

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

Meet Program

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	Elethead	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	BNKG	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	BNKG	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 Dyaa 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 Tawc	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	Yousef 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

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 Hashim	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 Tala	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	Elethad	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

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	Moaaz 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

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

Meet Program

Event 239 Men 13 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
4	Seif Ashry Kaseem	17	Canal El Suez	NT
5	Sief El Din Mahmoud Zaher	20	ZMALK	10:23.76
6	Nour El Din Hossam Ahmed	17	ZMALK	10:38.15
7	Mazen Ayman Said	21	Canal El Suez	NT
Heat 2 of 8 Finals				
1	Abdalla Mohamed Ibrahim	17	SHOOT	10:16.10
2	Ahmed Shehab Ahm. Saleh	19	GEZIR	10:04.66
3	Marwan Nasser	17	A S E C	10:02.04
4	Zeiad Khairy Ali	17	ZMALK	9:57.97
5	Mohamed Ahmed Salah	17	Al Hawar	9:52.59
6	Seif El Din Khaled Mostafa	18	SHOOT	9:53.52
7	Karem Hisham Mohamed	17	Sporting	10:01.50
8	Mahmoud Ashraf Mahmoud	20	Canal El Suez	10:02.39
9	Mohamed Ahmed Gaber Shel	19	HELDO	10:13.68
10	Mahmoud Hassan Mostafa	17	ZMALK	10:19.53
Heat 3 of 8 Finals				
1	Abd Allah Ahmed Saad Bond	18	Sporting	9:49.00
2	Motaz Tamer Makhlof	18	TANTA	9:42.58
3	Foad Mostafa Mohamed	18	Bank Ahly Alex	9:41.49
4	Mohamed Waled Mohamed	19	ZOHUR	9:39.05
5	Nail Gaber Awad	18	Raas El Bar Club	9:32.67
6	Ahmed Mohamed Ahmed Gab	27	ZMALK	9:37.58
7	Omar Mohamed Adel Fareid	23	SHAMS	9:39.50
8	Nader Magdy	17	Smouha	9:41.88
9	Feloubater Basem Farouk	17	SHAMS	9:43.47
10	Basel Wael Mohamed Faeik	17	ZMALK	9:50.97
Heat 4 of 8 Finals				
1	Sief Tarek Mohamed Raslan	19	TANTA	9:32.52
2	Abdelwahab Mohamed Tawfi	20	BNKG	9:29.40
3	Amgd Bassam Hekal	19	SHOOT	9:25.00
4	Seif Osama Ahmed Farag	19	AHLY	9:16.86
5	Mohamed Alwy Mohamed Al	18	Smouha	9:15.68
6	Yousef Hazem Yousef Noufal	19	AHLY	9:16.13
7	Yosif Ahmed Farouk	18	Cairo	9:20.94
8	Ahmed Osama Hisen	17	Sporting	9:28.09
9	Moamen El Saed Soltan	18	TANTA	9:31.61
10	Amr Ayman Abdel Razek	18	AHLY	9:32.62
Heat 5 of 8 Finals				
1	Youssef Ahmed Nabil	17	AHLY	9:09.78
2	Marwan Mohamed Ezz El Dav	20	ZMALK	9:07.97
3	Shehab Hossam Mahmoud G	18	GHABA	9:07.01
4	Zeiad Omr Atteia	18	GHABA	9:06.17
5	Ahmed Alaa El Din Mohamed	17	Al Hawar	9:05.43
6	Hamza Adham Amin	19	AHLY	9:05.72
7	Ahmed Ramadan Abdel Fatta	17	AHLY	9:06.42
8	Osama Ahmed Mokhtar	17	SHOOT	9:07.65
9	Seif Ramah Essam El Din	17	SHOOT	9:09.02
10	Seif Ahmed Amin Abdallah	17	Sporting	9:10.28

Heat 6 of 8 Finals

1	Omar Hesham Abdel Latif Ha	22	Cairo	9:03.54
2	Bassel Hazem Mohamed Farc	17	Smouha	9:01.67
3	Yosef Amr Ali Emad El Din	17	6 OCT	9:01.25
4	Mostafa AbdAllah Mohamed	17	A S E C	8:57.92
5	Moaaz Hesham Mahmoud	20	Cairo	8:55.73
6	Mohamed Mahmoud Moham	16	GHABA	8:56.80
7	Hussien Khaled Hussien Kam	17	MAADI	8:58.58
8	Mostafa Tamer Mostafa	17	AHLY	9:01.38
9	Ahmed Khaled Moustafa	19	ZMALK	9:01.83
10	Amged Yasser Samy Ahmed	17	Al Hawar	9:04.59

Heat 7 of 8 Finals

1	Ahmed Khaled Abdel Hamed	18	SHOOT	8:53.07
2	Eyad Sayed Fadl Alla	17	ZOHUR	8:52.50
3	Mohamed Mourad Mohamed	17	Sporting	8:49.62
4	Mohamed Medhat Mohamed	20	AHLY	8:48.52
5	Ibrahim Mohamed Yoneis	19	ZMALK	8:41.69
6	Mohamed Hossam AbdElslan	21	Smouha	8:42.04
7	Mohamed Attetf Yassin	19	AHLY	8:48.79
8	Elhamy Mohamed Mahmoud	20	SHAMS	8:50.31
9	Mohamed Nasr Ahmed	17	Olympic	8:53.03
10	Zeyad Haytham Ismail	18	AHLY	8:54.78

Heat 8 of 8 Finals

1	Ahmed Yasser Bastawesy	17	AHLY	8:41.45
2	Abdel Reheim Samir Al Shein	21	ZMALK	8:40.80
3	Marwan Ahmed Elamrawy	24	Sporting	8:26.67
4	Mohamed Adel Mohamed Me	18	AHLY	8:14.59
5	Marwan Ismael Elkmash	26	Sporting	8:02.37
6	Fares Youssef Emara	17	AHLY	8:13.68
7	Mazen Mohamed Ahmed Al R	22	AHLY	8:25.97
8	Moustafa AbdElhakim Elgam	19	Sporting	8:34.27
9	Ali Hany Mohamed Al Soghai	17	SHAMS	8:40.93
10	Karem Magdy Ismail	19	Sporting	8:41.46

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 Besh	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 Ragaai	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 Mah	18	DEGLA	42.82

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Meet Program

Heat 3 Prelims (#240 Women 13 & Over 50 LC Meter Butterfly)

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	Mariam 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 Talal	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	Elethad	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	Elethad	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 Sc	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 Mohame	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
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Heat 1 of 14 Prelims

4	Ashraf Mohamed Ali Mohame	19	Canal El Suez	NT
5	Shady Hisham Fouad	17	NASR	44.78
6	Tarik AboElthana Mohamed	20	Smouha	NT

Heat 2 of 14 Prelims

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 Ba	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	Elethad	37.43
3	Mohamed Ayman Hassan Rac	17	ZMALK	37.13
4	Farok Akram Elhamy	18	HELOP	36.72
5	Mohamed Abdella Mohamed	17	Elethad	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	Moaz Ashraf Mohamed	17	El Shrook	37.79

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

Meet Program

Heat 4 Prelims (#241 Men 13 & Over 50 LC Meter Breaststroke)

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 Moataz 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 Metw	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 Taw	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 A	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 Ral	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

