

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

## Meet Program - 07-04-2019 Morning

## Event 151 Boys 14 Year Olds 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 17 Finals</b>				
1	Mohamed Taha Hossen	14	Telephonat B.N.S	NT
2	Yousif amr Fahmy	14	Beni Suef Club	NT
3	Salih Samy Hassan abo Ghada	14	Raas El Bar Club	NT
4	Aly Ahmed Elsayed	14	Nasr City	46.73
5	Ali Hany Abdalla Mohamed	14	Taleaa El Gish	39.88
6	Yousef Salah Jaber	14	Misr	46.56
7	Maher Mohamed Mohamed	14	Raas El Bar Club	NT
8	Ziad Mohamed Mansour Dar	14	Taleaa El Gish	NT
9	Marwan Mohamed Bakry	14	Beni Suef Club	NT
<b>Heat 2 of 17 Finals</b>				
1	Saif al-Islam Mohamed Mostafa	14	Police Club	38.10
2	Abdelrahman Ahmed Ebrahimi	14	MAY15	36.95
3	Mohab Mohamed Sand	14	Taleaa El Gish	36.79
4	Abdelrahman eid Qarny	14	M.S Tagamoa	36.09
5	Mostafa Abdeljalil Ahmed	14	HLWAN	35.98
6	Moustafa Shapan	14	Taleaa El Gish	36.07
7	Abd Alla Karim Ashraf Mahgoub	14	GEZIR	36.79
8	Mohamed Mamdouh Hosny F	14	RWAD	36.91
9	Sief El Dien Tamer	14	Misr	37.88
10	Abdel Rahman Ashraf Salah M	14	Misr	39.42
<b>Heat 3 of 17 Finals</b>				
1	Mustafa Sayed Hussein Abdel	14	Beni Suef Club	35.55
2	Haytham Hesham Yehia Mou	14	HLWAN	35.24
3	Mrwan Ahmed Farok	14	MAY15	35.14
4	Mohamed Badeaa Ibrahim	14	Mansheit Naser	34.70
5	Salah Mohamed Salah	14	MAY15	34.37
6	Saif Al Din Ahmed Kamal	14	Police Club	34.58
7	Sayd Mohamed Sayd	14	Police Club	34.91
8	Sameh Mohamed Sameh	14	Police Club	35.15
9	Mohamed Ashraf Gamal Elde	14	RWAD	35.27
10	Daved Ayman Nabil	14	Cairo	35.76
<b>Heat 4 of 17 Finals</b>				
1	Saef Eldin Waled Sadek Sayec	14	GEZIR	34.12
2	Zyad Ahmed Abdelmnam Ali	14	6 OCT	33.83
3	Hosam Eldien Shreef Mahmo	14	TWFIK	33.62
4	Mohamed Samir Abo ElFtooh	14	NASR	33.60
5	Karim Waleed Abdelfatah	14	MRAC	33.19
6	Mohamed Mohamed Hashm	14	MAY15	33.21
7	Ahmedd Maged Khorshed	14	HELOP	33.60
8	Saif Allah Eslam abd Elkader	14	TRSAN	33.70
9	Yassin Hussuin Mostafa	14	TALBE	33.96
10	Marawan Mohamed Saed Abc	14	6 OCT	34.23
<b>Heat 5 of 17 Finals</b>				
1	Hamza M Abd Elaziz	14	NASR	33.12
2	Adham Amro Nabhan Kadah	14	GEZIR	33.02
3	Esmael Mohamed Esmael Ab	14	6 OCT	32.89
4	Belal Ahmed Mohamed Elsaic	14	MRAC	32.76
5	Yousef Moustafa Fargaly	14	RWAD	32.56
6	Amar Yasser ail	14	MAY15	32.68
7	Mohamed Taher	14	Mansheit Naser	32.78
8	Ahmed Mohamed Mosaad	14	TALBE	32.93
9	Mahmoud Mohamed abd Rab	14	ENPPI	33.05
10	Eyad Mohamed Mosad	14	MAY15	33.15

## Heat 6 of 17 Finals

1	Tarek Ahmed Ali	14	ZOHUR	32.38
2	Mohamed Hisham Mohamed	14	NASR	32.24
3	Yousef Mohamed Hashim Mo	14	MRAC	32.22
4	Ahmed Magdy Abd Elhakim	14	NASR	32.15
5	Yossef Moh. Ahmed Ameen	14	GEZIR	32.10
6	Karim Samer Galal	14	Cairo	32.12
7	Ahmed Saad Al Mandoh Khat	14	MAADI	32.21
8	Monzer Mahmoud Ahmed	14	ZOHUR	32.24
9	Youssef Ahmed Abd El Whab	14	ZOHUR	32.34
10	Moaz Tamer El Sayeed	14	ZOHUR	32.47

## Heat 7 of 17 Finals

1	Assem Asad	14	Taleaa El Gish	32.00
2	Ahmed Hossam Mohamed Al	14	SHAMS	31.94
3	Yousef Mohamed Adel	14	TANTA	31.86
4	ali abd Elrhman Elsaeed	14	ZMALK	31.76
5	Mohamed Ashraf Abdelkaren	14	GHABA	31.70
6	Ziad Alaa Ahmed Fahim	14	ZOHUR	31.75
7	Yossef Mohamed Abdelzاهر	14	Police Club	31.85
8	Zyeed Mohamed Hassan	14	ZMALK	31.89
9	Abdel Rahman Ahmed Abdel	14	SWEIF	32.00
10	Yassen Saied	14	TALBE	32.10

## Heat 8 of 17 Finals

1	Mostafa Magdi Mostafa	14	HLWAN	31.52
2	Ahmed Hassan Mohamed	14	ZOHUR	31.37
3	Abd EL Malek Ashour	14	SHAMS	31.32
4	Anas Ahmed Helmy Ahmed	14	SHAMS	31.26
5	Abd El Manaam Moh Abd Eln	14	GHABA	31.19
6	Omar Tarik Assem	14	Nasr City	31.24
7	Karim Ali Mohamed	14	GHABA	31.27
8	Zayad Badr Fathallah	14	M.S Tagamoa	31.37
9	Yosif Moh. Fawzi Moh. Kande	14	GEZIR	31.40
10	Abdelrahman Hany Hassan	14	GHABA	31.70

## Heat 9 of 17 Finals

1	Mohamed Ahmed Mohamed	14	TWFIK	31.05
2	Ahmed el Husseny	14	HELOP	30.98
3	Hossam Eldin Ghsan Moham	14	Taleaa El Gish	30.74
4	Abdelrahman Medhat Ahmed	14	MAY15	30.44
5	Abdulrahman Wael Hassen	14	Police Club	30.38
6	Ziad Tarek Abdelaziz	14	Cairo	30.39
7	Mohamed Elssameldin Mahr	14	Cairo	30.60
8	Seif Walid Hosny Ahmed	14	MAADI	30.78
9	Ahmed Khaled Mohamed Alr	14	Taleaa El Gish	31.01
10	Mohamed Hesham Mahmoud	14	Mansheit Naser	31.14

## Heat 10 of 17 Finals

1	Karim amr Mahmoud	14	Nasr City	30.27
2	Omar Khaled Hasan	14	NASR	30.23
3	Yasin Mohamed Abu Raya	14	TANTA	30.19
4	Mohmed Mostfa Mostfa Deso	14	6 OCT	29.96
5	Abdelrahman Ahmed Abdelr	14	Cairo	29.87
6	Nour ELdin Sherif Mabrouk	14	AHLY	29.94
7	Karim Mohamed Mahmood	14	TANTA	30.03
8	Abdelrhman Eslam Essa	14	Smouha	30.23
9	Omar Mohamed Mahmoud	14	Sporting	30.24
10	Ali Mohamed Samir Zaky	14	TRSAN	30.29

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

## Meet Program - 07-04-2019 Morning

**Heat 11 Finals (#151 Boys 14 Year Olds 50 LC Meter Freestyle)**

1	Abd El Monaem Mahmoud Al	14	ZOHUR	29.73
2	Ali Waled Yossef	14	GHABA	29.67
3	Mohab Tarek Helal Mohamed	14	HELDO	29.57
4	Nour El Din Khaled Mamdou	14	AHLY	29.51
5	Yosef Mohamed abd Elbaser	14	GHABA	29.40
6	Mohamed Khaled Abdel Maal	14	AHLY	29.43
7	Loay Amgad el Mongy	14	TRSAN	29.53
8	Noor Eldin Mohamed Abdelw	14	Nasr City	29.66
9	Mahmoud Hesham Mahmouc	14	Mansheit Naser	29.67
10	Hazem Ahmed Hasan	14	TWFIK	29.75

**Heat 12 of 17 Finals**

1	Marawan Bader Eldin Radi	14	SHAMS	29.38
2	Yosef Amr Mohamed Gohar	14	MAADI	29.35
3	Mohamed Hassan Mohamed	14	HLWAN	29.30
4	Karim Eslam Khaled	14	M.ARB	29.27
5	Mahmoud Ahmed Mahmoud	14	DEGLA	29.22
6	Adam amr Essam	14	HELOP	29.26
7	Karim Samir Mohamed	14	AHRAM	29.30
8	Yassen ali Yossry	14	HELOP	29.31
9	omr Mohamed Fathey Yousef	14	Stad Mansoura	29.35
10	abd Elrahman Mohamed Saar	14	ZMALK	29.38

**Heat 13 of 17 Finals**

1	Yousef Fathy Aswy Hasan	14	6 OCT	29.15
2	Mostafa Mahmoud Mostafa	14	SHOOT	28.98
3	Mazen Ashraf Mohamed Abd	14	Bank Ahly Alex	28.91
4	amr Khaled Mohamed Mahm	14	ZMALK	28.78
5	Abd El Rahman Mohamed Ali	14	SHOOT	28.63
6	Yousef Hisham ali	14	TRSAN	28.74
7	Khaled Khaled Mohamed Wa	14	SHOOT	28.83
8	Mohamed Yehia aly Elshenaw	14	Nasr City	28.94
9	Abdel Rahman Ibrahim Hoss	14	Canal El Suez	29.08
10	Ali Ahmed Abd el Monem Om	14	SHAMS	29.16

