

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

Meet Program - 09-04-2019 Morning

Event 187 Girls 14 Year Olds 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
1	Jana Amir Abdel Fattah	14	Canal El Suez	NT
2	Jana Mohamed abd Tawab	14	MAY15	3:12.35
3	Jana Hatem Said	14	NASR	3:11.50
4	Lyla Mohamed Rmdan	14	6 OCT	2:57.32
5	Shahd Akml Mohamed Moha	14	6 OCT	2:54.35
6	Mariam Nasr Anwar	14	ZMALK	2:55.04
7	Klara Alfred Sabr	14	ZMALK	3:02.11
8	Joumana Sayed Shahat	14	NASR	3:11.60
9	Sohaila Walid Ahmed	14	Mansheit Naser	3:16.70
Heat 2 of 7 Finals				
1	Ganna Ahmed Yousof	14	TANTA	2:51.46
2	Shahd Emad Hamed Mohame	14	RWAD	2:49.72
3	Mariam Ahmed Mohamed Ta	14	SHOOT	2:43.65
4	Nouran Mohamed Ali Moham	14	RWAD	2:41.65
5	Mariam Mostafa Adly	14	TANTA	2:39.74
6	Jody Mostafa Az El Din	14	ENPPI	2:39.81
7	Slma Emad Mohamed Mohmei	14	6 OCT	2:42.70
8	Rahma Tarek Mahmed Youse	14	NASR	2:44.15
9	Kenzy Amr El Sayed	14	TANTA	2:50.95
10	Jomanah Assem Samer	14	MAY15	2:53.15
Heat 3 of 7 Finals				
1	Salma Mohamed Ewees	14	AHLY	2:39.32
2	Nour Mohamed Fathy	14	SHOOT	2:37.34
3	Shaden Abo El Ela Hamdy	14	AHLY	2:36.95
4	Jannah Mohamed Farouk	14	Sporting	2:35.80
5	Kenzy amr Ahmed	14	ZMALK	2:34.88
6	Lana Yasir Mohamed Gamal	14	SHOOT	2:35.03
7	Meran Mohammed Ramadan	14	TALBE	2:36.31
8	Nadin Atef Mohamed	14	AHLY	2:37.01
9	Sara Mohamed Ezzat	14	HELOP	2:37.58
10	Rana Walid Ahmed	14	SHOOT	2:39.72
Heat 4 of 7 Finals				
1	Nor Salah El Din Mohmed	14	SHOOT	2:34.35
2	Fareh Shiref Hassan Ahmed /	14	SHAMS	2:33.98
3	Nour Waled Mostafa Askar	14	Stad Mansoura	2:33.14
4	Nour Mohamed Abd El Hady	14	Sporting	2:32.24
5	Marim Ahmed Farouk	14	AHRAM	2:32.11
6	Jana Mohamed Mahmoud	14	ZOHUR	2:32.14
7	Alaa Khaled Safwan	14	M.ARB	2:32.45
8	Farida Medhat Samir	14	ZOHUR	2:33.96
9	Shado Abd Elaziz Favez Moha	14	SHAMS	2:34.08
10	Ola Ehab Samier Abd EL Kad	14	SHAMS	2:34.41
Heat 5 of 7 Finals				
1	Rim Husin Khallaf	14	TANTA	2:31.61
2	Mona Mahmoud Abdalla	14	AHLY	2:29.72
3	Malak Mohamed Sayed Khali	14	DEGLA	2:29.22
4	Lougin Adel Mohamed	14	AHLY	2:28.57
5	Karema Khaled Elbahnsy	14	Stad Mansoura	2:26.34
6	Gana Mohamed Abdelsamea	14	M.ARB	2:28.44
7	Zeina Bassem Ali	14	DEGLA	2:29.00
8	Jana Tamer Moh. Essam Eldir	14	GEZIR	2:29.65
9	Berehan Khaled Khalaf	14	DEGLA	2:29.95
10	Malak Mahmod Hassan	14	GHABA	2:32.11

Heat 6 of 7 Finals

1	Malak Sameh Abd Elaziz	14	GHABA	2:24.16
2	Nour Ahmed aly Elsheshtaw	14	Gezira El Ward	2:23.85
3	Leila Mohamed Ibrahim	14	DEGLA	2:23.69
4	Kenzi Magdy Elshahat	14	Elethead	2:21.17
5	Joudy Mohamed Aly	14	Sporting	2:20.14
6	Farida Amr Mohamed Abd El	14	SHOOT	2:20.41
7	Habeba Maysara Abdelhamec	14	M.ARB	2:22.85
8	Mariam Hany Sayed	14	DEGLA	2:23.73
9	Reem Mohamed Ibrahim	14	ZMALK	2:23.91
10	Gody Ahmed Zaki	14	TANTA	2:25.79

Heat 7 of 7 Finals

1	Joudy Ahmed Fouad Shokry	14	DEGLA	2:19.57
2	Yara ali el Koshy	14	ZMALK	2:17.90
3	Goumana Tarek Yehia	14	AHLY	2:15.87
4	Malak Ahmed Helmy	14	AHLY	2:15.14
5	Malak Mohamed Abbas Moha	14	MAADI	2:12.97
6	Nour Mohamed Ibrahim Ali	14	Smouha	2:15.11
7	Sara Mohamed Bhaa	14	HELOP	2:15.78
8	Lama Tamer Mohamed Ahme	14	Smouha	2:17.60
9	Hanin Mohamed AbdElmaks	14	Smouha	2:19.26
10	Malak Khaled Mostafa	14	SHOOT	2:19.72

