

## Egypt Swimming Cup 2018-2019 - 29-Mar-19 to 18-Apr-19

## Meet Program - 06-04-2019 Evening

**Event 145 Girls 14 Year Olds 800 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

4	Afrosena Sameh Kamel	14	AHRAM	11:56.96
5	Goudy Wael Ahmed Abd EL M	14	SHAMS	11:17.58
6	Lana Yasir Mohamed Gamal	14	SHOOT	11:34.54

**Heat 2 of 4 Finals**

1	Sama Wael Mohamed EL Had	14	SHAMS	11:16.34
2	Mayar Abdelazem Ahmed	14	M.ARB	11:06.29
3	Kenzy Mohammed Farook M	14	Al Hawar	10:59.23
4	Marim Ahmed Farouk	14	AHRAM	10:53.39
5	Gana Mohamed Abdelsamea	14	M.ARB	10:42.47
6	Reem Mohamed Ibrahim	14	ZMALK	10:44.66
7	Aya Ashrf Ahmed Mohamed Al	14	6 OCT	10:56.63
8	Berehan Khaled Khalaf	14	DEGLA	11:05.61
9	Zahwa Elhoussin Mohamed	14	DEGLA	11:10.93

**Heat 3 of 4 Finals**

1	Karema Khaled Elbahnsy	14	Stad Mansoura	10:39.45
2	Malak Mohamed Sayed Khali	14	DEGLA	10:37.12
3	Malak Sameh Abd Elaziz	14	GHABA	10:30.83
4	Joudy Ahmed Mohamed Nou	14	MAY15	10:24.04
5	Joudy Mohamed Aly	14	Sporting	10:15.79
6	Maryem Sobhy abd el Fatah	14	TRSAN	10:18.14
7	Salma Khaled Elsayed	14	DEGLA	10:24.40
8	Jana Hassan Abdel Fattah	14	DEGLA	10:34.19
9	Fdwa Amer Ahmed Rmdan	14	6 OCT	10:39.28
10	Lougin Adel Mohamed	14	AHLY	10:40.19

**Heat 4 of 4 Finals**

1	Goumana Tarek Yehia	14	AHLY	10:06.64
2	Nour Ahmed aly Elsheshtaw	14	Gezira El Ward	10:02.48
3	Malak Ahmed Helmy	14	AHLY	9:57.02
4	Mena Tarek Aly	14	AHLY	9:52.12
5	Zaina Mohamed Haitham Has	14	SHOOT	9:30.47
6	Sara Mohamed Bhaa	14	HELOP	9:39.06
7	Kenzi Magdy Elshahat	14	Elethead	9:53.26
8	Habeba Maysara Abdelhamec	14	M.ARB	10:01.19
9	Basant Ibrahim Mahmud	14	Gezira El Ward	10:02.74
10	Salma Ahmed ali Mostafa	14	GHABA	10:10.55

**Event 146 Girls 15 Year Olds 800 LC Meter Freestyle**

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

2	Sara Samir Sedky	15	DEGLA	11:45.13
3	Hana Mohie el den Osman	15	HELOP	11:08.13
4	Fareda Aly Mohamed Rezk	15	TANTA	10:58.34
5	Monika Ayman Raaouf Eriyar	15	SHAMS	10:46.41
6	Malak Mohamed abd el Kerin	15	ZMALK	10:52.79
7	Malak Ahmed Zahran	15	Al Hawar	10:59.14
8	Halaa Samy Yahya	15	SHAMS	11:16.59
9	Malak Amr Hassan Allam	15	SHOOT	NT

**Heat 2 of 3 Finals**

1	Salma Waled	15	Smouha	10:40.75
2	Mariam Ebrahim ElShazly	15	Sporting	10:37.22
3	Shorouk Mohamed Belal	15	AHLY	10:30.81
4	Gannat Allah Alaa El Din Ahrr	15	ENPPI	10:23.64
5	Menat Allah Yousry Zakaria	15	TANTA	10:15.29
6	Malak Ahmed Nagy Ali	15	HELDO	10:23.19
7	Merna Mohamed adb Elhady	15	ZMALK	10:28.01
8	Alyaa Mhmoud Kmal Hsn	15	6 OCT	10:31.48
9	Shahd Hany Hussein Darwish	15	SHAMS	10:38.09
10	Dalya Ahmed Abdel Salam	15	MAY15	10:44.64

