	Mohamed Khaled Salam	18	AHLY	28.56	___

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

Meet Program

Heat 36 Finals (#41 Boys 15 & Over 50 LC Meter Backstroke Age Group)

1	Marwan Ali Mahmoud	15	DEGLA	28.21	___
2	Eyad Mohsen Isamil ali	16	SHAMS	28.10	___
3	Mahmoud El Walid Abd El F	17	MAADI	27.99	___
4	Islam Mohamed Nashaat	17	MAADI	27.94	___
5	Yousif Ahmed Ragab Elshan	18	SMOHA	27.83	___
6	Moustafa Abdo Mohamed S	21	RWAD	27.85	___
7	Ahmed Adel Mohamed Mes	23	AHLY	27.96	___
8	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	28.09	___
9	Ibrahim Ahmed Ibrahim	22	Sporting	28.19	___
10	Ahmed Hattem Ahmed	18	DEGLA	28.25	___

Heat 37 of 37 Finals

1	Mohamed Ahm. Aly Moh. D	19	GEZIR	27.66	___
2	Abdel Reheim Samir Al Shei	25	ZMALK	27.58	___
3	Mohab El Din Fathy	22	Sporting	27.47	___
4	Ali Khaled Osama	19	DEGLA	27.28	___
5	Yasin HossamEldin	20	SMOHA	25.84	___
6	Aly Ahmed Khalafalla	27	AHLY	26.04	___
7	Seif Tarek Mohamed Raslan	23	ZMALK	27.43	___
8	Abdel Rahman Amr Farag	16	SHOOT	27.51	___
9	Mohamed Ahmed Mohamec	19	SMOHA	27.64	___
10	Mohamed Taha Abd El Raou	18	DEGLA	27.71	___

Event 42 Girls 15 & Over 200 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 21 Finals

4	Yosr Aneer Mostafa Elganz	19	SMOHA	NT	___
5	Hana Mohamed Hasaan	16	ZMALK	NT	___
6	Kenzy Hamada Saad	15	AHLY	NT	___

Heat 2 of 21 Finals

1	Hoor MmohamadAhmed Ba	15	TANTA	NT	___
2	Farida abd el Aziz Gaber	16	A S E C	NT	___
3	Bassant Gamil Barakat	16	AHLY	NT	___
4	Rofayda Mohamed Emam	16	ZMALK	NT	___
5	Haidy Mostafa Reyad	19	AHLY	NT	___
6	Jannat Safwat Saleh	15	ZOHUR	NT	___
7	Dina Ebrahim Ebid	18	Sporting	NT	___
8	Yara Hesham Mohsen	15	AHLY	NT	___
9	Arwa Sherif Mohamed Samy	18	SHOOT	NT	___
10	Nada Mohamed Ahmed Kaf	16	ZMALK	NT	___

Heat 3 of 21 Finals

1	Malak Wesam Badr	20	TANTA	NT	___
2	Shaza Mohamed Said Husse	15	Elethead	NT	___
3	Noreen Ahmad Saad Abdala	15	SMOHA	NT	___
4	Joudy Magdy Abbas	17	Bank Ahly Alex	NT	___
5	Rawan Mohamed Moaawad	17	AHLY	NT	___
6	Mariam Ahmed Zahran	16	Sporting	NT	___
7	Khadiga Ahmed Mohamed I	16	SHOOT	NT	___
8	Menat Allah Medhat abd el	16	Al Hawar	NT	___
9	Mariam Mohammed Hamdy	18	SHOOT	NT	___
10	Yasamina Aslam Subhaa	18	Nasr City	NT	___

Heat 4 of 21 Finals

1	Jana Ahmed Elsayed	17	SENZO	NT	___
2	Khadija Ahmed Elsantresy	16	Sporting	NT	___
3	Farida Mohamed Ahmed El	17	SHOOT	NT	___
4	Carole Baher Fouad	15	Sporting	3:14.51	___
5	Ghoswn Wahed Mohamed	19	El Obour	2:55.01	___
6	Habiba Elaroussy	15	Sporting	2:56.02	___
7	Mariam Ahmed Mostafa Fa	17	ZOHUR	NT	___
8	Nadin Motaz Mohamed	15	MRAC	NT	___
9	Nada Hassan Ahmed Hassa	17	Elethead	NT	___
10	Menna Tallah Ahmed Moha	17	BANHA	NT	___

Heat 5 of 21 Finals

1	Klara Alfred Sabr	18	ZMALK	2:52.93	___
2	Mariam Ashraf Rashad Nabi	15	Sporting	2:50.16	___
3	Mariam Nader Sedky	16	Ismaily	2:49.33	___
4	Allaa Hazem Abd Elshkour	16	SHOOT	2:46.58	___
5	Sama Mohamed Helmy	17	Elethead	2:45.22	___
6	Farah Hesham Salah	16	DEGLA	2:46.29	___
7	Marem Mohamed Kabary	17	Elethead	2:47.47	___
8	Habiba Ehab Fawzy	20	AHLY	2:49.67	___
9	Salma Waled	19	SMOHA	2:51.89	___
10	Jana Wael Fahem	17	ZMALK	2:54.52	___

Heat 6 of 21 Finals

1	Jannah Mohamed Farouk	18	Sporting	2:42.81	___
2	Nada Afify Abdelmaqsoud	16	ZMALK	2:40.95	___
3	Jana Waleed abd Elrazek Ga	16	DEGLA	2:40.20	___
4	Jana Mohamed Aboelossed	15	TANTA	2:39.53	___
5	Arwa Adel Ghaleb	17	ZMALK	2:38.65	___
6	Hana Mahmoud Mostafa	16	DEGLA	2:39.49	___
7	Nour Mohamed Abd El Had	18	Sporting	2:40.12	___
8	Rokaya Emad Samir Hassan	15	HELDO	2:40.36	___
9	Farah Mohamed Saied Saleh	17	ZMALK	2:41.10	___
10	Judy Sayed Ahmed	16	DEGLA	2:43.44	___

Heat 7 of 21 Finals

1	Malak Amr Salah	15	SENZO	2:38.32	___
2	Amira Hatem Ahmed Shawl	17	MAADI	2:37.99	___
3	Monika Ayman Raaouf Eriy	19	SHAMS	2:36.57	___
4	Gana Mohamed Abd ElSame	18	SHOOT	2:36.06	___
5	Zeina Ayman Saad	17	ZMALK	2:34.86	___
6	Salma Mostafa Kamel Abou	15	Elethead	2:36.04	___
7	Zenab Wagdy Saber	18	ZMALK	2:36.31	___
8	Nadin Atef Mohamed	18	AHLY	2:36.99	___
9	Gana Tarek Mohamed Farid	18	SHOOT	2:38.02	___
10	Mariem aly Mahdy Mohame	15	ZMALK	2:38.46	___

Heat 8 of 21 Finals

1	Esraa Ehab Zamel	19	ZMALK	2:34.68	___
2	Rawda Faysal Elasherif	18	AHLY	2:34.52	___
3	Jana Hisham Mohamed	17	Cairo	2:33.99	___
4	Lilly Ahmed Farwiz	16	GEZIR	2:33.86	___
5	Sara Ismail Sarwat	17	HELOP	2:33.10	___
6	Mayar Hassan Ali	20	AHLY	2:33.20	___
7	Saba Ahmed Elshabrawy	15	AHLY	2:33.86	___
8	Gana Amro Abdallah Hamec	15	TANTA	2:34.11	___
9	Fatma Hisham Sarwt	20	Sporting	2:34.54	___
10	Zena Ashraf Mohamed Ebra	15	TANTA	2:34.85	___

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

Meet Program

Heat 9 Finals (#42 Girls 15 & Over 200 LC Meter Freestyle Age Groups)

1	Byrne Ibrahim Adel	15	Elethead	2:32.63	___
2	Gana Wael Youssef Mahmou	17	DEGLA	2:31.99	___
3	Malak Mohamed Hassan	15	ZMALK	2:31.74	___
4	Hanin Saeed	15	ZMALK	2:31.36	___
5	Jana Mohamed Darwish	15	GHABA	2:30.56	___
6	Hana Hesham Saleh	18	DEGLA	2:31.07	___
7	Freda Hesham Mahmoud	16	HELOP	2:31.41	___
8	Zeina Wael Abd Elmohsen	16	SHOOT	2:31.76	___
9	Jana Saied Othman Mohame	15	Olympic	2:32.28	___
10	Hana Tamer Ibrahim	15	Elethead	2:32.84	___

Heat 10 of 21 Finals

1	Malak Ahmed Nagy Ali	19	HELDO	2:30.33	___
2	Dima Khaled Mohamed	15	DEGLA	2:29.58	___
3	Nadin Sameh Mohamed	16	ZMALK	2:29.09	___
4	Sama Ahmed Ali	17	AHLY	2:28.84	___
5	Mariam Ebrahim Mohamed	15	HELOP	2:27.87	___
6	Kenzy Ahmed Saad ali	16	DEGLA	2:28.46	___
7	Donia Motaz Mohamed abd	16	MRAC	2:28.86	___
8	Yasmin Wael Abdalaah	16	ZMALK	2:29.20	___
9	Rofaida Khaled Hussein	16	AHLY	2:29.73	___
10	Reem Mostafa Mohamed	15	A S E C	2:30.51	___

Heat 11 of 21 Finals

1	Farah Aymen Adel Mettwaly	15	SHOOT	2:27.04	___
2	Rodaina Ayman Mohamed	16	AHLY	2:26.14	___
3	Salma Alaa Mahdy	20	AHLY	2:25.96	___
4	Sama Atef Sayed	15	DEGLA	2:25.87	___
5	Hana Mohamed Asharaf Ma	15	SHAMS	2:25.25	___
6	Fayrouz Mohamed Hussien	15	Pegasus Club	2:25.49	___
7	Maryem Ahmed Saed Mahn	17	TANTA	2:25.89	___
8	Hana Waled Hasan	18	SHROK	2:25.98	___
9	Salma Ahmed Abo Mosalm	15	AHLY	2:26.80	___
10	Haneen Tamer Ahmed	16	DEGLA	2:27.70	___

Heat 12 of 21 Finals

1	Anan Mohamed Yehia	18	M.ARB	2:25.07	___
2	Salma Ahmed ali Mostafa	18	GHABA	2:24.57	___
3	Jana Khaled El Sayed	15	DEGLA	2:23.92	___
4	Amina Alaa Elhamouly	16	Sporting	2:23.81	___
5	Goumana Mohamed Ibrahim	15	AHLY	2:23.58	___
6	Maya Mohamad Mahmud H	15	SMOHA	2:23.65	___
7	Laila Ashraf Salah	15	DEGLA	2:23.84	___
8	Malak Khaled Ahmed Abdal	18	DEGLA	2:24.24	___
9	Fatma Kamil Mohamed	15	ZMALK	2:24.76	___
10	Mayroz Mohamed abd Elsal	15	TANTA	2:25.15	___

Heat 13 of 21 Finals

1	Nour Elsabah Ahmed Amer	17	AHLY	2:22.84	___
2	Farida Sherif Ahmed Taha	16	SHOOT	2:22.77	___
3	Mariam Walid Sayed	15	DEGLA	2:22.38	___
4	Nadine Hazem Mohamed	15	Pegasus Club	2:22.23	___
5	Menna Tallah Kharboush	15	AHLY	2:22.07	___
6	Fatema Tamer Ahmed Saye	16	DEGLA	2:22.16	___
7	Basmala Reda Shaban	16	Elec	2:22.29	___
8	Nour Amgad Ali Fahmy	16	SHAMS	2:22.61	___
9	Nour Mohamad Hassan Mol	15	SMOHA	2:22.79	___
10	Farah Hatem Ngaty Moham	15	HELOP	2:23.16	___

Heat 14 of 21 Finals

1	Rana Ahmed Mahmoud Taw	17	SHOOT	2:21.84	___
2	Mariam Yasser Mohamed SI	16	AHLY	2:21.63	___
3	Mariam Sherif Mohamed Sh	17	MAADI	2:21.29	___
4	Rawan Mohamed Saleh Mol	15	SHAMS	2:21.17	___
5	Doreen Walid Fathy	17	TWFIK	2:20.53	___
6	Malak Hesham Mohamed	17	AHLY	2:20.84	___
7	Joudy Moahmed Khedr	16	SMOHA	2:21.27	___
8	Malak Waled Essam Shaban	19	SMOHA	2:21.39	___
9	Dina Alaa Ibrahim Hussien	17	SMOHA	2:21.84	___
10	Jana Mostafa Moktar	15	Cairo	2:21.87	___

Heat 15 of 21 Finals

1	Shahd Yousry Mohamed Ha	18	Olympic	2:20.28	___
2	Nazly Mohamed Elokda	15	SHOOT	2:20.07	___
3	Yara Ahmad Nageb Ahmad	15	SMOHA	2:19.85	___
4	Habiba Mohamed Abd el Na	15	DEGLA	2:19.62	___
5	Zina Ahmed Medhat	15	AHLY	2:19.44	___
6	Loujain Ibrahim Ibrahim	17	AHLY	2:19.48	___
7	Rancy Mohamed Hafez	15	TANTA	2:19.77	___
8	Arwa Mohamed Elsayed	15	AHLY	2:19.96	___
9	Hagar Mohamed Ibrahim A	17	SMOHA	2:20.16	___
10	Hana Tarek Yehia	16	AHLY	2:20.40	___

Heat 16 of 21 Finals

1	Farida Amr Tarek Zaied	15	ZOHUR	2:19.04	___
2	Yasmena Ahmed Saad	16	SMOHA	2:18.49	___
3	Rodaina Wael Mohamed	20	RWAD	2:18.41	___
4	Wafaa Ahmed Saad ElDin	15	DEGLA	2:18.33	___
5	Farah Ahmed	15	HELOP	2:18.13	___
6	Yasmine Yasser Mamdouh	19	SHOOT	2:18.16	___
7	Nabila Hassan Ismail	16	OLMPA	2:18.37	___
8	Yara Hossam Salem	16	AHLY	2:18.47	___
9	Rokaia Hisham Ahmed	17	SHOOT	2:18.64	___
10	Retag Alla Eldeen Abdelfat	15	SMOHA	2:19.27	___

Heat 17 of 21 Finals

1	Kenzy Wael Foud Ramadan'	15	SMOHA	2:17.75	___
2	Sama Iyhab Onsy	15	Al Hawar	2:17.46	___
3	Ingy Bassem Bahaa Eldin	15	AHLY	2:17.28	___
4	Sara Mahmoud El Gendy	17	DEGLA	2:17.16	___
5	Farida Ahmed Ibrahim	17	GHABA	2:16.68	___
6	Joudy Mohamed Aly	18	Sporting	2:16.92	___
7	Rahma Ahmed Mohamed	15	SHOOT	2:17.19	___
8	Maya Abdelaziz Zakaria	15	AHLY	2:17.31	___
9	Basmalah Gomaa Ali	18	Bank Ahly Alex	2:17.48	___
10	Laila Tarek Mostafa	16	DEGLA	2:18.00	___

Heat 18 of 21 Finals

1	Goudy Abdelhalem Fathala'	18	Bank Ahly Alex	2:16.59	___
2	Anod Amr Abd El Aziz	17	DEGLA	2:16.01	___
3	Nour Shref Osama	15	HELOP	2:15.73	___
4	Hameis Essam Al Kholy	15	SHOOT	2:15.53	___
5	Zeina Ahmed Mostafa	16	SHOOT	2:15.38	___
6	Mayar Mohamed Gaber	22	AHLY	2:15.49	___
7	Jihan Ahmed Abdel Azim	19	AHRAM	2:15.71	___
8	Gana Emad Gaad Hosny	20	SHAMS	2:15.84	___
9	Salma Ahmed Elsaid	15	Gezira El Ward	2:16.15	___
10	Sara Ahmed Alsaed Abdow	19	6 OCT	2:16.62	___

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

Meet Program

Heat 19 Finals (#42 Girls 15 & Over 200 LC Meter Freestyle Age Group)

1	Khadega Osama Mohame B:	16	HELOP	2:14.92	___
2	Nadin Adam Ahmed Foad M	20	SHAMS	2:14.82	___
3	Nada Ahmed El Said Elbasy	16	SHOOT	2:14.72	___
4	Habiba Mohamed Nashaat /	15	HELDO	2:14.30	___
5	Arwa Faysal Al Sherif	15	AHLY	2:13.66	___
6	Lougein amr Khaleil Ibrahim	16	ZMALK	2:13.70	___
7	Kenzy Hazem Moneeb	17	Cairo	2:14.66	___
8	Zena Hesham Mahfoz	16	TANTA	2:14.80	___
9	Marim Mohamed Bakr	15	TRSAN	2:14.88	___
10	Malak Ahmed Anes Mahmo	16	Al Hawar	2:14.98	___

Heat 20 of 21 Finals

1	Jana Mohamed Abdel Fatah	19	SHOOT	2:13.17	___
2	Alya Ehab Abdel Moneam	16	AHLY	2:12.98	___
3	Farida Ayman Samra	19	SHOOT	2:12.77	___
4	Salma Osama Mohamed Dai	17	TANTA	2:12.62	___
5	Kenzy Ibrahim Ibrahim	19	AHLY	2:12.01	___
6	Rouaa Ahmed Ibrahim	19	RWAD	2:12.48	___
7	Hanan Ahmed Mohamed M:	18	Bank Ahly Alex	2:12.67	___
8	Lela Ahmed Kamal	18	GHABA	2:12.83	___
9	Laila Mohamed Hitham	16	SHOOT	2:13.14	___
10	Maya Ahmed Ragheb	16	Sporting	2:13.51	___

Heat 21 of 21 Finals

1	Sandy Ayman Atef	23	AHLY	2:11.82	___
2	Farah Tarek	17	AHLY	2:10.61	___
3	Nadine Karim Mansour Sale	17	SHOOT	2:09.79	___
4	Sara Mohamed Bhaa	18	HELOP	2:08.85	___
5	Loujin Abd Alla Slah Zkey	19	SHOOT	2:05.54	___
6	Farida Tharwat Maher	20	AHLY	2:08.27	___
7	Malak Mohamed Abd El Gat	19	Bank Ahly Alex	2:09.09	___
8	Lamees Amr Mhmoud Elsol	16	6 OCT	2:10.26	___
9	Malak Ahmed Helmy	18	AHLY	2:11.35	___
10	Hlla Khaled Diab	16	AHLY	2:12.00	___

Event 48 Boys 15 & Over 200 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 42 Finals

4	Kamal Eldin Khaled Alshah:	15	Elethad	NT	___
5	Ahmad Ehab Ebrahim Abd	15	SMOHA	NT	___
6	Youssef Ahmed Hassan Abd	16	Elethad	NT	___

Heat 2 of 42 Finals

1	Fares Ayman Esmaeel	16	SMOHA	NT	___
2	Ziad Mohaned Salah	19	DEGLA	NT	___
3	Mokhtar Ahmed Faiyad	16	Sporting	NT	___
4	Ahmed Wael Saad Mohame	18	Olympic	NT	___
5	Hussien Elzafarany	17	Sporting	NT	___
6	Mohammed Magdy Hassan	15	El Temsah	NT	___
7	Ibrahim Diaa El Din	15	SHOOT	NT	___
8	Nour Eldin Karem Mohame	15	AHLY	NT	___
9	Moamen El Saed Soltan	22	TANTA	NT	___

Heat 3 of 42 Finals

1	Mahmoud Ahmed Eltablawy	17	ZOHUR	NT	___
2	Selim Ihab Ghali	18	DEGLA	NT	___
3	Yassen Abdlwahab Mohame	17	SMOHA	NT	___
4	Abdullah Ahmed Islam	15	Elethad	NT	___
5	Abd el hay Ashour	17	SHAMS	NT	___
6	Sief El Din Mohamed Moslr	17	Sporting	NT	___
7	Marwan Ahmed Elamrawy	28	Sporting	NT	___
8	Zeyad Karm Mohamdeen	19	AHLY	NT	___
9	Mazen Ibrahim Ahmed	17	DEGLA	NT	___
10	Mostafa Mohamed Baker	17	TRSAN	NT	___

Heat 4 of 42 Finals

1	Yassin Waleed Mohamed M:	17	Olympic	NT	___
2	Amar Hazem Zakey Zakarey	15	SMOHA	NT	___
3	Ahmed Mohamed Harby	15	Al Hawar	NT	___
4	Khalid Ehab Obaid	19	Elethad	NT	___
5	Abdelrahman Ahmed Moha	15	Ismaily	NT	___
6	Adham Hossam Lotfy Hassa	17	SMOHA	NT	___
7	Kareem Ahmed Ibrahim	17	Sporting	NT	___
8	Karem Haitham Khalf Allah	17	TANTA	NT	___
9	Zeyad Osama Zedan	17	Bank Ahly Alex	NT	___
10	Hamza Hammad Mohamed	17	DEGLA	NT	___

Heat 5 of 42 Finals

1	Ahmed Adel Mohamed Mes	23	AHLY	NT	___
2	Moaz Mohamed Sayed Soli	16	AHLY	NT	___
3	Tarek Ahmed Abdelwahab	19	SHOOT	NT	___
4	Abdelrahman Atef Said	15	Elethad	NT	___
5	Ahmed Wael El Shamaa	16	Sporting	NT	___
6	Adham Hany Ahmed	15	A S E C	NT	___
7	Ahmed Mohamed Yaseir	15	ZMALK	NT	___
8	el Farok Omer el Farok	16	BNK.G	NT	___
9	Ahmed Khaled Badr	15	Elethad	NT	___
10	Omar Mohamed Farouk	15	Elethad	NT	___

Heat 6 of 42 Finals

1	Mazen Waled Mohamed	16	TRSAN	NT	___
2	Mhmoud Tarik Ahmed Elgei	16	SMOHA	NT	___
3	Ziad Wael Mohamed	19	ZMALK	NT	___
4	Waleid Mohamed Sobhy	20	ZMALK	NT	___
5	Omar Gawad Mohamed	17	Cairo	NT	___
6	Mazen Ahmed Ragab Abdel	20	SHOOT	NT	___
7	Eazz El Din Mohamed Khar	18	Sporting	NT	___
8	abd Allah Elsaed Helmy	16	Elethad	NT	___
9	Ziad Mohamed Mohamed A	17	RWAD	NT	___
10	Mahmoud Mohamed Fayek	15	6 OCT	NT	___

Heat 7 of 42 Finals

1	Abd Allah Faisal Ebrahim	15	Swim Home	NT	___
2	Zeyad Ahmed Hamed Shaba	15	Bank Ahly Alex	NT	___
3	Zeyad Hany Abd el Azeem	19	DEGLA	NT	___
4	Yassin Amr Adel	15	AHLY	NT	___
5	Zeid Mohamed Abdel-Azeer	16	AHLY	NT	___
6	Ahmed Emad Samir Hassan	18	HELDO	NT	___
7	Marawan Walid Noshy	16	AHLY	NT	___
8	Mohamed Waled Taher	15	RWAD	NT	___
9	Yassin Ahmed Fawzy	15	Meit Khakan	NT	___
10	Mazen Emad Hamed	16	AHLY	NT	___

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Meet Program

Heat 8 Finals (#48 Boys 15 & Over 200 LC Meter Freestyle Age Groups)

1	Ahmed Hany Salem	16	ZOHUR	NT	___
2	Ahmed Waleed Abdel Hady	15	AHLY	NT	___
3	Mohamed Hasham Mohmoc	16	A S E C	NT	___
4	Zeyad Mohamed Elsayed	15	Sporting	NT	___
5	Hamza Mostafa Mohamed	17	Palm Hills	NT	___
6	Fras Alaa Eldin Hussein	16	TANTA	NT	___
7	Mohamed Said Labib Moha	17	SHOOT	NT	___
8	Ahmed Sameh Mohamed Er	15	HELOP	NT	___
9	Karim Kamal Ahmed Mosta	20	6 OCT	NT	___
10	Ahmed Abdelaziz Elshekh	15	Pegasus Club	NT	___

Heat 9 of 42 Finals

1	Mohamed Salam	15	SEKA	NT	___
2	Yahya Waled Abdelmonem	17	Misr	NT	___
3	Abdelrahman Yasser	17	SMOHA	NT	___
4	Adam Ahmed Elsaeed Moha	15	MRAC	2:52.35	___
5	Adam Yasser Shaker	15	New Giza	2:44.04	___
6	Youssef Galal Sayed	15	DEGLA	2:45.69	___
7	Fo`ad Haitham	20	SMOHA	NT	___
8	Osama Emad Awad	16	DEGLA	NT	___
9	Omar Ahmed Mansor	19	Sporting	NT	___
10	Omar Talal Ragab	17	Sporting	NT	___

Heat 10 of 42 Finals

1	Ahmed Khaled Mohamed Sa	16	MRAC	2:37.99	___
2	Omar Salah Salah Ghonem	15	New Giza	2:36.52	___
3	Hamza Wael Nasreldin	16	DEGLA	2:36.33	___
4	Mohaned Walid Mohamed	16	SHOOT	2:35.49	___
5	Osman Moh. Osman Moh. O	15	GEZIR	2:34.38	___
6	Abdel Rahman Ahmed El_fa	15	Sporting	2:34.73	___
7	Ismaiel Tamer Ismaiel	15	SHAMS	2:35.60	___
8	Ahmed Sameh Mohamed	15	Tlaea El Ostol	2:36.43	___
9	Khaled Mohamed Ezzat Abc	15	TRSAN	2:37.44	___
10	Youssef Ossama Ashraf Ahn	15	SHAMS	2:40.44	___