Event 188 Girls 15 Year Olds 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
4	Jana Mohamed Abdel Fattah	15	Canal El Suez	NT
5	Marim Wail Kamal Farag	15	SHOOT	2:52.30
6	Salma Abd ElTawab ElSayed	15	NASR	3:06.85
Heat 2 of 6 Finals				
1	Mariam Essam ali Rezk	15	GHABA	2:50.89
2	Mariam Ahmed Abdo	15	HELOP	2:46.39
3	Farah Abd Elmagid Mohamec	15	ZOHUR	2:45.16
4	Rana Mohamed Tatek	15	GHABA	2:38.40
5	Lele Mohamed Mostafa	15	ENPPI	2:36.62
6	Habeba Maged Mohsen	15	HELOP	2:37.05
7	Farida Tamer Farouk abd ELM	15	SHAMS	2:40.37
8	Hana Hamdy Metwaly	15	ZOHUR	2:45.74
9	Login Ahmed Foaad	15	ENPPI	2:47.43
Heat 3 of 6 Finals				
1	Fatima Haytham Abd ElMene	15	TANTA	2:36.13
2	Omnia Mohamed Mostafa	15	HLWAN	2:32.45
3	Lugen Mohamed Nabil	15	SHOOT	2:31.79
4	Anan Abd Elrahman Ahmed	15	SHOOT	2:31.46
5	Jana Mohamed Ahmed	15	DEGLA	2:30.45
6	Shahd Ahmed Yehya	15	TRSAN	2:30.95
7	Rawan Emad Bayomy	15	DEGLA	2:31.66
8	Habiba Tarek Maher Fawzy	15	MAADI	2:32.16
9	Malak Ahmed Zahran	15	Al Hawar	2:34.44
10	Dina Hesham Mohamed	15	ZMALK	2:36.36

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

Meet Program - 09-04-2019 Morning

Heat 4 Finals (#188 Girls 15 Year Olds 200 LC Meter Freestyle)

1	Salma Waled	15	Smouha	2:29.36
2	Farah Tarek Hassan	15	HELOP	2:28.91
3	Karma Ahmed Nabil	15	SHOOT	2:28.31
4	Mariam Safwat Saleh	15	ZOHUR	2:26.62
5	Alyaa Mhmoud Kmal Hsn	15	6 OCT	2:25.43
6	Merna Mohamed adb Elhady	15	ZMALK	2:25.55
7	Hana Hazem Mohamed	15	HELOP	2:27.68
8	Lojain Hesham Mohamed	15	Cairo	2:28.40
9	Sohaila Mohamed abd Elsalai	15	DEGLA	2:29.28
10	Fareda Aly Mohamed Rezk	15	TANTA	2:30.29

Heat 5 of 6 Finals

1	Mariam Ebrahim ElShazly	15	Sporting	2:23.50
2	Habiba Ayman Mahmoud Hai	15	Bank Ahly Alex	2:20.77
3	Nelly Elgmal Moh. Sayd Most	15	GEZIR	2:20.28
4	Habiba Hazem Husin	15	Bank Ahly Alex	2:19.92
5	Ziena Ahmed El Sayed	15	DEGLA	2:19.31
6	Hana Aly Mahmoud	15	AHLY	2:19.82
7	Malak Khaled Abdelhady	15	AHLY	2:20.08
8	Lojaina Khaled Mohamed Mo	15	HELDO	2:20.71
9	Rouaa Ahmed Ibrahim	15	RWAD	2:20.91
10	Ngm Osama Mohamed Ahme	15	6 OCT	2:23.78

Heat 6 of 6 Finals

1	Aisha Ahmed Nabil	15	AHLY	2:15.90
2	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	2:15.08
3	Salma Ahmed Mohamed Ram	15	DEGLA	2:13.72
4	Sara Soliman Said	15	AHLY	2:13.37
5	Farida Ayman Samra	15	SHOOT	2:09.25
6	Loujin Abd Alla Slah Zkey	15	6 OCT	2:09.93
7	Gihan Ahmed Abd El Azim At	15	MAADI	2:13.40
8	Hoda Ahmed Hussein	15	ZOHUR	2:15.07
9	Lialy Tamer Nagm	15	Al Hawar	2:15.42
10	Hana Yasser Ghalab	15	AHLY	2:18.69

Event 189 Girls 16 Year Olds 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
3	Rana Shaban Mostafa Sharf	16	Taleaa El Gish	NT
4	Shahed Osama Ahmed	16	RWAD	2:48.87
5	Marim Mohamed Ali	16	TRSAN	2:46.97
6	Jana Ahmed Abdelhakim	16	GHABA	2:47.07
7	Nada abd el Kader Ebrahim	16	Stad Mansoura	2:49.67
8	Laila Ahmed Hassan	16	Taleaa El Gish	NT
Heat 2 of 5 Finals				
1	Malak Naser Mohamed Ahme	16	ZMALK	2:42.84
2	Alaa Omar Saad	16	ROYAL	2:39.54
3	Shahad Mahmoud Abdel Al R	16	SHOOT	2:38.18
4	Yasmein Hesham Mahmoud I	16	6 OCT	2:35.27
5	Habiba Shady Abdel Rahman	16	HELDO	2:33.65
6	Lagein Haytham Essam Moha	16	ZMALK	2:33.92
7	Salma Mohamed Shobir	16	TANTA	2:37.72
8	Zeina Adham Mohamed Ahm	16	BNKG	2:39.32
9	Habiba Wael Al Ghanam	16	GHABA	2:42.40
10	Shahad Mohamed Gamal Ibra	16	6 OCT	2:46.16

Heat 3 of 5 Finals

1	Mawada Sameh Mohamed	16	RWAD	2:32.75
2	Salma Sherif Hussien Moham	16	MAADI	2:32.58
3	Rahf Elhossuin	16	DEGLA	2:31.65
4	Hana Mohamed Ashour	16	HELOP	2:30.72
5	Kenzy Tamer Farouk	16	DEGLA	2:28.82
6	Amira Hany Ahmed	16	AHLY	2:30.59
7	Lina Ahmed Abu El Khair	16	Sporting	2:30.76
8	Leina Waled Farouk	16	SHOOT	2:32.21
9	Caren Hany Gamal	16	Sporting	2:32.60
10	Nada Mohamed Mahmoud Ar	16	HLWAN	2:33.36