**Heat 14 of 17 Finals**

1	Youseif Emad Salah	14	ZMALK	28.59
2	Aly Shref Aly Mohamed	14	SHOOT	28.52
3	Mazen Ahmed Elsayed Helmy	14	Olympic	28.49
4	Omar Khaled Khamis	14	A S E C	28.46
5	Youssef Mohamed Soliman	14	DEGLA	28.41
6	Adham Khaled Kamal	14	SHOOT	28.41
7	Marawan Hatem Abo Adma	14	SHOOT	28.47
8	Yassin Amr Warda	14	Sporting	28.51
9	aly Mohamed aly Elsobky	14	DEGLA	28.57
10	Omar Walid Mohamed	14	AHLY	28.62

**Heat 15 of 17 Finals**

1	Mohmed Khaled Ookel Abdal	14	6 OCT	28.34
2	Karim Sameh Mohamed	14	DEGLA	28.21
3	Malek amr Mahdy	14	Cairo	28.16
4	Adham Ahmed Mahmoud	14	AHLY	28.12
5	Loai Hany A bd EL Haliem	14	SHAMS	27.98
6	Yosaf Tamr Mosa	14	TAGAM	28.12
7	Yousef Ahmed Shalaby	14	TANTA	28.14
8	Omar Hazem	14	ZMALK	28.20
9	Abd EL Rahman Yaser Mohi E	14	HELOP	28.22
10	AbdAllah Ehab Saieed	14	A S E C	28.38

**Heat 16 of 17 Finals**

1	Omar Khaled Soliman	14	NASR	27.92
2	Omar Ahmed Elebyary	14	TANTA	27.77
3	Yasser Walid Abo Elela	14	AHLY	27.71
4	Yehia Emad eL Toukhy	14	Sporting	27.60
5	Adham Hadee Mohamed Tala	14	Bank Ahly Alex	27.45
6	Mohamed Yasser Mohamed	14	ZMALK	27.58
7	Seif Ahmed Nasr	14	TRSAN	27.70
8	Adham Tarik Ali Baiuomy	14	Smouha	27.71
9	Fares Husin Atia	14	TANTA	27.92
10	Mohamed Waled Ibrahim Sal	14	Smouha	27.96

**Heat 17 of 17 Finals**

1	Mohamed Ahmed Ellethy	14	TANTA	27.19
2	Mohamed Khaled Mohamed :	14	DEGLA	26.78
3	Adam Moh. Awaad Awaad	14	GEZIR	26.44
4	Mohnad Khaled Mohamed M:	14	SHOOT	25.91
5	Ahmed Wael el Mohandes	14	HELOP	25.37
6	Omar Sherif Galal Eldin Mahr	14	MAADI	25.78
7	Esmat Ashraf Esmat Hatata	14	Smouha	25.99
8	Ziad Ehab Tawfek	14	DEGLA	26.73
9	Waleed Samer Mahmoud	14	AHLY	27.12
10	Mohamed Taha Abd El Raouf	14	DEGLA	27.23

**Event 152 Boys 15 Year Olds 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 14 Finals**

4	Shady Waleed Esmail	15	Telephonat B.N.S	NT
5	Mohamed Hany Mahamud	15	Telephonat B.N.S	NT
6	Ziad Mohammed Samir Elnag	15	Raas El Bar Club	NT
7	Abdel Rahman Khaled Adnan	15	BNK.G	NT

**Heat 2 of 14 Finals**

1	Yousef Waleed El Dawy	15	DEGLA	NT
2	Mostafa Ashraf ali	15	Beni Suef Club	NT
3	Hessin Ahmed Mohamed	15	SHARK	39.21
4	Ziad Mohamed Gamil	15	HLWAN	37.84
5	Karim Ahmed Hussin	15	Taleaa El Gish	35.46
6	Adham Abd Elkhalik	15	Al Zaher	37.79
7	Omar Mostafa Saad	15	Misr	38.47
8	Mahmoud Ihab Mahmoud	15	Misr	39.32
9	Mohamed Ahmed Mohmed	15	Telephonat B.N.S	NT
10	Mahmoudm Tariek Mahmouc	15	Taleaa El Gish	NT

**Heat 3 of 14 Finals**

1	Eyad Medhat Almorsy	15	M.S Tagamoa	34.24
2	Abd ElRahman Osama Mohar	15	SHAMS	34.04
3	Abdallah Hassan Mohamed	15	Taleaa El Gish	33.85
4	Abdelrahman Wessam Mahm	15	TWFIK	33.64
5	Mohand Mohamed Fawzy	15	HLWAN	33.05
6	Karim Hany Mohamed Zohdy	15	HELDO	33.10
7	Shrif Ayman Shrif Noor	15	GEZIR	33.69
8	Ahmed Khaled Ahmed Elsher	15	BNK.G	34.02
9	Ahmed Mohamed Mohamed	15	GHABA	34.21
10	Ebrahim Mohamed Elhady	15	HLWAN	35.09

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

## Meet Program - 07-04-2019 Morning

**Heat 4 Finals (#152 Boys 15 Year Olds 50 LC Meter Freestyle)**

1	Anas Ahmed Elsafty	15	MRAC	32.71
2	Mohamed Ahmed Helmy	15	ZOHUR	32.37
3	Omar Maged Zaki	15	ZOHUR	32.33
4	Ahmed Hesham Sabah	15	HELOP	31.86
5	Khalid Tahir Mohamed ali	15	TWFIK	31.78
6	Sief Aldien Maged Hasan	15	M.S Tagamoa	31.83
7	Mazen Ahmed Farouk Rashad	15	HELDO	32.19
8	Ahmed Mahmoud Abdullah	15	M.S Tagamoa	32.35
9	Farok Mohamed Farok	15	HLWAN	32.59
10	Blal Mohmed Abd Elhamed	15	NASR	32.93

**Heat 5 of 14 Finals**

1	Yousf Hesham Hosny	15	TRSAN	31.55
2	Abd Alrhman Ayman Sameer	15	Raas El Bar Club	31.47
3	Omar Sherif Mohamed Elnaq	15	GHABA	31.05
4	Ali Hesham Moh. Fekre Shrif	15	GEZIR	30.95
5	abd Elrahman Moheb Hosny	15	TANTA	30.84
6	Sherif Samy Ahmed	15	AHRAM	30.85
7	Karim Mohamed Mahmoud	15	HELDO	31.00
8	Mohamed Ahmed Galal	15	ZOHUR	31.19
9	Mohamed Sherif Mohamed	15	ZOHUR	31.48
10	Ibrahim Sherif Ibrahim Mahn	15	MAADI	31.64

**Heat 6 of 14 Finals**

1	Sief Mohamed Mahmohd	15	Baladyat El Maha	30.64
2	Mohamed Tamer Nabil Anwv	15	Taleaa El Gish	30.48
3	abd Elrhman Mohamed aly	15	BNK.G	30.18
4	Karim Ayman Mohamed	15	RWAD	30.05
5	Youssef Hisham Kamal	15	MRAC	29.90
6	Kirolos Sameh Fawzy Rasla	15	Taleaa El Gish	29.91
7	Ahmed Hossam	15	Cairo	30.14
8	Hamdy Mohamed Anour	15	Misr	30.46
9	Abdel Rahman Mohamed Abc	15	Al Shehk Zaeid	30.49
10	Seif El Din Mohamed Ahmed	15	MAADI	30.75

**Heat 7 of 14 Finals**

1	Mohmed ali abd Elrazek	15	Cairo	29.85
2	Ezz El Dn Ramadan El Domar	15	Baladyat El Maha	29.70
3	Basel Mohamed abd Alrhmar	15	Nasr City	29.66
4	Mohamed Mohamed Galal	15	Raas El Bar Club	29.58
5	Hazam Tamer Mohamed	15	TAGAM	29.57
6	Omar Nashet Emam	15	TAGAM	29.58
7	ali Hany el Samra	15	HELOP	29.61
8	Hazem Ahmed Mahmoud	15	ENPPI	29.66
9	Ead Ahmed Farowk	15	Nasr City	29.77
10	Mohamed aly Mahmud Omra	15	TANTA	29.86

**Heat 8 of 14 Finals**

1	Yossef Essam Mohamed Adel	15	GHABA	29.50
2	Ahmed Mohamed Abdelhalec	15	Cairo	29.19
3	Abd Elrahman Hisham Ahme	15	M.ARB	29.11
4	Aly Osama Samer Eldhshan	15	GEZIR	29.08
5	Karem amr Wafek	15	HELOP	29.04
6	Amr Mohamed Helmy Ibrahim	15	HELDO	29.08
7	Youssef Mohamed Abdallah	15	ZOHUR	29.08
8	Ali Tarak Taha	15	ENPPI	29.18
9	Ahmaed Abdeulnaser Mohan	15	ROYAL	29.50
10	Seif Ahmed Mohamed	15	MAY15	29.56

**Heat 9 of 14 Finals**

1	Omar Mostafa Hafez Mostafa	15	Al Hawar	29.00
2	Tarek Ahmed Abd Elwahab	15	NASR	28.79
3	Omr Hosamelden Yhya Abdel	15	6 OCT	28.73
4	Yosef Magdy	15	GHABA	28.64
5	Abdel Rahman Mostafa Abdel	15	RWAD	28.48
6	Yousef Fawzy abo Shawaly	15	Baladyat El Maha	28.58
7	Mostafa Walid Mostafa AlSwæ	15	TANTA	28.66
8	Yosef Ismail Atef	15	Canal El Suez	28.73
9	Hasan Marwan Moh. Motaz N	15	GEZIR	28.82
10	Abdelrhman Mhmoud Hsn M	15	6 OCT	29.02

**Heat 10 of 14 Finals**

1	ali Moataz Kamal	15	ZMALK	28.47
2	Husin Mohamed Abd El Fataf	15	Stad Tanta	28.36
3	Yousif Wael Hamed Elsaid	15	Smouha	28.26
4	Yossif Serag Mahmoud Hassin	15	Nasr City	28.13
5	Mostafa Ahmed Mostafa	15	SHOOT	27.93
6	Yousif Mohamed Elsaied Ali	15	Smouha	28.04
7	Aly Hassan Elkhayat	15	AHLY	28.20
8	Ahmed Walid Hamdy	15	AHRAM	28.31
9	Abdallah Ahmed Elsaid	15	Cairo	28.38
10	Mohmed Gmal Abdelnaser At	15	6 OCT	28.47

**Heat 11 of 14 Finals**

1	Abdelrahman Alaaeldin	15	AHLY	27.91
2	Omar Walied Ahmed Badeer	15	Nasr City	27.82
3	Nour Eldin Ahmed Rady	15	AHLY	27.67
4	Abdelrahman Yasser Hassan	15	Cairo	27.58
5	Saif Ahmed Amin Abdalhmed	15	Nasr City	27.48
6	Ibrahim Waleed Ibrahim Hus	15	Smouha	27.57
7	Ahmed Sameh Aly	15	Sporting	27.62
8	Abd El Rahman Mohamed Mæ	15	Smouha	27.75
9	Salah Ahmed Nabil Abd ElHa	15	SHAMS	27.88
10	Badr Mohamed Badr	15	ZMALK	27.91

