

National Swimming Championship2018-2019 - 31-Oct-18 to 29-Nov-18

Meet Program - 11-28-2018 Prelim

Event 230 Women 13 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 20 Prelims				
1	Farah Khaled	19	Alexandria	NT
2	Allaa Ashraf Fekry	18	6 OCT	NT
3	Lamiaa Taher Mohamady Sol	22	GEZIR	NT
4	Maram Yaseer Ibrahim	16	AHLY	NT
5	Ola Waled	17	Alexandria	NT
6	Gana Amr Sayed	16	AHLY	NT
7	Nada Moataz Fouad	18	DEGLA	NT
8	Ahd Mohamed Sayed Fouad	19	ZMALK	NT
9	Noran Khaled Saad	16	Smouha	NT
10	Amna Bayomy	16	Alexandria	NT
Heat 2 of 20 Prelims				
1	May Walid Mohamed	18	AHLY	NT
2	Mariam Mohamed Ahmed Na	19	DEGLA	NT
3	Magda Mohamed Adel Abas	16	Bank Ahly Alex	NT
4	Mariam Rashed Abdel Mona'	18	AHLY	NT
5	Nour Ahmed Said Sayed	18	ZMALK	NT
6	Mariam Hany Fouad	17	ZMALK	NT
7	Aya Mohamed Nashaat	20	GHABA	NT
8	Rana Sayed Hatem Ali	18	SHAMS	NT
9	Heba Ibrahim Sayed Abou El	18	ZMALK	NT
10	Rouen Jamal Mohamed Moha	16	Beni Suef Club	NT
Heat 3 of 20 Prelims				
1	Salma Hasan Khamis	17	DEGLA	NT
2	Younna Khaled Abou El Yaze	19	SHAMS	NT
3	Ganna Mohamed Ahmed Fou	16	SHAMS	NT
4	Mirna Hassan Metwaly	19	Smouha	NT
5	Mariem Hazem Hossam Eldir	16	SHAMS	NT
6	Radwa Gaber Hassan	17	M.ARB	NT
7	Salma Khaled Mokhtar	18	DEGLA	NT
8	Mariam Farouk Mohamed	19	AHLY	NT
9	Dalia Mohamed Elaarby	19	Smouha	NT
10	Rawan Mohamed Farok	16	ENPPI	NT
Heat 4 of 20 Prelims				
1	Marim Sobhy ElSayed Mohan	20	AHLY	NT
2	Farh Abo Alaa Farok	16	ZMALK	NT
3	Tasneem Mohamed abd Elfat	16	SHROK	NT
4	Nariman Omar Mohamed Abi	16	SHAMS	NT
5	Mariam Hazem Al Araby	17	AHLY	NT
6	Mayar Ahmed Atia El Tahlaw	17	AHLY	NT
7	Kholud Hany Mohamed Ahm	16	NASR	NT
8	Hana Tadrous Morad Tadrou	16	GEZIR	NT
9	Nada Deiaa Mohamed El Saye	19	SHAMS	NT
10	HebaAllah Emad	17	Smouha	NT

Heat 5 of 20 Prelims

1	Shorok Ahmed Mostafa	16	SHOOT	NT
2	Mariam Mohamed Omar	19	SHOOT	NT
3	Rowan Hossam Elbadry	23	Alexandria	NT
4	Raneem Mohamed Sayed Ahr	19	HELDO	NT
5	Ingy Ahmed Mostafa	16	AHLY	NT
6	Esraa El Shirbeny	17	SHROK	NT
7	Shaza Hatim Ahmed Mazen	16	Fayoum Club	NT
8	Meiar Mohamed Bauomy Abc	18	BNKG	NT
9	Aya Ahmed Mowad Ibrahim	18	SHAMS	NT
10	Farah Haytham Elsayed Ali	19	AHLY	NT

Heat 6 of 20 Prelims

1	Sara Aly Elhariry Moh. Ekbal	16	GEZIR	NT
2	Nada Mohamed Gamal	16	DEGLA	NT
3	Salma Allaa Abdel Aziz	18	ZMALK	NT
4	Amal Amr Mohamed Ibrahim	16	SHOOT	43.27
5	Nadin Saber Mohmed	16	DEGLA	42.22
6	Dalia A.Azim Mohamed	16	DEGLA	42.44
7	Naden Ehab	19	Smouha	NT
8	Hoda Ibrahim Abdel Hakim	16	ZMALK	NT
9	JoannaYosef Yehya Youssef	16	SHAMS	NT
10	Malak Hesham Mohamed Abc	16	6 OCT	NT

Heat 7 of 20 Prelims

1	Halla Khaled el Sayed Refaat	16	DEGLA	40.73
2	Rania Mohamed Mahmoud	17	ZOHUR	38.48
3	Mariam Amr Salah	16	AHLY	37.03
4	Dareen Khaled Zakareia	17	AHLY	36.60
5	Menatallah Hassan Ragab	17	Bank Ahly Alex	36.31
6	Salma Hatem	16	Cairo	36.33
7	Yara Adel Ismail	16	ZMALK	36.70
8	Nada Ashraf Ali	16	RWAD	37.69
9	Ganat Allah Mohamed Khalel	17	DEGLA	39.93
10	Tasnem Khaled	16	TRSAN	40.94

