

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

## Meet Program - 16-04-2019 Prelim

**Event 261 Men 13 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 8 Prelims</b>				
4	Tarik AboElthana Mohamed	20	Smouha	NT
5	Mohamed Hisham Mohamed	19	Smouha	3:16.05
6	Moaz Ashraf Mohamed	17	El Shrook	3:16.14
<b>Heat 2 of 8 Prelims</b>				
1	Ahmed Hany	18	Smouha	3:01.18
2	Mohamed Ahmed Helal Sheta	17	HELOP	2:58.91
3	Adham Ahmad Shaban	19	RWAD	2:56.82
4	Amr Ahmed ElHassanin Al Sh	17	SHAMS	2:56.55
5	Ameer Mohamed Mohamed I	17	RWAD	2:54.89
6	Adham Tarik	17	Smouha	2:56.40
7	Mostafa Hatem Ataia	19	Cairo	2:56.67
8	Marwan Tamer	17	Smouha	2:58.24
9	Kareem Mohamed Eldsoqy	18	RWAD	3:00.10
10	Yousif Amr Mahmoud	17	RWAD	3:14.78
<b>Heat 3 of 8 Prelims</b>				
1	Omar Ihab Ismail	18	ZMALK	2:52.77
2	Ramy Nabil Faeid Beshay	18	SHOOT	2:50.52
3	Khaled Tarik Alaam	17	Smouha	2:49.42
4	Abdelkrem Ashraf Abood	17	Bank Ahly Alex	2:47.90
5	Anas Amin Mohamed Sharaf	17	Sporting	2:47.29
6	Youssef Mohamed Salem	18	GHABA	2:47.56
7	Houssein Hazem Ali Tantawy	18	ZMALK	2:49.08
8	Karim Waled Hossam El Din	17	SHOOT	2:49.98
9	Hamza Hisham	17	Smouha	2:52.55
10	Hassan Osama Mohamed Saa	17	HELOP	2:54.34
<b>Heat 4 of 8 Prelims</b>				
1	Seif Eldin Ihab Mohamed	20	ZMALK	2:44.98
2	Yehya Ashraf Mohamed Ali	17	ZOHUR	2:44.29
3	Ahmed Khaled Mamdouh	17	AHLY	2:43.97
4	Omar Khairy Ali	20	ZMALK	2:43.07
5	Mohamed Osama abd el Taw	17	Olympic	2:42.06
6	Omar Ehab Ahmed Abo el Ftc	17	SHAMS	2:42.16
7	Basel Wael Mohamed Faeik	17	ZMALK	2:43.76
8	Ahmed Mokhtar Talaat	18	AHLY	2:44.16
9	AbdAllah Ashraf	17	Smouha	2:44.74
10	Belal Hesham Mohamed	19	AHLY	2:46.89
<b>Heat 5 of 8 Prelims</b>				
1	Eyad Osama Awad	17	DEGLA	2:41.57
2	Ahmed Ashraf Abdel Monaen	17	AHLY	2:40.69
3	Mohamed Ahmed Abdel Mau	21	6 OCT	2:39.94
4	Ahmed Moataaz Saber El-Gaz	17	AHLY	2:38.57
5	Yousof Ihab Mohamed ElSaye	18	Bank Ahly Alex	2:38.34
6	Youssef Ayman Ezz Badr	21	AHLY	2:38.51
7	Karim Ehab Abdel Kader	17	ZMALK	2:39.78
8	Abd El Aziz Hanafe Ahmed	18	TALBE	2:40.37
9	Zeiad Khairy Ali	17	ZMALK	2:41.15
10	Zyad Dyaa Adel AbdelAlem	17	6 OCT	2:42.06

