

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

Meet Program - 13-04-2019 Prelim

Event 229 Women 13 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1	Amal Amr Mohamed Ibrahim	17	SHOOT	54.02
2	Ganat Allah Mohamed Khalel	18	DEGLA	49.49
3	Fatma Nabil Bakr	24	ZMALK	46.81
4	Mariam Ahmed Taha ali	17	ZMALK	43.68
5	Nada Ashraf Ali	17	RWAD	42.79
6	Yasmine Ahmed Farouk	17	Sporting	43.62
7	Nattaly Ehab Abd El Malak	17	Sporting	44.09
8	Kholud Hany Mohamed Ahm	17	NASR	47.77
9	Lojin Mohamedf Mostafa	13	SHOOT	50.00
10	Lara Tamer Abdel Aziz Moha	19	SHOOT	NT
Heat 2 of 8 Prelims				
1	Shourouk Moustafa Shaban	17	ZMALK	42.44
2	Sama Yaser Mohamed Shafeil	17	AHLY	42.16
3	Basmala Yousif Isamail	18	BNK.G	40.90
4	Shada Mohamed el Shaht ali	17	DEGLA	40.88
5	Zeina Essam Mohamed	20	SHOOT	39.52
6	Menatalla Mamdouh Khalel	19	AHLY	39.77
7	Anan amr abd Elaziz	17	Cairo	40.89
8	Farah Kmal Batesha	17	Sporting	41.79
9	Jousteia Morcouc Moheib	18	ZMALK	42.40
10	Nada Moataz Fouad	19	DEGLA	42.51
Heat 3 of 8 Prelims				
1	Razan Ayman Mohamed	18	AHLY	39.43
2	Jana Tarek Ahmed	17	Sporting	38.37
3	Naden Tamer Mohamed	18	Smouha	37.72
4	Rana Hesham Saad	17	SHOOT	37.48
5	Souhila Ahmed Kamal	19	GHABA	37.33
6	Habiba Tarek Hamed	17	DEGLA	37.35
7	Hana Moataz Mahmoud Toull	23	ZOHUR	37.69
8	Jolia Amir Wafik	19	Sporting	38.20
9	Mariam Hussin Fawzy	17	Smouha	38.50
10	Ganna Ahmed Shendy	17	AHLY	39.50
Heat 4 of 8 Prelims				
1	Salma Yasser Hassan	17	Cairo	36.24
2	Donia Waleed Yousof	18	TANTA	36.09
3	Maiya Kamal Samir	19	Sporting	35.89
4	Lena Anwar Mostafa	17	Smouha	35.50
5	Enjy AlaaEldin Hendy	17	Smouha	35.21
6	Amna Bayomy	17	Sporting	35.34
7	Habiba Mohamed Abdel Gany	18	AHLY	35.50
8	Farah Khaled	20	Sporting	35.91
9	Marim Mohamed Farouk Taw	17	TWFIK	36.15
10	Naden Ahmed Farok AbdElaz	20	Smouha	36.95

Heat 5 of 8 Prelims

1	Sara Hagag Mohamed	17	SHOOT	35.04
2	Farah Karim Mohamed	18	HELOP	34.62
3	Yassmeine Sherif Helmy	18	HELOP	34.12
4	Hoda Ashraf el Said	17	DEGLA	33.99
5	Farah Mohamed Nabil	20	AHLY	33.88
6	Aliaa Osama Sabar	17	AHLY	33.89
7	Hla Ahmed Ramzy	18	Smouha	34.06
8	Malak Haytham Elsayed	17	AHLY	34.45
9	Nardin Ismail abd Elaziz	17	Olympic	34.73
10	Meiar Khaled Mohamed Hass	19	ZMALK	35.05

Heat 6 of 8 Prelims

1	Malak Mohamed Haytham Ra	17	SHOOT	33.75
2	Malak Khaled Ahmed Zayan	18	Smouha	33.43
3	Farah Omar Mohamed Abu R	24	HELOP	33.05
4	Rawda Nabil Mohamed	17	Smouha	32.27
5	Enjy Mohamed AboZid	19	Smouha	30.84
6	Nihal Khaled Tamam	17	Elethad	31.80
7	Malak Waled Essam Shabana	15	Smouha	32.89
8	Allaa Ashraf Fekry	19	6 OCT	33.34
9	Noor Moh. Samer Eleesh	17	GEZIR	33.45
10	Farah Tarik Abdel Fattah	18	SHAMS	33.88

Heat 7 of 8 Prelims

1	Haia Salah Mahmoud	19	AHLY	33.72
2	Noran Adel Elsaid Felifel	21	MAADI	33.36
3	Rodaina Mohamed Saad	14	DEGLA	33.01
4	Kenzy Ahmed Ali	16	AHLY	32.17
5	Roula Ahm. Houssny Houssei	17	GEZIR	30.35
6	Donya Amr Mohamed Nabih	17	SHAMS	31.70
7	Habiba Hatem Abdel Moaty M	18	AHLY	32.86
8	Fay Salam Abbas	19	MAADI	33.07
9	Zina Mohamed Ahmed Elrasf	18	AHLY	33.45
10	Alla Wael Mostafa	17	DEGLA	33.87

Heat 8 of 8 Prelims

1	Farida Ahmed Ibrahim Eid	22	HELDO	33.53
2	Malak Amr Essam Elnady	21	AHLY	33.35
3	Hana Ashraf Mahmoud	18	DEGLA	33.00
4	Raghd Mohamed Elsaid Moha	14	Smouha	31.98
5	Mariam Abdel-Rahman Sakr	22	AHLY	29.94
6	Farah Amr Abdel Motaleib	16	SHOOT	31.28
7	Rowan Hossam Elbadry	24	Sporting	32.60
8	Monera Ibrahim Basyony	20	Smouha	33.07
9	Sama Mohamed Raaft	19	AHLY	33.45
10	JoannaYosef Yehya Youssef	17	SHAMS	33.76