Heat 12 of 14 Prelims

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	Mohanad 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

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

Meet Program

Heat 14 Prelims (#241 Men 13 & Over 50 LC Meter Breaststroke)

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
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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	Yassmeine 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 AbdElfttah 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

Heat 7 of 7 Prelims

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

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Meet Program

Heat 2 Prelims (#243 Men 13 & Over 100 LC Meter Butterfly)

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 Ral	18	ZMALK	1:04.56
3	Marawan Elsayed Ali	17	AHLY	1:04.31
4	Yousef Wael Mohamed Abdl /	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 Ossi	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

Heat 10 of 15 Prelims

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 Zaghlool	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

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

Meet Program

Heat 12 Prelims (#243 Men 13 & Over 100 LC Meter Butterfly)

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 Shahen	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 Soghail	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 Haki	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 Mohamed	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

Heat 4 of 6 Prelims

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

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

Meet Program

Heat 5 Prelims (#244 Women 13 & Over 200 LC Meter Breaststroke)

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 Ham	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	5:23.57
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 Elgawac	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

Event 250 Men 13 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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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

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

Meet Program

Heat 3 Prelims (#250 Men 13 & Over 50 LC Meter Butterfly)

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 Shetz	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	BNKG	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 F	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 Badz	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 Ra	18	ZMALK	28.30

Heat 11 of 19 Prelims

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 Haka	18	SHAMS	27.94
5	Shehab Ashraf	17	DEGLA	27.92
6	Omar Ahmed Al Sayed Metwz	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

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

Meet Program

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

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 Yaser 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 Al	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 Shahan	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 Bahga	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
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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

Heat 2 of 7 Prelims

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

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Meet Program

Heat 4 Prelims (#251 Women 13 & Over 50 LC Meter Breaststroke)

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 Ahmec	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 Mohamec	17	ZMALK	39.11

Event 252 Men 13 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Prelims

3	Mohamed Khaled Mousa Elb	20	AHLY	NT
4	Mohamed Ehab Moh. Amin Si	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	Elethead	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

Heat 5 of 21 Prelims

1	Mostafa Mohamed Moastafa	18	ZMALK	1:01.63
2	Ahmed Mohssein 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

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Meet Program

Heat 7 Prelims (#252 Men 13 & Over 100 LC Meter Freestyle)

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	Elethad	59.26
6	Islam Ayman Abdel Aziz	19	ZMALK	59.29
7	Osama Islam Mohamed Kamr	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 Abdelrhmar	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 Fatthy 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 Fatthy	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	Elethad	57.54

Heat 13 of 21 Prelims

1	Yousef 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 Mohamed	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 AmanElDien 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

Heat 15 of 21 Prelims

1	Mohamed Alwy Mohamed Ali	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

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Meet Program

Heat 17 Prelims (#252 Men 13 & Over 100 LC Meter Freestyle)

1	Amr Akram Ahmed Al Garab	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 G	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
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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 Moh	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

Heat 4 of 7 Prelims

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	BNK.G	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 Elsaid 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

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Meet Program

Heat 6 Prelims (#253 Women 13 & Over 100 LC Meter Backstroke)

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 Elrasf	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
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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 Hamee	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	BNK.G	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	BNK.G	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 Shei	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

Heat 7 of 8 Prelims

1	Bassel Hisham Fawzy Mohar	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	Elethead	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 Ab	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

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

Meet Program

Event 255 Women 13 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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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 Z	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	Elethead	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

Event 260 Women 13 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Noran Ibrahim Elbially	17	Smouha	NT
2	Nermen Ayman Ahmed	22	ZMALK	11:17.55
3	Jody Essam	17	Smouha	11:14.60
4	Toka Ahmed Khalifa Mohame	16	Bank Ahly Alex	10:57.73
5	Goumana Karim Mostafa	17	DEGLA	10:52.94
6	Merat Emad Fayez	17	A S E C	10:55.83
7	Maya Ahmed Adel Ali	17	SHAMS	11:03.03
8	Farida Ayman Ibrahim Ahme	17	6 OCT	11:16.05
9	Nadein Mostafa Mohamed Lo	17	SHOOT	11:42.36

Heat 2 of 5 Finals

1	Aya Mohamed Osama Taha H	18	SHOOT	10:44.55
2	Mariam Khaleed Moustafa	17	ZMALK	10:36.21
3	Yara Mohamed Tarik Abdou Z	18	GHABA	10:31.48
4	Donia Magdy Mohamed Helr	18	TANTA	10:30.05
5	Ziena Ahmed Abo ElKhir	18	Sporting	10:28.54
6	Toqa Mohamed Ahmed Mous	18	AHLY	10:28.73
7	Sohila Amr Gamal	17	AHLY	10:30.79
8	Sama Ayman Mouner Hashir	17	TRSAN	10:34.36
9	Laylan Maged Amen Ibrahim	18	Bank Ahly Alex	10:39.23
10	Hania Khaled Mohamed Ali	18	Cairo	10:48.16

Heat 3 of 5 Finals

1	Farah Emad Mohamed Ebrah	17	Al Hawar	10:24.03
2	JoannaYosef Yehya Youssef	17	SHAMS	10:21.35
3	Fraida Amthal Mohamed Kan	17	6 OCT	10:15.57
4	Malak Amr Abdel Monaem	17	ZMALK	10:13.31
5	Aya Hossam El Din Abdel Azz	17	SHAMS	10:12.23
6	Gana Emad Gaad Hosny	16	SHAMS	10:12.24
7	Gana Khaled Shaaban	17	AHLY	10:14.05
8	Shaza Wael Mostafa	17	ZMALK	10:20.24
9	Habiba Haytham El Sayed	17	TANTA	10:22.18
10	Rouba Wael Mostafa	17	ZMALK	10:25.56

Heat 4 of 5 Finals

1	Retag Ashraf Abdel Naby Ami	17	AHLY	10:06.77
2	Salma Hossam ElDin Mahmo	18	AHLY	10:02.71
3	Shahd Sameh Safouat Shaaba	15	HELDO	9:56.28
4	Marim Mhmod Elsaid Elshik	15	Smouha	9:51.77
5	Salam Mohamed Hassan Abd	17	6 OCT	9:49.25
6	Marim AbdElfttah Ahmed	20	Smouha	9:50.25
7	Salma Mohamed Ibrahim Has	16	SHAMS	9:54.94
8	Mayar Hassan Aly EL Sharkav	16	SHAMS	9:56.99
9	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	10:05.22
10	Hana Mostafa Ahmed Hamdy	18	AHLY	10:10.71

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

Meet Program

Heat 5 Finals (#260 Women 13 & Over 800 LC Meter Freestyle)

1	Hana Khaled Samy Hassan	17	SHOOT	9:40.95
2	Sara Mohamed Bhaa	14	HELOP	9:38.40
3	Zaina Mohamed Haitham Has	14	SHOOT	9:28.72
4	Basmala Ashraf Sayed	20	AHLY	9:19.45
5	Hania Mohamed Hany Moro	23	AHLY	8:53.24
6	Sandy Ayman Atef	19	AHLY	9:17.50
7	Nada Ahmed Othman	20	Bank Ahly Alex	9:23.14
8	Asmaa El Sayed Abd El Raof	19	Bank Ahly Alex	9:36.80
9	Kenzi Magdy Elshahat	14	Elethead	9:38.72
10	Hend Hamed Amr Hassan	21	AHLY	9:44.51