Heat 11 of 42 Finals

1	Amr Mohamed Abu Elfettou	15	DEGLA	2:33.26	___
2	Eyad Ahmed Abd Elsallam	15	ZOHUR	2:32.05	___
3	Youssef Ahmed Fathy Abdel	15	DEGLA	2:31.71	___
4	Yusef Mohamed Elsaed Mc	15	Bank Ahly Alex	2:27.55	___
5	Mohamad Amr Mohamad M	15	SMOHA	2:27.44	___
6	Mohammed Ahmed Elsaec	16	MRAC	2:27.50	___
7	Abdelrahman Ahmed Ali Ah	16	Bank Ahly Alex	2:27.79	___
8	Yousef Moustafa Fargaly	18	RWAD	2:31.82	___
9	Kamal Magdy Kamal Ahmec	15	Elethad	2:32.48	___
10	Mohamed Hossam Ebrahim	15	GHABA	2:33.66	___

Heat 12 of 42 Finals

1	Fares Karm Refaay	15	AHLY	2:27.21	___
2	Marwan Waleed Mohamed	15	SHOOT	2:26.78	___
3	Moaz Mohamed Ismaeel	15	RWAD	2:26.05	___
4	Mostafa Hesham Fatoth Bas	15	SMOHA	2:25.92	___
5	Mahmoud Haitham Mahmo	19	ZMALK	2:25.40	___
6	Anas Ebrahim Abd-elrahm	15	GHABA	2:25.64	___
7	Yousef Amr Mahmoud Abde	15	Bank Ahly Alex	2:26.00	___
8	Ahmed amr Mahmoud	15	ZMALK	2:26.58	___
9	Mohamed Haitham El Sayec	15	MAADI	2:27.12	___
10	Abdullah Mohamed Abdella	15	Sporting	2:27.37	___

Heat 13 of 42 Finals

1	Abd Alla Amr Ali Ahmed	15	ZOHUR	2:24.65	___
2	Seif Eldeen Essam Reda	16	Palm Hills	2:24.24	___
3	Omar Sameh Mohamed Sale	18	AHLY	2:24.04	___
4	Abdullah Ahmed Fouad	15	REHAB	2:23.85	___
5	Ahmed Hessin Ahmed	15	ENPPI	2:23.46	___
6	Moaz Ahmed Ali Ahmed	17	RWAD	2:23.68	___
7	Ahmed Mohamed Rashed G	15	A S E C	2:23.97	___
8	Mohamed Ahmed Husien	15	Pegasus Club	2:24.17	___
9	Youssef Mohamed Fathy Mc	16	SMOHA	2:24.45	___
10	Baderelden Nabel Badr Kas	17	Bank Ahly Alex	2:25.29	___

Heat 14 of 42 Finals

1	Nabil Tamer Galal Mohamec	15	MRAC	2:23.15	___
2	Yossef Waled Ebrahim Moh	15	SMOHA	2:22.60	___
3	Yahya Ahmed Abd El Fatah	17	Sporting	2:22.13	___
4	Ahmed Ehab Seyam	16	TANTA	2:21.55	___
5	Seif Khalied Fathy	15	ZMALK	2:21.46	___
6	Yasin Tarek Mostafa	17	HELOP	2:21.47	___
7	Yousef Ashraf Ahmed	16	HELOP	2:21.93	___
8	Youssef Galal Ezz	15	Elethad	2:22.47	___
9	Omar Ayman Zakaria	16	SMOHA	2:22.98	___
10	Omar Mostafa Esmael Ebrh	15	SMOHA	2:23.22	___

Heat 15 of 42 Finals

1	Yasen Ahmed eid Thabet	16	MRAC	2:21.38	___
2	Loai Ahmed Salah Eldeen A'	15	MRAC	2:20.99	___
3	Yasien Tamer Othman	15	ZMALK	2:20.96	___
4	Elgamel Youssef Elgamel Yo	15	Olympic	2:20.82	___
5	Mohamed Mahmoud Mohar	15	TANTA	2:20.43	___
6	Mohab Hossam Farouk Moh	15	Elethad	2:20.73	___
7	Mahmoud Shrif Mahmoud	15	NASR	2:20.85	___
8	Omar Ehab Mhmoud Hasan	16	SMOHA	2:20.99	___
9	Fares Ahmed Ameen Aly All	17	6 OCT	2:21.31	___
10	Youssef Ashraf Mohamed Ti	18	MRAC	2:21.39	___

Heat 16 of 42 Finals

1	Yasser Walid Abo Elela	18	AHLY	2:19.90	___
2	Fares Mahmoud Mokhtar	15	Elethad	2:19.70	___
3	Abd Alla Mohamed Saleh	17	A S E C	2:19.60	___
4	Abdelrahman Moataz Yahia	15	BNKG	2:19.23	___
5	Ziad Mohamed Galal	15	RWAD	2:19.13	___
6	Marwan Mohamad Morsy E	15	SMOHA	2:19.20	___
7	Mahmoud Amr El-shobaki	15	SHOOT	2:19.46	___
8	Ibrahim Mostafa Ibrahim	17	MRAC	2:19.70	___
9	Marwan Ahmed Fathy Abde	17	DEGLA	2:19.74	___
10	Moaz Ahmed Zaki Mohamec	15	TANTA	2:19.99	___

Heat 17 of 42 Finals

1	Mohamed Khaled Mohamec	15	ZMALK	2:18.30	___
2	Moaz Waheed Ibraheem A'	17	RWAD	2:18.12	___
3	Ahmed Tarek Ahmed	18	HLWAN	2:17.31	___
4	Omar Abd EL Razek Kamal	15	RWAD	2:17.24	___
5	Ahmed Khaled Abd El Karin	16	MAADI	2:17.02	___
6	Ahmed Tamer Abdel Lattif	16	Sporting	2:17.23	___
7	Seifeldeen Mohmed Khairy	16	Y.M.C.A	2:17.29	___
8	Mohamed Ahmed Mohamec	15	AHLY	2:18.02	___
9	Aser Mohamed Adel Ahmed	15	Elethad	2:18.27	___
10	Omar Mohamed Abdel Azer	15	Al Hawar	2:18.51	___

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

Meet Program

Heat 18 Finals (#48 Boys 15 & Over 200 LC Meter Freestyle Age Group)

1	Ali Ahmed Aadel Mosleh	16	6 OCT	2:16.93	___
2	Abd El Rhman Moustafa Fav	16	A S E C	2:16.52	___
3	Mohamed Mostafa Alla' EID	15	SHOOT	2:16.10	___
4	abd Elrahman Ahmed Mahr	18	Olympic	2:16.04	___
5	Yassin Ahmed Othman	16	Sporting	2:15.96	___
6	Zeyad Emad Mamdoh	17	TANTA	2:15.99	___
7	Omer Ahmed Abo Bakr	15	SHOOT	2:16.04	___
8	Yamen Moustafa	16	FAROS	2:16.16	___
9	Omar Ahmed Mohamed Gal	15	RWAD	2:16.64	___
10	Adham Ahmed abd Elkade	16	Elethead	2:16.97	___

Heat 19 of 42 Finals

1	Youssef Mahmoud Taha	17	AHLY	2:15.82	___
2	Mohamed Wael Ibrahim De	15	TWFIK	2:15.81	___
3	Yassin Hussam Yassin Sheb	15	SHOOT	2:15.68	___
4	Srag El Den Ahmed	19	Sporting	2:15.40	___
5	Hamza Hazem Moneb	15	Cairo	2:15.37	___
6	Ali Ahmed El Prince	15	DEGLA	2:15.38	___
7	Abdelrahman Osama Omar	19	Cairo	2:15.67	___
8	Abd Alla Karim Ashraf Mah	18	GEZIR	2:15.69	___
9	Anas Hossam Abdelhamed	16	GHABA	2:15.81	___
10	Yassin Abdelmegeg Moham	15	GHABA	2:15.94	___

Heat 20 of 42 Finals

1	Adham Amr Mahmoud	18	AHLY	2:14.91	___
2	Youssef Medhat Fathy	15	DEGLA	2:14.63	___
3	Taha Saeed Mohamed Fathy	15	A S E C	2:14.49	___
4	Abdelrahman Mohamed Ra	17	ENPPI	2:13.95	___
5	Slem Ahmed Hosny	19	Sporting	2:13.73	___
6	Adham Ashraf Shawky Moh	16	ZMALK	2:13.93	___
7	Khaled Walied Atia	18	SHAMS	2:14.44	___
8	Youssef Shams Elden Gaber	15	A S E C	2:14.52	___
9	Joshua Joseph Fouad	15	TRSAN	2:14.84	___
10	Marwan Mohamed Saber	17	ZMALK	2:15.35	___

Heat 21 of 42 Finals

1	Yassin Youssef Mohamed El	15	Olympic	2:13.23	___
2	Amro Hosen Fathy Hosen	15	TANTA	2:13.15	___
3	Adham Hamdy Amin	17	ZMALK	2:13.00	___
4	Ali Mourad Salaheldein	15	New Giza	2:12.93	___
5	Ahmed Asharf Dawood	15	Baladyat El Maha	2:12.65	___
6	Seif Mohamed Salah	16	Cairo	2:12.79	___
7	Mohamed Ibrahim	18	NASR	2:12.98	___
8	Omar Mohamed Essam	16	DEGLA	2:13.15	___
9	Assem Mostafa Khalil	16	DEGLA	2:13.22	___
10	Andrew Amgad Magdy	17	DEGLA	2:13.64	___

Heat 22 of 42 Finals

1	Eyad Mohamed Hassan els	16	ZMALK	2:12.44	___
2	Hassan Ibrahim Arafat	15	RWAD	2:12.25	___
3	Ahmed Mohamed Kaowd	15	Baladyat El Maha	2:12.13	___
4	Adam Mohamed Mahmoud	15	ZOHUR	2:11.82	___
5	Mohamad Akram Mohamad	15	SMOHA	2:11.68	___
6	Hamza Mohamed Habib	16	AHLY	2:11.68	___
7	Ahmed Hazem Mohamed Aj	19	6 OCT	2:11.89	___
8	Yassin Hussein Nabil Husse	15	SHOOT	2:12.21	___
9	Yassen Ahmad Ebrahim Ka	15	SMOHA	2:12.41	___
10	Abelrahman Khaled Abdelm	16	Olympic	2:12.65	___

Heat 23 of 42 Finals

1	Ahmed Mohamed Badawy	16	DEGLA	2:11.57	___
2	Mohamed Shreef	16	Tlaea El Ostol	2:11.43	___
3	Abdalla Adel Abdalla	15	AHLY	2:11.36	___
4	Hazem Waheed Ibrahim	19	RWAD	2:11.22	___
5	Eyad Mohamed Abdelstar	16	ZMALK	2:11.07	___
6	Yassin Mohanad Hamzawy	18	DEGLA	2:11.20	___
7	Youssef Mohamed Mostafa l	16	DEGLA	2:11.31	___
8	Ahmed Hassan Ahmed Hase	17	DEGLA	2:11.42	___
9	Omar Adel Ishaq	15	DEGLA	2:11.56	___
10	Ali Hesham Moh. Fekre Shri	19	GEZIR	2:11.67	___

Heat 24 of 42 Finals

1	Mohamed Tamer Mohamed	20	SMOHA	2:10.87	___
2	Ahmed Awny Galal	19	AHLY	2:10.83	___
3	Abdullah Wael Abdellrazik	17	DEGLA	2:10.82	___
4	Mohamed Amr Elsayed Abd	15	Olympic	2:10.75	___
5	Farok Mohamed Fayk Alsha	18	6 OCT	2:10.58	___
6	Omar Mahmoud Aly Tawfik	17	AHLY	2:10.62	___
7	Mohamed Ahmed Fouad	18	AHLY	2:10.78	___
8	Mohamed Ahmed Ibrahim S	15	Olympic	2:10.82	___
9	Mostafa Mohamed Salah Sa	15	TANTA	2:10.85	___
10	Zeyad Ahmed Bhaa Al din	18	ENPPI	2:10.88	___

Heat 25 of 42 Finals

1	Ahmed Medhat Mousa Marz	17	TANTA	2:10.38	___
2	Yehia Salah El Din Galal	15	DEGLA	2:10.20	___
3	Seif ezz el din abd el Kawey	16	SHOOT	2:10.18	___
4	Omar Ahmed Hasan Khedr	15	SHOOT	2:09.87	___
5	Youseif Mohamed aly	18	ZMALK	2:09.58	___
6	Mohamed Hassan Abd El W	15	MAADI	2:09.84	___
7	Ahmed Mohamed Abdel Sal	15	HELDO	2:09.96	___
8	Slem Wesam Samy Mohame	15	HELOP	2:10.19	___
9	Omar amr Helmy	15	El Temsah	2:10.26	___
10	Yousef Yahya Zakriya Rama	20	Sporting	2:10.58	___

Heat 26 of 42 Finals

1	Ahmed Ismeil	16	Nasr City	2:09.50	___
2	Anas Mostafa Shaker	15	DEGLA	2:09.42	___
3	Ahmed Emad Abdel Maabou	17	AHLY	2:09.29	___
4	Yehia Samer Wafek	16	HELOP	2:09.10	___
5	Mohamed Bakry Kaaed Abd	15	MAADI	2:09.04	___
6	Omar Shref el Motamer Mol	16	HELOP	2:09.07	___
7	Hatem Ashraf Kamel	16	Gezira El Ward	2:09.28	___
8	Hamza Abdelhamed Mohan	16	Bank Ahly Alex	2:09.36	___
9	Hamza Amro Kandiel	15	SHAMS	2:09.46	___
10	Malek Sherif Hayaty	16	Sporting	2:09.58	___

Heat 27 of 42 Finals

1	Moustfa Mohamed Mahmou	15	ENPPI	2:08.80	___
2	Omar Ali Fathy Mohamad E	15	SMOHA	2:08.75	___
3	Seif Eldin Mohamed Hassan	21	AHLY	2:08.48	___
4	Belal Mohamed Fouad Ram	15	Olympic	2:08.36	___
5	Mhmoud Wled Fkri Mhmou	18	6 OCT	2:08.28	___
6	Ahmed Tamer Rabea	16	SHOOT	2:08.30	___
7	Mohamed Samy Maher	19	AHLY	2:08.42	___
8	Yasein Hossam aly	16	ZMALK	2:08.55	___
9	Abdelmoez Ayman Gomaa	17	A S E C	2:08.76	___
10	Mahmoud Hossam El din M	15	SHOOT	2:08.88	___

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Meet Program

Heat 28 Finals (#48 Boys 15 & Over 200 LC Meter Freestyle Age Group)

1	Saif ElDin Waled Abdel Razi	20	DEGLA	2:08.21	___
2	Ahmed Maged Ghoureib	15	DEGLA	2:08.09	___
3	Karim Yasser Mamdouh	17	SHOOT	2:07.98	___
4	Mohamed Karim Mohamed	20	SMOHA	2:07.85	___
5	Moamen Khalid Mohamed	18	ZMALK	2:07.61	___
6	Seif Elden Osama Darwesh	16	TANTA	2:07.77	___
7	Hussein Mohamed Aly	16	AHLY	2:07.94	___
8	Omar Abdelaziz Hussein	15	TALBE	2:08.00	___
9	Eyad Alaa El Kholy	16	DEGLA	2:08.19	___
10	Yosef Hatem ali Ahmed	16	Al Hawar	2:08.26	___

Heat 29 of 42 Finals

1	Eyad Ahmed Khatib	15	DEGLA	2:07.44	___
2	Mohnad Hitham Ibrahim	17	DEGLA	2:07.32	___
3	Karim Ashraf Ahmed	17	ZMALK	2:07.23	___
4	Zyad Mohamed Moawad	18	ZMALK	2:07.21	___
5	Mohamed abd Elshafy Sade	16	ZMALK	2:07.17	___
6	Mohamed Hossam Samy	16	AHLY	2:07.20	___
7	Karem Kamal Ahmed	17	TWFIK	2:07.22	___
8	Ahmed Tamer Gamal Eldin	15	DEGLA	2:07.28	___
9	Amro Ahmed Elshekh	16	TANTA	2:07.41	___
10	Ahmed Medhat Ahmed Mos	16	DEGLA	2:07.60	___

Heat 30 of 42 Finals

1	Ahmed Yasser Mahmoud Sa	15	ZOHUR	2:07.14	___
2	Amr Wael Shawky	16	RWAD	2:06.92	___
3	Yossef Karim Nabil Elzawaw	17	SMOHA	2:06.71	___
4	Hassan Hossam Hassan Kar	18	SHAMS	2:06.60	___
5	Mohanad Tamer Mohamed	17	SMOHA	2:06.43	___
6	Mazen Mostafa Asfoor	15	ZOHUR	2:06.55	___
7	Yehia Ahmed Abd Elfatah El	16	SHOOT	2:06.69	___
8	Hamza Mohamed Hassan M	15	HELOP	2:06.76	___
9	Mohamed Hazem Mehany	19	Police Club	2:07.11	___
10	Omar Elsayed Ramadan Els	16	Olympic	2:07.17	___

Heat 31 of 42 Finals

1	Hamza Ahmed Mohamed Al	16	Bank Ahly Alex	2:06.11	___
2	Ali Mhmod Ibrahim Mohan	17	SMOHA	2:06.08	___
3	Abdelrahman Mohamed Sai	15	Olympic	2:05.95	___
4	Mohamad Wesam Mohamad	15	SMOHA	2:05.88	___
5	Ahmed Mohamed Ghoraba	16	TANTA	2:05.81	___
6	Mohamed Haytham Ahmed	16	AHLY	2:05.82	___
7	Zeiad Osama Fathy Abdel F	20	TRSAN	2:05.92	___
8	Mohamed Nader Elbarbary	16	TANTA	2:06.03	___
9	Mohamed Essam Sedky	17	BNK.G	2:06.10	___
10	Sherief Reda Metwaally	15	ZOHUR	2:06.14	___

Heat 32 of 42 Finals

1	Mahmoud Eissa Moharam	15	DEGLA	2:05.65	___
2	Adam Karim Hemdan Abdo	16	SHOOT	2:05.36	___
3	Youssef Tamer Gaber Moha	17	SMOHA	2:05.29	___
4	Karim Ramy Ibrahim	17	AHLY	2:05.22	___
5	Mohamed Khaled Mohamec	17	Bank Ahly Alex	2:05.00	___
6	Youssef Yasser Ibrahim	17	AHLY	2:05.17	___
7	Eyad Ahmed Saad Hasn	15	TANTA	2:05.24	___
8	Karim Hesham Moh. Fakry	15	GEZIR	2:05.35	___
9	Omar Khaled Ibrahim	15	AHLY	2:05.46	___
10	Ayad Hatem Fouad	17	ZMALK	2:05.69	___

Heat 33 of 42 Finals

1	Ali Ali Hussein Ali	17	HELDO	2:04.99	___
2	Adham Ayman Monir Hash	18	TRSAN	2:04.90	___
3	Seif Mohamed Sayed	16	ZOHUR	2:04.56	___
4	Adham Ahmed Mohamed	15	SHOOT	2:04.46	___
5	Omar Mohamed Ahmed Fat	16	SHOOT	2:04.21	___
6	Adam Mohmoud Abdelftah	17	Bank Ahly Alex	2:04.45	___
7	Monzer Ahmed Amayem	16	TANTA	2:04.46	___
8	Omar Wahed Ibrahim Awac	15	RWAD	2:04.61	___
9	Basel Mahmoud Younes	17	ZMALK	2:04.91	___
10	Mohamed Wael Abdel Mon	20	ENPPI	2:05.00	___

Heat 34 of 42 Finals

1	amr Hesham Bayomy	20	Cairo	2:04.06	___
2	Yahia Ashraf Madkour	20	SMOHA	2:04.02	___
3	Mohamed Ahmed Salah She	29	AHLY	2:03.96	___
4	Malek Haytham Mohamed	17	DEGLA	2:03.88	___
5	Yamen Ayman Helmy	16	TANTA	2:03.71	___
6	abd Elrahman Sherif Karam	18	TRSAN	2:03.77	___
7	Mohamed Ashraf Abdel Hay	22	AHLY	2:03.89	___
8	Mohamed Naser Ramdan	16	TALBE	2:03.98	___
9	Anas Haythm Mohamad Els	15	SMOHA	2:04.05	___
10	Amr Zakaria	16	SHOOT	2:04.15	___

Heat 35 of 42 Finals

1	Zeyad Osama Ramdan	15	AHRAM	2:03.65	___
2	Adham Adel Abaza	19	Sporting	2:03.52	___
3	Ali Sherif Ali Mohamed	18	SHOOT	2:03.41	___
4	Hassan Ahmed Mohamed E	15	HELOP	2:03.28	___
5	Yehia Eslam Farouk	17	AHLY	2:03.10	___
6	Youssef Mostafa Mahmoud	18	DEGLA	2:03.17	___
7	Mohamed Essam Abdou	17	AHLY	2:03.36	___
8	Hossen Ahmed Mohamed H	15	TANTA	2:03.45	___
9	Karem Ashry Kasem	16	SHAMS	2:03.58	___
10	Zeyad Mohamed Magdy	17	MAADI	2:03.66	___

Heat 36 of 42 Finals

1	Mohamed Abdalla Al Basaty	16	OLMPA	2:03.02	___
2	Mazen Karim Hassan	17	AHLY	2:02.92	___
3	Mostafa Adel Ibrahim Khali	19	SMOHA	2:02.70	___
4	Yossef Sherif Ibrahim	17	MAADI	2:02.55	___
5	Mohamed Eslam Mohamed	17	SMOHA	2:02.34	___
6	Zeyad Saber Abd el Fatah	16	AHRAM	2:02.42	___
7	Abdullah Eldafrawy	15	REHAB	2:02.60	___
8	Selim Tamer Osama Ahmed	16	SHOOT	2:02.80	___
9	Mohamed Saeed Eleiraqy	18	ZMALK	2:02.93	___
10	Abd Elrahman Mostafa Rag	17	Swim Home	2:03.03	___

Heat 37 of 42 Finals

1	Karim Ahmed Naser Abdelr	17	SMOHA	2:02.06	___
2	Yehia Karim Nabil Elzawaw	17	SMOHA	2:01.75	___
3	Omar Mohamed Tawfek	15	Al Hawar	2:01.74	___
4	Nour Eldin AlaaEldin Abdal	17	6 OCT	2:01.58	___
5	SifEldin Hossam Mohamed	19	SMOHA	2:01.34	___
6	Sief Mohamed Salah	19	TANTA	2:01.49	___
7	Abd Elrahman Amr Abd Elf	17	SHAMS	2:01.66	___
8	Adam HossamEldin Moham	16	SMOHA	2:01.74	___
9	Ahmed Moustafa Shaban	18	A S E C	2:01.83	___
10	Belal Maged Soliman	20	AHLY	2:02.19	___

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

Meet Program

Heat 38 Finals (#48 Boys 15 & Over 200 LC Meter Freestyle Age Group)

1	Mohamed Mourad Mohame	21	Sporting	2:00.86	___
2	Farouk Mohamad Elgedely	16	SMOHA	2:00.69	___
3	Houssen Talal Houssen Say	19	6 OCT	2:00.36	___
4	Yasin Hatem Sery	19	HELOP	1:59.74	___
5	Ahmed Samir Mohamed	15	AHRAM	1:59.42	___
6	Omar Ahmed Samir Eldawo	16	Gezira El Ward	1:59.56	___
7	Yasin Alaa Ibrahim Elbieh	19	SMOHA	1:59.95	___
8	Ziad Ahamed Ragab Abd el	17	SHOOT	2:00.63	___
9	Youssef Emad Shaaban	15	AHLY	2:00.85	___
10	Ahmed Mahmoud Elhouran	16	AHLY	2:01.18	___

Heat 39 of 42 Finals

1	Rohaim Tolba	16	SHOOT	1:59.27	___
2	Abdelrahman Ahmed Mosta	17	Elec	1:59.15	___
3	Moahmed Ahmed Salem Ha	16	SMOHA	1:58.95	___
4	Hazem Mohamed Abo Stet	19	HELOP	1:58.93	___
5	Ziad Tarek Mohamed	17	DEGLA	1:58.67	___
6	Omar Hany Abdalla	21	AHLY	1:58.93	___
7	Mounir Ramez Mounir	19	SHOOT	1:58.94	___
8	Omar Gaber Aly	18	AHLY	1:58.95	___
9	Seif Walaa Antar	18	DEGLA	1:59.25	___
10	Khaled Ahmed Mahmoud G.	18	Bank Ahly Alex	1:59.32	___

Heat 40 of 42 Finals

1	Mohamed Tarek Rashad Ab	18	SHAMS	1:57.85	___
2	Mohamed Salama Gaber Sal	20	SMOHA	1:57.78	___
3	Mohanad Yasser Abdelmen	16	SMOHA	1:57.59	___
4	Yousif Mohamed Soliman O	18	SMOHA	1:57.44	___
5	Omar Karim Galal Samy	16	MAADI	1:57.14	___
6	Mohamed Walid Azouz	19	AHLY	1:57.17	___
7	Omar Tarek Shehata A	18	SMOHA	1:57.48	___
8	Omar Mohsen Ramdan Abd	18	SMOHA	1:57.63	___
9	Mohamed Waled Mahmoud	17	ZMALK	1:57.82	___
10	Mahmoud El Walid Abd El F	17	MAADI	1:58.00	___

Heat 41 of 42 Finals

1	Mohamed Ehab El Tayeb	17	AHLY	1:56.93	___
2	Ibrahim Shams Eldin Moha	15	AHLY	1:56.72	___
3	Ahmed Ayman Ali Mohame	18	SHAMS	1:56.41	___
4	Saif Amr Al Batal	17	AHRAM	1:56.22	___
5	Mohamed Ahmed Mohamec	19	SMOHA	1:55.80	___
6	Youssef Magdy Elhady	19	AHLY	1:55.94	___
7	Ahmed Hazem Akram	18	AHLY	1:56.34	___
8	Mohaned Alaa Mahmod Ali	19	SMOHA	1:56.56	___
9	Karim Ahmed Khaled Elewz	21	SHAMS	1:56.79	___
10	Seif Sayed Mahmoud	17	HLWAN	1:57.13	___

