

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Event 6 Women 15 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
4	Mariam Mohamed Sobhy	18	DEGLA	NT
5	Fairouz Mazin Adel	16	DEGLA	NT
6	Kenzy Mostafa Hashad	19	AHLY	NT
Heat 2 of 8 Finals				
1	Dina Ebrahim Ebid	19	Sporting	NT
2	Malak Youssef Abdelrahman	15	SMOHA	NT
3	Mariam Ahmed Ghatas	19	SHOBR	NT
4	Asia ali Mostafa Ahmed	15	Marina Sporting	NT
5	Rose Rafeek Mohamed	15	RWAD	NT
6	Malak Walid Mohamed	16	Marina Sporting	NT
7	Salma Ehab Ahmed Hany	15	Bank Ahly Alex	NT
8	Kenzy Yasser	16	TALBE	NT
9	Karen Samir Fawzy	17	Marina Sporting	NT
Heat 3 of 8 Finals				
1	Nourhan Sherif SalahEldin	16	Elethad	NT
2	Mariem Mohamed Emad Fa	19	MAADI	NT
3	Reta Khalil Fawzy	15	A S E C	NT
4	Nada Tarek Ahmed	17	HLWAN	7:05.79
5	Roudina Hamdy Fouad	15	Tlaea El Ostol	6:30.90
6	Mariam Ahmed Hassan	15	Tlaea El Ostol	6:48.05
7	Alya Ehab Abdel Moneam	17	AHLY	NT
8	Roqaya Saad Mohamed	16	ZMALK	NT
9	Shahd Mohamed Ahmed Ell	15	AHLY	NT
10	Jihan Hassan Hamdy	15	Marina Sporting	NT
Heat 4 of 8 Finals				
1	Jana Ashraf Mohamed Gabe	18	Olympic	6:16.78
2	Haneen Mohamed a. Negm	15	TANTA	6:16.01
3	Rawda Ashrif Ramdan	19	MAY15	6:11.15
4	Marim Ahmad Samier	15	TALBE	6:06.59
5	Habiba Essam Wahba	15	Sporting	6:05.60
6	Mariem Tarek Mohammed	16	TALBE	6:06.21
7	Joner Ehab Ltif	15	Y.M.C.A	6:08.10
8	Jowayreya Mohamed Saad I	18	Olympic	6:11.91
9	Sandra Emad Onsy	16	RWAD	6:16.69
10	Shad abd Fattah	15	Sporting	6:30.13
Heat 5 of 8 Finals				
1	Zaina Ahmed Mohamed Mo	15	Olympic	6:01.23
2	Karma Ayman Abou Amara	17	Sporting	5:59.25
3	Mariam Ghanim	15	Damnhor Sport	5:56.97
4	Rodaina Khaled Mahmoud	15	HELOP	5:53.23
5	Malak Mohamed Fayek Els	17	SMOHA	5:50.58
6	Rawan Tamer Essam Mahm	17	DEGLA	5:50.78
7	Shrouk Mohamed Rashad M	16	Olympic	5:54.22
8	Yassmin Khaled Kaml ElSa	17	SHAMS	5:57.06
9	Habiba Elamier Fiesl	15	SHAMS	6:01.04
10	Sara Siwisy Mohamed Abas	15	Bank Ahly Alex	6:05.15

Heat 6 of 8 Finals

1	Basmalah Gomaa Ali	19	Bank Ahly Alex	5:45.46
2	Nabila Hassan Ismail	17	OLMPA	5:44.23
3	Hana Mohamed Asharaf Ma	16	SHAMS	5:41.53
4	Gana Mohamed Atef	15	SHOOT	5:40.73
5	Zina Yasser Ahmed	18	Sporting	5:39.51
6	Halla Alla Maher	18	DEGLA	5:40.64
7	Basmala Ramdan Mostafa M	17	Bank Ahly Alex	5:41.33
8	Jana Wael Ahmed	15	6 OCT	5:43.04
9	Maya Mahmoud Sakr	15	SMOHA	5:44.36
10	Ashraqt Hisham Ibrahim	15	ZMALK	5:47.95

Heat 7 of 8 Finals

1	Salma Hisham Abdalaa	15	ZMALK	5:37.73
2	Jomana Hamdy Ameen	17	ZOHUR	5:37.26
3	Mariam Mohamed Ahmed K	18	SMOHA	5:34.90
4	Hanan Ahmed Hussin	18	ZMALK	5:33.12
5	Kenzy Shadi Mohamed Elhc	16	Stad Mansoura	5:32.85
6	Raghad Ibrahim Elsaied	15	Gezira El Ward	5:32.92
7	Fatema Tamer Ahmed Sayec	17	DEGLA	5:34.85
8	Layla Mohamed Elsaed Ma	16	Bank Ahly Alex	5:34.92
9	Nagar Mohamed Salem	15	HADAK	5:37.34
10	Rodaina Mohamed Ahmed	15	DEGLA	5:38.26

Heat 8 of 8 Finals

1	Malak Ahmed Gamal al Sha	16	SHOOT	5:30.26
2	Zaina Mohamed Haitham H	19	SHOOT	5:28.62
3	Lara Amr Mahmoud Alsokk	16	6 OCT	5:22.46
4	Marim Mohamed Bakr	16	TRSAN	5:15.84
5	Hilla Khaled Diab	17	AHLY	5:05.95
6	Jana Mohamed Omar Moha	18	SHAMS	5:15.01
7	hla Mohamed Nanoush	17	TANTA	5:17.73
8	Malak Mohamed Nagy	17	Sporting	5:28.16
9	Ayten Ahmed Elmanzalawi	15	SHOOT	5:29.78
10	Jannat Safwat Saleh	16	ZOHUR	5:31.65

Event 7 Men 15 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 36 Finals				
3	Youseif Khaled Mohamed	16	ZMALK	NT
4	Abdelrahman Tark Moustaf	15	Bitash	NT
5	Omar Mohamad Ali Ebrahe	16	SMOHA	NT
6	Belal Mohamad Mahmud Fi	16	SMOHA	NT
7	Ziad Elsayed	15	Sporting	NT
8	Seifelden Ahmed Ibrahim	15	SMOHA	NT
Heat 2 of 36 Finals				
1	Ali Ahmed Saad	19	DEGLA	NT
2	Omar Moamen Mohamed	16	Minia Sport Clup	NT
3	Moaz Haitham Abdel-Mutta	15	HADAK	NT
4	Beshoy Gerges Weliam	15	Minia Sport Clup	NT
5	Yassien Ahmed Hussien Wa	16	DEGLA	NT
6	Bassel Mostafa Mohamed	16	DEGLA	NT
7	Yamen Ahmed Baiomy	15	El Mostakbal	NT
8	Youssef Abdel Aziz Alaa	18	DEGLA	NT
9	Yasin Alaa Ibrahim Elbieh	20	SMOHA	NT
10	Hosen Abd Elmonaem El A	15	HELOP	NT

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 3 Finals (#7 Men 15 & Over 100 LC Meter Backstroke)

1	Abdelrahman Amr Mahmoud	15	TALBE	NT	_____
2	Youssef Ahmed Saeed	15	A S E C	NT	_____
3	ali Mohammed ali	15	Zahraa Helwan	NT	_____
4	Mohamed Mostafa aly Hasa	15	TANTA	NT	_____
5	Moaz Tamer Hassan Mohan	16	NASR	NT	_____
6	Taha Saeed Mohamed Fathy	16	A S E C	NT	_____
7	Mohamed Karim Mohamed	16	DEGLA	NT	_____
8	Mahmoud Moataz Mahmoud	15	TALBE	NT	_____
9	Abdullah Wael Abdellrazik	18	DEGLA	NT	_____
10	Ahmed Khaled Badr	16	Elethad	NT	_____

Heat 4 of 36 Finals

1	Mohaned Alaa Mahmud Ali	20	SMOHA	NT	_____
2	Kerlis Mina Gorge	15	SHRKS	NT	_____
3	Souhaib Mohamed Fathy M	16	Olympic	NT	_____
4	Yehia Moustafa Abdelkreem	15	K.S.C	NT	_____
5	Yazid Ahmed Mohamed	16	Elethad	NT	_____
6	Omar Muhamed Haitham A.	16	SHOOT	NT	_____
7	Marwan Nehad Zakareia	26	DEGLA	NT	_____
8	Ezz Eldin Mohamed Abd El	15	Elethad	NT	_____
9	Mansour Mohamed Mousa I	15	Elec	NT	_____
10	Adham Hossam Lotfy Hassa	18	SMOHA	NT	_____

