

National Masters Cup 2019 - 2/28/2019 to 3/1/2019

Meet Program - 28-02-2019 Evening

Event 1 Men 20 & Over 100 LC Meter Freestyle

20-24 Nation:	NT		
25-29 Nation:	52.85	2018	Adham Ali Mohamed
30-34 Nation:	56.46	2017	Ahmed Abdel Rehim
35-39 Nation:	58.52	2012	Omar El Hamawy
40-44 Nation:	59.48	2017	Mohamed Mostafa
45-49 Nation:	1:00.95	2007	Amr Abd El Fattah Hassan
50-54 Nation:	1:00.04	2010	Amr Abd El Fattah Hassan
55-59 Nation:	1:00.76	2017	Amr Abd El Fattah Hassan
60-64 Nation:	1:07.99	12/6/2018	Montaser Mohamed Awad
65-69 Nation:	1:09.61	2005	Ahmed Gawad Hamada

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1	Yousf Ashraf Nassar	20	WARD	NT
2	Abdalla Mohamed Taher	22	WARD	NT
3	Omar Ahmed Eid	23	HELDO	NT
4	Taher Mohamed Taher	24	WARD	NT
5	Mohamed Ahmed Shendy	25	AHLY	NT
6	Mahmoud Mohamed Fatthy	25	GEZIR	NT
7	Zeyad Mohmed Khalad	24	ZOHOR	NT
8	Omar Ashraf Ahmed Al Said	22	WARD	NT
9	Ahmed Mahmoud Khalil	21	SHOOT	NT

Heat 2 of 11 Finals

1	Sherif Sami Ahmed	27	ZOHOR	NT
2	Sherif Abd Elazim Elbalal	27	ZOHOR	NT
3	Mohamed Ebrahim Al Bakal	29	SHOOT	NT
4	Adham Ali Mohamed	29	HELOP	NT
5	Ahmad Adel Elsayed Shalab	32	SHOOT	NT
6	Abdel Hakeim Essam Farag	29	HELOP	NT
7	Karim Mohamed Lotfy	29	AHLY	NT
8	Omar Hesham Farouk	28	ALEX	NT
9	Omar Ahmed Saad	27	HELOP	NT
10	Marwan Gamal Mahmoud T	27	SHOOT	NT

Heat 3 of 11 Finals

1	Mostafa Ahmed Al Gabry	33	SHOOT	NT
2	Hassan Aly Al Kordy	33	GEZIR	NT
3	Khaled Mahmoud Tawacoul	34	SHOOT	NT
4	Ahmed Emad Mohamed Ne	35	HELOP	NT
5	Mahmoud Abdel Rahman A	36	WARD	NT
6	Sherif Adel Ramses	35	ZOHOR	NT
7	Abdelrahman Mohamad Za	34	SHOOT	NT
8	Basem Ashraf el Rfaae	34	HELOP	NT
9	Mahmoud Ibrahim Mahmo	33	WARD	NT
10	Islam Hany Ahmed	33	SHAMS	NT

Heat 4 of 11 Finals

1	Mohamed Ahmed Ezzat	38	SHOOT	NT
2	Waled Ahmed Fouad	38	SHOOT	NT
3	Mohamed Ahmed Ibrahim	39	NCITY	NT
4	Ahmed Khatab	40	ALEX	NT
5	Ahmed Ali Youseif	41	ALEX	NT
6	Ali Mohamed Ali Salman	40	GEZIR	NT
7	Mohamed Hany	40	SHOOT	NT
8	Mohamed Safy El Din Hafez	39	GEZIR	NT
9	Mohamed Ahmed Gamal El	38	AHLY	NT
10	Karim Saad El Din Ibrahim	38	WARD	NT

Heat 5 of 11 Finals

1	Hady Ahmad Hassan	42	SHOOT	NT
2	amr Mohamed el Saghir	43	NCITY	NT
3	Emad El Din Yosef Mostafa	44	SHOOT	NT
4	Taeimour Ahmed Seifalla Gl	46	GEZIR	NT
5	Ayman Mohamad Saed Elkv	47	SHOOT	NT
6	Ahmed Mohamed Samy Abc	46	SHOOT	NT
7	Osama Hassanein Ibrahim	45	SHOOT	NT
8	Ahmed Mohamed Nagieb	44	NCITY	NT
9	Mohamed Sabry Al Hakim	42	GEZIR	NT
10	Kamal Fouad Hanafy Abdel	41	SMOHA	NT

Heat 6 of 11 Finals

1	Tarek Hassan Bakry	48	HELOP	NT
2	Mohamed Ahmed Esaad	48	AHLY	NT
3	Hesham Hany Abdel Haleim	49	SUEZ	NT
4	Ahmed Adel Talaat Noaama	50	SHOOT	NT
5	Aleksandr Ghrekhon Aleksa	52	SHOOT	NT
6	Hisham Samy Abdel Khaleil	52	SHOOT	NT
7	Amr Mohamed Samy Abdel	50	SHOOT	NT
8	Khaled Salah El Din Moham	48	SHOOT	NT
9	Karim Assem Moh. Abou El	48	GEZIR	NT
10	Ahmed Ali Mohamed Youse	47	TANTA	NT

