

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

Meet Program - 15-04-2019 Prelim

Event 250 Men 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 19 Prelims				
3	Mohamed Mohssein Al Banar	17	SHAR!	NT
4	Hazim Mohamed Eisa	17	DEGLA	NT
5	Mostafa Gamal Mohamed	17	TRSAN	46.36
6	Ahmed Khaled Al Sayed	21	EZZD	56.45
7	Tarik AboElthana Mohamed	20	Smouha	NT
8	Ibrahim Ayman Ezaat	17	Smouha	NT
Heat 2 of 19 Prelims				
1	Amr Khaled Ali	17	HLWAN	36.17
2	Eyad Mohamed Saad Ahmed	17	6 OCT	33.92
3	Ameer Mohamed Mohamed I	17	RWAD	32.94
4	Kareem Mohamed Eldsoqy	18	RWAD	32.09
5	Hazem Mohamed Saber	19	DEGLA	31.88
6	Abdel Rahman Ahmed Kamal	17	HELDO	31.97
7	Seif Ahmed Said Sayed	17	ZMALK	32.26
8	Abdullah Mohammed Abdull:	17	Beni Suef Club	33.59
9	Zeiad Hossam El Din Samy	18	ZOHUR	35.21
10	Ahmed Akram Mohamed Faw	19	ZMALK	42.62
Heat 3 of 19 Prelims				
1	Karim Mahmoud Farouk	17	Beni Suef Club	31.62
2	Youssef Hossam Ahmed Moh:	18	SHOOT	31.45
3	Ahmed Hossam	17	Sporting	31.10
4	Adham Khled Ahmed Elqady	17	RWAD	30.99
5	Omar Ayman Hosam Omar M	17	GEZIR	30.56
6	Abraham el Sayed Ahmed	22	TALBE	30.81
7	Mohamed Yaser Abdel Ghany	17	Raas El Bar Club	31.05
8	Shaaban Hesham Elyas	20	ZMALK	31.27
9	Ali Mohy El Din Mahmoud	17	ZMALK	31.53
10	Yousif Amr Mahmoud	17	RWAD	31.75
Heat 4 of 19 Prelims				
1	Khaled Waled Sayed	19	DEGLA	30.49
2	Yousef Samy Mahmoud Dawc	17	AHRAM	30.33
3	Mohmed Sherief	17	Cairo	30.20
4	Ziad Waleed	18	DEGLA	30.11
5	Kareem Ahmed Shaaban	19	RWAD	30.04
6	Abd Elrahman Emad Fathe E:	18	GEZIR	30.10
7	Eyad Mohamed Sayed Ahmec	18	HELDO	30.18
8	Adel El Saed El Eraky	18	Baladyat El Maha	30.20
9	Omar Ahmed Abou Bakr	17	SHOOT	30.40
10	Mohamed Ahmed Helal Sheta	17	HELOP	30.56
Heat 5 of 19 Prelims				
1	Mohanad Ashraf Farok Rashv	17	ZOHUR	29.88
2	Omar Tamer Mohamed	17	Cairo	29.81
3	Yousef Ahmed Shehata Moha	21	ZMALK	29.69
4	Houssein Ahmed Mohamed S	19	SHOOT	29.62
5	Abdalla Osama Ahmed	17	TALBE	29.47
6	Mohanad Mohamed El Saada	17	DEGLA	29.47
7	Ahmed Shehab Mohamed Ezz	17	ZMALK	29.63
8	Ahmed Khaled Abd El Maged	18	Bank Ahly Alex	29.77
9	Ahmed Hamed Al Nouwehy	17	SHAR!	29.82
10	Youssef Mohamed Mahmoud	19	Olympic	30.02

Heat 6 of 19 Prelims

1	Basel Hussen Ibrahim	21	TRSAN	29.34
2	Karim Abou Bakr Mahmoud	17	MAY15	29.29
3	Amar Mohamed Moawed	17	BNK.G	29.24
4	Hassan Essam Hassan	17	ZOHUR	29.19
5	Ehab Amr Ali Mohamed Ghar	18	MAADI	29.16
6	Ziad Mohamed El Sayed	17	DEGLA	29.19
7	Omar Ahmed Abdel Fattah	22	HELOP	29.19
8	Mostafa Abd El Meneam Barg	18	TANTA	29.24
9	Noor El Din Ehab Chaouki	17	Elethead	29.32
10	Ahmed Ali El Sayed Ali	19	6 OCT	29.45

Heat 7 of 19 Prelims

1	Karem Tarek Ebrahim	18	Sporting	29.13
2	abd el Monaam Ahmed abd E	17	Cairo	29.09
3	Mazen Sameer Wagdy Mohar	19	Nasr City	29.01
4	Yousof Ihab Mohamed ElSaye	18	Bank Ahly Alex	28.95
5	Mohamed Abdo Mohamed Sh	19	RWAD	28.90
6	Mazin Amr Alj Hassan	17	6 OCT	28.94
7	Maikel Fawzy Wadiaa	17	AHLY	28.96
8	Marwan Nasser	17	A S E C	29.03
9	Mohamed Ahmed Elnagdy	18	AHLY	29.10
10	Mahmoud Mohamed Fathy Fe	25	GEZIR	29.13

Heat 8 of 19 Prelims

1	Mohamed Khalied Ahmed Els	17	ZMALK	28.82
2	Mohamed Hussein Ali	18	AHLY	28.77
3	Karim Hatem Abdel-Moaaty	18	AHLY	28.70
4	Ahmed Mahmoud Abdelkade	19	AHLY	28.68
5	Hamza Hisham	17	Smouha	28.53
6	Omar Mohamed Khater Al Dc	19	6 OCT	28.57
7	Ali Houssein Nasr El Din Hou	17	AHLY	28.68
8	Mahmoud Tarik Mahfouz	17	SHOOT	28.76
9	Abdel Rahman Ehab Mostafa	17	AHLY	28.81
10	Omar Essam Abas	17	Smouha	28.83

Heat 9 of 19 Prelims

1	Gawad Ahmed AbdElmnaam	18	Smouha	28.46
2	Aly Mohamed Samy Tantawy	17	Sporting	28.43
3	Omer Khaled Mohamed Masc	23	RWAD	28.39
4	Yusef Fawzy Farag	19	HELOP	28.35
5	Mohamed AbdElKarem AboE	17	A S E C	28.31
6	Zeyad Hatem Abd Allah	18	TANTA	28.31
7	Mohamed Hany Mohamed Sa	17	TANTA	28.38
8	Ibrahim Mohamed Ibrahim	18	SHOOT	28.39
9	Mahmoud Mohamed Esmail	18	Sporting	28.44
10	Ahmed Yaser Salah El Din Eis	23	HELDO	28.47