Heat 8 of 20 Prelims

1	Shourouk Moustafa Shaban	16	ZMALK	36.03
2	Raghdan Emad Bayomy	16	DEGLA	35.55
3	Safeim Rameiz Salah El Din	16	ZMALK	35.05
4	Jousteia Morcouos Moheib	17	ZMALK	34.91
5	Mariam Ahmed Ali Amer	16	AHLY	34.72
6	Alia Adel Mahros	16	DEGLA	34.90
7	Nour Mohamed Mahmoud	16	DEGLA	34.94
8	Shada Mohamed el Shaht ali	16	DEGLA	35.51
9	Sama Hesham Saber	16	DEGLA	35.89
10	Hagar Waled Mohamed Cora	16	TRSAN	36.27

Heat 9 of 20 Prelims

1	Maiya Mohamed Abd El Hami	16	Alexandria	34.48
2	Kareman Osama	17	DEGLA	34.34
3	Asmaa Ramdan Khames Awa	19	Bank Ahly Alex	34.23
4	Mariam Mohamed Ekbal	16	HELOP	33.93
5	Berihan Mohamed Elsayed	17	AHLY	33.48
6	Marim Wael Gonim	18	GHABA	33.68
7	Nanse Ashraf Abass	17	M.ARB	33.97
8	Ro`aa Hatem Mohamed	16	Smouha	34.28
9	Mariam Mohamed Nabil	16	RWAD	34.37
10	Farah Alaa Kamal	16	SHOOT	34.68

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Heat 10 Prelims (#230 Women 13 & Over 50 LC Meter Freestyle)

1	Jolia Amir Wafik	18	Alexandria	33.36
2	Basant Ahmed Abd Elmoneer	16	SHROK	33.30
3	Inas Walid Ahmed	16	AHLY	33.18
4	Ganna Ahmed Shendy	16	AHLY	33.08
5	Menatalah Amer Moh. Amer	19	GEZIR	33.07
6	Elesya Elya Waghen Beshher	16	6 OCT	33.07
7	Fatma El Moataz Hassan	16	DEGLA	33.11
8	Yosr Farag Ahmed Darweish	18	AHLY	33.19
9	Naghham Mohamed Mostafa F	19	Bank Ahly Alex	33.32
10	Farida Abd El Khala El Said	16	Alexandria	33.41

Heat 11 of 20 Prelims

1	Haeidy Ayman Mahrous Abde	18	SHOOT	32.98
2	Sama Yaser Mohamed Shafeil	16	AHLY	32.69
3	Mariam Mohamed Ra`fat Wal	16	AHLY	32.57
4	Nour Nader Mohamed	17	AHLY	32.49
5	Farha Ayman Omr Eldieb	18	SHOOT	32.41
6	Razan Ayman Mohamed	17	AHLY	32.48
7	Farha Ayman Omar Ali El Din	18	SHOOT	32.51
8	Meiar Yaser Moahmed Raouf	17	ZMALK	32.61
9	Roula Ayman Amin Ibrahim	17	HELDO	32.83
10	Salma Hossam AbdElaziz	17	Smouha	33.00

Heat 12 of 20 Prelims

1	Menatalla Mamdouh Khalel	18	AHLY	32.36
2	Hania Khaled Mohamed Abde	16	AHLY	32.34
3	Hana Amr Mamdouh	17	HELOP	32.25
4	Nada Nader Mohamed	18	AHLY	32.16
5	Dai Ahmed Kamel	16	Smouha	31.90
6	Mariam Mohamed Ibrahim	16	Cairo	32.02
7	Rodayna Ahmed Abdelstar	19	Bank Ahly Alex	32.21
8	Rana Hesham Saad	16	SHOOT	32.30
9	Toka Ayman Mohamed Moha	16	Bank Ahly Alex	32.36
10	May Gamal Awad	19	ZOHUR	32.37

Heat 13 of 20 Prelims

1	Mariam Asharf Farouk Al Sav	16	SHOOT	31.82
2	Nour Abdel Hamed Souldan	17	M.ARB	31.61
3	Yara Hesham Saad	16	SHOOT	31.49
4	Malak Hany Mohamed	16	NASR	31.37
5	Mariam Houssin Kamal	19	ZOHUR	31.26
6	Fay Salam Abbas	18	MAADI	31.36
7	Kenzy Moustafa Mohamed	16	Stad Tanta	31.48
8	Naden Tamer Mohamed	17	Smouha	31.60
9	Afnan Abdel Hady Hassan Mc	18	ZMALK	31.72
10	Marim Mohamed Farouk Taw	16	TWFIK	31.88

Heat 14 of 20 Prelims

1	Sherein Adel Raafat	18	AHLY	31.21
2	Hana Ahmed Yehya Al Khatei	16	HELOP	31.06
3	Logien Mostafa Mohamed	16	AHLY	30.90
4	Mariam Wael Makram	16	AHLY	30.88
5	Yara Mohamed Bauomy Abde	16	BNKG	30.49
6	Hoda Ashraf el Said	16	DEGLA	30.50
7	Hana Moataz Mahmoud Toull	22	ZOHUR	30.88
8	Farah Karim Mohamed	17	HELOP	31.02
9	Salma Sameh Salah El Din Say	16	6 OCT	31.10
10	Allia Ahmed Shawky	16	AHLY	31.25