Heat 7 of 11 Finals

1	Ayman Abou El Nasr	53	ZOHOR	NT
2	Yaser Farouk Yousef	55	SHOOT	NT
3	Mohssein Fatthy Abou El W.	57	ALEX	NT
4	Mohamed Zaki Mehana Has	57	GEZIR	NT
5	Ashraf Al Sayed Younes	58	HELOP	NT
6	Khaled Ramdan	57	HELOP	NT
7	Ashraf Abdel Monaeim Moh	57	SUEZ	NT
8	Hamdy Yossef Abbas Ragab	55	SHOOT	NT
9	Sherif Salah El Din Mahmou	53	NCITY	NT
10	Mohamed Al Azab	53	ALEX	NT

Heat 8 of 11 Finals

1	Ahmed Mohamed Ibrahim	59	SHOOT	NT
2	Mohy Ali Moh. Gamal Awaai	60	GEZIR	NT
3	Taher Mohamdy Moh. Solen	61	GEZIR	NT
4	Mohamed Sedky Nour El Di	63	HELOP	NT
5	Amr Mansour	64	ALEX	NT
6	Mohamed Houssein Warda	63	ALEX	NT
7	Ragaa Ahmed Taha Maarou	62	SHOOT	NT
8	Nabil Abdel Hamed Ibrahim	60	MAADI	NT
9	Hassan Abdel Aziz Hassan	59	WARD	NT
10	Tarik Mohamed Abaza	58	AHLY	NT

Heat 9 of 11 Finals

1	Mohamed Abdelfatah Moha	66	SHOOT	NT
2	Hany Kamal Nasar	67	HELOP	NT
3	Moneir Hossein Eisa Abdel	67	SHOOT	NT
4	Mohamed Mahmoud Abas	69	SHOOT	NT
5	Taher Khaled Mohamed Abc	69	SHOOT	NT
6	Ibrahim Ahmed Zaki	69	HELOP	NT
7	Maged Mahmoud Kamel Fai	69	SHAMS	NT
8	Moataaz Mohamed Talaat	67	HELOP	NT
9	Yahya Gamal Eddin Aly Elba	66	SHOOT	NT
10	Montaser Mohamed Awad	65	AHLY	NT

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Heat 10 Finals (#1 Men 20 & Over 100 LC Meter Freestyle)

1	Karam Mohamed Habieb	72	HELOP	NT
2	Khaled Ahmed Elayaat	72	GEZIR	NT
3	Tarik Ahmed Mongy Geiasa	73	GEZIR	NT
4	Yousef Anwar Ahmed Wahs	75	GEZIR	NT
5	Ahmed Mohamed Abdel Ba	77	GEZIR	NT
6	Mosaad Hassan Shehab	76	SHOOT	NT
7	Mohamed Abdel Fattah Al S	74	ALEX	NT
8	Kamal Metwally Mandour	72	SUEZ	NT
9	Khameis Ibrahim Al Adawy	72	ALEX	NT
10	Hatem Omar Sedk	71	SHOOT	NT

Heat 11 of 11 Finals

1	Ehab Mohamed Abdel Hafei	79	HELOP	NT
2	Baheig Boshra Meikhaeil	79	HELOP	NT
3	Mohamed Fadel Waheba	80	GEZIR	NT
4	Al Sayed Mohamed Ahmed	87	SHOOT	NT
5	Ahmed Mostafa	88	SHOOT	NT
6	Essam Abdel Aziz Naser	88	GEZIR	NT
7	Mahmoud Fahmy Souliman	82	GEZIR	NT
8	Ahmed Gawad Hamada	80	ALEX	NT
9	Mohamed Salah El Din Mori	79	SHOOT	NT
10	Housam Zaki Fahmy	78	GEZIR	NT

Event 2 Women 20 & Over 100 LC Meter Freestyle

25-29 Nation:	59.09	12/6/2018	Amina Magdy Mostafa
30-34 Nation:	1:07.27	12/6/2018	Hebatalla Yehia Abdel Rahman
35-39 Nation:	1:13.58	2005	Sherwitte Wafa Hafez
40-44 Nation:	1:09.70	2007	Sherwitte Wafa Hafez
45-49 Nation:	1:11.75	2013	Sherwitte Wafa Hafez
50-54 Nation:	1:21.42	2018	Sherwitte Wafa Hafez
55-59 Nation:	1:24.42	2005	Soheir El Attar Ahmed
60-64 Nation:	1:32.22	12/6/2018	Gehan Ismaeil Ahmed Metwally
65-69 Nation:	1:32.21	2016	Soheir El Attar Ahmed
70-74 Nation:	1:48.05	2014	Nagwa Ghorab

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

2	Fareda Ahmed Eid	22	HELDO	NT
3	Nada Magdy Mohamed Abd	27	AHLY	NT
4	Soher Abdelmonem Moham	29	SHOOT	NT
5	Marwa Mohamed Abdelaaty	35	NCITY	NT
6	Hebatollah Yahya Abdelrah	33	SHOOT	NT
7	Sara Hasheim Mohamed Ab	28	SHOOT	NT
8	Salwa Gorge Riaie	26	ZOHOR	NT

Heat 2 of 4 Finals

1	Ghada Salah Omar	36	AHLY	NT
2	Yassmin Hamdy Emam	39	ALEX	NT
3	Maha Ali Mohamed Al Magh	41	SHAMS	NT
4	Mona Mahmoud Rzk	43	GEZIR	NT
5	Ghada Farouk Yousef	50	SHOOT	NT
6	Soah Mohamed Lotfy Shahe	48	ALEX	NT
7	Nevein Mahmoud Ali	42	SHOOT	NT
8	Eman Ahm. Ateef Abd Elbak	40	GEZIR	NT
9	Walaa Mohamed Al Gouhar	38	SHOOT	NT
10	Sherok Sherif Al Shenawy	35	MAADI	NT