Event 261 Men 13 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

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

Heat 2 of 8 Prelims

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

Heat 3 of 8 Prelims

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

Heat 4 of 8 Prelims

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

Heat 5 of 8 Prelims

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 Maaataz 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 Maaataz 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
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Heat 1 of 7 Prelims

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

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

Meet Program

Heat 2 Prelims (#262 Women 13 & Over 100 LC Meter Breaststroke)

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

Heat 3 of 7 Prelims

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
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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 Shef	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

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

Meet Program

Heat 5 Prelims (#263 Men 13 & Over 400 LC Meter Freestyle)

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

Heat 6 of 10 Prelims

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	Moaz 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 AbdElslan	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
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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 Z	18	GHABA	1:15.80
7	Radwa Abdel Mogeid Abdou	17	MAY15	1:16.24
8	Amina Magdy Mohamed El St	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

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

Meet Program

Heat 4 Prelims (#264 Women 13 & Over 100 LC Meter Butterfly)

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 Elalem	16	DEGLA	1:03.30
6	Norhan Mohamed Mohi Elzai	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	Elethead	1:11.35
10	Gana Ahmed Mokhtar	17	AHLY	1:14.22

Heat 5 of 5 Prelims

1	Haidy Khaled Mostafa	17	Cairo	1:12.36
2	Nihal Khaled Tamam	17	Elethead	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

Event 269 Men 13 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Mazen Ayman Said	21	Canal El Suez	NT
2	Zeiad Khairy Ali	17	ZMALK	19:19.71
3	Nader Magdy	17	Smouha	18:57.22
4	Abd Allah Ahmed Saad Bond	18	Sporting	18:41.56
5	Nail Gaber Awad	18	Raas El Bar Club	18:40.73
6	Moamen El Saed Soltan	18	TANTA	18:40.81
7	Basel Wael Mohamed Faeik	17	ZMALK	18:50.53
8	Mahmoud Ashraf Mahmoud	20	Canal El Suez	19:04.05
9	Abdalla Mohamed Ibrahim	17	SHOOT	19:42.29

Heat 2 of 5 Finals

1	Amr Ayman Abdel Razek	18	AHLY	18:34.57
2	Nadeem Naser El Din Fawzy	19	TANTA	18:30.56
3	Motaz Tamer Makhlof	18	TANTA	18:19.74
4	Mohamed Alwy Mohamed Ali	18	Smouha	17:59.76
5	Omar Adel Abdel Hamed	17	ZOHUR	17:54.65
6	Seif Ashry Kaseem	17	Canal El Suez	17:56.25
7	Karim Ehab Abdel Kader	17	ZMALK	18:02.47
8	Amgd Bassam Hekal	19	SHOOT	18:30.05
9	Ahmed Osama Hisen	17	Sporting	18:33.09
10	Feloubater Basem Farouk	17	SHAMS	18:38.11

Heat 3 of 5 Finals

1	Sief Tarek Mohamed Raslan	19	TANTA	17:51.95
2	Seif Ramah Essam El Din	17	SHOOT	17:45.99
3	Omar Hesham Abdel Latif Ha	22	Cairo	17:41.02
4	Abed El Rahman Ashraf Moul	17	Al Hawar	17:38.56
5	Osama Ahmed Mokhtar	17	SHOOT	17:33.02
6	Seif Ahmed Amin Abdallah	17	Sporting	17:34.16
7	Youssef Ahmed Nabil	17	AHLY	17:39.66
8	Zeyad Haytham Ismail	18	AHLY	17:41.53
9	Zeiad Omr Atteia	18	GHABA	17:51.42
10	Yosif Ahmed Farouk	18	Cairo	17:53.82

Heat 4 of 5 Finals

1	Yosef Amr Ali Emad El Din	17	6 OCT	17:22.55
2	Shady Hossam Abdelfatah	17	Raas El Bar Club	17:17.34
3	Mohamed Mahmoud Moham	16	GHABA	17:10.52
4	Ahmed Alaa El Din Mohamed	17	Al Hawar	17:05.82
5	Mohamed Medhat Mohamed	20	AHLY	17:01.22
6	Ahmed Khaled Abdel Hamed	18	SHOOT	17:03.72
7	Eyad Sayed Fadl Alla	17	ZOHUR	17:08.72
8	Hussien Khaled Hussien Kam	17	MAADI	17:13.03
9	Bassel Hazem Mohamed Farc	17	Smouha	17:20.11
10	Mostafa Adel Khalil Ibrahim	15	Smouha	17:23.79

Heat 5 of 5 Finals

1	Ibrahim Mohamed Yoneis	19	ZMALK	16:58.12
2	Ali Hany Mohamed Al Soghai	17	SHAMS	16:40.84
3	Moustafa AbdElhakim Elgam	19	Sporting	16:38.44
4	Marwan Ahmed Elamrawy	24	Sporting	16:20.08
5	Mohamed Adel Mohamed Me	18	AHLY	15:51.83
6	Fares Youssef Emara	17	AHLY	15:53.97
7	Ahmed Yasser Bastawesy	17	AHLY	16:34.84
8	Karem Magdy Ismail	19	Sporting	16:39.51
9	Adel Ragab Ibrahim El Behei	28	6 OCT	16:56.47
10	Mohamed Nasr Ahmed	17	Olympic	16:59.42

Event 270 Women 13 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

3	Yara Tarek Akram Rabea	19	DEGLA	NT
4	Lara Tamer Abdel Aziz Moha	19	SHOOT	NT
5	Kholud Hany Mohamed Ahm	17	NASR	39.56
6	Ganat Allah Mohamed Khalel	18	DEGLA	40.43
7	Enjy Mohamed AboZid	19	Smouha	NT

Heat 2 of 10 Prelims

1	Raneem Ahmed Mohamed El	18	Olympic	37.16
2	Amina Amr Ali Tamy	17	6 OCT	36.94
3	Nada Ashraf Ali	17	RWAD	36.10
4	Farha Naser Mohamed Elbsh	19	Smouha	35.75
5	Nattaly Ehab Abd El Malak	17	Sporting	35.63
6	Shada Mohamed el Shaht ali	17	DEGLA	35.75
7	Yasmine Ahmed Farouk	17	Sporting	35.79
8	Mayar Magdy Aly EL Bery	17	SHAMS	36.18
9	Dalia A.Azim Mohamed	17	DEGLA	36.98
10	Habiba Wael Ramdan Hassan	19	Smouha	37.93

Heat 3 of 10 Prelims

1	Rania Mohamed Mahmoud	18	ZOHUR	35.14
2	Sama Hesham Saber	17	DEGLA	34.85
3	Donia Tarik Hussin Ahmed A	19	Smouha	34.17
4	Mariam Ahmed Taha ali	17	ZMALK	33.25
5	Shorok Ahmed Mostafa	17	SHOOT	33.20
6	Nada Moataz Fouad	19	DEGLA	33.22
7	Salma Hossam AbdElaziz	18	Smouha	33.29
8	Jousteia Morcouc Moheib	18	ZMALK	34.49
9	Farah Alaa Kamal	17	SHOOT	34.88
10	Yara Adel Ismail	17	ZMALK	35.46