Event 230 Men 13 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Prelims				
4	Mohamed Yaser Abdel Ghany	17	Raas El Bar Club	NT
5	Ibrahem Ayman Ezaat	17	Smouha	NT
6	Hazim Mohamed Eisa	17	DEGLA	NT

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Heat 2 Prelims (#230 Men 13 & Over 50 LC Meter Backstroke)

1	Omar Mourtada Ismail	17	SHOOT	41.60
2	Mahmoud Mohamed Esmail	18	Sporting	36.86
3	Yousef Waled Al Sayed Al Bai	17	GEZIR	36.24
4	Karem Tarek Ebrahim	18	Sporting	35.58
5	Yousef Ramy Nabil Zaky	17	Sporting	35.11
6	Omar Wael Adel Ali	16	6 OCT	35.40
7	Ahmed Hamed Al Nouwehy	17	SHARI	36.11
8	Seif Eldin Moustafa Mohamec	17	RWAD	36.35
9	Karim Mohamed Yousry	18	ZMALK	38.13

Heat 3 of 12 Prelims

1	Yassin Emad Hamed	17	ZMALK	34.42
2	Omar Tarek abd el Aziz	18	Cairo	34.14
3	Zeyad Mohamed Farou2	17	A S E C	34.05
4	Ahmed Maged Zakareia	18	AHLY	33.73
5	Mohamed Atef Fekry	18	Olympic	33.11
6	Ahmed ElSayed Abd Shafy	17	TANTA	33.21
7	Khaled Waled Sayed	19	DEGLA	33.83
8	Ziad Mohamed El Sayed	17	DEGLA	34.05
9	Adham Ramy Samir	17	SHOOT	34.30
10	Yousef Samy Mahmoud Dawc	17	AHRAM	34.46

Heat 4 of 12 Prelims

1	Mohamed Abdo Mohamed Sh	19	RWAD	32.33
2	Omar Ahmed Abdel Fattah	22	HELOP	32.00
3	Ahmed Housam El Din Ahme	17	6 OCT	31.94
4	Omar Mohamed Farag	17	Smouha	31.81
5	Karim Hatem Abdel-Moaaty	18	AHLY	31.72
6	Ali Ahmed Ali Helmy Moha	19	Smouha	31.74
7	Mohamed Amr Saleh El Sayec	18	TANTA	31.84
8	Mohamed Ahmed Hassan	20	ZMALK	31.97
9	Amar Mohamed Moawed	17	BNKG	32.25
10	Omar Yaser Mohamed Hamec	17	DEGLA	32.56

Heat 5 of 12 Prelims

1	Ehab Amr Ali Mohamed Ghar	18	MAADI	31.59
2	Mohamed Amr Maher Ma`mc	17	GEZIR	31.48
3	Ahmed Hisham Mahmoud	17	RWAD	31.39
4	Amr Hesham Adel	17	AHLY	31.26
5	Moustafa Ashraf Zouher	19	AHLY	31.21
6	Seif Alla Yaser Mostafa	17	SHOOT	31.25
7	Belal Mahmoud Shawky Ali	18	ZMALK	31.27
8	Eyad Mohamed Mosaad	17	AHLY	31.40
9	Ahmed Waled Mohamed Ossi	17	ZMALK	31.58
10	Omar Mohamed Khater Al Dc	19	6 OCT	31.60

Heat 6 of 12 Prelims

1	Zeiad Abou Elela Hamdy Moh	17	AHLY	31.14
2	Abu Zaid Sobhy Abd El Halim	18	Bank Ahly Alex	31.06
3	Kareem Esam Hassan	18	RWAD	31.01
4	Aly Mohamed Samy Tantawy	17	Sporting	30.86
5	Ahmed Mahmoud Abdelkade	19	AHLY	30.82
6	Ahmed Mohamed abd Elaziz	19	MAADI	30.83
7	Aly Amr Ahmed Shaaban	17	Bank Ahly Alex	30.94
8	Mahmoud Sherif	18	ZMALK	31.05
9	Houssein Ahmed Mohamed S	19	SHOOT	31.12
10	Zeyad Hatem Abd Allah	18	TANTA	31.21

Heat 7 of 12 Prelims

1	Marwan Sherif Adel Al Derea	17	HELDO	30.75
2	Mostafa Ahmed Elshrbiny	17	Smouha	30.65
3	Ahmed Haytham Mohamd At	17	SHOOT	30.56
4	Mahmoud Ahmed Ebrahim Zi	17	Sporting	30.41
5	Marawan Haytham Abd ElMe	19	TANTA	30.30
6	Hamza Amr Ead	17	Sporting	30.37
7	Youseif Kaled El Sayed	23	6 OCT	30.48
8	Mohamed Nasr Darwish	17	Smouha	30.58
9	Mohamed Mohsen Ramdan	17	Smouha	30.68
10	Karim AboElthana Mohamed	19	Smouha	30.77