**Heat 6 of 8 Prelims**

1	Mohmed Sherief	17	Cairo	2:37.42
2	Ibrahim Taha Ibrahim	20	BNK.G	2:32.46
3	Mahmoud Mohamed Mahmo	18	ZMALK	2:28.85
4	Marwan Essam Ismaeil	22	Gezira El Ward	2:26.50
5	Mohamed Ashraf Abdel Hay	18	AHLY	2:21.19
6	Omar Hesham Raslan	22	HELOP	2:24.33
7	Ahmed Yaser Ahmed Nasar	19	AHLY	2:27.91
8	Yousef Hazem Yousef Noufal	19	AHLY	2:31.01
9	Mohamed AbdElKarem AboE	17	A S E C	2:34.93
10	Mohamed Amin Sharaf	20	Sporting	2:38.24

**Heat 7 of 8 Prelims**

1	Ali Tarek Hamed	20	DEGLA	2:36.33
2	Zeyad Mohamed Farou2	17	A S E C	2:31.95
3	Abdel Rahman Mohamed Abc	17	AHLY	2:28.52
4	Mohamed Housam Ibrahim	23	AHLY	2:26.35
5	Faris Mohamed Mashaly	20	Sporting	2:19.67
6	Mohamed Moataaz Abdel-Ha	19	AHLY	2:23.89
7	Daly Dimitrios Chin	22	Sporting	2:27.39
8	Abdalah Waled el Said	16	Sporting	2:29.89
9	Yassin Yahya Zakriy Ebrahim	17	Sporting	2:33.74
10	ali Mohamed ali	17	DEGLA	2:37.95

**Heat 8 of 8 Prelims**

1	Hazem Shirif Elsiad AbdElm	16	Smouha	2:35.80
2	Ahmed Ashraf Mahmoud Har	21	HELDO	2:31.50
3	Nour Essam Ismail Ossman	24	Gezira El Ward	2:28.28
4	Mohamed Zeiad Mohamd Eis	17	SHOOT	2:25.07
5	Hassan Yasser Ezzat	21	AHLY	2:18.18
6	Ahmed Kamal Hafez	32	MAADI	2:21.59
7	Youssef Talal Mohamed	17	AHLY	2:26.77
8	Selim Moh. Ahm. Moktar Has	15	GEZIR	2:29.53
9	Shady Mahmoud Hammam A	17	MAADI	2:32.87
10	Ahmed Galal Abdel Azim	20	SHOOT	2:37.58

**Event 262 Women 13 & Over 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 7 Prelims</b>				
2	Yara Tarek Akram Rabea	19	DEGLA	NT
3	Rodaina Mohamed Bahgat	17	Smouha	1:47.01
4	Berihan Mohamed Elsayed	18	AHLY	1:42.94
5	Maiya Mohamed Abd El Hami	17	Sporting	1:40.77
6	Menatallah Hassan Ragab	18	Bank Ahly Alex	1:40.84
7	Farh Abo Alaa Farok	17	ZMALK	1:46.74
8	Salma Said Hanfe	17	DEGLA	3:12.27
<b>Heat 2 of 7 Prelims</b>				
1	Sama Yaser Mohamed Shafeil	17	AHLY	1:39.24
2	Jody Essam	17	Smouha	1:37.60
3	Mariam Hazem Al Araby	18	AHLY	1:36.25
4	Sama Mohamed Raaft	19	AHLY	1:34.28
5	Alia Adel Mahros	17	DEGLA	1:33.96
6	Sama Hesham Saber	17	DEGLA	1:34.14
7	Aya Mohamed Osama Taha H	18	SHOOT	1:35.68
8	Jana Tarek Ahmed	17	Sporting	1:37.17
9	Shahd Ahmed Saed Elsaid	17	ZMALK	1:38.78
10	Salma Ashraf AbdElkalek	17	Smouha	1:39.29

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

## Meet Program - 16-04-2019 Prelim

**Heat 3 Prelims (#262 Women 13 & Over 100 LC Meter Breaststroke)**

1	Yasmen Mostafa Reyad	17	AHLY	1:32.63
2	Malak Akmal Mohamed	18	6 OCT	1:32.03
3	Merna Osama Handousa	17	Al Hawar	1:30.72
4	Malak Osama Mohamed	17	TRSAN	1:30.01
5	Shorok Ahmed Mostafa	17	SHOOT	1:29.82
6	Gana Essam Abdelrhman Mo	17	6 OCT	1:29.91
7	Hana Tadrous Morad Tadrou	17	GEZIR	1:30.32
8	Yara Medhat Mahmoud	17	ZMALK	1:32.01
9	Reem Ayman Salah	17	DEGLA	1:32.52
10	Gana Akmal Nabil Ahmed Al	17	SHOOT	1:33.19