Heat 5 of 36 Finals

1	Joun Samir Sameh	15	Club S	NT	_____
2	ali Soliman	15	Sporting	NT	_____
3	Ahmed Talaat Kamal Hekal	16	Matrix	NT	_____
4	Adham Ahmed Mohamed	16	6 OCT	NT	_____
5	Moaz Haitham Abdelmone	15	Zahraa Helwan	NT	_____
6	Yousef Mohyeldin Ahmed A	18	Olympic	NT	_____
7	Ahmed Hamdy Al Shaik	20	SHOOT	NT	_____
8	Hazem Mohamed Essam	17	A S E C	NT	_____
9	Ziad Mohamed Mohamed L	15	MRAC	NT	_____
10	Ali Mohamed Nassem	16	DEGLA	NT	_____

Heat 6 of 36 Finals

1	Ziad Ahmed Barghash	16	ZMALK	NT	_____
2	Mohamed Hany Ahmed Has	18	SHAMS	NT	_____
3	Omar Shady Mohamad Ali I	16	SMOHA	NT	_____
4	Yasin HossamEldin	21	SMOHA	NT	_____
5	Aly Ahmed Khaled	15	DEGLA	NT	_____
6	Yousef Reda Saad Elhefnaw	17	Stad Mansoura	NT	_____
7	Yasien Mohamed Fathy	16	ZMALK	NT	_____
8	Karim Tamer Badr	16	DEGLA	NT	_____
9	Amir Maged Eid Yousef	16	HELOP	NT	_____
10	Hazem Housam	15	Olympic	NT	_____

Heat 7 of 36 Finals

1	Youssef Shams Elden Gaber	16	A S E C	NT	_____
2	Ali Hesham Moh. Fekre Shr	20	GEZIR	NT	_____
3	Yossef Moh. Shrif Moh. Elb	19	GEZIR	NT	_____
4	Fares Mahmoud Abd El Azi	15	DEGLA	NT	_____
5	abd el Monem Ahmed abd e	19	HELOP	NT	_____
6	Mazen Mohamed Hegazi	17	SHOOT	NT	_____
7	Mohamed Ahmed Mohamec	17	DEGLA	NT	_____
8	Mhmoud Tarik Ahmed Elge	17	SMOHA	NT	_____
9	Mohamed Ahmed Fawzay	16	Qaroun	NT	_____
10	Sohaib Khaled Emam	21	AHLY	NT	_____

Heat 8 of 36 Finals

1	Khaled Mohamed Alaa El D	16	DEGLA	NT	_____
2	Eyad Mohamed Yousry	16	DEGLA	NT	_____
3	Moustafa Yasser Abd El Lat	19	Sporting	NT	_____
4	Hussin Mohamed Hussin Al	16	NASR	NT	_____
5	Omar Adel Abas	23	DEGLA	NT	_____
6	Karim Ahmed Khaled Elew	22	SHAMS	NT	_____
7	Mohamed Emad Maher	18	SENZO	NT	_____
8	Omar Mohamed Abdel Meg	19	AHLY	NT	_____
9	Youssef Mohamed Fathy El	18	SMOHA	NT	_____
10	Mohanad Ahmed Mohamed	15	TRSAN	NT	_____

Heat 9 of 36 Finals

1	Yassin Ali Mohamed Atef	15	DEGLA	NT	_____
2	Omar Mohamed Awad	19	A S E C	NT	_____
3	Hamza Ali Mohamed Ali	16	Elethad	NT	_____
4	Karem Ahmed Mahmoud	17	TALBE	NT	_____
5	Mohand Mohamed Abdel Sa	16	Luxor Club	NT	_____
6	Mohamed Yasser Essa Abde	17	SMOHA	NT	_____
7	Hatem Mostafa Atia Solima	15	SMOHA	NT	_____
8	Amro Nabil Ibrahim	18	FAROS	NT	_____
9	Asser Ahmed Mohamed	15	DEGLA	NT	_____
10	Hussien Mohamed Hussien	16	SHAMS	NT	_____

Heat 10 of 36 Finals

1	Omar Hussein Abd EL Aziz	15	ENPPI	1:30.38	_____
2	Ahmed Mohamed Ahmed E	15	Elethad	1:28.13	_____
3	Zied Ahmed Saied	15	SHOOT	1:26.83	_____
4	Mohamed Ahmed Gamal	15	Police Club	1:23.27	_____
5	Moataz Moustafa Shawky H	15	Olympic	1:21.82	_____
6	Eyad Mohamed Hussien	15	DEGLA	1:22.30	_____
7	Yahya Mohamed Abdelsatar	15	Al Shehk Zaeid	1:23.97	_____
8	Mahmoud Muhamed Mahm	15	SHOOT	1:27.67	_____
9	Ahmed Hany Gomaa	15	Ellaban	1:30.36	_____
10	Ammar Ahmed Saiid	15	K.S.C	NT	_____

Heat 11 of 36 Finals

1	Yihya Mohamed Awad Hem	15	Bank Ahly Alex	1:20.04	_____
2	Omar Walid Mohamed	15	DEGLA	1:19.90	_____
3	Anas Essam Shaban	15	Y.M.C.A	1:19.49	_____
4	Ziad Haitham Mohamed	15	Rio	1:19.36	_____
5	Mostafa Ashraf Awaad	17	SHOBR	1:18.75	_____
6	Adham Mahmoud Mohamec	15	ENPPI	1:19.26	_____
7	Abdelrahman Khaled Moha	16	HLWAN	1:19.38	_____
8	Hamza Mahmoud Hamza	16	DEGLA	1:19.64	_____
9	Mathio Michael Email Tawf	15	Olympic Champion	1:20.03	_____
10	Mazen Ehab Farouk	17	TRSAN	1:21.69	_____

Heat 12 of 36 Finals

1	Mazen Mahmoud Gmal	15	SHAMS	1:18.06	_____
2	Gasser Mohamed Elsaïd Ma	15	SMOHA	1:17.46	_____
3	Omar Salah Salah Ghonem	16	New Giza	1:17.36	_____
4	Abdel Rahman Ahmed El_fi	16	Sporting	1:17.34	_____
5	Mostafa Ahmed Mahmoud	17	TRSAN	1:17.08	_____
6	Selim Mohamed Essawy	15	Sporting	1:17.23	_____
7	Omar Ahmed Mohamed Ma	15	DEGLA	1:17.35	_____
8	Youssef Ahmed Abdelaziz A	16	Olympic	1:17.40	_____
9	Aly Mohamed Abd Elmotell	15	Y.M.C.A	1:17.63	_____
10	Yahia Mohamed Mahmoud	15	Sporting	1:18.55	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 13 Finals (#7 Men 15 & Over 100 LC Meter Backstroke)

1	Hossam Ashraf Ali	15	Elethad	1:16.78	_____
2	Kerolos Sameh Fawzy	15	Y.M.C.A	1:16.46	_____
3	Omar Sameh Mahmoud	17	Tlaea El Ostol	1:16.27	_____
4	Youssef Mohamed Abo Ely	17	DEGLA	1:15.93	_____
5	Ebrahim Mohamed Nafea	15	Swim Home	1:15.49	_____
6	Mohanad Eldein Fathy Shaa	15	Elethad	1:15.61	_____
7	Kamal Magdy Kamal Ahme	16	Elethad	1:15.96	_____
8	Mahmoud Hossam Mahmou	16	Bank Ahly Alex	1:16.43	_____
9	Ziad Osama Abdel Fatah M	23	DEGLA	1:16.51	_____
10	Nour Hossam Ahmed Salah	17	ZMALK	1:17.03	_____

Heat 14 of 36 Finals

1	Moustafa Ahmed Mahmoud	15	Olympic	1:15.18	_____
2	Ahmed Ehab El Sayed Abd	15	DEGLA	1:15.07	_____
3	Hamza Mohamed Mana3	15	A S E C	1:14.64	_____
4	Abd Elhalim Alaa Abd Elha	17	ZOHUR	1:14.50	_____
5	Mazen Ahmed Mohamed Al	15	Olympic	1:14.40	_____
6	Adam Mohamed El Sayed	15	Police Club	1:14.41	_____
7	Mohamed Yaser Mohamed	15	DEGLA	1:14.60	_____
8	Moemen Ahmed Moemen	15	MRAC	1:14.99	_____
9	Zien El Hashash	15	Sporting	1:15.16	_____
10	Omar Sadik Kamal	15	DEGLA	1:15.37	_____