Heat 3 of 4 Finals

1	Sherwet Wafaa Moh. Hafez	52	GEZIR	NT
2	Elham Ali Mohamed Ibrahim	54	WARD	NT
3	Caroul Mary Reineh Gan Za	56	GEZIR	NT
4	Gaclen Mary Reneh Gan Zak	58	GEZIR	NT
5	Mona Abdel Halim Abou Ali	59	ALEX	NT
6	Maha Mahmoud Al Hkouly	58	HELOP	NT
7	Angred Wezman	56	GEZIR	NT
8	May Mohamed Ossman Nei	55	SHOOT	NT
9	Hala Ghazy	52	AHLY	NT
10	Eman Hazem Abou Seteit	51	HELOP	NT

Heat 4 of 4 Finals

1	Sahar Mohamed Al Taeiby	63	HELOP	NT
2	Mona Kamel Yousef	65	HELOP	NT
3	Fareida Abdel Aziz Gemeia	71	HELOP	NT
4	Sameha Kamal Seif El Nasr	76	HELOP	NT
5	Nabela Ahmed Sayed Ahme	82	GEZIR	NT
6	Nagwa Yousef Gharab	76	HELOP	NT
7	Enas Al Atar Aneer Al Atar	72	GEZIR	NT
8	Souher Al Atar Anwar Al At	70	GEZIR	NT
9	Hoda Salah El Din Mortada	65	HELOP	NT
10	Gehan Ismaeil Ahmed Metw	62	SHOOT	NT

Event 3 Men 20 & Over 50 LC Meter Backstroke

20-24 Nation:	NT		
25-29 Nation:	28.60	2017	Mohamed Hesham Mohamed
30-34 Nation:	28.76	2017	Islam Refaie
35-39 Nation:	30.69	2017	Mohamed Ali Al Medany
40-44 Nation:	31.07	12/7/2018	Haytham Hazeim
45-49 Nation:	31.15	2012	Amin Ahmed
50-54 Nation:	32.52	2016	Amin Ahmed Amin Amer
55-59 Nation:	33.68	2003	Ghareb Atia Ahmed
60-64 Nation:	34.77	2011	Ghareb Atia Ahmed
65-69 Nation:	36.37	2017	Ghareb Atia Ahmed

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

4	Omar Ahmed Eid	23	HELDO	NT
5	Taher Mohamed Taher	24	WARD	NT
6	Amen Saady Kamel	23	SHOOT	NT
7	Youssef Ahmed Shendy	22	AHLY	NT

Heat 2 of 9 Finals

1	Mahmoud Mohamed Fathy	25	GEZIR	NT
2	Loway Al Sabahy	26	AHLY	NT
3	Omar Hesham Farouk	28	ALEX	NT
4	Amr Mahmoud Rezk	28	ZOHOR	NT
5	Eslam Ahmad Mohamad Yo	31	SHOOT	NT
6	Ahmed Ibrahim Abdel Fatta	29	SHOOT	NT
7	Karim Ebrahim Abdelfattah	28	SHOOT	NT
8	Sherif Sami Ahmed	27	ZOHOR	NT
9	Mostafa Bahaa	26	AHLY	NT
10	Mohamed Nour Ibrahim	24	AHLY	NT

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Heat 3 Finals (#3 Men 20 & Over 50 LC Meter Backstroke)

1	Islam Tarek Elnahas	32	ZOHOR	NT
2	Mohamed Abdelhady Shom	33	WARD	NT
3	Saied Abd El Kerem Saied	33	ZOHOR	NT
4	Ibrahim Ahmed Ibrahim	35	NCITY	NT
5	Ramy Mohamed Wafa Moha	36	WARD	NT
6	Khaled Mahmoud Elsayed F	36	SHOOT	NT
7	Mahmoud Mohamed Refaat	34	SHAMS	NT
8	Ahmed Hafeiz Sharaf El Din	33	ZOHOR	NT
9	Youseif Hesham Goumaa	32	HELOP	NT
10	Mostafa Hisham	31	HELOP	NT

Heat 4 of 9 Finals

1	Sherif Karam Ahmed Ossma	37	ZOHOR	NT
2	Adnan Hesham Omar	39	SHOOT	NT
3	Ahmed Khatab	40	ALEX	NT
4	Hady Ahmad Hassan	42	SHOOT	NT
5	Ibrahim Ahmed Hafeiz	43	HELOP	NT
6	Mohamed Sabry Al Hakim	42	GEZIR	NT
7	Haytham Hazeim	41	ALEX	NT
8	Karim Yosry Mahmoud Alla	40	SHOOT	NT
9	Mahmoud Hossein Mahmou	38	NCITY	NT
10	Amr Ezz El Din Al Hamzawy	37	ZOHOR	NT

