

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

Meet Program - 14-04-2019 Prelim

Event 240 Women 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
4	Mariam Nabil Tawfik	17	Raas El Bar Club	NT
5	Rania Mohamed Mahmoud	18	ZOHUR	42.93
6	Farah Nasr El Den Aly	17	Sporting	NT
7	Noran Adel Elsaid Felifel	21	MAADI	NT
Heat 2 of 9 Prelims				
1	Shahd Ahmed Saed Elsaid	17	ZMALK	38.70
2	Salma Khaled Mokhtar	19	DEGLA	37.70
3	Elesya Elya Waghen Beshar	17	6 OCT	36.58
4	Habiba Tarek Hamed	17	DEGLA	36.40
5	Rana Hesham Saad	17	SHOOT	36.19
6	Nabila Saad Al Ragaei	17	Stad Mansoura	36.20
7	Jousteia Morcouc Moheib	18	ZMALK	36.48
8	Shorok Ahmed Mostafa	17	SHOOT	37.65
9	Mariam Ahmed Taha ali	17	ZMALK	37.75
10	Nada Waleed Mohamed Mahi	18	DEGLA	42.82
Heat 3 of 9 Prelims				
1	Naden Tamer Mohamed	18	Smouha	35.86
2	Hania Khaled Mohamed Ali	18	Cairo	35.18
3	Marim Wael Gonim	19	GHABA	35.02
4	Shahd Islam Abdel Latif Shen	17	HELDO	34.97
5	Menatalah Amer Moh. Amer	20	GEZIR	34.75
6	Salma Hossam AbdElaziz	18	Smouha	34.81
7	Nadein Mostafa Mohamed Lo	17	SHOOT	34.98
8	May Mohamed Ibrahim Sayec	18	HELDO	35.15
9	Menatalla Mamdouh Khalel	19	AHLY	35.36
10	Zeina Essam Mohamed	20	SHOOT	36.06
Heat 4 of 9 Prelims				
1	Monera Ibrahim Basyony	20	Smouha	34.05
2	Noor Moh. Samer Eleesh	17	GEZIR	33.59
3	Farah Karim Mohamed	18	HELOP	33.55
4	Malak Saad Elkersh	17	AHLY	33.28
5	Naden Ahmed Farok AbdElaz	20	Smouha	33.20
6	Nada Hesham Ali	18	AHLY	33.21
7	Gana Ahmed Mokhtar	17	AHLY	33.37
8	Menatalla Ehab AlGaeiar	18	GHABA	33.55
9	Sohaila Fouad	21	Sporting	33.83
10	Meiar Khaled Mohamed Hass	19	ZMALK	34.09
Heat 5 of 9 Prelims				
1	Aya Hassan Refai Hassan	17	Al Zaher	33.09
2	Hala Ayman Al Sayed	18	SHAMS	33.03
3	Lena Anwar Mostafa	17	Smouha	32.96
4	Mariam Wael Makram	17	AHLY	32.69
5	Mariem Galal Saied	18	SHAMS	32.45
6	Haeidy Ayman Mahrous Abde	19	SHOOT	32.48
7	Radah Essam Eraky	18	SHOOT	32.91
8	Sherein Adel Raafat	19	AHLY	33.00
9	Sara Hagag Mohamed	17	SHOOT	33.06
10	Magda Mohamed Adel Abas	17	Bank Ahly Alex	33.13

Heat 6 of 9 Prelims

1	Haia Salah Mahmoud	19	AHLY	32.13
2	Farah Adham Mohamed Tala	17	6 OCT	32.00
3	Haidy Khaled Mostafa	17	Cairo	31.99
4	Enjy AlaaEldin Hendy	17	Smouha	31.89
5	Salma Tamer Elsaied Moham	17	Bank Ahly Alex	31.86
6	Aisl Magd El Sayed	19	AHLY	31.87
7	Ranim Mohamed Wagih	17	Bank Ahly Alex	31.98
8	Rana Osama Abdel Halem	18	AHLY	31.99
9	Hanya Hossam Nabil El Cotor	22	GEZIR	32.09
10	Wessam Kamal Mohamed	17	MAY15	32.20

Heat 7 of 9 Prelims

1	Rahma Hossam Hassan	17	Elethead	31.15
2	Rofaida Mahmoud Mohamed	13	DEGLA	30.72
3	Shahd Yasser	17	Smouha	30.27
4	Hanin Ashraf aly	15	Olympic	29.74
5	Norhan Mohamed Mohi Elzar	16	Smouha	29.28
6	Lojin Hossam El din Mokhtar	18	Sporting	29.63
7	Jana Khalid	15	Sporting	29.85
8	Nihal Khaled Tamam	17	Elethead	30.37
9	Farida Ahmed Ibrahim Eid	22	HELDO	30.97
10	Rodaina Khaled Mohamed	17	AHLY	31.34

Heat 8 of 9 Prelims

1	Hedy Amr Moustafa Hamoud	20	HELOP	31.02
2	Dina Khaled Elgaloly	19	Sporting	30.68
3	Rowan Hossam Elbadry	24	Sporting	30.24
4	Malak Khaled Ahmed Zayan	18	Smouha	29.71
5	Amina Magdy Mohamed El St	26	HELOP	29.20
6	Rawan Mohamed AboElFadl	16	DEGLA	29.54
7	Sara Mohamed Hassan	18	AHLY	29.80
8	Allaa Ashraf Fekry	19	6 OCT	30.36
9	Gihan Ahmed Abd El Azim Al	15	MAADI	30.96
10	Sara Al Moataz Bella Moham	20	ZMALK	31.20