Heat 15 of 36 Finals

1	Adam Yasser Shaker	16	New Giza	1:14.23	_____
2	Yasien Tamer Othman	16	ZMALK	1:14.04	_____
3	Noureldeen Mahmoud Moha	15	Bitash	1:13.98	_____
4	Abd Alla Amr Ali Ahmed	16	ZOHUR	1:13.81	_____
5	Mohamed Ibrahim Kotb	15	DEGLA	1:13.76	_____
6	Adham Ashraf Mohamed Al	15	DEGLA	1:13.76	_____
7	Yassin Haitham Hassan	15	DEGLA	1:13.92	_____
8	Omar Abdelaziz Mohamed	15	Elethad	1:14.04	_____
9	Abd Elaziz Mohamed Abd I	16	ZOHUR	1:14.14	_____
10	Nour Mohamed Fawzy Abd	17	Olympic	1:14.27	_____

Heat 16 of 36 Finals

1	Ahmed Sameh Saied Khami	16	Olympic	1:13.71	_____
2	Omar Shref Ahmad	15	HELOP	1:13.70	_____
3	Ahmed Mahmoud Eldabah	15	SMOHA	1:13.58	_____
4	Karim Mohamed Mahlab	16	MAADI	1:13.37	_____
5	Abdelrhman Mohamed Abd	15	6 OCT	1:13.14	_____
6	Hassan Hussein Mohamad I	16	SMOHA	1:13.16	_____
7	Ahmed amr Saidabu Elfadle	15	TANTA	1:13.49	_____
8	Youssef Karam Ahmed Zan	15	ENPPI	1:13.66	_____
9	Adham Ahmed Hamam Abu	15	TANTA	1:13.70	_____
10	Ali Mourad Salaheldein	16	New Giza	1:13.73	_____

Heat 17 of 36 Finals

1	Youssef Mohamed Fathy	17	New Giza	1:12.86	_____
2	Kress Nader abd Elsaid	17	Cairo	1:12.71	_____
3	Yassin Hazem Taher	16	MAY15	1:12.40	_____
4	Yassen Amro Mohamed	15	Bitash	1:12.33	_____
5	Yousif Ahmed Mostafa Elm	15	SHOOT	1:12.11	_____
6	Omar Zeyad Mohamed	17	Sporting	1:12.13	_____
7	Mohammed Mahmoud Gam	15	El Temsah	1:12.39	_____
8	Ali Ahmed Soliman Ali	19	RWAD	1:12.42	_____
9	Adham Mohamed Farouk	15	SHOOT	1:12.83	_____
10	Seif Samer Seif Elsaied	17	Bank Ahly Alex	1:12.88	_____

Heat 18 of 36 Finals

1	Adam Mohamed Abdeldaye	17	Olympic	1:11.90	_____
2	Mohab Ahmed Abdel Fattah	16	Elethad	1:11.85	_____
3	Hamza Adel Mohamed	15	DEGLA	1:11.81	_____
4	Marawan Ahmed Mohamed	15	Bitash	1:11.76	_____
5	Malek Wael	15	SMOHA	1:11.70	_____
6	Belal Sheref Sery	17	TANTA	1:11.71	_____
7	Mohamed Sameh Mohamed	15	Olympic	1:11.80	_____
8	Mohamed Aboelazm Magha	16	6 OCT	1:11.85	_____
9	Ibrahim Mahmoud Borhami	15	DEGLA	1:11.89	_____
10	Abdel Rahman Karim Ashra	15	GEZIR	1:11.91	_____

Heat 19 of 36 Finals

1	ezz el din Ihab	15	Sporting	1:11.60	_____
2	Bassem Walid Ibrahim	15	DEGLA	1:11.49	_____
3	Omar Ehab Mhmoud Hasan	17	SMOHA	1:11.35	_____
4	Marwan Moataz Gamal Ald	15	Pegasus Club	1:11.25	_____
5	Omar Ehab Ahmed Ghoraba	19	A S E C	1:11.04	_____
6	Mohamed Waled Barakat	16	HELOP	1:11.05	_____
7	Adel Mohamad Adel Ramac	16	SMOHA	1:11.33	_____
8	Yassen Ahmad Ebrahim Ka	16	SMOHA	1:11.39	_____
9	Ahmed Fahd Mahmoud	15	HELOP	1:11.50	_____
10	Nadem Hany Abdellatef	16	Elethad	1:11.69	_____

Heat 20 of 36 Finals

1	Sofyan Mohamed Ahmed	15	Wave	1:11.02	_____
2	Omar Ibrahim Mohamed	15	Tlaea El Ostol	1:10.87	_____
3	Badr Ali Ahmed	19	Elethad	1:10.78	_____
4	Ahmed Abdel Rrhim	15	ZOHUR	1:10.76	_____
5	Isma'el Mohamed Isma'elm	15	RWAD	1:10.66	_____
6	Marwan Ahmed Reda	19	Marina Sporting	1:10.74	_____
7	Omar Ayman Zakaria	17	SMOHA	1:10.76	_____
8	Ziad Hasham m. Mahfouz	15	TANTA	1:10.78	_____
9	Mazen Mohamed Adel	19	Elethad	1:11.00	_____
10	Khaled Mohamed Elsyed Ta	18	SMOHA	1:11.03	_____

Heat 21 of 36 Finals

1	Youssef Galal Ezz	16	Elethad	1:10.36	_____
2	Ahmed Sameh Mohamed El	16	HELOP	1:10.24	_____
3	Mohamed Moatazbellah Mc	16	DEGLA	1:10.22	_____
4	Mahmoud Mohamed Mahm	17	SHOOT	1:09.84	_____
5	Ziad Hateem Foaad	17	Elethad	1:09.78	_____
6	Mohamed Ahmed Abdelaal	15	HLWAN	1:09.83	_____
7	Sohail Omar Mohamed Harl	15	SHAMS	1:10.03	_____
8	Mahmoud Hesham Fatouh	15	SMOHA	1:10.24	_____
9	Adam Ahmed Hussein Ahm	15	ZMALK	1:10.28	_____
10	Hamza Walid Abdelaziz	15	Elethad	1:10.54	_____

Heat 22 of 36 Finals

1	Omar Mohamed Abdelghaf	17	SMOHA	1:09.72	_____
2	Karem Moatasem Mahmouc	16	DEGLA	1:09.68	_____
3	Hussein Mohamed Hussein	16	DEGLA	1:09.64	_____
4	Youssef Sameh Ahmed Zaie	16	SHOOT	1:09.48	_____
5	Islam amr abd el Khalek	17	GHARB	1:09.36	_____
6	Yassin usama Farouk	15	TRSAN	1:09.46	_____
7	Mazen Almansy	16	Baladyat El Maha	1:09.60	_____
8	Ahmed Ashraf Elsayed	15	Swim Home	1:09.67	_____
9	Omar Hashem Mohamed	15	Wave	1:09.71	_____
10	Yossef Ihab Youssef	18	Elethad	1:09.74	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 23 Finals (#7 Men 15 & Over 100 LC Meter Backstroke)

1	Yassin Mohamed Saleh Abd	16	Olympic	1:09.14	_____
2	Mohamed Wael Ibrahim De	16	TWFIK	1:08.98	_____
3	Moemen Ayman Ahmed	16	Al Hawar	1:08.86	_____
4	Omar Ahmed Elnabarwy	15	TANTA	1:08.65	_____
5	Amar Ayman Taha Abo Nea	15	Olympic Champion	1:08.53	_____
6	Ahmed Eid Hamad Ahmed	18	NASR	1:08.59	_____
7	Yasin Mossa Moh. Faghr El	16	GEZIR	1:08.72	_____
8	Malek Emad El Din Hamdy	16	Swim Home	1:08.92	_____
9	Aley Yassen Aaref Ateya Ka	17	SHOOT	1:09.10	_____
10	abd Elrahman Elsaied Foud	15	TALBE	1:09.19	_____