Heat 10 of 19 Prelims

1	Ahmed HiShame	17	SHOOT	28.28
2	Mhmod Hisham	17	Smouha	28.24
3	Mostafa Hany Ahmed Al Badc	18	ZMALK	28.23
4	Adham Marwan Hassan	17	SHOOT	28.16
5	Yousif Mohamed Khalaf	18	Smouha	28.11
6	Farok Akram Elhamy	18	HELOP	28.15
7	Mohamed Hesham Mohamed	18	ZOHUR	28.20
8	Yassin Yahya Zakriy Ebrahim	17	Sporting	28.23
9	Kareem Esam Hassan	18	RWAD	28.28
10	Fady Ehab Weliam Gad El Ral	18	ZMALK	28.30

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

Meet Program - 15-04-2019 Prelim

Heat 11 Prelims (#250 Men 13 & Over 50 LC Meter Butterfly)

1	Omar Ehab Attef Mohamed	18	Gezira El Ward	28.01
2	Mahmoud AmanElDien Moha	17	A S E C	27.97
3	Ahmed Khaled Gamal Thabet	17	AHLY	27.96
4	Ahmed Ibrahim Abd EL Hakn	18	SHAMS	27.94
5	Shehab Ashraf	17	DEGLA	27.92
6	Omar Ahmed Al Sayed Metw	17	SHOOT	27.93
7	Mohamed Mostafa Mohamed	18	Smouha	27.94
8	Hamza Amr Ead	17	Sporting	27.97
9	Ahmed Mohamed abd Elaziz	19	MAADI	27.98
10	Mahmoud Sherif	18	ZMALK	28.10

Heat 12 of 19 Prelims

1	Abdallah Yasser Mohamed	18	Cairo	27.87
2	Ahmed Housam El Din Ahme	17	6 OCT	27.84
3	Mahmoud Ayman Mahmoud	17	Bank Ahly Alex	27.79
4	Mohamed Attef Abdel Ghany	17	AHLY	27.65
5	Abdel Rahman Abdel Halem	19	AHLY	27.63
6	Islam Ayman Abdel Aziz	19	ZMALK	27.65
7	Nour El Din Ahmed Al Wasen	21	TWFIK	27.75
8	Ahmed Essam Mohamed	17	Cairo	27.80
9	Mohamed Mostafa El Feiky	18	DEGLA	27.84
10	Nour El Din Mohamed Mohar	17	ZMALK	27.89

Heat 13 of 19 Prelims

1	Ziad Mohamed Aabad	18	HELOP	27.62
2	Amir Ramadan Sayed Ramad	18	6 OCT	27.59
3	Eyad Mohamed Nabih	16	Smouha	27.56
4	Mohamed Ayman AbdAllah M	21	Smouha	27.54
5	Omar Ehab Ahmed Abo el Ftc	17	SHAMS	27.50
6	Mohamed Ahmed Salah	17	Smouha	27.50
7	Ahmed Mohamed Eissa	19	Cairo	27.54
8	Basel Mohamed Zaghlol	18	GHABA	27.56
9	Karim AboElthana Mohamed	19	Smouha	27.62
10	Abdel Rahman Ali Mohamed	18	SHAMS	27.62

Heat 14 of 19 Prelims

1	Abdel Rahman Ahmed Ali Mo	17	SHAMS	27.37
2	Mohamed Abdel Naser Ali	19	SHOOT	27.31
3	Yoseif Waled Hassan Al Shafa	19	ZMALK	27.30
4	Adam Karim AL Kady	15	SHOOT	27.26
5	Ziad Yasser Ahmed	20	Sporting	27.23
6	Basel Amr Shahin	19	AHLY	27.25
7	Mohamed Ashraf Mohamed	18	Smouha	27.28
8	Yosef Ashraf Mohamed Gaber	19	AHLY	27.31
9	Mohamed Essam Elsayed	17	Olympic	27.34
10	Fouad Mahmoud Fouad	19	SHOOT	27.42

Heat 15 of 19 Prelims

1	Youseif Kaled El Sayed	23	6 OCT	27.19
2	Adham Hany Kamal Abdel Az	17	HELDO	27.17
3	Nadeem Naser El Din Fawzy	19	TANTA	27.14
4	Shady Tamer Nabil	19	Cairo	27.09
5	Mohamed Khaled Basyony	18	Baladyat El Maha	26.97
6	Ahmed Mohamed Fahmy	20	DEGLA	27.09
7	Mohamed Kamal Nafaa	19	Sporting	27.13
8	Saleh Hossam El Din Saleh	16	ZOHUR	27.16
9	Mostafa Khaled Mahmoud	18	SHAMS	27.19
10	Mostafa Alaa Fatthy	20	SHOOT	27.22

Heat 16 of 19 Prelims

1	Zien ElDin Mahmoud	17	Sporting	26.85
2	Ali Mohamed Hussein Kasser	22	AHLY	26.74
3	Ahmed Diaa	19	Cairo	26.71
4	Mohamed Hesham Ahmed At	19	HELDO	26.69
5	Moustafa Maher Ahmed	20	GHABA	26.64
6	Ahmed Said Abd Elkawy	21	RWAD	26.68
7	Mohamed Hisham Salah	20	SHOOT	26.70
8	Daly Dimitrios Chin	22	Sporting	26.71
9	Yasin HossamEldin	16	Smouha	26.83
10	Amar Hossam Fed El Tranesy	16	6 OCT	26.91

Heat 17 of 19 Prelims

1	Moustafa Yaser Fouda	24	HELOP	26.46
2	Faris Mohamed Mashaly	20	Sporting	26.31
3	Yousef Hesham Adel	19	AHLY	25.82
4	Ali Mohab AbdelRaouf Ali	22	HELOP	25.53
5	Khaled Abdel Naser Ali	20	SHOOT	24.93
6	Omar Ahmed Khaled Alewaa	22	HELOP	25.44
7	Omar Khaleed Ahmed	20	ZMALK	25.71
8	Hesham Wael Makram	20	AHLY	26.03
9	Sief Mohamed Mahmoud Mel	18	AHLY	26.41
10	Mohanad Mamdouh Shahen	20	SHAMS	26.60