Heat 15 of 20 Prelims

1	Hanya Hossam Nabil El Cotor	21	GEZIR	30.30
2	Hader Mohamed Seif El Din A	17	TRSAN	30.20
3	Sohaila Fouad	20	Alexandria	30.18
4	Naira Mostafa Magdy Abdo	16	Al Zaher	30.12
5	Nagam Mostafa Magdy Abdo	16	Al Zaher	30.06
6	Donia Waleed Yousof	17	TANTA	30.11
7	Rana Osama Abdel Halem	17	AHLY	30.17
8	Donya Amr Mohamed Nabih	16	SHAMS	30.19
9	Aynour Ragab Ramadan	17	ZMALK	30.27
10	Malak Saad Elkersh	16	AHLY	30.47

Heat 16 of 20 Prelims

1	Klara Essam Adley Nashed	20	SHOOT	30.01
2	Habiba Ahmed Ramzy	19	Smouha	29.93
3	Noran Adel Elsaied Felifel	20	MAADI	29.76
4	Naden Ahmed Farok AbdElaz	19	Smouha	29.73
5	Hedy Amr Moustafa Hamoud	19	HELOP	29.45
6	Hla Ahmed Ramzy	17	Smouha	29.48
7	Mariam Hossam Ah.Al Alfy	16	GEZIR	29.73
8	Rawan Ragab Ramadan Abde	19	ZMALK	29.80
9	Malak Haytham Elsayed	16	AHLY	29.94
10	Meiar Khaled Mohamed Hass	18	ZMALK	30.02

Heat 17 of 20 Prelims

1	Nardin Ismail abd Elaziz	16	Olympic	29.39
2	Malak Khaled Ahmed Zayan	17	Smouha	29.36
3	Basmala Hisham Fo`ad	19	Ezz El Dekhela	29.24
4	Hala Ayman Al Sayed	17	SHAMS	29.19
5	Hana Ashraf Mahmoud	17	DEGLA	29.12
6	Shahenda Ibrahim Mostafa	19	SHOOT	29.15
7	Farida Ahmed Ibrahim Eid	21	HELDO	29.24
8	Noor Moh. Samer Eleesh	16	GEZIR	29.29
9	Mariem Galal Saied	17	SHAMS	29.37
10	Haia Salah Mahmoud	18	AHLY	29.44

Heat 18 of 20 Prelims

1	Yassmein Sherif Helmy	17	HELOP	28.87
2	May Atef Abdelfatah	27	AHLY	28.63
3	Dana Tamer Shafiq	15	HELOP	28.44
4	Lojin Hossam El din Mokhtar	17	Alexandria	28.15
5	Roaya Mohamed Mashaly	20	Alexandria	27.28
6	Habiba Hatem Abdel Moaty M	17	AHLY	27.87
7	Farida Tharwat Maher	15	AHLY	28.38
8	Aliaa Osama Sabar	16	AHLY	28.51
9	Lougin Yousief Ahmed Yousie	15	SHAMS	28.76
10	Hana Alaa Kamal El Den	16	Alexandria	29.01

Heat 19 of 20 Prelims

1	Haidy Hosam Nabil Cotore	19	GEZIR	28.80
2	Fareieda Ayman Samra	14	SHOOT	28.59
3	Maiar Ahmed Farok	17	DEGLA	28.42
4	Farah Amr Abdel Motaleib	15	SHOOT	28.11
5	Amina Magdy Mohamed El Sc	25	HELOP	26.98
6	Yasmin Mohyeldin Hassn Ali	17	Taleaa El Gish	27.64
7	Rawda Nabil Mohamed	16	Smouha	28.27
8	Habiba Ayman Mahmoud Hai	14	Bank Ahly Alex	28.50
9	Nour Mohamed Ibrahim Ali	13	Smouha	28.74
10	Hager Hossam Mousad	16	SHAMS	28.99

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Heat 20 Prelims (#230 Women 13 & Over 50 LC Meter Freestyle)

1	Nour Islam Mohamed	16	AHLY	28.78
2	Enjy AlaaEldin Hendy	16	Smouha	28.56
3	Roula Ahm. Housny Houssei	16	GEZIR	28.39
4	Ro`ua Ahmed Farag	16	SHOOT	27.98
5	Enjy Mohamed AboZid	18	Smouha	26.63
6	Yasmin Mamdouh Mahmoud	19	AHLY	27.51
7	Kanzy Hesham Rashad	15	SHOOT	28.19
8	Rawan Mohamed AboElFadl	15	DEGLA	28.47
9	Salma Yasser Hassan	16	Cairo	28.68
10	Marim AbdElttah Ahmed	19	Smouha	28.96

Event 231 Men 13 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Prelims

1	Mohamed Hossam Barkat	16	Smouha	NT
2	Yosef Samer Saleh Ibrahim	17	TWFIK	NT
3	Shehab Alden Salah Anan	16	Raas El Bar Club	NT
4	Ahmed Hany Mmohamed Kai	17	SHAMS	NT
5	Mahmoud Mohamed Maham	16	AHLY	NT
6	Ahmed Mohamed Abo Omar	19	AHLY	NT
7	Hesham Walid Amin Al Sayed	17	HELDO	NT
8	Youssef Mamdouh Mohamed	17	AHLY	NT
9	Yousif Amr Mahmoud	16	RWAD	NT
10	Mazen Smaeh Awad Alla	16	DEGLA	NT