**Heat 4 of 7 Prelims**

1	Raghdan Emad Bayomy	17	DEGLA	1:29.13
2	Noran Khaled Saad	17	Smouha	1:28.15
3	Login Salem Mansy	18	Smouha	1:27.50
4	Wessam Kamal Mohamed	17	MAY15	1:27.25
5	Noran Ibrahim Elbially	17	Smouha	1:25.83
6	May Mohamed Ibrahim Sayec	18	HELDO	1:26.50
7	Wedad Khaled Said Mohamec	17	ZMALK	1:27.37
8	Radwa Abdel Mogeid Abdou	17	MAY15	1:27.84
9	Gana Amr Sayed	17	AHLY	1:28.41
10	Shahd Islam Abdel Latif Shen	17	HELDO	1:29.57

**Heat 5 of 7 Prelims**

1	Sandra Ahmed Abd El Aziz	17	TANTA	1:24.49
2	Salma Ashraf Mouhssein	18	Al Hawar	1:22.19
3	Laila Ahmed Adel El Kholy	15	MAADI	1:19.46
4	Lian Shady Sabry	15	HELOP	1:18.56
5	Rawan Tamer Mohamed	15	DEGLA	1:15.65
6	Maryem Ahmed Khalifa Moh	20	Bank Ahly Alex	1:17.83
7	Habiba Hesham Mostafa Har	16	DEGLA	1:18.86
8	Goudy Abdelhalem Fathala Z	14	Bank Ahly Alex	1:20.38
9	Shantal Essam Rimon Nassar	24	GEZIR	1:23.22
10	Mayar Ahmed Atia El Tahlaw	18	AHLY	1:25.07

**Heat 6 of 7 Prelims**

1	Fagr Raafat Abdel Hafez	19	SHAMS	1:24.44
2	Nouran Khaled Kamal	19	AHLY	1:21.02
3	Farah Tarik Abdel Fattah	18	SHAMS	1:19.43
4	Hedy Amr Moustafa Hamoud	20	HELOP	1:18.34
5	Rewida Hisham Tolba Ibrahim	24	AHLY	1:13.28
6	Souhaila Abou El Mgd Ahmec	18	6 OCT	1:16.87
7	Gana Nasr El Din Ali	15	Sporting	1:18.83
8	Rana Osama Abdel Halem	18	AHLY	1:20.11
9	Rahma Ahmed Hesham Moha	18	HELDO	1:22.87
10	Haidy Ashraf Farouk	21	ZOHUR	1:24.97

**Heat 7 of 7 Prelims**

1	Ranim Mohamed Wagih	17	Bank Ahly Alex	1:23.29
2	Zena Wael Mohamed Ezzat	18	SHOOT	1:20.48
3	Yassmin Amr Ali	19	6 OCT	1:19.37
4	Nada Ahmed Samer	19	Sporting	1:18.07
5	Sara Soliman Said	15	AHLY	1:12.82
6	Dina Mosaad El Taiybe	16	Sporting	1:15.84
7	Malak Mohamed Haytham Ra	17	SHOOT	1:18.66
8	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	1:19.56
9	Hana Alaa Kamal El Den	17	Sporting	1:22.81
10	Nour Amr Ibrahim	18	Sporting	1:24.86

**Event 263 Men 13 & Over 400 LC Meter Freestyle**

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

**Heat 1 of 10 Prelims**

3	Seif Ashry Kaseem	17	Canal El Suez	NT
4	Asser Amr Teleb Salama	17	RWAD	5:12.46
5	Ahmed Yasser Ahmed	17	ZMALK	5:01.83
6	Mahmoud Ahmed Ezzat	17	SHOOT	5:04.75
7	Yosef Alla Zaki	17	GHABA	NT
8	Mazen Ayman Said	21	Canal El Suez	NT