**Heat 12 of 14 Finals**

1	Ali Ehab Abou Al Ezz	15	Raas El Bar Club	27.41
2	Mohamed Ashraf Zein	15	Canal El Suez	27.40
3	Mrwan Mohmed Twfik Omra	15	6 OCT	27.21
4	Ahmed Ihab Ali	15	DEGLA	27.10
5	Shref Amad Abd ElAzim	15	SHOOT	27.02
6	Mohamed Shref Brakat	15	HELOP	27.06
7	Ibrahim Yaser Abdel Monaeir	15	Raas El Bar Club	27.18
8	Mohamed Ahmed Elfakharan	15	TANTA	27.37
9	Youssef Mohamed Mostafa	15	ZMALK	27.41
10	Yahiy Osama Amara	15	Sporting	27.47

**Heat 13 of 14 Finals**

1	Ziad Abdel Ghany Osman	15	RWAD	26.98
2	Mostafa Magdy Nabil	15	AHLY	26.94
3	Walid Salah Abdallah Khali	15	RWAD	26.87
4	Mohamed Khaled Mohamed	15	ZMALK	26.85
5	Omar Mohamed Shehata	15	DEGLA	26.39
6	Hamza Hamad	15	DEGLA	26.62
7	Mahmoud Shehab Ahmed Mc	15	Bank Ahly Alex	26.86
8	Mohmed Eslam Mohamed Rs	15	6 OCT	26.91
9	Mohamed Ahmed Mohamed	15	Smouha	26.95
10	Nour Eldien Amr Elsaid Mohæ	15	RWAD	26.99

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

## Meet Program - 07-04-2019 Morning

**Heat 14 Finals (#152 Boys 15 Year Olds 50 LC Meter Freestyle)**

1	Mooataz Tarek Ibrahim Aly	15	AHLY	26.32
2	Yousef Amr Mohamed	15	A S E C	26.27
3	Ahmed Hamdy Al Shaik	15	SHOOT	26.15
4	Fares Mohamed Farouk	15	HELOP	25.66
5	Adham Mohamed Magdy Mal	15	MAADI	25.45
6	Adam Karim AL Kady	15	SHOOT	25.60
7	Seif Mohamed Mohamed	15	DEGLA	26.12
8	Ahmed Hassan Alwan	15	ZMALK	26.16
9	Abd Elrahman Mohamed abd	15	M.ARB	26.31
10	Basel Ahmed Habeeb	15	SHOOT	26.38

**Event 153 Boys 16 Year Olds 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 12 Finals**

4	Khaled Reda Abdel Aziem	16	ELCTR	NT
5	AlHassan Amr Fayed	16	Taleaa El Gish	37.17
6	Mohamed Mahmoud Mokhta	16	TRSAN	37.64

**Heat 2 of 12 Finals**

2	Ahmed Nader Nasr Ahmed	16	HELDO	35.58
3	Omar Mohamed Omar	16	RWAD	32.80
4	Ragheb Ahmed Ragheb	16	Misr	32.38
5	Mohamed Tarek Mohamed	16	MAY15	32.26
6	Mohamed Iprahem Saed	16	Misr	32.27
7	Ahmed Hafeiz	16	AHRAM	32.42
8	Yousif Adel Elsayed	16	HLWAN	35.43
9	Eslam Mohamed Abdelaal	16	Nasr City	35.98

**Heat 3 of 12 Finals**

1	Mohamed Ahmed Mohamed	16	Beni Suef Club	31.57
2	Adham Hossam Awad Ibrahim	16	Taleaa El Gish	31.13
3	Ziad Shady Mohyeldien Hash	16	Taleaa El Gish	30.88
4	Hamza Mohamed Darwish	16	Misr	30.48
5	Adham Mohamed Rabie Ibral	16	MAADI	30.02
6	Hussin Hamdy Mohamed	16	HLWAN	30.02
7	Ibrahim Gomaa Mohamd Dei	16	SWEIF	30.58
8	Mohamed Saed abd Elrashed	16	TANTA	31.02
9	Mohamed Rafaat Mohamed	16	MAY15	31.50
10	Abel Rahman Ali Maher	16	ZOHUR	31.77

**Heat 4 of 12 Finals**

1	Ziad Kamel Ibrahim Kamel	16	Cairo	29.83
2	Omar Waled Mostafa	16	GHABA	29.63
3	Ahmed Sameh Saed Mohame	16	Bank Ahly Alex	29.41
4	Mohamed Ahmed Hamdy	16	Cairo	29.21
5	Adam Ihab Hosny Abdel Wah	16	HELDO	28.61
6	Ahmed Mohamed El Sayed	16	AHRAM	28.93
7	Youssef Ihab Hosny Abdel Wa	16	HELDO	29.22
8	Abd Elrahman Hany Moh. Ha	16	GEZIR	29.56
9	Ahmed Mohamed Abdel Rahi	16	6 OCT	29.68
10	Mostafa Ayman Mohamed Al	16	ZOHUR	29.84

**Heat 5 of 12 Finals**

1	Yosif Ahmed Saeed Daher	16	NASR	28.51
2	Omar Ahmed Ragab	16	TANTA	28.46
3	Omar Ahmed Ibrahim Eldeso	16	MAADI	28.29
4	Belal Ahmed Belal Mohamed	16	SHAMS	28.16
5	Omar Mohamed AlSayed Al A	16	Raas El Bar Club	28.09
6	Eyad Mohamed Abd ElMenea	16	TANTA	28.13
7	Abd Alla Mohamed Fathy	16	RWAD	28.18
8	Ahmed Akram Mohamed	16	ZOHUR	28.30
9	Yousef Mohamed Hamed	16	AHRAM	28.50
10	Kamal Yasser Kamal	16	MAY15	28.56

**Heat 6 of 12 Finals**

1	Yousef Ekramy Abdel Fattah	16	Gezira El Ward	27.95
2	Omar Mohamed Farouk Al Sl	16	SHOOT	27.90
3	Ali Maher Mahmoud	16	GHABA	27.68
4	Marwan Ahmed Said Nabawy	16	SHOOT	27.58
5	Yasin Sameh Fahmy	16	HELOP	27.46
6	Yousef Yaser Abdel Kader	16	ZMALK	27.57
7	Omar Mohamed Zakarya	16	TRSAN	27.61
8	Nour Mohamed Medhat Kam	16	6 OCT	27.82
9	Adam Sabah Said Mahmoud	16	6 OCT	27.91
10	Mostafa Mohamed Osman	16	NASR	27.98

**Heat 7 of 12 Finals**

1	Ali Tamer Mohamed	16	HELOP	27.39
2	Omar Ahmed abd Elrahman	16	ZMALK	27.35
3	Zeiad Osama Fatthy Abdel Ha	16	TRSAN	27.16
4	Yehya Waled Abdel Shafy	16	ZMALK	27.15
5	Yousef Emad Mohamed Al H	16	Gezira El Ward	27.12
6	Zeyad Wahied Hamdy Tawfik	16	SHAMS	27.12
7	abd Rahman Tamer Ismail	16	SHOOT	27.15
8	Mahmoud Waleed Elmasry	16	Cairo	27.34
9	Aly Haytham Fouad Helmy	16	BNK.G	27.37
10	Omar Mohamed Ezz El Dawla	16	ZMALK	27.45

**Heat 8 of 12 Finals**

1	Mohamed Ashraf	16	Sporting	27.09
2	Gonathan Ezzat Danyal	16	AHLY	26.97
3	Abdel-Rahman Walid Moham	16	AHLY	26.91
4	Abdel Rahman Matarawy	16	GHABA	26.87
5	Mostafa Abou Elabas Youssef	16	BNK.G	26.74
6	Yousif Mohamed Anwar	16	HELOP	26.87
7	Ahmed Mohssein Abdel Mon	16	HLWAN	26.88
8	Seif Tamer Nabil	16	Cairo	26.93
9	Ibrahim Walid Fouad	16	Cairo	27.00
10	Abdel Rahman Amr Mounir	16	MAADI	27.10

**Heat 9 of 12 Finals**

1	Ali Mohamed ali abd el Rahm	16	SHAMS	26.73
2	Ahmed Ismail Mohamed Ism	16	MAADI	26.71
3	Karim Kamal Ahmed Mostafa	16	6 OCT	26.64
4	Yousef Ebrahim Mohamed	16	Sporting	26.63
5	Seif El Din Sameh Mostafa Ab	16	AHRAM	26.58
6	Ibrahim Mostafa Talaat	16	Smouha	26.58
7	Morad Yaser Hafez	16	DEGLA	26.64
8	Ali Khaled Ahmed Mostafa	16	GHABA	26.69
9	Omar Yasser Karam	16	Cairo	26.73
10	Ahmed Osama Tawfek	16	M.ARB	26.73

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

## Meet Program - 07-04-2019 Morning

**Heat 10 Finals (#153 Boys 16 Year Olds 50 LC Meter Freestyle)**

1	Saif Ahmed abd Elmoniem Er	16	SHAMS	26.51
2	Mohamed Ahmed Abdel Haki	16	SHOOT	26.48
3	Ahmed Mohamed El Ghandou	16	DEGLA	26.46
4	Mohamed Abdel Fattah Moha	16	BNKG	26.37
5	Zyad Ahmed Hesen Mahmou	16	GHABA	26.26
6	Abdel Rahman Hassan Moha	16	TALBE	26.35
7	Seif Tamer Omran	16	DEGLA	26.38
8	Fahd Mohamed aly	16	Olympic	26.47
9	Adham Ahmed Hassan	16	AHLY	26.50
10	Mazen Wael Ali Gaber	16	Smouha	26.52

**Heat 11 of 12 Finals**

1	Yassin Emad Abd Elhakim	16	Sporting	26.18
2	Yousof Yaser Shaaban	16	TANTA	26.14
3	Mohamed Essam Salah	16	DEGLA	26.09
4	Aly Tamer Aly	16	Sporting	26.01
5	Hamza Hossam el Maadawy	16	HELOP	25.87
6	Eyad Mohamed Nabih	16	Smouha	25.90
7	Ali Mohamed Ali Makhloof	16	ZMALK	26.04
8	Ziad Esam Elhendy	16	Raas El Bar Club	26.13
9	Yousef Akram Hassan Afefe	16	HELOP	26.14
10	Eyad Waleed Shanan	16	MAADI	26.21