Heat 2 of 16 Prelims

1	Omar Mohamed Taha Radwa	18	Smouha	NT
2	Omar Mohamed Galal	16	AHLY	NT
3	Salaheldin Alaaeldin	18	AHLY	NT
4	Ahmed Adel Ahmed	20	Smouha	NT
5	Ahmed Ehab Hassan	16	AHLY	NT
6	Ahmed Khaled Abdel Monaei	17	DEGLA	NT
7	Ehab Amr Ali Mohamed Ghar	17	MAADI	NT
8	Ahmed Osama Ahmed Farag	19	AHLY	NT
9	Omar Ezz El Din Mohamed	18	TANTA	NT
10	Ahmed Wael Gaber	18	AHLY	NT

Heat 3 of 16 Prelims

1	Ahmed Adel Ramadan	16	GHABA	NT
2	Ahmed Moustafa Shawky	19	AHLY	NT
3	Khaled Waled Abdel Mona`er	19	SHAMS	NT
4	Ziad Yasser Elgandy	18	DEGLA	NT
5	Mostafa Hossam AbdElsalam	17	Smouha	NT
6	Ahmed Housam El Din Ahme	16	6 OCT	NT
7	Yousef Ramy Nabil Zaky	16	Alexandria	NT
8	Omar Waleed Mohamed Dem	18	Baladia El Mahal	NT
9	Ahmed Maged Zakareia	17	AHLY	NT
10	Ahmed Mahmoud Abdelkade	18	AHLY	NT

Heat 4 of 16 Prelims

1	Fouad Mahmoud Fouad	18	SHOOT	NT
2	Shady Medhat Elberey	21	AHLY	NT
3	Loai Mohamed Elsabahy	25	AHLY	NT
4	Omar Ahmed Khaled Alewaa	21	HELOP	NT
5	Yousef Taha Elgabry	17	TRSAN	NT
6	Mahmoud Mohamed Wasfy	18	HELOP	NT
7	Mohamed Yousif AbdElrhmar	17	Smouha	NT
8	Ahmed Mohamed Khalel	16	M.Askaria Alex	NT
9	Mohamed Ebrahim Gaballa	16	AHLY	NT
10	Yousef Ahmed Abdel Wahab	16	DEGLA	NT

Heat 5 of 16 Prelims

1	Moataz Mohamed Gamal	16	DEGLA	NT
2	Mahmoud Hassan Mostafa	16	ZMALK	NT
3	Mohamed Yaser Abdel Ghany	16	Raas El Bar Club	NT
4	Yackoub Amr Yackoub	22	Alexandria	NT
5	Husin Yaser Husin	16	HELOP	NT
6	Yousef Hesham Mohamd Red	17	ZMALK	NT
7	Ahmed Hassan Mohamed Ad	16	AHLY	NT
8	Omar Tarek Sayed	16	M.Askaria Alex	NT
9	Karim AboElthana Mohamed	18	Smouha	NT
10	Omar Khaled Ibrahim	19	AHLY	NT

Heat 6 of 16 Prelims

1	Mostafa` Abdelwhab	16	DEGLA	1:24.74
2	Karim Mohamed Yousry	17	ZMALK	1:24.12
3	Mohamed Khaled Hassan Do	18	BNK.G	1:20.05
4	Abdalla Ahmed Ibrahim Zahe	16	HELOP	1:17.59
5	Baher Fawzy Ibrahim Ahmed	16	6 OCT	1:15.82
6	Seif Ahmed Mohamed Shash	16	AHLY	1:16.34
7	Omar Magdy Mostafa	16	DEGLA	1:17.72
8	Ziad Osama Abdel Fatah Moh	17	DEGLA	1:21.53
9	Seif Eldin Moustafa Mohamec	16	RWAD	1:24.70
10	Ahmed Anani Abdellatef	16	DEGLA	1:39.71

Heat 7 of 16 Prelims

1	Yousef Samy Mahmoud Dawc	16	AHRAM	1:15.54
2	Fady Magdy Zein El Din	16	ZMALK	1:14.73
3	Mohamed Ashraf Abdel-Wah:	16	AHLY	1:14.19
4	Yassin Emad Hamed	16	ZMALK	1:14.01
5	Omar Yaser Mohamed Hamec	16	DEGLA	1:13.31
6	Ahmed Sameh Mostafa	16	NASR	1:13.86
7	Marwan Ashraf Mostafa Kam	16	HELDO	1:14.04
8	Nour El Din Hossam Ahmed	16	ZMALK	1:14.32
9	Ahmed Osama Hisen	16	Alexandria	1:15.09
10	Eyad Ayman	16	Smouha	1:15.79

Heat 8 of 16 Prelims

1	Mahmoud Mamdouh Mostafa	18	6 OCT	1:13.27
2	Omar Radwan Mohamed Mol	16	6 OCT	1:12.90
3	Aly Amr Ahmed Shaaban	16	Bank Ahly Alex	1:12.48
4	Omar Tamer Mohamed	16	Cairo	1:11.73
5	Ahmed Fawzy Mostafa Fawzy	16	NASR	1:10.91
6	Karim Hatem Abdel-Moaaty	17	AHLY	1:10.96
7	ali Mahmoud Saber	16	Police Club	1:12.07
8	Omar Ahmed Abdel Fattah	21	HELOP	1:12.86
9	Mohamed Waled Mohamed	18	ZOHUR	1:13.24
10	Aly Mohamed Samy Tantawy	16	Alexandria	1:13.29

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Heat 9 Prelims (#231 Men 13 & Over 100 LC Meter Backstroke)