Heat 18 of 19 Prelims

1	Mostafa Ahmed Mohamed Es	17	TANTA	26.46
2	Karim Hatem abd el Sabour	18	Nasr City	26.25
3	Yousef Ashraf Mahmoud	19	ZMALK	25.73
4	Marwan Mohamed Abdel-Ha	21	DEGLA	25.51
5	Yousif Tarik Reda	17	HELOP	24.93
6	Omar Ahmed Ibrahim Eid	23	HELDO	25.38
7	Mohamed Ahmed Mohamed	19	TANTA	25.65
8	Karim Hassan Moh. El Hoshy	17	GEZIR	25.98
9	Mohamed Adel Ahmed Bahge	19	ZOHUR	26.40
10	Islam Mohamed Taha	32	HELOP	26.53

Heat 19 of 19 Prelims

1	Ahmed Osama Ahmed Farag	20	AHLY	26.42
2	Eslam Mohamed Elhamy	18	SHAMS	26.10
3	Ahmed Khaled Rateb	18	AHLY	25.72
4	Mohamed Yasser Karam	17	Cairo	25.45
5	Mohanad Mohamed Wageh	16	SHOOT	24.14
6	Hassan Yasser Ezzat	21	AHLY	25.00
7	Omar Mohamed Taha Radwa	19	Smouha	25.59
8	Ibrahim Ahmed Ibrahim	18	Sporting	25.97
9	Omar Yasser Menis	16	Sporting	26.31
10	Karim Medhat Badr Mohame	20	Smouha	26.52

Event 251 Women 13 & Over 50 LC Meter Breaststroke

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

Heat 1 of 7 Prelims

2	Kholud Hany Mohamed Ahm	17	NASR	54.00
3	Salma Khaled Mokhtar	19	DEGLA	47.96
4	Berihan Mohamed Elsayed	18	AHLY	47.49
5	Shourouk Moustafa Shaban	17	ZMALK	47.26
6	Maiya Mohamed Abd El Hami	17	Sporting	47.38
7	Jousteia Morcouc Moheib	18	ZMALK	47.76
8	Rodaina Mohamed Bahgat	17	Smouha	49.71
9	Yara Tarek Akram Rabea	19	DEGLA	NT

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

Meet Program - 15-04-2019 Prelim

Heat 2 Prelims (#251 Women 13 & Over 50 LC Meter Breaststroke)

1	Farh Abo Alaa Farok	17	ZMALK	45.38
2	Menatallah Hassan Ragab	18	Bank Ahly Alex	44.40
3	Habiba Tarek Hamed	17	DEGLA	43.76
4	Mariam Hazem Al Araby	18	AHLY	43.54
5	Sama Mohamed Raaft	19	AHLY	42.61
6	Jana Tarek Ahmed	17	Sporting	42.67
7	Raneem Ahmed Mohamed El	18	Olympic	43.70
8	Salma Ashraf AbdElkalek	17	Smouha	43.92
9	Shahd Ahmed Saed Elsaid	17	ZMALK	44.67
10	Nada Ashraf Ali	17	RWAD	46.15

Heat 3 of 7 Prelims

1	Enjy AlaaEldin Hendy	17	Smouha	42.27
2	Allia Ahmed Shawky	17	AHLY	42.15
3	Sama Hesham Saber	17	DEGLA	41.93
4	Merna Osama Handousa	17	Al Hawar	41.58
5	Raghdan Emad Bayomy	17	DEGLA	41.14
6	Yasmen Mostafa Reyad	17	AHLY	41.41
7	Aliaa Osama Sabar	17	AHLY	41.65
8	Malak Akmal Mohamed	18	6 OCT	42.01
9	Mariam Tarik	18	Smouha	42.22
10	Farah Nasr El Den Aly	17	Sporting	42.60

Heat 4 of 7 Prelims

1	Shahd Islam Abdel Latif Shen	17	HELDO	40.69
2	Yara Medhat Mahmoud	17	ZMALK	40.25
3	Salma Said Hanfe	17	DEGLA	40.07
4	Radwa Abdel Mogeid Abdou	17	MAY15	39.88
5	Shorok Ahmed Mostafa	17	SHOOT	39.81
6	Noran Khaled Saad	17	Smouha	39.86
7	Alia Adel Mahros	17	DEGLA	39.95
8	Malak Saad Elkersh	17	AHLY	40.23
9	Hana Tadrous Morad Tadrou	17	GEZIR	40.60
10	Gana Akmal Nabil Ahmed Al	17	SHOOT	41.12

Heat 5 of 7 Prelims

1	Gana Amr Sayed	17	AHLY	38.93
2	Ranim Mohamed Wagih	17	Bank Ahly Alex	38.14
3	Shahd Mohamed Ismael	14	Smouha	36.69
4	Zena Wael Mohamed Ezzat	18	SHOOT	35.79
5	Lian Shady Sabry	15	HELOP	34.14
6	Maryem Ahmed Khalifa Moh	20	Bank Ahly Alex	35.06
7	Nouran Khaled Kamal	19	AHLY	36.25
8	Mariam Mohamed Ahmed Ko	13	Smouha	36.99
9	May Mohamed Ibrahim Sayec	18	HELDO	38.53
10	Shantal Essam Rimon Nassar	24	GEZIR	39.58

Heat 6 of 7 Prelims

1	Login Salem Mansy	18	Smouha	38.83
2	Rahma Ahmed Hesham Moh	18	HELDO	38.06
3	Rana Osama Abdel Halem	18	AHLY	36.62
4	Dina Mosaad El Taiybe	16	Sporting	35.76
5	Sara Soliman Said	15	AHLY	33.60
6	Hedy Amr Moustafa Hamoud	20	HELOP	34.80
7	Hana Alaa Kamal El Den	17	Sporting	36.10
8	Gana Nasr El Din Ali	15	Sporting	36.77
9	Haidy Ashraf Farouk	21	ZOHUR	38.20
10	Aya Ahmed Mowad Ibrahim	19	SHAMS	39.19

Heat 7 of 7 Prelims

1	Mayar Ahmed Atia El Tahlaw	18	AHLY	38.56
2	Farah Tarik Abdel Fattah	18	SHAMS	37.23
3	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	36.56
4	Malak Mohamed Haytham Ra	17	SHOOT	35.63
5	May Atef Abdelfatah	28	AHLY	32.14
6	Souhaila Abou El Mgd Ahme	18	6 OCT	34.65
7	Habiba Hesham Mostafa Har	16	DEGLA	35.85
8	Yassmin Amr Ali	19	6 OCT	36.73
9	Sandra Ahmed Abd El Aziz	17	TANTA	38.17
10	Wedad Khaled Said Mohame	17	ZMALK	39.11