**Heat 12 of 12 Finals**

1	Kareem Husin Atia	16	TANTA	25.77
2	Yosif Ahmed Abdel Mohssin	16	DEGLA	25.52
3	Saleh Hossam El Din Saleh	16	ZOHUR	25.32
4	Mohanad Mohamed Wageh	16	SHOOT	25.01
5	Omar Yasser Menis	16	Sporting	24.59
6	Yasin HossamEldin	16	Smouha	24.96
7	Omar Mohamed Atef	16	AHLY	25.15
8	Kristian Maged Beshher	16	Smouha	25.36
9	Gamal Aymn Gamal abd el M	16	SHAMS	25.58
10	Ahmed Mohamed Abdel-Fatt	16	AHLY	25.77

**Event 154 Girls 14 Year Olds 50 LC Meter Freestyle**

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

3	Shahenda Hesham Helal	14	Raas El Bar Club	NT
4	Salma Osama Sayed	14	Taleaa El Gish	NT
5	Shaza Ayman Mohamed	14	Beni Suef Club	41.55
6	Hanen Ehab Hassan	14	MAY15	42.10
7	Dareen Mohamed Ahmed	14	Telephonat B.N.S	NT
8	Dima Mahmoud Al Janini	14	Taleaa El Gish	NT

**Heat 2 of 10 Finals**

1	Habiba Ehab Hassan Ebrahim	14	6 OCT	41.32
2	Nourhan Hussien Ahmed	14	Taleaa El Gish	40.32
3	Rawan Mohamed Zakaria	14	BNKG	39.70
4	Halla Ahmed	14	ZMALK	39.42
5	Malak Gamal Matwally	14	ZOHUR	39.00
6	Judy Hossam Eldin Abdelaz	14	Nasr City	39.10
7	Arwa Mohammed Zakaria	14	BNKG	39.50
8	Marim Waael Galal	14	Police Club	40.00
9	Mirna Mohamed Mansour	14	Misr	40.52
10	Zenab Moh. Ibrahim Aly	14	GEZIR	41.39

**Heat 3 of 10 Finals**

1	Alea Ahm. Adel Abd Elrahma	14	GEZIR	37.70
2	Klara Alfred Sabr	14	ZMALK	37.02
3	Abrar Hisham Ahmed	14	Cairo	36.61
4	Gana Wael Mamon	14	M.ARB	36.55
5	Haidy Hamdy Rashad	14	ZOHUR	35.93
6	Menna Alla Mohamed Moust	14	ZMALK	36.29
7	Rwan Khaled Abdelhalem	14	Taleaa El Gish	36.60
8	Yara Osama Mohamed Zaatar	14	Taleaa El Gish	36.95
9	Hana Hany Mahmed	14	Misr	37.15
10	Nour amr abd el Khalek	14	HELOP	38.44

**Heat 4 of 10 Finals**

1	Mariam Mohamed Hamdy So	14	MRAC	35.65
2	Farida Aiman Mohamed Nabi	14	SHOOT	35.41
3	Sarah Hesham Abd El Hamid	14	MAY15	35.16
4	Karma Abdel Fattah Abdul M	14	SHOOT	34.73
5	Fareh Yasser Mohamed Samy	14	SHAMS	34.60
6	Heba Allah Ahmed Yahia Moh	14	RWAD	34.73
7	Jomanah Assem Samer	14	MAY15	35.05
8	Shahd Akml Mohamed Moha	14	6 OCT	35.25
9	Mounira Alaa Abdelkhlek	14	NASR	35.42
10	Gillan Essam Sayed EL Adly	14	SHAMS	35.87

**Heat 5 of 10 Finals**

1	Habiba Sameh Fahmy	14	HELOP	34.23
2	Mariam Mostafa Adly	14	TANTA	33.76
3	Rawan Islam Amr	14	AHLY	33.74
4	Rana Walid Ahmed	14	SHOOT	33.64
5	Yosr Wael Gmal	14	HELOP	33.42
6	Sara Ibrahim Mohamed	14	AHLY	33.61
7	Alia abd el Mohseen Galal	14	ZMALK	33.67
8	Afrosena Sameh Kamel	14	AHRAM	33.76
9	Gana Ahmed Mohamed Zaki	14	AHLY	33.92
10	Mariam Ahmed Mohamed Ta	14	SHOOT	34.23

**Heat 6 of 10 Finals**

1	Nour Waled Mostafa Askar	14	Stad Mansoura	33.08
2	Nour Ahmed Ibrahim Sarhan	14	MAADI	32.95
3	Nor Salah El Din Mohamed	14	SHOOT	32.76
4	Martina Magdy Bekhet	14	ZMALK	32.59
5	Salma Samir abd el Azim	14	TRSAN	32.46
6	Nour Ahmed Samer	14	Sporting	32.57
7	Malak Islam Mohamed	14	AHLY	32.62
8	Farida amr Atia Saad	14	Nasr City	32.79
9	Samira Sallah Mahroos	14	Mansheit Naser	33.04
10	Haneen amr Abdelaziz	14	Cairo	33.37

**Heat 7 of 10 Finals**

1	Sara Mohamed Ezzat	14	HELOP	32.25
2	Maram Mohamed Wageh Ibr	14	Bank Ahly Alex	32.15
3	Logyne Haitham Saad Mahm	14	DEGLA	31.86
4	Gana Mohamed Ahmed Salan	14	GHABA	31.82
5	Salma Waled Mohamed Elsa	14	Smouha	31.76
6	Zahwa Mohsen Sayed	14	AHLY	31.78
7	Zena Mahmoud Mohamed M	14	GHABA	31.83
8	Nouran Marawan Ramadan	14	AHLY	32.05
9	Sandra Medhat Mohamed	14	AHLY	32.18
10	Jana Ahmed Abdallah	14	DEGLA	32.28

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

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**Heat 8 Finals (#154 Girls 14 Year Olds 50 LC Meter Freestyle)**

1	Mrk Mohamed Shwkey Saad	14	6 OCT	31.57
2	Haya Hisham ali	14	TRSAN	31.53
3	Alaa Amr El Sokry	14	Sporting	31.41
4	Sara Saeid Fathy Elsaied	14	Nasr City	31.26
5	Gana Tarek Mohamed Farid	14	SHOOT	30.98
6	Nor Ahmed Ali Ahmed	14	Bank Ahly Alex	31.04
7	Fareda Mohamed Nwar	14	TANTA	31.31
8	Jana Sherif Mahmoud	14	DEGLA	31.47
9	Alaa Khaled Safwan	14	M.ARB	31.55
10	Shams Anas Hessen Elsherif	14	SHAMS	31.72

**Heat 9 of 10 Finals**

1	Jana Tamer Moh. Essam Eldir	14	GEZIR	30.97
2	Nadin Ayman Hessien	14	DEGLA	30.92
3	Haya HossamEldin Kndel	14	Smouha	30.71
4	Malak Khaled Ahmed Abdalla	14	DEGLA	30.57
5	Aida Ahm. Mohssin Abd Elraz	14	GEZIR	29.86
6	Jana Gehad El Assal	14	TWFIK	30.00
7	Somia Ahmed Mohamed	14	GHABA	30.70
8	Marim Mohamed Osman	14	NASR	30.80
9	Malak Tarek El Kady	14	Sporting	30.94
10	Malak Hasan Moh. Elhoshy	14	GEZIR	30.98

**Heat 10 of 10 Finals**

1	Nour Mohamed Hossain	14	SHOOT	29.56
2	Malak Mohamed Mhmoud He	14	Smouha	29.29
3	Leila Mohamed Ibrahim	14	DEGLA	29.09
4	Raghd Mohamed Elsaied Moh	14	Smouha	28.81
5	Rodaina Mohamed Saad	14	DEGLA	28.49
6	Nour Mohamed Ibrahim Ali	14	Smouha	28.74
7	Hana Waled Hassan	14	GHABA	29.01
8	Lela Ahmed Kamal	14	GHABA	29.18
9	Gody Ahmed Badawy Mhmou	14	Smouha	29.30
10	Hanin Mohamed AbdElmaks	14	Smouha	29.65

**Event 155 Girls 15 Year Olds 50 LC Meter Freestyle**

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

4	Gana Mohamed Khedr	15	AHLY	NT
5	Tasneem Gamal Beshar	15	SHARK	38.64
6	Laila Mohamed Fekry	15	M.S Tagamoa	42.33

**Heat 2 of 8 Finals**

2	Tasnim Hytham	15	Cairo	38.12
3	Marim Ahmed Zien Elabdeen	15	SHAMS	35.84
4	Laila Khaled Faheem	15	M.ARB	35.67
5	Nada Masbah Mohamed	15	ENPPI	35.63
6	Shaza Ali Ezz Eldin EL bad	15	Cairo	35.65
7	Wlaa Wahed	15	Taleaa El Gish	35.70
8	Lojain Mohamed Magdy Ham	15	MAADI	37.85
9	Maryiam Mohamed Hegazy	15	Taleaa El Gish	38.53

**Heat 3 of 8 Finals**

1	Malak Sameh Nageb	15	HELOP	34.79
2	Ayten Hassan Hamza	15	Smouha	34.53
3	Farah Ahmed El Sersawy	15	DEGLA	33.98
4	Mariem Omer Mohamed Saye	15	DEGLA	33.75
5	Reem Khaled abd el Latif	15	ZMALK	33.64
6	Amina Adham Ibrahim	15	ZOHUR	33.71
7	Gana Ragab Ramdan	15	ZMALK	33.98
8	Nour Khaled Mohamed	15	SHOOT	34.23
9	Login Ahmed Foaad	15	ENPPI	34.54
10	Hana Hamdy Metwaly	15	ZOHUR	35.06

**Heat 4 of 8 Finals**

1	Alia Mohamed Soleman	15	ZMALK	33.24
2	Farah Abd Elmagid Mohamed	15	ZOHUR	33.12
3	Marim Wail Kamal Farag	15	SHOOT	32.82
4	Alia Slah Elden Ahmed	15	HELOP	32.53
5	Habiba Safwat Saleh	15	ZOHUR	32.21
6	Sara Samir Sedky	15	DEGLA	32.25
7	Shahd Hazem Hassan Bahy E	15	MAADI	32.81
8	Hana Mohamed Amaar	15	TAGAM	32.82
9	Mariam Ahmed Abdo	15	HELOP	33.19
10	Robaa Haythem Mostafa abd	15	Nasr City	33.38