Heat 5 of 9 Finals

1	Emad El Din Yosef Mostafa	44	SHOOT	NT
2	Hany Farouk Mostafa Abdel	45	TANTA	NT
3	Hassan Mohamed Ebeid	46	SHOOT	NT
4	Tarek Hassan Bakry	48	HELOP	NT
5	Hisham Samy Abdel Khaleil	52	SHOOT	NT
6	Ahmed Adel Talaat Noaama	50	SHOOT	NT
7	Ahmed Ali Mohamed Youse	47	TANTA	NT
8	Ahmed Mohamed Samy Abc	46	SHOOT	NT
9	Tamer Zeinhoum	45	AHLY	NT
10	Mahmoud Taha Mahmoud S	44	WARD	NT

Heat 6 of 9 Finals

1	Hany Aziz Sedky	56	SHOOT	NT
2	Mahmoud Mahmoud Al Ash	57	SHOOT	NT
3	Tarik Ahmed Abdel Azzim	59	HELOP	NT
4	Yaser Ahmed Al Maghraby	62	HELOP	NT
5	Mohamed Sherif Amin Samy	63	MAADI	NT
6	Mohamed Sedky Nour El Di	63	HELOP	NT
7	Mohamed Hesham Al Khesl	59	SMOHA	NT
8	Ashraf Al Sayed Younes	58	HELOP	NT
9	Mohssein Fatthy Abou El W.	57	ALEX	NT
10	Mohamed Al Azab	53	ALEX	NT

Heat 7 of 9 Finals

1	Adel Boutrous Zaghlol	66	HELOP	NT
2	Montaser Mohamad Elkatby	67	SHOOT	NT
3	Adel Yakout Mohamed	67	SMOHA	NT
4	Mohssein Abdel Kawy Al Hc	68	AHLY	NT
5	Mohamed Mahmoud Abas	69	SHOOT	NT
6	Mohamed Ali Hegazy	68	HELOP	NT
7	Moneir Hossein Eisa Abdel	67	SHOOT	NT
8	Moaataz Mohamed Talaat	67	HELOP	NT
9	Ali Selim Al Halaby	66	HELOP	NT
10	Montaser Mohamed Awad	65	AHLY	NT

Heat 8 of 9 Finals

1	Ahmed Abdel Lattef Al Gaza	72	GEZIR	NT
2	Hassan Khameis Al Toumy	73	ALEX	NT
3	Mosaad Hassan Shehab	76	SHOOT	NT
4	Ahmed Mohamed Abdel Ba:	77	GEZIR	NT
5	Mohamed Salah El Din Mort	79	SHOOT	NT
6	Mohamed Samy Al Sarky	77	GEZIR	NT
7	Salah El Din Mostafa Al Sab:	77	SHOOT	NT
8	Tarik Ahmed Mongy Geiasa	73	GEZIR	NT
9	Khaled Ahmed Elayaat	72	GEZIR	NT
10	Hatem Omar Sedk	71	SHOOT	NT

Heat 9 of 9 Finals

1	Ahmed Gawad Hamada	80	ALEX	NT
2	Mahmoud Fahmy Souliman	82	GEZIR	NT
3	Ahmed Fouad Kamal Ahme:	86	GEZIR	NT
4	Al Sayed Mohamed Ahmed	87	SHOOT	NT
5	Essam Abdel Aziz Naser	88	GEZIR	NT
6	Fawzy Zaki	88	ALEX	NT
7	Mahfouz Gerges Ghabreial	86	AHLY	NT
8	Ali Kamel Ali Kamel	82	AHLY	NT
9	Mohamed Fadel Waheba	80	GEZIR	NT
10	Baheig Boshra Meikhaeil	79	HELOP	NT

Event 4 Women 20 & Over 50 LC Meter Backstroke

20-24 Nation:	35.42	12/7/2018	Nour Hany Abou El Azzm
25-29 Nation:	32.46	2018	May Attef
30-34 Nation:	36.47	12/7/2018	Hebatalla Yehia Abdel Rahman
35-39 Nation:	39.29	2005	Sherwitte Wafa Hafez
40-44 Nation:	39.27	2014	Ranya Samy Mohamed
45-49 Nation:	38.65	12/7/2018	Rania Samy Mohamed
50-54 Nation:	43.17	12/7/2018	Sherien Ali Sery
55-59 Nation:	44.59	2008	Soheir El Attar Ahmed
60-64 Nation:	44.05	2009	Soheir El Attar Ahmed
65-69 Nation:	46.98	2014	Soheir El Attar Ahmed

Lane Name Age Team Seed Time**Heat 1 of 5 Finals**

4	Farah Esam Esmail Othman	20	WARD	NT
5	Mai Attef Abd El Fattah	28	AHLY	NT
6	Fareda Ahmed Eid	22	HELDO	NT

Heat 2 of 5 Finals

1	Eman Mohamed Samy	32	AHLY	NT
2	Hebatollah Yahya Abdelrah:	33	SHOOT	NT
3	Ghada Salah Omar	36	AHLY	NT
4	Hanaa Ahmed Khasheba	38	ZOHOR	NT
5	Eman Ahm. Ateef Abd Elbak	40	GEZIR	NT
6	Yassmin Hamdy Emam	39	ALEX	NT
7	Walaa Mohamed Al Gouhar:	38	SHOOT	NT
8	Sherok Sherif Al Shenawy	35	MAADI	NT
9	Sara Adel Mahros Mahmouc	33	SHOOT	NT
10	Soher Abdelmonem Moham:	29	SHOOT	NT

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Heat 3 Finals (#4 Women 20 & Over 50 LC Meter Backstroke)