Heat 24 of 36 Finals

1	Yassin el Midany	15	Sporting	1:08.35	_____
2	Abelrahman Khaled Abdeln	17	Olympic	1:08.30	_____
3	Yahia Mohamed Salama Mc	16	SHAMS	1:08.25	_____
4	Youssef Ahmed Samir	16	DEGLA	1:08.17	_____
5	Adam Ayman A.Aziz	16	DEGLA	1:08.10	_____
6	Hazem Omar Mohamad Fat	16	SMOHA	1:08.12	_____
7	Yassin Kariem Mohamed	15	DEGLA	1:08.22	_____
8	Mahmoud Haitham Mahmo	16	GHABA	1:08.29	_____
9	Awny Mohamad Awny	17	SMOHA	1:08.31	_____
10	Mohamed Ahmed Ghazala	15	Damnhor Sport	1:08.46	_____

Heat 25 of 36 Finals

1	Moustafa amr Abdelazem	16	HLWAN	1:08.01	_____
2	Abdallah Mohamed Hassan	15	DEGLA	1:07.67	_____
3	Ahmed Ramee Ahmed Hash	17	6 OCT	1:07.48	_____
4	Mohamed Ziad Sharaf Diab	15	SMOHA	1:07.33	_____
5	Moaz Eslam Kamal Eldeen	16	SMOHA	1:07.17	_____
6	Abdalla Mohamed Mhfoz F	17	6 OCT	1:07.25	_____
7	Martin Emad Rizk	18	Y.M.C.A	1:07.45	_____
8	Yehya Mohamed Talaat	15	DEGLA	1:07.60	_____
9	Ibrahim Ahmed Zaki	15	SHOOT	1:07.71	_____
10	Eyad Wael Abdelkader	16	El Mostakbal	1:08.03	_____

Heat 26 of 36 Finals

1	Youssef Wala Mohamed Tav	17	SMOHA	1:07.06	_____
2	Omar Adel Saied Hassan	15	ZMALK	1:06.84	_____
3	Ahmed Moataz Ahmed Fath	15	SMOHA	1:06.78	_____
4	Ahmed Manssor Saed	16	Bitash	1:06.63	_____
5	omr Mohamed Hany Manso	15	AHLY	1:06.50	_____
6	Omar Khaled Khamis	19	A S E C	1:06.52	_____
7	Hady Mohamed Foad	18	MRAC	1:06.71	_____
8	Farouk Mohamed Farouk M	15	Gezira El Ward	1:06.83	_____
9	Omar Karem Mahmoud Abc	16	Elethad	1:07.05	_____
10	Yassin Khaled Shrif Moham	15	Bank Ahly Alex	1:07.14	_____

Heat 27 of 36 Finals

1	Yossef Ayman Said	16	GHABA	1:06.39	_____
2	Farouk Mohamed Moharam	16	DEGLA	1:06.30	_____
3	Ibrahim Bahaeldin Ibrahim	16	Olympic	1:06.21	_____
4	Omar Mohamedm Hamza C	19	BNK.G	1:06.13	_____
5	Yassen Hussein Mohammed	15	Zahraa Helwan	1:06.09	_____
6	Eyad Mohamed Ahmed	15	AHLY	1:06.12	_____
7	Zyad Mohamed Moawad	19	ZMALK	1:06.18	_____
8	Abdelrahman Adel Fawzy	17	SMOHA	1:06.23	_____
9	Yousif Wael Hamed Elsaid	20	SMOHA	1:06.39	_____
10	Omar Ahmed Mohamed Gal	16	RWAD	1:06.43	_____

Heat 28 of 36 Finals

1	Mohamed Ahmed Mohamec	17	RWAD	1:06.04	_____
2	Eyad Alaa El Kholy	17	DEGLA	1:05.96	_____
3	Adham Shady Medhat Esmæ	15	Gezira El Ward	1:05.80	_____
4	Malek Maged Mohamed	17	ZOHUR	1:05.69	_____
5	abd Elrhman Mosad Abosre	16	MAY15	1:05.60	_____
6	Abd Allah Ahmed Abd El A	16	MAADI	1:05.67	_____
7	Adham Ahmed Abdelaziz A	17	Stad Mansoura	1:05.76	_____
8	Omar Ayman Esmael Emam	16	6 OCT	1:05.89	_____
9	aly Eldin Ahmed Mohamed	17	ZMALK	1:06.03	_____
10	Yasein Hossam aly	17	ZMALK	1:06.09	_____

Heat 29 of 36 Finals

1	Adham Bahr Yihya Saad	15	Bank Ahly Alex	1:05.41	_____
2	Mazen Ashraf Mohamed Ab	19	Bank Ahly Alex	1:05.34	_____
3	Mostafa Ahmed Mostafa	16	TALBE	1:05.28	_____
4	Farouk Ahmed Mohamed A	15	Bank Ahly Alex	1:05.23	_____
5	AbdelRahman Ehab Elshim	17	Sporting	1:05.16	_____
6	Ahmed Hani Ezzat	16	SHOOT	1:05.16	_____
7	Adham Amr Ahmed ElShar	16	DEGLA	1:05.26	_____
8	Adham Elsayed Ali	17	DEGLA	1:05.32	_____
9	Loaay Motasem Alaaeldin	17	ZMALK	1:05.36	_____
10	Ahmed Yaser Mohamed	19	M.ARB	1:05.43	_____

Heat 30 of 36 Finals

1	Hazem Ahmed Hamdy	15	HADAK	1:05.11	_____
2	Omar Tamer Issa	16	RWAD	1:05.07	_____
3	Zian Mahmoud Fawzy	15	A S E C	1:05.06	_____
4	Mohamed Medhat Shalby	16	HELOP	1:04.73	_____
5	Ziad Emad Atya	17	DEGLA	1:04.23	_____
6	Mazen Karim Hassan	18	AHLY	1:04.71	_____
7	Mahmoud Mohamed Mahm	18	SHOOT	1:04.96	_____
8	Seif Elden Osama Darwesh	17	TANTA	1:05.06	_____
9	Mohamed Abdalla el Bosati	17	SHROK	1:05.09	_____
10	Yassien Tarek Mahmoud	15	Cairo	1:05.11	_____

Heat 31 of 36 Finals

1	Karim Yasser Mamdouh	18	SHOOT	1:04.12	_____
2	Yousef Hisham Mahmoud	15	ZMALK	1:03.84	_____
3	Ahmed Mohamed Ahmed A	17	DEGLA	1:03.74	_____
4	Mahmod Mahmod Yasen es	18	TANTA	1:03.61	_____
5	Yosef Hatem ali Ahmed	17	Al Hawar	1:03.56	_____
6	Kamal El Din Mokhtar	20	DEGLA	1:03.58	_____
7	Mohamed Ramy Mohamed	19	AHLY	1:03.73	_____
8	Amar Haitham Mohamed Sæ	17	SHAMS	1:03.78	_____
9	Adam Bahaeldein Salah	15	SMOHA	1:03.94	_____
10	Zein Hisham Hamdy	15	ZMALK	1:04.13	_____

Heat 32 of 36 Finals

1	Omar Tarek Abdel-Rahman	17	AHLY	1:03.16	_____
2	Mostafa Adel Mohamed Sar	18	SHOOT	1:03.00	_____
3	Yousif Mahmoud Mohamm	18	SHOOT	1:02.97	_____
4	Adam Mohamed Mahmoud	16	SHOOT	1:02.75	_____
5	A.Rahman Mohamed Salem	16	DEGLA	1:02.68	_____
6	Malek Waled Ibrahim Hussi	17	SMOHA	1:02.73	_____
7	abd Elrhman Mohamed Ahn	17	Elethad	1:02.83	_____
8	Khaled Hesham Ahmed	17	Elethad	1:02.98	_____
9	Yassin Amr Adel	16	AHLY	1:03.05	_____
10	Mohamed Ahmed Salem	20	GHABA	1:03.23	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 33 Finals (#7 Men 15 & Over 100 LC Meter Backstroke)

1	Mohamed Ibrahim Elkhdry	18	Elethead	1:02.28	_____
2	Hussin Mohamed Hussin	19	TALBE	1:01.96	_____
3	Mohamed Ahmed Mohamec	20	SMOHA	1:01.84	_____
4	Karim Adel Ahmed Bahgat	21	ZOHUR	1:01.69	_____
5	Abd El Rahman Hisham Fat	18	Sporting	1:01.05	_____
6	Karim Ahmed Naser Abdelr	18	SMOHA	1:01.32	_____
7	Kareem Hossam Ahmed Sal	16	SMOHA	1:01.73	_____
8	Yassin Hussein Nabil Husse	16	SHOOT	1:01.93	_____
9	Mohanad Sameheldin Elsay	16	Olympic	1:01.97	_____
10	Yassen Osama Yosef Ebrahe	16	SMOHA	1:02.35	_____