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

Meet Program

Heat 4 Prelims (#270 Women 13 & Over 50 LC Meter Freestyle)

1	Elesya Elya Waghen Besher	17	6 OCT	32.84
2	Maram Mohamed Omar	18	SHOOT	32.66
3	Rana Hesham Saad	17	SHOOT	32.54
4	Menatalla Mamdouh Khalel	19	AHLY	32.35
5	Nada Nader Mohamed	19	AHLY	32.22
6	Naden Tamer Mohamed	18	Smouha	32.28
7	Mariam Mohamed Nabil	17	RWAD	32.52
8	Naghham Wael Ahmed Abdel	17	SHAMS	32.54
9	Razan Ayman Mohamed	18	AHLY	32.71
10	Menatalah Amer Moh. Amer :	20	GEZIR	32.96

Heat 5 of 10 Prelims

1	Alia Adel Mahros	17	DEGLA	31.92
2	Mariam Hussin Fawzy	17	Smouha	31.61
3	Salma Gamal Hammad	18	Smouha	31.41
4	Hana Ahmed Yehya Al Khatei	17	HELOP	31.34
5	Meiar Khaled Mohamed Hass	19	ZMALK	31.12
6	Marim Wael Gonim	19	GHABA	31.33
7	Nada Hesham Ali	18	AHLY	31.36
8	Haeidy Ayman Mahrous Abde	19	SHOOT	31.55
9	Yara Hesham Saad	17	SHOOT	31.74
10	Marim Mohamed Farouk Taw	17	TWFIK	32.07

Heat 6 of 10 Prelims

1	Farah Nasr El Den Aly	17	Sporting	30.66
2	Allia Ahmed Shawky	17	AHLY	30.55
3	Donia Waleed Yousof	18	TANTA	30.44
4	Mayar Ahmed Atia El Tahlaw	18	AHLY	30.35
5	Nardin Ismail abd Elaziz	17	Olympic	30.03
6	Malak Hany Mohamed	17	NASR	30.20
7	Amna Bayomy	17	Sporting	30.43
8	Hala Ayman Al Sayed	18	SHAMS	30.51
9	Sherein Adel Raafat	19	AHLY	30.60
10	Farah Haytham Elsayed Ali	20	AHLY	30.98

Heat 7 of 10 Prelims

1	Meiar Mohamed Bauomy Abc	19	BNK.G	29.92
2	Malak Saad Elkersh	17	AHLY	29.83
3	Malak Haytham Elsayed	17	AHLY	29.71
4	Hager Hossam Mousad	17	SHAMS	29.65
5	Farida Ahmed Ibrahim Eid	22	HELDO	29.28
6	Hla Ahmed Ramzy	18	Smouha	29.40
7	Aliaa Osama Sabar	17	AHLY	29.67
8	Sohaila Fouad	21	Sporting	29.83
9	Monera Ibrahim Basyony	20	Smouha	29.88
10	Naden Ahmed Farok AbdElaz	20	Smouha	29.99

Heat 8 of 10 Prelims

1	Hana Alaa Kamal El Den	17	Sporting	28.99
2	Habiba Ayman Mahmoud Hai	15	Bank Ahly Alex	28.61
3	Noor Moh. Samer Eleesh	17	GEZIR	28.43
4	Rawda Nabil Mohamed	17	Smouha	28.07
5	Rowan Hossam Elbadry	24	Sporting	27.50
6	Roula Ahm. Houssny Houssei	17	GEZIR	27.99
7	Mariem Galal Saied	18	SHAMS	28.36
8	Hana Mostafa Ahmed Hamdy	18	AHLY	28.52
9	Norhan Mohamed Mohi Elza	16	Smouha	28.72
10	Hanya Hossam Nabil El Cotor	22	GEZIR	29.11

Heat 9 of 10 Prelims

1	Nelly Elgmal Moh. Sayd Most	15	GEZIR	28.82
2	Hana Ashraf Mahmoud	18	DEGLA	28.56
3	Salma Yasser Hassan	17	Cairo	28.38
4	Farida Ayman Samra	15	SHOOT	28.03
5	Yasmin Mamdouh Mahmoud	20	AHLY	27.37
6	Ro`ua Ahmed Farag	17	SHOOT	27.92
7	Dana Tamer Shafiq	16	HELOP	28.26
8	Habiba Hatem Abdel Moaty M	18	AHLY	28.45
9	Haia Salah Mahmoud	19	AHLY	28.72
10	Nour Islam Mohamed	17	AHLY	29.09

Heat 10 of 10 Prelims

1	Mariam Rashed Abdel Mona't	19	AHLY	28.77
2	Nour Mohamed Ibrahim Ali	14	Smouha	28.55
3	Malak Khaled Ahmed Zayan	18	Smouha	28.37
4	Rodaina Mohamed Saad	14	DEGLA	28.02
5	Amina Magdy Mohamed El Sc	26	HELOP	26.66
6	Rawan Mohamed AboElFadl	16	DEGLA	27.53
7	Lojin Hossam El din Mokhtar	18	Sporting	28.20
8	Enjy AlaaEldin Hendy	17	Smouha	28.43
9	Gihan Ahmed Abd El Azim Al	15	MAADI	28.66
10	Hedy Amr Moustafa Hamoud	20	HELOP	29.06

Event 271 Men 13 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

1	Karim AboElthana Mohamed	19	Smouha	NT
2	Hazim Mohamed Eisa	17	DEGLA	NT
3	Yosef Alla Zaki	17	GHABA	NT
4	Mostafa ' Abdelwhab	17	DEGLA	1:25.67
5	Yousef Ramy Nabil Zaky	17	Sporting	1:19.14
6	Seif Eldin Moustafa Mohamed	17	RWAD	1:19.48
7	Omar Mourtada Ismail	17	SHOOT	1:33.15
8	Mohamed Khaled Mousa Elba	20	AHLY	NT
9	Ibrahim Ayman Ezaat	17	Smouha	NT

Heat 2 of 10 Prelims

1	Aly Mohamed Samy Tantawy	17	Sporting	1:13.71
2	Omar Yaser Mohamed Hamec	17	DEGLA	1:13.00
3	Ahmed Osama Hisen	17	Sporting	1:12.85
4	Abu Zaid Sobhy Abd El Halim	18	Bank Ahly Alex	1:12.08
5	Ali Ahmed Ali Helmy Moha	19	Smouha	1:11.92
6	Mahmoud Hassan Mostafa	17	ZMALK	1:12.04
7	Yassin Emad Hamed	17	ZMALK	1:12.52
8	Mohamed Amr Maher Ma'mc	17	GEZIR	1:12.99
9	Nour El Din Hossam Ahmed	17	ZMALK	1:13.21
10	Salaheldin Alaaeldin	19	AHLY	1:14.80

Heat 3 of 10 Prelims

1	Ahmed ElSayed Abd Shafy	17	TANTA	1:11.63
2	Omar Aldemerdash	19	Baladyat El Maha	1:11.43
3	Omar Mohamed Farag	17	Smouha	1:10.48
4	Motaz Tamer Makhlof	18	TANTA	1:10.11
5	Amar Yaser Salah Mahmoud	18	ZMALK	1:09.95
6	Karim Hatem Abdel-Moaaty	18	AHLY	1:10.01
7	Yousef Ismail Rezk	17	HELOP	1:10.34
8	Amar Mohamed Moawed	17	BNK.G	1:11.32
9	Houssein Ahmed Mohamed S	19	SHOOT	1:11.54
10	Omar Tamer Mohamed	17	Cairo	1:11.69