Heat 8 of 12 Prelims

1	Yehya Amr Mohamed Sadek	18	HELOP	30.13
2	Youssef Mamdouh Mohamed	18	AHLY	30.05
3	Mahmoud Mohamed Maham	17	AHLY	29.94
4	Ahmed Hany Mohmed Rohy	23	SHOOT	29.92
5	Bassel Hisham Fawzy Moharr	17	Olympic	29.89
6	Fouad Mahmoud Fouad	19	SHOOT	29.90
7	Saleh Hossam El Din Saleh	16	ZOHUR	29.93
8	Omar Wala Noaaman	18	AHLY	29.98
9	Marwan Mohamed Abdel-Ha	21	DEGLA	30.05
10	Basel Amr Shahin	19	AHLY	30.21

Heat 9 of 12 Prelims

1	Ahmed Moustafa Ibrahim	20	SHAMS	29.86
2	Moneib Makram Ahmed	18	SHAMS	29.79
3	Ahmed Karim Galal Samy Ah	17	MAADI	29.76
4	AbdelRahman Nabel AbdELM	20	GHABA	29.57
5	Abdel Rahman Mohamed Ra	17	AHLY	29.30
6	Abdel Rahman Mohamed Sak	19	AHLY	29.49
7	Mohamed Mostafa Ibrahim M	16	SHAMS	29.73
8	Zeiad Ahmed Abdelazim Abd	17	MAADI	29.78
9	Amir Ramadan Sayed Ramad	18	6 OCT	29.84
10	Basam Sameh Awadalla	19	DEGLA	29.88

Heat 10 of 12 Prelims

1	Moustafa Abdo Mohamed Shc	17	RWAD	29.17
2	Mohamed Nour Ibrahim	24	AHLY	28.90
3	Mohamed Hesham Ahmed At	19	HELDO	28.36
4	Mohab El Din Fathy	18	Sporting	28.25
5	Yousef Ashraf Mahmoud	19	ZMALK	27.96
6	Yasin HossamEldin	16	Smouha	28.11
7	Yasen Amro Yasen Abd Elrah	16	GEZIR	28.35
8	Yackoub Amr Yackoub	23	Sporting	28.46
9	Adham Adel Mohamed	17	Sporting	29.02
10	Mostafa Ahmed Mohamed Es	17	TANTA	29.23

Heat 11 of 12 Prelims

1	Houssin Ibrahim Rashad	20	AHLY	29.16
2	Ahmed Younis Nasir	17	ZMALK	28.76
3	Islam Mohamed Taha	32	HELOP	28.35
4	Yousif Mohamed Khalaf	18	Smouha	28.24
5	Ahmed Osama Ahmed Farag	20	AHLY	27.80
6	Moustafa Yaser Fouda	24	HELOP	28.07
7	Mohamed Hisham Mohamed	27	Gezira El Ward	28.26
8	Mohamed Hisham Salah	20	SHOOT	28.45
9	Omar Mohamed Taha Radwa	19	Smouha	28.94
10	Mohamed Khaled Mahmoud	17	A S E C	29.21

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Heat 12 Prelims (#230 Men 13 & Over 50 LC Meter Backstroke)

1	Omar Ahmed Ibrahim Eid	23	HELDO	29.15
2	Mostafa AbdAllah Mohamed	17	A S E C	28.65
3	Mohamed Yasser Karam	17	Cairo	28.35
4	Karim Waled Essam Shabana	18	Smouha	28.13
5	Abdel Rahman Jamal El Din H	19	Elethead	26.69
6	Faris Mohamed Mashaly	20	Sporting	28.04
7	Ahmed Adel Mohamed Mesel	19	AHLY	28.25
8	Yousef Ahmed Salah Shendy	22	AHLY	28.45
9	Omer Mohamed Bahaa	18	HELOP	28.92
10	Khaled Mostafa Mohamed	20	AHLY	29.20

Event 231 Women 13 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

3	Lara Tamer Abdel Aziz Moha	19	SHOOT	NT
4	Raneem Ahmed Mohamed El	18	Olympic	1:26.98
5	Rodaina Mohamed Bahgat	17	Smouha	1:21.49
6	Farah Alaa Kamal	17	SHOOT	1:21.74
7	Mayar Ahmed Atia El Tahlaw	18	AHLY	NT
8	Enjy Mohamed AboZid	19	Smouha	NT

Heat 2 of 10 Prelims

1	Mayar Magdy Aly EL Bery	17	SHAMS	1:20.51
2	Nada Nader Mohamed	19	AHLY	1:18.77
3	Rania Mohamed Mahmoud	18	ZOHUR	1:16.49
4	Nada Moataz Fouad	19	DEGLA	1:16.03
5	Farah Kmal Batesha	17	Sporting	1:14.24
6	Mariam Ahmed Taha ali	17	ZMALK	1:15.63
7	Zeina Essam Mohamed	20	SHOOT	1:16.28
8	Shourouk Moustafa Shaban	17	ZMALK	1:17.87
9	Jousteia Morcouc Moheib	18	ZMALK	1:19.02
10	Sama Hesham Saber	17	DEGLA	1:20.60

Heat 3 of 10 Prelims

1	Maiya Mohamed Abd El Ham	17	Sporting	1:14.06
2	Elesya Elya Waghen Besh	17	6 OCT	1:13.22
3	Wedad Khaled Said Mohame	17	ZMALK	1:12.86
4	Souhaila Mohamed Mahmou	18	SHAMS	1:11.90
5	Naghah Ashraf abd Elrahma	17	Olympic	1:11.71
6	Menatalah Amer Moh. Amer	20	GEZIR	1:11.76
7	Shahd Ahmed Saed Elsaid	17	ZMALK	1:12.53
8	Afnan Abdel Hady Hassan Mc	19	ZMALK	1:12.92
9	Salma Ashraf AbdElkalek	17	Smouha	1:13.66
10	Meiar Yaser Moahmed Raouf	18	ZMALK	1:14.09