Heat 9 of 9 Prelims

1	Nardin Ismail abd Elaziz	17	Olympic	31.02
2	Tasnem Mohamed Mohamed	15	Smouha	30.64
3	Nour Mohamed Ibrahim Ali	14	Smouha	30.09
4	Ro`ua Ahmed Farag	17	SHOOT	29.71
5	Rodaina Mohamed Saad	14	DEGLA	29.06
6	Farida Ayman Samra	15	SHOOT	29.33
7	Yasmin Mamdouh Mahmoud	20	AHLY	29.76
8	Jana Ahmed Ebrahim	16	Sporting	30.30
9	Lian Shady Sabry	15	HELOP	30.93
10	Nouran Khaled Kamal	19	AHLY	31.17

Event 241 Men 13 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 14 Prelims				
4	Ashraf Mohamed Ali Moham	19	Canal El Suez	NT
5	Shady Hisham Fouad	17	NASR	44.78
6	Tarik AboElthana Mohamed	20	Smouha	NT

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Heat 2 Prelims (#241 Men 13 & Over 50 LC Meter Breaststroke)

2	Karim Mohamed Yousry	18	ZMALK	42.40
3	Marwan Mohamed Abd El Me	17	AHRAM	40.42
4	Abd El Rahman Yasser Abd El	17	Sporting	38.57
5	Yousef Waled Al Sayed Al Bai	17	GEZIR	37.96
6	Yousef Ahmed Shehata Moha	21	ZMALK	38.08
7	Abdel Rahman Gamal Housse	21	ZMALK	39.22
8	Mohamed Samer	18	Smouha	41.61
9	Mohamed Ahmed Rmadan	17	TRSAN	43.64

Heat 3 of 14 Prelims

1	Seif Allah Magdy Gad	17	GHABA	37.61
2	Khaled Mohamed Abdel Hadi	17	Elethead	37.43
3	Mohamed Ayman Hassan Rac	17	ZMALK	37.13
4	Farok Akram Elhamy	18	HELOP	36.72
5	Mohamed Abdella Mohamed	17	Elethead	36.51
6	Omar Ahmed Mhrous	18	Olympic	36.64
7	Amr Magdy Mahmrous	17	ZMALK	37.10
8	Shahab Sheref Ahmed	17	HLWAN	37.43
9	Ameer Mohamed Mohamed I	17	RWAD	37.47
10	Moaaz Ashraf Mohamed	17	El Shrook	37.79

Heat 4 of 14 Prelims

1	Abdelkrem Ashraf Abood	17	Bank Ahly Alex	36.14
2	Adham Waled Elbhery	17	TANTA	36.02
3	Mohamed Ahmed Elnagdy	18	AHLY	35.96
4	Mostafa Hesham Ahmed EL A	22	SHAMS	35.41
5	Mostafa Hatem Ataia	19	Cairo	35.29
6	Karim Maged Mohssein Al Fa	17	HELOP	35.40
7	Omar Essam Abas	17	Smouha	35.52
8	Ahmed Hossam	17	Sporting	35.99
9	Mohamed Khalied Ahmed Els	17	ZMALK	36.08
10	Ahmed Hamed Al Nouwehy	17	SHAR!	36.31

Heat 5 of 14 Prelims

1	Yosef Mohamed Al Hady	17	SHOOT	35.13
2	Adham Ahmad Shaban	19	RWAD	34.95
3	Omar Khairy Ali	20	ZMALK	34.58
4	Ahmed Moaataz Saber El-Gaz	17	AHLY	34.22
5	Ahmed Hany	18	Smouha	34.08
6	Kareem Ahmed Shaaban	19	RWAD	34.14
7	Zyad Dyaa Adel AbdelAlem	17	6 OCT	34.38
8	Karim Waled Hossam El Din	17	SHOOT	34.65
9	Yousef Ahmed Yousef	17	SHOOT	35.10
10	Hassan Osama Mohamed Saa	17	HELOP	35.28

Heat 6 of 14 Prelims

1	Abdel Rahman Ahmed Sabry	17	MAADI	33.98
2	Yossef Gamal Rashed	18	GHABA	33.95
3	Ahmed Taha Abd El Raouf	17	DEGLA	33.79
4	Amr Ahmed ElHassanin Al Sh	17	SHAMS	33.73
5	Ahmed Shehab Mohamed Ezz	17	ZMALK	33.68
6	Ahmed Mokhtar Talaat	18	AHLY	33.70
7	Ali Houssein Abass	18	AHLY	33.78
8	Marwan Tamer	17	Smouha	33.92
9	Ahmed Khaled Mamdouh	17	AHLY	33.97
10	AbdAllah Ashraf	17	Smouha	34.08

Heat 7 of 14 Prelims

1	Mohamed Amr Maher Ma`mc	17	GEZIR	33.67
2	Omar Tamer Magdy abd Alaz	19	TANTA	33.60
3	ali Mohamed ali	17	DEGLA	33.35
4	Yehya Ashraf Mohamed Ali	17	ZOHUR	33.27
5	Hamza Hisham	17	Smouha	33.24
6	Omar Ahmed Al Sayed Metwæ	17	SHOOT	33.25
7	Abdullah Imad al-Din Fathi	17	Elethead	33.35
8	Omar Ihab Ismail	18	ZMALK	33.57
9	Mohamed Atef Fekry	18	Olympic	33.60
10	Aser Ehab	18	Smouha	33.67