1	Nevein Mahmoud Ali	42	SHOOT	NT
2	Ghada Farouk Yousef	50	SHOOT	NT
3	Sherien Ali Sery	53	HELOP	NT
4	Manal Fawzi Gadalla	54	HELOP	NT
5	May Mohamed Ossman Nei	55	SHOOT	NT
6	Elham Ali Mohamed Ibrahim	54	WARD	NT
7	Hanan Hamdy Abdelrahem	53	SHOOT	NT
8	Sherwet Wafaa Moh. Hafez	52	GEZIR	NT
9	Salam Taha Houssein	48	SHOOT	NT
10	Maha Ali Mohamed Al Magh	41	SHAMS	NT

Heat 4 of 5 Finals

1	Gaclen Mary Reneh Gan Zak	58	GEZIR	NT
2	Mona Abdel Halim Abou Ali	59	ALEX	NT
3	Nazla Faeidalla	59	AHLY	NT
4	Neven Mohamed Khlel	63	GEZIR	NT
5	Hoda Salah El Din Mortada	65	HELOP	NT
6	Gelan Akl Fawzy	64	HELOP	NT
7	Gehan Ismaeil Ahmed Metw	62	SHOOT	NT
8	Maha Maher Taha Ali	59	SHOOT	NT
9	Neven Ramez Al Nagar	59	HELOP	NT
10	Maha Mahmoud Al Hkouly	58	HELOP	NT

Heat 5 of 5 Finals

1	Souher Al Atar Anwar Al At	70	GEZIR	NT
2	Enas Al Atar Aneer Al Atar	72	GEZIR	NT
3	Madeha Mohamed Sherif	76	HELOP	NT
4	Sameha Kamal Seif El Nasr	76	HELOP	NT
5	Nabela Ahmed Sayed Ahme	82	GEZIR	NT
6	Nageya Salah El Din Zolfaka	76	GEZIR	NT
7	Nagwa Yousef Gharab	76	HELOP	NT
8	Omayma Hamed Abou El Kl	76	AHLY	NT
9	Fareida Abdel Aziz Gemeia	71	HELOP	NT
10	Sahar Mansour	68	AHLY	NT

Event 7 Men 20 & Over 100 LC Meter Breaststroke

25-29 Nation:	1:04.80	2014	Ahmed Kamal
30-34 Nation:	1:05.72	2018	Ahmed Kamal Hafeiz
35-39 Nation:	1:10.61	2017	Ayman Khatat
40-44 Nation:	1:21.80	2018	Ahmed Ali Yousef
45-49 Nation:	1:24.57	2007	Khaled Nasr El Din
50-54 Nation:	1:24.86	2010	Abdel Aziz Hashim
55-59 Nation:	1:25.00	2012	Abdel Aziz Hashim
60-64 Nation:	1:28.13	2016	Abdel Aziz hashim
65-69 Nation:	1:33.12	2014	Ghareb Atia Ahmed
70-74 Nation:	1:38.77	2017	Ahmed Al Ghazaly

Lane Name Age Team Seed Time**Heat 1 of 8 Finals**

4	Abdalla Mohamed Taher	22	WARD	NT
5	Mohamed Medhat Ahmed S	26	WARD	NT
6	Taher Mohamed Taher	24	WARD	NT

Heat 2 of 8 Finals

1	Ahmed Al Hasafy	26	ALEX	NT
2	Moaataz Bella Ali Mohamed	27	HELOP	NT
3	Mohamed Ebrahim Al Bakal	29	SHOOT	NT
4	Ahmad Adel Elsayed Shalab	32	SHOOT	NT
5	Ahmed Kamal Hafeiz	32	MAADI	NT
6	Hazem Aly Saad	32	SHOOT	NT
7	Ahmed Mohamed el Saghir	32	NCITY	NT
8	Omar Hesham Kandeil	28	SHOOT	NT
9	Ayman Mohamed Mokhta	27	SHOOT	NT

Heat 3 of 8 Finals

1	Basem Ashraf el Rfaae	34	HELOP	NT
2	Ahmed Emad Mohamed Nei	35	HELOP	NT
3	Ahmed Houssein Doura	37	TANTA	NT
4	Ahmad Samir Hussen Farag	37	SHOOT	NT
5	Karim Saad El Din Ibrahim	38	WARD	NT
6	Mohamed Ahmed Gamal El	38	AHLY	NT
7	Sherif Karam Ahmed Ossma	37	ZOHOR	NT
8	Mohamed Al Sayed Yosry	35	SHOOT	NT
9	Khaled Mahmoud Tawacoul	34	SHOOT	NT
10	Islam Hany Ahmed	33	SHAMS	NT

Heat 4 of 8 Finals

1	Mohamed Safy El Din Hafez	39	GEZIR	NT
2	Mohamed Hany	40	SHOOT	NT
3	Gaser Mohamed Al Seikhy	43	YACHT	NT
4	Ibrahim Ahmed Hafeiz	43	HELOP	NT
5	Mohamed Mahmoud Fahmy	45	SHOOT	NT
6	Tarik Ragab Meky	44	NCITY	NT
7	Amr Ali Mohamed Ibrahim	43	WARD	NT
8	Ahmed Ali Youseif	41	ALEX	NT
9	Ahmed Khatat	40	ALEX	NT
10	Mohamed Ahmed Ezzat	38	SHOOT	NT