Event 252 Men 13 & Over 100 LC Meter Freestyle

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

Heat 1 of 21 Prelims

3	Mohamed Khaled Mousa Elb	20	AHLY	NT
4	Mohamed Ehab Moh. Amin S	18	GEZIR	1:15.00
5	Mohamed Ahmed Rmadan	17	TRSAN	1:12.00
6	Omar Ahmed Safwat Salah	17	Cairo	1:13.88
7	Ahamed Mahmoud Hassan M	17	SHAMS	NT

Heat 2 of 21 Prelims

1	Zeiad Hossam El Din Samy	18	ZOHUR	1:08.51
2	Eyad Mohamed Saad Ahmed	17	6 OCT	1:07.67
3	Marwan Mohamed Abd El Me	17	AHRAM	1:07.07
4	Bieier Rafiek Faried Zaky	17	Cairo	1:06.28
5	Abraham el Sayed Ahmed	22	TALBE	1:04.63
6	Yousef Khaled Ephrahim	17	TWFIK	1:05.73
7	Mohamed Tarik Ramadan	17	GHABA	1:06.31
8	Mohamed Abdel Naser Ali	19	SHOOT	1:07.41
9	Mohamed Abdella Mohamed	17	Elethad	1:08.47
10	Yousef Hazem Yousef Montas	17	GEZIR	1:10.84

Heat 3 of 21 Prelims

1	Asser Amr Teleb Salama	17	RWAD	1:04.24
2	Moaz Ashraf Mohamed	17	El Shrook	1:04.19
3	Ahmed Shehab Ahm. Saleh	19	GEZIR	1:04.14
4	Omar Khairy Ali	20	ZMALK	1:03.88
5	Abdel Rahman Ahmed Ali Mo	17	SHAMS	1:03.68
6	Hazem Mohamed Saber	19	DEGLA	1:03.87
7	Yousef Ahmed Shehata Moha	21	ZMALK	1:03.94
8	Karim Maged Mohssein Al Fa	17	HELOP	1:04.19
9	Mohamed Hisham Mohamed	19	Smouha	1:04.20
10	Yousif Amr Mahmoud	17	RWAD	1:04.43

Heat 4 of 21 Prelims

1	Omar Osama Mohamed Shaw	17	ZOHUR	1:03.37
2	Ahmed Hamed Al Nouwehy	17	SHAR!	1:03.04
3	Shaaban Hesham Elyas	20	ZMALK	1:02.88
4	Seif Eldin Ahmed Salah El Ha	17	MAADI	1:02.64
5	Karim Abou Bakr Mahmoud	17	MAY15	1:02.15
6	Abd Elrahman Emad Fathe E	18	GEZIR	1:02.18
7	Shahab Sheref Ahmed	17	HLWAN	1:02.87
8	Houssein Ahmed Mohamed S	19	SHOOT	1:02.97
9	Ahmed ElSayed Abd Shafy	17	TANTA	1:03.36
10	Abu Zaid Sobhy Abd El Halim	18	Bank Ahly Alex	1:03.38

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

Meet Program - 15-04-2019 Prelim

Heat 5 Prelims (#252 Men 13 & Over 100 LC Meter Freestyle)

1	Mostafa Mohamed Moastafa	18	ZMALK	1:01.63
2	Ahmed Mhossein Zaher Al Hc	18	ZMALK	1:01.42
3	Ehab Amr Ali Mohamed Ghar	18	MAADI	1:01.36
4	Mahmoud Mohamed Abas	18	SHOOT	1:00.91
5	Farok Akram Elhamy	18	HELOP	1:00.67
6	Ahmed Yasser Ahmed	17	ZMALK	1:00.69
7	Mohamed Ahmed Nagy	20	ZOHUR	1:01.36
8	Youssef Mohamed Mahmoud	19	Olympic	1:01.41
9	Adham Waled Elbhery	17	TANTA	1:01.57
10	Ziad Waleed	18	DEGLA	1:02.09

Heat 6 of 21 Prelims

1	Ahmed Ali El Sayed Ali	19	6 OCT	1:00.47
2	Ramy Nabil Faeid Beshay	18	SHOOT	1:00.26
3	Karim Amr Taha	18	SHOOT	1:00.14
4	Ahmed Taha Abd El Raouf	17	DEGLA	1:00.03
5	Mohamed Amr Maher Ma`mc	17	GEZIR	59.72
6	Ziad Yaser Ahmed	20	Sporting	59.79
7	Basel Hussen Ibrahim	21	TRSAN	1:00.12
8	Eyad Mohamed Sayed Ahmec	18	HELDO	1:00.23
9	Mostafa Hesham Ahmed EL A	22	SHAMS	1:00.27
10	Moataz Ayman Abdel Aziz	17	ZMALK	1:00.63

Heat 7 of 21 Prelims

1	Mostafa Abd El Meneam Barg	18	TANTA	59.71
2	Foad Mostafa Mohamed	18	Bank Ahly Alex	59.61
3	abd el Monaam Ahmed abd E	17	Cairo	59.55
4	Taha Emad Taha	17	GHABA	59.35
5	Noor El Din Ehab Chaouki	17	Elethead	59.26
6	Islam Ayman Abdel Aziz	19	ZMALK	59.29
7	Osama Islam Mohamed Kame	18	GHABA	59.41
8	Ibrahim Mohamed Ibrahim	18	SHOOT	59.61
9	Yousef Ibrahim Abou El Hass:	19	6 OCT	59.70
10	Abdel Rahman Ahmed Sabry	17	MAADI	59.72

Heat 8 of 21 Prelims

1	Ali Mohamed Abo Taleib	17	DEGLA	59.08
2	Yusef Fawzy Farag	19	HELOP	59.05
3	Mazin Amr Alj Hassan	17	6 OCT	58.96
4	Waled Gameil Atteia	18	ZMALK	58.89
5	Adham Khled Ahmed Elqady	17	RWAD	58.69
6	Mostafa Ashraf AbdElHamed	22	BNKG	58.77
7	Mohamed Yousif AbdElrhmai	18	Smouha	58.94
8	Fouad Mahmoud Fouad	19	SHOOT	59.04
9	Yousef Waled Al Sayed Al Bai	17	GEZIR	59.06
10	Hany Ahmed Hisham Moham	23	HELDO	59.17