Heat 4 of 5 Finals

1	Shahd Amin Mohamed Amin	16	Stad Mansoura	2:23.81
2	Dina Ahmed Elkharash	16	Smouha	2:21.07
3	Amany Mahmoud Basheir	16	Gezira El Ward	2:20.66
4	Nadin Adam Ahmed Foad Mo	16	SHAMS	2:20.21
5	Shad Ahmed Deiaa	16	Stad Mansoura	2:19.50
6	Shad Hossam Hantera	16	TANTA	2:20.10
7	Sara Hossam Eldin Mahmoud	16	AHLY	2:20.28
8	Younna Mohamed Mahmoud	16	SHAMS	2:20.72
9	Nourhan Raaft Elsaid	16	AHLY	2:22.97
10	Tasneim Ayman Nashat Moha	16	Al Hawar	2:24.67

Heat 5 of 5 Finals

1	Salma Mohamed Ibrahim Has	16	SHAMS	2:18.18
2	Ayah Wael Mostafa	16	DEGLA	2:17.44
3	Salma Alaa Mahdy	16	AHLY	2:15.77
4	Farida Tharwat Maher	16	AHLY	2:13.75
5	Salma Hany Mostafa Abdelka	16	MAADI	2:11.12
6	Sohaaila Ahmed Hamdy Bauc	16	6 OCT	2:13.75
7	Rawan Mostafa	16	DEGLA	2:14.29
8	Hader Waled abd Elfatah	16	DEGLA	2:15.91
9	Farah Osama Ahmed Mahmo	16	Bank Ahly Alex	2:17.48
10	Alaa Hossam Mohamed Moha	16	SHAMS	2:19.28

Event 190 Boys 14 Year Olds 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Finals				
1	Ahmed Saad Al Mandoh Khat	14	MAADI	NT
2	Ahmed Mohamed Ahmed Sol	14	NASR	NT
3	Ahmed Wesam Badr	14	TANTA	1:36.73
4	Mohamed Sherif Fouad	14	Cairo	1:32.01
5	Abdel Aziz Yousery Abdel Azi	14	NASR	1:27.47
6	Sameh Mohamed Sameh	14	Police Club	1:30.36
7	Youssef Tarek Mohamed	14	MAY15	1:35.78
8	Mahmoud Mohamed Desouky	14	Taleaa El Gish	NT
9	Abdel Rahman Ahmed Abdel	14	SWEIF	NT
10	omr Mohamed Fathey Yousef	14	Stad Mansoura	NT

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

Meet Program - 09-04-2019 Morning

Heat 2 Finals (#190 Boys 14 Year Olds 100 LC Meter Butterfly)

1	Abdel Rahman Adel Abdel Ra	14	TALBE	1:25.60
2	Abd Elrohman Ehab Lotfe	14	TALBE	1:24.86
3	Karim Samer Galal	14	Cairo	1:22.03
4	Youseef Hany Fayez	14	ZMALK	1:20.95
5	Hassan Hossam Hassan Kam	14	SHAMS	1:20.60
6	Mohmed Wled Talat Hsanen	14	6 OCT	1:20.93
7	Tarek Ahmed Ali	14	ZOHUR	1:21.06
8	Yassen Saied	14	TALBE	1:24.72
9	Youssef Ahmed Abd El Whab	14	ZOHUR	1:25.12
10	abd el Rahman Alaa Ibrahim	14	MAY15	1:26.76

Heat 3 of 12 Finals

1	Seif Walid Hosny Ahmed	14	MAADI	1:20.00
2	Mohamed Ebrahim Sadoma	14	TANTA	1:19.21
3	Mohamed Hazm	14	Taleaa El Gish	1:17.87
4	Eyad Mohamed Samy	14	ZMALK	1:17.83
5	Yousf Aymn Ebrahim Ahmed	14	6 OCT	1:17.33
6	Ahmed Shady Abd ElRahman	14	HELDO	1:17.72
7	Yossef Mahmud Azzat	14	GHABA	1:17.84
8	Ahmed Moustafa Zakrya	14	ZMALK	1:17.95
9	Mohamed Abd El Kader Abo	14	ZOHUR	1:19.90
10	Yassin Hussein Mostafa	14	TALBE	1:20.37

Heat 4 of 12 Finals

1	Frouk Mohamed Frouk	14	ZMALK	1:17.01
2	Karim amr Mahmoud	14	Nasr City	1:16.57
3	Abdelrahman Medhat Ahmed	14	MAY15	1:16.12
4	ali Ahmed abd el Hafez	14	TRSAN	1:15.86
5	sif El Din Mohamed Afifi	14	SHOOT	1:15.79
6	Moustafa Mohmoud Talaat M	14	HELDO	1:15.80
7	Loay Amgad el Mongy	14	TRSAN	1:15.95
8	Mohamed Tarek Ahmed	14	GHABA	1:16.25
9	Hassan Ahmed Hassan	14	ZMALK	1:16.80
10	Basel Osama Mohamed	14	HLWAN	1:17.19

Heat 5 of 12 Finals

1	Ahmed Yasser Yehia	14	Cairo	1:15.16
2	Mohab Tarek Helal Mohamed	14	HELDO	1:14.85
3	Yosef Ahmed Sabry	14	HELOP	1:14.55
4	Mostafa Tarek Hassaneen	14	Cairo	1:14.03
5	Karim Ali Mohamed	14	GHABA	1:13.64
6	Ammar Mohamed el Gnedy	14	TRSAN	1:13.88
7	Omar Mohamed Mahmoud	14	Sporting	1:14.06
8	Anas Hany Shehata	14	TALBE	1:14.85
9	Mohamed Ahmed Mohamed	14	TWFIK	1:14.97
10	Hossien Mohammed Hossien	14	TALBE	1:15.76