Heat 5 of 8 Finals

1	Taeimour Ahmed Seifalla Gl	46	GEZIR	NT
2	Ahmed Moha,med Nabil	47	HELOP	NT
3	Ayman Mohamad Saed Elkv	47	SHOOT	NT
4	Khaled Salah El Din Moham	48	SHOOT	NT
5	Amr Mohamed Samy Abdel	50	SHOOT	NT
6	Khaled Abdel Hamed Solim:	49	NCITY	NT
7	Mohamed Ahmed Esaad	48	AHLY	NT
8	Ahmed Ali Mohamed Youse:	47	TANTA	NT
9	Tamer Samir Ismail	46	SHOOT	NT
10	Tamer Zeinhoum	45	AHLY	NT

Heat 6 of 8 Finals

1	Yasser Saed Aly Ahmad Kha	52	SHOOT	NT
2	Hany Aziz Sedky	56	SHOOT	NT
3	Mohssein Fathy Abou El W.	57	ALEX	NT
4	Yasser Mohamad Monir Ism	63	SHOOT	NT
5	Ahmed Ibrahim Ghaly	64	HELOP	NT
6	Abdel Aziz Mohamed Hashi	63	HELOP	NT
7	Mohamed Hesham Al Khesf	59	SMOHA	NT
8	Mohamed Zaki Mehana Has	57	GEZIR	NT
9	Hamdy Yossef Abbas Ragab	55	SHOOT	NT
10	Omar Yehya Al Said	52	HELOP	NT

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Heat 7 Finals (#7 Men 20 & Over 100 LC Meter Breaststroke)

1	Mohamed Abdelfatah Moha	66	SHOOT	NT
2	Adel Yakout Mohamed	67	SMOHA	NT
3	Taher Khaled Mohamed Ab	69	SHOOT	NT
4	Ahmed Hany Yosef Ezz El D	70	SHOOT	NT
5	Ahmed Abdel Lattef Al Gaza	72	GEZIR	NT
6	Ramy Ahmed Refaat	70	GEZIR	NT
7	Ibrahim Ahmed Zaki	69	HELOP	NT
8	Mohssein Abdel Kawy Al Hc	68	AHLY	NT
9	Yahya Gamal Eddin Aly Elba	66	SHOOT	NT
10	Ahmed Mohamad Khairat	65	SHOOT	NT

Heat 8 of 8 Finals

1	Yousef Anwar Ahmed Wahs	75	GEZIR	NT
2	Salah El Din Mostafa Al Sab	77	SHOOT	NT
3	Baheig Boshra Meikhaeil	79	HELOP	NT
4	Al Sayed Mohamed Ahmed	87	SHOOT	NT
5	Essam Abdel Aziz Naser	88	GEZIR	NT
6	Fawzy Zaki	88	ALEX	NT
7	Ahmed Fouad Kamal Ahmei	86	GEZIR	NT
8	Housam Zaki Fahmy	78	GEZIR	NT
9	Mohamed Sary Abdel Mona	75	TANTA	NT
10	Mohamed Abdel Fattah Al S	74	ALEX	NT

Event 8 Women 20 & Over 100 LC Meter Breaststroke

20-24 Nation:	1:30.36	12/7/2018	Haidy Ashraf Farouk
25-29 Nation:	1:13.34	2016	May Attef
30-34 Nation:	1:28.60	12/7/2018	Aya Ezz El Din Abdel Haleim
35-39 Nation:	1:38.92	2014	Sama Ali
40-44 Nation:	1:39.07	12/7/2018	Salma Mohamed Hassan
45-49 Nation:	1:37.79	2014	Aesha Ahmed Rashad
50-54 Nation:	1:51.50	2014	Caroul Mary
55-59 Nation:	1:51.32	2018	Caroul Mary
60-64 Nation:	1:58.23	2016	Neven Salah
65-69 Nation:	2:11.66	2017	Douriea Ahmed Nazzmy

Lane Name Age Team Seed Time**Heat 1 of 2 Finals**

1	Sara Hasheim Mohamed Ab	28	SHOOT	NT
2	Sherok Sherif Al Shenawy	35	MAADI	NT
3	Maha Ali Mohamed Al Magf	41	SHAMS	NT
4	Noha Mahmoud Deiab	52	SHOOT	NT
5	Elham Ali Mohamed Ibrahim	54	WARD	NT
6	Manal Fawzi Gadalla	54	HELOP	NT
7	Rasha Yousef Moh. Abd Elft	45	GEZIR	NT
8	Yassmin Hamdy Emam	39	ALEX	NT
9	Aya Ezz El Din Abdel Halein	31	SHAMS	NT
10	Haidy Ashraf Farouk	21	ZOHOR	NT

Heat 2 of 2 Finals

1	Caroul Mary Reineh Gan Za	56	GEZIR	NT
2	Neven Ramez Al Nagar	59	HELOP	NT
3	Mona Mostafa Kamel	62	HELOP	NT
4	Neven Mohamed Khlel	63	GEZIR	NT
5	Madeha Mohamed Sherif	76	HELOP	NT
6	Mona Kamel Youseif	65	HELOP	NT
7	Rawiea Mohamed Asaad	63	SHOOT	NT
8	Nazla Faeidalla	59	AHLY	NT
9	Lameia Ahmed Maher	58	GEZIR	NT
10	Angred Wezman	56	GEZIR	NT