**Heat 3 of 3 Finals**

1	Marim Mhmod Elsaid Elshik	15	Smouha	10:00.23
2	Maya Osama Handosa	15	Al Hawar	9:53.73
3	Mariam Hesham Mohamed	15	AHLY	9:51.52
4	Aisha Ahmed Nabil	15	AHLY	9:45.43
5	Loujin Abd Alla Slah Zkey	15	6 OCT	9:26.61
6	Kanzy Ibrahim Zaid	15	Al Hawar	9:38.73
7	Shahd Sameh Safouat Shaaba	15	HELDO	9:49.56
8	Hana Aly Mahmoud	15	AHLY	9:52.42
9	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	9:57.70
10	Salma Ahmed Mohamed Ram	15	DEGLA	10:04.12

**Event 147 Girls 16 Year Olds 800 LC Meter Freestyle**

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

1	Zina Ahmed Nabil	16	Sporting	11:34.22
2	Noureen Alaa Azouz	16	AHLY	10:59.73
3	Lina Ahmed Abu El Khair	16	Sporting	10:56.42
4	Jana Amr Adel Ahmed	16	Sporting	10:38.89
5	Bsmala Hassan Mohamed	16	M.ARB	10:35.86
6	Mariam Essam Mohamed Sal	16	SHOOT	10:38.75
7	Hana Tarek Fared	16	SHOOT	10:48.87
8	Mariam Mohamed Osama Mo	16	SHOOT	10:57.86
9	Kenzy Tamer Farouk	16	DEGLA	11:02.47

**Heat 2 of 3 Finals**

1	Ranheil Moaatat Ballah Ali Ib	16	ZMALK	10:29.74
2	Gana Emad Gaad Hosny	16	SHAMS	10:22.17
3	Sara Hossam Eldin Mahmoud	16	AHLY	10:14.15
4	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	10:09.18
5	Yara Mahmoud Abdo Mosa	16	Al Hawar	10:06.35
6	Younna Mohamed Mahmoud	16	SHAMS	10:08.63
7	Rodaina Wael Mohamed	16	RWAD	10:12.28
8	Nourhan Raaft Elsaid	16	AHLY	10:17.12
9	Malak Mohamed Ezzat Al Hac	16	6 OCT	10:29.27
10	Souhaila Moahmed Mahmoud	16	SHOOT	10:32.02

**Heat 3 of 3 Finals**

1	Amany Mahmoud Basheir	16	Gezira El Ward	9:58.05
2	Shad Ahmed Deiaa	16	Stad Mansoura	9:57.33
3	Amina Ahmed El Sharkawy	16	Sporting	9:54.98
4	Salma Mohamed Ibrahim Has	16	SHAMS	9:47.70
5	Salma Hany Mostafa Abdelka	16	MAADI	9:21.46
6	Farida Tharwat Maher	16	AHLY	9:29.89
7	Nadin Adam Ahmed Foad Mo	16	SHAMS	9:52.64
8	Sohaaila Ahmed Hamdy Bauc	16	6 OCT	9:56.86
9	Rawan Mostafa	16	DEGLA	9:57.41
10	Mayar Hassan Aly EL Sharkav	16	SHAMS	10:05.16