**Heat 2 of 10 Prelims**

1	Abdalla Mohamed Ibrahim	17	SHOOT	4:58.25
2	Ahmed Shehab Ahm. Saleh	19	GEZIR	4:55.19
3	Mahmoud Hassan Mostafa	17	ZMALK	4:50.37
4	Hany Ahmed Hisham Moham	23	HELDO	4:44.20
5	Karem Hisham Mohamed	17	Sporting	4:43.03
6	Seif El Din Khaled Mostafa	18	SHOOT	4:43.66
7	Seif Eldin Ahmed Salah El Ha	17	MAADI	4:45.98
8	Salaheldin Alaaeldin	19	AHLY	4:51.87
9	Seif Ahmed Said Sayed	17	ZMALK	4:55.98
10	Yassin Emad Hamed	17	ZMALK	4:58.46

**Heat 3 of 10 Prelims**

1	Mohamed Ahmed Gaber Shel	19	HELDO	4:42.27
2	Foad Mostafa Mohamed	18	Bank Ahly Alex	4:41.73
3	Mostafa Ashraf AbdElHamed	22	BNK.G	4:41.04
4	Yousef Mohamed Mansour	19	SHOOT	4:40.50
5	Nader Magdy	17	Smouha	4:38.72
6	Abd Allah Ahmed Saad Bond	18	Sporting	4:39.60
7	Nail Gaber Awad	18	Raas El Bar Club	4:40.68
8	Mostafa Mohamed Al Tahan	19	DEGLA	4:41.72
9	Ahmed Saleh ali Kabel	18	RWAD	4:42.11
10	Mahmoud Ashraf Mahmoud	20	Canal El Suez	4:42.66

**Heat 4 of 10 Prelims**

1	Ali Tarek Hamed	20	DEGLA	4:36.61
2	Mohamed Moustafa Darwish	17	DEGLA	4:35.48
3	Mohamed Ashraf Moustafa K	25	HELOP	4:34.30
4	Mohamed Waled Mohamed	19	ZOHUR	4:33.38
5	Khaled Tarik Alaam	17	Smouha	4:32.53
6	Ahmed Adel Ramadan	17	GHABA	4:32.94
7	Mohamed Hesham Mohamed	18	ZOHUR	4:33.68
8	Ahmed Mohamed Ghobashy	17	Smouha	4:34.87
9	Mohamed Hussein Ali	18	AHLY	4:35.55
10	Mohamed Khalied Ahmed Els	17	ZMALK	4:37.54

**Heat 5 of 10 Prelims**

1	Abdelrhman Khaled Saied	25	Smouha	4:31.13
2	Ahmed Youssef Ahmed Youss	23	AHLY	4:30.77
3	Yosif Ahmed Farouk	18	Cairo	4:28.71
4	Mohamed Hany Mohamed Sa	17	TANTA	4:27.61
5	Khalid Ahmed Mohamed	17	Sporting	4:26.11
6	Ahmed Alaa El Din Mohamed	17	Al Hawar	4:27.36
7	Mohamed Alwy Mohamed Ali	18	Smouha	4:28.10
8	Amgd Bassam Hekal	19	SHOOT	4:30.25
9	Seif Ahmed Amin Abdallah	17	Sporting	4:31.08
10	Amr Ayman Abdel Razek	18	AHLY	4:31.14

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

## Meet Program - 16-04-2019 Prelim

**Heat 6 Prelims (#263 Men 13 & Over 400 LC Meter Freestyle)**

1	Omar Hesham Abdel Latif Ha	22	Cairo	4:25.33
2	Seif Ramah Essam El Din	17	SHOOT	4:24.97
3	Sief Tarek Mohamed Raslan	19	TANTA	4:23.81
4	Yosef Amr Ali Emad El Din	17	6 OCT	4:23.38
5	Yousif Ahmed Ragab Elsham	14	Smouha	4:22.73
6	Bassel Hazem Mohamed Farc	17	Smouha	4:23.01
7	Zeiad Omr Atteia	18	GHABA	4:23.57
8	Moamen El Saed Soltan	18	TANTA	4:24.80
9	Karim Ahmed Khaled Elewa	17	SHAMS	4:25.24
10	Omar Adel Abdel Hamed	17	ZOHUR	4:25.49