Heat 34 of 36 Finals

1	Omar Ahmed Mohamed Ibr	15	SMOHA	1:00.85	_____
2	Hamza Moahmed Mhmoud	17	SMOHA	1:00.82	_____
3	Omar Mohamed Tawfek	16	Al Hawar	1:00.65	_____
4	Anas Mohamed Saad	15	DEGLA	1:00.62	_____
5	Adam HossamEldin Mohar	17	SMOHA	1:00.41	_____
6	Saied Mohamed Abd Elgaw	21	Sporting	1:00.52	_____
7	Seif Sayed Mahmoud	18	HLWAN	1:00.63	_____
8	Yosif Ahmed Mohsen	17	NASR	1:00.68	_____
9	Zeiad Ahmed Abdelazim At	22	MAADI	1:00.85	_____
10	Aly Amr Ahmed Shaaban	22	Bank Ahly Alex	1:00.89	_____

Heat 35 of 36 Finals

1	Yassen Mohamed Abdelgwa	18	FAROS	1:00.29	_____
2	Moustafa Abdo Mohamed S	22	RWAD	1:00.22	_____
3	Mohamed Taha Abd El Raou	19	DEGLA	1:00.05	_____
4	Sherif Yaser Ali Meaabed	21	6 OCT	59.94	_____
5	Omar Ahmed Salah	18	AHLY	59.80	_____
6	Youssef Amr Sayed	18	DEGLA	59.91	_____
7	Yousif Ahmed Ragab Elshar	19	SMOHA	1:00.03	_____
8	Ahmed Adel Mohamed Mes	24	AHLY	1:00.07	_____
9	Yousif Mohamed Khalaf	23	SMOHA	1:00.26	_____
10	Mahmoud El Walid Abd El	18	MAADI	1:00.30	_____

Heat 36 of 36 Finals

1	Ahmed Hattem Ahmed	19	DEGLA	59.48	_____
2	Mohamed Walid Azouz	20	AHLY	59.23	_____
3	Abdel Rahman Mohamed A	22	AHLY	58.81	_____
4	Marwan Ali Mahmoud	16	DEGLA	58.42	_____
5	Abdel Rahman Amr Farag	17	SHOOT	56.76	_____
6	Mohamed Ahm. Aly Moh. I	20	GEZIR	57.75	_____
7	Islam Mohamed Nashaat	18	MAADI	58.54	_____
8	Waleid Mohamed Sobhy	21	ZMALK	59.17	_____
9	Eyad Mohsen Isamil ali	17	SHAMS	59.28	_____
10	Mohab El Din Fathy	23	Sporting	59.77	_____

Event 8 Women 15 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 36 Finals					
1	Lamar Ahmed Mohamed	17	Elethead	NT	_____
2	Mariam Adel Youssef Hassa	15	A S E C	NT	_____
3	Jana Ahmed El Sayed	15	DEGLA	NT	_____
4	Fagr Sherif Kamel	17	DEGLA	NT	_____
5	Jana Mohamed Mohsen Nas	16	Stad Mansoura	NT	_____
6	Shahira Ebrahim Aboelham	15	Y.M.C.A	NT	_____
7	Malak Mohamed Abbas Mo	19	MAADI	NT	_____
8	Jana Mohamed Aboelossad	16	TANTA	NT	_____
9	Jana Alla Mohamed	16	Minia Sport Clup	NT	_____
10	Habiba Shady Mohamed	16	DEGLA	NT	_____
Heat 2 of 36 Finals					
1	Masa Mostafa abd Elghany	16	TANTA	NT	_____
2	Jode Mohamad Yossef Moh	16	SMOHA	NT	_____
3	Nazly Karim EIDin Ahm. H	17	GEZIR	NT	_____
4	Arwa Faysal Al Sherif	16	AHLY	NT	_____
5	Habtalla Moustafa Fathey	15	Bitash	NT	_____
6	Goudy Abdelhalem Fathala	19	Bank Ahly Alex	NT	_____
7	Malak Ahmed Ibrahim Kanc	15	SHAMS	NT	_____
8	Farah Mohamed Moussa Kc	19	Olympic	NT	_____
9	Raghd Mohamed Elsaid Mo	19	SMOHA	NT	_____
10	Lama Tamer Mohamed Ahn	19	SMOHA	NT	_____
Heat 3 of 36 Finals					
1	Farah Ahmed	16	HELOP	NT	_____
2	Habiba Attia Youssef	16	SENZO	NT	_____
3	Malak Ahmed Ramadan	16	Qaroun	NT	_____
4	Ganna Safwat Salah	17	AHLY	NT	_____
5	Laila Mohamed Mahmoud	16	SHOOT	NT	_____
6	Lamees Amr Mhmoud Elsol	17	6 OCT	NT	_____
7	Shahd Yousry Mohamed Ha	19	Olympic	NT	_____
8	Mehrael Abdelmalak Fangar	15	DEGLA	NT	_____
9	Maya Kamal Mohamed Mh	18	SMOHA	NT	_____
10	Kinzi Husayn	15	Zahraa Helwan	NT	_____
Heat 4 of 36 Finals					
1	Asil Saied Ramdan	15	Wave	NT	_____
2	Goumana aly Abdelgafar	15	ZMALK	NT	_____
3	Mryiam Mena Samy	16	Elethead	NT	_____
4	Jihan Hassan Hamdy	15	Marina Sporting	NT	_____
5	Yara Sherif Mohamed	15	DEGLA	NT	_____
6	Nour Mohamed Rabie	15	HELOP	NT	_____
7	Hana Ali Zain Alabdeen	15	Police Club	NT	_____
8	Farida Sherif Ahmed Taha	17	SHOOT	NT	_____
9	Farah Amr Abdel Motaleib	21	SHOOT	NT	_____
10	Farida Moustafa Abd Elaziz	18	Sporting	NT	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 5 Finals (#8 Women 15 & Over 100 LC Meter Freestyle)

1	Zaina Ahmed Mohamed Mo	15	Olympic	NT	_____
2	Khadega Mohamed Ibrahim	15	DEGLA	NT	_____
3	Karma Mohamed Elwakiel	17	SMOHA	NT	_____
4	Laila Ossama	15	Sporting	NT	_____
5	Nourhan Sabri Ahmed	16	ROYAL	NT	_____
6	Salsabil Samer Abdalla Sha	19	Y.M.C.A	NT	_____
7	Haneen Tamer Ahmed	17	DEGLA	NT	_____
8	Farida Ahmed Fouad	18	DEGLA	NT	_____
9	Lojin Mohamed Moustafa	18	A S E C	NT	_____
10	Kenzy Hazem Moneeb	18	Cairo	NT	_____

Heat 6 of 36 Finals

1	Hala Ahmed Mohamed Hasl	15	Gezira El Ward	NT	_____
2	Ayla Mohamed Ali EL Med	16	HELOP	NT	_____
3	Salma Ahmed Ibrahim	15	Gezira El Ward	NT	_____
4	Nour Elshamy	16	Sporting	NT	_____
5	Kenzy Mowafy Mahmoud	15	SMOHA	NT	_____
6	Salma Osama Mohamed Da	18	TANTA	NT	_____
7	Joudy Mohamed Saied	16	ZOHUR	NT	_____
8	Malk Waled Shoukry	15	Bitash	NT	_____
9	Farida Ahmed Hussien	15	SMOHA	NT	_____
10	Mariam Mohamed Soliman	17	DEGLA	NT	_____

Heat 7 of 36 Finals

1	Salma Gamal Nabel Hetam	15	TANTA	NT	_____
2	Nada Mohamed Rabie	15	HELOP	NT	_____
3	Laila Mohamed Brekaa Taw	15	SHAMS	NT	_____
4	Hanin Mahomud Hasan	17	BNK.G	NT	_____
5	Merna Osama Ahmed	15	Elec	NT	_____
6	mai Mohamed Abdelmonem	15	MRAC	NT	_____
7	Hana Mohamed Rashad	15	HLWAN	NT	_____
8	Sama Atef Sayed	16	DEGLA	NT	_____
9	Doha Wael Saleh	17	DEGLA	NT	_____
10	Remas Amr El Said Badwy	15	Police Club	NT	_____