Heat 8 of 14 Prelims

1	Youssef Mohamed Salem	18	GHABA	33.21
2	Ahmed Mostafa Ahmed Akad	17	TANTA	33.04
3	Mohamed Osama abd el Tawæ	17	Olympic	32.87
4	Yousof Ihab Mohamed ElSaye	18	Bank Ahly Alex	32.80
5	Anas Amin Mohamed Sharaf	17	Sporting	32.76
6	Ahmed Ehab	22	Sporting	32.76
7	Shehab El Din MoatazBella Al	19	ZMALK	32.84
8	Yahia Mmdoh	17	Smouha	32.94
9	Eyad Osama Awad	17	DEGLA	33.20
10	Abd El Aziz Hanafe Ahmed	18	TALBE	33.22

Heat 9 of 14 Prelims

1	Belal Hesham Mohamed	19	AHLY	32.72
2	Nadeem Naser El Din Fawzy	19	TANTA	32.46
3	Fady Ehab Weliam Gad El Ra	18	ZMALK	32.42
4	Ramy Nabil Faeid Beshay	18	SHOOT	32.36
5	Marwan Mohamed Abdel-Ha	21	DEGLA	32.31
6	Omar Osama Mohamed	18	Olympic	32.34
7	Zeyad Mohamed Farou2	17	A S E C	32.40
8	Ahmed Khaled Al Sayed	21	EZZD	32.45
9	Ahmed Ashraf Abdel Monaen	17	AHLY	32.71
10	Omar Yaser Ahmed Nasar	17	AHLY	32.72

Heat 10 of 14 Prelims

1	omr Hessian Zahian Mohamec	19	Cairo	32.12
2	Mohmed Sherief	17	Cairo	31.93
3	Islam Ayman Abdel Aziz	19	ZMALK	31.86
4	Abdalah Waled el Said	16	Sporting	31.78
5	Yousef Moataz Saber	20	AHLY	31.72
6	Mohamed Akram Sayed Mors	19	AHLY	31.73
7	Ali Hany Mohamed	17	DEGLA	31.78
8	Yousef Emad El Din Abd Alla	21	GHABA	31.92
9	Omar Mohamed Taha Radwa	19	Smouha	32.11
10	Mohamed Kamal Nafaa	19	Sporting	32.22

Heat 11 of 14 Prelims

1	Omar Esam El Din	20	Smouha	31.55
2	Ahmed Ashraf Mahmoud Har	21	HELDO	31.47
3	Abd El Rahman Tamer Yousef	17	Sporting	31.41
4	Seif El Din Ayman Fekry	19	AHLY	31.37
5	Ahmed Galal Abdel Azim	20	SHOOT	31.34
6	Marwan Essam Ismaeil	22	Gezira El Ward	31.37
7	Ahmed Yaser Ahmed Nasar	19	AHLY	31.38
8	Ahmed Mohamed Eissa	19	Cairo	31.45
9	Hazem Shirif Elsiad AbdElm	16	Smouha	31.51
10	Adham Hisham Nor	16	Smouha	31.70

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Heat 12 Prelims (#241 Men 13 & Over 50 LC Meter Breaststroke)

1	Omar Mohamed Salah Mowal	17	SHAR!	31.06
2	Mohamed AbdElKarem AboE	17	A S E C	30.71
3	Mohamed Amin Sharaf	20	Sporting	30.41
4	Mohamed Mouhab Abdel Rac	24	HELOP	29.52
5	Daly Dimitrios Chin	22	Sporting	28.74
6	Hassan Yasser Ezzat	21	AHLY	29.14
7	Mohamed Zeiad Mohamd Eis	17	SHOOT	30.29
8	Faris Mohamed Mashaly	20	Sporting	30.49
9	Mahmoud Ibrahim Fatth Alla	23	AHLY	30.91
10	Nour El Din Mohamed Mohar	17	ZMALK	31.26

Heat 13 of 14 Prelims

1	Mohamad Mohamed Wageh	16	SHOOT	31.00
2	Sief Mohamed Mahmoud Mel	18	AHLY	30.69
3	Youssef Talal Mohamed	17	AHLY	30.39
4	Karim Hatem abd el Sabour	18	Nasr City	29.48
5	Mohamed Housam Ibrahim	23	AHLY	28.52
6	Abdallah Yasser Mohamed	18	Cairo	29.11
7	Ibrahim Taha Ibrahim	20	BNKG	30.14
8	Mohamed Ahmed Mohamed	19	TANTA	30.49
9	Yassin Yahya Zakriy Ebrahim	17	Sporting	30.88
10	Shady Mahmoud Hammam A	17	MAADI	31.21

Heat 14 of 14 Prelims

1	Youssef Ayman Ezz Badr	21	AHLY	30.93
2	Zeyad Osama Mohamed	18	Olympic	30.66
3	Omar Hesham Raslan	22	HELOP	30.30
4	Ahmed Emam Mohamed Sha	22	Smouha	29.39
5	Ahmed Kamal Hafez	32	MAADI	28.27
6	Omar Khaleed Ahmed	20	ZMALK	29.09
7	Omar Yasser Menis	16	Sporting	30.12
8	Mohamed Ashraf Abdel Hay	18	AHLY	30.48
9	Omar Ehab Ahmed Abo el Ftc	17	SHAMS	30.73
10	Yousef Mohamed Fawzy	18	SHAMS	31.14