Heat 42 of 42 Finals

1	Tarek Kamel Farouk	20	ZMALK	1:54.89	___
2	Mohamed Yaser Omar	18	OLMPA	1:54.17	___
3	Eyad Ahmed Zakaria	18	AHLY	1:53.92	___
4	Mohamed Ayman Abdelsan	16	AHLY	1:53.53	___
5	Yasin Wael Elshmaa	24	Sporting	1:51.69	___
6	Abdullah Ahmed Nasr	17	AHRAM	1:51.75	___
7	Mohamed Adel Mohamed M	22	AHLY	1:53.73	___
8	Karem Magdy Ismail	23	Sporting	1:53.97	___
9	Seif Tarek Mohamed Raslan	23	ZMALK	1:54.41	___
10	Ziyad Ahmed Abdel Azim	21	AHRAM	1:55.70	___

Event 49 Girls 15 & Over 200 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 8 Finals

3	Ingy Bassem Bahaa Eldin	15	AHLY	NT	___
4	Nour Zaghlol	17	Baladyat El Maha	NT	___
5	Hana Ahmed Elsanhory	16	SMOHA	NT	___
6	Mirolla Hany Samir	17	DEGLA	NT	___
7	Dima Adel Mohamed	16	SMOHA	NT	___

Heat 2 of 8 Finals

1	Arwa Mohamed Elsayed	15	AHLY	NT	___
2	Nancy Mostafa Ibrahim M	15	SHAMS	NT	___
3	Zeina Tarek Taha	19	DEGLA	3:41.61	___
4	Karien Alfrid Saber	15	ZMALK	3:24.55	___
5	Dina Ebrahim Ebid	18	Sporting	3:19.68	___
6	Nada Afify Abdelmaqsoud	16	ZMALK	3:21.62	___
7	Malak Ahmed Ibrahim Moh	17	SMOHA	3:39.31	___
8	Farah Mohamed Saied Salef	17	ZMALK	3:41.85	___
9	Doha Wael Saleh	16	DEGLA	NT	___
10	Rawan Tamer Mohamed	19	AHLY	NT	___

Heat 3 of 8 Finals

1	Jannah Mohamed Farouk	18	Sporting	3:18.70	___
2	Sama Ahmed Ismael Elkhoh	18	City Club	3:03.92	___
3	Yasmin Wael Abdalaah	16	ZMALK	2:59.75	___
4	Gana Aboeella Abdelnafa	15	SHOOT	2:54.29	___
5	Malak Mohamed Fayek Elsa	16	SMOHA	2:52.91	___
6	Shrouk Mohamed Rashad M	15	Olympic	2:53.22	___
7	Hend Mohamed Mohamed S	15	MRAC	2:57.06	___
8	Rawda Abdelfadl Mahmoud	16	ZMALK	3:03.58	___
9	Nawal Yasser Sayed	18	El Obour	3:07.04	___
10	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	3:19.41	___

Heat 4 of 8 Finals

1	Nour Ahmad Mahmud Abde	15	SMOHA	2:50.04	___
2	Hania Hossam Ahmed Salar	15	SMOHA	2:49.73	___
3	Fayrouz Mohamed Hussien	15	Pegasus Club	2:48.16	___
4	Mariam Ahmed Zahran	16	Sporting	2:47.40	___
5	Hana Wael Magdi Mah . Elsa	17	GEZIR	2:47.08	___
6	Mayroz Mohamed abd Elsal	15	TANTA	2:47.15	___
7	Jana Mohamed Ahmed	19	DEGLA	2:47.93	___
8	Sama Atef Sayed	15	DEGLA	2:49.25	___
9	Malak Yasser Abdellatif	15	Sporting	2:49.79	___
10	Nour Hossam Zaghloul	16	Sporting	2:52.21	___

Heat 5 of 8 Finals

1	Malak Ahmed Nagy Ali	19	HELDO	2:44.82	___
2	Gana aly Refaat aly	16	ZMALK	2:43.76	___
3	Jana Ahmed akl	15	Sporting	2:42.91	___
4	Basmala amr aly	19	Olympic	2:41.52	___
5	Menna Allah Elsaid Awad B	15	Stad Mansoura	2:40.43	___
6	Wafaa Ahmed Saad ElDin	15	DEGLA	2:40.89	___
7	Farida Mohamed Ahmed El	17	SHOOT	2:42.29	___
8	Shahd Amr Mohamed EL Ga	16	HELDO	2:42.97	___
9	Nour Hasan Fouad	15	Cairo	2:44.51	___
10	Jana Mohammed Tamam	15	El Temsah	2:46.13	___

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

Meet Program

Heat 6 Finals (#49 Girls 15 & Over 200 LC Meter Butterfly Age Groups)

1	Mena Mohamed Abdul Rahi	18	ZOHUR	2:40.02	___
2	Rawan Yossry Zaky Khalaf	15	SHAMS	2:39.57	___
3	Farah Ahmed	15	HELOP	2:38.48	___
4	Kenzy Hazem Moneeb	17	Cairo	2:38.21	___
5	Laila Mohamed Hitham	16	SHOOT	2:36.52	___
6	Hanan Ahmed Hussin	17	ZMALK	2:37.99	___
7	Halla Alla Maher	17	DEGLA	2:38.31	___
8	Farida Nasser Mohamed El-	15	SHOOT	2:39.18	___
9	Malak Mohamed Mahmoud	18	MAADI	2:39.68	___
10	Nour Mohamed Hessien Ah	18	SHAMS	2:40.12	___

Heat 7 of 8 Finals

1	Mai Mohamed Ramadan	16	TALBE	2:35.62	___
2	Lara Ahmed Elwan	15	AHLY	2:34.63	___
3	Malak Ahmed Gamal al Sha:	15	SHOOT	2:32.03	___
4	Dana Fahmi	15	Sporting	2:30.75	___
5	Mayar Mohamed Gaber	22	AHLY	2:29.25	___
6	Kenzy Mostafa Hashad	18	AHLY	2:29.59	___
7	Hala Hany Abdelwahab	17	GHABA	2:31.59	___
8	Zaina Mohamed Haitham H.	18	SHOOT	2:34.00	___
9	Zeina Ahmed Mostafa	16	SHOOT	2:35.58	___
10	Zina Yasser Ahmed	17	Sporting	2:36.38	___

Heat 8 of 8 Finals

1	Shahd Sameh Safouat Shaat	19	HELDO	2:28.26	___
2	Rozana Waleed Desoky	16	Nasr City	2:26.66	___
3	Jasmine Ahmed Eissa	17	MAADI	2:23.82	___
4	Sama Iyhab Onsy	15	Al Hawar	2:23.52	___
5	Hlla Khaled Diab	16	AHLY	2:22.43	___
6	Salma Osama Mohamed Dai	17	TANTA	2:23.05	___
7	Jana Mohamed Omar Moha	17	SHAMS	2:23.71	___
8	Sara Mohamed Hassan	22	AHLY	2:24.48	___
9	Sama Mohamed Makram At	16	Gezira El Ward	2:27.73	___
10	Jana Khalid	19	Sporting	2:28.68	___

Event 55 Girls 15 & Over 1500 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 9 Finals

4	Amira Hatem Ahmed Shawi	17	MAADI	NT	___
5	Farida Haitham Nabil Ali Za	17	SMOHA	NT	___
6	Malak Wesam Badr	20	TANTA	NT	___

Heat 2 of 9 Finals

2	Menna Mohamed Ahmed	15	SENZO	NT	___
3	Yosr Aneer Mostafa Elganz	19	SMOHA	NT	___
4	Hana Hesham Saleh	18	DEGLA	NT	___
5	Malak Mokhtar Mohamed	17	DEGLA	NT	___
6	Dana Fahmi	15	Sporting	NT	___
7	Jannah Mohamed Farouk	18	Sporting	NT	___
8	Marim Mohamed Bakr	15	TRSAN	NT	___
9	Aysel Sameh Mahmoud	15	ZOHUR	NT	___

Heat 3 of 9 Finals

1	Allaa Hazem Abd Elshkour	16	SHOOT	22:48.33	___
2	Farida Mohamed Soliman	16	ZMALK	21:59.68	___
3	Rawda Abdelfadl Mahmoud	16	ZMALK	21:46.31	___
4	Rawda Faysal Elasherif	18	AHLY	21:02.04	___
5	Gana Aboeella Abdelnafa	15	SHOOT	20:38.73	___
6	Nadin Sameh Mohamed	16	ZMALK	20:39.53	___
7	Malak Mohamed Hassan	15	ZMALK	21:03.57	___
8	Menaallah Mhmod Elsayed	17	SMOHA	21:57.02	___
9	Zenab Wagdy Saber	18	ZMALK	22:07.18	___
10	Arwa Adel Ghaleb	17	ZMALK	22:55.69	___

Heat 4 of 9 Finals

1	Hana Tamer Ibrahim	15	Elethead	20:27.32	___
2	Hana Nasser El Safty	16	SHOOT	20:25.15	___
3	Rawan Mohamed Saleh Mo	15	SHAMS	20:14.17	___
4	Jana Khaled El Sayed	15	DEGLA	19:57.19	___
5	Nourhan Sherif SalahEldin	15	Elethead	19:54.41	___
6	Dima Khaled Mohamed	15	DEGLA	19:56.89	___
7	Salma Ahmed ali Mostafa	18	GHABA	20:02.69	___
8	Rokia Mohamed Abdelrahm	15	OLMPA	20:14.71	___
9	Sama Atef Sayed	15	DEGLA	20:26.11	___
10	Malak Ahmed El Kayal	16	Sporting	20:35.16	___

Heat 5 of 9 Finals

1	Payrouz Mohamed Hussien	15	Pegasus Club	19:50.19	___
2	Mariam Yasser Mohamed SI	16	AHLY	19:47.08	___
3	Yara Hesham Mohsen	15	AHLY	19:37.04	___
4	Gana aly Refaat aly	16	ZMALK	19:34.52	___
5	Hala Hany Abdelwahab	17	GHABA	19:30.20	___
6	Manar Adel Abdelaziz Ahme	16	Elec	19:34.05	___
7	Menatalla Morsy	16	SMOHA	19:34.61	___
8	Dina Alaa Ibrahim Hussien	17	SMOHA	19:46.91	___
9	Laila Ashraf Salah	15	DEGLA	19:47.15	___
10	Rodaina Ayman Mohamed	16	AHLY	19:54.27	___

Heat 6 of 9 Finals

1	Hala Walid Abbas Abdelgaw	15	Olympic	19:27.70	___
2	Rokaia Hisham Ahmed	17	SHOOT	19:26.35	___
3	Kenzy Shadi Mohamed Elhe	15	Stad Mansoura	19:23.08	___
4	Jannat Safwat Saleh	15	ZOHUR	19:17.21	___
5	Nour Ahmad Mahmud Abde	15	SMOHA	19:12.11	___
6	Basmala Reda Shaban	16	Elec	19:15.07	___
7	Rodaina Wael Mohamed	20	RWAD	19:20.02	___
8	Farida Amr Tarek Zaied	15	ZOHUR	19:23.40	___
9	Rancy Mohamed Hafez	15	TANTA	19:26.51	___
10	Yara ali el Koshy	18	ZMALK	19:28.87	___

Heat 7 of 9 Finals

1	Habeba Mohamed Saleh Mh	16	6 OCT	19:10.63	___
2	Habiba Hossam Abdraboh A	15	SHAMS	19:08.74	___
3	Jana Mohamed Ahmed	19	DEGLA	19:05.30	___
4	Marim Mhmod Elsaid Elshil	19	SMOHA	18:59.71	___
5	Rahma Ahmed Mohamed	15	SHOOT	18:51.79	___
6	Yara Hossam Salem	16	AHLY	18:54.07	___
7	Zina Ahmed Medhat	15	AHLY	19:02.88	___
8	Lara Amr Mahmoud Alsokk	15	6 OCT	19:06.29	___
9	Kenzy Hazem Moneeb	17	Cairo	19:09.31	___
10	Zena Hesham Mahfoz	16	TANTA	19:11.44	___

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

Meet Program

Heat 8 Finals (#55 Girls 15 & Over 1500 LC Meter Freestyle Age Group)

1	Mariam Mohamed ali	19	Pegasus Club	18:47.79	___
2	Yasmine Yasser Mamdouh	19	SHOOT	18:45.12	___
3	Nadin Adam Ahmed Foad M	20	SHAMS	18:44.05	___
4	Shahd Ahmed Safwat	17	Cairo	18:42.76	___
5	Sara Mohamed Hassan	22	AHLY	18:35.24	___
6	Nabila Hassan Ismail	16	OLMPA	18:36.69	___
7	Joudy Mohamed Aly	18	Sporting	18:43.89	___
8	Habiba Mohamed Nashaat /	15	HELDO	18:44.22	___
9	Gana Emad Gaad Hosny	20	SHAMS	18:46.11	___
10	Laila Mohamed Fathy	16	SHOOT	18:50.18	___

Heat 9 of 9 Finals

1	Mariam Hesham Mohamed	19	AHLY	18:24.21	___
2	Farah Tarek	17	AHLY	18:07.36	___
3	Shahd Sameh Safouat Shaat	19	HELDO	17:59.33	___
4	Lamees Amr Mhmoud Elsol	16	6 OCT	17:42.76	___
5	Loujin Abd Alla Slah Zkey	19	SHOOT	17:38.38	___
6	Nadine Karim Mansour Sale	17	SHOOT	17:42.73	___
7	Sara Mohamed Bhaa	18	HELOP	17:44.82	___
8	Arwa Faysal Al Sherif	15	AHLY	18:07.26	___
9	Sandy Ayman Atef	23	AHLY	18:14.51	___
10	Sama Mohamed Makram Al	16	Gezira El Ward	18:28.14	___

Event 56 Boys 15 & Over 50 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 72 Finals

2	Adham Moh. Galal ElDin Els	18	GEZIR	NT	___
3	Yousif Ahmed Salah	17	TRSAN	NT	___
4	Eyad Alaa El Kholy	16	DEGLA	NT	___
5	Seif ezz el din abd el Kawey	16	SHOOT	NT	___
6	Mohamed Reda Mahmoed	15	BNK.G	NT	___
7	Ali Mohamed Mousa	18	TANTA	NT	___
8	Mostafa Ahmed Mostafa	15	TALBE	NT	___
9	Mohamed AbdEl Rashed Mc	18	GHABA	NT	___

Heat 2 of 72 Finals

1	Abdullah Mohamed Saad	16	Sporting	NT	___
2	Eyad Ahmed Khatab	15	DEGLA	NT	___
3	Aly Mohamed Aly	16	Sporting	NT	___
4	Youssef Tamer Mohyeldin	16	SMOHA	NT	___
5	Mohamed Nsr Mohamed Ep	19	6 OCT	NT	___
6	Yamen Moustafa	16	FAROS	NT	___
7	Ziad Ahmed abd Elhamid	17	ENPPI	NT	___
8	Mohamed Emad Ezzeldin	16	New Giza	NT	___
9	Yousif Ashraf Madkour	20	SMOHA	NT	___
10	Rohim Ahmed abd Elatyeeef	15	A S E C	NT	___

Heat 3 of 72 Finals

1	Yehia Hisham Yehia Abdela	16	SMOHA	NT	___
2	Omr Mohamed Metwaly	17	Elethad	NT	___
3	Moustafa Mahmoud Ramad	16	DEGLA	NT	___
4	Youssef Ahmed El Tahlawy	18	AHLY	NT	___
5	Adham Mostafa Abdulla	15	Elethad	NT	___
6	Yassin Mohamed Abdelnaby	16	Ismaily	NT	___
7	Ahmed Walid Hossam Eldei	17	SHOOT	NT	___
8	Ziad Khaled Abdelkader Els	22	MRAC	NT	___
9	Omar Salah Salah Ghonem	15	New Giza	NT	___
10	Mohamed Emad Maher	17	SENZO	NT	___

Heat 4 of 72 Finals

1	Youssef Samouil Youssef Da	15	DEGLA	NT	___
2	Mazen Waled Mohamed	16	TRSAN	NT	___
3	Yousef Maged Mohamed	16	RWAD	NT	___
4	Ziad Osama Abdel Fatah Mo	22	DEGLA	NT	___
5	Yossif Yasser Atteya	18	A S E C	NT	___
6	Omar Karim Ali Abd El Ham	17	SENZO	NT	___
7	Adam Tarek Adel EL Ghazol	15	HELOP	NT	___
8	Mahmoud Mohamed Fayek	15	6 OCT	NT	___
9	Mohamed Waled Adel Brak	15	HELOP	NT	___
10	Omar Elsayd Elbana	15	Elethad	NT	___

Heat 5 of 72 Finals

1	Karem Haitham Khalf Allah	17	TANTA	NT	___
2	Marwan Mohmed Hamed	16	Cairo	NT	___
3	Hassan Hossam Hassan Kar	18	SHAMS	NT	___
4	Yousef Mahmoud Mohamed	17	SHAMS	NT	___
5	Ahmed Hesham Mostafa	20	SHOOT	NT	___
6	Marwan Ahmed Alaa El_die	15	Sporting	NT	___
7	Hassan Ahmed Ehab Wahby	15	HELOP	NT	___
8	Adham Mohamed Abdelhan	17	TANTA	NT	___
9	Kamal Ahmed Kamal	15	DEGLA	NT	___
10	Hamza Mostafa Mohamed	17	Palm Hills	NT	___

Heat 6 of 72 Finals

1	Mahmud Adel Mohamad Mc	15	SMOHA	NT	___
2	Yoseef Ahmed Elgamel	17	Gezira El Ward	NT	___
3	Ziad Emad Atya	16	DEGLA	NT	___
4	Yasien Ateif Mohamed Foua	16	ZMALK	NT	___
5	Hamza Ahmed Fawzy	17	DEGLA	NT	___
6	Selim Hamza El Faitoury	16	Sporting	NT	___
7	Osama Emad Awad	16	DEGLA	NT	___
8	Abdelrahman Ahmed Bahge	15	SMOHA	NT	___
9	Omar Khaled Gamal El Din	15	MAADI	NT	___
10	Yousif Wael Hamed Elsaid	19	SMOHA	NT	___

Heat 7 of 72 Finals

1	Abd Alla Nabil Eprahem	19	SHOOT	NT	___
2	Yousif Amr Mahmoud	21	RWAD	NT	___
3	Mokhtar Ahmed Faiyad	16	Sporting	NT	___
4	Ibrahem Mohamed Ibraher	17	SMOHA	NT	___
5	Loaay Motasem Alaaeldin	16	ZMALK	NT	___
6	Ziad Haithm Mostafa	15	Ismaily	NT	___
7	Yassin Karim Ahmed	19	ZOHUR	NT	___
8	Ziad Nabil Ahmed Mohamed	16	SMOHA	NT	___
9	Mohamed Ibrahem	18	NASR	NT	___
10	Shady Wessam Mohamed	15	DEGLA	NT	___

Heat 8 of 72 Finals

1	Abdel Hamied Ahmed Yousi	15	BNK.G	NT	___
2	Omar Samy Abdelsalam Ma	16	SMOHA	NT	___
3	Ismail Abdelrahman Ismail	16	DEGLA	NT	___
4	Ziad Ahmed Hassan Moham	15	DEGLA	NT	___
5	Ahmed Waleed	16	Sporting	NT	___
6	Youssef Mohamed Abd Elra	15	Elethad	NT	___
7	Omar Zeyad Mohamed	16	Sporting	NT	___
8	Omar Khaled Ahmed Elmoh	15	MRAC	NT	___
9	Moustafa Yasser Abd El Lati	18	Sporting	NT	___
10	Youssef Khalil Alsaid	15	RWAD	NT	___

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

Meet Program

Heat 9 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Eyad Ahmed Said Mohamed	16	DEGLA	NT	___
2	Srag El Den Ahmed	19	Sporting	NT	___
3	Abdelrhman Ayman Mahmc	16	Bank Ahly Alex	NT	___
4	Ahmed Medhat Mousa Mar	17	TANTA	NT	___
5	Karem Mohamed Atia Ehsa	16	HELOP	NT	___
6	Yassin Ihab Obeid Hassanei	15	Elethad	NT	___
7	Mahmoud Tamer Saber	17	Elethad	NT	___
8	Omar Mohamed Ibrahimem	16	DEGLA	NT	___
9	Ziad Mohamed Galal	15	RWAD	NT	___
10	Eazz El Din Mohamed Khan	18	Sporting	NT	___

Heat 10 of 72 Finals

1	Omar Khaled Abdelrhim	17	Ismaily	NT	___
2	el Farok Omer el Farok	16	BNK.G	NT	___
3	Yahia Ashraf Madkour	20	SMOHA	NT	___
4	Karim Adel Ahmed Bahgat	20	ZOHUR	NT	___
5	Omar Mohamed abu Bakr	15	AHRAM	NT	___
6	Mostafa Mahmoud Mohame	15	Elethad	NT	___
7	Hamza Muhammed Abd el /	16	AHRAM	NT	___
8	Ismail Helmy ali	16	GOLDY	NT	___
9	Omar Ahmed Sayed	16	DEGLA	NT	___
10	Ahmed Yahia Saied	17	Elethad	NT	___

Heat 11 of 72 Finals

1	Zeyad Ahmed Fath Ragab	17	TANTA	NT	___
2	Omar Ayman Zakaria	16	SMOHA	NT	___
3	Yassin Abdallah Mohamed	17	DEGLA	NT	___
4	Karim Nasr Mansourmanso	16	SHOOT	NT	___
5	Omar Ahmed Ibrahim Eid	27	SHOOT	NT	___
6	Bassel Mostafa Mohamed	15	DEGLA	NT	___
7	Eyad Mohamed Sayed Ahme	22	MRAC	NT	___
8	Basel Sameh Mohamed	15	AHRAM	NT	___
9	Yousef Mohamed Ahmed Ba	17	TANTA	NT	___
10	Fares Mahmoud Mohamed	15	Bank Ahly Alex	NT	___

Heat 12 of 72 Finals

1	Adham Ahmed Abd Elmone	16	El Obour	NT	___
2	Seif Adel Mohamed	15	NASR	NT	___
3	Motaz Khaled Abdelkader E	22	MRAC	NT	___
4	Abdelrahman Ahmed Moha	15	Ismaily	NT	___
5	Adam Ahmed Mohamed Ka	17	SHAMS	NT	___
6	Yassien Ibrahim Mohamed	16	SMOHA	NT	___
7	Amar Hazem Zakey Zakarey	15	SMOHA	NT	___
8	Abdelrahman Mohamed Ab	15	Elethad	NT	___
9	Elgamel Youssef Elgamel Yo	15	Olympic	NT	___
10	Yahya Waled Abdelmonem	17	Misr	NT	___

Heat 13 of 72 Finals

1	Saif Eldin Adel Elsayd	15	Elethad	NT	___
2	Yossef Ahmad Mahmud Fah	15	SMOHA	NT	___
3	Andrew Amgad Magdy	17	DEGLA	NT	___
4	Zeineeldin Mohamed Zidan	16	ZMALK	NT	___
5	Yassien Amr Adly Mohamec	16	SMOHA	NT	___
6	Omar Karim Galal Samy	16	MAADI	NT	___
7	Karim Mohamed Samy	20	AHLY	NT	___
8	Bishoy Samy	17	Sporting	NT	___
9	Omar Talal Ragab	17	Sporting	NT	___
10	Yassin Amr Mohamed Arfa	17	SHOOT	NT	___

Heat 14 of 72 Finals

1	Yousef Khaled A.Elrahman I	20	DEGLA	NT	___
2	Abdelrahman Ahmed Hassa	15	Sporting	NT	___
3	Ali Mohab AbdelRaouf Ali	26	HELOP	NT	___
4	Omar Khaled Abo El Magd	18	AHLY	NT	___
5	Ali Essam Ali Mohamed Mo	16	SMOHA	NT	___
6	Mohamed Ahmed Salah	17	TRSAN	NT	___
7	Yousef Hazem Yousef Mont	21	GEZIR	NT	___
8	Saif Ahmed abd Elmoniem I	20	SHAMS	NT	___
9	Mohamed Mamdouh Mohar	16	MRAC	NT	___
10	Mazen Ismail Mohamed Isr	19	MAADI	NT	___

Heat 15 of 72 Finals

1	Mohamed Yaser Omar	18	OLMPA	NT	___
2	Mahmoud Mohamed Mahm	16	SHOOT	NT	___
3	Abdullah Mohamed Abdella	15	Sporting	NT	___
4	Yousief Mohamed aly	15	ZMALK	NT	___
5	Khalid Ehab Obaid	19	Elethad	NT	___
6	Mark Maher Helmy Eskand	15	DEGLA	NT	___
7	Ali Amr Mohamed Taha	15	Bank Ahly Alex	NT	___
8	Marwan Mohamed Alaa Eld	15	DEGLA	NT	___
9	Yasin Mohamed Abu Raya	18	TANTA	NT	___
10	Aly Eldin Tamer Mohamed	19	AHLY	NT	___

Heat 16 of 72 Finals

1	Omar Ahmed Hamed	15	SHRKS	38.76	___
2	Mohamed Nabil Mohamed	15	AHLY	36.37	___
3	Yassin Mohamed Abd Elfata	15	ZAGU	35.71	___
4	Omar Hossam Hamza Elsha	16	DEGLA	35.33	___
5	Youssef Ahmed Abo Elnadr	15	DEGLA	34.81	___
6	Rayan Mohamed Said	15	DEGLA	35.09	___
7	Belal Eslam Elsaid Abd Elra	15	DEGLA	35.65	___
8	Amer Ahmed Kenawy	15	ZMALK	36.02	___
9	Marawan Samer Farouk Ab	17	MRAC	37.01	___
10	Ahmed Sherif Ahmed	15	Elethad	39.02	___