Heat 9 of 21 Prelims

1	Adham Ahmad Shaban	19	RWAD	58.65
2	Mohamed Moustafa Darwish	17	DEGLA	58.53
3	Yousef Ismail Rezk	17	HELOP	58.50
4	Mostafa Ihab Ahmed Shouma	19	SHAMS	58.35
5	Ahmed Adel Ramadan	17	GHABA	58.26
6	Ziad Mohamed El Sayed	17	DEGLA	58.31
7	Mohamed Mohsen Ramdan	17	Smouha	58.47
8	Omar Ehab Attef Mohamed	18	Gezira El Ward	58.52
9	Nooreldeen Fareed Heseen H	17	Gezira El Ward	58.62
10	Mohamed Khalied Ahmed Els	17	ZMALK	58.69

Heat 10 of 21 Prelims

1	Yehya Amr Mohamed Sadek	18	HELOP	58.21
2	Mohamed Ahmed Salah	17	Smouha	58.02
3	Aly Amr Ahmed Shaaban	17	Bank Ahly Alex	57.90
4	Karem Tarek Ebrahim	18	Sporting	57.87
5	Mohamed Waled Mohamed	19	ZOHUR	57.85
6	Omar Mohamed Khater Al Dc	19	6 OCT	57.86
7	Ahmed Mohamed abd Elaziz	19	MAADI	57.87
8	Marwan Ali Abdalla	18	SHAMS	57.91
9	Khaled Tarik Alaam	17	Smouha	58.15
10	Yahia Mmdoh	17	Smouha	58.26

Heat 11 of 21 Prelims

1	Mohamed Hussein Ali	18	AHLY	57.78
2	Mahmoud Ayman Mahmoud	17	Bank Ahly Alex	57.72
3	Ahmed Hesham Fathy Hasat	18	DEGLA	57.66
4	Mohamed Ashraf Mohamed	18	Smouha	57.60
5	Mhmod Hisham	17	Smouha	57.55
6	Ali Houssein Nasr El Din Hou	17	AHLY	57.57
7	Omar Ahmed Abdel Aziz You	18	ZMALK	57.64
8	Mostafa Tamer Mostafa	17	AHLY	57.70
9	Basel Amr Shahin	19	AHLY	57.74
10	Mohamed Mostafa Mohamed	18	Smouha	57.80

Heat 12 of 21 Prelims

1	Mohamed Ayman AbdAllah M	21	Smouha	57.49
2	Mostafa Hany Ahmed Al Badz	18	ZMALK	57.44
3	Mostafa Alaa Fathy	20	SHOOT	57.37
4	Ahmed Essam Mohamed	17	Cairo	57.32
5	Nour El Din Ahmed Al Wasen	21	TWFIK	57.27
6	Abdel Rahman Abdel Halem	19	AHLY	57.28
7	Ahmed Mohamed Zakria Han	19	Smouha	57.34
8	Ahmed Maged Mohamed	17	Sporting	57.42
9	Nour El Din Mohamed Mohar	17	ZMALK	57.48
10	Abdullah Imad al-Din Fathi	17	Elethead	57.54

Heat 13 of 21 Prelims

1	Youseif Kaled El Sayed	23	6 OCT	57.14
2	Youssef Ahmed Nabil	17	AHLY	57.02
3	Yoseif Waled Hassan Al Shafa	19	ZMALK	56.79
4	omr Hessian Zahian Mohamec	19	Cairo	56.73
5	Karim Ahmed Khaled Elewa	17	SHAMS	56.69
6	Seif Ramah Essam El Din	17	SHOOT	56.72
7	Mahmoud AmanEIDien Moha	17	A S E C	56.73
8	Mohamed Kamal Nafaa	19	Sporting	56.95
9	Ahmed Mohamed Khalel	17	A S E C	57.04
10	Moamen El Saed Soltan	18	TANTA	57.14

Heat 14 of 21 Prelims

1	Omar Tarek Sayed	17	A S E C	56.49
2	Omar Ahmed Al Sayed Metwz	17	SHOOT	56.44
3	Ahmed Hany Mohmed Rohy	23	SHOOT	56.32
4	Ahmed Yasser Bastawesy	17	AHLY	56.23
5	Mohamed Amin Sharaf	20	Sporting	56.13
6	Ahmed Khaled Abd El Maged	18	Bank Ahly Alex	56.17
7	Ali Wael Hashem	20	SHAMS	56.29
8	Abdelrhman Khaled Saied	25	Smouha	56.34
9	Adham Marwan Hassan	17	SHOOT	56.46
10	Moustafa Abdo Mohamed Shz	17	RWAD	56.55

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

Meet Program - 15-04-2019 Prelim

Heat 15 Prelims (#252 Men 13 & Over 100 LC Meter Freestyle)

1	Mohamed Alwy Mohamed Al	18	Smouha	56.08
2	Zien ElDin Mahmoud	17	Sporting	56.07
3	Eyad Mohamed Nabih	16	Smouha	55.92
4	Ahmed Mohamed Eissa	19	Cairo	55.84
5	Ahmed Younis Nasir	17	ZMALK	55.82
6	Mohamed Khaled Basyony	18	Baladyat El Maha	55.82
7	Yassin Emad Abd Elhakim	16	Sporting	55.91
8	Khalid Ahmed Mohamed	17	Sporting	56.06
9	Ahmed Khaled Al Sayed	21	EZZD	56.07
10	Yousef Mohamed Mansour	19	SHOOT	56.12

Heat 16 of 21 Prelims

1	Mostafa Mohamed el Said	18	HELOP	55.77
2	Ahmed Mohamed Fahmy	20	DEGLA	55.75
3	Eslam Mohamed Elhamy	18	SHAMS	55.73
4	Ahmed Khaled Abdel Hamed	18	SHOOT	55.61
5	Ahmed Yaser Salah El Din Eis	23	HELDO	55.53
6	Mohamed Zeiad Mohamd Eis	17	SHOOT	55.60
7	Adham Adel Mohamed	17	Sporting	55.67
8	Omar Walaa Noaaman	18	AHLY	55.75
9	Mohamed Hany Mohamed Sa	17	TANTA	55.77
10	Aly Tamer Aly	16	Sporting	55.79