Event 242 Women 13 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1	Rania Mohamed Mahmoud	18	ZOHUR	2:54.41
2	Reem Ayman Salah	17	DEGLA	2:43.00
3	Farah Kmal Batesha	17	Sporting	2:41.40
4	Souhaila Mohamed Mahmoud	18	SHAMS	2:39.34
5	Nermen Ayman Ahmed	22	ZMALK	2:36.22
6	Wedad Khaled Said Mohamed	17	ZMALK	2:39.10
7	Maram Mohamed Omar	18	SHOOT	2:39.35
8	Maiya Mohamed Abd El Ham	17	Sporting	2:42.82
9	Shahd Ahmed Saed Elsaid	17	ZMALK	2:45.06
10	Nour Ahmed Said Sayed	19	ZMALK	2:58.09

Heat 2 of 7 Prelims

1	Aya Hassan Refai Hassan	17	Al Zaher	2:32.89
2	Yara Hesham Saad	17	SHOOT	2:32.23
3	Gana Essam Abdelrhman Mo	17	6 OCT	2:31.87
4	Maiya Kamal Samir	19	Sporting	2:30.46
5	Jolia Amir Wafik	19	Sporting	2:29.64
6	Mariam Khaleed Moustafa	17	ZMALK	2:29.68
7	Laylan Maged Amen Ibrahim	18	Bank Ahly Alex	2:30.69
8	Amna Bayomy	17	Sporting	2:31.91
9	Menatalah Amer Moh. Amer	20	GEZIR	2:32.61
10	Salma Gamal Hammad	18	Smouha	2:35.15

Heat 3 of 7 Prelims

1	Maya Ahmed Adel Ali	17	SHAMS	2:29.14
2	Aya Mohamed Osama Taha H	18	SHOOT	2:28.25
3	Yara Mohamed Bauomy Abde	17	BNKG	2:27.80
4	Allia Ahmed Shawky	17	AHLY	2:26.75
5	Nada Ahmed Salah Ahmed	17	HELDO	2:26.66
6	Hager Hossam Mousad	17	SHAMS	2:26.71
7	Reem Osama Abdel Halem	18	AHLY	2:26.83
8	Souhila Ahmed Kamal	19	GHABA	2:28.22
9	Nabila Saad Al Ragaei	17	Stad Mansoura	2:28.50
10	Meiar Khaled Mohamed Hass	19	ZMALK	2:29.44

Heat 4 of 7 Prelims

1	Hoda Ashraf el Said	17	DEGLA	2:26.45
2	Haidy Khaled Mostafa	17	Cairo	2:25.07
3	Hana Alaa Kamal El Den	17	Sporting	2:24.67
4	Goumana Karim Mostafa	17	DEGLA	2:24.13
5	Yassmein Sherif Helmy	18	HELOP	2:22.96
6	Toqa Mohamed Ahmed Mous	18	AHLY	2:23.43
7	Malak Hany Mohamed	17	NASR	2:24.35
8	Rouba Wael Mostafa	17	ZMALK	2:24.94
9	Marim Amr ElSaban	20	AHLY	2:26.24
10	Habiba Haytham El Sayed	17	TANTA	2:26.66

Heat 5 of 7 Prelims

1	Shaza Wael Mostafa	17	ZMALK	2:21.42
2	Salma Hossam ElDin Mahmo	18	AHLY	2:17.34
3	Sara Mohamed Bhaa	14	HELOP	2:15.00
4	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	2:11.14
5	Ro'ua Ahmed Farag	17	SHOOT	2:07.84
6	Farida Tharwat Maher	16	AHLY	2:09.99
7	Asmaa El Sayed Abd El Raof	19	Bank Ahly Alex	2:12.00
8	Shahd Yasser	17	Smouha	2:16.13
9	Nada Fouad Abdel Gawad Ali	17	AHLY	2:18.13
10	Lojin Hossam El din Mokhtar	18	Sporting	2:22.13

Heat 6 of 7 Prelims

1	Haidy Adel Mohamed Samy S	17	HELDO	2:18.76
2	Marim AbdElifttah Ahmed	20	Smouha	2:17.17
3	Mariam Hossam Aly Sabour	18	GEZIR	2:13.28
4	Farida Ayman Samra	15	SHOOT	2:10.29
5	Yasmin Mamdouh Mahmoud	20	AHLY	2:06.49
6	Sandy Ayman Atef	19	AHLY	2:09.25
7	Rawan Hesham Mohamed	18	Cairo	2:11.53
8	Habiba Hatem Abdel Moaty M	18	AHLY	2:15.34
9	Rodaina Khaled Mohamed	17	AHLY	2:17.99
10	Aya Hossam El Din Abdel Azz	17	SHAMS	2:21.94

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Heat 7 Prelims (#242 Women 13 & Over 200 LC Meter Freestyle)