Heat 4 of 10 Prelims

1	Radah Essam Eraky	18	SHOOT	1:10.78
2	Marim Wael Gonim	19	GHABA	1:10.61
3	Farah Nasr El Den Aly	17	Sporting	1:09.65
4	Amna Bayomy	17	Sporting	1:08.86
5	Yara Hesham Saad	17	SHOOT	1:08.68
6	Malak Akmal Mohamed	18	6 OCT	1:08.71
7	Reem Ayman Salah	17	DEGLA	1:08.88
8	Mariam Hussin Fawzy	17	Smouha	1:09.84
9	Zina Hythem Fayez	17	Cairo	1:10.63
10	Jolia Amir Wafik	19	Sporting	1:11.70

Heat 5 of 10 Prelims

1	Farah Mostafa ali	17	DEGLA	1:08.37
2	Salma Gamal Hammad	18	Smouha	1:07.99
3	Nardin Ismail abd Elaziz	17	Olympic	1:07.52
4	Hania Khaled Mohamed Ali	18	Cairo	1:07.47
5	Sherein Adel Raafat	19	AHLY	1:07.19
6	Yara Mohamed Bauomy Abde	17	BNK.G	1:07.24
7	Donia Waleed Yousof	18	TANTA	1:07.48
8	Sohaila Fouad	21	Sporting	1:07.61
9	Meiar Khaled Mohamed Hass	19	ZMALK	1:08.15
10	Gana Akmal Nabil Ahmed Al	17	SHOOT	1:08.40

Heat 6 of 10 Prelims

1	Shaza Wael Mostafa	17	ZMALK	1:06.83
2	Haidy Khaled Mostafa	17	Cairo	1:05.89
3	Malak Haytham Elsayed	17	AHLY	1:05.76
4	Nada Fouad Abdel Gawad Ali	17	AHLY	1:05.16
5	Hoda Ashraf el Said	17	DEGLA	1:04.80
6	Aliaa Osama Sabar	17	AHLY	1:04.88
7	Malak Hany Mohamed	17	NASR	1:05.24
8	Meiar Mohamed Bauomy Abc	19	BNK.G	1:05.79
9	Alaa Ayman Aly Kamel	17	TANTA	1:06.16
10	Maya Ahmed Adel Ali	17	SHAMS	1:07.17

Heat 7 of 10 Prelims

1	Maryem Ahmed Khalifa Moh	20	Bank Ahly Alex	1:04.65
2	Rana Osama Abdel Halem	18	AHLY	1:04.04
3	Haidy Hosam Nabil Cotore	20	GEZIR	1:03.89
4	Noor Moh. Samer Eleesh	17	GEZIR	1:03.58
5	Hana Ashraf Mahmoud	18	DEGLA	1:03.32
6	Malak Mohamed Haytham Ra	17	SHOOT	1:03.35
7	Rodaina Khaled Mohamed	17	AHLY	1:03.69
8	Salma Hossam ElDin Mahmo	18	AHLY	1:03.99
9	Hager Hossam Mousad	17	SHAMS	1:04.44
10	Hana Alaa Kamal El Den	17	Sporting	1:04.72

Heat 8 of 10 Prelims

1	Farida Ahmed Ibrahim Eid	22	HELDO	1:02.69
2	Habiba Hatem Abdel Moaty M	18	AHLY	1:01.97
3	Salam Mohamed Hassan Abd	17	6 OCT	1:01.35
4	Dana Tamer Shafiq	16	HELOP	1:00.70
5	Yasmin Mamdouh Mahmoud	20	AHLY	58.70
6	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	59.84
7	Rowan Hossam Elbadry	24	Sporting	1:00.79
8	Mariam Galal Saied	18	SHAMS	1:01.51
9	Nour Islam Mohamed	17	AHLY	1:02.33
10	Enjy AlaaEldin Hendy	17	Smouha	1:03.25

Heat 9 of 10 Prelims

1	Marim AbdElfttah Ahmed	20	Smouha	1:02.66
2	Sandy Ayman Atef	19	AHLY	1:01.83
3	Mariam Hossam Aly Sabour	18	GEZIR	1:01.26
4	Rawan Hesham Mohamed	18	Cairo	1:00.00
5	Amina Magdy Mohamed El Sc	26	HELOP	58.08
6	Ro`ua Ahmed Farag	17	SHOOT	59.62
7	Farida Tharwat Maher	16	AHLY	1:00.76
8	Hana Mostafa Ahmed Hamdy	18	AHLY	1:01.42
9	Hanya Hossam Nabil El Cotor	22	GEZIR	1:02.31
10	Salma Yasser Hassan	17	Cairo	1:02.97

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Heat 10 Prelims (#231 Women 13 & Over 100 LC Meter Freestyle)

1	Malak Khaled Ahmed Zayan	18	Smouha	1:02.66
2	Rodaina Mohamed Saad	14	DEGLA	1:01.82
3	Roula Ahm. Houssny Houssei	17	GEZIR	1:01.15
4	Rawan Mohamed AboElFadl	16	DEGLA	59.96
5	Mariam Rashed Abdel Mona'	19	AHLY	57.77
6	Farida Ayman Samra	15	SHOOT	59.60
7	Nour Mohamed Ibrahim Ali	14	Smouha	1:00.74
8	Asmaa El Sayed Abd El Raof	19	Bank Ahly Alex	1:01.40
9	Lojin Hossam El din Mokhtar	18	Sporting	1:02.16
10	Yassmein Sherif Helmy	18	HELOP	1:02.69