1	Abu Zaid Sobhy Abd El Halim	17	Bank Ahly Alex	1:10.12
2	Ahmed Mohamed Ghobashy	16	Smouha	1:09.46
3	Marwan Ali Abdalla	17	SHAMS	1:09.42
4	Omar Mohamed Farag	16	Smouha	1:09.00
5	Belal Mahmoud Shawky Ali	17	ZMALK	1:08.79
6	Zeiad Abou Elela Hamdy Moh	16	AHLY	1:08.92
7	Yazied Aslam Ebrahim	16	Alexandria	1:09.31
8	Khaled Sayed Abdel Hamed	17	GHABA	1:09.45
9	Seif Alla Yaser Mostafa	16	SHOOT	1:10.09
10	Mahmoud Amr Samy	16	AHLY	1:10.75

Heat 10 of 16 Prelims

1	Ahmed Mohamed Ashraf Ahr	16	MAADI	1:08.54
2	Adham Saad Saad Mohamed	17	TALBE	1:08.43
3	Amar Yaser Salah Mahmoud	17	ZMALK	1:08.35
4	Marwan Sherif Adel Al Dere	16	HELDO	1:08.11
5	Omar Mohamed Mostafa Has	20	6 OCT	1:07.72
6	Ahmed Waled Mohamed Ossi	16	ZMALK	1:08.06
7	Mahmoud Amr Ahmed Mahn	16	MAADI	1:08.26
8	Ali Ahmed Ali Helmy Moha	18	Smouha	1:08.36
9	Ahmed Hisham Mahmoud	16	RWAD	1:08.49
10	Mohamed Ahmed Hassan	19	ZMALK	1:08.72

Heat 11 of 16 Prelims

1	Yehya Amr Mohamed Sadek	17	HELOP	1:07.29
2	Andro Yousif Saleb	16	Y.M.C.A	1:07.20
3	Adham Ahmed Mohamed Zal	16	AHLY	1:06.78
4	Mohamed Nasr Darwish	16	Smouha	1:06.66
5	Amir Ramadan Sayed Ramad	17	6 OCT	1:06.47
6	Mahmoud Sherif	17	ZMALK	1:06.54
7	Mahmoud Ahmed Ebrahim Z.	16	Alexandria	1:06.72
8	Karim Ahmed Khaled Elewa	16	SHAMS	1:06.81
9	Mohamed Amr Saleh El Sayec	17	TANTA	1:07.25
10	Yousef Wael Mohamed Abdl /	16	SHOOT	1:07.44

Heat 12 of 16 Prelims

1	Mohamed Mohsen Ramdan	16	Smouha	1:06.07
2	Ahmed Hamada Mohamed M	16	TRSAN	1:05.43
3	Marawan Haytham Abd ElME	18	TANTA	1:05.29
4	Mohamed Yasser Abd El Attie	17	GHABA	1:05.04
5	Moneib Makram Ahmed	17	SHAMS	1:04.84
6	Abdel Rahman Mohamed Sal	18	AHLY	1:04.90
7	Ahmed Karim Galal Samy Ah	16	MAADI	1:05.24
8	Adham Adel Mohamed	16	Alexandria	1:05.40
9	Mohamed Yaser Abdel Kader	17	ZMALK	1:05.76
10	Hany Hazem Abass Ali	17	NASR	1:06.20

Heat 13 of 16 Prelims

1	Yoseif Waled Hassan Al Shafa	18	ZMALK	1:04.77
2	Hussien Mostafa abd Elmohs	19	MAADI	1:04.76
3	Houssin Ibrahim Rashad	19	AHLY	1:04.46
4	Abdel Rahman Mohamed Raz	16	AHLY	1:04.23
5	Zeiad Sophy Mohamed	18	GHABA	1:03.81
6	Mohamed Ashraf Gamil	18	AHLY	1:04.06
7	Mohamed Hisham Salah	19	SHOOT	1:04.40
8	Yosif Ahmed Farouk	17	Cairo	1:04.66
9	Omar Khaled Mohamed	16	HLWAN	1:04.77
10	Goun Mourcos Abdou	19	GHABA	1:04.78

Heat 14 of 16 Prelims

1	Mohamed Nour Ibrahim	23	AHLY	1:02.94
2	Haytham Hesham Essam El D	17	AHLY	1:02.45
3	Mohamed Hisham Mohamed	26	Gezira El Ward	1:01.61
4	Ahmed Adel Mohamed Mesel	18	AHLY	1:00.39
5	Salah Mohamed Amin	26	Smouha	58.23
6	Abdel Rahman Jamal El Din H	18	Elethad	58.95
7	Mohab El Din Fathy	17	Alexandria	1:01.26
8	Mohamed Hesham Ahmed Al	18	HELDO	1:02.05
9	Ahmed Tarek Mohamed	14	SHOOT	1:02.75
10	Moustafa Abdo Mohamed Sh	16	RWAD	1:03.66

Heat 15 of 16 Prelims

1	Omar Wala Noaaman	17	AHLY	1:02.82
2	Karim Amr Abdel Aziem	19	ZMALK	1:02.19
3	Moustafa Yaser Fouada	23	HELOP	1:01.41
4	Karim Waled Essam Shabana	17	Smouha	1:00.11
5	Marwan Nehad Zakareia	20	DEGLA	58.01
6	Yousef Ashraf Mahmoud	18	ZMALK	58.87
7	Yousef Ahmed Salah Shendy	21	AHLY	1:01.02
8	Mrawan Mostafa Mowaled	15	DEGLA	1:01.95
9	Ahmed Hamdy Al Shaik	14	SHOOT	1:02.75
10	Mohamed Yasser Karam	16	Cairo	1:03.63