Event 9 Men 20 & Over 50 LC Meter Butterfly

20-24 Nation:	NT		
25-29 Nation:	25.22	2014	Shehab Younis
30-34 Nation:	25.30	2015	Mostafa Ateif
35-39 Nation:	27.68	12/6/2018	Mohamed Safy El Din Hafez
40-44 Nation:	28.55	2018	Haytham Mohamed Hazem
45-49 Nation:	30.07	2014	Abaa Ahmed Mamdoh
50-54 Nation:	29.64	2018	Walid Mohamed Mahmoud
55-59 Nation:	30.22	2017	Amr Abd El Fattah Hassan
60-64 Nation:	32.10	12/6/2018	Montaser Mohamed Awad
65-69 Nation:	34.91	2007	Ahmed Gawad Hamada

Lane Name Age Team Seed Time**Heat 1 of 10 Finals**

2	Abdalla Mohamed Taher	22	WARD	NT
3	Karim Mohamed Farouk	23	SHOOT	NT
4	Omar Ahmed Eid	23	HELOP	NT
5	Zeyad Mohmed Khalad	24	ZOHOR	NT
6	Mohamed Nour Ibrahim	24	AHLY	NT
7	Amen Saady Kamel	23	SHOOT	NT
8	Youssef Ahmed Shendy	22	AHLY	NT

Heat 2 of 10 Finals

1	Omar Khaled Salah Eddin E	25	SHOOT	NT
2	Mohamed Medhat Ahmed S	26	WARD	NT
3	Moataaz Bella Ali Mohamed	27	HELOP	NT
4	Omar Hesham Farouk	28	ALEX	NT
5	Karim Ebrahim Abdelfattah	28	SHOOT	NT
6	Omar Hesham Kandeil	28	SHOOT	NT
7	Marwan Gamal Mahmoud T	27	SHOOT	NT
8	Omar Ahmed Saad	27	HELOP	NT
9	Mahmoud Mohamed Fathy	25	GEZIR	NT
10	Taher Mohamed Taher	24	WARD	NT

Heat 3 of 10 Finals

1	Mohamed Ebrahim Al Bakal	29	SHOOT	NT
2	Adham Ali Mohamed	29	HELOP	NT
3	Youseif Hesham Goumaa	32	HELOP	NT
4	Hazem Aly Saad	32	SHOOT	NT
5	Mostafa Ahmed Al Gabry	33	SHOOT	NT
6	Ahmad Adel Elsayed Shalab	32	SHOOT	NT
7	Ahmed Kamal Hafeiz	32	MAADI	NT
8	Mohamad Adel Mansor Ask	32	SHOOT	NT
9	Karim Mohamed Lotfy	29	AHLY	NT
10	Amr Mahmoud Rezk	28	ZOHOR	NT

Heat 4 of 10 Finals

1	Mohamed Abdelhady Shom	33	WARD	NT
2	Khaled Mahmoud Tawacoul	34	SHOOT	NT
3	Mohamed Al Sayed Yosry	35	SHOOT	NT
4	Ahmed Fahmy Masoud	35	SHAMS	NT
5	Sherif Adel Ramses	35	ZOHOR	NT
6	Amr Mohamed Maged Bara	35	TANTA	NT
7	Ahmed Emad Mohamed Nei	35	HELOP	NT
8	Karim Karam Ahmed	34	HELOP	NT
9	Mahmoud Mohamed Refaat	34	SHAMS	NT
10	Hassan Aly Al Kordy	33	GEZIR	NT

National Masters Cup 2019 - 2/28/2019 to 3/1/2019

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Heat 5 Finals (#9 Men 20 & Over 50 LC Meter Butterfly)

1	Ramy Mohamed Wafa Moha	36	WARD	NT
2	Shehab El Din Yousef Helmy	38	ZOHOR	NT
3	Mohamed Safy El Din Hafez	39	GEZIR	NT
4	Ali Mohamed Ali Salman	40	GEZIR	NT
5	Kamal Fouad Hanafy Abdel	41	SMOHA	NT
6	Karim Yosry Mahmoud Alla	40	SHOOT	NT
7	Adnan Hesham Omar	39	SHOOT	NT
8	Mohamed Ahmed Ibrahim	39	NCITY	NT
9	Khaled Mahmoud Elsayed F	36	SHOOT	NT
10	Mahmoud Abdel Rahman A	36	WARD	NT

Heat 6 of 10 Finals

1	Mohamed Sabry Al Hakim	42	GEZIR	NT
2	Emad El Din Yosef Mostafa	44	SHOOT	NT
3	Osama Hassanein Ibrahim	45	SHOOT	NT
4	Mohamed Mahmoud Fahmy	45	SHOOT	NT
5	Taeimour Ahmed Seifalla G	46	GEZIR	NT
6	Hany Farouk Mostafa Abdel	45	TANTA	NT
7	Tamer Zeinhom	45	AHLY	NT
8	Mahmoud Taha Mahmoud S	44	WARD	NT
9	Ashraf Ali	43	AHLY	NT
10	Haytham Hazeim	41	ALEX	NT