Event 232 Men 13 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 12 Prelims

4	Tarik AboElthana Mohamed	20	Smouha	NT
5	Mostafa Hany Ahmed Al Badr	18	ZMALK	1:28.94
6	Marwan Mohamed Abd El Me	17	AHRAM	1:31.14

Heat 2 of 12 Prelims

1	Mohamed Abdella Mohamed	17	Elethead	1:26.88
2	Karim Maged Mohssein Al Fa	17	HELOP	1:24.33
3	Shahab Sheref Ahmed	17	HLWAN	1:23.48
4	Ahmed Hossam	17	Sporting	1:22.29
5	Dany Nabil Fayez Bshay	17	SHOOT	1:22.08
6	Omar Ahmed Mhrous	18	Olympic	1:22.17
7	Adham Waled Elbhery	17	TANTA	1:23.16
8	Khaled Mohamed Abdel Hadi	17	Elethead	1:24.22
9	Moaaz Ashraf Mohamed	17	El Shrook	1:26.12

Heat 3 of 12 Prelims

1	ali abd el Latif Galal	18	HELOP	1:21.57
2	Mohamed Ahmed Helal Sheta	17	HELOP	1:21.32
3	Hassan Osama Mohamed Saa	17	HELOP	1:21.10
4	Adham Tarik	17	Smouha	1:20.26
5	Abdelkrem Ashraf Abood	17	Bank Ahly Alex	1:19.95
6	Ali Khaled Ali Abdalla	20	HLWAN	1:19.97
7	Taha Emad Taha	17	GHABA	1:20.38
8	Amr Khaled Ali	17	HLWAN	1:21.21
9	Ameer Mohamed Mohamed I	17	RWAD	1:21.50
10	Kareem Mohamed Eldsoqy	18	RWAD	1:21.96

Heat 4 of 12 Prelims

1	Omar Mahmoud Mohamed	17	DEGLA	1:19.52
2	Ahmed Shehab Mohamed Ezz	17	ZMALK	1:19.46
3	Marwan Tamer	17	Smouha	1:18.74
4	Hamza Hisham	17	Smouha	1:18.22
5	Anas Amin Mohamed Sharaf	17	Sporting	1:17.72
6	Mohamed Atef Fekry	18	Olympic	1:18.07
7	Yosef Mohamed Al Hady	17	SHOOT	1:18.52
8	Adham Ahmad Shaban	19	RWAD	1:18.83
9	Yousef Ahmed Yousef	17	SHOOT	1:19.47
10	Mahmoud Ahmed Ebrahim Z	17	Sporting	1:19.83

Heat 5 of 12 Prelims

1	Zeiad Khairy Ali	17	ZMALK	1:17.41
2	Karim Waled Hossam El Din	17	SHOOT	1:17.19
3	Basel Wael Mohamed Faeik	17	ZMALK	1:16.90
4	Ahmed Hany	18	Smouha	1:16.71
5	Omar Khairy Ali	20	ZMALK	1:16.60
6	Kareem Ahmed Shaaban	19	RWAD	1:16.63
7	Omar Ihab Ismail	18	ZMALK	1:16.79
8	Omar Tamer Magdy abd Alaz	19	TANTA	1:17.05
9	Ahmed Taha Abd El Raouf	17	DEGLA	1:17.40
10	Abdel Rahman Ahmed Sabry	17	MAADI	1:17.71

Heat 6 of 12 Prelims

1	Zyad Dyaad Adel AbdelAlem	17	6 OCT	1:15.92
2	AbdAllah Ashraf	17	Smouha	1:15.45
3	Seif ElDin Ihab Mohamed	20	ZMALK	1:14.75
4	Fady Ehab Weliam Gad El Ral	18	ZMALK	1:14.59
5	ali Mohamed ali	17	DEGLA	1:14.52
6	Belal Hesham Mohamed	19	AHLY	1:14.57
7	Yehya Ashraf Mohamed Ali	17	ZOHUR	1:14.68
8	Abdullah Imad al-Din Fathi	17	Elethead	1:14.78
9	Mostafa Hatem Ataia	19	Cairo	1:15.66
10	Omar Mohamed Salah Mowal	17	SHAR!	1:16.06

Heat 7 of 12 Prelims

1	Mohamed Osama abd el Taw	17	Olympic	1:14.45
2	Karim Ehab Abdel Kader	17	ZMALK	1:14.28
3	Ahmed Mokhtar Talaat	18	AHLY	1:14.00
4	Youssef Mohamed Salem	18	GHABA	1:13.52
5	Eyad Osama Awad	17	DEGLA	1:13.41
6	Yosef Amr Ali Emad El Din	17	6 OCT	1:13.45
7	Ahmed Mostafa Ahmed Akad	17	TANTA	1:13.85
8	Ahmed Moaataz Saber El-Gaz	17	AHLY	1:14.19
9	Yossef Gamal Rashed	18	GHABA	1:14.42
10	Mohamed Kamal Nafaa	19	Sporting	1:14.47

Heat 8 of 12 Prelims

1	Abd El Aziz Hanafe Ahmed	18	TALBE	1:13.24
2	Nour El Din Mohamed Mohar	17	ZMALK	1:12.87
3	Ramy Nabil Faeid Beshay	18	SHOOT	1:12.85
4	Omar Yaser Ahmed Nasar	17	AHLY	1:12.48
5	Mohmed Sherief	17	Cairo	1:11.36
6	Yousof Ihab Mohamed ElSaye	18	Bank Ahly Alex	1:11.63
7	Ahmed Ashraf Abdel Monaen	17	AHLY	1:12.84
8	Omar Amr Allaa El Din	20	AHLY	1:12.86
9	Yahia Mmdoh	17	Smouha	1:13.16
10	Yousef Emad El Din Abd Alla	21	GHABA	1:13.35