Heat 17 of 72 Finals

1	Hamza Mohamed Shoaib	15	DEGLA	34.53	___
2	Yehia Mohamed Ahmed Haf	15	DEGLA	34.43	___
3	Khaled Mohamed Nasr Abd	21	MRAC	34.21	___
4	Omar Mohamed Khatab	15	DEGLA	33.81	___
5	Saif Amr Reda Sayed	15	DEGLA	33.77	___
6	Keven Latif Farag	15	DEGLA	33.80	___
7	Ammar Ahmed Ali Sayed	15	DEGLA	34.00	___
8	Moataz Mahmoud Mohame	15	DEGLA	34.28	___
9	Rashed Hatem Hasan	15	DEGLA	34.49	___
10	Hamza Hossam Fargaly	15	DEGLA	34.63	___

Heat 18 of 72 Finals

1	Mazen Mohamed Mahros	15	Elethad	33.72	___
2	Mazen Nadeem Mohamed M	16	DEGLA	33.35	___
3	Mohmed Abdlhamed Mohm	16	6 OCT	33.21	___
4	Mohab Karem Mohamed Fa	15	Elethad	33.09	___
5	Hazem Hassam Mostafa Rar	15	SMOHA	32.98	___
6	Ammar Ayman SiefEldin Ah	16	MRAC	33.07	___
7	Eyad Mohamed Elsayed Has	15	TRSAN	33.17	___
8	Omar Ahmed Mohamed Ali	15	Elethad	33.22	___
9	Youssef Mohamed Ismail Yo	16	RWAD	33.45	___
10	Youssef Ahmed Fouad	16	AHLY	33.72	___

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

Meet Program

Heat 19 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Youssef Mahmoud Ahmed A	15	Elethead	32.83	___
2	Karim Tamer Ismaiel	15	DEGLA	32.75	___
3	Michell Ramy Farouk	15	DEGLA	32.57	___
4	Mohamed Moustafa Moham	15	Tlaea El Ostol	32.48	___
5	Youssef Abd Elazem Mohar	15	ZAGU	32.43	___
6	Adam Ahmed Elsaeed Moha	15	MRAC	32.46	___
7	Mohamed Tawfek Yousef	17	MRAC	32.50	___
8	Seif El Din Khaled Mohamec	15	ZAGU	32.61	___
9	Adam Haitham Ahmed Ali	15	DEGLA	32.83	___
10	Abdallah Haitham Mabrouk	15	DEGLA	32.86	___

Heat 20 of 72 Finals

1	Alli Hany Alli Soliman	16	GHABA	32.38	___
2	Gasser Hany Gaber Maghor	15	A S E C	32.29	___
3	Mohamed Yasser Mohamed	15	A S E C	32.07	___
4	Adham amr Mostafa Atallah	16	DEGLA	31.85	___
5	Saeed Islam Saeed Hassan	16	MRAC	31.84	___
6	Ahmed Khaled Mohamed Sa	16	MRAC	31.85	___
7	Yaseen Ahmed Said	15	Elethead	31.86	___
8	abd Elrahman Ahmed Mans	16	TANTA	32.18	___
9	Hasan Hatem Hasan	17	DEGLA	32.37	___
10	Adham Mohamed Said Moh	15	A S E C	32.43	___

Heat 21 of 72 Finals

1	Omar Marwan Badr	16	Sporting	31.81	___
2	Eyad Akram Kamel	16	Elethead	31.77	___
3	Ahmad Eslam Abd Elazez M	15	SMOHA	31.72	___
4	Osman Moh. Osman Moh. O	15	GEZIR	31.72	___
5	Seif El Din Hamdy Husain E	16	DEGLA	31.57	___
6	Adam Yasser Shaker	15	New Giza	31.60	___
7	Abdallah Mohamed Metwal	15	DEGLA	31.72	___
8	Mohamed Elsayd Hassen Ac	15	Elethead	31.75	___
9	Omar Ahmed Abd Elaziz	16	DEGLA	31.81	___
10	Mohamed abd Elraouf Alaa	20	GOLDY	31.83	___

Heat 22 of 72 Finals

1	Ahmed Hassan Ibrahim	15	DEGLA	31.55	___
2	Khalid Islam Gomaa	16	DEGLA	31.49	___
3	Ahmed Mahmoud Seddik Al	15	Elethead	31.43	___
4	Moaz Mohamed Abd Elfatta	16	DEGLA	31.41	___
5	Hamza Mohamed Abo Talef	15	DEGLA	31.39	___
6	Ziad Tamer Galal	16	DEGLA	31.39	___
7	Hazem Mohamed Abd Elhai	15	ZOHUR	31.42	___
8	Amar Abdelsamea Hasn Ha	15	6 OCT	31.45	___
9	Moaz Ibrahim Nassar	16	DEGLA	31.54	___
10	Mohamed Khaled Mohamec	15	DEGLA	31.57	___

Heat 23 of 72 Finals

1	Ismaiel Tamer Ismaiel	15	SHAMS	31.31	___
2	Omar Ahmed Nsr	16	Pegasus Club	31.19	___
3	Nour El Dein Maged El Sher	17	SMOHA	31.16	___
4	Hussien Marwan Badr	16	Sporting	31.14	___
5	Ali Ayman Nematallah	15	Sporting	31.10	___
6	Marwan Sameh Zakrea	16	BNK.G	31.10	___
7	Abd Elrahman Ayman Sabei	16	DEGLA	31.15	___
8	Omar Ayman Aly Mohamed	15	A S E C	31.17	___
9	Mazen Ibrahim Ahmed Shol	16	SMOHA	31.22	___
10	Mohamed Samer Elsayed M	17	DEGLA	31.33	___

Heat 24 of 72 Finals

1	Bsada Mark Nage	15	ZAGU	31.07	___
2	Ahmed Tamer Mostafa EL S	17	RWAD	31.02	___
3	Ezzat Mohamed Azzam Moh	15	Olympic	31.01	___
4	Abdelrahman Wael Abdelm	15	GHABA	30.96	___
5	Mohamed Yasser Frahat Bel	17	MRAC	30.88	___
6	Zain EL Din Haytham	17	Elethead	30.96	___
7	abd Allah Hosam abd Alrzal	16	ENPPI	30.99	___
8	Yassin Emad Abd Elkhalek	15	ZAGU	31.01	___
9	Yassin Ahmed Fouad	16	DEGLA	31.06	___
10	Adham Ahmed Mohamed	15	6 OCT	31.10	___

Heat 25 of 72 Finals

1	Ramez Amr Mohamed Ibraf	16	DEGLA	30.78	___
2	Marwan Walid Abdel-khalel	15	DEGLA	30.76	___
3	Mohamed Eliwa Mohamed	16	GOLDY	30.71	___
4	Nadim Walid Abdelnaby	15	Elethead	30.56	___
5	Mohamed Hossam Ebrahim	15	GHABA	30.54	___
6	Yassin Mostafa Nasr	15	Sporting	30.55	___
7	Hamza Mohamed Shamrock	17	SENZO	30.69	___
8	Mohamed Ahmed Husien	15	Pegasus Club	30.71	___
9	Moahmed Wael Mohamed	16	SMOHA	30.78	___
10	Adham Hany Mohamed	15	ZAGU	30.84	___

Heat 26 of 72 Finals

1	Islam Farag Saleh	15	DEGLA	30.49	___
2	Kaled Amr Ahmed Bashir	15	Elethead	30.45	___
3	Moshir Nader Nabil Mahmo	16	MRAC	30.39	___
4	Hassan Ashraf Shehata	16	Elethead	30.38	___
5	Mohamed Hamid Shaker	15	ZMALK	30.23	___
6	Ahmed Mohamed Hamed	16	Elethead	30.33	___
7	Ahmad Atef Mohamad	17	SMOHA	30.39	___
8	abd Elrhman Mohamed Mal	16	Elethead	30.42	___
9	Abdallah Moahmed Abdelaz	16	SMOHA	30.47	___
10	Seif Medhat Nabil	16	Sporting	30.54	___

Heat 27 of 72 Finals

1	Hamza Wael Nasreldin	16	DEGLA	30.17	___
2	Mohab Khaled Sayed	17	DEGLA	30.11	___
3	Tayem Wessam Azab	15	Sporting	30.08	___
4	Karim Emad Adel Abanob E	17	SMOHA	29.98	___
5	Ahmed Sameh Saied Khami	15	Olympic	29.94	___
6	Nour Nasser Ahmed Gadelk	15	Olympic	29.96	___
7	Salem Abdelsmia Hssn Hos	19	6 OCT	30.02	___
8	Yehya Tamer Hamdy Shwat	15	TANTA	30.10	___
9	Yossef Salah Saber	16	Elethead	30.12	___
10	Adham Ahmed Abdel Aziz	19	RWAD	30.20	___

Heat 28 of 72 Finals

1	Omar Mohamad Ahmad Kot	15	SMOHA	29.90	___
2	Sherif Atef Mohamed Moha	15	RWAD	29.86	___
3	omr Tamer Elsaed Elroby	16	Elethead	29.76	___
4	Hamza Ali Mohamed Ali	15	Elethead	29.73	___
5	Moustafa Sherif Moustafa	15	DEGLA	29.71	___
6	Ahmed Wahid Mohamed	15	ZOHUR	29.72	___
7	Omar El Sayed Ali	15	Elethead	29.74	___
8	Ahmed Hessin Ahmed	15	ENPPI	29.80	___
9	Karim Moustafa Mohamed	18	DEGLA	29.89	___
10	Hatem Yasser Fathy	17	ZAGU	29.94	___

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Meet Program

Heat 29 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Ahmed Khaled Badr	15	Elethad	29.66	___
2	Seif Eldeen Essam Reda	16	Palm Hills	29.64	___
3	aly Mohamed Fathy	16	TANTA	29.62	___
4	Yahia Helmy Mohamed Moh	15	A S E C	29.61	___
5	Moaz Islam Hussain Ismail	15	Elethad	29.58	___
6	Abedrahman Yasser	16	Tlaea El Ostol	29.60	___
7	Marwan Mohammed Younis	17	BNK.G	29.62	___
8	Walid Khaled Mohamed	15	DEGLA	29.64	___
9	Mohamed Ismal El Sayed Is	15	A S E C	29.65	___
10	Yahya Assem Mohamed Har	16	Palm Hills	29.66	___

Heat 30 of 72 Finals

1	Youssef Al Said Abdel Hame	16	RWAD	29.54	___
2	Zeyad Hamza Mohamed	17	A S E C	29.52	___
3	Mohamed Hazem Mohamec	18	MRAC	29.42	___
4	Ahmed Mohamed Ahmed H	16	AHLY	29.38	___
5	Azzam Mohamed Sheha	16	Olympic	29.37	___
6	Saeed Mohamed AL Saeed	16	RWAD	29.38	___
7	Marwan Reda Hussein	15	SENZO	29.39	___
8	Amr Mohamed Abu Elfettou	15	DEGLA	29.46	___
9	Hessen Moh. Hessen Elbadr	16	GEZIR	29.52	___
10	Eyad Nader Rashad Abdalla	15	Olympic	29.58	___

Heat 31 of 72 Finals

1	Yassen Amr abd el Manam	17	A S E C	29.32	___
2	Abdel Rahman Mohamed M	16	RWAD	29.29	___
3	Adham Ibrahim Mohamed	16	SHOOT	29.22	___
4	Roshdy Ahmed Roshdy	15	DEGLA	29.19	___
5	Ali Mohamed El Rakiby	17	HELOP	29.18	___
6	Youssef Mohamed Youssef	15	Ultimate	29.19	___
7	Abdelrahman Khaled Fathy	16	SMOHA	29.21	___
8	Moaz Abdelfatah Ali Abdel	15	SMOHA	29.23	___
9	Belal Ramdan Kassem	18	Bank Ahly Alex	29.32	___
10	Belal Ahmed Mousad	16	A S E C	29.37	___

Heat 32 of 72 Finals

1	Seif El-Din Khaled Mohamed	15	SHOOT	29.13	___
2	Omar Mohamed Abdalem	15	SENZO	29.10	___
3	Hamza Hossam Eldin Fayez	15	Police Club	29.08	___
4	Yasen Mohamed El Bawab	15	HELOP	29.07	___
5	Abdel Rahman Ahmed Nou	15	BNK.G	29.02	___
6	Mahmoud Amr El-shobaki	15	SHOOT	29.06	___
7	Abdelharman Shref Anes Ib	17	SMOHA	29.08	___
8	Anas Hatem Sadeq	16	Sporting	29.09	___
9	Yassin Mohamed Sobhy	15	DEGLA	29.11	___
10	Mohamed Hasham Mohmoc	16	A S E C	29.16	___

Heat 33 of 72 Finals

1	Zeyad Mohamed Elsayed	15	Sporting	28.98	___
2	ali Ahmed Gamal Eldin Afar	18	DEGLA	28.95	___
3	Andria Wael Nagy Mosad Al	15	HELDO	28.92	___
4	Ismail Moataz Halbony	17	MAADI	28.89	___
5	Walid Mohamed Hussien	16	A S E C	28.87	___
6	Aly Samy Elshafy	17	Sporting	28.87	___
7	Anas Ebrahim Abd-elrahm:	15	GHABA	28.90	___
8	Omar Kmal Mohamed Batis	19	Y.M.C.A	28.92	___
9	Mohamed Khaled Mohmd K	20	SHOOT	28.96	___
10	Yasin Amro Mamdouh	16	HELOP	29.00	___

Heat 34 of 72 Finals

1	Omar Mohamed Ayman Abc	15	SHOOT	28.84	___
2	Moaz Waheed Ibraheem A	17	RWAD	28.81	___
3	Yahia Radwan Nour El Din	15	Elethad	28.79	___
4	Ali Walid Ali	15	Elethad	28.78	___
5	Mohamed Salam	15	SEKA	28.74	___
6	Yassin Mohamed Gamal	17	ZAGU	28.74	___
7	Adham Ashraf Sheta	15	Sporting	28.79	___
8	Omar Atef el Sadat	15	Al Hawar	28.80	___
9	Yousif Islam Mohamed Rag	15	ZMALK	28.81	___
10	Marawan Medhat El Fadaly	15	DEGLA	28.86	___

Heat 35 of 72 Finals

1	Mohamed Tarek Mohamed :	16	SMOHA	28.70	___
2	Omar Mohamed Farouk	15	Elethad	28.66	___
3	Abd Elhalim Alaa Abd Elhal	16	ZOHUR	28.62	___
4	Abd EL Rahman Ahmed Rar	15	RWAD	28.59	___
5	Ahmed Wael El Shamaa	16	Sporting	28.58	___
6	Yahia Mohamed Yahia	17	Elethad	28.58	___
7	Sief Ahmed Farouk	15	ZOHUR	28.60	___
8	Hassn Ramy Ahmed	16	Sporting	28.64	___
9	Seifeldeen Mohmed Khairy	16	Y.M.C.A	28.70	___
10	Mohamed Ahmed Mohamec	15	AHLY	28.73	___

Heat 36 of 72 Finals

1	Mostafa Ibrahim Mahrosr A	16	SMOHA	28.56	___
2	Omar Mostafa Ahmed Most:	15	RWAD	28.54	___
3	Youseif Mohamed Mohamec	16	ZMALK	28.53	___
4	Idris Ibrahim Mohammed	16	BNK.G	28.51	___
5	Youssef Ahmed Hassan	17	DEGLA	28.50	___
6	abd Elrhman Mohamed Bak	16	Elethad	28.50	___
7	Abdullah Ahmed Fouad	15	REHAB	28.51	___
8	Mohamed Alaa Mohamed	15	HELOP	28.53	___
9	Moustafa Mohamed Ahmed	15	ZMALK	28.56	___
10	Karim Ahmed Mohsen Abd	17	SMOHA	28.56	___

Heat 37 of 72 Finals

1	Mostafa Ahmed AL Saeed	15	RWAD	28.48	___
2	Karem Emad Reda	16	DEGLA	28.47	___
3	Aly Mohammed Sadek	15	Palm Hills	28.46	___
4	Youssef Mohamed Fathy Mc	16	SMOHA	28.38	___
5	Belal Abd Elwadod Mohame	20	RWAD	28.35	___
6	Seif Mohamed Abdelmonim	15	ZMALK	28.36	___
7	Mohamed Ahmed Dewan	18	DEGLA	28.44	___
8	Yassein Waleed Elsayed	15	TALBE	28.46	___
9	Ahmed abd el Hady Hassan	18	ZMALK	28.48	___
10	Helmy Kadry Helmy	17	ZAGU	28.49	___

Heat 38 of 72 Finals

1	Mashary Hany Ramadan M	17	RWAD	28.33	___
2	Seif Mohamed Khalil Fathy	15	TANTA	28.31	___
3	Ahmed Sameh Eldahby	16	Elethad	28.29	___
4	Eyad Mohamed Samy	18	ZMALK	28.26	___
5	Ahmed Sameh Samer Mohs	16	SMOHA	28.25	___
6	Kamal Tamer Awad Kamel	15	MRAC	28.25	___
7	Abdelharman Hany Moham	17	SMOHA	28.26	___
8	Amir Maged Eid Yousef	15	HELOP	28.29	___
9	Omar Ahmed Mansor	19	Sporting	28.33	___
10	Yousef Ashraf Ahmed	16	HELOP	28.34	___

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Meet Program

Heat 39 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Adam Medhat ezz Eldin	15	DEGLA	28.21	___
2	Mohamud Mohamad Roshd	15	SMOHA	28.19	___
3	Mohamed Kareem Mohame	18	Elethad	28.12	___
4	Youssef Mohamed Hamed	15	DEGLA	28.10	___
5	Ali Hesham Abas Tawfek	15	SMOHA	28.07	___
6	Adam Ayman Wageh	17	DEGLA	28.10	___
7	Mohamad Kaled Mohamad	15	SMOHA	28.11	___
8	Omar Ayman Wahied Moha	15	SHAMS	28.17	___
9	Mahmoud Ahmed Mohame	15	A S E C	28.19	___
10	Ali Ahmed Aadel Mosleh	16	6 OCT	28.23	___

Heat 40 of 72 Finals

1	Adham Nabil Mohamed Mai	17	TANTA	28.04	___
2	Youssief Ahmed Ibrahim	17	A S E C	28.03	___
3	Yehia Mohamed El Bawab	15	HELOP	28.01	___
4	Omar Khaled Mohamed Nat	17	A S E C	28.01	___
5	Ahmed Samy Mahmoud	16	GHABA	27.97	___
6	Karim Ramy Ibrahim	17	AHLY	27.98	___
7	Yousef Wesam Mohamed Sa	18	M.ARB	28.01	___
8	Youssef Mohamed Fathy	16	New Giza	28.02	___
9	Yasin Tarek Mostafa	17	HELOP	28.03	___
10	Marwan Mohamed Saber	17	ZMALK	28.05	___

Heat 41 of 72 Finals

1	Yazid Ahmed Mohamed	15	Elethad	27.93	___
2	Abdallah Ahmed Elsaid	19	Cairo	27.93	___
3	Yassen Haitham Ghazy	16	TWFIK	27.91	___
4	Tamer Ahmed Ali	15	Elethad	27.87	___
5	Ahmed Sameh Abdelkader	18	DEGLA	27.85	___
6	Kamal Eldin Khaled Alshah	15	Elethad	27.86	___
7	Amaar Khaled Hamed Alli	16	GHABA	27.91	___
8	Zyad Abdelrehem Khalaf Ab	16	Bank Ahly Alex	27.91	___
9	Ahmad Amr Adel Abaza	15	SMOHA	27.93	___
10	Omar Ahmed Emad	15	SHOOT	27.94	___

Heat 42 of 72 Finals

1	Ziad Mohamed Mohamed A	17	RWAD	27.79	___
2	Omar Mohamed Essam	16	DEGLA	27.73	___
3	Mahmoud Tamer Mahmoud	17	DEGLA	27.71	___
4	Adam Mohamed Eldejwy	15	Meit Khakan	27.68	___
5	Adm Hisham Mohamed	17	Elethad	27.68	___
6	Mostafa Mohamed Mohame	15	Gezira El Ward	27.68	___
7	Zeyad Emad Mamdoh	17	TANTA	27.70	___
8	Abdalah Waled el Said	20	Sporting	27.72	___
9	Ahmed Shref Sarhan	17	TANTA	27.74	___
10	Moamen Ahmed Fekry	16	A S E C	27.85	___

Heat 43 of 72 Finals

1	Yassin Mohamed Hassan	16	Elethad	27.66	___
2	Mhmoud Hassan Mhmod Kl	17	SMOHA	27.65	___
3	Mostafa Mohamed Salah Sai	15	TANTA	27.61	___
4	Abdlrhman Ayman Salah El	16	HELDO	27.60	___
5	Adam Mohamed Mahmoud	15	ZOHUR	27.59	___
6	Yasen Ahm. Abd ElHay Soie	17	GEZIR	27.59	___
7	Khaled Mohamed Elsyed Ta	17	SMOHA	27.60	___
8	Yassin Hassan Hosny Ahme	15	Elethad	27.63	___
9	Karim Mahmoud Farouk	21	Beni Suef Club	27.65	___
10	Mostafa Mohamed Baker	17	TRSAN	27.67	___

Heat 44 of 72 Finals

1	Tarek Ahmed Abdelwahab	19	SHOOT	27.57	___
2	Omar Shrief Ahmed Ahmed	16	SMOHA	27.56	___
3	Youssef Ashraf Fawzy	16	MRAC	27.54	___
4	Youssuf AbdElmoneim Khal	17	Sporting	27.54	___
5	Nour Eldin Mohamed Refaa	15	AHLY	27.50	___
6	Hussein Mohamed Hussein	15	DEGLA	27.50	___
7	Belal Ibrahim Abass	17	A S E C	27.54	___
8	Seif Mohmed Salah	16	Cairo	27.54	___
9	Ahmed Samir Helmy El Saye	15	TWFIK	27.56	___
10	Adam Mohamed Saied	16	ZMALK	27.59	___

Heat 45 of 72 Finals

1	Souhaib Gamal Abdelfattah	15	Olympic	27.47	___
2	Omar Samer Mahmoud	15	AHLY	27.46	___
3	Yassien Ahmed Mohamed	16	SMOHA	27.43	___
4	Abdelrahman Mohamad Eh	15	SMOHA	27.42	___
5	Abdelrahman Ayman Kama	15	Elethad	27.38	___
6	Ahmed Samy Sayed	17	TWFIK	27.41	___
7	Ahmed Khaled Hashem Ali	15	HELOP	27.42	___
8	Ahmed Maged Amir	17	ZOHUR	27.46	___
9	Youssef Mohamed Ezzat	16	ZMALK	27.47	___
10	Yassin Ahmed Nabil	15	Sporting	27.47	___

Heat 46 of 72 Finals

1	Adam Ahmed Elsaied aly	15	ZMALK	27.37	___
2	Omar Amin Mohamed	16	TRSAN	27.35	___
3	Eyad Mohamed Abd ElMene	20	TANTA	27.31	___
4	Mohamed Tarek Abasy	18	TANTA	27.29	___
5	Motaz amr Mostafa	15	TRSAN	27.28	___
6	Anas Tamer Almalky	16	Elethad	27.28	___
7	Awab Mostafa Mahmoud	16	SMOHA	27.31	___
8	Slem Wesam Samy Mohame	15	HELOP	27.34	___
9	Ibrahim Mohamed Zarad	15	DEGLA	27.36	___
10	Abd El Rahman Essam El Sa	18	DEGLA	27.37	___

Heat 47 of 72 Finals

1	Mohamed Ali Saed Mohame	15	Bank Ahly Alex	27.25	___
2	Mazen Ahmed Ragab Abdel	20	SHOOT	27.25	___
3	Ahmed Medhat Mohamed A	16	Bank Ahly Alex	27.20	___
4	Yassin Ahmed Othman	16	Sporting	27.17	___
5	Hussein Mohamed Aly	16	AHLY	27.16	___
6	Adam Mohamed Helmy	16	DEGLA	27.17	___
7	Yahia Amr Mohamed	17	ZOHUR	27.19	___
8	Zeyad Hany Abd el Azeem	19	DEGLA	27.23	___
9	Adam Mohamed Mahmoud	15	DEGLA	27.25	___
10	Hamza Zahy El Sahn	17	Sporting	27.26	___

Heat 48 of 72 Finals

1	Ahmed Wael el Qelioby	19	ZMALK	27.16	___
2	Aly Eldin Ahmed Ibrahim	16	AHLY	27.15	___
3	Abdelrahman Ayman Sayed	20	Fayoum Club	27.12	___
4	Omar Ayman Esmael Emam	15	6 OCT	27.08	___
5	Hany Mohsen Sayed	15	AHLY	27.06	___
6	Mostafa Mohamed Zaghlol	17	GHABA	27.08	___
7	Eyad Ahmad Sobhy Ahmad	15	SMOHA	27.11	___
8	Loai Ehab A.Meshaal	16	DEGLA	27.14	___
9	Omar Hazem	18	ZMALK	27.15	___
10	Khaled Mohamed abd Elmo	22	Cairo	27.16	___