**Heat 5 of 8 Finals**

1	Mareen Aimen Kamal Ghatas	15	Nasr City	32.14
2	Dina Hesham Mohamed	15	ZMALK	32.10
3	Lobna Saed Hanfy	15	DEGLA	31.92
4	Hana Ahmed Heseen	15	GHABA	31.82
5	Hna Gmal Rshad Alawdy	15	6 OCT	31.14
6	Mariam Safwat Saleh	15	ZOHUR	31.15
7	Salma Hossam al Deen Ahme	15	Police Club	31.85
8	Rawan Emad Bayomy	15	DEGLA	32.00
9	Malak Abd Elaziz Zanaty	15	M.ARB	32.11
10	Nagwa Khaled Mohamed Hss	15	NASR	32.20

**Heat 6 of 8 Finals**

1	Shahd Hesham Fouad Abaas	15	ZMALK	31.11
2	Lana Mohamed Fathy	15	AHLY	30.89
3	Malak Eslam Mohamed Moav	15	SHOOT	30.75
4	Khadiga Nabil Eprahim	15	SHOOT	30.71
5	Malak Khaled Abdelhady	15	AHLY	30.63
6	Rola Hasan Ragab	15	Bank Ahly Alex	30.69
7	Jouana Ahmed Mohamed Hu	15	Smouha	30.72
8	Mennatalh Walid Elsayd Moh	15	GEZIR	30.76
9	Lina Ahmed Farok AbdElazi	15	Smouha	31.04
10	Farah Emel Yosif	15	GHABA	31.12

**Heat 7 of 8 Finals**

1	Noor Kamel ElNagar	15	Sporting	30.21
2	Rouaa Ahmed Ibrahim	15	RWAD	30.18
3	Mohra ez el den Hossam	15	HELOP	29.88
4	Mariam Ebrahim ElShazly	15	Sporting	29.64
5	Jana Khalid	15	Sporting	29.41
6	Lojaina Khaled Mohamed Mo	15	HELDO	29.55
7	Rahma Ashraf Khairy	15	MAY15	29.73
8	Lojain Hesham Mohamed	15	Cairo	30.12
9	Mariam Hazem Talaat	15	AHLY	30.19
10	Shahd Yaser Shaaban	15	TANTA	30.29

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**Heat 8 Finals (#155 Girls 15 Year Olds 50 LC Meter Freestyle)**

1	Farah Tarek Hassan	15	HELOP	29.36
2	Jana Mohamed Abdel Fattah	15	Canal El Suez	29.21
3	Nelly Elgmal Moh. Sayd Most	15	GEZIR	29.08
4	Gihan Ahmed Abd El Azim At	15	MAADI	28.88
5	Farida Ayman Samra	15	SHOOT	28.21
6	Habiba Ayman Mahmoud Hai	15	Bank Ahly Alex	28.34
7	Rola Abo El Naga El Sayed	15	A S E C	29.08
8	Shahd Ahmed Abd Elbaky	15	Sporting	29.19
9	Yasmine Sharif AbdElAziz Ga	15	SHAMS	29.30
10	Hana Yasser Ghalab	15	AHLY	29.39

**Event 156 Girls 16 Year Olds 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

3	Noran ali Tawfek	16	TRSAN	40.73
4	Alaa Badeaa Ibrahim	16	Mansheit Naser	39.41
5	Shahd Sherif Ibrahim	16	ZMALK	37.71
6	Mariam Ahmed Hamdy	16	NASR	38.28
7	Kenzy Waeal Saied	16	Misr	39.72

**Heat 2 of 7 Finals**

1	Aya Tarik Ghaleib Abdel Rahr	16	ZOHUR	37.34
2	Farida Wael Kandil	16	DEGLA	36.41
3	Mariam Mostafa Adnan Ahme	16	SHOOT	35.16
4	Rana Shaban Mostafa Sharf	16	Taleaa El Gish	34.61
5	Malak Naser Mohamed Ahme	16	ZMALK	34.08
6	Nda Mostfa Mhmoud mlaApd	16	6 OCT	34.54
7	Shahad Mohamed Gamal Ibr	16	6 OCT	34.93
8	Jana Sherif Mohamed Al Saye	16	ZOHUR	35.87
9	Gana Sayed Shaker	16	TRSAN	37.25
10	Mariam Madhat Moustafa	16	M.S Tagamoa	37.52

**Heat 3 of 7 Finals**

1	Habiba Shady Abdel Rahman	16	HELDO	33.67
2	Rbab Mohmed Ebrahim Salef	16	6 OCT	33.54
3	Shahad Mahmoud Abdel Al R	16	SHOOT	33.25
4	Salma Amro Moh. Abd Elfatal	16	GEZIR	32.80
5	Nour Mohamed Abdel Fattah	16	HLWAN	32.56
6	Malak Amr Essmat Mohamed	16	ZOHUR	32.57
7	Yomna Ayman Mohamed	16	AHLY	32.93
8	Marim Mohamed Ali	16	TRSAN	33.50
9	Lina Amr Mohamedabd AbdE	16	HELDO	33.62
10	Laila Ahmed Hassan	16	Taleaa El Gish	33.78

**Heat 4 of 7 Finals**

1	Nada Haytham El Sayed Heik	16	HELDO	32.42
2	Khadiga Ahmed Arafat	16	Sporting	32.28
3	Renada Ayman Ismail Emam	16	6 OCT	32.04
4	Habiba Wael Al Ghanam	16	GHABA	31.95
5	Lagein Haytham Essam Moha	16	ZMALK	31.81
6	Menatalla Yeiha Hasan	16	HELOP	31.82
7	Hidy Mohamed Ramadan	16	TANTA	31.98
8	Alaa Omar Saad	16	ROYAL	32.14
9	Nouran Khaled Said Saleh	16	TRSAN	32.41
10	Aisha Ahmed Badawy	16	Sporting	32.44

**Heat 5 of 7 Finals**

1	Rahf Elhossuin	16	DEGLA	31.60
2	Rowan Mamdoh Aref Ahmed	16	6 OCT	31.43
3	Sharouk Yehya Ibrahim	16	GHABA	31.30
4	Malak Mohamed Mohamed A	16	MAADI	30.99
5	Farah Ehab Fo`ad Elhussin	16	Smouha	30.87
6	Habiba Khaled Ahmed	16	DEGLA	30.97
7	Alia Ali Mohamed	16	HELOP	31.11
8	Nada Mohamed Mahmoud Ar	16	HLWAN	31.41
9	Fatma Hisham Sarwt	16	Sporting	31.49
10	Haya Amr Kamal Eldin	16	HELOP	31.65

**Heat 6 of 7 Finals**

1	Caren Hany Gamal	16	Sporting	30.37
2	Sherifa Ahm. Mohsin Abd Elr	16	GEZIR	30.12
3	Amira Hany Ahmed	16	AHLY	30.05
4	Hagar Hassan Abdel Rhman	16	TALBE	29.88
5	Dina Ahmed Elkharash	16	Smouha	29.69
6	Alaa Hossam Mohamed Moha	16	SHAMS	29.81
7	Mena Ahmed Azmy Ahmed	16	Smouha	29.94
8	Malak Wesam Badr	16	TANTA	30.08
9	Shad Hossam Hantera	16	TANTA	30.24
10	Gana Emad Gaad Hosny	16	SHAMS	30.68

**Heat 7 of 7 Finals**

1	Ganna Samir Mohamed Hamr	16	GHABA	29.40
2	Malak Omar Ahmed Shawky .	16	SHAMS	29.26
3	Dana Tamer Shafiq	16	HELOP	28.44
4	Lougin Yousief Ahmed Yousie	16	SHAMS	28.26
5	Rawan Mohamed AboElFadl	16	DEGLA	27.56
6	Farah Amr Abdel Motaleib	16	SHOOT	28.11
7	Fatma Ayman Saeed Ahmed (	16	HELDO	28.37
8	Norhan Mohamed Mohi Elzar	16	Smouha	28.79
9	Amina Zaky Mohamed Zaky	16	Sporting	29.37
10	Salma Alaa Mahdy	16	AHLY	29.41

**Event 157 Boys 14 Year Olds 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 14 Finals**

1	Youssef Ahmed El Tahlawy	14	AHLY	NT
2	Belal Tamer Abas	14	Canal El Suez	NT
3	Daniel Imad Talat	14	Beni Suef Club	NT
4	Yousif amr Fahmy	14	Beni Suef Club	NT
5	Mrwan Ahmed Farok	14	MAY15	1:48.21
6	Mazan Ahmed Abdalaty	14	MAY15	1:49.56
7	Yehia Saied	14	Taleaa El Gish	NT
8	Ibrahim Mohamed Ibrahim A	14	Raas El Bar Club	NT
9	Abdelrahman Walid Abdelkri	14	Taleaa El Gish	NT

**Heat 2 of 14 Finals**

1	Yousif Taher Bakry	14	HLWAN	1:45.62
2	Mostafa Khaled Mostafa Ibral	14	SHAMS	1:44.53
3	Mohamed Ashraf Gamal Elde	14	RWAD	1:43.16
4	Adham Amro Nabhan Kadah	14	GEZIR	1:41.14
5	Yasin Khaled Ahmed Sami	14	6 OCT	1:40.55
6	Ahmed Yassar Essam	14	GHABA	1:40.71
7	Yassen Moh. Shrif Moh. Elbar	14	GEZIR	1:41.47
8	Omar Salah Mamdouh Ahme	14	Beni Suef Club	1:43.23
9	Hazem Ibrahim Nassar	14	NASR	1:45.15
10	Mahmoud Mohamed abd Rab	14	ENPPI	1:46.76

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## Meet Program - 07-04-2019 Morning

**Heat 3 Finals (#157 Boys 14 Year Olds 100 LC Meter Breaststroke)**

1	Mario John Nagey Fahmy	14	Taleaa El Gish	1:39.51
2	Yousef Mohamed Adel	14	TANTA	1:39.18
3	Eyad Hatem Badwy	14	TALBE	1:38.56
4	Sief Mohamed Farouk	14	Cairo	1:36.95
5	Bashar Ahmed Mohamed	14	M.ARB	1:36.20
6	Mohammed Aadel Mostafa	14	TALBE	1:36.35
7	Stephen Hany Samir Ramzy	14	Taleaa El Gish	1:37.65
8	Ahmed Hossam Mohamed At	14	SHAMS	1:38.58
9	abd el Rahman Alaa Ibrahim	14	MAY15	1:39.51
10	Youssef Medhat Abdelazim M	14	Taleaa El Gish	1:40.41