Heat 16 of 16 Prelims

1	Khaled Mostafa Mohamed	19	AHLY	1:02.78
2	Saied Mohamed Abd Elgawac	15	Alexandria	1:02.17
3	Mohamed Khaled Mousa Elba	19	AHLY	1:01.30
4	Yousif Mohamed Khalaf	17	Smouha	1:00.06
5	Ahmed Ismail Wahby	22	AHLY	57.70
6	Omar Adel Abas	17	DEGLA	58.46
7	Omer Mohamed Bahaa	17	HELOP	1:00.95
8	Ahmed Younis Nasir	16	ZMALK	1:01.88
9	Abdel Rahman Mohamed Abc	16	AHLY	1:02.50
10	Mohamed Khaled Mahmoud	16	M.Askaria Alex	1:03.08

Event 232 Women 13 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

3	Donya Amr Mohamed Nabih	16	SHAMS	NT
4	Salma Yasser Hassan	16	Cairo	NT
5	Sherein Adel Raafat	18	AHLY	NT
6	Sama Mohamed Raaft	18	AHLY	NT
7	Farida Ayman Ibrahim Ahme	16	6 OCT	NT

Heat 2 of 9 Prelims

1	Meran Hazem Mohamed Mor	18	M.ARB	NT
2	Roula Amr Abdel Aziz	17	SHOOT	NT
3	Haidy Adel Mohamed Samy S	16	HELDO	NT
4	Malak Hany Mohamed	16	NASR	NT
5	Monera Ibrahim Basyony	19	Smouha	NT
6	Nada Ahmed Samer	18	Alexandria	NT
7	Salma Yaser Saad Hassan Ho	16	BNK.G	NT
8	Rouwan Mohamed Saad	17	DEGLA	NT
9	Rem Al Morsy Mohamed Al S	18	Ghazl El Mahala	NT
10	Mariam Khaleed Moustafa	16	ZMALK	NT

National Swimming Championship2018-2019 - 31-Oct-18 to 29-Nov-18

Meet Program - 11-28-2018 Prelim

Heat 3 Prelims (#232 Women 13 & Over 200 LC Meter IM)

1	Noran Ibrahim Elbially	16	Smouha	NT
2	Habiba Hatem Abdel Moaty M	17	AHLY	NT
3	Souhaila Mohamed Salah	17	ZMALK	NT
4	Nelly Yaser Ragab Attia	18	Smouha	3:17.31
5	Mariam Mohamed Nabil	16	RWAD	3:11.15
6	Meiar Yaser Moahmed Raouf	17	ZMALK	3:16.64
7	Mariam Khaled Ali	16	GHABA	NT
8	Gana Akmal Nabil Ahmed Al	16	SHOOT	NT
9	Maram Yaser Salah	16	ZMALK	NT
10	Yara Adel Ismail	16	ZMALK	NT

Heat 4 of 9 Prelims

1	Farida Essam el den	16	Alexandria	3:04.73
2	Darine Mohamed Essmat	20	AHLY	3:03.85
3	Aya Mohamed Osama Taha H	17	SHOOT	3:02.71
4	Malak Akmal Mohamed	17	6 OCT	2:59.45
5	Nada Mohamed Ali	16	DEGLA	2:57.80
6	Yara Medhat Mahmoud	16	ZMALK	2:58.00
7	Marim Mohamed Waled	16	TRSAN	3:02.04
8	Radah Essam Eraky	17	SHOOT	3:03.53
9	Nermen Ayman Ahmed	21	ZMALK	3:04.53
10	Haeidy Hassan Mohamd Abdi	17	BNK.G	3:05.90

Heat 5 of 9 Prelims

1	Raneim Mohamed Al Metwall	17	Stad Mansoura	2:56.16
2	Lena Anwar Mostafa	16	Smouha	2:54.72
3	Salma Tamer Elsaied Moham	16	Bank Ahly Alex	2:51.73
4	mai Samy Mohamed	18	MAADI	2:49.97
5	Ganna Mahmoud Mostafa Ali	16	6 OCT	2:49.52
6	Nagam Mostafa Magdy Abdo	16	Al Zaher	2:49.68
7	Nour Nader Mohamed	17	AHLY	2:51.17
8	Yara Mohamed Tarik Abdou	17	GHABA	2:53.75
9	Fagr Raafat Abdel Hafez	18	SHAMS	2:54.81
10	Shahd Islam Abdel Latif Shen	16	HELDO	2:56.44

Heat 6 of 9 Prelims

1	Alaa Ayman Aly Kamel	16	TANTA	2:49.27
2	Radwa Abdel Mogeid Abdou	16	MAY15	2:47.75
3	Hager Hossam Mousad	16	SHAMS	2:46.58
4	Wessam Kamal Mohamed	16	MAY15	2:46.35
5	Habiba Tarek Hamed	16	DEGLA	2:45.69
6	Hagar Hamdy Abdel Gawad	17	HELDO	2:45.88
7	Rahma Hossam Hassan	16	Elethead	2:46.54
8	Gana Ahmed Mokhtar	16	AHLY	2:47.01
9	Ziena Ahmed Abo ElKhir	17	Alexandria	2:48.57
10	Mariam Hossam Ah.Al Alfy	16	GEZIR	2:49.51