1	Gana Khaled Shaaban	17	AHLY	2:18.75
2	Farah Omar Mohamed Abu R	24	HELOP	2:16.31
3	Hana Mostafa Ahmed Hamdy	18	AHLY	2:12.76
4	Dina Khaled Elgaloly	19	Sporting	2:10.22
5	Hania Mohamed Hany Moro	23	AHLY	2:04.46
6	Nada Ahmed Othman	20	Bank Ahly Alex	2:09.16
7	Salma Hany Mostafa Abdelka	16	MAADI	2:11.23
8	Amina Magdy Mohamed El St	26	HELOP	2:15.19
9	Retag Ashraf Abdel Naby Ami	17	AHLY	2:17.39
10	Fay Salam Abbas	19	MAADI	2:21.82

Event 243 Men 13 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 15 Prelims

4	Mohamed Yaser Abdel Ghany	17	Raas El Bar Club	NT
5	Asser Amr Teleb Salama	17	RWAD	1:16.12
6	Ibrahim Ayman Ezaat	17	Smouha	NT

Heat 2 of 15 Prelims

2	Eyad Mohamed Saad Ahmed	17	6 OCT	1:15.78
3	Mohamed Tarik Ramadan	17	GHABA	1:12.82
4	Seif Eldin Ahmed Salah El Ha	17	MAADI	1:11.74
5	Zeiad Khairy Ali	17	ZMALK	1:11.27
6	Mahmoud Mohamed Fathy F	25	GEZIR	1:11.35
7	Yousif Amr Mahmoud	17	RWAD	1:12.48
8	Youssef Hossam Ahmed Moh	18	SHOOT	1:15.65
9	Kareem Mohamed Eldsoqy	18	RWAD	1:16.09

Heat 3 of 15 Prelims

1	Yousef Ahmed Shehata Moha	21	ZMALK	1:10.46
2	Adham Khled Ahmed Elqady	17	RWAD	1:09.54
3	Mohanad Mohamed El Saada	17	DEGLA	1:09.11
4	Sief El Din Mahmoud Zaher	20	ZMALK	1:08.66
5	Ahmed Mohamed abd Elaziz	19	MAADI	1:08.36
6	Mahmoud Mohamed Esmail	18	Sporting	1:08.52
7	Ahmed Yasser Ahmed	17	ZMALK	1:08.99
8	Abd Elrahman Emad Fathe E	18	GEZIR	1:09.23
9	Yousef Ibrahim Abou El Hass	19	6 OCT	1:09.72
10	Seif Ahmed Said Sayed	17	ZMALK	1:11.22

Heat 4 of 15 Prelims

1	Amr Hatem Mohamed	19	AHLY	1:07.51
2	Amgd Bassam Hekal	19	SHOOT	1:07.06
3	Mohanad Ashraf Farok Rashv	17	ZOHUR	1:06.54
4	Ahmed Saleh ali Kabel	18	RWAD	1:06.49
5	Mazin Amr Alj Hassan	17	6 OCT	1:06.31
6	Karim Abou Bakr Mahmoud	17	MAY15	1:06.44
7	Omar Khairy Ali	20	ZMALK	1:06.52
8	Mostafa Abd El Meneam Barg	18	TANTA	1:06.77
9	Mahmoud Tarik Mahfouz	17	SHOOT	1:07.25
10	Eyad Ahmed Mohamed	17	DEGLA	1:08.25

Heat 5 of 15 Prelims

1	Mohamed Ahmed Elnagdy	18	AHLY	1:06.06
2	Mostafa Hany Ahmed Al Bad	18	ZMALK	1:05.67
3	Ahmed Khaled Gamal Thabet	17	AHLY	1:05.19
4	Amar Yaser Salah Mahmoud	18	ZMALK	1:05.13
5	Ibrahim Mohamed Ibrahim	18	SHOOT	1:05.08
6	Seif Eldin Ihab Mohamed	20	ZMALK	1:05.11
7	Abed El Rahman Ashraf Moul	17	Al Hawar	1:05.19
8	Basel Hussen Ibrahim	21	TRSAN	1:05.51
9	Adel El Saed El Eraky	18	Baladyat El Maha	1:05.78
10	Ziyad Hazem Mohamed	17	DEGLA	1:06.25

Heat 6 of 15 Prelims

1	abd el Monaam Ahmed abd E	17	Cairo	1:04.88
2	Fady Ehab Weliam Gad El Ra	18	ZMALK	1:04.56
3	Marawan Elsayed Ali	17	AHLY	1:04.31
4	Yousef Wael Mohamed Abd /	17	SHOOT	1:04.24
5	Mostafa Ahmed Elshrbiny	17	Smouha	1:04.08
6	Amar Mohamed Moawed	17	BNK.G	1:04.23
7	Yosef Alla Zaki	17	GHABA	1:04.30
8	Ali Houssein Nasr El Din Hou	17	AHLY	1:04.31
9	Mohamed Ashraf Moustafa K	25	HELOP	1:04.80
10	Ahmed Waled Mohamed Oss	17	ZMALK	1:04.91

Heat 7 of 15 Prelims

1	Yusef Fawzy Farag	19	HELOP	1:03.83
2	Mostafa Ashraf AbdElHamed	22	BNK.G	1:03.78
3	Ali Mohamed Abo Taleib	17	DEGLA	1:03.73
4	Hassan Essam Hassan	17	ZOHUR	1:03.63
5	Tarik Omar Atteia	19	GHABA	1:03.56
6	Ahmed Mohamed Khalel	17	A S E C	1:03.59
7	Selim Waled Mohamed Al Sh	17	SHOOT	1:03.66
8	Yousif Mohamed Elbarbary	17	Smouha	1:03.75
9	Marwan Nasser	17	A S E C	1:03.81
10	Ahmed HiShame	17	SHOOT	1:03.83