Heat 6 of 12 Finals

1	Yosif Moh. Fawzi Moh. Kande	14	GEZIR	1:13.31
2	Kareem Mohamed Fouad Alg	14	TWFIK	1:13.17
3	Adam Wael Adel	14	DEGLA	1:12.70
4	Mohamed Elssameldin Mahr	14	Cairo	1:12.66
5	Ahmed Mahmoud Araby	14	TANTA	1:12.34
6	Ali Mohamed Mousa	14	TANTA	1:12.60
7	Ahmed Tarek Mohamed Abde	14	M.ARB	1:12.67
8	Mahmoud Hesham Mahmouc	14	Mansheit Naser	1:12.85
9	Mohamed Ahmed Samy Hass	14	SHOOT	1:13.25
10	Mohaned Zeyad Mohammed	14	TALBE	1:13.62

Heat 7 of 12 Finals

1	Abd Elrahman Mohammed Zi	14	RWAD	1:11.69
2	Adham Monir Mohamed	14	MAY15	1:11.45
3	Ahmed Sameh	14	GHABA	1:11.34
4	Yasin Housam Fyd Altranesy	14	6 OCT	1:10.89
5	Adham Ahmed Allaa Eldin Al	14	SHAMS	1:10.38
6	Omar Sameh Mohamed Ham	14	AHLY	1:10.42
7	Yousof Mohamed Hafez	14	TANTA	1:11.18
8	Ahmed Alaa Mahdy	14	AHLY	1:11.44
9	Moustafa Yasser Abd El Latif	14	Sporting	1:11.69
10	Adham Moh. Galal ElDin ElSa	14	GEZIR	1:12.05

Heat 8 of 12 Finals

1	Yosaf Tamr Mosa	14	TAGAM	1:10.09
2	Mohamed Yehia aly Elshenaw	14	Nasr City	1:09.77
3	Adham Tarik Ali Baiuomy	14	Smouha	1:09.37
4	Adham Mohamed Elarby	14	Smouha	1:09.30
5	Yasser Walid Abo Elela	14	AHLY	1:09.10
6	Karim amr Abd el Monem	14	DEGLA	1:09.19
7	Iyad Mohamed Abdel Azem e	14	Al Hawar	1:09.34
8	Marawan Hatem Abo Adma	14	SHOOT	1:09.53
9	Mohamed Yasser Mohmoud	14	ZMALK	1:09.92
10	Khaled Mhmoud Mostfa Ali	14	6 OCT	1:10.18

Heat 9 of 12 Finals

1	Ziyad Walid Nabiil	14	Sporting	1:09.02
2	Yehia Mohamed Saad Eldin	14	DEGLA	1:08.97
3	Ahmed Tamer Mostafa Seed	14	6 OCT	1:08.34
4	Omar Ahmed Elebyary	14	TANTA	1:08.27
5	Ahmed Beshar Mostafa Moha	14	6 OCT	1:07.99
6	Moaaz Mohamed Samer abd .	14	Stad Mansoura	1:08.12
7	Karim Eslam Khaled	14	M.ARB	1:08.32
8	Abdel Rahman Ibrahim Hoss	14	Canal El Suez	1:08.77
9	Ahmed Mohmed Eztt Alhdedi	14	6 OCT	1:09.00
10	Seif Eldien Islam Shaker	14	DEGLA	1:09.03

Heat 10 of 12 Finals

1	Omar Sherif Hamed	14	GHABA	1:07.48
2	Yousef Ahmed Shalaby	14	TANTA	1:07.09
3	Ahmed Hesham Mohsen	14	AHLY	1:06.85
4	Yossef Magdy el Azhary	14	HELOP	1:06.52
5	Abd ElRahman Mohamed Ain	14	SHOOT	1:06.45
6	Youssef Ehab Mostafa	14	AHLY	1:06.47
7	Karim Mohamed El Gharabav	14	ZOHUR	1:06.61
8	Tamem Mohamed Tantawy	14	Sporting	1:07.07
9	Ahmed Amgad Ahmed	14	AHLY	1:07.32
10	Aser Hosam Mohamed Elfhm	14	Bank Ahly Alex	1:07.89

Heat 11 of 12 Finals

1	Mostafa Mahmoud Mostafa	14	SHOOT	1:06.34
2	Youssef Alaa Mohamed	14	DEGLA	1:06.21
3	Marawan Ayman Abd El Hafiz	14	SHOOT	1:06.00
4	Ahmed Adel Eshak	14	DEGLA	1:05.63
5	Waleed Samer Mahmoud	14	AHLY	1:05.45
6	Ahmed Ayman Mohamed abd	14	Stad Mansoura	1:05.62
7	Yousif Mohamed Soliman Om	14	Smouha	1:05.98
8	Omar Khaled Soliman	14	NASR	1:06.06
9	Mohamed Ezat Ali Elgzar	14	Smouha	1:06.28
10	Yassin Amr Warda	14	Sporting	1:06.42

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

Meet Program - 09-04-2019 Morning

Heat 12 Finals (#190 Boys 14 Year Olds 100 LC Meter Butterfly)

1	Mohamed Khaled Mohamed :	14	DEGLA	1:04.16
2	Mohamed Tarek Rashad Abd	14	SHAMS	1:03.26
3	Mohnad Khaled Mohamed M:	14	SHOOT	1:02.95
4	Yousef Adel Ramadan	14	SHAMS	1:02.81
5	Mohamed Yaser Omar	14	Raas El Bar Club	1:00.78
6	Nadem Kram Mohamed	14	HELOP	1:02.73
7	Khaled Ahmed Mahmoud Gal	14	Bank Ahly Alex	1:02.85
8	Omar Sherif Galal Eldin Mahr	14	MAADI	1:03.10
9	Marwan Mostafa Mohamed M	14	Smouha	1:03.48
10	Adham Hadee Mohamed Tala	14	Bank Ahly Alex	1:04.22

Event 191 Boys 15 Year Olds 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 10 Finals