Heat 17 of 21 Prelims

1	Amr Akram Ahmed Al Garabz	22	Gezira El Ward	55.42
2	Mostafa Khaled Mahmoud	18	SHAMS	55.38
3	Mohamed Akram Sayed Mors	19	AHLY	55.24
4	Hamza Adham Amin	19	AHLY	55.21
5	Shehab Ashraf	17	DEGLA	55.08
6	Marwan Magdy Azzam	16	Olympic	55.16
7	Seif Osama Ahmed Farag	19	AHLY	55.21
8	Abd El Rahman Tamer Yousef	17	Sporting	55.28
9	Mohamed Hesham Ahmed Al	19	HELDO	55.38
10	Zeiad Ahmed Abdelazim Abd	17	MAADI	55.48

Heat 18 of 21 Prelims

1	Khaled Mostafa Mohamed	20	AHLY	55.00
2	Mostafa Ahmed Mohamed Es	17	TANTA	54.83
3	Mohamed Ahmed Mohamed	19	TANTA	54.79
4	Mostafa Mohamed Al Tahan	19	DEGLA	54.55
5	Karim Waled Essam Shabana	18	Smouha	54.39
6	Ahmed Karim Galal Samy Ah	17	MAADI	54.55
7	Moaaz Hesham Mahmoud	20	Cairo	54.63
8	Karim Ahmed Hassan	18	SHAMS	54.82
9	Shady Tamer Nabil	19	Cairo	54.92
10	Mohamed Adel Mohamed Me	18	AHLY	55.04

Heat 19 of 21 Prelims

1	Basel Mohamed Zaghlol	18	GHABA	54.10
2	Marwan Abdalla Mohamed A	17	SHOOT	53.87
3	Yackoub Amr Yackoub	23	Sporting	53.15
4	Omar Ahmed Ibrahim Eid	23	HELDO	52.58
5	Omar Adel Abas	18	DEGLA	51.92
6	Yousif Tarik Reda	17	HELOP	52.30
7	Karim Medhat Badr Mohame	20	Smouha	52.92
8	Abdel Rahman Ali Mohamed	18	SHAMS	53.53
9	Abdel Rahman Jamal El Din H	19	Elethead	53.99
10	Fares Youssef Emara	17	AHLY	54.36

Heat 20 of 21 Prelims

1	Mohab El Din Fathy	18	Sporting	54.09
2	Mohamed Hisham Salah	20	SHOOT	53.78
3	Sief Mohamed Mahmoud Mel	18	AHLY	53.12
4	Khaled Abdel Naser Ali	20	SHOOT	52.42
5	Omar Ahmed Khaled Alewaa	22	HELOP	51.86
6	Mohamed Adel Ahmed Bahge	19	ZOHUR	52.27
7	Karim Hassan Moh. El Hoshy	17	GEZIR	52.87
8	Yasin HossamEldin	16	Smouha	53.38
9	Moustafa AbdElhakim Elgam	19	Sporting	53.93
10	Shehab Hossam Mahmoud Gz	18	GHABA	54.32

Heat 21 of 21 Prelims

1	Ali Mohab AbdelRaouf Ali	22	HELOP	54.05
2	Karim Hatem abd el Sabour	18	Nasr City	53.58
3	Ziad Mohamed Aabad	18	HELOP	52.94
4	Hesham Wael Makram	20	AHLY	52.39
5	Omar Khaleed Ahmed	20	ZMALK	51.60
6	Ahmed Khaled Rateb	18	AHLY	51.95
7	Marwan Ahmed Elamrawy	24	Sporting	52.82
8	Ahmed Osama Ahmed Farag	20	AHLY	53.36
9	Ahmed Diaa	19	Cairo	53.90
10	Omer Mohamed Bahaa	18	HELOP	54.21

Event 253 Women 13 & Over 100 LC Meter Backstroke

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

Heat 1 of 7 Prelims

1	Enjy Mohamed AboZid	19	Smouha	NT
2	Nada Moataz Fouad	19	DEGLA	1:36.15
3	Salma Khaled Mokhtar	19	DEGLA	1:34.70
4	Shourouk Moustafa Shaban	17	ZMALK	1:32.03
5	Anan amr abd Elaziz	17	Cairo	1:29.33
6	Farah Kmal Batesha	17	Sporting	1:31.99
7	Nada Ashraf Ali	17	RWAD	1:32.53
8	Nada Waleed Mohamed Mah	18	DEGLA	1:34.98
9	Lara Tamer Abdel Aziz Moha	19	SHOOT	NT

Heat 2 of 7 Prelims

1	Ganna Ahmed Shendy	17	AHLY	1:26.34
2	Yara Medhat Mahmoud	17	ZMALK	1:23.52
3	Mariam Mohamed Nabil	17	RWAD	1:23.24
4	Rana Hesham Saad	17	SHOOT	1:22.89
5	Jolia Amir Wafik	19	Sporting	1:22.17
6	Nermen Ayman Ahmed	22	ZMALK	1:22.59
7	Yara Hesham Saad	17	SHOOT	1:23.00
8	Habiba Tarek Hamed	17	DEGLA	1:23.31
9	Naden Tamer Mohamed	18	Smouha	1:24.85
10	Jana Tarek Ahmed	17	Sporting	1:27.07

Heat 3 of 7 Prelims

1	Rahma Ahmed Hesham Moha	18	HELDO	1:20.95
2	Donia Waleed Yousof	18	TANTA	1:20.33
3	Lena Anwar Mostafa	17	Smouha	1:19.43
4	Maiya Kamal Samir	19	Sporting	1:19.12
5	Farah Khaled	20	Sporting	1:18.61
6	Malak Haytham Elsayed	17	AHLY	1:18.88
7	Fraida Amthal Mohamed Kan	17	6 OCT	1:19.19
8	Nada Ahmed Salah Ahmed	17	HELDO	1:20.08
9	Goumana Karim Mostafa	17	DEGLA	1:20.47
10	Nadein Mostafa Mohamed Lo	17	SHOOT	1:21.83

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

Meet Program - 15-04-2019 Prelim

Heat 4 Prelims (#253 Women 13 & Over 100 LC Meter Backstroke)

1	Marim Mohamed Farouk Taw	17	TWFIK	1:18.33
2	Hla Ahmed Ramzy	18	Smouha	1:18.27
3	Nardin Ismail abd Elaziz	17	Olympic	1:17.03
4	Reem Osama Abdel Halem	18	AHLY	1:16.28
5	Meiar Mohamed Bauomy Abc	19	BNKG	1:15.75
6	Yassmein Sherif Helmy	18	HELOP	1:16.00
7	Rawan Ragab Ramadan Abde	20	ZMALK	1:17.01
8	Habiba Mohamed Abdel Gany	18	AHLY	1:18.11
9	Amna Bayomy	17	Sporting	1:18.32
10	Raneem Mohamed Sayed Ahr	20	HELDO	1:18.44