Heat 8 of 15 Prelims

1	Yassin Yahya Zakriy Ebrahim	17	Sporting	1:03.41
2	Mhmod Hisham	17	Smouha	1:03.24
3	Omar Khaled Mohamed	17	HLWAN	1:02.92
4	Mahmoud Ayman Mahmoud	17	Bank Ahly Alex	1:02.83
5	Moataz Ayman Abdel Aziz	17	ZMALK	1:02.69
6	Omar Ahmed Al Sayed Metw	17	SHOOT	1:02.69
7	Ismail Kamal Awd	19	AHLY	1:02.87
8	Omar Adel Abdel Hamed	17	ZOHUR	1:03.04
9	Omar Amr Allaa El Din	20	AHLY	1:03.35
10	Mostafa Alaa Fatthy	20	SHOOT	1:03.53

Heat 9 of 15 Prelims

1	Omer Khaled Mohamed Masc	23	RWAD	1:02.65
2	Ahmed Ramadan Abdel Fatta	17	AHLY	1:02.55
3	Abdel Rahman Ali Mohamed	18	SHAMS	1:02.43
4	Ahmed Essam Mohamed	17	Cairo	1:02.15
5	Abdel Rahman Ehab Mostafa	17	AHLY	1:01.92
6	Ahmed Housam El Din Ahme	17	6 OCT	1:01.93
7	Farok Akram Elhamy	18	HELOP	1:02.17
8	Yousef Mohamed Mansour	19	SHOOT	1:02.45
9	Mohamed Abdel Naser Ali	19	SHOOT	1:02.63
10	Aser Amgad Lotfy	20	AHLY	1:02.68

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

Meet Program - 14-04-2019 Prelim

Heat 10 Prelims (#243 Men 13 & Over 100 LC Meter Butterfly)

1	Mahmoud AmanElDien Moha	17	A S E C	1:01.53
2	Ahmed Khaled Al Sayed	21	EZZD	1:01.31
3	Motaz Tamer Makhlof	18	TANTA	1:01.15
4	Abdel Rahman Ahmed Ali Mo	17	SHAMS	1:00.94
5	Mohamed Hesham Mohamed	18	ZOHUR	1:00.91
6	Eyad Mohamed Nabih	16	Smouha	1:00.92
7	Mohamed Mostafa El Feiky	18	DEGLA	1:01.02
8	Nour El Din Ahmed Al Wasen	21	TWFIK	1:01.26
9	Mohamed Essam Elsayed	17	Olympic	1:01.45
10	Basel Mohamed Zaghlol	18	GHABA	1:01.85

Heat 11 of 15 Prelims

1	Ahmed Mohamed Fahmy	20	DEGLA	1:00.69
2	Nadeem Naser El Din Fawzy	19	TANTA	1:00.59
3	Adam Karim AL Kady	15	SHOOT	1:00.47
4	Mohamed Ayman AbdAllah M	21	Smouha	1:00.41
5	Mohamed Housam Ibrahim	23	AHLY	1:00.24
6	Youseif Kaled El Sayed	23	6 OCT	1:00.34
7	Mohamed Ahmed Salah	17	Smouha	1:00.43
8	Ziad Yaser Ahmed	20	Sporting	1:00.55
9	Mohamed Khaled Basyony	18	Baladyat El Maha	1:00.68
10	Mohamed Ashraf Mohamed	18	Smouha	1:00.83

Heat 12 of 15 Prelims

1	Yosef Ashraf Mohamed Gaber	19	AHLY	1:00.13
2	Marwan Magdy Azzam	16	Olympic	59.99
3	Daly Dimitrios Chin	22	Sporting	59.95
4	Mohanad Mamdouh Shahan	20	SHAMS	59.91
5	Mohamed Mourad Mohamed	17	Sporting	59.78
6	Ahmed Hany Mohamed Rohy	23	SHOOT	59.88
7	Ali Hany Mohamed Al Soghai	17	SHAMS	59.94
8	Basel Amr Shahin	19	AHLY	59.97
9	Selim Moh. Ahm. Moktar Has	15	GEZIR	1:00.07
10	Ahmed Ibrahim Abd EL Hahn	18	SHAMS	1:00.22

Heat 13 of 15 Prelims

1	Adham Hany Kamal Abdel Az	17	HELDO	59.31
2	Amar Hossam Fed El Tranesy	16	6 OCT	58.90
3	Moustafa Maher Ahmed	20	GHABA	57.75
4	Mohamed Ahmed Mohamed	19	TANTA	57.14
5	Ahmed Khaled Rateb	18	AHLY	54.83
6	Yousif Tarik Reda	17	HELOP	55.87
7	Eslam Mohamed Elhamy	18	SHAMS	57.64
8	Mostafa AbdAllah Mohamed	17	A S E C	58.25
9	Karim Hassan Moh. El Hoshy	17	GEZIR	59.17
10	Zien ElDin Mahmoud	17	Sporting	59.74