**Heat 4 of 14 Finals**

1	Mohamed Hatem Mohamed /	14	SHAMS	1:36.14
2	Ebrahim Sameh Mohamed	14	M.ARB	1:35.78
3	Ahmed Reda Mahmoud	14	MAY15	1:34.92
4	Ahmed Mohamed Mosaad	14	TALBE	1:34.46
5	Marwan Waled Salem	14	Canal El Suez	1:34.36
6	Youssef Hazm	14	Taleaa El Gish	1:34.41
7	Yehia Khaled Yehia Mohamed	14	6 OCT	1:34.84
8	Mohamed Taher	14	Mansheit Naser	1:35.60
9	Said Hatem Said	14	NASR	1:35.85
10	Youssef Mohamed Abdel Rah	14	MAY15	1:36.15

**Heat 5 of 14 Finals**

1	Hossam Fahim Waled	14	TRSAN	1:34.32
2	Ziad Mohab Mostafa	14	TAGAM	1:34.08
3	Abdullah Mostafa Mahmoud	14	ZOHUR	1:33.32
4	Mario Hany Wadea	14	GHABA	1:31.89
5	Abd EL Malek Ashour	14	SHAMS	1:30.76
6	Mohamed Hesham Ahmed Sa	14	Baladyat El Maha	1:31.21
7	Yossef Khaled Magdy Ibrahim	14	Taleaa El Gish	1:33.13
8	Yossef Moh. Shrif Moh. Elbarl	14	GEZIR	1:33.60
9	Mohamed Samir Abo ElFtooh	14	NASR	1:34.32
10	Abd Allah Mahmoud Fathy	14	TRSAN	1:34.33

**Heat 6 of 14 Finals**

1	Ahmed Hassan Mohamed	14	ZOHUR	1:30.65
2	Abdul Rahman Wayil	14	TALBE	1:30.11
3	ali Diaa el Gendy	14	HELOP	1:30.01
4	Mohamed Tamer Fahmy	14	Canal El Suez	1:29.57
5	Ahmed Mohamed Al Sayed	14	Canal El Suez	1:29.18
6	Ahmed Safwat Mohamed	14	ZOHUR	1:29.38
7	Yossef Ahmed Galal	14	GHABA	1:29.65
8	Yaseen Nabil Mohamed	14	ZMALK	1:30.10
9	Hade Mohamed Saed	14	M.ARB	1:30.17
10	Batrek Ateef Gatas	14	ZMALK	1:30.68

**Heat 7 of 14 Finals**

1	Nour el Sayed Kamal el din	14	TRSAN	1:28.52
2	Karim Osama Abu Zaid	14	TANTA	1:28.25
3	Ziad Amr Samir	14	NASR	1:27.83
4	Omar Ehab Rida	14	SHOOT	1:27.78
5	Ahmed Mohmed Gmal Eprah	14	6 OCT	1:27.23
6	Yehia ali Mohsen	14	HELOP	1:27.54
7	Omer Akmel Nabil AL Mazny	14	SHOOT	1:27.80
8	Yehia SeifEL din EL Marghanj	14	SHAMS	1:27.87
9	Mohamed Hisham Mohamed	14	NASR	1:28.46
10	Yaser Ahmed Mohamed Bayo	14	MOSTA	1:28.66

**Heat 8 of 14 Finals**

1	Yosef Ashraf Mahmoud Ashoi	14	MAADI	1:26.73
2	Yasein Abdel Hady Ahamed A	14	HELDO	1:26.61
3	Yosef Amr Mohamed Gohar	14	MAADI	1:26.14
4	Youseif Emad Salah	14	ZMALK	1:25.77
5	Abd Alaa Hany Ahmed	14	SHOOT	1:25.17
6	Ahmed abd el Hady Hassan	14	ZMALK	1:25.67
7	Jerome Peter Maher	14	ZOHUR	1:25.78
8	Yousef Mohamed Hashim Mo	14	MRAC	1:26.41
9	Yasin Mohamed Abu Raya	14	TANTA	1:26.65
10	Loai Hany A bd EL Haliem	14	SHAMS	1:26.82

**Heat 9 of 14 Finals**

1	Hosam Eldien Shreef Mahmo	14	TWFIK	1:24.94
2	amr Khaled Mohamed Mahm	14	ZMALK	1:24.60
3	Ali Ahmed Abd el Monem Om	14	SHAMS	1:24.30
4	Mostafa Emad Mohamed Awz	14	Gezira El Ward	1:23.89
5	Abdla Mohmd Ahmd Ali Alml	14	6 OCT	1:23.23
6	Belal Mohamed Abd El Aziz S	14	MAADI	1:23.37
7	Azz El Din Hany Nagy Ahmed	14	SHOOT	1:24.18
8	Yossef Ahmed Farok	14	GHABA	1:24.37
9	Mohamed Wael Abdala Abdel	14	Nasr City	1:24.69
10	Gaser Mohamed el Shahat	14	TRSAN	1:25.09

**Heat 10 of 14 Finals**

1	Marwan Mohamed Sabry	14	ENPPI	1:23.18
2	Yahia Mostafa Gamal Eldeen !	14	RWAD	1:22.64
3	Youssef Tamer Mohamed Har	14	DEGLA	1:21.98
4	Mrawan amr Mostafa abd el /	14	TRSAN	1:21.51
5	Omar Hatem Hassan	14	ZOHUR	1:21.39
6	Mostafa Magdi Mostafa	14	HLWAN	1:21.40
7	Selim Ihab Ghali	14	DEGLA	1:21.62
8	Adam amr Essam	14	HELOP	1:22.02
9	Mohamed Amr Mohamed Ala	14	ZOHUR	1:22.96
10	Mazen Ahmed Elsayed Helmy	14	Olympic	1:23.21

**Heat 11 of 14 Finals**

1	Abdalla Alaa Elden Fahmy	14	M.ARB	1:21.21
2	Mohamed Emad Shaaban	14	AHLY	1:20.89
3	Mohamed Tarek Seiam	14	HELOP	1:20.76
4	Ahmed Eslam Hossny	14	DEGLA	1:20.27
5	Abdalla Gasser AbdelLatif	14	AHLY	1:20.16
6	Mazn Alsaied Atya Dawoud	14	6 OCT	1:20.21
7	Yassin Hisham Nour	14	Smouha	1:20.32
8	Amr Maged Abdel Gawad	14	DEGLA	1:20.78
9	Ahmed Hany Elbadwy	14	Stad Tanta	1:21.04
10	Aly Mostafa Tareef	14	AHLY	1:21.27

**Heat 12 of 14 Finals**

1	Ahmed Mohamed Ahmed Elk	14	Al Hawar	1:19.95
2	Mohamed Yasser Mohamed	14	ZMALK	1:19.76
3	Adham Hesham Mohmed abc	14	SHOOT	1:19.40
4	Abd EL Rahman Yaser Mohi F	14	HELOP	1:18.95
5	Adhm Montser Kmaal	14	SHOOT	1:18.65
6	Youssef Mohamed Soliman	14	DEGLA	1:18.79
7	Omar Hazem	14	ZMALK	1:19.34
8	Ahmed Amgad Ahmed	14	AHLY	1:19.50
9	Badr Ahmed Mohamed Anis	14	Olympic	1:19.80
10	Abdlrhmn Amro Nshat Abdlg	14	6 OCT	1:20.09



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

## Meet Program - 07-04-2019 Morning

**Heat 13 Finals (#157 Boys 14 Year Olds 100 LC Meter Breaststroke)**

1	Omar Walid Mamdouh Al Kh	14	MAADI	1:18.43
2	Youssef Ehab Mostafa	14	AHLY	1:17.92
3	Omar Tamer Said AbdElaziz	14	Smouha	1:17.28
4	Mohaned LiwaaEldin Ali	14	Smouha	1:16.85
5	Eazz El Din Mohamed Khami	14	Sporting	1:16.09
6	abd Elrahman Mohamed Bad	14	TRSAN	1:16.64
7	Esmat Ashraf Esmat Hatata	14	Smouha	1:17.07
8	Mohamed Salem Essa	14	HELOP	1:17.82
9	Zeyad Mohamed Saad Zaky	14	Olympic	1:18.31
10	Ahmed Amr Magdy	14	SHOOT	1:18.53

**Heat 14 of 14 Finals**

1	Belal Mohamed Abdel Wahat	14	DEGLA	1:15.78
2	Nour El Din Ayman	14	Sporting	1:15.49
3	Mohamed Mahmoud Attia	14	DEGLA	1:15.34
4	Ali Mohamed Ali Hasan El	14	Bank Ahly Alex	1:12.21
5	Mohamed Mashhour Yehia	14	AHLY	1:10.71
6	Karim Mohamed El Gharabav	14	ZOHUR	1:11.41
7	Yousof Hesham Anwer	14	TANTA	1:12.63
8	Ahmade Hamed Abbaas	14	TALBE	1:15.38
9	Ahmed Emad Samir Hassan	14	HELDO	1:15.54
10	Darren Dimitrios Chin	14	Sporting	1:15.92

**Event 158 Boys 15 Year Olds 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

4	Marwan Ashraf Shaban	15	Telephonat B.N.S	NT
5	Mostafa Hatem Wahba Ismail	15	Taleaa El Gish	NT
6	Yousef Waleed El Dawy	15	DEGLA	NT

**Heat 2 of 9 Finals**

1	Yousf Hesham Hosny	15	TRSAN	NT
2	Eyad Medhat Almorsy	15	M.S Tagamoa	1:41.23
3	Ahmed Khaled Ahmed Elsher	15	BNK.G	1:39.52
4	Khalid Tahir Mohamed ali	15	TWFIK	1:37.84
5	Yassin Ihab Mamdouh	15	Taleaa El Gish	1:37.39
6	Hady Ahmed Sayed Ahmed	15	TRSAN	1:37.66
7	Seif Mohamed Hossny ElSam	15	SHAMS	1:38.23
8	Sief Aldien Maged Hasan	15	M.S Tagamoa	1:40.19
9	Ebrahim Mohamed Elhady	15	HLWAN	1:53.21
10	Mohamed Ibrahim Mohamed	15	ELCTR	NT