4	Mohamed Ashraf Zein	15	Canal El Suez	NT
5	Mohamed Ibrahim Mohamed	15	ELCTR	NT
6	Mohamed Mohamed Galal	15	Raas El Bar Club	NT

Heat 2 of 10 Finals

1	Seif El Din Mohamed Ahmed	15	MAADI	1:25.81
2	abd Elrahman Saeed Moham	15	ZMALK	1:23.13
3	Mohamed Sherif Mostafa Ali	15	TWFIK	1:18.30
4	Ahmaed Abdeulnaser Mohan	15	ROYAL	1:18.03
5	Mohamed Wael Marwan ElBa	15	SHAMS	1:15.44
6	Ahmed Essam Hasan	15	M.ARB	1:17.29
7	Ez Elden Tamer	15	GHABA	1:18.24
8	Sherif Samy Ahmed	15	AHRAM	1:18.54
9	Adem Mohamed Gamaal Ebr:	15	Nasr City	1:24.09
10	Ziad Mohammed Samir Elnag	15	Raas El Bar Club	NT

Heat 3 of 10 Finals

1	Marwan Mohamed Elsayed	15	NASR	1:15.16
2	Omar Tamer Nashaat	15	Al Hawar	1:13.37
3	Youssef Mohamed Abdallah	15	ZOHUR	1:13.28
4	Seif El Din Ashraf Abd El Azin	15	MAADI	1:12.21
5	Mohamed Hany Abdelwahed	15	AHLY	1:11.83
6	Abd El Rahman Yaser Abas M	15	MAADI	1:11.93
7	Yousif Mohamed Zedan	15	M.ARB	1:13.12
8	ali Moataz Kamal	15	ZMALK	1:13.34
9	Yousef Mohamed Wanes	15	ENPPI	1:14.10
10	Mohamed Sherif Mohamed A	15	Nasr City	1:15.43

Heat 4 of 10 Finals

1	Mohamed Salah Mohamed	15	Cairo	1:11.67
2	Ead Ahmed Farowk	15	Nasr City	1:11.55
3	Moustafa Hany Mohamed Rel	15	HELDO	1:11.17
4	Ahmed ` Amr AbdElazim Hab	15	Smouha	1:10.45
5	Yousef Ayman Mohamed Lotf	15	SHAMS	1:10.15
6	Mohamed Hassan Mohamed	15	MAY15	1:10.29
7	Sief Mohamed Salah	15	TANTA	1:10.54
8	Abd Elrahman Ahmed Solima	15	Sporting	1:11.52
9	Abdelrahman Yasser Hassan	15	Cairo	1:11.62
10	Ali Hesham Moh. Fekre Shrif	15	GEZIR	1:11.76

Heat 5 of 10 Finals

1	Abd Elrahman Hisham Ahme	15	M.ARB	1:09.90
2	Mohamed Hazem Mohany En	15	HELDO	1:09.63
3	Omar Hany Mohamed Galal	15	Gezira El Ward	1:09.35
4	Yousef Sherif Ftthey	15	6 OCT	1:09.07
5	Ahmed Waled Farouk	15	Al Hawar	1:08.70
6	Adham Ahmed Mohamed	15	GHABA	1:09.01
7	Basel Mohamed abd Alrhmar	15	Nasr City	1:09.12
8	Omar Essam Awad	15	ZMALK	1:09.57
9	Moaz Emad Gamal	15	Al Shehk Zaeid	1:09.77
10	Karem amr Wafek	15	HELOP	1:09.91

Heat 6 of 10 Finals

1	Adel Amr Adel	15	Sporting	1:08.66
2	Fares Ramy gad Allah	15	HELOP	1:08.12
3	Abdelmalek Ahmed Khalifa	15	DEGLA	1:07.74
4	Seif Osama Farok	15	GHABA	1:07.55
5	Amr Mohamed Saad Bayomy	15	Al Hawar	1:07.22
6	Yahiy Osama Amara	15	Sporting	1:07.53
7	Yosef Mahmoud Said	15	Al Shehk Zaeid	1:07.70
8	Mostafa Ahmed Mostafa	15	SHOOT	1:07.75
9	abd Alaa Mohamed Salah	15	ZMALK	1:08.65
10	Seif Ahmed Mohamed	15	MAY15	1:08.66

Heat 7 of 10 Finals

1	Abd Alla Nabil Eprahem	15	SHOOT	1:06.64
2	Mohamed Ahmed Ramzy Mal	15	GHABA	1:06.50
3	Nour Eldien Amr Elsaid Moh:	15	RWAD	1:06.45
4	Adam Samer AbdElghany Mg	15	Smouha	1:06.29
5	Badr Mohamed Badr	15	ZMALK	1:06.23
6	Hazem Waheed Ibrahim	15	RWAD	1:06.24
7	Yahia Ahmed Mohamed Mou:	15	Smouha	1:06.40
8	Ali Ehab Abou Al Ezz	15	Raas El Bar Club	1:06.46
9	Abdallah Ashraf	15	DEGLA	1:06.53
10	Mohamed Wael Metwaly	15	AHLY	1:07.04

Heat 8 of 10 Finals

1	Ahmed Yaser Samy Borham	15	Al Hawar	1:06.17
2	Yahia ali eid	15	DEGLA	1:05.95
3	Ahmed Atef Afifi	15	M.ARB	1:05.75
4	Zeyad Said Bahgat	15	AHLY	1:05.55
5	Youssef Emad Hanafy Sayed	15	HELDO	1:05.43
6	Ibrahim Waleed Ibrahim Hus	15	Smouha	1:05.51
7	Mohamed Emad Mohamed M	15	TRSAN	1:05.59
8	Mrwan Mohmed Twfik Omra	15	6 OCT	1:05.91
9	Abdelrhman Mhmoud Mohar	15	6 OCT	1:06.14
10	Adham Gihad Abd Elmonaim	15	SHOOT	1:06.20