Heat 7 of 10 Finals

1	Karim Assem Moh. Abou El	48	GEZIR	NT
2	Mohamed Ahmed Fadel	48	AHLY	NT
3	Nezar Ahmed Abdel Rahma	49	GEZIR	NT
4	Abaa Ahmed Mamdoh	51	HELOP	NT
5	Aleksandr Ghrekhon Aleksa	52	SHOOT	NT
6	Hisham Samy Abdel Khaleil	52	SHOOT	NT
7	Hesham Hany Abdel Halein	49	SUEZ	NT
8	Tarek Hassan Bakry	48	HELOP	NT
9	Hazem Amir	48	NCITY	NT
10	Hassan Mohamed Ebeid	46	SHOOT	NT

Heat 8 of 10 Finals

1	Tarik Labib	52	AHLY	NT
2	Yaser Farouk Yousef	55	SHOOT	NT
3	Ashraf Abdel Monaeim Moh	57	SUEZ	NT
4	Khaled Ramdan	57	HELOP	NT
5	Ayman Fouad Zakareia	59	GEZIR	NT
6	Hassan Abdel Aziz Hassan	59	WARD	NT
7	Mohssein Fatthy Abou El W	57	ALEX	NT
8	Mahmoud Mahmoud Al Ash	57	SHOOT	NT
9	Mohamed Al Azab	53	ALEX	NT
10	Yasser Saed Aly Ahmad Kha	52	SHOOT	NT

Heat 9 of 10 Finals

1	Nabil Abdel Hamed Ibrahim	60	MAADI	NT
2	Mohamed Sedky Nour El Di	63	HELOP	NT
3	Mahmoud Nabih Mahmoud	64	WARD	NT
4	Ali Selim Al Halaby	66	HELOP	NT
5	Hany Kamal Nasar	67	HELOP	NT
6	Moneir Hossein Eisa Abdel	67	SHOOT	NT
7	Montaser Mohamed Awad	65	AHLY	NT
8	Mohamed Houssein Warda	63	ALEX	NT
9	Mohamed Sherif Amin Sam	63	MAADI	NT
10	Ahmed Mohamed Ibrahim	59	SHOOT	NT

Heat 10 of 10 Finals

1	Hatem Omar Sedk	71	SHOOT	NT
2	Khameis Ibrahim Al Adawy	72	ALEX	NT
3	Tarik Ahmed Mongy Geiasa	73	GEZIR	NT
4	Salah El Din Mostafa Al Sab	77	SHOOT	NT
5	Ali Kamel Ali Kamel	82	AHLY	NT
6	Ahmed Gawad Hamada	80	ALEX	NT
7	Mohamed Sary Abdel Mona	75	TANTA	NT
8	Hassan Khameis Al Toumy	73	ALEX	NT
9	Kamal Metwally Mandour	72	SUEZ	NT
10	Ramy Ahmed Refaat	70	GEZIR	NT

Event 10 Women 20 & Over 50 LC Meter Butterfly

25-29 Nation:	28.77	2018	May Attef
30-34 Nation:	31.50	2014	Sherok Sherif Al Shenawy
35-39 Nation:	35.25	2005	Sherwitte Wafa Hafez
40-44 Nation:	35.66	2010	Sherwitte Wafa Hafez
45-49 Nation:	34.92	2014	Sherwitte Wafa Hafez
50-54 Nation:	39.25	12/6/2018	Sherwet Wafaa Mohamed
55-59 Nation:	47.49	2016	Gehan Ismail
60-64 Nation:	46.01	12/6/2018	Gehan Ismaeil Ahmed Metwally
65-69 Nation:	1:02.12	2015	Soheir El Attar Ahmed
70-74 Nation:	1:28.52	2017	Corinne Mary

Lane Name Age Team Seed Time**Heat 1 of 3 Finals**

3	Farah Esam Esmail Othman	20	WARD	NT
4	Haidy Ashraf Farouk	21	ZOHOR	NT
5	Salwa Gorge Riae	26	ZOHOR	NT
6	Fareda Ahmed Eid	22	HELDO	NT
7	Sara Reda Al Hefnawy	21	WARD	NT

Heat 2 of 3 Finals

1	Mai Attef Abd El Fattah	28	AHLY	NT
2	Soher Abdelmonem Moham	29	SHOOT	NT
3	Sherok Sherif Al Shenawy	35	MAADI	NT
4	Hoda Moh.Fouad Al Redy	38	GEZIR	NT
5	Maha Ali Mohamed Al Magh	41	SHAMS	NT
6	Mena Mourad Noeir	39	ZOHOR	NT
7	Hanaa Ahmed Khasheba	38	ZOHOR	NT
8	Aya Ezz El Din Abdel Halein	31	SHAMS	NT
9	Sara Hasheim Mohamed Ab	28	SHOOT	NT
10	Nada Magdy Mohamed Abd	27	AHLY	NT

Heat 3 of 3 Finals

1	Sherwet Wafaa Moh. Hafez	52	GEZIR	NT
2	Manal Fawzi Gadalla	54	HELOP	NT
3	Mona Abdel Halim Abou Ali	59	ALEX	NT
4	Mona Mostafa Kamel	62	HELOP	NT
5	Sahar Mansour	68	AHLY	NT
6	Sahar Mohamed Al Taeiby	63	HELOP	NT
7	Gehan Ismaeil Ahmed Metw	62	SHOOT	NT
8	Maha Mahmoud Al Hkouly	58	HELOP	NT
9	Hala Ghazy	52	AHLY	NT
10	Soah Mohamed Lotfy Shahe	48	ALEX	NT