Heat 8 of 36 Finals

1	Logain Amir Mohamed Else	15	Elethad	NT	_____
2	Retaj Ahmed Mahmoud	15	SMOHA	NT	_____
3	Salma Mohamed Ezzat Moh	17	DEGLA	NT	_____
4	Farah Ahmed Sadelden Rag	18	6 OCT	NT	_____
5	Lamar Ayman Anwar Naga	15	Olympic	NT	_____
6	Khadiga Ahmed	15	Elethad	NT	_____
7	Nour Mohamed Hussien Al	15	A S E C	NT	_____
8	Habeba Mohamed Moussa H	19	Olympic	NT	_____
9	Rawan Gamal Hussein Han	15	MRAC	NT	_____
10	Gody Ayman Mohamed Fatl	16	MRAC	NT	_____

Heat 9 of 36 Finals

1	Maria Nader Sedeky	15	Ismaily	NT	_____
2	Shams Mohamed Mahmoud	15	Ellaban	NT	_____
3	Salma Abdel Hamid Mazrou	18	DEGLA	NT	_____
4	Nour Yasser Gamal	15	Elethad	NT	_____
5	Farah Tarek	18	AHLY	NT	_____
6	Jana Mohamed Elshishtawy	15	DEGLA	NT	_____
7	Lamar Maged Abdel Gawad	17	DEGLA	NT	_____
8	Marim Ali Mousalm Ahmed	17	Olympic	NT	_____
9	Myriam Hussein Mahmoud	15	Luxor Club	NT	_____
10	Retag Ahmed Saber	17	DEGLA	NT	_____

Heat 10 of 36 Finals

1	Farah Mohamed Fekre Most	16	SHRKS	NT	_____
2	Farah Waled Ibrahim	17	TALBE	NT	_____
3	Zeina Wael Abdel Aziz	15	SHOOT	NT	_____
4	Karma Ahmed Nabil	20	SHOOT	NT	_____
5	Rawan Ahmed AbdElwahab	19	SMOHA	NT	_____
6	Reem Ahmed Elsayed	17	Tlaea El Ostol	NT	_____
7	Aisha Ahmed AbdElmagid	18	Sporting	NT	_____
8	Areej Wael Ezzat	16	Qaroun	NT	_____
9	Hasnaa Ayman Ahmed Ali	18	SMOHA	NT	_____
10	Haya Hisham Abbas	15	ZOHUR	NT	_____

Heat 11 of 36 Finals

1	Jana amr Farok	16	BNK.G	NT	_____
2	Hana Hesham Saleh	19	DEGLA	NT	_____
3	Salma Ahmed Ibrahim Eid	15	HELDO	NT	_____
4	Dema Mohamed Mohamed	15	Olympic Champion	NT	_____
5	Henar amr el Sofy	16	TRSAN	1:38.18	_____
6	Malak Ashraf Abdo	15	EALAM	NT	_____
7	Khadega Kaled	16	HELOP	NT	_____
8	Goumana Mohamed Ibrahim	16	AHLY	NT	_____
9	Hala Mohamed Mohsen Na	16	Stad Mansoura	NT	_____
10	Kenzi Mohamed	16	A S E C	NT	_____

Heat 12 of 36 Finals

1	Lavinia Hany Samir	15	DEGLA	1:26.70	_____
2	Khadija Ahmed Adel	15	SHOOT	1:25.74	_____
3	Habiba Heseen Farouk	16	SHOBR	1:24.89	_____
4	Fatma Sameh Mohamed Elt	15	Olympic Champion	1:24.41	_____
5	Gana Mohamed abd el Shaf	16	SHOBR	1:23.82	_____
6	Mai Mohamed Abdallah	15	DEGLA	1:23.87	_____
7	Radwa Mohamed Fawzy	15	A S E C	1:24.88	_____
8	Jody Mohamed Ashour Zal	16	Elethad	1:25.58	_____
9	Anjolina Tamer eid	15	MRAC	1:26.58	_____
10	Retal Ahmed Mohamed	15	Police Club	1:30.10	_____

Heat 13 of 36 Finals

1	Nour El Hassan Ali Gad El l	16	DEGLA	1:23.60	_____
2	Alina George Boutros	16	Elethad	1:21.90	_____
3	Reem Ahmed Hassan Elhaw	15	TANTA	1:21.22	_____
4	Hanen Mohamed Hassan El	15	Elethad	1:20.58	_____
5	Alia Alaa-Eldeen Mohamed	15	ElGezira Youth	1:20.32	_____
6	Sireen Hatem Rashad	15	Police Club	1:20.58	_____
7	Habiba Mohamed Dyab	15	SHRKS	1:20.77	_____
8	Klara Alfred Sabr	19	ZMALK	1:21.77	_____
9	Ganna Hany Fouad	15	DEGLA	1:23.34	_____
10	Malak Mohamed	15	SHOBR	1:23.80	_____

Heat 14 of 36 Finals

1	Sara Hosam Adel	15	DEGLA	1:20.00	_____
2	Maya Mohamed abd el Shaf	16	SHOBR	1:19.14	_____
3	Kermina Saher Samir	16	DEGLA	1:19.02	_____
4	Maryem Ahmed Refaat	19	Olympic	1:18.32	_____
5	Ayten Karim Mohamed	15	DEGLA	1:17.68	_____
6	Malak Mohamed Talaat	15	SHRKS	1:17.69	_____
7	Zeina Mohamed El Saied	18	ENPPI	1:18.96	_____
8	Gomana Osama Mohamed	15	Y.M.C.A	1:19.02	_____
9	Dana Mohamed Selim Ahm	15	DEGLA	1:19.86	_____
10	Nouray Tarek Halim Mohan	15	DEGLA	1:20.17	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 15 Finals (#8 Women 15 & Over 100 LC Meter Freestyle)

1	Hala Mohamed Ahmed	15	DEGLA	1:17.45	_____
2	Alya Ahmed Elsaed Mahm	16	MRAC	1:16.93	_____
3	Farah Ashraf abd el Aziz	20	Olympic	1:16.67	_____
4	Nour Mohamed Abd El Had	19	Sporting	1:16.50	_____
5	Aseil Islam Mohammed	16	ENPPI	1:16.37	_____
6	Gamila Ahmed Mohamed E	15	MRAC	1:16.48	_____
7	Rinad Mohamed Abdel Han	15	SHOOT	1:16.57	_____
8	Shahira Abaza	15	Sporting	1:16.81	_____
9	Karma Ayman Badr	15	SHOOT	1:17.16	_____
10	Habiba Ayman Abbas Maar	16	Sporting	1:17.57	_____

Heat 16 of 36 Finals

1	Jannat Ibrahim Saleh Fargha	16	Elethead	1:16.25	_____
2	Nour Marwn Mazhar	17	HELOP	1:16.09	_____
3	Laila Ahmed EL Sadek	15	HELOP	1:15.70	_____
4	Malak Elsaed Mohamad Sal	18	SMOHA	1:15.44	_____
5	Farida Wael Hamdy	15	SMOHA	1:15.27	_____
6	Mayar Ahmed Fouad	16	ZMALK	1:15.31	_____
7	Jana Alaa Ibrahim Hussien	15	SMOHA	1:15.63	_____
8	Hanya Yasser Maoud	21	A S E C	1:15.86	_____
9	Ratag Khaled Mohamed	16	DEGLA	1:16.24	_____
10	Nada Tarek Ahmed	17	HLWAN	1:16.26	_____

Heat 17 of 36 Finals

1	Mariam Alaa Abd Elslam	15	SHOOT	1:15.19	_____
2	Dara Adham Adel	15	SHOOT	1:14.80	_____
3	Hania Mohamed Ibrahim	17	ENPPI	1:14.70	_____
4	Roaah Ahmed Darwish	17	DEGLA	1:14.60	_____
5	Gana Saif El Din Fekry	15	DEGLA	1:14.55	_____
6	Sama Ahmed Mahmoud	15	HLWAN	1:14.57	_____
7	Joudy Walid Atif	16	DEGLA	1:14.66	_____
8	Rodaina Mohamed Mohame	15	Gezira El Ward	1:14.77	_____
9	Dana Khaled Mohamed	15	DEGLA	1:15.16	_____
10	Dalia Ahmed Mohamed	16	DEGLA	1:15.21	_____