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

Meet Program

Heat 4 Prelims (#271 Men 13 & Over 100 LC Meter Backstroke)

1	Mohamed Ahmed Hassan	20	ZMALK	1:09.75
2	Omar Ahmed Abdel Fattah	22	HELOP	1:09.49
3	Mohamed Yousif AbdElrhma	18	Smouha	1:08.87
4	Ehab Amr Ali Mohamed Ghar	18	MAADI	1:08.57
5	Osama Islam Mohamed Kame	18	GHABA	1:08.46
6	Mohamed Amr Saleh El Sayec	18	TANTA	1:08.51
7	Ahmed Hisham Mahmoud	17	RWAD	1:08.85
8	Mahmoud Mamdouh Mostafa	19	6 OCT	1:09.46
9	Fouad Mahmoud Fouad	19	SHOOT	1:09.71
10	Seif Alla Yaser Mostafa	17	SHOOT	1:09.90

Heat 5 of 10 Prelims

1	Mohamed Adm Ahmed Foua	19	SHAMS	1:08.04
2	Abdelwahab Mohamed Tawfi	20	BNK.G	1:07.92
3	Ahmed Waled Mohamed Ossi	17	ZMALK	1:07.79
4	Aly Amr Ahmed Shaaban	17	Bank Ahly Alex	1:07.59
5	Ahmed Haytham Mohamd Al	17	SHOOT	1:07.18
6	Yousef Wael Mohamed Abdl /	17	SHOOT	1:07.37
7	Marwan Sherif Adel Al Dere	17	HELDO	1:07.61
8	Yehya Amr Mohamed Sadek	18	HELOP	1:07.89
9	Mahmoud Sherif	18	ZMALK	1:08.01
10	Belal Mahmoud Shawky Ali	18	ZMALK	1:08.44

Heat 6 of 10 Prelims

1	Mohamed Mohsen Ramdan	17	Smouha	1:06.89
2	Mohamed Essam Elsayed	17	Olympic	1:06.64
3	Marawan Haytham Abd ElMe	19	TANTA	1:06.47
4	Mohamed Nasr Darwish	17	Smouha	1:06.30
5	Karim Ahmed Khaled Elewa	17	SHAMS	1:05.61
6	Mahmoud Ahmed Ebrahim Z.	17	Sporting	1:05.91
7	Mostafa Ahmed Elshrbiny	17	Smouha	1:06.37
8	Zeiad Abou Elela Hamdy Moh	17	AHLY	1:06.51
9	Omar Mohamed Mostafa Has	21	6 OCT	1:06.84
10	Adham Ahmed Mohamed Zal	17	AHLY	1:07.18

Heat 7 of 10 Prelims

1	Omar Tarek Sayed	17	A S E C	1:05.57
2	Zeiad Ahmed Abdelazim Abd	17	MAADI	1:05.54
3	Omar Khaled Mohamed	17	HLWAN	1:05.02
4	Bassel Hisham Fawzy Mohan	17	Olympic	1:04.65
5	Zeiad Sophy Mohamed	19	GHABA	1:03.99
6	Adham Adel Mohamed	17	Sporting	1:04.13
7	Moneib Makram Ahmed	18	SHAMS	1:04.99
8	Ahmed Mahmoud Abdelkade	19	AHLY	1:05.34
9	Yosif Ahmed Farouk	18	Cairo	1:05.55
10	Yoseif Waled Hassan Al Shafa	19	ZMALK	1:05.60

Heat 8 of 10 Prelims

1	Mohamed Nour Ibrahim	24	AHLY	1:03.34
2	Moustafa Abdo Mohamed Sh	17	RWAD	1:02.13
3	Abdel Reheim Samir Al Shein	21	ZMALK	1:01.36
4	Mohamed Hisham Mohamed	27	Gezira El Ward	1:01.03
5	Yousef Ashraf Mahmoud	19	ZMALK	58.82
6	Mohab El Din Fathy	18	Sporting	1:00.92
7	Yousef Ahmed Salah Shendy	22	AHLY	1:01.10
8	Mohamed Hesham Ahmed Al	19	HELDO	1:01.75
9	Mohamed Hisham Salah	20	SHOOT	1:02.68
10	Mahmoud Mohamed Maham	17	AHLY	1:03.91

Heat 9 of 10 Prelims

1	Khaled Mostafa Mohamed	20	AHLY	1:03.05
2	Mohamed Yasser Karam	17	Cairo	1:01.92
3	Moustafa Yaser Fouda	24	HELOP	1:01.24
4	Ahmed Adel Mohamed Mesel	19	AHLY	1:01.02
5	Omar Adel Abas	18	DEGLA	58.75
6	Ahmed Osama Ahmed Farag	20	AHLY	1:00.90
7	Abdel Rahman Mohamed Abc	17	AHLY	1:01.06
8	Mohamed Khaled Mahmoud	17	A S E C	1:01.63
9	Mohamed Adel Ahmed Bahga	19	ZOHUR	1:02.60
10	Omar Walaa Noaaman	18	AHLY	1:03.72

Heat 10 of 10 Prelims

1	Abdel Rahman Mohamed Ra	17	AHLY	1:02.70
2	Ahmed Assem Goumaa	18	AHLY	1:01.82
3	Omer Mohamed Bahaa	18	HELOP	1:01.17
4	Yousif Mohamed Khalaf	18	Smouha	1:00.94
5	Abdel Rahman Jamal El Din H	19	Elethead	58.22
6	Karim Waled Essam Shabana	18	Smouha	1:00.30
7	Saied Mohamed Abd Elgawac	16	Sporting	1:01.05
8	Yackoub Amr Yackoub	23	Sporting	1:01.61
9	Ahmed Younis Nasir	17	ZMALK	1:02.27
10	Abdel Rahman Mohamed Sal	19	AHLY	1:03.61

Event 272 Women 13 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

3	Yara Tarek Akram Rabea	19	DEGLA	NT
4	Marim Wael Gonim	19	GHABA	3:12.03
5	Hager Hossam Mousad	17	SHAMS	2:58.25
6	Mariam Mohamed Nabil	17	RWAD	3:04.47
7	Radwa Abdel Mogeid Abdou	17	MAY15	NT
8	Maiya Kamal Samir	19	Sporting	NT

Heat 2 of 6 Prelims

1	Yara Medhat Mahmoud	17	ZMALK	2:58.09
2	Habiba Tarek Hamed	17	DEGLA	2:55.57
3	Souhila Ahmed Kamal	19	GHABA	2:53.49
4	Rahma Hossam Hassan	17	Elethead	2:52.44
5	Gana Ahmed Mokhtar	17	AHLY	2:49.27
6	Haeidy Ayman Mahrous Abde	19	SHOOT	2:50.93
7	Malak Akmal Mohamed	18	6 OCT	2:53.18
8	Malak Saad Elkersh	17	AHLY	2:55.52
9	Radah Essam Eraky	18	SHOOT	2:56.94
10	Shahd Islam Abdel Latif Shen	17	HELDO	2:58.09