Heat 9 of 12 Prelims

1	Ahmed Mohamed Eissa	19	Cairo	1:11.33
2	Abd El Rahman Tamer Yousef	17	Sporting	1:11.05
3	Seif El Din Ayman Fekry	19	AHLY	1:10.80
4	Amr Mostafa Kodb	16	Smouha	1:10.45
5	Ahmed Galal Abdel Azim	20	SHOOT	1:10.22
6	Ali Hany Mohamed	17	DEGLA	1:10.29
7	Karim Amgad Al Sayed Ali Al	18	SHOOT	1:10.66
8	Youssef Ayman Ezz Badr	21	AHLY	1:10.90
9	Omar Osama Mohamed	18	Olympic	1:11.12
10	Omar Mohamed Taha Radwa	19	Smouha	1:11.35

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

Meet Program - 13-04-2019 Prelim

Heat 10 Prelims (#232 Men 13 & Over 100 LC Meter Breaststroke)

1	Adham Hisham Nor	16	Smouha	1:09.36
2	Mohamed AbdElKarem AboE	17	A S E C	1:08.33
3	Karim Hatem abd el Sabour	18	Nasr City	1:07.14
4	Mohamed Zeiad Mohamd Eis	17	SHOOT	1:06.37
5	Ahmed Kamal Hafez	32	MAADI	1:03.74
6	Mohamed Mouhab Abdel Rac	24	HELOP	1:05.61
7	Abdallah Yasser Mohamed	18	Cairo	1:06.92
8	Ibrahim Taha Ibrahim	20	BNK.G	1:07.93
9	Omar Ehab Ahmed Abo el Ftc	17	SHAMS	1:08.79
10	Yousef Moataz Saber	20	AHLY	1:10.10

Heat 11 of 12 Prelims

1	Shady Mahmoud Hammam A	17	MAADI	1:09.32
2	Mohamed Moaataz Abdel-Ha	19	AHLY	1:08.22
3	Youssef Talal Mohamed	17	AHLY	1:07.09
4	Omar Khaleed Ahmed	20	ZMALK	1:06.17
5	Mohamed Housam Ibrahim	23	AHLY	1:03.54
6	Faris Mohamed Mashaly	20	Sporting	1:05.21
7	Ahmed Yaser Ahmed Nasar	19	AHLY	1:06.79
8	Abdel Rahman Mohamed Abc	17	AHLY	1:07.89
9	Zeyad Mohamed Farou2	17	A S E C	1:08.72
10	Ahmed Ashraf Mahmoud Har	21	HELDO	1:09.77

Heat 12 of 12 Prelims

1	Yassin Yahya Zakriy Ebrahim	17	Sporting	1:09.20
2	Zeyad Osama Mohamed	18	Olympic	1:08.12
3	Mohamed Ashraf Abdel Hay	18	AHLY	1:06.94
4	Omar Hesham Raslan	22	HELOP	1:05.96
5	Hassan Yasser Ezzat	21	AHLY	1:02.64
6	Daly Dimitrios Chin	22	Sporting	1:04.89
7	Ahmed Emam Mohamed Sha	22	Smouha	1:06.67
8	Marwan Essam Ismaeil	22	Gezira El Ward	1:07.73
9	Mahmoud Mohamed Mahmo	18	ZMALK	1:08.68
10	Mohamed Amin Sharaf	20	Sporting	1:09.55

Event 233 Women 13 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

2	Nour Amr Ibrahim	18	Sporting	6:16.75
3	Gana Ahmed Mokhtar	17	AHLY	6:07.19
4	Yara Mohamed Tarik Abdou 2	18	GHABA	6:02.38
5	Sohila Amr Gamal	17	AHLY	5:51.68
6	Alla Wael Mostafa	17	DEGLA	5:53.33
7	Sama Ayman Mouner Hashin	17	TRSAN	6:04.87
8	Wessam Kamal Mohamed	17	MAY15	6:08.52
9	Mariam Mohamed Nabil	17	RWAD	6:43.16

Heat 2 of 3 Prelims

1	Farah Emad Mohamed Ebrah	17	Al Hawar	5:45.39
2	Haidy Adel Mohamed Samy S	17	HELDO	5:40.77
3	Shahd Yasser	17	Smouha	5:32.35
4	Sara Mohamed Hassan	18	AHLY	5:20.32
5	Nour Diaa Elden abo Bakr	15	HELOP	5:07.11
6	Dina Khaled Elgaloly	19	Sporting	5:11.14
7	Nada Ahmed Samer	19	Sporting	5:26.77
8	Salma Ashraf Mouhssein	18	Al Hawar	5:37.22
9	Farah Adham Mohamed Talaa	17	6 OCT	5:43.65
10	Ziena Ahmed Abo ElKhir	18	Sporting	5:48.54

Heat 3 of 3 Prelims

1	Donia Magdy Mohamed Helr	18	TANTA	5:44.77
2	Noran Ibrahim Elbially	17	Smouha	5:37.85
3	Hend Hamed Amr Hassan	21	AHLY	5:28.38
4	Lojen Deiaa Eldin Abd Elalerr	16	DEGLA	5:13.64
5	Rewida Hisham Tolba Ibrahim	24	AHLY	4:56.88
6	Rawan Tamer Mohamed	15	DEGLA	5:07.21
7	Hana Khaled Samy Hassan	17	SHOOT	5:22.14
8	Haidy Hosam Nabil Cotore	20	GEZIR	5:34.80
9	Yassmin Amr Ali	19	6 OCT	5:41.81
10	Salma Tamer Elsaied Moham	17	Bank Ahly Alex	5:45.72