Heat 5 of 7 Prelims

1	Aliaa Osama Sabar	17	AHLY	1:14.61
2	Farida Ahmed Ibrahim Eid	22	HELDO	1:13.73
3	Haia Salah Mahmoud	19	AHLY	1:11.63
4	Rawda Nabil Mohamed	17	Smouha	1:09.61
5	Farida Ayman Samra	15	SHOOT	1:08.20
6	Raghd Mohamed Elsaïd Moh	14	Smouha	1:09.05
7	Farah Omar Mohamed Abu R	24	HELOP	1:10.99
8	Noor Moh. Samer Eleesh	17	GEZIR	1:13.03
9	Sama Mohamed Raaft	19	AHLY	1:14.02
10	Farah Karim Mohamed	18	HELOP	1:15.65

Heat 6 of 7 Prelims

1	Habiba Hatem Abdel Moaty M	18	AHLY	1:14.52
2	Malak Amr Essam Elnady	21	AHLY	1:13.15
3	Monera Ibrahim Basyony	20	Smouha	1:11.26
4	Lougin Yousief Ahmed Yousie	16	SHAMS	1:09.36
5	Roula Ahm. Houssny Houssei	17	GEZIR	1:06.50
6	Donya Amr Mohamed Nabih	17	SHAMS	1:09.03
7	Nihal Khaled Tamam	17	Elethead	1:10.91
8	Fay Salam Abbas	19	MAADI	1:12.74
9	Zina Mohamed Ahmed Elrast	18	AHLY	1:13.82
10	Hoda Ashraf el Said	17	DEGLA	1:14.95

Heat 7 of 7 Prelims

1	Allaa Ashraf Fekry	19	6 OCT	1:14.45
2	Farah Mohamed Nabil	20	AHLY	1:13.09
3	Basmala Ashraf Sayed	20	AHLY	1:11.04
4	Hanan Ahmed Mohamed Mal	14	Olympic	1:09.35
5	Mariam Abdel-Rahman Sakr	22	AHLY	1:03.95
6	Rawan Hesham Mohamed	18	Cairo	1:08.47
7	Kenzy Ahmed Ali	16	AHLY	1:10.53
8	Hana Ashraf Mahmoud	18	DEGLA	1:12.07
9	Sara Hagag Mohamed	17	SHOOT	1:13.77
10	Alla Wael Mostafa	17	DEGLA	1:14.87

Event 254 Men 13 & Over 200 LC Meter Backstroke

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

Heat 1 of 8 Prelims

4	Hazem Mohamed Saber	19	DEGLA	NT
5	Mohamed Yaser Abdel Ghany	17	Raas El Bar Club	NT
6	Mahmoud Sherif	18	ZMALK	NT

Heat 2 of 8 Prelims

1	Mostafa ' Abdelwhab	17	DEGLA	3:02.15
2	Omar Yaser Mohamed Hamec	17	DEGLA	2:41.53
3	Nour El Din Hossam Ahmed	17	ZMALK	2:40.89
4	Ahmed ElSayed Abd Shafy	17	TANTA	2:38.28
5	Yassin Emad Hamed	17	ZMALK	2:37.34
6	Abd Allah Ahmed Saad Bond	18	Sporting	2:38.14
7	Abu Zaid Sobhy Abd El Halim	18	Bank Ahly Alex	2:39.44
8	Salaheldin Alaaeldin	19	AHLY	2:41.52
9	Ismail Kamal Awd	19	AHLY	2:44.05

Heat 3 of 8 Prelims

1	Omar Ahmed Abdel Fattah	22	HELOP	2:36.23
2	Marwan Sherif Adel Al Derea	17	HELDO	2:35.84
3	Hany Ahmed Hisham Moham	23	HELDO	2:35.06
4	Amar Yaser Salah Mahmoud	18	ZMALK	2:33.17
5	Kareem Esam Hassan	18	RWAD	2:32.09
6	Ahmed Hisham Mahmoud	17	RWAD	2:32.89
7	Mohamed Ahmed Salah	17	Al Hawar	2:34.09
8	Belal Mahmoud Shawky Ali	18	ZMALK	2:35.64
9	Omar Mohamed Farag	17	Smouha	2:35.88
10	Amar Mohamed Moawed	17	BNKG	2:36.63

Heat 4 of 8 Prelims

1	Ahmed Waled Mohamed Oss	17	ZMALK	2:31.26
2	Ahmed Osama Hisen	17	Sporting	2:30.61
3	Osama Islam Mohamed Kam	18	GHABA	2:30.40
4	Yousef Wael Mohamed Abd /	17	SHOOT	2:29.34
5	Mohamed Mohsen Ramdan	17	Smouha	2:27.87
6	Ahmed Mohamed Ghobashy	17	Smouha	2:27.98
7	Aly Amr Ahmed Shaaban	17	Bank Ahly Alex	2:29.70
8	Ahmed Haytham Mohamd Al	17	SHOOT	2:30.46
9	Omar Mohsen Mohamed Hus	19	Smouha	2:31.08
10	Mahmoud Hassan Mostafa	17	ZMALK	2:31.27

Heat 5 of 8 Prelims

1	Ahmed Mahmoud Abdelkade	19	AHLY	2:27.10
2	Omar Mohamed Mostafa Has	21	6 OCT	2:26.58
3	Omar Khaled Mohamed	17	HLWAN	2:25.82
4	Marawan Haytham Abd ElMe	19	TANTA	2:25.05
5	Mostafa Ahmed Elshrbiny	17	Smouha	2:23.97
6	Mahmoud Mohamed Maham	17	AHLY	2:24.20
7	Mahmoud Ahmed Ebrahim Z	17	Sporting	2:25.59
8	Abdelwahab Mohamed Tawfi	20	BNKG	2:26.32
9	Mahmoud Amr Samy	17	AHLY	2:26.62
10	Mohamed Nasr Darwish	17	Smouha	2:27.35

Heat 6 of 8 Prelims

1	Abdel Rahman Mohamed Sal	19	AHLY	2:21.66
2	Omar Walaa Noaaman	18	AHLY	2:18.68
3	Moustafa Abdo Mohamed Sh	17	RWAD	2:13.75
4	Abdel Reheim Samir Al Shein	21	ZMALK	2:10.22
5	Omar Adel Abas	18	DEGLA	2:07.92
6	Yousef Ashraf Mahmoud	19	ZMALK	2:10.15
7	Ahmed Assem Goumaa	18	AHLY	2:12.73
8	Omer Mohamed Bahaa	18	HELOP	2:16.01
9	Yousif Mohamed Khalaf	18	Smouha	2:20.97
10	Yoseif Waled Hassan Al Shafa	19	ZMALK	2:23.48