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

Meet Program

Heat 49 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Youssef Mohamed Abdelreh	17	Olympic	27.04	___
2	Youssef Amr Yasseen Mady	15	GEZIR	27.01	___
3	Mostafa Ashraf Awad Allah	20	Olympic	26.95	___
4	Ziad Abdel Ghany Osman	19	RWAD	26.92	___
5	Ibrahim Bahaaeldin Ibrahim	15	Olympic	26.91	___
6	Mahmoud Ashraf El Gayash	16	DEGLA	26.92	___
7	Abdallah Mohamed Eldosul	16	SHAMS	26.92	___
8	Hamza Amro Kandiel	15	SHAMS	26.96	___
9	Yousif Yehia Al Aeidy	16	OLMPA	27.03	___
10	Omar amr Helmy	15	El Temsah	27.05	___

Heat 50 of 72 Finals

1	Mohamed Osama Fekry	15	DEGLA	26.82	___
2	Hazem Waheed Ibrahim	19	RWAD	26.79	___
3	Braa Ayman Ali	19	ZOHUR	26.79	___
4	Adham Tarik Ali Baiuomy	18	SMOHA	26.78	___
5	Yassin Youssef Mohamed El	15	Olympic	26.73	___
6	Omar Mahmoud Saeid	15	Nasr City	26.77	___
7	Ahmed Khaled Youssef Moh	17	SMOHA	26.78	___
8	Abd Allah Ahmed Abd El Az	15	MAADI	26.79	___
9	Ahmed Mohamed El Menya	19	DEGLA	26.81	___
10	Abdel Rahman Essam Nabil	18	Elethad	26.84	___

Heat 51 of 72 Finals

1	Adam Samer AbdElghany M	19	SMOHA	26.73	___
2	Yehia Ahmed Atef Abdrabo	16	SMOHA	26.69	___
3	Mohamed Hossam Mohame	18	A S E C	26.67	___
4	Abd Alla Mohamed Saleh	17	A S E C	26.65	___
5	Yossef Karim Nabil Elzawaw	17	SMOHA	26.62	___
6	Adham Ibrahim Basuni	17	GHABA	26.65	___
7	Yousef Mahmoud Sayed	16	MRAC	26.66	___
8	Martin Emad Rizk	17	Y.M.C.A	26.69	___
9	Adham Nader Samir Mohan	16	SMOHA	26.73	___
10	abd Elrahman Mohamed Eb	15	TANTA	26.73	___

Heat 52 of 72 Finals

1	Ahmed Emad Abdel Maabou	17	AHLY	26.60	___
2	Omar Tarek Abdel-Rahman	16	AHLY	26.60	___
3	Saif ElDin Waled Abdel Razi	20	DEGLA	26.59	___
4	Omar Kareem Mahmoud Abc	15	Elethad	26.58	___
5	Kareem Hossam Ahmed Sal	15	SMOHA	26.52	___
6	Ahmed Fathy Aid Abd el aty	17	RWAD	26.57	___
7	Yassen Amr Mahmoud Abde	15	Bank Ahly Alex	26.58	___
8	Mohamed Shreef	16	Tlaea El Ostol	26.59	___
9	Keven Sameh Adly	18	Minia Sport Clup	26.60	___
10	Adham Ahmad Shaban	23	RWAD	26.62	___

Heat 53 of 72 Finals

1	Adham Ahmed Mahmoud	18	AHLY	26.49	___
2	Ahmed Wael Ibrahim Desou	19	TWFIK	26.48	___
3	Yassen Ahmad Ebrahim Ka	15	SMOHA	26.45	___
4	Abd Allah Tamer Abd El Raz	15	MAADI	26.43	___
5	Yassin Ahmed Sayed Hafez	17	Elethad	26.42	___
6	aly Eldin Ahmed Mohamed	16	ZMALK	26.43	___
7	Raef Osama Atif	19	Elethad	26.45	___
8	Eyad Mohamed Amer	15	TANTA	26.47	___
9	AbdelRahman Ehab Elshim	16	Sporting	26.49	___
10	Omar Waleed AlQabary	16	Sporting	26.52	___

Heat 54 of 72 Finals

1	Hesen Mohamad Elsaeid Yo	15	SMOHA	26.41	___
2	Omar Ahmed Hussien Most	16	SMOHA	26.38	___
3	Yousef Samir Abel Fatah	18	ZMALK	26.38	___
4	Rashed Hany Ramadan	20	RWAD	26.33	___
5	Fras Alaa Eldin Hussein	16	TANTA	26.32	___
6	Amr Saad EL Sayed	19	Elethad	26.32	___
7	Monzer Ahmed Amayem	16	TANTA	26.34	___
8	Abd El Rahman Mohamed A	17	Sporting	26.38	___
9	Ahmed Mohsen Mohamed	18	Elethad	26.40	___
10	Nour Eldien Amr Elsaid Mo	19	RWAD	26.42	___

Heat 55 of 72 Finals

1	Yassin Hossam Elden Metw	16	ZOHUR	26.32	___
2	Marvin Medhat Shokry	17	SHOOT	26.29	___
3	Omar Shref el Motamer Mol	16	HELOP	26.26	___
4	Mazen Karim Hassan	17	AHLY	26.24	___
5	Omar Sherif Abd El Hamid	17	DEGLA	26.19	___
6	abd Elrhmam Mohamed Ahr	16	Elethad	26.20	___
7	Karim Magdy Mohamed	17	ZOHUR	26.25	___
8	Zeyad Osama Ramdan	15	AHRAM	26.27	___
9	Zeyad Ahmed Bhaa Al din	18	ENPPI	26.32	___
10	Adam Asharaf Ibrahim	17	GHABA	26.32	___

Heat 56 of 72 Finals

1	Selim Shrif Osama Helmy M	15	GEZIR	26.18	___
2	aly Saleeh aly	16	ZMALK	26.16	___
3	Belal Mohamed Fouad Ram	15	Olympic	26.14	___
4	Amr Medhat Bader	20	SMOHA	26.12	___
5	Abdelfattah Ahmed Youssef	16	Olympic	26.11	___
6	Ayad Hatem Fouad	17	ZMALK	26.11	___
7	Sherif Ashraf Hagag	16	A S E C	26.13	___
8	Mhmoud Tarik Ahmed Elge	16	SMOHA	26.15	___
9	Youssef Tamer Gaber Moha	17	SMOHA	26.18	___
10	Abdelmoez Ayman Gomaa	17	A S E C	26.19	___

Heat 57 of 72 Finals

1	Yasin Waled Zaky Abo Ward	19	SMOHA	26.10	___
2	Ali Mohamed Tawfeq	17	DEGLA	26.08	___
3	Shady Mody Maher Helmy	19	MINIA	26.06	___
4	Darren Dimitrios Chin	18	Sporting	26.05	___
5	Youssef Mohamed Mehraz	18	AHLY	26.02	___
6	Fadi Wael Gerges	17	REHAB	26.04	___
7	Rami Michel Artigaud	17	GEZIR	26.05	___
8	Mrawan amr Mostafa abd el	18	TRSAN	26.08	___
9	Eyad Mohamed Shaban	16	TRSAN	26.09	___
10	Ahmed Khaled Farouk Fade	15	6 OCT	26.11	___

Heat 58 of 72 Finals

1	Amir Ramadan Sayed Rama	22	6 OCT	25.98	___
2	Ismael Moh.Ibrahem ElAwa	17	GEZIR	25.97	___
3	Yehia Karim Nabil Elzawaw	17	SMOHA	25.92	___
4	Youssef Sameh Salah Eldin	17	6 OCT	25.91	___
5	Mazen Ashraf Mohamed Ab	18	Bank Ahly Alex	25.91	___
6	Omar Abdelaziz Hussein	15	TALBE	25.91	___
7	Mohamed Abdalla Al Basaty	16	OLMPA	25.92	___
8	Ali Shref Ali Abdelkader	16	SMOHA	25.96	___
9	Adham Ahmed Mohamed	15	SHOOT	25.97	___
10	Mohamad Wesam Mohama	15	SMOHA	26.00	___

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Meet Program

Heat 59 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	Malek Ahmed Mohsen	15	DEGLA	25.83	___
2	Mohamed Mahmoud Attia	18	DEGLA	25.79	___
3	Malek Sherif Hayaty	16	Sporting	25.76	___
4	Yasser Walid Abo Elela	18	AHLY	25.74	___
5	Omar Khaled Ibrahim	15	AHLY	25.73	___
6	Omar Khaled Soliman	18	NASR	25.73	___
7	Ali Mhmod Ibrahim Mohan	17	SMOHA	25.74	___
8	Blal amr Ahmed	18	HELOP	25.79	___
9	Youssef Mostafa Mahmoud	18	DEGLA	25.79	___
10	Mahmoud Mohamed Mohar	16	Al Hawar	25.86	___

Heat 60 of 72 Finals

1	Adam Karim Hemdan Abdo	16	SHOOT	25.71	___
2	Adham Hisham Nor	20	SMOHA	25.70	___
3	Mohmed Ayman Esmael Enr	17	6 OCT	25.68	___
4	Nour El Din Ayman	18	Sporting	25.67	___
5	Omar Ehab Attef Mohamed	22	Gezira El Ward	25.64	___
6	Karim Kamal Ahmed Mosta	20	6 OCT	25.66	___
7	Mohamed Amr Maher Ma`n	21	GEZIR	25.68	___
8	Omar Ahmed Gaber	19	Elethead	25.68	___
9	Yousef Ahmed Ebrahim Eld	17	TANTA	25.70	___
10	Omar Hany Fathy	15	A S E C	25.73	___

Heat 61 of 72 Finals

1	Ali Ahmed Abd el Monem O	18	SHAMS	25.61	___
2	Ahmed Adel Abdel aal	15	Al Hawar	25.59	___
3	Yehia Ahmed Abd Elfatah El	16	SHOOT	25.59	___
4	Yasin Sameh Fahmy	20	HELOP	25.56	___
5	Ziyad Walid Nabiil	18	Sporting	25.53	___
6	Mohamed Hazem Mehany	19	Police Club	25.55	___
7	Eyad Sherif Hassan	16	DEGLA	25.58	___
8	Adham Ahmed Hassan	20	AHLY	25.59	___
9	Yamen Ayman Helmy	16	TANTA	25.61	___
10	Yahya Tarek Fawzy	18	Sporting	25.64	___

Heat 62 of 72 Finals

1	Zeiad Mohamed Ahmed	17	BNK.G	25.50	___
2	Nadeem Naser El Din Fawzy	23	TANTA	25.49	___
3	Adham Ayman Monir Hashe	18	TRSAN	25.47	___
4	Ahmed Yasser Mahmoud Sa	15	ZOHUR	25.44	___
5	Mostafa Magdy Nabil	19	AHLY	25.43	___
6	Zeyad Saber Abd el Fatah	16	AHRAM	25.44	___
7	Omar Karim Mohamed Mse	17	SMOHA	25.46	___
8	Marwan Mohamed Bakry M	17	Olympic	25.49	___
9	Yehia Eslam Farouk	17	AHLY	25.49	___
10	Mazen Ibrahim Ahmed	17	DEGLA	25.50	___

Heat 63 of 72 Finals

1	Mostafa Omar Kamal ElDin	19	BNK.G	25.38	___
2	Karim amr Abd el Monem	18	DEGLA	25.37	___
3	Omar Mohamed Mostafa El	19	SMOHA	25.36	___
4	Houssen Talal Houssen Sayr	19	6 OCT	25.35	___
5	Yassen Osama Yosef Ebrahe	15	SMOHA	25.31	___
6	Ahmed Hasan Tork	16	Sporting	25.33	___
7	Mohamed Amr Hussein	17	DEGLA	25.36	___
8	Adham Adel Abaza	19	Sporting	25.37	___
9	Marwan Ali Mahmoud	15	DEGLA	25.37	___
10	Youssef Eslam Farouk	20	AHLY	25.42	___

Heat 64 of 72 Finals

1	Ahmed Salah Mohamed Sab	16	SMOHA	25.29	___
2	amr Hesham Bayomy	20	Cairo	25.28	___
3	Youssef Tawfik Hamdy Taw	17	SENZO	25.28	___
4	Mahmod Mahmod Yassen es	17	TANTA	25.26	___
5	Eyad Ahmed Saad Hasn	15	TANTA	25.25	___
6	Malek Haytham Mohamed	17	DEGLA	25.26	___
7	Zeiad Osama Fatthy Abdel F	20	TRSAN	25.28	___
8	Mohamed Amr Mohamed SI	17	SMOHA	25.28	___
9	Ahmed Hazem Akram	18	AHLY	25.29	___
10	Ziad Ahamed Ragab Abd el	17	SHOOT	25.30	___

Heat 65 of 72 Finals

1	Amar Yasser Mohamed Ahn	17	SMOHA	25.23	___
2	Yehia Mohamed Saad Eldin	18	DEGLA	25.19	___
3	Amr Mostafa Kodb	20	SMOHA	25.16	___
4	Mazen Saied Gaber Ali	17	SMOHA	25.14	___
5	Ahmed Ayman Ali Mohamed	18	SHAMS	25.11	___
6	Mostafa Ahmed Elesawy	21	AHLY	25.12	___
7	Hamza Ahmed Mohamed Al	16	Bank Ahly Alex	25.15	___
8	Ahmed Moustafa Shaban	18	A S E C	25.17	___
9	Mohamed Mashhour Yehia	18	AHLY	25.22	___
10	Ahmed Osama Mohamed	20	Cairo	25.24	___

Heat 66 of 72 Finals

1	Mohamed Emad Abdelhami	16	AHRAM	25.07	___
2	Omar Mohamed Ahmed Fat	16	SHOOT	25.05	___
3	Eyad Mohamad Kalil Ebrahe	18	SMOHA	25.02	___
4	Abdelrahman Alaaeldin	19	AHLY	25.00	___
5	Seif Mohamed Sayed	16	ZOHUR	24.96	___
6	Shady Tamer Nabil	23	Cairo	24.98	___
7	abd Elrahman Mohamed Ba	18	TRSAN	25.01	___
8	Waleed Samer Mahmoud	18	AHLY	25.02	___
9	Fares Mohamed Farouk	19	HELOP	25.07	___
10	Mohamed Khaled Mohamec	15	SHOOT	25.09	___

Heat 67 of 72 Finals

1	Mazen Wael Ali Gaber	20	SMOHA	24.94	___
2	Mohamed Ahm. Aly Moh. De	19	GEZIR	24.88	___
3	Sief Mohamed Salah	19	TANTA	24.86	___
4	Ahmed Amr Magdy	18	SHOOT	24.80	___
5	Mohamed Taha Abd El Raou	18	DEGLA	24.76	___
6	Yahia Ahmed Mohamed Mo	19	SMOHA	24.77	___
7	Kareem Amr Aly Hasan Has	17	6 OCT	24.81	___
8	Seif Walaa Antar	18	DEGLA	24.87	___
9	Omar Yasser Menis	20	Sporting	24.89	___
10	Hussien Mohamed Hussien	15	SHAMS	24.96	___

Heat 68 of 72 Finals

1	Hamza Moh. Khairy Samra	17	GEZIR	24.75	___
2	Omar Tarek Shehata A	18	SMOHA	24.71	___
3	Omar Sherif Hamed	18	GHABA	24.66	___
4	Seif Mohamed Mohamed	19	DEGLA	24.64	___
5	Yassin Hytam Hossam Eldin	17	ZMALK	24.61	___
6	Mohamed Nasr Ahmed	16	MAY15	24.63	___
7	Islam Mohamed Nashaat	17	MAADI	24.66	___
8	Abd ElRahman Mohamed A	18	SHOOT	24.67	___
9	Esmat Ashraf Esmat Hatata	18	SMOHA	24.72	___
10	Mohamed Tarek Mohamed	15	Olympic	24.76	___

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Meet Program

Heat 69 Finals (#56 Boys 15 & Over 50 LC Meter Freestyle Age Groups)

1	SifEldin Hossam Mohamed	19	SMOHA	24.55	___
2	Aly Amr Ahmed Shaaban	21	Bank Ahly Alex	24.51	___
3	Mohanad Yasser Abdelmen	16	SMOHA	24.45	___
4	Ahmed Hatem abd el Sabou	24	Nasr City	24.42	___
5	Eyad Sayed Fadl Alla	21	ZOHUR	24.36	___
6	Mohamed Ahmed Mohamec	19	SMOHA	24.37	___
7	Khaled Wael Sabre Abdelha	16	SMOHA	24.44	___
8	Mohamed Ahmed Essam Ak	20	SMOHA	24.47	___
9	Omar Mohamed Abdel Meg	18	AHLY	24.54	___
10	Ahmed Hattem Ahmed	18	DEGLA	24.60	___

Heat 70 of 72 Finals

1	Faris Mohamed Mashaly	24	Sporting	24.33	___
2	Yousif Mohamed Soliman O	18	SMOHA	24.31	___
3	Adam Shref Mostafa	19	HELOP	24.30	___
4	Ahmed Ismail Mohamed Isr	20	MAADI	24.29	___
5	Abdel Rahman Ali Mohamec	22	SHAMS	24.27	___
6	Mohamed Hatem Mohamed	16	HELOP	24.29	___
7	Moustafa Abdo Mohamed S	21	RWAD	24.30	___
8	Khaled Abdel Naser Ali	24	SHOOT	24.30	___
9	Seif Sayed Mahmoud	17	HLWAN	24.31	___
10	John Wael Nagy Mosad	17	HELDO	24.35	___

Heat 71 of 72 Finals

1	Mahmoud El Walid Abd El k	17	MAADI	24.20	___
2	Adam Ahmed Hamdy	17	AHLY	24.13	___
3	Nadem Kram Mohamed	18	HELOP	24.11	___
4	Ziyad Ahmed Abdel Azim	21	AHRAM	23.99	___
5	Mohamed Yaser Fared Abd	17	SHAMS	23.83	___
6	Seif Tarek Mohamed Raslan	23	ZMALK	23.84	___
7	Ahmed Wael el Mohandes	18	HELOP	24.01	___
8	Karim Ahmed Khaled Elewz	21	SHAMS	24.11	___
9	Mohand Tarik Mohamed Ali	23	SMOHA	24.19	___
10	Mohamed Ashraf	20	Sporting	24.25	___

Heat 72 of 72 Finals

1	Mohab El Din Fathy	22	Sporting	23.69	___
2	Mohanad Mohamed Wageh	20	SHOOT	23.57	___
3	Seif Mohamed Mehrez	22	ZOHUR	23.48	___
4	Omar Mohamed Taha Radw	23	SMOHA	22.50	___
5	Aly Ahmed Khalafalla	27	AHLY	22.20	___
6	Yasin HossamEldin	20	SMOHA	22.24	___
7	Mostafa Mohamed Al Tahan	23	DEGLA	23.21	___
8	Ali Khaled Osama	19	DEGLA	23.55	___
9	Saleh Hossam El Din Saleh	20	ZOHUR	23.65	___
10	Zeyad Osama Zedan	17	Bank Ahly Alex	23.73	___

Event 59 Boys 15 & Over 400 LC Meter Freestyle Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Finals

3	Marawan Mohamed Sayed	15	AHLY	NT	___
4	Marwan Ahmed Elamrawy	28	Sporting	NT	___
5	Yassin Waleed Mohamed M	17	Olympic	NT	___
6	Mohamed abd Elshafy Sade	16	ZMALK	NT	___
7	Mohamed Mostafa Mohame	19	DEGLA	NT	___

Heat 2 of 21 Finals

1	Mazen Emad Hamed	16	AHLY	NT	___
2	Ahmed Hany Salem	16	ZOHUR	NT	___
3	Youssef Mahmoud Taha	17	AHLY	NT	___
4	Mohamed Salam	15	SEKA	NT	___
5	Omar Abd EL Razek Kamal	15	RWAD	NT	___
6	Mohamed Ibrahim	18	NASR	NT	___
7	Seif Ashry Kasem	21	GHABA	NT	___
8	Marten Baher Fouad	18	Sporting	NT	___
9	Abd Elrahman Mostafa Rag	17	Swim Home	NT	___
10	Mhmoud Tarik Ahmed Elge	16	SMOHA	NT	___

Heat 3 of 21 Finals

1	Mazen Waled Mohamed	16	TRSAN	NT	___
2	Ahmed Mohamed Rashed G	15	A S E C	NT	___
3	Mohmed Essam Saied	16	Cairo	NT	___
4	Hussien Elzafarany	17	Sporting	NT	___
5	Ahmed Hessin Ahmed	15	ENPPI	NT	___
6	Nour Eldin AlaaEldin Abdal	17	6 OCT	NT	___
7	Yahya Waled Abdelmonem	17	Misr	NT	___
8	Basel Al Sayed Houssin	17	HELOP	NT	___
9	Mohab Hossam Farouk Moh	15	Elethead	NT	___
10	Eyad Mohamed abou Elhame	15	TANTA	NT	___

Heat 4 of 21 Finals

1	Seifeldeen Mohmed Khairy	16	Y.M.C.A	NT	___
2	Yamen Moustafa	16	FAROS	NT	___
3	Ahmed Ayman Mohamed	15	Elec	NT	___
4	Michael Nasr Atya	19	TALBE	5:38.36	___
5	Abdel Rahman Ahmed EL_fa	15	Sporting	5:17.72	___
6	Omar Salah Salah Ghonem	15	New Giza	5:25.73	___
7	Yousef Moustafa Fargaly	18	RWAD	NT	___
8	Sief El Din Mohamed Moslr	17	Sporting	NT	___
9	Mohab Wala Eldin Osama	15	TANTA	NT	___
10	Mohamed Nashaat Abdelha	17	ZMALK	NT	___

Heat 5 of 21 Finals

1	Yousef Amr Mahmoud Abde	15	Bank Ahly Alex	5:12.04	___
2	Baderelden Nabel Badr Kas	17	Bank Ahly Alex	5:06.91	___
3	Yahya Ahmed Abd El Fatah	17	Sporting	5:03.19	___
4	Nagy Ahmed Nagy Aly Aly	15	HELDO	5:02.53	___
5	Omar Karim Ali Abd El Ham	17	SENZO	4:58.49	___
6	Loai Ahmed Salah Eldeen A	15	MRAC	5:02.23	___
7	Moaz Mohamed Ismaeel	15	RWAD	5:02.66	___
8	Fares Mahmoud Mokhtar	15	Elethead	5:03.76	___
9	Ibrahim Mostafa Ibrahim	17	MRAC	5:09.71	___
10	Kamal Magdy Kamal Ahmec	15	Elethead	5:17.30	___

Heat 6 of 21 Finals

1	Marwan Mohamad Morsy E	15	SMOHA	4:56.73	___
2	Yasien Tamer Othman	15	ZMALK	4:56.11	___
3	Youssef Ashraf Mohamed Ti	18	MRAC	4:54.99	___
4	Ahmed Khaled Abd El Karin	16	MAADI	4:54.70	___
5	Ahmed Tarek Ahmed	18	HLWAN	4:51.92	___
6	Mahmoud Khaled Mahmoud	15	MRAC	4:51.92	___
7	Taha Saeed Mohamed Fathy	15	A S E C	4:54.76	___
8	Ahmed Mohamed Yaseir	15	ZMALK	4:55.22	___
9	Abdelrahman Moataz Yahia	15	BNKG	4:56.52	___
10	Nabil Tamer Galal Mohamec	15	MRAC	4:57.36	___

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Meet Program

Heat 7 Finals (#59 Boys 15 & Over 400 LC Meter Freestyle Age Groups)

1	Adham Ahmed abd Elkade	16	Elethead	4:51.43	___
2	Omar Shady Mohamad Ali F	15	SMOHA	4:50.06	___
3	Yassin Ahmed Othman	16	Sporting	4:48.57	___
4	Omar Mahamed Karam Ali I	15	HELDO	4:48.31	___
5	Ali Mourad Salaheldein	15	New Giza	4:48.11	___
6	Ahmed Osama Hassan Abd	17	Bank Ahly Alex	4:48.25	___
7	Khaled Walied Atia	18	SHAMS	4:48.44	___
8	Ahmed Moustafa Shaban	18	A S E C	4:48.94	___
9	Ziad Mohamed Galal	15	RWAD	4:50.37	___
10	aly Hussien Mohamed Huse	15	ZMALK	4:51.52	___

Heat 8 of 21 Finals

1	Ahmed Abdelaziz Elshekh	15	Pegasus Club	4:47.43	___
2	Abdelrahman Mohamed Ra	17	ENPPI	4:46.83	___
3	Hamza Mohamed Elharagy	16	El Temsah	4:46.09	___
4	Yasien Hytham Fayez	16	Cairo	4:44.34	___
5	Youseif Mohamed aly	18	ZMALK	4:44.07	___
6	Abd El Rhman Moustafa Fav	16	A S E C	4:44.10	___
7	Assem Mostafa Khalil	16	DEGLA	4:45.44	___
8	Mohamed Amr Abd El Mon	15	MAADI	4:46.34	___
9	Omar Sameh Mohamed Sale	18	AHLY	4:47.24	___
10	Mohamed Ahmed Mohamec	16	RWAD	4:48.07	___

Heat 9 of 21 Finals

1	Mohamed Tamer Mohamed	20	SMOHA	4:42.31	___
2	Mostafa Mohamed Salah Sai	15	TANTA	4:42.15	___
3	Eyad Mohamed Hassan els	16	ZMALK	4:41.68	___
4	Mohamad Akram Mohamad	15	SMOHA	4:41.51	___
5	Amro Hosen Fathy Hosen	15	TANTA	4:40.95	___
6	Omar amr Helmy	15	El Temsah	4:41.49	___
7	Yousef Yahya Zakriya Rama	20	Sporting	4:41.63	___
8	Ziad Abdallah Zakria	16	NASR	4:41.91	___
9	Joshua Joseph Fouad	15	TRSAN	4:42.24	___
10	Hamza Hazem Moneb	15	Cairo	4:43.57	___