Heat 9 of 10 Finals

1	Abdelrahman Osama Omar	15	Cairo	1:05.29
2	Abd El Rahman Ahmed Saed	15	TANTA	1:05.09
3	Omr Mohamed Salah Moslhy	15	6 OCT	1:04.43
4	Islam EL Sayed Mabrouk	15	SHAMS	1:03.98
5	Mohmed Eslam Mohamed Rs	15	6 OCT	1:03.53
6	Mohaned Alaa Mahmod Ali	15	Smouha	1:03.91
7	Ahmed Khaled Aly El Din	15	TANTA	1:04.33
8	Yossif Mohamed Ahmed Sadk	15	Sporting	1:04.47
9	Seif ElIslam Ahmed Mahmou	15	SHAMS	1:05.20
10	Zyad Mohamed Adel Moham	15	Gezira El Ward	1:05.40

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

Meet Program - 09-04-2019 Morning

Heat 10 Finals (#191 Boys 15 Year Olds 100 LC Meter Butterfly)

1	Marwan Adel Abdel Muti	15	Police Club	1:02.46
2	Moamen Hosam El Din	15	TANTA	1:02.15
3	Seif Mohamed Mohamed	15	DEGLA	1:01.19
4	Fares Mohamed Farouk	15	HELOP	1:00.67
5	Selim Moh. Ahm. Moktar Has	15	GEZIR	59.48
6	Ahmed Tarek Mohamed	15	SHOOT	1:00.23
7	Seif Ahmed Hegazy	15	AHLY	1:00.89
8	Adam Karim AL Kady	15	SHOOT	1:01.33
9	Omar Mohamed Shehata	15	DEGLA	1:02.16
10	Youssef Mohamed Barakat	15	AHLY	1:03.06

Event 192 Boys 16 Year Olds 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 8 Finals

4	Eslam Mohamed Abdelaal	16	Nasr City	1:29.17
5	Abdel Rahman Mohamed abc	16	MAY15	1:20.74
6	Zeiad Mohamed Sayed Moha	16	ZMALK	1:25.14

Heat 2 of 8 Finals

2	Nour Aldeen Ahmed Hassen	16	Nasr City	1:16.32
3	Zeiad Hany Hamed Mohamec	16	GHABA	1:15.29
4	Faris Mohamed Abdel Kader	16	GHABA	1:13.92
5	Mohamed Ahmed Mohamd A	16	6 OCT	1:12.50
6	Yehya Waled Shawky Saleh	16	ZMALK	1:13.29
7	Hazem Amr Saeed Ahmed	16	ZMALK	1:15.19
8	Adham Mohamed Rabie Ibral	16	MAADI	1:15.91
9	Yahia Mohamed Nabil	16	MAY15	1:20.27

Heat 3 of 8 Finals

1	Omar Khaled Mohamed	16	Cairo	1:11.71
2	Omar Waled Mostafa	16	GHABA	1:10.89
3	Yousef Mohamed Hamed	16	AHRAM	1:10.22
4	Hassan Abdelaal Abas	16	SHOOT	1:10.03
5	Kareem Wael Marwan Al Bak	16	SHAMS	1:09.33
6	Mohamed Ahmed Al Shereif	16	SHOOT	1:09.49
7	Omar Mostafa Ismail	16	ZMALK	1:10.19
8	Nour Mohamed Medhat Kam	16	6 OCT	1:10.72
9	Hazem Mohamed Salah El Di	16	ZMALK	1:11.39
10	Ziad Shady Mohyeldien Hash	16	Taleaa El Gish	1:11.84

Heat 4 of 8 Finals

1	Mostafa Mohamed Osman	16	NASR	1:08.22
2	Yousef Emad Mohamed Al H	16	Gezira El Ward	1:07.85
3	Omar Mostafa Abdelmohsen	16	MAADI	1:06.39
4	Omar Tamer Farok Sayed Has	16	MAADI	1:06.23
5	Youssef Khaled Ramadan	16	BNK.G	1:05.90
6	Yousef Ebrahim Mohamed	16	Sporting	1:06.04
7	Abdalah Waled el Said	16	Sporting	1:06.38
8	Yehia Ali Yehia Hassan	16	HELDO	1:06.48
9	Ahmed Hassan Hussein abu S	16	HELDO	1:08.22
10	Mohamed Osama Mohamd Al	16	SHOOT	1:08.31

Heat 5 of 8 Finals

1	Mohamed Salama Gaber Sala	16	Smouha	1:05.55
2	Fares Ehab Shabana	16	Smouha	1:05.37
3	Mohamed Yaser Mohamed	16	GHABA	1:05.05
4	Adham Tarek Mohamed Elmc	16	SHAMS	1:04.62
5	Ali Khaled Mohamed Mahmo	16	RWAD	1:04.34
6	amr Hesham Bayomy	16	Cairo	1:04.62
7	Mohamed Yousry Hussion	16	MAY15	1:04.67
8	Ali Ashraf Hussin	16	HELOP	1:05.06
9	Karim Assem Hmad Kasem	16	6 OCT	1:05.51
10	Yousef Ekramy Abdel Fattah	16	Gezira El Ward	1:05.66

Heat 6 of 8 Finals

1	Abdel Rahman Tarik	16	GHABA	1:04.13
2	Adham Ahmed Hassan	16	AHLY	1:03.75
3	Mohamed Ahmed Essam Akl	16	Smouha	1:03.26
4	Eyad Waleed Shanan	16	MAADI	1:02.73
5	Omar Ahmed Salem Hamoda	16	Smouha	1:01.63
6	Mazin Taha Ebrahim	16	DEGLA	1:02.55
7	Yahia Mohamed Abdelaal Ebr	16	Nasr City	1:02.88
8	Youssef Mohamed Wael Emar	16	DEGLA	1:03.60
9	Karim Hesham Mohamed Ref	16	AHLY	1:03.76
10	Marawan Ramadan Abdel-Fa	16	AHLY	1:04.30