Heat 18 of 36 Finals

1	Nada Hassan Ahmed Hassar	18	Elethead	1:14.43	_____
2	Shrouk Wael Mohamed	15	EALAM	1:14.27	_____
3	Layan Tamer Ahmed Mohar	15	DEGLA	1:14.04	_____
4	Logy Aly Abbady	15	DEGLA	1:13.81	_____
5	Lana Tarek Ebrahim	17	TAGAM	1:13.73	_____
6	Habiba Wael Mohamed	16	Minia Sport Clup	1:13.81	_____
7	Salma Ahmed Mahmoud Al	16	HELOP	1:14.03	_____
8	Leila Ahmed Ebrahim Ali E	19	HELDO	1:14.24	_____
9	Nor Ahmed Ali Abdel Khale	15	SHOOT	1:14.41	_____
10	Maleka Ahmad Zakarya	15	HELOP	1:14.44	_____

Heat 19 of 36 Finals

1	Nadin Motaz Mohamed	16	MRAC	1:13.53	_____
2	Jana Waleed abd Elrazek Ga	17	DEGLA	1:13.03	_____
3	Saja Emad Mhamed	15	EALAM	1:12.87	_____
4	Goudy Mohamed Hamid Za	15	ZMALK	1:12.40	_____
5	Rawan Ahmed Mohamed	15	ENPPI	1:12.13	_____
6	Aliaa Ahmad Rapea Saleh	16	HELOP	1:12.19	_____
7	Razan Kalel Ebrahim	16	Bitash	1:12.43	_____
8	Jana Saber Ebrahim Mohan	15	6 OCT	1:13.03	_____
9	Dana Mahmoud Aref Tawfe	15	Olympic Champion	1:13.40	_____
10	Judy Sayed Ahmed	17	DEGLA	1:13.67	_____

Heat 20 of 36 Finals

1	Nouran Ahmed Fathy Ahme	15	Olympic	1:11.94	_____
2	Zeina Tamer Nagy	15	SHOOT	1:11.78	_____
3	Dima Adel Mohamed	17	SMOHA	1:11.66	_____
4	Malak Amr Salah	16	SENZO	1:11.35	_____
5	Hana Ahmed Mohamed	16	DEGLA	1:11.25	_____
6	Habiba Mohamed Kamal	15	Elethead	1:11.34	_____
7	Asil Esmail Ibrahim	15	Wave	1:11.53	_____
8	Fayrouz Wael Gamal Ibrahim	16	ElGezira Youth	1:11.76	_____
9	Nada Mohamed Abdel Mon	17	DEGLA	1:11.87	_____
10	Rokaia Amr Mohamed	15	DEGLA	1:12.09	_____

Heat 21 of 36 Finals

1	Laila Moustafa Moham	15	Palm Hills	1:11.00	_____
2	Yasamina Aslam Subhaa	19	Nasr City	1:10.94	_____
3	Salma Hesham	15	A S E C	1:10.80	_____
4	Lela Ahmed Hassan Hosny	16	HELOP	1:10.50	_____
5	Nadin Sameh Mohamed	17	ZMALK	1:10.37	_____
6	Taleen Monzer Mohamed A	16	MRAC	1:10.47	_____
7	Amina Ayman Farrag	15	DEGLA	1:10.72	_____
8	Rania Mohamed Ibrahim	17	ENPPI	1:10.87	_____
9	Renad Ahmed Hamdy	15	Elethead	1:10.95	_____
10	Nour Mohanad Salah	15	DEGLA	1:11.06	_____

Heat 22 of 36 Finals

1	Fareda Farouk Farouk	15	SHRKS	1:10.07	_____
2	Mariem Ayman Saeed	15	A S E C	1:10.00	_____
3	Aseel Ousama Abdelsalam	15	Damnhor Sport	1:09.64	_____
4	Donia Motaz Mohamed abd	17	MRAC	1:09.56	_____
5	Fatma Hisham Sarwt	21	Sporting	1:09.12	_____
6	Eman Tarik Mohamed Salla	18	SMOHA	1:09.45	_____
7	Sama Rafik Ibrahim Gaber	15	Elethead	1:09.61	_____
8	Laila Ahmed Elamrosy	17	MRAC	1:09.70	_____
9	Gody Hisham Mahmoud	15	Mshooting	1:10.03	_____
10	Rahf Ahmed Mohamed	15	AHLY	1:10.19	_____

Heat 23 of 36 Finals

1	Malak Ahmed Salah	15	RWAD	1:08.68	_____
2	Yossra Mostafa Kamel	17	Elethead	1:08.51	_____
3	Gana Wael Youssef Mahmoi	18	DEGLA	1:08.38	_____
4	Salma Mostafa Kamel Abou	16	Elethead	1:08.22	_____
5	Hoda Mohammed Said Adel	18	SHOOT	1:08.16	_____
6	Zina Ahmed Abdullh Mohar	16	ElGezira Youth	1:08.19	_____
7	Yasmen Ahmed Basim	18	Sporting	1:08.22	_____
8	Shaza Mohamed Said Husse	16	Elethead	1:08.41	_____
9	Farida amr Mohamed Farg	17	SHOOT	1:08.63	_____
10	Asmaa Nabil Fathi	15	SMOHA	1:08.83	_____

Heat 24 of 36 Finals

1	Nouran Amr Elsayed Abdelk	15	Olympic	1:08.08	_____
2	Hana Abdo Eid El Demerda	15	DEGLA	1:07.98	_____
3	Hana Tamer Ibrahim	16	Elethead	1:07.90	_____
4	Jana Mohamed Amr	15	ZOHUR	1:07.78	_____
5	Jana Ahmed akl	16	Sporting	1:07.50	_____
6	Rataj Amr Farouk Fathy	15	Police Club	1:07.70	_____
7	Hana Mohamed Youssef Mc	18	SMOHA	1:07.86	_____
8	Salma Sherif Yehia	15	SHOOT	1:07.97	_____
9	Shrin Ahmed Abdelkader	17	SHRKS	1:08.06	_____
10	Lara Essam Nabil	15	SMOHA	1:08.12	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 25 Finals (#8 Women 15 & Over 100 LC Meter Freestyle)

1	Rodaina Ayman Mohamed	17	AHLY	1:07.31	_____
2	Kholoud Abdelfatah Ali Abc	18	SMOHA	1:07.22	_____
3	Malak Amr	15	SHOOT	1:07.00	_____
4	Jomana Mahmud Hatem	15	Pegasus Club	1:06.96	_____
5	Kenzy Mohamed el Sebaey	18	Cairo	1:06.83	_____
6	Kenzy Magdy Mohamed Al	17	MAADI	1:06.87	_____
7	Salma Ehab Ahmed Hany	15	Bank Ahly Alex	1:06.99	_____
8	Malak Waled Essam Shaban	20	SMOHA	1:07.20	_____
9	Rawan Yahia	16	ZMALK	1:07.23	_____
10	Tasneem Mohamed Mahros	15	AHLY	1:07.36	_____

Heat 26 of 36 Finals

1	Haneen Yasser Mahmoud Sa	15	DEGLA	1:06.72	_____
2	Sama Karm Nasr Mohamed	17	SHAMS	1:06.68	_____
3	Hana Hisham Ahmed Ibrahi	15	ZMALK	1:06.57	_____
4	Farah Ayman Gaber	17	SMOHA	1:06.56	_____
5	Na'eela Wael Elagroudy	17	Sporting	1:06.35	_____
6	Haya Mohamed Mahmoud	17	AHLY	1:06.42	_____
7	Byrne Ibrahim Adel	16	Elethead	1:06.57	_____
8	Iman Ahmed Adel Elsaied	17	SMOHA	1:06.67	_____
9	Rana Raeid El Shazly	17	Canal Suez Port	1:06.71	_____
10	Hanin Mohamed AL Said	15	RWAD	1:06.73	_____