Event 234 Men 13 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Prelims

4	Mahmoud Ashraf Mahmoud	20	Canal El Suez	NT
5	Mohamed Yaser Abdel Ghany	17	Raas El Bar Club	NT
6	Ahmed Hamdy Salem	27	AHLY	NT

Heat 2 of 14 Prelims

1	Nooreldeen Fareed Heseen H	17	Gezira El Ward	NT
2	Marwan Mohamed Abd El Me	17	AHRAM	2:33.83
3	Youssef Hossam Ahmed Mohi	18	SHOOT	2:23.72
4	Asser Amr Teleb Salama	17	RWAD	2:22.94
5	Seif Ahmed Said Sayed	17	ZMALK	2:21.09
6	Ahmed Shehab Ahm. Saleh	19	GEZIR	2:21.31
7	Ziad Waleed	18	DEGLA	2:23.68
8	Yousef Khaled Ephrahim	17	TWFIK	2:25.47
9	Omar Ahmed Safwat Salah	17	Cairo	2:50.63

Heat 3 of 14 Prelims

1	Mohamed Tarik Ramadan	17	GHABA	2:20.65
2	Noor El Din Ehab Chaouki	17	Elethead	2:19.64
3	Amr Khaled Ali	17	HLWAN	2:19.52
4	Omar Mohsen Mohamed Hus	19	Smouha	2:17.22
5	Seif Eldin Ahmed Salah El Ha	17	MAADI	2:16.87
6	Basel Wael Mohamed Faeik	17	ZMALK	2:17.20
7	Abd Elrahman Emad Fathe Es	18	GEZIR	2:17.95
8	Mohamed Ahmed Helal Sheta	17	HELOP	2:19.61
9	Yassin Emad Hamed	17	ZMALK	2:19.86
10	Mahmoud Mohamed Abas	18	SHOOT	2:21.06

Heat 4 of 14 Prelims

1	Omar Ehab Attef Mohamed	18	Gezira El Ward	2:16.64
2	Mahmoud Hassan Mostafa	17	ZMALK	2:15.23
3	Ahmed Yasser Ahmed	17	ZMALK	2:14.51
4	Mostafa Hany Ahmed Al Bad	18	ZMALK	2:13.63
5	Mo'taz Mohamed Adham	17	Smouha	2:12.38
6	Mazin Amr Alj Hassan	17	6 OCT	2:13.36
7	Ahmed Essam Mohamed	17	Cairo	2:13.89
8	Yousef Waled Al Sayed Al Bai	17	GEZIR	2:14.72
9	Abdel Rahman Ahmed Sabry	17	MAADI	2:16.08
10	Abd El Rahman Yasser Abd El	17	Sporting	2:16.66

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

Meet Program - 13-04-2019 Prelim

Heat 5 Prelims (#234 Men 13 & Over 200 LC Meter Freestyle)

1	Ahmed Galal Abdel Azim	20	SHOOT	2:11.99
2	Yousef Ibrahim Abou El Hass:	19	6 OCT	2:11.91
3	Ahmed Saleh ali Kabel	18	RWAD	2:11.12
4	Foad Mostafa Mohamed	18	Bank Ahly Alex	2:10.80
5	Amr Ahmde Mohamed Fatthy	18	SHAMS	2:10.53
6	Ahmed Mohamed Ghobashy	17	Smouha	2:10.70
7	Ali Mohamed Abo Taleib	17	DEGLA	2:10.84
8	Ibrahim Mohamed Ibrahim	18	SHOOT	2:11.79
9	Taha Emad Taha	17	GHABA	2:11.93
10	Ahmed Taha Abd El Raouf	17	DEGLA	2:12.24

Heat 6 of 14 Prelims

1	Adham Khled Ahmed Elqady	17	RWAD	2:10.40
2	Mhmod Hisham	17	Smouha	2:10.17
3	Ahmed Hesham Fatthy Hasat	18	DEGLA	2:09.52
4	Mohamed Ayman AbdAllah M	21	Smouha	2:09.18
5	Yusef Fawzy Farag	19	HELOP	2:08.95
6	Yousef Ahmed Yousef	17	SHOOT	2:09.09
7	Zyad Dyaa Adel AbdelAlem	17	6 OCT	2:09.46
8	Osama Islam Mohamed Kame	18	GHABA	2:09.60
9	Ahmed HiShame	17	SHOOT	2:10.38
10	Mohamed Naser El Din Ibrah	18	ZMALK	2:10.41

Heat 7 of 14 Prelims

1	Khaled Tarik Alaam	17	Smouha	2:08.14
2	Mohamed Waled Mohamed	19	ZOHUR	2:07.99
3	Mohamed Moustafa Darwish	17	DEGLA	2:07.86
4	Amgd Bassam Hekal	19	SHOOT	2:07.70
5	Ahmed Adel Ramadan	17	GHABA	2:07.18
6	Karem Tarek Ebrahim	18	Sporting	2:07.60
7	Abdullah Imad al-Din Fathi	17	Elethead	2:07.81
8	Mohamed Hesham Mohamed	18	ZOHUR	2:07.96
9	Omar Ahmed Abdel Aziz You	18	ZMALK	2:08.09
10	Mohamed Ashraf Moustafa K	25	HELOP	2:08.30