Heat 10 of 21 Finals

1	Mohamed Samy Maher	19	AHLY	4:40.06	___
2	Youssef Medhat Fathy	15	DEGLA	4:39.41	___
3	Ahmed Mohamed Kaowd	15	Baladyat El Maha	4:39.04	___
4	Youssef Ahmed Taha	19	ZMALK	4:38.32	___
5	abd Elrahman Ahmed Moha	16	TANTA	4:37.28	___
6	Hatem Ashraf Kamel	16	Gezira El Ward	4:37.80	___
7	Ahmed Tamer Rabea	16	SHOOT	4:38.80	___
8	Mohamed Ahmed Ibrahim S	15	Olympic	4:39.06	___
9	Abd Alla Karim Ashraf Mah	18	GEZIR	4:39.49	___
10	Moahmed Ahmed Farouq El	16	SMOHA	4:40.76	___

Heat 11 of 21 Finals

1	Ahmed Asharf Dawood	15	Baladyat El Maha	4:36.64	___
2	Mohamed Ahmed Fouad	18	AHLY	4:36.14	___
3	Saif ElDin Waled Abdel Razi	20	DEGLA	4:35.35	___
4	Yehia Samer Wafek	16	HELOP	4:35.07	___
5	Hussein Mohamed Aly	16	AHLY	4:35.01	___
6	Ziad Nabil Ahmed Mohamec	16	SMOHA	4:35.05	___
7	Karim Ashraf Ahmed	17	ZMALK	4:35.11	___
8	Mohamed Amr Elsayed Abd	15	Olympic	4:35.92	___
9	Mohamed Karim Mohamed	20	SMOHA	4:36.33	___
10	Yassin Abdelmeged Moham	15	GHABA	4:37.12	___

Heat 12 of 21 Finals

1	Abdelrahman Yasser	17	SMOHA	4:34.69	___
2	Ahmed Mohamed Abdel Sal	15	HELDO	4:33.45	___
3	Mhmoud Wled Fkri Mhmou	18	6 OCT	4:32.28	___
4	Moustfa Mohamed Mahmou	15	ENPPI	4:31.88	___
5	Amro Ahmed Elshekh	16	TANTA	4:31.74	___
6	Omar Ahmed Hasan Khedr	15	SHOOT	4:31.86	___
7	Ahmed Ismeil	16	Nasr City	4:32.11	___
8	Mohamed Khaled Mohamec	17	Bank Ahly Alex	4:32.71	___
9	Mohamed Hossam Samy	16	AHLY	4:33.46	___
10	Hassan Hossam Hassan Kar	18	SHAMS	4:34.78	___

Heat 13 of 21 Finals

1	Omr Ahmed Farouk	17	Cairo	4:31.42	___
2	Eyad Mohamed Abdelstar	16	ZMALK	4:31.35	___
3	Yahia Hazim Husieen	15	ZMALK	4:31.22	___
4	Karem Kamal Ahmed	17	TWFIK	4:31.07	___
5	Mohamed Hassan Abd El W	15	MAADI	4:30.76	___
6	Amr Zakaria	16	SHOOT	4:30.81	___
7	Ahmed Emad Samir Hassan	18	HELDO	4:31.14	___
8	Ahmed Medhat Ahmed Mos	16	DEGLA	4:31.24	___
9	amr Hesham Bayomy	20	Cairo	4:31.38	___
10	Yassin Abdallah Ahmed You	16	DEGLA	4:31.48	___

Heat 14 of 21 Finals

1	Ziad Ayman Mamoun	15	ZMALK	4:30.33	___
2	Mohnad Hitham Ibrahim	17	DEGLA	4:29.58	___
3	Yehia Ahmed Abd Elfatah El	16	SHOOT	4:29.15	___
4	Hossen Ahmed Mohamed H	15	TANTA	4:27.95	___
5	Omar Ali Fathy Mohamad E	15	SMOHA	4:27.68	___
6	Selim Tamer Osama Ahmed	16	SHOOT	4:27.78	___
7	Mohamed Nader Elbarbary	16	TANTA	4:28.06	___
8	Mohamed Bahgat Mohamec	16	Stad Mansoura	4:29.31	___
9	Sief Mohamed Salah	19	TANTA	4:30.20	___
10	Ahmed Mohamed Ghoraba	16	TANTA	4:30.76	___

Heat 15 of 21 Finals

1	Moustafa Essam Wahba	16	Sporting	4:26.36	___
2	Youssef Yasser Ibrahim	17	AHLY	4:26.08	___
3	Anas Mostafa Shaker	15	DEGLA	4:25.70	___
4	Karim Ramy Ibrahim	17	AHLY	4:24.26	___
5	Mohamed Ahmed Salah She	29	AHLY	4:23.67	___
6	Omar Elsayed Ramadan Els	16	Olympic	4:23.90	___
7	Mohamed Abdalla Al Basaty	16	OLMPA	4:24.32	___
8	Nour Eldin Karem Mohame	15	AHLY	4:26.06	___
9	Karim Osama Ibrahim Abd I	16	MAADI	4:26.30	___
10	Mohamed Wael Abdel Mon	20	ENPPI	4:26.72	___

Heat 16 of 21 Finals

1	Mohanad Tamer Mohamed	17	SMOHA	4:22.84	___
2	Omar Wahed Ibrahim Awac	15	RWAD	4:22.06	___
3	Karim Hesham Moh. Fakry	15	GEZIR	4:21.63	___
4	Mazen Mostafa Asfoor	15	ZOHUR	4:21.46	___
5	abd Elrahman Sherif Karam	18	TRSAN	4:21.29	___
6	Mohamed Saeed Eleiraqy	18	ZMALK	4:21.32	___
7	Abdullah Eldafrawy	15	REHAB	4:21.53	___
8	Marwan Mostafa Mohamed	18	SMOHA	4:21.66	___
9	Ali Sherif Ali Mohamed	18	SHOOT	4:22.54	___
10	Ali Ali Hussein Ali	17	HELDO	4:23.31	___

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

Meet Program

Heat 17 Finals (#59 Boys 15 & Over 400 LC Meter Freestyle Age Group)

1	Hassan Ahmed Mohamed E	15	HELOP	4:20.80	___
2	Zeyad Osama Ramdan	15	AHRAM	4:20.33	___
3	Mohamed Mourad Mohame	21	Sporting	4:20.04	___
4	Hazem Mohamed Abo Stet	19	HELOP	4:19.88	___
5	Youssef Ehab Mostafa	18	AHLY	4:19.71	___
6	Yossef Sherif Ibrahim	17	MAADI	4:19.82	___
7	Ahmed Mohamed Mossad M	16	ZMALK	4:19.89	___
8	Sherief Reda Metwaally	15	ZOHUR	4:20.04	___
9	Yehia Karim Nabil Elzawaw	17	SMOHA	4:20.49	___
10	Anas Haythm Mohamad Els	15	SMOHA	4:20.92	___

Heat 18 of 21 Finals

1	Zeyad Mohamed Magdy	17	MAADI	4:18.81	___
2	Mostafa Adel Ibrahim Khali	19	SMOHA	4:17.67	___
3	Ahmed Samir Mohamed	15	AHRAM	4:15.91	___
4	Moustafa Tarik Moustafa	20	HELOP	4:15.11	___
5	Omar Hany Abdalla	21	AHLY	4:14.93	___
6	Omar Mohamed Hassan	15	AHLY	4:15.07	___
7	Moahmed Ahmed Salem Ha	16	SMOHA	4:15.54	___
8	Saif Mohamed Mahmoud M	15	SHOOT	4:16.60	___
9	Omar Tarek Shehata A	18	SMOHA	4:18.65	___
10	Mohamed Essam Abdou	17	AHLY	4:19.63	___

Heat 19 of 21 Finals

1	Mahmoud Mohamed Ahme	17	SHAMS	4:14.85	___
2	Seif Sayed Mahmoud	17	HLWAN	4:14.45	___
3	Omar Gaber Aly	18	AHLY	4:13.91	___
4	Yasin Hatem Sery	19	HELOP	4:13.63	___
5	Yassin Esam El Din	19	Sporting	4:12.49	___
6	Mounir Ramez Mounir	19	SHOOT	4:12.90	___
7	Ali Hany Mohamed Al Sogh	21	SHAMS	4:13.83	___
8	Mohaned Alaa Mahmod Ali	19	SMOHA	4:13.94	___
9	Malek Mohamed Bazan	16	MAADI	4:14.51	___
10	Abd Elrahman Amr Abd Elf	17	SHAMS	4:14.92	___

Heat 20 of 21 Finals

1	Karim Magid Abdelglil	16	ZMALK	4:11.80	___
2	Mohamed Tarek Rashad Ab	18	SHAMS	4:10.05	___
3	Mohanad Yasser Abdelmen	16	SMOHA	4:09.48	___
4	Rohaim Tolba	16	SHOOT	4:09.08	___
5	Ahmed Mahmoud Elhouran	16	AHLY	4:06.89	___
6	Belal Maged Soliman	20	AHLY	4:09.01	___
7	Omar Mohsen Ramdan Abd	18	SMOHA	4:09.10	___
8	Tarek Kamel Farouk	20	ZMALK	4:09.88	___
9	Mohamed Ehab El Tayeb	17	AHLY	4:10.95	___
10	Mohamed Waled Mahmoud	17	ZMALK	4:11.95	___

Heat 21 of 21 Finals

1	Eyad Ahmed Zakaria	18	AHLY	4:04.50	___
2	Omar Karim Galal Samy	16	MAADI	4:04.32	___
3	Youssef Magdy Elhady	19	AHLY	4:03.86	___
4	Mohamed Ayman Abdelsar	16	AHLY	4:01.27	___
5	Mohamed Adel Mohamed M	22	AHLY	3:57.61	___
6	Abdullah Ahmed Nasr	17	AHRAM	4:00.49	___
7	Mohamed Yaser Omar	18	OLMPA	4:03.55	___
8	Saif Amr Al Batal	17	AHRAM	4:03.89	___
9	Ahmed Mohamed Ahmed al	17	SHOOT	4:04.36	___
10	Omar Ahmed Hassan Ryaar	18	SHAMS	4:04.80	___

Event 60 Girls 15 & Over 200 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 11 Finals

2	Dahb Magdy Kamal	19	Elethead	NT	___
3	Laila Ahmed Nagy	16	SHOOT	NT	___
4	Rodayna Mohamed Wagdy	16	TRSAN	NT	___
5	Leila Ahmed Ebrahim Ali Ei	18	HELDO	NT	___
6	Joudy Mohamed Aly	18	Sporting	NT	___
7	Nourallah Ahmed Fahmy	16	AHLY	NT	___
8	Gana amr Shahan	15	ZMALK	NT	___

Heat 2 of 11 Finals

1	Haya Mohamed Mahmoud	15	DEGLA	NT	___
2	Mariam Hesham Mohamed	19	AHLY	NT	___
3	Mariam Ahmed Mostafa Fa	17	ZOHUR	NT	___
4	Gana Wael Youssef Mahmo	17	DEGLA	NT	___
5	Laila Khaled Elraai	19	AHLY	NT	___
6	Lyly Mohamed Saed Hamad	16	TANTA	NT	___
7	Menatalla Morsy	16	SMOHA	NT	___
8	Marem Ahmad Abdelgafar /	15	SMOHA	NT	___
9	Alia Ali Mohamed	20	HELOP	NT	___
10	Salama Mahmoud Khorshec	19	El Obour	NT	___

Heat 3 of 11 Finals

1	Sandy Soliman Said	17	AHLY	NT	___
2	Gana Mohamed Mohamed	17	Ultimate	NT	___
3	Haya Ahmed Elsaid Abdo	16	6 OCT	NT	___
4	Zina Amr	18	Sporting	3:19.48	___
5	Jannah Mohamed Farouk	18	Sporting	3:12.80	___
6	Aisel Mostafa Anwar	18	AHLY	3:17.52	___
7	Lamees Amr Mhmoud Elsol	16	6 OCT	NT	___
8	Lobna Ahmed Khalifa	19	Bank Ahly Alex	NT	___
9	Maya Osama Ahmed Mohan	17	SHOOT	NT	___
10	Mariam Nader Sedky	16	Ismaily	NT	___

Heat 4 of 11 Finals

1	Nour Mohamed Abd El Had	18	Sporting	3:02.53	___
2	Sama Mohamed Helmy	17	Elethead	3:00.33	___
3	Nadia Ayman eid Abdelhmi	15	ZMALK	2:59.25	___
4	Esraa Ehab Zamel	19	ZMALK	2:55.27	___
5	Mariam Wael Attia	15	AHLY	2:54.12	___
6	Salma Mohamed Essam Abc	16	City Club	2:54.21	___
7	Nadin Motaz Mohamed	15	MRAC	2:55.60	___
8	Rawan Yahia	15	ZMALK	2:59.49	___
9	Sandra Emad Onsy	15	RWAD	3:02.41	___
10	Maya Ali Ahmed	15	Elethead	3:03.87	___

Heat 5 of 11 Finals

1	Farah Mohamed Moussa Ko	18	Olympic	2:53.86	___
2	Renad Khaled Mahmoud	19	AHLY	2:53.46	___
3	Zena Ashraf Mohamed Ebra	15	TANTA	2:52.37	___
4	Yasamina Aslam Subhaa	18	Nasr City	2:51.55	___
5	Malak Yasser Abdellatif	15	Sporting	2:51.10	___
6	Gana Tarek Mohamed Farid	18	SHOOT	2:51.43	___
7	Hana Mohie el den Osman	19	HELOP	2:51.91	___
8	Retal Mohamed Khamis	15	Sporting	2:52.88	___
9	Rola Mostafa Salah	18	SHOOT	2:53.52	___
10	Sama Gehad Mohamed	17	TWFIK	2:54.08	___

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

Meet Program

Heat 6 Finals (#60 Girls 15 & Over 200 LC Meter Backstroke Age Group)

1	Anan Mohamed Yehia	18	M.ARB	2:48.41	___
2	Haneen Tamer Ahmed	16	DEGLA	2:47.70	___
3	Lamar Ahmed Mohamed	16	Elethad	2:46.30	___
4	Amina Alaa Elhamouly	16	Sporting	2:44.98	___
5	Noor Kamel ElNagar	19	Sporting	2:44.36	___
6	Hana Ahmed Saied Kandel	16	HELOP	2:44.55	___
7	Farah Aymen Adel Mettwaly	15	SHOOT	2:45.46	___
8	Yara Ahmad Nageb Ahmad	15	SMOHA	2:47.11	___
9	Farida Rashdy Mohamed Al	15	Bank Ahly Alex	2:48.13	___
10	Rawan Mohamed Saleh Mol	15	SHAMS	2:50.25	___

Heat 7 of 11 Finals

1	Lojain Mohamed Nabil	15	DEGLA	2:43.53	___
2	Gana Emad Gaad Hosny	20	SHAMS	2:43.15	___
3	Mai Khaled Abdeltif	20	DEGLA	2:42.95	___
4	Reem Ameer Abd Elwahab	16	SHOOT	2:42.35	___
5	Rana Ahmed Mahmoud Taw	17	SHOOT	2:41.95	___
6	Hana Mohamed Hasaan	16	ZMALK	2:42.00	___
7	Menna Tallah Ahmed Moha	17	BANHA	2:42.83	___
8	Lena Ahmed Adel Smaha	16	HELOP	2:43.04	___
9	Mariam Ebrahim Mohamed	15	HELOP	2:43.22	___
10	Jana Hisham Shaheen	17	Cairo	2:43.88	___

Heat 8 of 11 Finals

1	Yasmena Ahmed Saad	16	SMOHA	2:41.56	___
2	Hana Tarek Yehia	16	AHLY	2:41.39	___
3	Shahd Ahmed Abd Elbaky	19	Sporting	2:40.46	___
4	Jassmin Mohamed Abdel Ka	16	DEGLA	2:40.15	___
5	Salma Mohamed Ezzat Moh	16	DEGLA	2:39.63	___
6	Nour Hasan Fouad	15	Cairo	2:39.84	___
7	Basmala amr aly	19	Olympic	2:40.36	___
8	Layla Mohamed Elsaed Man	15	Bank Ahly Alex	2:40.55	___
9	Kenzy Hamada Saad	15	AHLY	2:41.43	___
10	Arwa Mohamed Elsayed	15	AHLY	2:41.78	___

Heat 9 of 11 Finals

1	Nour Mohamad Hassan Mol	15	SMOHA	2:39.17	___
2	Fatima Haytham Abd ElMer	19	TANTA	2:38.80	___
3	Kenzy Mostafa Hashad	18	AHLY	2:38.76	___
4	Goudy Mohamed Fahim	15	AHLY	2:37.83	___
5	Kenzy Mohamed el Sebaey	17	Cairo	2:36.20	___
6	Nancy Mostafa Ibrahim M	15	SHAMS	2:37.09	___
7	Khadega abd el Azez Glal	16	HELOP	2:38.65	___
8	Na'eela Wael Elagroudy	16	Sporting	2:38.78	___
9	Malak Mokhtar Mohamed	17	DEGLA	2:38.88	___
10	Yasmine Yasser Mamdouh	19	SHOOT	2:39.31	___

Heat 10 of 11 Finals

1	Mariam Sherif Mohamed Sh	17	MAADI	2:34.46	___
2	Kenzy Shadi Mohamed Elhe	15	Stad Mansoura	2:32.56	___
3	Shimaa Mohamed Hussien	17	TALBE	2:32.08	___
4	Farida Sherif Ahmed Taha	16	SHOOT	2:31.86	___
5	Khadega Osama Mohame B	16	HELOP	2:31.45	___
6	Farah Amr Abdel Motaleib	20	SHOOT	2:31.55	___
7	Hagar Mohamed Ibrahim A	17	SMOHA	2:31.96	___
8	Salma Ahmed Elsaid	15	Gezira El Ward	2:32.36	___
9	Kenzy Wael Foud Ramadan	15	SMOHA	2:34.02	___
10	Rokan Tamer Ismail	15	SHOOT	2:34.90	___

Heat 11 of 11 Finals

1	Mariam Mohamed Emad Fa	18	MAADI	2:30.39	___
2	Farida Amr Mohamed Abd I	18	SHOOT	2:29.39	___
3	Raghd Mohamed Elsaid Mol	18	SMOHA	2:28.98	___
4	hla Mohamed Nanoush	16	TANTA	2:28.46	___
5	Jana Mohamed Omar Moha	17	SHAMS	2:27.53	___
6	Fatma Osama Fahmy	16	ZMALK	2:27.75	___
7	Hanan Ahmed Mohamed M	18	Bank Ahly Alex	2:28.67	___
8	Malak Waled Essam Shaban	19	SMOHA	2:29.17	___
9	Kenzy Ahmed Ali	20	AHLY	2:30.23	___
10	Login Hazem Samir	15	Nasr City	2:30.83	___

Event 61 Boys 15 & Over 200 LC Meter Backstroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 19 Finals

4	abd el Rahman Waleed el S	16	HELOP	NT	___
5	Yousef Reda Saad Elhefnaw	16	Stad Mansoura	NT	___
6	Abdelrhman Mhmoud Yuon	20	SMOHA	NT	___

Heat 2 of 19 Finals

1	Omar Karem Mahmoud Abc	15	Elethad	NT	___
2	Mahmoud Abdelwahab Sha	17	ENPPI	NT	___
3	Yossef Hossam Mohamed El	16	SHOOT	NT	___
4	Saeed Islam Saeed Hassan	16	MRAC	NT	___
5	Mohamed Ashraf Abdo	17	Elethad	NT	___
6	Youssef Mohamed Abd Elra	15	Elethad	NT	___
7	Eyad Mohamed abd Elhame	15	TANTA	NT	___
8	Mahmoud Mohamed Mahm	16	SHOOT	NT	___
9	Abd Elhalim Alaa Abd Elhal	16	ZOHUR	NT	___

Heat 3 of 19 Finals

1	Omar Ehab Mhmoud Hasan	16	SMOHA	NT	___
2	Mostafa Ahmed Mostafa	15	TALBE	NT	___
3	Ahmed Hany Salem	16	ZOHUR	NT	___
4	Mohamed Osama Fekry	15	DEGLA	NT	___
5	Youssef Ahmed Hassan Abd	16	Elethad	NT	___
6	Yassen Osama Yosef Ebrahe	15	SMOHA	NT	___
7	Youssef Yasser Farouk Hass	15	Sporting	NT	___
8	Omar Mohamed Nabil	17	DEGLA	NT	___
9	Waleid Mohamed Sobhy	20	ZMALK	NT	___
10	Youssef Shams Elden Gaber	15	A S E C	NT	___

Heat 4 of 19 Finals

1	Ahmed Emad Ahmed	18	AHLY	NT	___
2	Moustafa Yasser Abd El Lati	18	Sporting	NT	___
3	Mohamed Saeed Eleiraqy	18	ZMALK	NT	___
4	Mazen Ashraf Mohamed Ab	18	Bank Ahly Alex	NT	___
5	Yousef Adel Ramadan	18	SHAMS	NT	___
6	Youssef amr Mohamed	16	Elethad	NT	___
7	Zeiad Ahmed Saied	15	ZMALK	NT	___
8	Karim Adel Ahmed Bahgat	20	ZOHUR	NT	___
9	Ahmed Awny Galal	19	AHLY	NT	___
10	Moaz Eslam Kamal Eldeen I	15	SMOHA	NT	___

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

Meet Program

Heat 5 Finals (#61 Boys 15 & Over 200 LC Meter Backstroke Age Group)

1	Yassin Mohamed Abdelgaw	17	OLMPA	NT	___
2	Yahia Helmy Mohamed Moh	15	A S E C	3:01.39	___
3	Abdel Rahman Ahmed El_fa	15	Sporting	2:55.56	___
4	Mohaned Walid Mohamed	16	SHOOT	2:53.03	___
5	Kamal Magdy Kamal Ahmec	15	Elethad	2:50.10	___
6	Omar Ahmed Mohamed	15	DEGLA	2:51.68	___
7	Eyad Ahmed Abd Elsallam	15	ZOHUR	2:54.53	___
8	Omar Karim Ali Abd El Har	17	SENZO	2:59.72	___
9	Eyad Mohamed Elsayed Has	15	TRSAN	3:02.69	___
10	Yasien Tamer Othman	15	ZMALK	NT	___

Heat 6 of 19 Finals

1	Ziad Wael Mohamed	19	ZMALK	2:47.52	___
2	Mohamd Ahmed Hassen	15	Elethad	2:45.00	___
3	Nadem Hany Abdellatef	15	Elethad	2:42.34	___
4	Kress Nader abd Elsaid	16	Cairo	2:41.61	___
5	Omar Ahmed Mansor	19	Sporting	2:39.31	___
6	Mahmoud Khaled Mahmoud	15	MRAC	2:39.69	___
7	Ahmed Hossam Ahmed Mol	15	Bank Ahly Alex	2:41.62	___
8	Mohamed Mamdouh Mohar	16	MRAC	2:42.37	___
9	Adham Hamdy Amin	17	ZMALK	2:47.22	___
10	Hamza Mohamed Shamrock	17	SENZO	2:48.41	___

Heat 7 of 19 Finals

1	Omar Tamer Mohamed Elta	15	Bank Ahly Alex	2:39.08	___
2	Adel Mohamad Adel Ramad	15	SMOHA	2:38.58	___
3	Seifallah Mahmoud Ahmed	16	GHABA	2:37.76	___
4	Yousif Wael Hamed Elsaid	19	SMOHA	2:37.45	___
5	Yasien Mohamed Fathy	15	ZMALK	2:36.59	___
6	Omar Mahamed Karam Ali I	15	HELDO	2:37.21	___
7	Fares Karm Refaay	15	AHLY	2:37.71	___
8	Youssef Mohamed Fathy	16	New Giza	2:38.30	___
9	Mohamed Abdelmounem A	15	SHAMS	2:38.86	___
10	Hassan Hussein Mohamad I	15	SMOHA	2:39.15	___

Heat 8 of 19 Finals

1	Mohamed Emad Ghonemy	15	RWAD	2:36.36	___
2	Youssef Sameh Ahmed Zaie	15	SHOOT	2:36.04	___
3	Abdelrahman Mohamad Eh	15	SMOHA	2:35.89	___
4	Moaz Tamer Hassan Mohan	15	NASR	2:35.51	___
5	Mohamed Khaled Mohamec	15	ZMALK	2:34.64	___
6	Mohamed Moatazbella Mo	15	DEGLA	2:35.42	___
7	Slem Ahmed Hosny	19	Sporting	2:35.87	___
8	Hamza Mohamed Elharagy	16	El Temsah	2:35.89	___
9	Tayem Waled Mostafa AbdE	15	SMOHA	2:36.20	___
10	Hussein Mohamed Hussein	16	TALBE	2:36.58	___

Heat 9 of 19 Finals

1	Ahmed Eid Hamad Ahmed	17	NASR	2:34.08	___
2	Hazem Mohamed Hesens Sol	15	Bank Ahly Alex	2:33.22	___
3	Mostafa Ibrahim Mahrosr A	16	SMOHA	2:33.03	___
4	Yahya Yasser Mohamed Elbl	17	Bank Ahly Alex	2:32.81	___
5	Mohamed Hany Ahmed Has	17	SHAMS	2:32.40	___
6	Martin Emad Rizk	17	Y.M.C.A	2:32.41	___
7	Youssef Galal Ezz	15	Elethad	2:32.98	___
8	Hazem Omar Mohamad Fat	15	SMOHA	2:33.15	___
9	Eyad Essam Mohmed	15	Cairo	2:33.79	___
10	Omar Sameh Mohamed Sale	18	AHLY	2:34.25	___