Heat 7 of 8 Finals

1	Mohamed Essam Salah	16	DEGLA	1:01.48
2	Saif EL Din Aiman Ahmed	16	DEGLA	1:01.03
3	Yasen Amro Yasen Abd Elrah	16	GEZIR	1:00.78
4	Yousof Yaser Shaaban	16	TANTA	1:00.71
5	Ali Mogeib Salah El Din	16	TALBE	1:00.18
6	Marwan Magdy Azzam	16	Olympic	1:00.66
7	Eyad Mohamed Nabih	16	Smouha	1:00.74
8	Yousef Akram Hassan Afefe	16	HELOP	1:00.99
9	Saleh Hossam El Din Saleh	16	ZOHUR	1:01.23
10	Ahmed Maaataz Abdel-Aziz	16	AHLY	1:01.55

Heat 8 of 8 Finals

1	Ahmed Mohamed El Ghandou	16	DEGLA	1:00.11
2	Ziad Khaled Shreef	16	Cairo	59.72
3	Gamal Aymn Gamal abd el M	16	SHAMS	59.50
4	Saied Mohamed Abd Elgawac	16	Sporting	59.11
5	Yassin Ayman Ali Toulba	16	SHOOT	57.31
6	Basel Mohamed Ahmed	16	Elethead	58.80
7	Amar Hossam Fed El Tranesy	16	6 OCT	59.37
8	Ziad Esam Elhendy	16	Raas El Bar Club	59.58
9	Sohaib Khaled Emam	16	AHLY	1:00.01
10	Yassin Emad Abd Elhakim	16	Sporting	1:00.13

Event 193 Girls 14 Year Olds 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 6 Finals

4	Reem Gamal Mohamed	14	ZMALK	NT
5	Sindrilla Mohamed Saied	14	ZMALK	3:23.31
6	Youanna Morcos GabAllah Ge	14	HELDO	3:43.37

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

Meet Program - 09-04-2019 Morning

Heat 2 Finals (#193 Girls 14 Year Olds 200 LC Meter Backstroke)

2	Doha Hussein Fathy Hussein	14	NASR	3:18.07
3	Nouran Mohamed Ali Moham	14	RWAD	3:16.37
4	Sara Ibrahim Mohamed	14	AHLY	3:14.47
5	Malak Amr Abd EL Khalek	14	HELOP	3:12.60
6	Karma Abdel Fattah Abdul M	14	SHOOT	3:13.74
7	Shahd Emad Hamed Mohame	14	RWAD	3:15.79
8	Jana Amir Abdel Fattah	14	Canal El Suez	3:17.09
9	Karma Emad Naeem Guda	14	HELDO	3:23.28

Heat 3 of 6 Finals

1	Joanna Ateef Gatas	14	ZMALK	3:09.07
2	Habiba Ahmed Abd El Fattah	14	DEGLA	3:06.55
3	Malak Mohamed Abd Elnaby	14	DEGLA	3:03.32
4	Mariam Mostafa Adly	14	TANTA	3:03.12
5	Anan Mohamed Yehia	14	M.ARB	3:01.18
6	Mariam Bassem Beshay Mou	14	HELDO	3:01.95
7	Laila Mohamed Nabil Baiomy	14	HELOP	3:03.20
8	Habiba Walid Mohamed	14	AHLY	3:03.70
9	Samira Sallah Mahroos	14	Mansheit Naser	3:08.81
10	Mariam Nader Kadry	14	DEGLA	3:09.38

Heat 4 of 6 Finals

1	Sama Wael Mohamed EL Had	14	SHAMS	2:59.36
2	Farida amr Atia Saad	14	Nasr City	2:59.05
3	Somia Ahmed Mohamed	14	GHABA	2:57.43
4	Fyrouz Wael Youssre	14	TALBE	2:55.89
5	Nour Mohamed Abd El Hady	14	Sporting	2:53.18
6	Yassmen Mohmed Nabil	14	MAY15	2:53.66
7	Zeina Tamer Zeinhoum	14	AHLY	2:56.92
8	Shahd Sherif Abdallah	14	M.ARB	2:57.62
9	Yara Walid Mohamed	14	ZMALK	2:59.27
10	Ola Ehab Samier Abd EL Kad	14	SHAMS	3:01.14

Heat 5 of 6 Finals

1	Mariam Ahmed Mohamed	14	AHLY	2:51.18
2	Jana Mohamed Mahmoud	14	ZOHUR	2:46.78
3	Malak Mohamed Sayed Khalii	14	DEGLA	2:46.16
4	Soha Hesham El Said Moham	14	SHOOT	2:45.19
5	Jana Gehad El Assal	14	TWFIK	2:40.49
6	Nour Ahmed aly Elsheshtaw	14	Gezira El Ward	2:44.95
7	Malak Sameh Abd Elaziz	14	GHABA	2:45.72
8	Jana Hassan Abdel Fattah	14	DEGLA	2:46.55
9	Malak Mostafa Beshir	14	AHLY	2:48.52
10	Basmala Ahmed AbdElftah	14	Smouha	2:51.34

Heat 6 of 6 Finals

1	Mariam Hany Sayed	14	DEGLA	2:40.08
2	Malak Khaled Abdel Aziz	14	AHLY	2:36.33
3	Lama Tamer Mohamed Ahme	14	Smouha	2:33.83
4	Mariam Mohamed Emad Fah	14	MAADI	2:32.52
5	Raghd Mohamed Elsaid Moh	14	Smouha	2:30.95
6	Farida Amr Mohamed Abd El	14	SHOOT	2:32.04
7	Hanan Ahmed Mohamed Mal	14	Olympic	2:33.64
8	Kenzy Mostafa Zakaria	14	AHLY	2:34.82
9	Joudy Ahmed Mohamed Nou	14	MAY15	2:39.67
10	Salma Khaled Elsayed	14	DEGLA	2:40.27