Heat 8 of 14 Prelims

1	Ali Tarek Hamed	20	DEGLA	2:06.91
2	Ziad Mohamed El Sayed	17	DEGLA	2:06.63
3	Omar Tarek Sayed	17	A S E C	2:06.35
4	Ahmed Khaled Abd El Maged	18	Bank Ahly Alex	2:06.15
5	Mohamed Yousif AbdElrhmai	18	Smouha	2:05.57
6	Yousef Mohamed Mansour	19	SHOOT	2:06.06
7	Mahmoud AmanElDien Moha	17	A S E C	2:06.19
8	Adham Marwan Hassan	17	SHOOT	2:06.45
9	Ahamed Mahmoud Hassan M	17	SHAMS	2:06.91
10	Karim Ahmed Hassan	18	SHAMS	2:06.99

Heat 9 of 14 Prelims

1	Mohamed Mostafa El Feiky	18	DEGLA	2:04.99
2	Seif Ramah Essam El Din	17	SHOOT	2:04.57
3	Zeiad Ahmed Abdelazim Abd	17	MAADI	2:04.40
4	Khalid Ahmed Mohamed	17	Sporting	2:04.11
5	Mohamed Hany Mohamed Sa	17	TANTA	2:03.74
6	Osama Ahmed Mokhtar	17	SHOOT	2:03.85
7	Mostafa Tamer Mostafa	17	AHLY	2:04.33
8	Mohamed Khaled Basyony	18	Baladyat El Maha	2:04.54
9	Moamen El Saed Soltan	18	TANTA	2:04.92
10	Omar Adel Abdel Hamed	17	ZOHUR	2:05.56

Heat 10 of 14 Prelims

1	Mostafa Mohamed Al Tahan	19	DEGLA	2:03.65
2	Hassan Essam Hassan	17	ZOHUR	2:03.62
3	Ahmed Yaser Salah El Din Eis	23	HELDO	2:03.14
4	Mostafa Khaled Mahmoud	18	SHAMS	2:02.74
5	Bassel Hazem Mohamed Farc	17	Smouha	2:02.20
6	Karim Ahmed Khaled Elewa	17	SHAMS	2:02.27
7	Ahmed Karim Galal Samy Ah	17	MAADI	2:02.78
8	Omar Walaa Noaman	18	AHLY	2:03.16
9	Mohamed Nasr Ahmed	17	Olympic	2:03.65
10	Mohamed Alwy Mohamed Ali	18	Smouha	2:03.71

Heat 11 of 14 Prelims

1	Seif Osama Ahmed Farag	19	AHLY	2:02.11
2	Mohamed Ahmed Salah Shen	25	AHLY	2:01.97
3	Sief Tarek Mohamed Raslan	19	TANTA	2:01.94
4	Eyad Mohamed Nabih	16	Smouha	2:01.70
5	Abdel Rahman Ali Mohamed	18	SHAMS	2:01.41
6	Karim Hassan Moh. El Hoshy	17	GEZIR	2:01.63
7	Yasin HossamEldin	16	Smouha	2:01.78
8	Yahia Ashraf Madkour	16	Smouha	2:01.95
9	Zien ElDin Mahmoud	17	Sporting	2:02.01
10	Ahmed Ibrahim Abd EL Hahn	18	SHAMS	2:02.13

Heat 12 of 14 Prelims

1	Mohamed Medhat Mohamed	20	AHLY	2:00.55
2	Shehab Hossam Mahmoud G	18	GHABA	1:59.90
3	Moaz Hesham Mahmoud	20	Cairo	1:58.95
4	Yosef Hany Mohamed	17	AHLY	1:54.35
5	Yasin Wael Elshmaa	20	Sporting	1:51.86
6	Fares Youssef Emara	17	AHLY	1:53.67
7	Moustafa AbdElhakim Elgam	19	Sporting	1:56.35
8	Ahmed Khaled Abdel Hamed	18	SHOOT	1:59.28
9	Marwan Magdy Azzam	16	Olympic	2:00.18
10	Mohamed Attef Yassin	19	AHLY	2:00.89

Heat 13 of 14 Prelims

1	Mohamed Mahmoud Moham	16	GHABA	2:00.48
2	Ziad Mohamed Aabad	18	HELOP	1:59.79
3	Karim Medhat Badr Mohame	20	Smouha	1:57.75
4	Ahmed Khaled Rateb	18	AHLY	1:54.08
5	Omar Ahmed Khaled Alewaa	22	HELOP	1:51.63
6	Salah Mohamed Amin	27	Smouha	1:53.58
7	Mohamed Adel Mohamed Me	18	AHLY	1:55.41
8	Omar Hany Abdalla	17	AHLY	1:59.21
9	Hamza Adham Amin	19	AHLY	2:00.08
10	Mostafa Mohamed el Said	18	HELOP	2:00.66

Heat 14 of 14 Prelims

1	Zeyad Haytham Ismail	18	AHLY	2:00.23
2	Ahmed Yasser Bastawesy	17	AHLY	1:59.52
3	Ibrahim Mohamed Yoneis	19	ZMALK	1:56.38
4	Omar Adel Abas	18	DEGLA	1:53.87
5	Marwan Ismael Elkmash	26	Sporting	1:47.40
6	Marwan Ahmed Elamrawy	24	Sporting	1:52.84
7	Mohamed Hossam AbdElslan	21	Smouha	1:55.11
8	Ahmed Mohamed Lotfy Amei	21	AHLY	1:59.01
9	Hussien Khaled Hussien Kam	17	MAADI	1:59.95
10	Mohamed Mourad Mohamed	17	Sporting	2:00.57