## Egypt Swimming Cup 2018-2019 - 29-Mar-19 to 18-Apr-19

## Meet Program - 06-04-2019 Evening

**Event 148 Boys 14 Year Olds 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
3	Ammar Mohamed el Gned	14	TRSAN	NT
4	Mrawan Mahmoud Ahmed	14	TALBE	6:25.24
5	Yousf Aymn Ebrahim Ahmed	14	6 OCT	6:13.91
6	Mostafa Mohamed Mourad	14	DEGLA	6:19.43
7	Ahmed Adel Eshak	14	DEGLA	NT
<b>Heat 2 of 5 Finals</b>				
1	Ali Mohamed Mousa	14	TANTA	5:55.45
2	Omar Hatem Hassan	14	ZOHUR	5:50.55
3	Abd El Monaem Mahmoud Al	14	ZOHUR	5:49.60
4	Mohamed Hassan Hafez	14	AHLY	5:43.33
5	Ali Nader Ali Mohamed	14	DEGLA	5:40.56
6	Omar Tarek Omar el Koly	14	Al Hawar	5:40.58
7	Abdla Mohmd Ahmd Ali Alml	14	6 OCT	5:43.93
8	Abdalla Mohamed Hassan	14	AHLY	5:50.23
9	Moaz Nasser Eid Abd Allah	14	TALBE	5:51.65
10	Ahmed Moustafa Zakrya	14	ZMALK	6:07.09
<b>Heat 3 of 5 Finals</b>				
1	Mohammed Abdel Monem M	14	RWAD	5:37.22
2	Yehia Mohamed Saad Eldin	14	DEGLA	5:34.14
3	Kareem Mohamed Fouad Alg	14	TWFIK	5:32.71
4	Ahmade Hamed Abbaas	14	TALBE	5:30.99
5	Moamen Khalid Mohamed	14	ZMALK	5:28.74
6	Mostafa Emad Mohamed Awz	14	Gezira El Ward	5:30.67
7	Abd El Rahman Mohamed Fa	14	SHOOT	5:32.13
8	Adham Mhammed Arafa Has	14	Al Hawar	5:33.38
9	Yassin Moataz Zakaria	14	AHLY	5:34.69
10	Adham Mohamed Elarby	14	Smouha	5:37.43
<b>Heat 4 of 5 Finals</b>				
1	Omar Ahmed Hassan Ryaan	14	SHAMS	5:28.36
2	Ahmed Amr Magdy	14	SHOOT	5:27.01
3	Iyad Mohamed Abdel Azem e	14	Al Hawar	5:26.21
4	Marawan Emad Hamed	14	AHLY	5:23.01
5	Marwan Mostafa Mohamed M	14	Smouha	5:22.00
6	Yousf Mohamed Mdht Mohme	14	6 OCT	5:22.56
7	Mohaned LiwaaEldin Ali	14	Smouha	5:24.23
8	Ahmed Hesham Mohsen	14	AHLY	5:26.91
9	Ziyad Walid Nabiil	14	Sporting	5:28.31
10	Omar Mohsen Ramdan Abde	14	Smouha	5:28.54
<b>Heat 5 of 5 Finals</b>				
1	Seif Walaa Antar	14	DEGLA	5:19.86
2	Ahmed Ayman Ali Mohamed	14	SHAMS	5:13.50
3	ali Mohamed Sarwat	14	HELOP	5:10.28
4	Ahmed Mohamed Moharam	14	Mansoura	5:04.27
5	Mohamed Hany Elsayed	14	AHLY	5:03.86
6	Ali Mohamed Ali Hasan El	14	Bank Ahly Alex	5:04.26
7	Nour El Din Ayman	14	Sporting	5:08.89
8	Yousef Adel Ramadan	14	SHAMS	5:11.70
9	Youssef Ehab Mostafa	14	AHLY	5:14.94
10	Tamem Mohamed Tantawy	14	Sporting	5:20.40

**Event 149 Boys 15 Year Olds 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
4	Yossef Mohamed Bahgt	15	SHOOT	NT
5	Youssef Ahmed Taha	15	ZMALK	6:03.21
6	Adel Mohamed Adel	15	RWAD	6:18.54
7	Omar Mohamed Mostafa Elsa	15	Smouha	NT
<b>Heat 2 of 4 Finals</b>				
1	Yousif Ahmed Hamdy Borhan	15	Smouha	5:45.81
2	Fares Ramy gad Allah	15	HELOP	5:33.43
3	Omar Ehab Elfaham	15	Sporting	5:31.93
4	Hesham Mohamed Mhmoud A	15	6 OCT	5:31.01
5	Saad ElDen Saeed Saad	15	Sporting	5:23.28
6	Seif ElIslam Ahmed Mahmou	15	SHAMS	5:30.91
7	Adam Samer AbdElghany Mg	15	Smouha	5:31.81
8	Esmail Shref Adel	15	HELOP	5:32.60
9	Hussen Ahm. Bahaa Eldin Far	15	GEZIR	5:43.41
10	Yousef Ayman Mohamed Lotf	15	SHAMS	5:53.56
<b>Heat 3 of 4 Finals</b>				
1	Aly Hesham Alkabany	15	AHLY	5:18.63
2	Ahmed Wael Ibrahim	15	DEGLA	5:15.35
3	Yasin Alaa Ibrahim Elbieh	15	Smouha	5:12.61
4	Mooataz Tarek Ibrahim Moha	15	AHLY	5:09.58
5	Omr Mohamed Salah Moslhy	15	6 OCT	5:08.12
6	Yassin Esam El Din	15	Sporting	5:09.40
7	Youssef Magdy Elhady	15	AHLY	5:10.06
8	Ali El Din Tamer Mohamed Ri	15	TANTA	5:13.69
9	Ismael Ahmed Refaat	15	Sporting	5:18.60
10	Abdelrahman Ashraf Abdelat	15	AHLY	5:22.94
<b>Heat 4 of 4 Finals</b>				
1	Houssen Talal Houssen Sayd	15	6 OCT	5:07.77
2	Ahmed Ehab AbdElhamed Ar	15	Smouha	5:06.13
3	Yousef Mohamed Abdel Halin	15	DEGLA	5:04.69
4	Mohamed Mostafa Mohamed	15	DEGLA	5:01.83
5	Selim Moh. Ahm. Moktar Has.	15	GEZIR	4:41.79
6	Seif Ahmed Hegazy	15	AHLY	4:53.95
7	Yasen Abdelaziz Mohsen Abe	15	6 OCT	5:02.53
8	Ahmed Tarek Mohamed	15	SHOOT	5:04.76
9	Omer Badr Kamel	15	SHOOT	5:06.27
10	Yasin Hatem Sery	15	HELOP	5:07.86