Heat 14 of 15 Prelims

1	Nour Essam Ismail Ossman	24	Gezira El Ward	59.31
2	Ahmed Diaa	19	Cairo	58.55
3	Ahmed Khaled Moustafa	19	ZMALK	57.75
4	Ali Mohab AbdelRaouf Ali	22	HELOP	56.59
5	Khaled Abdel Naser Ali	20	SHOOT	54.11
6	Ibrahim Ahmed Ibrahim	18	Sporting	55.72
7	Mohamed Yasser Karam	17	Cairo	57.50
8	Salah Mohamed Amin	27	Smouha	58.02
9	Ali Mogeib Salah El Din	16	TALBE	59.11
10	Ahmed Karim Galal Samy Ah	17	MAADI	59.74

Heat 15 of 15 Prelims

1	Mostafa Ahmed Mohamed Es	17	TANTA	59.25
2	Sief Mohamed Mahmoud Mel	18	AHLY	58.41
3	Yassin Ayman Ali Toulba	16	SHOOT	57.72
4	Omar Ahmed Ibrahim Eid	23	HELDO	56.40
5	Marwan Ismael Elkmash	26	Sporting	53.89
6	Omar Ahmed Khaled Alewaa	22	HELOP	55.27
7	Hesham Wael Makram	20	AHLY	57.29
8	Karim Medhat Badr Mohame	20	Smouha	57.78
9	Mohamed Adel Ahmed Bahga	19	ZOHUR	58.99
10	Mostafa Khaled Mahmoud	18	SHAMS	59.50

Event 244 Women 13 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1	Yara Tarek Akram Rabea	19	DEGLA	NT
2	Maiya Mohamed Abd El Hami	17	Sporting	3:44.15
3	Aya Ahmed Mowad Ibrahim	19	SHAMS	3:32.42
4	Maram Mohamed Omar	18	SHOOT	3:25.72
5	Shorok Ahmed Mostafa	17	SHOOT	3:19.23
6	Yasmen Mostafa Reyad	17	AHLY	3:20.02
7	Alia Adel Mahros	17	DEGLA	3:26.94
8	Jana Tarek Ahmed	17	Sporting	3:33.78
9	Rodaina Mohamed Bahgat	17	Smouha	3:51.33
10	Mayar Ahmed Atia El Tahlawi	18	AHLY	NT

Heat 2 of 6 Prelims

1	Yara Medhat Mahmoud	17	ZMALK	3:18.18
2	Raghdan Emad Bayomy	17	DEGLA	3:16.43
3	Login Salem Mansy	18	Smouha	3:15.16
4	Wedad Khaled Said Mohamec	17	ZMALK	3:13.00
5	Gana Essam Abdelrhman Mo	17	6 OCT	3:09.60
6	Shahd Islam Abdel Latif Shen	17	HELDO	3:11.69
7	Malak Osama Mohamed	17	TRSAN	3:14.86
8	Merna Osama Handousa	17	Al Hawar	3:15.80
9	Hana Tadrous Morad Tadrou	17	GEZIR	3:17.74
10	Sama Hesham Saber	17	DEGLA	3:19.14

Heat 3 of 6 Prelims

1	Malak Akmal Mohamed	18	6 OCT	3:08.30
2	Wessam Kamal Mohamed	17	MAY15	3:07.14
3	Sandra Ahmed Abd El Aziz	17	TANTA	3:04.00
4	Noran Khaled Saad	17	Smouha	3:02.10
5	Tasnem Mohamed Mohamed	15	Smouha	3:00.69
6	Fagr Raafat Abdel Hafez	19	SHAMS	3:01.59
7	Farah Emad Mohamed Ebrah	17	Al Hawar	3:02.33
8	Haidy Ashraf Farouk	21	ZOHUR	3:04.11
9	May Mohamed Ibrahim Sayec	18	HELDO	3:08.25
10	Radwa Abdel Mogeid Abdou	17	MAY15	3:09.34

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

Meet Program - 14-04-2019 Prelim

Heat 4 Prelims (#244 Women 13 & Over 200 LC Meter Breaststroke)

1	Zena Wael Mohamed Ezzat	18	SHOOT	2:59.90
2	Basmalah Gomaa Ali	14	Bank Ahly Alex	2:55.98
3	Farah Tarik Abdel Fattah	18	SHAMS	2:53.00
4	Maryem Ahmed Khalifa Moh	20	Bank Ahly Alex	2:48.05
5	Rewida Hisham Tolba Ibrahim	24	AHLY	2:40.21
6	Nada Ahmed Samer	19	Sporting	2:42.23
7	Hedy Amr Moustafa Hamoud	20	HELOP	2:50.87
8	Noran Ibrahim Elbially	17	Smouha	2:54.76
9	Ranim Mohamed Wagih	17	Bank Ahly Alex	2:57.75
10	Tasneem Mohamed Rashad	16	RWAD	3:00.60

Heat 5 of 6 Prelims

1	Shahd Mohamed Ismael	14	Smouha	2:58.58
2	Rahma Ahmed Hesham Moha	18	HELDO	2:55.57
3	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	2:52.25
4	Yassmin Amr Ali	19	6 OCT	2:47.55
5	Sara Soliman Said	15	AHLY	2:39.67
6	Dina Mosaad El Taiybe	16	Sporting	2:41.87
7	Habiba Hesham Mostafa Han	16	DEGLA	2:49.02
8	Nouran Khaled Kamal	19	AHLY	2:54.71
9	Salma Ashraf Mouhssein	18	Al Hawar	2:56.95
10	Nour Amr Ibrahim	18	Sporting	3:00.32