Heat 7 of 9 Prelims

1	Nour Amr Ibrahim	17	Alexandria	2:44.14
2	Sara Hagag Mohamed	16	SHOOT	2:42.61
3	Youmna Osama Hussein	17	AHLY	2:39.24
4	Shahd Yasser	16	Smouha	2:32.05
5	Dina Khaled Elgaloly	18	Alexandria	2:25.78
6	Sara Mohamed Hassan	17	AHLY	2:29.80
7	Sara Mohamed Korany	16	AHLY	2:35.02
8	Zena Wael Mohamed Ezzat	17	SHOOT	2:39.95
9	Omeina Maysara Abdel Hame	17	M.ARB	2:43.14
10	Sandra Ahmed Abd El Aziz	16	TANTA	2:45.65

Heat 8 of 9 Prelims

1	Nada Fouad Abdel Gawad Ali	16	AHLY	2:43.89
2	Yassmin Amr Ali	18	6 OCT	2:41.33
3	Aisl Magd El Sayed	18	AHLY	2:37.76
4	Nada Ahmed Othman	19	Bank Ahly Alex	2:31.21
5	Mariam Hossam Aly Sabour	17	GEZIR	2:25.58
6	Souhaila Abou El Mgd Ahmed	17	6 OCT	2:27.34
7	Hana Mostafa Ahmed Hamdy	17	AHLY	2:34.58
8	Farah Adham Mohamed Tala	16	6 OCT	2:39.88
9	Maiya Kamil Samir	18	Alexandria	2:42.65
10	Maryem Ahmed Khalifa Moha	19	Bank Ahly Alex	2:44.83

Heat 9 of 9 Prelims

1	Ranim Mohamed Wagih	16	Bank Ahly Alex	2:43.78
2	Hedy Amr Moustafa Hamoud	19	HELOP	2:41.32
3	Salma Ashraf Mouhssein	17	Al Hawar	2:36.00
4	Hana Khaled Samy Hassan	16	SHOOT	2:30.46
5	Rewida Hisham Tolba Ibrahim	23	AHLY	2:19.76
6	Lojen Deiaa Eldin Abd Elalern	15	DEGLA	2:25.91
7	Dina Mosaad El Taiybe	15	Alexandria	2:33.25
8	Haidy Hosam Nabil Cotore	19	GEZIR	2:39.87
9	Hanya Hossam Nabil El Cotor	21	GEZIR	2:42.64
10	Nour Islam Mohamed	16	AHLY	2:44.72

Event 233 Men 13 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Prelims

4	Karim Ehab Abdel Kader	16	ZMALK	NT
5	Ahmed Khaled Moustafa	18	ZMALK	NT
6	Omar Tamer Mmdoh	17	Smouha	NT

Heat 2 of 11 Prelims

2	Ziad Yaser Ahmed	19	Alexandria	NT
3	Waled Gameil Atteia	17	ZMALK	NT
4	Ahmed Walid Ahmed Kamal	16	DEGLA	NT
5	Ahmed Hatem abd el Sabour	19	Nasr City	NT
6	Yusef Fawzy Farag	18	HELOP	NT
7	Yousef Mohamed Mansour	18	SHOOT	NT
8	Abdelrahman Mohamed Gabr	20	GHABA	NT
9	ezz Aldin Ahmed Shaker	17	Nasr City	NT

Heat 3 of 11 Prelims

1	Moustafa Maher Ahmed	19	GHABA	NT
2	Mostafa Ashraf AbdElHamed	21	BNK.G	NT
3	Marawan Elsayed Ali	16	AHLY	NT
4	Ahmed Atef Abdelatef	21	Bank Ahly Alex	NT
5	Sief El Din Mahmoud Zaher	19	ZMALK	NT
6	Amr Ahmde Mohamed Fatthy	17	SHAMS	NT
7	Moataz Ayman Abdel Aziz	16	ZMALK	NT
8	Omar Mohamed Saad Abdel	16	6 OCT	NT
9	Mohanad Ashraf Farok Rashv	16	ZOHUR	NT
10	Mohamed Nabil Elshaat	18	GOLDY	NT

National Swimming Championship2018-2019 - 31-Oct-18 to 29-Nov-18

Meet Program - 11-28-2018 Prelim

Heat 4 Prelims (#233 Men 13 & Over 200 LC Meter Butterfly)

1	Abd ElRhman Mohamed Abd	22	SHROK	NT
2	Yosef Alla Zaki	16	GHABA	NT
3	Ahmed Ashraf Salah	17	DEGLA	2:39.76
4	Yossef Mohsen Abuwafa	16	Alexandria	2:31.54
5	Omar Khaled Al Sayed Ayad	16	AHLY	2:30.44
6	Ahmed Mohamed Yousry	19	Ezz El Dekhela	2:31.04
7	Yahia Mhmod Ahmed Agamy	16	Smouha	2:38.11
8	Mhmod Hisham	16	Smouha	2:41.53
9	Mostafa Khaled Mahmoud	17	SHAMS	NT
10	Mostafa Mohamed Eisa	16	TALBE	NT

Heat 5 of 11 Prelims

1	Mahmoud Ehab Mahmoud Al	16	6 OCT	2:29.38
2	Mo'taz Mohamed Adham	16	Smouha	2:29.34
3	Mesheel Nasr Atteia	16	TALBE	2:28.99
4	Mohamed Ahmed Elnagdy	17	AHLY	2:28.48
5	Mahmoud Amr Ahmed Mahrn	16	MAADI	2:25.44
6	Nail Gaber Awad	17	Raas El Bar Club	2:27.11
7	Selim Waled Mohamed Al She	16	SHOOT	2:28.91
8	Mohamed Ahmed Salah	16	Al Hawar	2:29.15
9	abd el Monaam Ahmed abd E	16	Cairo	2:29.35
10	Mohamed Ehab Abdalla	17	SHAMS	2:29.74