**Event 150 Boys 16 Year Olds 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
4	Omar Ahmed Salem Hamoda	16	Smouha	NT
5	Hussein Walid Adel	16	AHLY	5:38.27
6	Amr Ragaay Mohamed Farid	16	AHLY	5:44.67

**Egypt Swimming Cup 2018-2019 - 29-Mar-19 to 18-Apr-19****Meet Program - 06-04-2019 Evening****Heat 2 Finals (#150 Boys 16 Year Olds 400 LC Meter IM)**

1	Zeyad Taha Dabor	16	TANTA	5:30.53
2	Yahia Abd el Aaty Said	16	DEGLA	5:27.98
3	Ahmed Hesham Nageib	16	ZMALK	5:22.72
4	Adham Tarek Mohamed Elmc	16	SHAMS	5:21.01
5	Ziyad Ashraf Osman Taher	16	Sporting	5:19.92
6	Yosef Mohamed Hegazy Hasa	16	Al Hawar	5:20.82
7	Mohamed Gamal Ebrahim	16	DEGLA	5:21.19
8	Mazen Mohamed Elwakel	16	Smouha	5:26.78
9	Mazen Wael Ali Gaber	16	Smouha	5:29.17
10	Mohab Mohamed Elsaid Moh	16	Smouha	5:36.63

**Heat 3 of 4 Finals**

1	Mohamed Ashraf Abdel Ghaf	16	DEGLA	5:18.70
2	Mazin Taha Ebrahim	16	DEGLA	5:15.48
3	Karim Kamal Ahmed Mostafa	16	6 OCT	5:14.47
4	Mohamed Ahmed Essam Akl	16	Smouha	5:13.23
5	Ahmed Moaataz Abdel-Aziz	16	AHLY	5:06.17
6	Yousef Hasham abd el Fatah	16	Sporting	5:10.90
7	Karim Mohamed Samy	16	AHLY	5:14.05
8	Zeiad Hamdy Amin Ossman	16	ZMALK	5:15.13
9	Omar Mostafa Abdelmohsen	16	MAADI	5:17.15
10	Omar Hosam Mohamed Atyy;	16	Al Hawar	5:18.96

**Heat 4 of 4 Finals**

1	Yassin Amir	16	GHABA	5:04.80
2	Zyad Magdi abd el Khalaa	16	ZMALK	5:04.09
3	Omar Sherif Sayed	16	ZMALK	5:01.20
4	Ramiz Elsaeyd Abdoh	16	DEGLA	4:56.22
5	Yassin Ayman Ali Toulba	16	SHOOT	4:52.12
6	Saied Mohamed Abd Elgawac	16	Sporting	4:53.10
7	Ziad Khaled Shreef	16	Cairo	4:57.08
8	Basel Mohamed Ahmed	16	Elethead	5:02.30
9	Nour El-Din Mostafa Moham	16	AHLY	5:04.70
10	Ahmed Sameh Awad	16	RWAD	5:05.86