Heat 3 of 6 Prelims

1	Nour Amr Ibrahim	18	Sporting	2:48.33
2	Fagr Raafat Abdel Hafez	19	SHAMS	2:46.50
3	Mariem Galal Saied	18	SHAMS	2:45.19
4	Donya Amr Mohamed Nabih	17	SHAMS	2:44.87
5	Donia Magdy Mohamed Helr	18	TANTA	2:44.68
6	Ziena Ahmed Abo ElKhir	18	Sporting	2:44.68
7	Salma Tamer Elsaied Moham	17	Bank Ahly Alex	2:45.10
8	Nada Fouad Abdel Gawad Ali	17	AHLY	2:45.85
9	Alaa Ayman Aly Kamel	17	TANTA	2:48.07
10	Wessam Kamal Mohamed	17	MAY15	2:49.20

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

Meet Program

Heat 4 Prelims (#272 Women 13 & Over 200 LC Meter IM)

1	Aisl Magd El Sayed	19	AHLY	2:41.15
2	Haidy Hosam Nabil Cotore	20	GEZIR	2:38.04
3	Salma Ashraf Mouhssein	18	Al Hawar	2:36.09
4	Salam Mohamed Hassan Abd	17	6 OCT	2:34.65
5	Rawan Tamer Mohamed	15	DEGLA	2:24.98
6	Mariam Hossam Aly Sabour	18	GEZIR	2:29.77
7	Hanin Ashraf aly	15	Olympic	2:35.42
8	Maryem Ahmed Khalifa Moh:	20	Bank Ahly Alex	2:37.63
9	Farah Adham Mohamed Tala:	17	6 OCT	2:38.72
10	Alla Wael Mostafa	17	DEGLA	2:43.55

Heat 5 of 6 Prelims

1	Haidy Adel Mohamed Samy S	17	HELDO	2:39.83
2	Yassmin Amr Ali	19	6 OCT	2:37.90
3	Malak Mohamed Abd El Gabe	15	Bank Ahly Alex	2:35.70
4	Hana Khaled Samy Hassan	17	SHOOT	2:31.54
5	Nour Diao Elden abo Bakr	15	HELOP	2:23.67
6	Dina Khaled Elgaloly	19	Sporting	2:27.59
7	Shahd Yasser	17	Smouha	2:35.16
8	Gana Nasr El Din Ali	15	Sporting	2:37.03
9	Zena Wael Mohamed Ezzat	18	SHOOT	2:38.45
10	Gana Khaled Shaaban	17	AHLY	2:41.28

Heat 6 of 6 Prelims

1	Hanya Hossam Nabil El Cotor	22	GEZIR	2:39.30
2	Maya Kamal Mohamed Mhm:	13	Smouha	2:37.81
3	Nada Ahmed Samer	19	Sporting	2:35.60
4	Sara Mohamed Hassan	18	AHLY	2:30.27
5	Rewida Hisham Tolba Ibrahim	24	AHLY	2:19.76
6	Lojen Deiaa Eldin Abd Elalem	16	DEGLA	2:26.44
7	Dina Mosaad El Taiybe	16	Sporting	2:35.00
8	Allaa Ashraf Fekry	19	6 OCT	2:36.35
9	Mariam Mohamed Ahmed Ko	13	Smouha	2:38.35
10	Ranim Mohamed Wagih	17	Bank Ahly Alex	2:41.26

Event 273 Men 13 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

4	Omar Khaled Mohamed	17	HLWAN	NT
5	Allaa Ali Ibrahim	18	Cairo	2:58.91
6	Adham Hatem Hanafy	17	AHLY	NT

Heat 2 of 8 Prelims

2	Seif Ahmed Said Sayed	17	ZMALK	2:45.15
3	Yousif Mohamed Elbarbary	17	Smouha	2:35.48
4	Marwan Nasser	17	A S E C	2:34.63
5	Ali Mohamed Abo Taleib	17	DEGLA	2:29.43
6	abd el Monaam Ahmed abd E	17	Cairo	2:31.52
7	Mohanad Ashraf Farok Rashv	17	ZOHUR	2:34.69
8	Amr Mohamed Mostafa Awac	19	Smouha	2:37.53
9	Sief El Din Mahmoud Zaher	20	ZMALK	2:50.49

Heat 3 of 8 Prelims

1	Mohamed Ahmed Salah	17	Al Hawar	2:25.59
2	Tarik Omar Atteia	19	GHABA	2:24.75
3	Ahmed Mohamed Ghobashy	17	Smouha	2:21.71
4	Nail Gaber Awad	18	Raas El Bar Club	2:21.63
5	Abed El Rahman Ashraf Moul	17	Al Hawar	2:20.54
6	Seif Osama Ahmed Farag	19	AHLY	2:21.44
7	Mohamed Essam Elsayed	17	Olympic	2:21.64
8	Abdel Rahman Ahmed Ali Mo	17	SHAMS	2:22.21
9	Marawan Elsayed Ali	17	AHLY	2:25.59
10	Mhmod Hisham	17	Smouha	2:25.97

Heat 4 of 8 Prelims

1	Mohamed Ashraf Mohamed	18	Smouha	2:20.02
2	Ahmed Mohamed Lotfy Amei	21	AHLY	2:19.36
3	Zien ElDin Mahmoud	17	Sporting	2:17.55
4	Omar Mohamed Adel Fareid	23	SHAMS	2:17.29
5	Zeyad Haytham Ismail	18	AHLY	2:16.56
6	Seif Ahmed Amin Abdallah	17	Sporting	2:17.11
7	Ahmed Alaa El Din Mohamed	17	Al Hawar	2:17.36
8	Aser Amgad Lotfy	20	AHLY	2:18.58
9	Nadeem Naser El Din Fawzy	19	TANTA	2:19.43
10	Mahmoud Ayman Mahmoud	17	Bank Ahly Alex	2:20.47

Heat 5 of 8 Prelims

1	Ahmed Ramadan Abdel Fatta	17	AHLY	2:16.03
2	Omar Ahmed Salem Hamoda	16	Smouha	2:15.95
3	Mohamed Mostafa El Feiky	18	DEGLA	2:15.58
4	Mohamed Nasr Ahmed	17	Olympic	2:15.41
5	Ahmed Essam Mohamed	17	Cairo	2:15.25
6	Mostafa Khaled Mahmoud	18	SHAMS	2:15.40
7	Omar Adel Abdel Hamed	17	ZOHUR	2:15.58
8	Abdel Rahman Ehab Mostafa	17	AHLY	2:15.69
9	Adam Karim AL Kady	15	SHOOT	2:15.98
10	Motaz Tamer Makhlof	18	TANTA	2:16.19

Heat 6 of 8 Prelims

1	Omar Tamer Mmdoh	18	Smouha	2:13.46
2	Marwan Mohamed Abou El E	19	6 OCT	2:11.95
3	Mohamed Hossam AbdElslan	21	Smouha	2:10.57
4	Mostafa AbdAllah Mohamed	17	A S E C	2:08.63
5	Khaled Abdel Naser Ali	20	SHOOT	2:03.89
6	Yassin Ayman Ali Toulba	16	SHOOT	2:05.85
7	Ahmed Khaled Moustafa	19	ZMALK	2:09.46
8	Yosef Hany Mohamed	17	AHLY	2:11.46
9	Hamza Adham Amin	19	AHLY	2:12.99
10	Shady Hossam Abdelfatah	17	Raas El Bar Club	2:14.67