**Heat 3 of 9 Finals**

1	Mohamed Ahmed Helmy	15	ZOHUR	1:31.85
2	Adel Mohamed Adel	15	RWAD	1:30.61
3	Abdallah Khaled	15	Taleaa El Gish	1:30.06
4	Yousof Ekramy Medhat Kame	15	TANTA	1:28.61
5	Youssef Al Moataz Mahmoud	15	HELDO	1:27.95
6	Ahmed Al Sayed Mohamed	15	Al Shekh Zaeid	1:28.19
7	Ziad Ahmed abd el Sabour	15	ZMALK	1:29.77
8	Mohamed Tarek Mohamed	15	ZOHUR	1:30.60
9	abd Elrahman Moheb Hosny	15	TANTA	1:30.78
10	Ahmed Mahmoud Abdullah	15	M.S Tagamoa	1:32.12

**Heat 4 of 9 Finals**

1	Mohamed Yasser ali	15	MAY15	1:27.89
2	Hussen Ahm. Bahaa Eldin Far	15	GEZIR	1:25.42
3	Abdala Mohamed Abd el Ral	15	SHOOT	1:24.32
4	Gmal Sherif Gmal Ebrahim	15	6 OCT	1:23.80
5	Yasen Ahmed Hamed	15	HELOP	1:23.44
6	Moustafa Saad Moustafa Farg	15	HELDO	1:23.65
7	Yassin Amro Mohamed Badr	15	SHOOT	1:24.04
8	Ahmed Ezzat Othman Mohan	15	Al Hawar	1:24.69
9	Abd El Rahman Mohamed Ab	15	Al Hawar	1:27.62
10	Ahmed Abdel Samad Ali	15	MAY15	1:27.92

**Heat 5 of 9 Finals**

1	Kareem Ayman Mohamed Ga	15	TANTA	1:23.30
2	Abd Elrahman Hany Ahmed	15	SHOOT	1:22.72
3	Hamza Yehia Shafek	15	HELOP	1:22.05
4	Yosif Khaled	15	NASR	1:21.58
5	Yosef Magdy	15	GHABA	1:21.47
6	Hazam Tamer Mohamed	15	TAGAM	1:21.58
7	Abanop Mohsen	15	HELOP	1:21.85
8	Mahmoudm Tariék Mahmoud	15	Taleaa El Gish	1:22.42
9	Mohamed Naser Saad	15	Baladyat El Maha	1:23.09
10	Belal Mohamed Youns Mohm	15	6 OCT	1:23.43

**Heat 6 of 9 Finals**

1	Ahmed Akram Hamdy Mohar	15	NASR	1:20.96
2	Mazen Ismail Mohamed Isma	15	MAADI	1:20.17
3	Braa Ayman Ali	15	ZOHUR	1:19.62
4	Omar Essam Awad	15	ZMALK	1:19.44
5	Ahmed Tarek Ali Mostafa	15	SHAMS	1:19.27
6	Abdallah Ahmed Mohamed	15	ZOHUR	1:19.39
7	Mohamed Ramy	15	GHABA	1:19.51
8	Ahmed Hossam Abdallah	15	HELOP	1:19.72
9	Mohamed Emad El Din	15	TANTA	1:20.28
10	Seif Osama Farok	15	GHABA	1:21.44

**Heat 7 of 9 Finals**

1	Omar Mohamed Mahmud Iss	15	HLWAN	1:19.18
2	Mohamed Ahmed Gamal	15	SHOOT	1:18.53
3	Fares Ramy gad Allah	15	HELOP	1:18.47
4	Omar Ehab Elfaham	15	Sporting	1:17.85
5	Mohamed Khaled Adb Elhake	15	SHOOT	1:17.07
6	Ismael Ahmed Refaat	15	Sporting	1:17.22
7	Hesham Mohamed Mhmoud A	15	6 OCT	1:18.01
8	Bahy Mohy Mohamed	15	ZMALK	1:18.52
9	Ali Ahmed Abdalla Ali	15	ENPPI	1:19.03
10	Moaz Amr Gamal	15	AHLY	1:19.23

**Heat 8 of 9 Finals**

1	Mohamed Hisham Beshr	15	DEGLA	1:16.69
2	Anas Moustafa Al Sayed Bayo	15	HELDO	1:16.62
3	Youssef Mohamed Mostafa	15	ZMALK	1:15.95
4	Moahmed Sameh Moustafa l	15	MAADI	1:15.81
5	Zeyad Karm Mohamdeen	15	AHLY	1:15.50
6	Ali Tarak Taha	15	ENPPI	1:15.81
7	Abd Elrhman Adel	15	GHABA	1:15.91
8	Yousif Ahmed Hamdy Borhan	15	Smouha	1:16.51
9	Ali Mahmoud Salah ElDein Ze	15	SHAMS	1:16.62
10	Abdelrahman Alaaeldin	15	AHLY	1:17.02

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

## Meet Program - 07-04-2019 Morning

**Heat 9 Finals (#158 Boys 15 Year Olds 100 LC Meter Breaststroke)**

1	Ahmed Ehab Abdelhamed Ar	15	Smouha	1:14.30
2	Khaled Hammad Mohamed	15	DEGLA	1:13.91
3	Mahmoud Maged Abo el Ela	15	DEGLA	1:12.24
4	Ali El Din Tamer Mohamed R	15	TANTA	1:11.05
5	Omar Khaled Moustafa Al Ha	15	MAADI	1:10.48
6	Ahmed Mohamed El Menyaw	15	DEGLA	1:10.48
7	Eyad Osama Ramadan	15	AHLY	1:11.78
8	Abdelrahman Ashraf Abdelat	15	AHLY	1:13.58
9	Mohamed Ahmed Elryas	15	ZMALK	1:14.08
10	Ahmed Mohamed Amr	15	ZOHUR	1:14.63

**Event 159 Boys 16 Year Olds 100 LC Meter Breaststroke**

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

4	Mohamed Ahmed Mohamed	16	Beni Suef Club	NT
5	Mohamed Sameh Mohamed	16	HELOP	1:35.85
6	Yasin Sameh Fahmy	16	HELOP	NT
7	Ahmed Wael Yahya Moustafa	16	ZMALK	NT

**Heat 2 of 8 Finals**

1	Abd Elrahman Hany Moh. Ha	16	GEZIR	1:33.17
2	Seif El Din Mohamed Samir	16	ZMALK	1:29.86
3	Mohamed Saed abd Elrashed	16	TANTA	1:28.54
4	Omar Mohamed Omar	16	RWAD	1:28.11
5	Peiar Eid Rady	16	ZMALK	1:27.69
6	Yousief Hazem Mohamed Abc	16	SHAMS	1:27.88
7	Moemen Kazafy Shehata Bak	16	MRAC	1:28.50
8	Ahmed Hamdy Mohamed ali	16	HLWAN	1:29.11
9	Mohamed Hamdy Mohamed	16	M.ARB	1:30.54
10	Abel Rahman Ali Maher	16	ZOHUR	1:33.41

**Heat 3 of 8 Finals**

1	Ahmed Mohamed El Sayed	16	AHRAM	1:26.56
2	Mohamed Khaled Mohmd Ka	16	SHOOT	1:24.29
3	Ahmed Ehab Fayz	16	RWAD	1:22.72
4	Abdullah Tarek Abdel Salam	16	HELDO	1:21.58
5	Ahmed Mohamed Fawzy Zaw	16	SHAMS	1:20.99
6	Seif Samer Sayed Saada	16	SHAMS	1:21.04
7	Ahmed Hossam Salah	16	HLWAN	1:21.72
8	Hazem Mohamed Salah El Di	16	ZMALK	1:23.58
9	Abdel Rahman Mohamed abc	16	MAY15	1:26.42
10	Abdelrhman Ashrf Sayed Am	16	Taleaa El Gish	1:27.12

**Heat 4 of 8 Finals**

1	Eyad Mohamed Abd ElMenea	16	TANTA	1:19.76
2	Zeyad Taha Dabor	16	TANTA	1:19.56
3	Yousef Khaled Salah El Din	16	ZOHUR	1:18.65
4	Omar Mohamed Abdel Monai	16	SHOOT	1:18.23
5	Omar Mostafa Abdelmohsen	16	MAADI	1:17.56
6	Mahmoud Waleed Elmasry	16	Cairo	1:17.65
7	Yassin Sherif Zakaria Soulima	16	6 OCT	1:18.28
8	Yassin Mohamed Mostafa	16	ZMALK	1:19.08
9	Marwan Mohamed Mohamed	16	ENPPI	1:19.75
10	Yoseif Mahmoud Abou Bakr	16	MAY15	1:19.99

**Heat 5 of 8 Finals**

1	Mohamed Youssry Hussion	16	MAY15	1:17.02
2	Ahmed Sameh Awad	16	RWAD	1:16.56
3	Ali Khaled Mohamed Mahmo	16	RWAD	1:16.20
4	Abd ElRahman Shouky Mahr	16	SHOOT	1:15.78
5	Mostafa Ashraf Awad Allah	16	Olympic	1:15.61
6	Omar Tamer Hassan	16	AHLY	1:15.75
7	Abdel Rahman Hassan Moha	16	TALBE	1:15.82
8	Ahmed Amr Ahmed Awad	16	Al Shehk Zaeid	1:16.39
9	Ahmed Sameh Saed Mohame	16	Bank Ahly Alex	1:16.83
10	Mohab Ahmed Elsis	16	TWFIK	1:17.22

**Heat 6 of 8 Finals**

1	Mohab Mohamed Elsaid Moh	16	Smouha	1:15.55
2	Youssef Hamdy Mahmoud	16	AHLY	1:15.37
3	Ziyad Ashraf Osman Taher	16	Sporting	1:15.05
4	Mohamed Rizk Hassan Rizk	16	Sporting	1:14.67
5	Morad Yaser Hafez	16	DEGLA	1:14.48
6	Ahmed Osama Mohamed	16	Cairo	1:14.63
7	abd Rahman Tamer Ismail	16	SHOOT	1:14.96
8	Karim Kamal Ahmed Mostafa	16	6 OCT	1:15.27
9	Yousif Mohamed Anwar	16	HELOP	1:15.46
10	Seif Tamer Omran	16	DEGLA	1:15.55

**Heat 7 of 8 Finals**

1	Mostafa Mohamed Mostafa H	16	HELDO	1:14.01
2	Mohamed Mhmod Mohamed	16	Smouha	1:13.09
3	Hazem Amr Mohamed	16	AHLY	1:12.77
4	Ziad Khaled Shreef	16	Cairo	1:11.56
5	Ahmed Ismail Mohamed Ism	16	MAADI	1:11.35
6	Saif ELDIn Sameh A.Elmoaez	16	DEGLA	1:11.38
7	Abdelrahman Khaled Mohme	16	DEGLA	1:12.35
8	Ramiz Elsaeyd Abdo	16	DEGLA	1:12.97
9	Ali Khaled Ahmed Mostafa	16	GHABA	1:13.67
10	Gamal Metwaly Gamal Mohar	16	ZOHUR	1:14.32