Heat 27 of 36 Finals

1	Mariam Ebrahim Mohamed	16	HELOP	1:06.29	_____
2	Mariam Yasser Mohamed Sl	17	AHLY	1:05.93	_____
3	Aida Mohamed Saad Selim	17	MAADI	1:05.86	_____
4	Tala Tarekf el Kafrawe	18	HELOP	1:05.63	_____
5	Farah Hatem Ngaty Moham	16	HELOP	1:05.42	_____
6	Jana Hesham Mohsen	15	SMOHA	1:05.51	_____
7	Menatalla Morsy	17	SMOHA	1:05.77	_____
8	Farida Mohamed Ahmed El	18	SHOOT	1:05.92	_____
9	Nour Elsabah Ahmed Amer	18	AHLY	1:06.10	_____
10	Zeina Eslam Fayez	15	SHOOT	1:06.32	_____

Heat 28 of 36 Finals

1	Joudy Moahmed Khedr	17	SMOHA	1:05.39	_____
2	Aram Hesham Raafat Mahn	15	6 OCT	1:05.25	_____
3	Mariam Hatem Anwar EL S	17	SHOOT	1:05.05	_____
4	Diala Mohamed Amin Ali	15	ZOHUR	1:04.90	_____
5	Retaj Nour El-Deen Farouk	15	SHROK	1:04.86	_____
6	Zena Ahmed Moustafa	15	HELOP	1:04.89	_____
7	Mennatallah Hatem Ibrahim	17	A S E C	1:04.91	_____
8	Kenzy Wael Foud Ramadan	16	SMOHA	1:05.25	_____
9	Farida Waleed Fathy	15	SHOOT	1:05.36	_____
10	Haya HossamEldin Kndel	19	SMOHA	1:05.41	_____

Heat 29 of 36 Finals

1	Goudy Mohamed Fahim	16	AHLY	1:04.85	_____
2	Gana Mohamed Said	17	ZMALK	1:04.71	_____
3	Nour Amgad Ali Fahmy	17	SHAMS	1:04.61	_____
4	Retaj Mohamed Elsayed An	18	SMOHA	1:04.54	_____
5	Bassant Mohamed Mahros	18	AHLY	1:04.36	_____
6	Gamila usama Basyouni	15	TRSAN	1:04.38	_____
7	Zeina Ahmed Mostafa	17	SHOOT	1:04.60	_____
8	Fareda Mohamed Farouk	17	DEGLA	1:04.70	_____
9	Habiba Mohamed Abd el N	16	DEGLA	1:04.84	_____
10	Sandra Medhat Mohamed	19	AHLY	1:04.85	_____

Heat 30 of 36 Finals

1	Fareeda Mohamed Abd El M	15	SHOOT	1:04.24	_____
2	Nour Shref Osama	16	HELOP	1:04.11	_____
3	Salma Ahmed Abd el Wahaf	15	DEGLA	1:04.07	_____
4	Nour Mohamed Ibrahim Ali	19	SMOHA	1:04.01	_____
5	Rawan Mohamed Saleh Mo	16	SHAMS	1:03.95	_____
6	Toka Ayman Ebrahim Eldsc	16	SMOHA	1:03.98	_____
7	Jana Khalid	20	Sporting	1:04.02	_____
8	Zena Mahmoud Mohamed M	19	GHABA	1:04.08	_____
9	Loujain Ibrahim Ibrahim	18	AHLY	1:04.22	_____
10	Nour Mohamad Ramzy	15	Swim Home	1:04.27	_____

Heat 31 of 36 Finals

1	Nour Mohamed Elsoda	16	MAADI	1:03.90	_____
2	Malak Islam Mohamed	19	AHLY	1:03.72	_____
3	Jasmine Waleed Ibrahim	15	SMOHA	1:03.53	_____
4	Wafaa Ahmed Saad EIDin	16	DEGLA	1:03.39	_____
5	Ayten Ousama Abdelsalam	15	Damnhor Sport	1:03.33	_____
6	Salma Mohamed Hamdy	16	Gezira El Ward	1:03.38	_____
7	Mayar Ashraf al Sayed	15	M.S Tagamoa	1:03.53	_____
8	Lojain Alaa Eldein Arafa	15	SMOHA	1:03.65	_____
9	Noor Marwan Moh. Aly Zev	18	GEZIR	1:03.84	_____
10	Halla Wael Mohamed	15	DEGLA	1:03.90	_____

Heat 32 of 36 Finals

1	Laila Mohamed Hitham	17	SHOOT	1:03.24	_____
2	Nour Mohamad Hassan Mol	16	SMOHA	1:03.21	_____
3	Aisha Yasser Amin	15	AHLY	1:03.00	_____
4	Khadeja Housen EL Dahan	15	HELOP	1:02.96	_____
5	Zina Ahmed Medhat	16	AHLY	1:02.58	_____
6	Hana Tarek Yehia	17	AHLY	1:02.71	_____
7	Marem Ahmad Abdelgafar /	16	SMOHA	1:02.99	_____
8	Habiba Mohamad Saeed Sh	16	SMOHA	1:03.09	_____
9	Hana Hisham Mohamed Yo	19	SMOHA	1:03.22	_____
10	Farida Nasser Mohamed El-	16	SHOOT	1:03.29	_____

Heat 33 of 36 Finals

1	Khadega abd el Azez Glal	17	HELOP	1:02.52	_____
2	Jolin Hany Gamal	18	Sporting	1:02.38	_____
3	Noran Mohamed Emad Fah	15	MAADI	1:02.33	_____
4	Malak Mokhtar Mohamed	18	DEGLA	1:02.26	_____
5	Malak Mohamed Nagy	17	Sporting	1:02.23	_____
6	Hana Walid Atallah	15	HADAK	1:02.23	_____
7	Basant Hesham Hussin	15	DEGLA	1:02.26	_____
8	Maya Abdelaziz Zakaria	16	AHLY	1:02.34	_____
9	Rahma Emad Farouk	15	El Temsah	1:02.48	_____
10	Hana Waled Hasan	19	SHROK	1:02.58	_____

Heat 34 of 36 Finals

1	Nazly Mohamed Elokda	16	SHOOT	1:02.11	_____
2	Sara Mahmoud El Gendy	18	DEGLA	1:01.90	_____
3	Karma aly Elsheraee	18	HELOP	1:01.82	_____
4	Ingy Bassem Bahaa Eldin	16	AHLY	1:01.79	_____
5	Malak Ahmed Anes Mahmo	17	Al Hawar	1:01.44	_____
6	Anod Amr Abd El Aziz	18	DEGLA	1:01.65	_____
7	Rokan Tamer Ismail	16	SHOOT	1:01.79	_____
8	Maya Ahmed Ragheb	17	Sporting	1:01.83	_____
9	Nada Ahmed El Said Elbasy	17	SHOOT	1:02.11	_____
10	Salma Alaa Mahdy	21	AHLY	1:02.16	_____

Egypt Swimming Cup 2023-2024 - 4/19/2024 to 4/25/2024

Meet Program - 20-04-2024 Mor

Heat 35 Finals (#8 Women 15 & Over 100 LC Meter Freestyle)

1	Joudy Raafat Abdelhamid S	15	Pegasus Club	1:01.14	_____
2	Hameis Essam Al Kholy	16	SHOOT	1:01.03	_____
3	Lara Ahmed Elwan	16	AHLY	1:00.98	_____
4	Hala Amr	16	AHLY	1:00.71	_____
5	Goumana Tarek Yehia	19	AHLY	1:00.36	_____
6	Gihan Ahmed Abd El Azim	20	MAADI	1:00.60	_____
7	Malak Ahmed Helmy	19	AHLY	1:00.91	_____
8	Kenzy Ibrahim Ibrahim	20	AHLY	1:00.99	_____
9	Salma Ahmed Elsaid	16	Gezira El Ward	1:01.11	_____
10	Shahd Ahmed Abd Elbaky	20	Sporting	1:01.43	_____

Heat 36 of 36 Finals

1	Jana Mohamed Abdel Fatah	20	SHOOT	1:00.08	_____
2	Farida Amr Mohamed Abd l	19	SHOOT	59.69	_____
3	Lougein amr Khaleil Ibrahim	17	ZMALK	59.26	_____
4	Farida Ayman Samra	20	SHOOT	58.05	_____
5	Nadine Mohamed Amin	18	AHLY	57.27	_____
6	Loujin Abd Alla Slah Zkey	20	SHOOT	58.01	_____
7	Malak Mohamed Abd El Ga	20	Bank Ahly Alex	59.21	_____
8	Kanzy Hesham Rashad	21	SHOOT	59.63	_____
9	Loujain Youssef Ahmed	21	AHLY	59.70	_____
10	Lela Ahmed Kamal	19	GHABA	1:00.14	_____