Heat 7 of 8 Prelims

1	Saied Mohamed Abd Elgawac	16	Sporting	2:13.42
2	Ahmed Diao	19	Cairo	2:11.94
3	Selim Moh. Ahm. Moktar Has.	15	GEZIR	2:10.55
4	Basel Mohamed Ahmed	16	Elethead	2:08.46
5	Ahmed Hamdy Salem	27	AHLY	2:03.16
6	Mazen Mohamed Ahmed Al R	22	AHLY	2:04.81
7	Ibrahim Mohamed Yoneis	19	ZMALK	2:08.79
8	Mohamed Attef Yassin	19	AHLY	2:11.40
9	Zeiad Sophy Mohamed	19	GHABA	2:12.98
10	Hassan Essam Hassan	17	ZOHUR	2:14.38

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

Meet Program

Heat 8 Prelims (#273 Men 13 & Over 200 LC Meter Butterfly)

1	Nour Essam Ismail Ossman	24	Gezira El Ward	2:13.14
2	Ahmed Assem Goumaa	18	AHLY	2:11.50
3	Mohamed Medhat Mohamed	20	AHLY	2:10.28
4	Ahmed Khaled Rateb	18	AHLY	2:06.22
5	Marwan Ismael Elkmash	26	Sporting	2:00.96
6	Ibrahim Ahmed Ibrahim	18	Sporting	2:04.69
7	Yousif Tarik Reda	17	HELOP	2:08.65
8	Mohamed Ahmed Mohamed	19	TANTA	2:10.68
9	Mohamed Hesham Mohamed	18	ZOHUR	2:12.60
10	Ali Hany Mohamed Al Soghai	17	SHAMS	2:14.27

Event 274 Women 13 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

3	Hania Khaled Mohamed Ali	18	Cairo	20:53.87
4	Ziena Ahmed Abo ElKhir	18	Sporting	20:20.99
5	Rouba Wael Mostafa	17	ZMALK	19:57.35
6	Farah Emad Mohamed Ebrah	17	Al Hawar	20:09.35
7	Reem Osama Abdel Halem	18	AHLY	20:53.24
8	Farida Ayman Ibrahim Ahme	17	6 OCT	21:52.79

Heat 2 of 3 Finals

1	Toqa Mohamed Ahmed Mous	18	AHLY	19:53.06
2	Sohila Amr Gamal	17	AHLY	19:44.99
3	Aya Hossam El Din Abdel Azz	17	SHAMS	19:32.13
4	Malak Amr Abdel Monaem	17	ZMALK	19:25.81
5	Marim AbdElftah Ahmed	20	Smouha	18:47.72
6	Salma Hossam ElDin Mahmoi	18	AHLY	19:14.60
7	Retag Ashraf Abdel Naby Ami	17	AHLY	19:30.35
8	Shaza Wael Mostafa	17	ZMALK	19:40.63
9	JoannaYosef Yehya Youssef	17	SHAMS	19:48.78
10	Fraida Amthal Mohamed Kan	17	6 OCT	19:55.95

Heat 3 of 3 Finals

1	Dana Khaled Abdel Monaem	22	DEGLA	18:45.27
2	Hend Hamed Amr Hassan	21	AHLY	18:42.37
3	Salma Hany Mostafa Abdelka	16	MAADI	18:31.36
4	Nada Ahmed Othman	20	Bank Ahly Alex	18:05.25
5	Hania Mohamed Hany Moro	23	AHLY	17:15.45
6	Sandy Ayman Atef	19	AHLY	18:01.98
7	Basmala Ashraf Sayed	20	AHLY	18:19.74
8	Sara Mohamed Bhaa	14	HELOP	18:38.44
9	Marim Mhmod Elsaid Elshik	15	Smouha	18:42.56
10	Salam Mohamed Hassan Abd	17	6 OCT	18:45.89

Event 275 Men 13 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Prelims

2	Ibrahem Ayman Ezaat	17	Smouha	NT
3	Hazim Mohamed Eisa	17	DEGLA	NT
4	Mostafa Gamal Mohamed	17	TRSAN	33.39
5	Karim Mahmoud Farouk	17	Beni Suef Club	31.58
6	Omar Ahmed Safwat Salah	17	Cairo	33.00
7	Ahmed Akram Mohamed Faw	19	ZMALK	34.22
8	Bassel Hisham Fawzy Mohan	17	Olympic	NT

Heat 2 of 21 Prelims

1	Seif Allah Magdy Gad	17	GHABA	31.29
2	Mohamed Ehab Moh. Amin S	18	GEZIR	31.19
3	Omar Ihab Ismail	18	ZMALK	30.50
4	Karim Mohamed Yousry	18	ZMALK	30.39
5	Zeiad Hossam El Din Samy	18	ZOHUR	29.92
6	Marwan Mohamed Abd El Me	17	AHRAM	30.17
7	Mohamed Abdella Mohamed	17	Elethad	30.42
8	Yousef Hazem Yousef Montas	17	GEZIR	30.80
9	Mohamed Ahmed Rmadan	17	TRSAN	31.24
10	Abdullah Mohammed Abdull	17	Beni Suef Club	31.41

Heat 3 of 21 Prelims

1	Omar Wael Andel	20	Sporting	29.63
2	Moataz Mostafa Kamal Abbas	19	HELDO	29.30
3	Seif Alla Mohamed Hamed	18	AHLY	28.76
4	Marwan Mohamed Ahmed M	18	GHABA	28.58
5	Shaaban Hesham Elyas	20	ZMALK	28.44
6	Hazem Mohamed Saber	19	DEGLA	28.55
7	Yousef Ahmed Shehata Moha	21	ZMALK	28.70
8	Moaaz Ashraf Mohamed	17	El Shrook	28.86
9	Abdelrahman Mahmoud Has	20	GHABA	29.45
10	Yousef Khaled Ebrahim	17	TWFIK	29.67

Heat 4 of 21 Prelims

1	Ahmed Mostafa Ahmed Akad	17	TANTA	28.20
2	Mohamed Ahmed Nagy	20	ZOHUR	28.08
3	AbdelRahman Ahmed Mohar	17	A S E C	28.04
4	Ziad Waleed	18	DEGLA	28.03
5	Marwan Nasser	17	A S E C	28.01
6	Aser Ehab	18	Smouha	28.03
7	Karim Abou Bakr Mahmoud	17	MAY15	28.04
8	Abd El Rahman Yasser Abd El	17	Sporting	28.05
9	Yousif Mhmod Farok Ahmed	19	Smouha	28.17
10	Abdelkrem Ashraf Abood	17	Bank Ahly Alex	28.38