Event 194 Girls 15 Year Olds 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Mariam Essam ali Rezk	15	GHABA	3:16.88
2	Lobna Saed Hanfy	15	DEGLA	3:06.50
3	Fatma Nader Glal Mhrz	15	6 OCT	3:02.79
4	Omnia Mohamed Mostafa	15	HLWAN	3:01.87
5	Habeba Maged Mohsen	15	HELOP	3:00.73
6	Sandra Ghayes	15	GHABA	3:01.54
7	Eva Gamal Sophe	15	GHABA	3:02.51
8	Rogada Mohamed Ibrahim	15	AHLY	3:03.42
9	Rawya Hossam Nabil	15	SHOOT	3:10.41
10	Gana Mohamed Khedr	15	AHLY	NT

Heat 2 of 4 Finals

1	Mariam Hossam	15	DEGLA	2:59.70
2	Esraa Ehab Zamel	15	ZMALK	2:57.01
3	Halaa Samy Yahya	15	SHAMS	2:54.09
4	Habiba Safwat Saleh	15	ZOHUR	2:53.05
5	Fatima Haytham Abd ELMene	15	TANTA	2:49.99
6	Mariam Hesham Aly Abd Han	15	TANTA	2:52.43
7	Shahd Ahmed Yehya	15	TRSAN	2:53.41
8	Gannat Allah Alaa El Din Ahrr	15	ENPPI	2:54.82
9	Dareen Amgad Emad	15	ZOHUR	2:57.95
10	Habiba Ahmed Hesham	15	AHLY	2:59.81

Heat 3 of 4 Finals

1	Fareda Yasser Mohamed Abd	15	6 OCT	2:47.53
2	Malak Ahmed Abo Bakr	15	SHOOT	2:46.72
3	Yasmine Yasser Mamdouh	15	SHOOT	2:45.29
4	Malak Eslam Mohamed Moav	15	SHOOT	2:44.82
5	Malak Mohamed abd el Kerin	15	ZMALK	2:44.09
6	Lina Ahmed Farok AbdElazi	15	Smouha	2:44.29
7	Renad Khaled Mahmoud	15	AHLY	2:45.24
8	Hana Mohie el den Osman	15	HELOP	2:46.68
9	Marim amr Mohamed	15	DEGLA	2:47.06
10	Shahd Hazem Hassan Bahy El	15	MAADI	2:48.06

Heat 4 of 4 Finals

1	Jouana Ahmed Mohamed Hus	15	Smouha	2:39.71
2	Noor Kamel ElNagar	15	Sporting	2:39.37
3	Shahd Ahmed Abd Elbaky	15	Sporting	2:35.66
4	Malak Waled Essam Shabana	15	Smouha	2:32.73
5	Hoda Ahmed Hussein	15	ZOHUR	2:28.44
6	Fatma Mohamed Klel Ebrahim	15	6 OCT	2:31.18
7	Rola Abo El Naga El Sayed	15	A S E C	2:34.92
8	Yasmine Sharif AbdElAziz Ga	15	SHAMS	2:38.80
9	Farah Emel Yosif	15	GHABA	2:39.43
10	Mariam Hazem Talaat	15	AHLY	2:43.63

Event 195 Girls 16 Year Olds 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

3	Shahed Osama Ahmed	16	RWAD	3:21.35
4	Farida Ahmed Aiyod	16	Sporting	3:20.23
5	Yomna Ayman Mohamed	16	AHLY	3:09.17
6	Malak Akram Mohamed Fawz	16	ZMALK	3:09.25
7	Hana Wael Mohamed Elkaba	16	Smouha	3:21.16

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

Meet Program - 09-04-2019 Morning

Heat 2 Finals (#195 Girls 16 Year Olds 200 LC Meter Backstroke)

1	Zina Ahmed Nabil	16	Sporting	2:56.85
2	Farida Ahmed Akel	16	HELOP	2:55.78
3	Rahma Mohamed Hassan Ab	16	HELDO	2:53.93
4	Leina Waled Farouk	16	SHOOT	2:50.05
5	Malak Mohamed Ezzat Al Hac	16	6 OCT	2:49.79
6	Kenzy Tamer Farouk	16	DEGLA	2:49.94
7	Alia Ali Mohamed	16	HELOP	2:51.94
8	Rodaina Wael Mohamed	16	RWAD	2:54.08
9	Mawada Sameh Mohamed	16	RWAD	2:56.44
10	Sara Khaled Mahmoud Fawzy	16	ZMALK	3:07.50

Heat 3 of 4 Finals

1	Sara Ali Tawfek Drakoun	16	SHOOT	2:46.89
2	Hader Waled abd Elfatah	16	DEGLA	2:44.80
3	Fatma Ayman Saeed Ahmed (16	HELDO	2:43.91
4	Dina Ahmed Elkharash	16	Smouha	2:41.27
5	Tasneim Ayman Nashat Moh	16	Al Hawar	2:39.75
6	Sara Hossam Eldin Mahmoud	16	AHLY	2:40.66
7	Malak Wesam Badr	16	TANTA	2:42.77
8	Hana Sameh Ghazy	16	SHOOT	2:43.99
9	Malak Nasr El Din Ibrahim	16	ZMALK	2:45.19
10	Hana Hazem Ahmed	16	AHLY	2:47.31

Heat 4 of 4 Finals

1	Lougin Yousief Ahmed Yousie	16	SHAMS	2:39.29
2	Mai Khaled Abdeltif	16	DEGLA	2:38.03
3	Kenzy Ahmed Ali	16	AHLY	2:36.34
4	Dana Tamer Shafiq	16	HELOP	2:32.98
5	Farah Amr Abdel Motaleib	16	SHOOT	2:26.38
6	Lojen Deiaa Eldin Abd Elaler	16	DEGLA	2:29.64
7	Farah Osama Ahmed Mahmo	16	Bank Ahly Alex	2:34.16
8	Souhaila Moahmed Mahmoud	16	SHOOT	2:37.33
9	Jana Ahmed Ebrahim	16	Sporting	2:38.69
10	Rawan Mostafa	16	DEGLA	2:39.42