**Heat 7 of 10 Prelims**

1	Marwan Mohamed Ezz El Dav	20	ZMALK	4:21.65
2	Osama Ahmed Mokhtar	17	SHOOT	4:20.58
3	Marwan Magdy Azzam	16	Olympic	4:19.20
4	Yahia Ashraf Madkour	16	Smouha	4:19.04
5	Eyad Sayed Fadl Alla	17	ZOHUR	4:18.74
6	Mohamed Nasr Ahmed	17	Olympic	4:18.76
7	Shady Hossam Abdelfatah	17	Raas El Bar Club	4:19.09
8	Seif Osama Ahmed Farag	19	AHLY	4:20.11
9	Mostafa Tamer Mostafa	17	AHLY	4:21.50
10	Hassan Essam Hassan	17	ZOHUR	4:22.12

**Heat 8 of 10 Prelims**

1	Hussien Khaled Hussien Kam	17	MAADI	4:17.76
2	Mostafa AbdAllah Mohamed	17	A S E C	4:16.98
3	Mohamed Mourad Mohamed	17	Sporting	4:16.19
4	Shehab Hossam Mahmoud G	18	GHABA	4:15.71
5	Mohamed Ahmed Salah Shen	25	AHLY	4:14.99
6	Ahmed Mohamed Lotfy Amei	21	AHLY	4:15.45
7	Moaaz Hesham Mahmoud	20	Cairo	4:16.11
8	Zeyad Haytham Ismail	18	AHLY	4:16.42
9	Mohamed Attef Yassin	19	AHLY	4:17.48
10	Mostafa Mohamed el Said	18	HELOP	4:18.45

**Heat 9 of 10 Prelims**

1	Mohamed Mahmoud Moham	16	GHABA	4:14.05
2	Ali Hany Mohamed Al Soghai	17	SHAMS	4:12.02
3	Moustafa AbdElhakim Elgam	19	Sporting	4:08.07
4	Marwan Ahmed Elamrawy	24	Sporting	4:03.43
5	Fares Youssef Emara	17	AHLY	3:57.37
6	Yasin Wael Elshmaa	20	Sporting	4:03.11
7	Mazen Mohamed Ahmed Al R	22	AHLY	4:05.38
8	Karem Magdy Ismail	19	Sporting	4:09.37
9	Omar Hany Abdalla	17	AHLY	4:13.86
10	Ahmed Khaled Abdel Hamed	18	SHOOT	4:14.74

**Heat 10 of 10 Prelims**

1	Hamza Adham Amin	19	AHLY	4:13.92
2	Mohamed Medhat Mohamed	20	AHLY	4:11.56
3	Abdel Reheim Samir Al Shein	21	ZMALK	4:07.67
4	Mohamed Hossam AbdElsan	21	Smouha	4:03.40
5	Marwan Ismael Elkmash	26	Sporting	3:46.36
6	Mohamed Adel Mohamed Me	18	AHLY	3:58.24
7	Yosef Hany Mohamed	17	AHLY	4:04.76
8	Ibrahim Mohamed Yoneis	19	ZMALK	4:08.92
9	Ahmed Khaled Moustafa	19	ZMALK	4:13.13
10	Ahmed Yasser Bastawesy	17	AHLY	4:14.50