Heat 6 of 11 Prelims

1	Seif Mohamed Deiaa	17	DEGLA	2:25.20
2	Hassan Essam Hassan	16	ZOHUR	2:25.02
3	Nour Essam Ismail Ossman	23	Gezira El Ward	2:23.17
4	Ahmed Ashraf Abou El Fetoul	16	ENPPI	2:22.75
5	Mazen Mohamed Mohamed C	17	6 OCT	2:20.76
6	Ali Mohamed Abo Taleib	16	DEGLA	2:21.01
7	Marwan Mohamed Ezz El Dav	19	ZMALK	2:22.93
8	Zeiad Ibrahim Ahmed Ahmeç	16	DEGLA	2:23.59
9	Abed El Rahman Ashraf Moul	16	Al Hawar	2:25.05
10	Amged Yasser Samy Ahmed	16	Al Hawar	2:25.41

Heat 7 of 11 Prelims

1	Mahmoud Ayman Mahmoud	16	Bank Ahly Alex	2:19.70
2	Youssef Moustafa	19	Police Club	2:19.07
3	Omar Adel Abdel Hamed	16	ZOHUR	2:18.32
4	Ali Hany Mohamed Al Soghai	16	SHAMS	2:18.08
5	Shehab Ashraf	16	DEGLA	2:17.99
6	Aser Amgad Lotfy	19	AHLY	2:18.06
7	Ahmed Ibrahim Abd EL Hakn	17	SHAMS	2:18.30
8	Motaz Tamer Makhlof	17	TANTA	2:19.04
9	Zeyad Haytham Ismail	17	AHLY	2:19.48
10	Ahmed Hamada Mohamed M	16	TRSAN	2:20.25

Heat 8 of 11 Prelims

1	Ali Mohamed Ali Souliman	17	TWFIK	2:17.46
2	Ahmed Ramadan Abdel Fatta	16	AHLY	2:16.73
3	Abd Elrahman Shwaky Abd E	16	NASR	2:16.32
4	Ibrahim Ayman Ibrahim Moh	15	MAADI	2:15.59
5	Ahmed Reda Mahmoud Abo	17	AHLY	2:15.04
6	Saif ELdin Aiman Ahmed	15	DEGLA	2:15.42
7	Ahmed Wael Ahmed Abd El F	14	DEGLA	2:15.93
8	Mahmoud Mohamed Mahmo	17	ZMALK	2:16.42
9	Ahmed Alaa El Din Mohamed	16	Al Hawar	2:17.31
10	Shady Hossam Abdelfatah	16	Raas El Bar Club	2:17.64

Heat 9 of 11 Prelims

1	Mohamed Mostafa El Feiky	17	DEGLA	2:14.27
2	Abdel Rahman Ehab Mostafa	16	AHLY	2:11.86
3	Mohamed Hossam AbdElslan	20	Smouha	2:10.32
4	Mohamed Attfe Yassin	18	AHLY	2:09.04
5	Ahmed Hamdy Salem	26	AHLY	2:02.79
6	Ibrahim Ahmed Ibrahim	17	Alexandria	2:05.00
7	Mostafa AbdAllah Mohamed	16	M.Askaria Alex	2:09.34
8	Yousif Tarik Reda	16	HELOP	2:11.37
9	Karim Tarik Mohamed Abdel	23	6 OCT	2:13.39
10	Hazim Nabil Mohamed Abdel	17	ZMALK	2:14.83

Heat 10 of 11 Prelims

1	Saied Mohamed Abd Elgawac	15	Alexandria	2:13.84
2	Ahmed Essam Mohamed	16	Cairo	2:11.85
3	Ahmed Tarek Mohamed	14	SHOOT	2:10.03
4	Khaled Abdel Naser Ali	19	SHOOT	2:08.20
5	Marwan Ismael Elkmash	25	Alexandria	2:00.96
6	Ahmed Khaled Rateb	17	AHLY	2:04.82
7	Mohamed Medhat Mohamed	19	AHLY	2:09.32
8	Ahmed Assem Goumaa	17	AHLY	2:11.22
9	Marwan Mohamed Abou El E	18	6 OCT	2:13.17
10	Mohamed Hesham Mohamed	17	ZOHUR	2:14.77

Heat 11 of 11 Prelims

1	Selim Moh. Ahm. Moktar Has.	14	GEZIR	2:13.52
2	Yosef Hany Mohamed	16	AHLY	2:11.50
3	Ibrahim Mohamed Yoneis	18	ZMALK	2:09.56
4	Mazen Mohamed Ahmed Al F	21	AHLY	2:05.01
5	Ahmed Akram Abbas	22	AHLY	1:58.89
6	Mohamed Ahmed Abd Elbaky	18	Alexandria	2:03.21
7	Mohamed Ahmed Mohamed	18	TANTA	2:09.15
8	Ahmed Mohamed Lotfy Amer	20	AHLY	2:10.70
9	Zeiad Sophy Mohamed	18	GHABA	2:12.36
10	Hamza Adham Amin	18	AHLY	2:14.68