**Heat 8 of 8 Finals**

1	Mohanad Mohamed Wageh	16	SHOOT	1:10.81
2	Mohamed Ashraf Fouad Hass	16	6 OCT	1:10.68
3	Amr Mostafa Kodb	16	Smouha	1:10.56
4	Adham Hisham Nor	16	Smouha	1:10.37
5	Saif Ahmed abd Elmoniem Er	16	SHAMS	1:08.46
6	Omar Yasser Menis	16	Sporting	1:08.58
7	Hazem Shirif Elsiad AbdElm	16	Smouha	1:10.42
8	Karim Mohamed Samy	16	AHLY	1:10.63
9	Abdalah Waled el Said	16	Sporting	1:10.79
10	Zeyad Tamer Hussein	16	AHLY	1:10.81

**Event 160 Girls 14 Year Olds 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

4	Yasmin Ahmed El Tahlawy	14	AHLY	NT
5	Joumana Yaser Rifaat	14	SHOOT	3:53.23
6	Salma Abd Ella Abd Elhamee	14	TALBE	NT

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

## Meet Program - 07-04-2019 Morning

**Heat 2 Finals (#160 Girls 14 Year Olds 200 LC Meter Breaststroke)**

2	Hanan Aadelf Hossien	14	TALBE	3:41.37
3	Mariam Mohamed Abbas	14	AHLY	3:33.37
4	Malak Hesham Ahmed	14	ZMALK	3:29.13
5	Jana Alaa	14	Sporting	3:28.30
6	Sarah Hesham Abd El Hamid	14	MAY15	3:28.42
7	Sherifa Maged	14	Sporting	3:33.33
8	Afrosena Sameh Kamel	14	AHRAM	3:38.61
9	Jana Mohamed Rashad	14	HLWAN	3:41.46

**Heat 3 of 7 Finals**

1	Rokaya Khalid El Masry	14	Sporting	3:26.86
2	Habiba Mohamed Moustafa	14	HELOP	3:25.69
3	Judy Awwad Mohamed	14	ZOHUR	3:21.24
4	Eman Mohamed Rashad	14	AHLY	3:21.09
5	Esraa Nasser Mahdy	14	ZOHUR	3:19.20
6	Sara Mohamed Ezzat	14	HELOP	3:19.47
7	Kenzy Amr El Sayed	14	TANTA	3:21.16
8	Gana Ahmed Mohamed Zaki	14	AHLY	3:23.59
9	Yara Waled Saed	14	TAGAM	3:26.19
10	Farida Talaat Lotfy Singer	14	HELDO	3:27.68

**Heat 4 of 7 Finals**

1	Lamar Ebrahim Foad	14	M.ARB	3:15.88
2	Dorra Hesham Sayed Zahran	14	DEGLA	3:15.23
3	Fdwa Amer Ahmed Rmdan	14	6 OCT	3:14.97
4	Sama Houssem Zahyan	14	ZMALK	3:14.45
5	Hana Hisham Mohamed Yous	14	Smouha	3:13.06
6	Zeina Bassem Ali	14	DEGLA	3:13.36
7	Rahaf Ahmed Esmaeel	14	ZMALK	3:14.83
8	Dina Ebrahim Ebid	14	Sporting	3:15.05
9	Gana Ashraf Abd El Hafez Mo	14	SHOOT	3:15.37
10	Gana Mahmoud ali Agme	14	M.ARB	3:16.70

**Heat 5 of 7 Finals**

1	Goudy Ahmed Elsayed	14	AHLY	3:10.64
2	Sara Saeid Fathy Elsaied	14	Nasr City	3:09.41
3	Fareh Shiref Hassan Ahmed /	14	SHAMS	3:09.13
4	Nour Mohamed Fathy	14	SHOOT	3:08.43
5	Donia Ebrahim Ebid	14	Sporting	3:06.43
6	Shza Ahmed Hmdy Ahmed	14	6 OCT	3:07.67
7	Gana Mohamed Abd ElSamed	14	SHOOT	3:08.61
8	Rawda Ashrif Ramdan	14	MAY15	3:09.20
9	Rana Walid Ahmed	14	SHOOT	3:09.63
10	Berehan Khaled Khalaf	14	DEGLA	3:11.94

**Heat 6 of 7 Finals**

1	Malak Khaled Ahmed Abdalla	14	DEGLA	3:05.73
2	Sandra Medhat Mohamed	14	AHLY	3:04.29
3	Shams Anas Hessen Elsherif	14	SHAMS	3:03.34
4	Nor Mahmoud Anbar	14	GHABA	3:02.00
5	Razan Mohamed Beshar Adb	14	DEGLA	3:00.88
6	Nadin Ayman Hessien	14	DEGLA	3:01.22
7	Rawan Wael	14	AHLY	3:02.68
8	Nourhan Mohamed Moharan	14	TANTA	3:04.25
9	Rewan Sherief Zayan	14	Olympic	3:04.82
10	Ganna Ahmed Yousof	14	TANTA	3:05.82

**Heat 7 of 7 Finals**

1	Farah Hassan Ragab	14	Y.M.CA	2:59.46
2	Basmalah Gomaa Ali	14	Bank Ahly Alex	2:58.79
3	Mariam Mohamed Emad Fah	14	MAADI	2:54.51
4	Maryam Emad Mohamed Elh	14	Gezira El Ward	2:50.96
5	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	2:48.70
6	Sara Elhamy Foad Abd El Sall	14	MAADI	2:50.23
7	Mariam amr Mohamed	14	DEGLA	2:54.44
8	Gana Mohamed Ahmed Salan	14	GHABA	2:58.75
9	Shahd Mohamed Ismael	14	Smouha	2:58.91
10	Rodaina Mohamed Mohamed	14	Nasr City	3:00.22

**Event 161 Girls 15 Year Olds 200 LC Meter Breaststroke**

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

2	Rahaf Ayman Aly	15	AHLY	3:55.69
3	Wlaa Wahed	15	Taleaa El Gish	3:26.26
4	Malak Qazzafi Shehata	15	GHABA	3:20.93
5	Alia Slah Elden Ahmed	15	HELOP	3:19.47
6	Jomana Ehab Shabana	15	Smouha	3:19.89
7	Yara Mohamed Shaaban	15	RWAD	3:21.30
8	Rodaina Mohamed Zaki	15	AHLY	3:44.15
9	Menha Magdy Mohamed Gad	15	Taleaa El Gish	NT

**Heat 2 of 3 Finals**

1	Arwa Ahmed Hasan	15	Stad Tanta	3:14.12
2	Lele Mohamed Mostafa	15	ENPPI	3:11.74
3	Mariam Safwat Saleh	15	ZOHUR	3:07.30
4	Habiba Mohamed Abdallah	15	DEGLA	3:05.29
5	Farida Tamer Farouk abd EIM	15	SHAMS	3:03.72
6	Salma Mohamedf Abdel Salar	15	HELDO	3:04.12
7	Sohaila Mohamed abd Elsalat	15	DEGLA	3:07.05
8	Malak Yasser Mohamed Ham	15	DEGLA	3:07.39
9	Farah Basem	15	DEGLA	3:12.53
10	Gana Ragab Ramdan	15	ZMALK	3:17.04

**Heat 3 of 3 Finals**

1	Dalya Ahmed Abdel Salam	15	MAY15	3:03.16
2	Karma Ahmed Nabil	15	SHOOT	2:55.61
3	Gana Nasr El Din Ali	15	Sporting	2:49.18
4	Sara Soliman Said	15	AHLY	2:39.53
5	Nour Diaa Elden abo Bakr	15	HELOP	2:37.93
6	Rawan Tamer Mohamed	15	DEGLA	2:37.97
7	Laila Ahmed Adel El Kholy	15	MAADI	2:46.46
8	Ngm Osama Mohamed Ahme	15	6 OCT	2:51.64
9	Tasnem Mohamed Mohamed	15	Smouha	2:59.80
10	Lobna Ahmed Khalifa	15	Bank Ahly Alex	3:03.24

**Event 162 Girls 16 Year Olds 200 LC Meter Breaststroke**

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

2	Joy Barssom Aghib	16	AHRAM	3:52.26
3	Zeina Adham Mohamed Ahm	16	BNKG	3:34.85
4	Amina Maged	16	Sporting	3:29.36
5	Mariam Mohamed Osama Mc	16	SHOOT	3:22.46
6	Yasmen Samer Mahmoud	16	AHLY	3:23.50
7	Nour Mohamed Abdel Fattah	16	HLWAN	3:30.75
8	Rawan abd Elhamid	16	Police Club	3:42.45

**Egypt Swimming Cup 2018-2019 - 29-Mar-19 to 18-Apr-19****Meet Program - 07-04-2019 Morning****Heat 2 Finals (#162 Girls 16 Year Olds 200 LC Meter Breaststroke)**

1	Shahd Walaa Noaaman	16	AHLY	3:18.63
2	Salma Amro Moh. Abd Elfatal	16	GEZIR	3:13.28
3	Lobna Hossam Mohamed	16	AHLY	3:12.00
4	Renada Ayman Ismail Emam	16	6 OCT	3:05.91
5	Hana Mohamed Ashour	16	HELOP	3:05.63
6	Maia Ashraf Hakam	16	DEGLA	3:05.75
7	Nourhan Essam El Din Fatthy	16	ZOHUR	3:09.71
8	Shaza Ashraf Hosny	16	DEGLA	3:12.93
9	Nada abd el Kader Ebrahim	16	Stad Mansoura	3:18.52
10	Naghm Mohamed Slah	16	GHABA	3:20.51

**Heat 3 of 3 Finals**

1	Soaad Mohamed Elsaid Ibrah	16	Smouha	3:05.03
2	Hoda Hosam Hosny	16	DEGLA	2:58.67
3	Younna Mohamed Seif El Din	16	TRSAN	2:58.29
4	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	2:56.27
5	Dina Mosaad El Taiybe	16	Sporting	2:43.01
6	Habiba Hesham Mostafa Har	16	DEGLA	2:49.80
7	Tasneem Mohamed Rashad	16	RWAD	2:58.01
8	Alya Mostafa Mohamed	16	AHLY	2:58.41
9	Malak Mohamed Ezzat Al Hac	16	6 OCT	3:00.29
10	Hana Ahmed Yousof	16	TANTA	3:05.04