Heat 6 of 6 Prelims

1	Shantal Essam Rimon Nassar	24	GEZIR	2:58.40
2	Rana Osama Abdel Halem	18	AHLY	2:55.04
3	Gana Nasr El Din Ali	15	Sporting	2:50.95
4	Laila Ahmed Adel El Kholy	15	MAADI	2:47.50
5	Nour Diaa Elden abo Bakr	15	HELOP	2:35.84
6	Rawan Tamer Mohamed	15	DEGLA	2:40.77
7	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	2:48.07
8	Malak Mohamed Haytham Ra	17	SHOOT	2:53.10
9	Mariam Mohamed Ahmed Ko	13	Smouha	2:56.39
10	Lobna Ahmed Khalifa	15	Bank Ahly Alex	3:00.22

Event 245 Men 13 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

3	Marwan Essam Ismaeil	22	Gezira El Ward	NT
4	Sief El Din Mahmoud Zaher	20	ZMALK	5:53.51
5	Ahmed Hany Mohamed Rohy	23	SHOOT	5:42.66
6	Mostafa Hatem Ataia	19	Cairo	5:47.58
7	Mohamed Essam Elsayed	17	Olympic	NT

Heat 2 of 6 Prelims

1	Karem Hisham Mohamed	17	Sporting	5:40.06
2	Abd Allah Ahmed Saad Bond	18	Sporting	5:35.02
3	Feloubater Basem Farouk	17	SHAMS	5:23.61
4	Mohamed Ahmed Salah	17	Al Hawar	5:22.71
5	Nail Gaber Awad	18	Raas El Bar Club	5:18.78
6	Bahy Amr Ahmed Elbahy	19	Smouha	5:19.59
7	Ismail Kamal Awd	19	AHLY	5:23.59
8	Nader Magdy	17	Smouha	5:28.33
9	Ahmed Saleh ali Kabel	18	RWAD	5:37.77
10	Seif El Din Moataz Zakareia S	17	AHLY	5:40.16

Heat 3 of 6 Prelims

1	AbdAllah Ashraf	17	Smouha	5:17.19
2	Abdel Rahman Ehab Mostafa	17	AHLY	5:14.48
3	Omar Amr Allaa El Din	20	AHLY	5:11.42
4	Abed El Rahman Ashraf Moul	17	Al Hawar	5:07.13
5	Seif Ahmed Amin Abdallah	17	Sporting	5:05.90
6	Karim Ehab Abdel Kader	17	ZMALK	5:06.78
7	Abdel Rahman Mohamed Ra	17	AHLY	5:09.79
8	Ahmed Mohamed Ghobashy	17	Smouha	5:13.99
9	Ahmed Osama Hisen	17	Sporting	5:15.58
10	Mostafa Ashraf AbdElHamed	22	BNK.G	5:17.57

Heat 4 of 6 Prelims

1	Hussien Khaled Hussien Kam	17	MAADI	5:03.65
2	Shady Mahmoud Hammam A	17	MAADI	4:58.00
3	Yousef Hazem Yousef Noufal	19	AHLY	4:57.83
4	Ahmed Adel Mohamed Mesel	19	AHLY	4:56.23
5	Saied Mohamed Abd Elgawad	16	Sporting	4:54.24
6	Omar Hany Abdalla	17	AHLY	4:54.48
7	Abd El Rahman Tamer Yousef	17	Sporting	4:57.31
8	Mohamed Attef Yassin	19	AHLY	4:57.87
9	Shady Hossam Abdelfatah	17	Raas El Bar Club	4:59.20
10	Adham Hany Kamal Abdel Az	17	HELDO	5:04.38

Heat 5 of 6 Prelims

1	Bassel Hazem Mohamed Farc	17	Smouha	4:53.28
2	Mohamed Moaataz Abdel-Ha	19	AHLY	4:51.94
3	Ahmed Assem Goumaa	18	AHLY	4:47.59
4	Karem Magdy Ismail	19	Sporting	4:41.12
5	Yasin Wael Elshmaa	20	Sporting	4:27.77
6	Yosef Hany Mohamed	17	AHLY	4:38.32
7	Ahmed Khaled Moustafa	19	ZMALK	4:44.02
8	Omar Tamer Mmdoh	18	Smouha	4:49.49
9	Yassin Ayman Ali Toulba	16	SHOOT	4:52.11
10	Ali Tarek Hamed	20	DEGLA	4:54.07

Heat 6 of 6 Prelims

1	Mohamed Khaled Mahmoud	17	A S E C	4:52.57
2	Mohamed Ashraf Abdel Hay	18	AHLY	4:50.06
3	Ibrahim Ahmed Ibrahim	18	Sporting	4:45.09
4	Mazen Mohamed Ahmed Al R	22	AHLY	4:40.96
5	Ahmed Hamdy Salem	27	AHLY	4:23.02
6	Salah Mohamed Amin	27	Smouha	4:30.18
7	Selim Moh. Ahm. Moktar Has	15	GEZIR	4:41.31
8	Abdel Reheim Samir Al Shein	21	ZMALK	4:48.69
9	Nour Essam Ismail Ossman	24	Gezira El Ward	4:52.06
10	Mahmoud Mohamed Mahmo	18	ZMALK	4:53.69