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

Meet Program - 15-04-2019 Prelim

Heat 7 Prelims (#254 Men 13 & Over 200 LC Meter Backstroke)

1	Bassel Hisham Fawzy Mohan	17	Olympic	2:21.14
2	Abdel Rahman Mohamed Ra	17	AHLY	2:17.46
3	Karim Waled Essam Shabana	18	Smouha	2:12.82
4	Mohamed Khaled Mousa Elb	20	AHLY	2:10.20
5	Abdel Rahman Jamal El Din H	19	Elethad	2:06.03
6	Salah Mohamed Amin	27	Smouha	2:10.14
7	Eyad Sayed Fadl Alla	17	ZOHUR	2:12.39
8	Mohab El Din Fathy	18	Sporting	2:13.89
9	Yosif Ahmed Farouk	18	Cairo	2:19.84
10	Zeiad Abou Elela Hamdy Moh	17	AHLY	2:23.39

Heat 8 of 8 Prelims

1	Adham Adel Mohamed	17	Sporting	2:21.04
2	Ahmed Younis Nasir	17	ZMALK	2:16.03
3	Yousef Ahmed Salah Shendy	22	AHLY	2:12.76
4	Abdel Rahman Mohamed Abc	17	AHLY	2:10.18
5	Yasin Wael Elshmaa	20	Sporting	2:05.44
6	Ahmed Hamdy Salem	27	AHLY	2:10.01
7	Ahmed Adel Mohamed Mesel	19	AHLY	2:12.22
8	Mohamed Khaled Mahmoud	17	A S E C	2:13.82
9	Yackoub Amr Yackoub	23	Sporting	2:19.11
10	Sief Tarek Mohamed Raslan	19	TANTA	2:23.21

Event 255 Women 13 & Over 400 LC Meter Freestyle

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

Heat 1 of 6 Prelims

3	Nermen Ayman Ahmed	22	ZMALK	5:37.17
4	Farida Ayman Ibrahim Ahme	17	6 OCT	5:31.64
5	Laylan Maged Amen Ibrahim	18	Bank Ahly Alex	5:16.95
6	Aya Hassan Refai Hassan	17	Al Zaher	5:18.34
7	Jody Essam	17	Smouha	5:34.72
8	Marim Khaled Mohamed	17	NASR	5:57.06

Heat 2 of 6 Prelims

1	Merat Emad Fayez	17	A S E C	5:15.77
2	Maya Ahmed Adel Ali	17	SHAMS	5:15.09
3	Mariam Khaleed Moustafa	17	ZMALK	5:10.58
4	Habiba Haytham El Sayed	17	TANTA	5:08.38
5	Reem Osama Abdel Halem	18	AHLY	5:07.26
6	Malak Hany Mohamed	17	NASR	5:07.67
7	Aya Mohamed Osama Taha H	18	SHOOT	5:10.02
8	Hoda Ashraf el Said	17	DEGLA	5:12.87
9	Menatalah Amer Moh. Amer	20	GEZIR	5:15.29
10	Nada Ahmed Salah Ahmed	17	HELDO	5:16.76

Heat 3 of 6 Prelims

1	Souhila Ahmed Kamal	19	GHABA	5:06.65
2	Yara Mohamed Tarik Abdou	18	GHABA	5:05.23
3	Rouba Wael Mostafa	17	ZMALK	5:04.08
4	Sohila Amr Gamal	17	AHLY	5:02.73
5	JoannaYosef Yehya Youssef	17	SHAMS	5:01.71
6	Fay Salam Abbas	19	MAADI	5:01.88
7	Ziena Ahmed Abo ElKhir	18	Sporting	5:02.75
8	Marim Amr ElSaban	20	AHLY	5:04.78
9	Goumana Karim Mostafa	17	DEGLA	5:06.41
10	Hania Khaled Mohamed Ali	18	Cairo	5:07.07

Heat 4 of 6 Prelims

1	Malak Amr Abdel Monaem	17	ZMALK	4:59.48
2	Gana Khaled Shaaban	17	AHLY	4:58.30
3	Toqa Mohamed Ahmed Mous	18	AHLY	4:57.72
4	Haidy Adel Mohamed Samy S	17	HELDO	4:53.69
5	Rodaina Khaled Mohamed	17	AHLY	4:51.28
6	Noran Ibrahim Elbially	17	Smouha	4:53.06
7	Shaza Wael Mostafa	17	ZMALK	4:56.96
8	Aya Hossam El Din Abdel Azz	17	SHAMS	4:58.09
9	Rawda Nabil Mohamed	17	Smouha	4:58.52
10	Fraida Amthal Mohamed Kan	17	6 OCT	5:00.26

Heat 5 of 6 Prelims

1	Retag Ashraf Abdel Naby Ami	17	AHLY	4:48.34
2	Salam Mohamed Hassan Abd	17	6 OCT	4:46.03
3	Rawan Hesham Mohamed	18	Cairo	4:44.46
4	Basmala Ashraf Sayed	20	AHLY	4:35.61
5	Sandy Ayman Atef	19	AHLY	4:29.46
6	Nada Ahmed Othman	20	Bank Ahly Alex	4:31.76
7	Hend Hamed Amr Hassan	21	AHLY	4:39.80
8	Shahd Sameh Safouat Shaaba	15	HELDO	4:45.03
9	Kenzi Magdy Elshahat	14	Elethad	4:47.17
10	Salma Mohamed Ibrahim Has	16	SHAMS	4:49.29

Heat 6 of 6 Prelims

1	Hana Mostafa Ahmed Hamdy	18	AHLY	4:47.66
2	Marim AbdElfttah Ahmed	20	Smouha	4:45.25
3	Mariam Hossam Aly Sabour	18	GEZIR	4:42.15
4	Salma Hany Mostafa Abdelka	16	MAADI	4:32.91
5	Hania Mohamed Hany Moro	23	AHLY	4:18.95
6	Yasmin Mamdouh Mahmoud	20	AHLY	4:30.98
7	Asmaa El Sayed Abd El Raof	19	Bank Ahly Alex	4:39.19
8	Salma Hossam ElDin Mahmo	18	AHLY	4:44.72
9	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	4:46.77
10	Nadin Adam Ahmed Foad Mo	16	SHAMS	4:48.80