Heat 10 of 19 Finals

1	Ali Hesham Moh. Fekre Shri	19	GEZIR	2:32.24	___
2	Yossef Ihab Youssef	17	Elethad	2:32.17	___
3	Omar Khaled Khamis	18	A S E C	2:31.89	___
4	Adham Ahmed Hassan	20	AHLY	2:30.95	___
5	Youssef Khalil Alsaid	15	RWAD	2:30.83	___
6	Adham Mahmoud Sayed	15	AHLY	2:30.94	___
7	Mostafa Mohamed Fouad El	15	TWFIK	2:31.64	___
8	Mohab Wala Eldin Osama	15	TANTA	2:32.14	___
9	Omar Ayman Zakaria	16	SMOHA	2:32.21	___
10	Ibrahim Bahaaeldin Ibrahim	15	Olympic	2:32.28	___

Heat 11 of 19 Finals

1	Mohamed Emad Maher	17	SENZO	2:30.65	___
2	Omar Ahmed Mohamed Gal	15	RWAD	2:29.97	___
3	Mohamed Wael Ibrahim De	15	TWFIK	2:29.55	___
4	Mostafa Mohamed Abdelmr	16	Bank Ahly Alex	2:28.25	___
5	Mohamed Khaled Salam	18	AHLY	2:27.99	___
6	Anas Hossam Abdelhamed	16	GHABA	2:28.15	___
7	Yasin Mossa Moh. Faghr Eld	15	GEZIR	2:29.33	___
8	Assem Mostafa Khalil	16	DEGLA	2:29.60	___
9	abd Elrahman Ahmed Mahr	18	Olympic	2:30.13	___
10	Yassen Haitham Ghazy	16	TWFIK	2:30.67	___

Heat 12 of 19 Finals

1	Youssef Wala Mohamed Tav	16	SMOHA	2:27.22	___
2	Adham Amr Ahmed ElShare	15	DEGLA	2:27.10	___
3	Omar Mohamed Ibrahiem	16	DEGLA	2:26.86	___
4	Fo`ad Haitham	20	SMOHA	2:26.50	___
5	Abdel Rahman Mohamed M	19	Elethad	2:26.42	___
6	Kamal El Din Mokhtar	19	DEGLA	2:26.46	___
7	Awny Mohamad Awny	16	SMOHA	2:26.66	___
8	Omar Ayman Esmael Emam	15	6 OCT	2:27.03	___
9	Adham Mostafa Ibrahim	15	El Temsah	2:27.18	___
10	Mohamed Ahmed Mohamec	16	RWAD	2:27.79	___

Heat 13 of 19 Finals

1	Ahmed Ramee Ahmed Hash	16	6 OCT	2:26.31	___
2	Abdelrahman Adel Fawzy	16	SMOHA	2:25.48	___
3	Yasein Hossam aly	16	ZMALK	2:25.02	___
4	Yossef Yehya Ibrahim	17	GHABA	2:24.84	___
5	Eyad Hossam Eldin Zakzoul	16	Sporting	2:24.09	___
6	Farok Mohamed Fayk Alsha	18	6 OCT	2:24.51	___
7	Mahmoud Amr Samy	21	AHLY	2:24.96	___
8	Zeyad Mohamed Magdy	17	MAADI	2:25.26	___
9	Omar Mohamad Ali Ebrahe	15	SMOHA	2:25.53	___
10	Mohamed Amr Elsayed Abd	15	Olympic	2:26.42	___

Heat 14 of 19 Finals

1	Adam Mohamed Helmy	16	DEGLA	2:23.63	___
2	Mohamed Tamer Mohamed	20	SMOHA	2:23.61	___
3	Mohamed Abdalla Al Basaty	16	OLMPA	2:22.90	___
4	Mohmed Ayman Esmael Em	17	6 OCT	2:22.69	___
5	Abelrahman Khaled Abdelr	16	Olympic	2:22.11	___
6	Loaay Motasem Alaaeldin	16	ZMALK	2:22.28	___
7	Yassin Hussein Nabil Husse	15	SHOOT	2:22.87	___
8	Mohamed Ibrahim Elkhdry	17	Elethad	2:23.09	___
9	Kareem Mohamed Fouad A	18	TWFIK	2:23.62	___
10	Omar Tamer Issa	15	RWAD	2:23.72	___

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

Meet Program

Heat 15 Finals (#61 Boys 15 & Over 200 LC Meter Backstroke Age Gro

1	Ahmed Hassan Ahmed Hass	17	DEGLA	2:21.67	___
2	Yassin Amr Adel	15	AHLY	2:21.02	___
3	Karim Yasser Mamdouh	17	SHOOT	2:20.26	___
4	Basel Sameh Mohamed	15	AHRAM	2:20.17	___
5	Mohamed Bakry Kaaed Abd	15	MAADI	2:20.13	___
6	Mahmoud Eissa Moharam	15	DEGLA	2:20.13	___
7	Amr Wael Shawky	16	RWAD	2:20.22	___
8	Adham Hossam Lotfy Hassa	17	SMOHA	2:20.43	___
9	Seif Elden Osama Darwesh	16	TANTA	2:21.20	___
10	Mohamed Ahmed Salem	19	GHABA	2:21.77	___

Heat 16 of 19 Finals

1	Adam Mohamed Mahmoud	15	SHOOT	2:19.59	___
2	Ali Ahmed Dawood	20	AHLY	2:18.83	___
3	Amar Haitham Mohamed Sa	16	SHAMS	2:18.45	___
4	Ahmed Mohamed Mossad M	16	ZMALK	2:18.10	___
5	Mostafa Magdy Nabil	19	AHLY	2:17.84	___
6	Mohamed Ramy Mohamed	18	AHLY	2:17.96	___
7	Adam HossamEldin Moham	16	SMOHA	2:18.34	___
8	Hussin Mohamed Hussin	18	TALBE	2:18.73	___
9	Mohamed Ahmed Amin	19	ZMALK	2:19.44	___
10	Omar Tarek Abdel-Rahman	16	AHLY	2:19.77	___

Heat 17 of 19 Finals

1	Adam Mohmoud Abdelftah	17	Bank Ahly Alex	2:17.49	___
2	Karim Ahmed Naser Abdelr	17	SMOHA	2:17.13	___
3	ali Mohamed Sarwat	18	HELOP	2:16.51	___
4	Zyad Waael Abass Bhr	20	6 OCT	2:16.19	___
5	Yasin Alaa Ibrahim Elbieh	19	SMOHA	2:15.34	___
6	Abdel Reheim Samir Al Shei	25	ZMALK	2:15.86	___
7	Ahmed Tarek Mohamed	19	SHOOT	2:16.43	___
8	Khaled Hesham Ahmed	16	Elethad	2:16.79	___
9	Kareem Hossam Ahmed Sal	15	SMOHA	2:17.33	___
10	Seif Amr Mahmoud Alsokry	17	6 OCT	2:17.81	___

Heat 18 of 19 Finals

1	Mohaned Alaa Mahmud Ali	19	SMOHA	2:14.97	___
2	Omar Mohamed Tawfek	15	Al Hawar	2:14.60	___
3	Hamza Moahmed Mhmoud	16	SMOHA	2:14.11	___
4	Mazen Wael Fakry	15	TRSAN	2:13.96	___
5	Omar Ahmed Salah	17	AHLY	2:13.40	___
6	Belal Maged Soliman	20	AHLY	2:13.74	___
7	Yousif Ahmed Ragab Elshan	18	SMOHA	2:14.03	___
8	Mazen Ibrahim Ahmed	17	DEGLA	2:14.51	___
9	Abdel Rahman Khaled Zaka	18	AHLY	2:14.64	___
10	Yosef Hatem ali Ahmed	16	Al Hawar	2:15.10	___

Heat 19 of 19 Finals

1	Youssef Amr Sayed	17	DEGLA	2:12.84	___
2	Mohamed Taha Abd El Raou	18	DEGLA	2:12.30	___
3	Ahmed Adel Mohamed Mes	23	AHLY	2:11.26	___
4	Islam Mohamed Nashaat	17	MAADI	2:08.50	___
5	Yasin Wael Elshmaa	24	Sporting	2:06.04	___
6	Eyad Mohsen Isamil ali	16	SHAMS	2:07.89	___
7	Mohamed Walid Azouz	19	AHLY	2:10.96	___
8	Abd El Rahman Hisham Fat	17	Sporting	2:12.06	___
9	Moustafa Abdo Mohamed S	21	RWAD	2:12.84	___
10	Marwan Ali Mahmoud	15	DEGLA	2:13.35	___

Event 67 Boys 15 & Over 50 LC Meter Breaststroke Age Groups

Lane	Name	Age	Team	Seed Time
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Heat 1 of 36 Finals

4	Saeed Mohamed AL Saeed	16	RWAD	NT	___
5	Fares Mahmoud Mohamed I	15	Bank Ahly Alex	NT	___
6	Amr Wael Elhamy Abdelmo	15	Olympic	NT	___
7	Loaay Mohamed abd Raboh	16	Elethad	NT	___

Heat 2 of 36 Finals

1	Amr Ossama Mohamed Zwi	17	SMOHA	NT	___
2	Hessen Moh. Hessen Elbadr	16	GEZIR	NT	___
3	Sherif Ashraf Hagag	16	A S E C	NT	___
4	Gamal Metwaly Gamal Moh;	20	ZOHUR	NT	___
5	Mohamed Eliwa Mohamed	16	GOLDY	NT	___
6	Marwan Mohamed Alaa Eld	15	DEGLA	NT	___
7	Seif Eldin Fady SaLah	16	SHOOT	NT	___
8	Amr Saad EL Sayed	19	Elethad	NT	___
9	Esmael Mohamed Esmael	16	TANTA	NT	___
10	Mohamed Ahmed Elryas	19	ZMALK	NT	___

Heat 3 of 36 Finals

1	abd Elrahman Mohamed Eb	15	TANTA	NT	___
2	Hamza Hossam Fargaly	15	DEGLA	NT	___
3	Mohamed Amr Maher Ma`r	21	GEZIR	NT	___
4	Abdelrahman Ahmed Hassa	15	Sporting	NT	___
5	Adham Ahmed AbdeL Aziz	19	RWAD	NT	___
6	Omar Mohamed Nasr	16	SHRKS	NT	___
7	Alli Hany Alli Soliman	16	GHABA	NT	___
8	Youssef Ismail Elkamash	28	Sporting	NT	___
9	Adham Mohamed Fawzy	16	DEGLA	NT	___
10	Ali Essam Ali Mohamed Mo	16	SMOHA	NT	___

Heat 4 of 36 Finals

1	Yassin Mohamed Abdelnaby	16	Ismaily	NT	___
2	Mostafa Mohamed Al Tahan	23	DEGLA	NT	___
3	Omar Elsayd Elbana	15	Elethad	NT	___
4	Karim Ahmed Mohsen Abde	17	SMOHA	NT	___
5	Seif El Din Hamdy Husain E	16	DEGLA	NT	___
6	Ziad Ahmed abd Elhamid	17	ENPPI	NT	___
7	Youssef Samouil Youssef Da	15	DEGLA	NT	___
8	Yossef Ahmad Mahmud Fah	15	SMOHA	NT	___
9	Karim Osama Ibrahim Abd I	16	MAADI	NT	___
10	Yousif Ahmed Salah	17	TRSAN	NT	___

Heat 5 of 36 Finals

1	Youssef Al Said Abdel Hame	16	RWAD	NT	___
2	Hamza Ali Mohamed Ali	15	Elethad	NT	___
3	Omar Khaled Ibrahim	15	AHLY	NT	___
4	Youssef Saleh Ibrahim Saleh	15	A S E C	NT	___
5	Omar Ahmed Abd Elaziz	16	DEGLA	NT	___
6	Adam Ayman Yousef	15	TANTA	NT	___
7	Abdallah Mohamed Eldosuk	16	SHAMS	NT	___
8	Yassien Ahmed Ahmed Ash	16	SMOHA	NT	___
9	Sofyan Hassan Mohamed	16	Ismaily	NT	___
10	Youssef Omar Talaab	17	New Giza	NT	___

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

Meet Program

Heat 6 Finals (#67 Boys 15 & Over 50 LC Meter Breaststroke Age Group)

1	Ahmed Sherif Ahmed	15	Elethad	NT	___
2	Khaled Mohamed Nasr Abd	21	MRAC	NT	___
3	Youssef Mohamed Youssef	15	Ultimate	NT	___
4	Bishoy Samy	17	Sporting	NT	___
5	Yehia Mohamed Saad Eldin	18	DEGLA	NT	___
6	Rashed Hany Ramadan	20	RWAD	NT	___
7	aly Mohamed Fathy	16	TANTA	NT	___
8	Ahmed Ehab Seyam	16	TANTA	NT	___
9	Karim Nasr Mansourmanso	16	SHOOT	NT	___
10	Yassin Ebrahim Ragheb	16	Sporting	NT	___

Heat 7 of 36 Finals

1	Mohamed Nsr Mohamed Ep	19	6 OCT	NT	___
2	Mazen Nadeem Mohamed M	16	DEGLA	NT	___
3	Hamza Muhammed Abd el /	16	AHRAM	NT	___
4	Mazen Wael Ali Gaber	20	SMOHA	NT	___
5	Amer Ahmed Kenawy	15	ZMALK	NT	___
6	Hamza Ahmed Fawzy	17	DEGLA	NT	___
7	Abdel Reheim Samir Al Shei	25	ZMALK	NT	___
8	Mohamedm Waled Mohame	15	A S E C	NT	___
9	Ahmed Fathy Aid Abd el aty	17	RWAD	NT	___
10	Ismail Helmy ali	16	GOLDY	NT	___

Heat 8 of 36 Finals

1	Youssef Ahmed Abo Elnadr	15	DEGLA	NT	___
2	Omar Talal Ragab	17	Sporting	NT	___
3	Seif Adel Mohamed	15	NASR	49.45	___
4	Yassin Mohamed Abd Elfata	15	ZAGU	46.15	___
5	Omar Ayman Aly Mohamed	15	A S E C	45.16	___
6	Mohamed Yasser Mohamed	15	A S E C	45.42	___
7	Belal Eslam Elsaid Abd Elra	15	DEGLA	47.87	___
8	Sief Ayman El Said	19	Sporting	NT	___
9	Omar Zeyad Mohamed	16	Sporting	NT	___
10	Abdelrahman Ahmed Bahga	15	SMOHA	NT	___

Heat 9 of 36 Finals

1	Omar Ahmed Hamed	15	SHRKS	44.29	___
2	Hamza Wael Nasreldin	16	DEGLA	44.04	___
3	Gasser Hany Gaber Maghor	15	A S E C	43.56	___
4	Moshir Nader Nabil Mahmo	16	MRAC	43.10	___
5	Youssef Mahmoud Ahmed A	15	Elethad	42.59	___
6	Ziad Tamer Galal	16	DEGLA	43.09	___
7	Kaled Amr Ahmed Bashir	15	Elethad	43.27	___
8	Yaseen Ahmed Said	15	Elethad	43.89	___
9	Saif Amr Reda Sayed	15	DEGLA	44.16	___
10	Mohmed Abdlhamed Mohm	16	6 OCT	44.42	___

Heat 10 of 36 Finals

1	Eyad Nader Rashad Abdalla	15	Olympic	42.30	___
2	Ahmed Mahmoud Seddik Al	15	Elethad	41.82	___
3	Adam Haitham Ahmed Ali	15	DEGLA	41.71	___
4	Youssef Ahmed Fouad	16	AHLY	41.50	___
5	Ahmad Atef Mohamad	17	SMOHA	41.20	___
6	Hassan Nabil Samy Elnagga	15	GEZIR	41.33	___
7	Karim Tamer Ismaiel	15	DEGLA	41.60	___
8	Seif El-Din Khaled Mohmed	15	SHOOT	41.76	___
9	Youssef Abd Elazem Mohar	15	ZAGU	42.29	___
10	Mohamed Tawfek Yousef	17	MRAC	42.48	___

Heat 11 of 36 Finals

1	Ahmad Eslam Abd Elazez M	15	SMOHA	41.07	___
2	Ali Ayman Nematallah	15	Sporting	40.77	___
3	Mohamed Samer Elsayed M	17	DEGLA	40.74	___
4	Belal Ibrahim Abass	17	A S E C	40.46	___
5	Karim Emad Adel Abanob E	17	SMOHA	40.20	___
6	Ahmed Mohamed Hamed	16	Elethad	40.23	___
7	Bsada Mark Nage	15	ZAGU	40.74	___
8	abd Elrhan Mohamed Mal	16	Elethad	40.77	___
9	Mohamed Hazem Mohamec	18	MRAC	40.85	___
10	Kamal Tamer Awad Kamel	15	MRAC	41.17	___

Heat 12 of 36 Finals

1	Ahmed Sameh Saied Khami	15	Olympic	40.13	___
2	Hazem Hassam Mostafa Rar	15	SMOHA	40.10	___
3	Moaaz Islam Hussain Ismail	15	Elethad	39.84	___
4	Mahmoud Hossam Mahmot	15	Bank Ahly Alex	39.76	___
5	Yassin Emad Abd Elkhalek	15	ZAGU	39.63	___
6	Karem Emad Reda	16	DEGLA	39.64	___
7	Omar Mohamed Khatab	15	DEGLA	39.83	___
8	Marwan Sameh Zakrea	16	BNKG	39.93	___
9	Ahmed Tamer Mostafa EL S	17	RWAD	40.13	___
10	Moustafa Sherif Moustafa	15	DEGLA	40.18	___

Heat 13 of 36 Finals

1	Omar Ahmed Mohamed Ali	15	Elethad	39.41	___
2	Omer Mahmoud Mohamed	16	Bank Ahly Alex	39.33	___
3	Hassan Ashraf Shehata	16	Elethad	39.15	___
4	Ali Hesham Abas Tawfek	15	SMOHA	39.10	___
5	Tayem Wessam Azab	15	Sporting	38.77	___
6	Mohamed Haitham El Sayec	15	MAADI	39.03	___
7	Moahmed Wael Mohamed	16	SMOHA	39.11	___
8	Omar Hassan Abdelwahab	16	SMOHA	39.30	___
9	Hamza Hossam Eldin Faye	15	Police Club	39.35	___
10	Moaz Ibrahim Nassar	16	DEGLA	39.59	___

Heat 14 of 36 Finals

1	Ahmed Hassan Ibrahim	15	DEGLA	38.52	___
2	Youssef Ashraf Fawzy	16	MRAC	38.08	___
3	Yousif Islam Mohamed Raga	15	ZMALK	38.07	___
4	Abdullah Mohamed Saad	16	Sporting	37.82	___
5	Ibrahim Saleh Ibrahim Salel	18	A S E C	37.62	___
6	Youssef Sameh Ahmed Zaier	15	SHOOT	37.76	___
7	Walid Khaled Mohamed	15	DEGLA	37.90	___
8	Mohamed Alamir	15	Elethad	38.08	___
9	Omar Tamer Mohamed Elta	15	Bank Ahly Alex	38.11	___
10	Moaz Abdelfatah Ali Abdel	15	SMOHA	38.64	___

Heat 15 of 36 Finals

1	Ahmad Amr Adel Abaza	15	SMOHA	37.55	___
2	Belal Ramdan Kassem	18	Bank Ahly Alex	37.32	___
3	Adham Nabil Mohamed Ma	17	TANTA	37.26	___
4	Yassin Mohamed Hassan	16	Elethad	37.17	___
5	Anas Hatem Sadeq	16	Sporting	37.07	___
6	Maher Mohamed Maher	15	RWAD	37.14	___
7	Ziad Ahmed Hassan Moham	15	DEGLA	37.18	___
8	Ziad Mohamed Mohamed A	17	RWAD	37.27	___
9	Nour El Dein Maged El Sher	17	SMOHA	37.42	___
10	Omar Ahmed Nsr	16	Pegasus Club	37.59	___

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

Meet Program

Heat 16 Finals (#67 Boys 15 & Over 50 LC Meter Breaststroke Age Gro

1	Ahmed Waled Ibrahim	15	A S E C	37.01	___
2	Anas Tamer Almalky	16	Elethead	36.97	___
3	Mashary Hany Ramadan Ma	17	RWAD	36.85	___
4	Marwan Walid Abdel-khalel	15	DEGLA	36.70	___
5	Ezzat Mohamed Azzam Mol	15	Olympic	36.64	___
6	ali Ahmed Gamal Eldin Afar	18	DEGLA	36.69	___
7	Mohamed Reda Mahmoed	15	BNK.G	36.76	___
8	Ahmed Mohamed Salah	17	GHABA	36.86	___
9	Ali Mohamed El Rakiby	17	HELOP	36.98	___
10	Osama Emad Awad	16	DEGLA	37.03	___

Heat 17 of 36 Finals

1	Yassin Hussam Yassin Sheb:	15	SHOOT	36.60	___
2	Youssef Sameh Salah Eldin	17	6 OCT	36.54	___
3	Fares Ahmed Ameen Aly All	17	6 OCT	36.35	___
4	Mohamed Hany Fathy	16	Elethead	36.20	___
5	Abdelrahman Wael Abdelm	15	GHABA	36.02	___
6	Omar Khaled Esmail Ramda	16	GHABA	36.19	___
7	Andria Wael Nagy Mosad Al	15	HELDO	36.28	___
8	Yassin Mohamed Gamal	17	ZAGU	36.46	___
9	Ahmed Sameh Eldahby	16	Elethead	36.59	___
10	Souhaib Gamal Abdelfattah	15	Olympic	36.63	___

Heat 18 of 36 Finals

1	Yehia Mohamed El Bawab	15	HELOP	35.99	___
2	Omar Ayman Wahied Moha	15	SHAMS	35.88	___
3	Belal Mohamed Youns Mohi	19	6 OCT	35.69	___
4	Yousief Mohamed aly	15	ZMALK	35.69	___
5	Yousef Khaled A.Elrahman I	20	DEGLA	35.61	___
6	Amr Bashir	17	Y.M.C.A	35.65	___
7	Aly Hady Adel	16	AHLY	35.69	___
8	Mohamed Sameh Saied Mol	15	Bank Ahly Alex	35.77	___
9	Mohamed Nader Mohamed	15	A S E C	35.97	___
10	Ahmed abd el Hady Hassan	18	ZMALK	36.01	___

Heat 19 of 36 Finals

1	Omar Mohamad Ahmad Kot	15	SMOHA	35.56	___
2	Mohamed Diaa Eldeen Moh	17	Nasr City	35.50	___
3	Yassien Sameh Samy Hasha	16	A S E C	35.47	___
4	Mohamed Yasser Mohamed	16	SMOHA	35.44	___
5	Fares Ahmed Mohamed Hm	16	Bank Ahly Alex	35.31	___
6	Ahmed Waild Mohamed	16	A S E C	35.41	___
7	Yehyia Tareq Elkady	16	Sporting	35.45	___
8	Ali Wael Mohamad Saad	15	SMOHA	35.48	___
9	Adham Ashraf Sheta	15	Sporting	35.53	___
10	Youssef Mohamed Fathy Mc	16	SMOHA	35.56	___

Heat 20 of 36 Finals

1	Yehya Tamer Gamaal Eldeer	15	SMOHA	35.12	___
2	Blal Mohamed Elsaid Mahm	16	SMOHA	35.03	___
3	Sief Amr Elsharqawy	16	SMOHA	35.01	___
4	Mohamed Khaled Mohmd K	20	SHOOT	34.97	___
5	Yousef Mohamed Salah	17	A S E C	34.85	___
6	Saif Eddin Amr Abdel Raouf	16	AHRAM	34.86	___
7	Ahmed Mohsen Mohamed	15	AHLY	34.97	___
8	Eyad Mohamed Abd ElMene	20	TANTA	35.03	___
9	Youssef Ahmed Hassan	17	DEGLA	35.09	___
10	Ahmed Mohamed Harby	15	Al Hawar	35.21	___

Heat 21 of 36 Finals

1	Yousif Wael Hamed Elsaid	19	SMOHA	34.80	___
2	Anas usama Mohamed	16	TRSAN	34.79	___
3	Yahia Mostafa Gamal Eldeer	18	RWAD	34.74	___
4	Yasen Ahm. Abd ElHay Soie	17	GEZIR	34.68	___
5	Hassan Ibrahim Arafa	15	RWAD	34.54	___
6	Ibrahim Diaa El Din	15	SHOOT	34.56	___
7	Youssef Ahmed EL_Sisi	15	Sporting	34.74	___
8	Yehia Hisham Yehia Abdelaz	16	SMOHA	34.79	___
9	Mahmoud Mohamed Fayek	15	6 OCT	34.79	___
10	Omar Khaled Mohamed Nat	17	A S E C	34.83	___

Heat 22 of 36 Finals

1	Mostafa Ashraf Awad Allah	20	Olympic	34.38	___
2	Adam Karim Hemdan Abdo	16	SHOOT	34.32	___
3	Belal Mohamed Fouad Ram:	15	Olympic	34.15	___
4	Sief Ahmed Farouk	15	ZOHUR	34.09	___
5	Yassien Ibrahim Mohamed	16	SMOHA	34.06	___
6	Seif Mohamed Nabil	15	DEGLA	34.09	___
7	Yassien Ahmed Mohamed	16	SMOHA	34.13	___
8	Youssef Tamer Gaber Moha	17	SMOHA	34.29	___
9	Abd Elrahman Ahmed Abd l	16	ZOHUR	34.37	___
10	Nabil Ahmed Nabil Elharas	15	TANTA	34.50	___

Heat 23 of 36 Finals

1	Abdalah Waled el Said	20	Sporting	34.00	___
2	Abd El Rahman Essam El Sa	18	DEGLA	33.95	___
3	Omar Ahmed Emad	15	SHOOT	33.91	___
4	Yahia Mohamed Ahmed	17	Elethead	33.79	___
5	Zad Ahmed Mohamed Asra	15	DEGLA	33.79	___
6	Karem Esam Shahba	16	TANTA	33.79	___
7	Ebrahim Mohamed Hamdy	16	TANTA	33.82	___
8	Yehia SeifEL din EL Margha	18	SHAMS	33.94	___
9	Omar Mohamed Abdel Azer	15	Al Hawar	33.97	___
10	Hussein Mohamed Hussein	15	DEGLA	34.06	___