**Event 264 Women 13 & Over 100 LC Meter Butterfly**

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

**Heat 1 of 5 Prelims**

1	Marim Khaled Mohamed	17	NASR	1:31.55
2	Mariam Khaleed Moustafa	17	ZMALK	1:22.19
3	Mariam Wael Makram	17	AHLY	1:21.29
4	Menatalla Mamdouh Khalel	19	AHLY	1:20.65
5	Radah Essam Eraky	18	SHOOT	1:19.44
6	Nadein Mostafa Mohamed Lo	17	SHOOT	1:20.36
7	Farida Ayman Ibrahim Ahme	17	6 OCT	1:21.18
8	Nada Hesham Ali	18	AHLY	1:21.85
9	Marim Wael Gonim	19	GHABA	1:25.11
10	Nada Waleed Mohamed Mah	18	DEGLA	1:42.48

**Heat 2 of 5 Prelims**

1	Lena Anwar Mostafa	17	Smouha	1:19.28
2	Nagham Ashraf abd Elrahma	17	Olympic	1:17.74
3	Aya Hassan Refai Hassan	17	Al Zaher	1:16.35
4	Merat Emad Fayez	17	A S E C	1:15.92
5	Sama Ayman Mouner Hashir	17	TRSAN	1:15.07
6	Yara Mohamed Tarik Abdou 2	18	GHABA	1:15.80
7	Radwa Abdel Mogeid Abdou	17	MAY15	1:16.24
8	Amina Magdy Mohamed El Sc	26	HELOP	1:16.46
9	Menatalla Ehab AlGaeiar	18	GHABA	1:18.34
10	Nour Amr Ibrahim	18	Sporting	1:19.41

**Heat 3 of 5 Prelims**

1	Mariam Abdel-Rahman Sakr	22	AHLY	1:13.19
2	Nada Fouad Abdel Gawad Ali	17	AHLY	1:10.72
3	Allaa Ashraf Fekry	19	6 OCT	1:08.80
4	Dina Khaled Elgaloly	19	Sporting	1:06.43
5	Rewida Hisham Tolba Ibrahim	24	AHLY	1:04.99
6	Ro'ua Ahmed Farag	17	SHOOT	1:05.81
7	Shahd Yasser	17	Smouha	1:08.19
8	Haidy Hosam Nabil Cotore	20	GEZIR	1:10.02
9	Salma Tamer Elsaied Moham	17	Bank Ahly Alex	1:12.23
10	Magda Mohamed Adel Abas	17	Bank Ahly Alex	1:14.45

**Heat 4 of 5 Prelims**

1	Haeidy Ayman Mahrous Abde	19	SHOOT	1:12.62
2	Rodaina Khaled Mohamed	17	AHLY	1:10.63
3	Hanya Hossam Nabil El Cotor	22	GEZIR	1:08.58
4	Zaina Mohamed Haitham Has	14	SHOOT	1:06.17
5	Lojen Deiaa Eldin Abd Elaler	16	DEGLA	1:03.30
6	Norhan Mohamed Mohi Elzar	16	Smouha	1:05.32
7	Lojin Hossam El din Mokhtar	18	Sporting	1:06.73
8	Aisl Magd El Sayed	19	AHLY	1:09.39
9	Rahma Hossam Hassan	17	Elethad	1:11.35
10	Gana Ahmed Mokhtar	17	AHLY	1:14.22

**Egypt Swimming Cup 2018-2019 - 29-Mar-19 to 18-Apr-19****Meet Program - 16-04-2019 Prelim****Heat 5 Prelims (#264 Women 13 & Over 100 LC Meter Butterfly)**

1	Haidy Khaled Mostafa	17	Cairo	1:12.36
2	Nihal Khaled Tamam	17	Elethad	1:10.06
3	Tasnem Mohamed Mohamed	15	Smouha	1:08.55
4	Jana Khalid	15	Sporting	1:05.89
5	Nour Diaa Elden abo Bakr	15	HELOP	1:02.36
6	Sara Mohamed Hassan	18	AHLY	1:05.29
7	Rodaina Mohamed Saad	14	DEGLA	1:06.47
8	Sara Al Moataz Bella Moham	20	ZMALK	1:09.19
9	Farah Adham Mohamed Tala	17	6 OCT	1:11.13
10	Donia Magdy Mohamed Helr	18	TANTA	1:13.61