Heat 24 of 36 Finals

1	Mohamed Ahmed Ibraheem	17	RWAD	33.68	___
2	Omar Tarek Saleh	16	Sporting	33.64	___
3	Moaz Amr Gamal	19	AHLY	33.59	___
4	Samir Ramy Samir Fahdy	18	SMOHA	33.56	___
5	Yousef Maged Mohamed	16	RWAD	33.52	___
6	Youssef Ahmed El Tahlawy	18	AHLY	33.53	___
7	Keven Sameh Adly	18	Minia Sport Clup	33.59	___
8	Mohab Mohamed Mostafa A	16	NASR	33.60	___
9	Abdelrahman Ayman Sayed	20	Fayoum Club	33.64	___
10	Moaz Ahmed Ali Ahmed	17	RWAD	33.79	___

Heat 25 of 36 Finals

1	Zein Eldein Hisham Moham	17	SHOOT	33.48	___
2	Fadi Wael Gerges	17	REHAB	33.44	___
3	Ahmed Mahmoud Ahmed A	15	TRSAN	33.34	___
4	Mazen Saied Gaber Ali	17	SMOHA	33.31	___
5	Malek Khaled Mahmoud Ab	16	Bank Ahly Alex	33.29	___
6	Mohamed Nashaat Abdelha	17	ZMALK	33.31	___
7	Mohamed AbdelAziz Abbas	35	GEZIR	33.32	___
8	Omar Khaled Gamal El Din	15	MAADI	33.35	___
9	Yehia Ahmed Atef Abdrabo	16	SMOHA	33.46	___
10	Ahmed Hossam Eldin Salarr	19	SMOHA	33.49	___

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

Meet Program

Heat 26 Finals (#67 Boys 15 & Over 50 LC Meter Breaststroke Age Gro

1	AbdElrhman Mhmoud Yuon	20	SMOHA	33.22	___
2	Ahmed Mohamed Abdelrazi	19	Olympic	33.17	___
3	Adam Karem Ahmed Mohar	16	Bank Ahly Alex	33.14	___
4	Yousif Gaseer Migahed	16	ZMALK	33.10	___
5	Ali Mohamed Tawfeq	17	DEGLA	33.09	___
6	Kamal El Din Mokhtar	19	DEGLA	33.10	___
7	Mohamed Hussien Mohame	17	SMOHA	33.13	___
8	Omar Hany Fathy	15	A S E C	33.15	___
9	Ahmed Hany Ahmed Mahm	15	AHLY	33.19	___
10	Moaz Mohamed Sayed Soli	16	AHLY	33.26	___

Heat 27 of 36 Finals

1	Essa Shref Abd EL Monem	15	HELOP	33.07	___
2	Nour Ahmed Elhassany	16	ZOHUR	33.05	___
3	Mostafa Mohamed Mohame	15	Gezira El Ward	32.94	___
4	Adam Hossamaldin Abdalla	17	ZMALK	32.85	___
5	Yasin Sameh Fahmy	20	HELOP	32.69	___
6	Kamal Mohamed Kamal	15	AHLY	32.74	___
7	Zeyad Karm Mohamdeen	19	AHLY	32.88	___
8	Ahmed Wael Ibrahim Desou	19	TWFIK	33.02	___
9	Mohamed Ayman Ibrahim	17	A S E C	33.05	___
10	Adham Mostafa Abdulla	15	Elethead	33.09	___

Heat 28 of 36 Finals

1	Ahmed Mohamed Badawy	16	DEGLA	32.65	___
2	Omar Hazem	18	ZMALK	32.56	___
3	Ziyad Walid Nabiil	18	Sporting	32.47	___
4	Ahmed Hamed Abaas	18	TALBE	32.37	___
5	Braa Ayman Ali	19	ZOHUR	32.21	___
6	Ali Shref Ali Abdelkader	16	SMOHA	32.29	___
7	Yousef Mahmoud Mohamed	17	SHAMS	32.41	___
8	Amr Hany Mahmoud Ahme	17	AHLY	32.53	___
9	Moamen Amr Mohamad Ha	15	SMOHA	32.60	___
10	Omar Ibrahim Mohamed	19	AHLY	32.67	___

Heat 29 of 36 Finals

1	Youssef Tamer Mohamed H	18	DEGLA	32.11	___
2	Youssef Amr Moustafa Hany	17	HELDO	32.08	___
3	Mazen Ismail Mohamed Isr	19	MAADI	32.05	___
4	Ahmed Mostafa Hosny	18	DEGLA	31.99	___
5	Adam Ahmed Hamdy	17	AHLY	31.96	___
6	Ibrahim Yasser Farahat Abd	17	MAADI	31.99	___
7	Adham Elsayed Ali	16	DEGLA	32.02	___
8	Hamza Mohamed Hassan M	15	HELOP	32.08	___
9	Mahmoud Ahmed Eltablaw	17	ZOHUR	32.10	___
10	abd Elrahman Mohamed Fo	17	TALBE	32.20	___

Heat 30 of 36 Finals

1	Yassin Mohanad Hamzawy	18	DEGLA	31.93	___
2	Mazen Majed Mahmoud	15	AHRAM	31.84	___
3	Mrawan amr Mostafa abd el	18	TRSAN	31.75	___
4	Ahmed Amr Magdy	18	SHOOT	31.75	___
5	Eazz El Din Mohamed Khan	18	Sporting	31.74	___
6	Esmat Ashraf Esmat Hatata	18	SMOHA	31.74	___
7	Yosuif Hesham Anour	18	GHABA	31.75	___
8	Omar Mohamed Yehia	16	DEGLA	31.78	___
9	Youssef Mohamed Abdelreh	17	Olympic	31.89	___
10	Yousef Yasser ali Abdelhalin	17	Olympic	31.93	___

Heat 31 of 36 Finals

1	Yousef Mahmoud Sayed	16	MRAC	31.64	___
2	Mahmoud Tamer Mahmoud	17	DEGLA	31.63	___
3	Mostafa Moh. Ahm. Moh. M	17	GEZIR	31.58	___
4	Kareem Amr Aly Hasan Has	17	6 OCT	31.51	___
5	Karim Kamal Ahmed Mosta	20	6 OCT	31.49	___
6	Eyad Osama Ramadan	19	AHLY	31.51	___
7	Ahmed Tamer Farouk Abd e	16	SHAMS	31.52	___
8	Yasin Mohamed Abu Raya	18	TANTA	31.62	___
9	Hazem Hossam Nady	15	DEGLA	31.63	___
10	Yassien Yasser Hassan	16	SMOHA	31.73	___

Heat 32 of 36 Finals

1	Mohamed Emad Abdelhami	16	AHRAM	31.45	___
2	Ahmed Hatem abd el Sabou	24	Nasr City	31.44	___
3	Mohamed Emad Shaaban	18	AHLY	31.35	___
4	Abdelrahman Alaaeldin	19	AHLY	31.28	___
5	Abdelfattah Ahmed Youssef	16	Olympic	31.23	___
6	Mohamed Amr Hussein	17	DEGLA	31.25	___
7	Ahmed Mohamed El Menya	19	DEGLA	31.32	___
8	Rami Michel Artigaud	17	GEZIR	31.37	___
9	Omar Yasser Menis	20	Sporting	31.45	___
10	Karem Mohamed Atia Ehsa	16	HELOP	31.45	___

Heat 33 of 36 Finals

1	Ziad Ahamed Ragab Abd el	17	SHOOT	31.15	___
2	Khaled Hammad Mohamed	19	DEGLA	31.12	___
3	Amr Mostafa Kodb	20	SMOHA	31.05	___
4	Karim Mohamed El Gharab	18	ZOHUR	31.00	___
5	Hanna Refaat Hanna Awada	17	HELDO	30.84	___
6	Mohamed Salem Essa	18	HELOP	30.91	___
7	Mohamed Mahmoud Attia	18	DEGLA	31.01	___
8	Ziad Moahmed Salaheldin M	17	SMOHA	31.05	___
9	Mahmoud Majed Mahmoud	19	AHRAM	31.13	___
10	Yousif Ahmed Hamdy Borh	19	SMOHA	31.22	___

Heat 34 of 36 Finals

1	NourEldin Nasr Wahba	18	SMOHA	30.75	___
2	Hani Mohammed Atwan	16	El Temsah	30.72	___
3	Ahmed Mohamed Eisaa	23	ZMALK	30.69	___
4	Mahmoud Mohamed Mohar	16	Al Hawar	30.65	___
5	Aly Eldin Tamer Mohamed	19	AHLY	30.48	___
6	Darren Dimitrios Chin	18	Sporting	30.61	___
7	Adham Hisham Nor	20	SMOHA	30.69	___
8	Abdel Rahman Ahmed Ali	17	DEGLA	30.69	___
9	Omar Mohamed Taha Radw	23	SMOHA	30.74	___
10	Mohamed Ashraf Abdel Hay	22	AHLY	30.81	___

Heat 35 of 36 Finals

1	Mohamed Walid Hassan aly	17	Olympic	30.37	___
2	Marwan Mohamed Bakry M	17	Olympic	30.20	___
3	Abdelrahman Ashraf Abdel	19	AHLY	30.14	___
4	Mohamed Mashhour Yehia	18	AHLY	29.85	___
5	Ahmad Hany Ahmad	17	HELOP	29.63	___
6	Faris Mohamed Mashaly	24	Sporting	29.79	___
7	Ahmed Mohamed Amr	19	ZOHUR	30.11	___
8	Mohamed Ahmed Essam Ak	20	SMOHA	30.15	___
9	abd Elrahman Mohamed Ba	18	TRSAN	30.29	___
10	Ali Mohamed Ali Hasan El	18	Bank Ahly Alex	30.43	___

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

Meet Program

Heat 36 Finals (#67 Boys 15 & Over 50 LC Meter Breaststroke Age Gro

1	Mohaned LiwaaEldin Ali	18	SMOHA	29.47	___
2	Mohand Tarik Mohamed Ali	23	SMOHA	29.28	___
3	Karim Mohamed Samy	20	AHLY	29.10	___
4	Daly Dimitrios Chin	26	Sporting	29.04	___
5	Mohamed Housam Ibrahim	27	AHLY	28.52	___
6	Saif Ahmed abd Elmoniem I	20	SHAMS	28.80	___
7	Ahmed Ismail Mohamed Isr	20	MAADI	29.06	___
8	Seif Mohamed Mehrez	22	ZOHUR	29.27	___
9	Adam Yousry Bebars	17	AHLY	29.46	___
10	Mohanad Mohamed Wageh	20	SHOOT	29.55	___

Event 68 Girls 15 & Over 50 LC Meter Butterfly Age Groups

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 20 Finals

4	Aliaa Emad Abd El-Azia	16	FAROS	NT	___
5	Laila Ahmed Adel El Kholy	19	MAADI	NT	___
6	Goumana Tarek Yehia	18	AHLY	NT	___

Heat 2 of 20 Finals

1	Maryem Ahmed Saed Mahr	17	TANTA	NT	___
2	Amira Hatem Ahmed Shawl	17	MAADI	NT	___
3	Mirolla Hany Samir	17	DEGLA	NT	___
4	Mena Mohamed Abdul Rahi	18	ZOHUR	NT	___
5	Dahb Magdy Kamal	19	Elethad	NT	___
6	Doha Wael Saleh	16	DEGLA	NT	___
7	Zeina Mohamed Elsaid	17	ENPPI	NT	___
8	Malak Ahmed Anes Mahmo	16	Al Hawar	NT	___
9	Engy Ahmed ElMahdy	16	Sporting	NT	___
10	Salma Mohamed Essam Abc	16	City Club	NT	___

Heat 3 of 20 Finals

1	Habeba Ahmed Mohamed Al	15	HELOP	NT	___
2	Salma Ahmed Abo Mosalm	15	AHLY	NT	___
3	Nijar Maher Reda Taha	16	MRAC	NT	___
4	Mayar Sherif Mohamed	15	Elethad	NT	___
5	Fareda Ahmed Khalel	17	DEGLA	NT	___
6	Kenzy Ibrahim Ibrahim	19	AHLY	NT	___
7	Malak Sherif Shawky El Goh	20	MAADI	NT	___
8	Hana Mostafa Ahmed Hamc	22	AHLY	NT	___
9	Kenzi Mohamed	15	A S E C	NT	___
10	Nadine Mostafa Fathy	16	GHABA	NT	___

Heat 4 of 20 Finals

1	Habiba Mahmoud Abdelnat	15	SHRKS	NT	___
2	Nour Amr Mah. Fouad Elgui	17	GEZIR	NT	___
3	Yasmin Wael Abdalaah	16	ZMALK	NT	___
4	Shahd Hesham Fouad Abaa:	19	ZMALK	NT	___
5	Zeina Mohamed Abdel Moa	15	AHLY	NT	___
6	Nada Afify Abdelmaqsoud	16	ZMALK	NT	___
7	Sara Elhamy Foad Abd El Sa	18	MAADI	NT	___
8	Salma Mohamed Elsaid Tan	15	ZMALK	NT	___
9	Aisha Ahmed AbdElmagid	17	Sporting	NT	___
10	Hanan Amr Mohamed	17	NASR	NT	___

Heat 5 of 20 Finals

1	Bessan Samir Sabry Aziz	15	Elethad	NT	___
2	Salma Sherif Hussien Moha	20	MAADI	NT	___
3	Nataly Adel Ragy	16	DEGLA	50.79	___
4	Alina George Boutros	15	Elethad	44.78	___
5	Bery Ahmed Ibrahim	15	Elethad	42.03	___
6	Farah Hesham Salah	16	DEGLA	43.20	___
7	Jana Wael Fahem	17	ZMALK	46.32	___
8	Jana Ahmed Ebrahim	20	Sporting	NT	___
9	Farida abd el Aziz Gaber	16	A S E C	NT	___
10	Malak Mohamed Adel Ahme	16	DEGLA	NT	___

Heat 6 of 20 Finals

1	Gasmen Eslam Farouk Mahc	15	Bank Ahly Alex	40.70	___
2	Judy Sayed Ahmed	16	DEGLA	38.62	___
3	Marvel Youhana Samer	17	Minia Sport Clup	37.72	___
4	Aisel Mostafa Anwar	18	AHLY	37.62	___
5	Ranheil Moaataz Ballah Ali	20	ZMALK	37.30	___
6	Hana Ahmed Ragab	16	GHABA	37.34	___
7	Karema Kamel Saad	15	A S E C	37.63	___
8	Hana Ahmed Mohamed	15	DEGLA	37.90	___
9	Arwa Magd Elsayed	18	AHLY	38.66	___
10	Carole Baher Fouad	15	Sporting	41.29	___

Heat 7 of 20 Finals

1	Lily Mohamed Saed Hamad	16	TANTA	36.86	___
2	Jana Mohamed Ahmed	17	A S E C	36.54	___
3	Janis Matta Faye	18	DEGLA	36.48	___
4	Malak Ahmed Ibrahim Moh	17	SMOHA	36.31	___
5	Habiba Ayman Abbas Maan	15	Sporting	35.97	___
6	Nadia Ayman eid Abdelhmi	15	ZMALK	36.07	___
7	Eman Mohamed Hilmy	15	MRAC	36.33	___
8	Karien Alfrid Saber	15	ZMALK	36.53	___
9	Jana Ashraf Mohamed Gabe	17	Olympic	36.77	___
10	Maya Ali Ahmed	15	Elethad	36.89	___

Heat 8 of 20 Finals

1	Lilly Ahmed Farwiz	16	GEZIR	35.97	___
2	Esraa Wael Ezat	17	ZMALK	35.52	___
3	Leila Ahmed Ebrahim Ali Ei	18	HELDO	35.46	___
4	Jana Waleed abd Elrazek Ga	16	DEGLA	35.20	___
5	Malak Ali Moh. Abd El Meta	16	GEZIR	35.17	___
6	Malak Tarek El Kady	18	Sporting	35.20	___
7	Monika Ayman Raaouf Eriy	19	SHAMS	35.20	___
8	Salma Waleed Raslan	15	Al Hawar	35.51	___
9	Aysel Sameh Mahmoud	15	ZOHUR	35.78	___
10	Farida Mohamed Soliman	16	ZMALK	35.97	___

Heat 9 of 20 Finals

1	Lemar Samer Elsaeid Anwa	15	SMOHA	35.00	___
2	Mariem aly Mahdy Mohame	15	ZMALK	34.86	___
3	Hana Hesham Saleh	18	DEGLA	34.61	___
4	Mariam Ahmed Abdel Hakt	15	AHLY	34.56	___
5	Joudy Tamer Kamal	16	SMOHA	34.35	___
6	Hana Tarek Fared	20	SHOOT	34.36	___
7	Saba Ahmed Elshabrawy	15	AHLY	34.60	___
8	Habeba Aly Ahmed Ibrahim	15	Tlaea El Ostol	34.75	___
9	Alaa Amr El Sokry	18	Sporting	34.97	___
10	Shaza Mohamed Said Husse	15	Elethad	35.14	___

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

Meet Program

Heat 10 Finals (#68 Girls 15 & Over 50 LC Meter Butterfly Age Groups)

1	Habiba Ahmed Hassan	15	AHLY	34.22	___
2	Laila Hassan Mohamed	19	Elethad	34.12	___
3	Hana Ahmed Elsanhory	16	SMOHA	34.00	___
4	Mayroz Mohamed abd Elsal	15	TANTA	33.65	___
5	Zenia Ahmed Saied Kandil	16	HELOP	33.53	___
6	Malak Yasser Abdellatif	15	Sporting	33.58	___
7	Malak Hesham Mohamed	17	AHLY	33.72	___
8	Khadiga Yasser Fattouh	16	AHLY	34.04	___
9	Noha Alaa Abd Elhlim	19	ZOHUR	34.12	___
10	Jana Mohamed Darwish	15	GHABA	34.23	___

Heat 11 of 20 Finals

1	Farida Haitham Nabil Ali Za	17	SMOHA	33.46	___
2	Nour Ahmed Samer	18	Sporting	33.34	___
3	Tala Tarekf el Kafrawe	17	HELOP	33.20	___
4	Dima Adel Mohamed	16	SMOHA	33.14	___
5	Nor Ahmed Ali Ahmed	18	Bank Ahly Alex	32.92	___
6	Razan Ahmed Hosny	19	DEGLA	32.93	___
7	Sama Karm Nasr Mohamed	16	SHAMS	33.17	___
8	Malak Islam Mohamed	18	AHLY	33.29	___
9	Farah Hassan Rageb	18	A S E C	33.45	___
10	Malak Ahmed Eisa	16	GHABA	33.46	___

Heat 12 of 20 Finals

1	Tasnem Mohamed Mohame	19	SMOHA	32.76	___
2	Nour Hossam Zaghloul	16	Sporting	32.55	___
3	Zina Yasser Ahmed	17	Sporting	32.42	___
4	Farah Ayman Gaber	16	SMOHA	32.31	___
5	Jannah Sameh AbdelMonee	16	Sporting	32.15	___
6	Hania Hossam Ahmed Salar	15	SMOHA	32.21	___
7	Fairoz Ahmed Ibrahim	15	SHAMS	32.34	___
8	Ganaa Mohamed Elsaed Gac	15	Bank Ahly Alex	32.50	___
9	Menna Tallah Kharboush	15	AHLY	32.68	___
10	Fareda Mohamed Farouk	16	DEGLA	32.82	___

Heat 13 of 20 Finals

1	Habiba Mohamed Abd el Na	15	DEGLA	32.09	___
2	Malak Mohamed Mhmoud F	18	SMOHA	32.07	___
3	Farida Moustafa Abd Elaziz	17	Sporting	32.00	___
4	Halla Alla Maher	17	DEGLA	31.92	___
5	Hanen Ahmed Hussin	17	ZMALK	31.88	___
6	Gandan Ahmed Farouk	19	SHOOT	31.92	___
7	Hour een Samer Elsaeid Sh	15	SMOHA	31.98	___
8	Nadine Ayman Hussein	18	AHRAM	32.01	___
9	Nada Mohamed Magdy	15	Elethad	32.07	___
10	Mariem Hossam Elden Hass	15	Cairo	32.12	___

Heat 14 of 20 Finals

1	Fareda Mohamed Rabie	16	TANTA	31.80	___
2	Goumana Wael Hosny	16	AHLY	31.76	___
3	Rodaina Mohamed Saad	18	DEGLA	31.73	___
4	Nour Mohamed Elsoda	15	MAADI	31.67	___
5	Jana Ahmed akl	15	Sporting	31.61	___
6	Salma Abdel Hamid Mazrou	17	DEGLA	31.66	___
7	Haya Mohamed Mahmoud	15	DEGLA	31.70	___
8	Haya HossamEldin Kndel	18	SMOHA	31.76	___
9	Nour Shref Osama	15	HELOP	31.79	___
10	Shahd Amr Mohamed EL Ga	16	HELDO	31.82	___

Heat 15 of 20 Finals

1	Salma Alaa Mahdy	20	AHLY	31.56	___
2	Menna Mohamed Alashkar	17	ZMALK	31.42	___
3	Joudy Khaled Saied Ismail	15	Olympic	31.27	___
4	Lian Shady Sabry	19	HELOP	31.22	___
5	Malek Essam Eldin	19	Elethad	31.11	___
6	Shahd Mohamed Ismael	18	SMOHA	31.21	___
7	Ingy Bassem Bahaa Eldin	15	AHLY	31.25	___
8	Goumana Mohamed Ibrahim	15	AHLY	31.31	___
9	Hana Hisham Mohamed Yoi	18	SMOHA	31.55	___
10	Nadine Hazem Mohamed	15	Pegasus Club	31.60	___

Heat 16 of 20 Finals

1	Khadega abd el Azez Glal	16	HELOP	31.09	___
2	Kanzy Hesham Rashad	20	SHOOT	31.02	___
3	Mariam Mohamed Soliman	16	DEGLA	30.95	___
4	Rewida Hisham Tolba Ibrah	28	AHLY	30.88	___
5	Karma aly Elsheraee	17	HELOP	30.86	___
6	Hameis Essam Al Kholy	15	SHOOT	30.86	___
7	Farida Amr Mohamed Abd I	18	SHOOT	30.94	___
8	Joudy Magdy Abbas	17	Bank Ahly Alex	31.02	___
9	Nayera Tarek El-Sayed	16	FAROS	31.02	___
10	Rodayna Mohamed Wagdy	16	TRSAN	31.11	___

Heat 17 of 20 Finals

1	Mennatallah Hatem Ibrahim	16	A S E C	30.84	___
2	Jolin Hany Gamal	17	Sporting	30.81	___
3	Malak Ahmed Gamal al Sha	15	SHOOT	30.75	___
4	Farida Mohamed Ahmed El	17	SHOOT	30.73	___
5	Rozana Waleed Desoky	16	Nasr City	30.60	___
6	Jana Mohamed Abdel Fatah	19	SHOOT	30.60	___
7	Rouaa Ahmed Ibrahim	19	RWAD	30.73	___
8	Carine Elia Abd el Malak	17	AHRAM	30.79	___
9	Loujain Youssef Ahmed	20	AHLY	30.83	___
10	Shahd Ahmed Abd Elbaky	19	Sporting	30.84	___

Heat 18 of 20 Finals

1	Dilara Khaled Ahmed Moha	17	Olympic	30.57	___
2	Jana Maged Amir	15	ZOHUR	30.48	___
3	Retaj Mohamed Elsayed An	17	SMOHA	30.43	___
4	Salma Mohamed Hamdy	15	Gezira El Ward	30.33	___
5	Farida Ahmed Ibrahim	17	GHABA	30.17	___
6	Sara Mahmoud El Gendy	17	DEGLA	30.23	___
7	Rofaida Mahmoud Mohame	17	MAY15	30.43	___
8	Habiba Mohamad Saeed Shc	15	SMOHA	30.45	___
9	Haya Mohamed Mahmoud	16	AHLY	30.52	___
10	Karma Shady Mohamed Sab	16	HELOP	30.57	___

Heat 19 of 20 Finals

1	Lara Ahmed Elwan	15	AHLY	30.13	___
2	Norhan Mohamed Mohei El	20	SMOHA	30.07	___
3	Malak Mohamed Mahmoud	18	MAADI	30.05	___
4	Nour Mohamed Hessien Ah	18	SHAMS	29.84	___
5	Mayar Mohamed Gaber	22	AHLY	29.53	___
6	Farida Ayman Samra	19	SHOOT	29.59	___
7	Rawan Wael	18	AHLY	29.85	___
8	Salma Osama Mohamed Dai	17	TANTA	30.05	___
9	Hana Wael Magdi Mah . Elsa	17	GEZIR	30.08	___
10	Hala Amr	15	GHABA	30.16	___

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

Meet Program

Heat 20 Finals (#68 Girls 15 & Over 50 LC Meter Butterfly Age Groups)

1	Fatma Mohamed Klel Ebrah	19	6 OCT	29.28	___
2	Nour Mohamed Ibrahim Ali	18	SMOHA	29.20	___
3	Jihan Ahmed Abdel Azim	19	AHRAM	29.14	___
4	Alia Khaled Abas Sabaa	17	HELOP	28.87	___
5	Sara Waled Mahmoud	16	HELOP	27.54	___
6	Lougein amr Khaleil Ibrahim	16	ZMALK	28.79	___
7	Hana Waled Hasan	18	SHROK	28.94	___
8	hla Mohamed Nanoush	16	TANTA	29.17	___
9	Hedy Amr Moustafa Hamou	24	HELOP	29.28	___
10	Jana Khalid	19	Sporting	29.40	___