Heat 5 of 21 Prelims

1	Abd Elrahman Emad Fathe E	18	GEZIR	27.93
2	Abdel Rahman Sherif Moham	20	HELOP	27.88
3	Adham Waled Elbhery	17	TANTA	27.76
4	Mahmoud Mohamed Abas	18	SHOOT	27.66
5	Ahmed Yaser Fekry	20	ZMALK	27.62
6	Hamza Hisham	17	Smouha	27.63
7	Ehab Amr Ali Mohamed Ghar	18	MAADI	27.73
8	Yousef Samy Mahmoud Dawc	17	AHRAM	27.81
9	Abu Zaid Sobhy Abd El Halim	18	Bank Ahly Alex	27.91
10	Ahmed ElSayed Abd Shafy	17	TANTA	27.98

Heat 6 of 21 Prelims

1	Omar Ayman Hosam Omar M	17	GEZIR	27.53
2	Omar Tarek abd el Aziz	18	Cairo	27.52
3	Farok Akram Elhamy	18	HELOP	27.50
4	Mahmoud Mohamed Esmail	18	Sporting	27.45
5	Marwan Tamer	17	Smouha	27.43
6	Yossef Gamal Rashed	18	GHABA	27.44
7	Eyad Ahmed Mohamed	17	DEGLA	27.47
8	Omer Khaled Mohamed Masc	23	RWAD	27.50
9	Hany Ahmed Hisham Moham	23	HELDO	27.53
10	Ibrahim Mohamed Ibrahim	18	SHOOT	27.57

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

Meet Program

Heat 7 Prelims (#275 Men 13 & Over 50 LC Meter Freestyle)

1	Houssein Ahmed Mohamed S	19	SHOOT	27.41
2	Ahmed Maged Mohamed	17	Sporting	27.40
3	Karim Maged Mohssein Al Fa	17	HELOP	27.39
4	Ramy Nabil Faeid Beshay	18	SHOOT	27.29
5	Abdel Rahman Ahmed Sabry	17	MAADI	27.14
6	Karim Hatem Abdel-Moaaty	18	AHLY	27.23
7	Omar Ehab Attef Mohamed	18	Gezira El Ward	27.35
8	Yosef Adel Ismail	17	ZMALK	27.39
9	Kareem Ahmed Shaaban	19	RWAD	27.40
10	Yousef Waled Al Sayed Al Bai	17	GEZIR	27.42

Heat 8 of 21 Prelims

1	Noor El Din Ehab Chaouki	17	Elethead	27.04
2	Mohamed Abdo Mohamed Sh	19	RWAD	26.99
3	Mostafa Hesham Ahmed EL A	22	SHAMS	26.91
4	Ahmed Hamed Al Nouwehy	17	SHAR!	26.86
5	Yousef Ahmed Yousef	17	SHOOT	26.85
6	Yehya Amr Mohamed Sadek	18	HELOP	26.85
7	Youssef Mamdouh Mohamed	18	AHLY	26.87
8	Mostafa Abd El Meneam Barg	18	TANTA	26.93
9	Yehya Ashraf Mohamed Ali	17	ZOHUR	27.01
10	Ahmed Hisham Mahmoud	17	RWAD	27.05

Heat 9 of 21 Prelims

1	Adham Ahmad Shaban	19	RWAD	26.78
2	Yaser Amr Salah El Din	19	SHAMS	26.77
3	Ziyad Hazem Mohamed	17	DEGLA	26.75
4	Ahmed Shehab Mohamed Ezz	17	ZMALK	26.72
5	Ziad Mohamed El Sayed	17	DEGLA	26.72
6	abd el Monaam Ahmed abd E	17	Cairo	26.72
7	Karem Tarek Ebrahim	18	Sporting	26.72
8	Karim Amr Taha	18	SHOOT	26.76
9	Nooreldeen Fareed Heseen H	17	Gezira El Ward	26.78
10	Khaled Waled Sayed	19	DEGLA	26.83

Heat 10 of 21 Prelims

1	Adham Khled Ahmed Elqady	17	RWAD	26.69
2	Mazen Sameer Wagdy Mohar	19	Nasr City	26.68
3	Moneib Makram Ahmed	18	SHAMS	26.66
4	Ahmed Ali El Sayed Ali	19	6 OCT	26.63
5	Ali Houssein Nasr El Din Hou	17	AHLY	26.56
6	Karim Walid Salah	17	AHLY	26.59
7	Mohamed Waled Mohamed	19	ZOHUR	26.65
8	Anas Amin Mohamed Sharaf	17	Sporting	26.67
9	Mazin Amr Alj Hassan	17	6 OCT	26.69
10	Abdullah Imad al-Din Fathi	17	Elethead	26.70

Heat 11 of 21 Prelims

1	Mahmoud Ayman Mahmoud	17	Bank Ahly Alex	26.52
2	Omar Aldemerdash	19	Baladyat El Maha	26.48
3	Aly Amr Ahmed Shaaban	17	Bank Ahly Alex	26.36
4	Fady Ehab Weliam Gad El Ral	18	ZMALK	26.35
5	Seif Alla Yaser Mostafa	17	SHOOT	26.31
6	Fouad Mahmoud Fouad	19	SHOOT	26.35
7	Mohamed Mohssein Al Banar	17	SHAR!	26.35
8	Mohamed Abdel Naser Ali	19	SHOOT	26.40
9	Amr Hesham Adel	17	AHLY	26.48
10	Ahmed Hesham Fatthy Hasat	18	DEGLA	26.54

Heat 12 of 21 Prelims

1	Ahmed Mahmoud Abdelkade	19	AHLY	26.25
2	Ahmed Khaled Gamal Thabet	17	AHLY	26.24
3	Mohamed Hany Mohamed Sa	17	TANTA	26.22
4	Mohamed Hussein Ali	18	AHLY	26.21
5	Basel Amr Shahin	19	AHLY	26.15
6	Mohamed Khalied Ahmed Els	17	ZMALK	26.17
7	Mohamed Mostafa Mohamed	18	Smouha	26.21
8	Marwan Ali Abdalla	18	SHAMS	26.24
9	Ziad Yaser Ahmed	20	Sporting	26.24
10	Omar Mohamed Khater Al Dc	19	6 OCT	26.28

Heat 13 of 21 Prelims

1	Mostafa Ihab Ahmed Shouma	19	SHAMS	26.12
2	Adham Marwan Hassan	17	SHOOT	26.08
3	Abdel Rahman Abdel Halem	19	AHLY	26.04
4	Ahmed Khaled Abd El Maged	18	Bank Ahly Alex	26.02
5	Mostafa Alaa Fatthy	20	SHOOT	25.99
6	Yosif Elaraby Mohamed	18	Cairo	25.99
7	Omar Tarek Sayed	17	A S E C	26.04
8	Youssef Ahmed Nabil	17	AHLY	26.05
9	Mohamed Amr Maher Ma'mc	17	GEZIR	26.10
10	Karim Ayman Abd Alftah	19	SHOOT	26.14

Heat 14 of 21 Prelims

1	Khalid Ahmed Mohamed	17	Sporting	25.98
2	Mohamed Ahmed Salah	17	Smouha	25.91
3	Eyad Mohamed Nabih	16	Smouha	25.82
4	Islam Ayman Abdel Aziz	19	ZMALK	25.80
5	Ahmed Mohamed Eissa	19	Cairo	25.77
6	Ahmed Mohamed Khalel	17	A S E C	25.79
7	Omar Mohamed Salah Mowal	17	SHAR!	25.81
8	Ahmed Mohamed Fahmy	20	DEGLA	25.85
9	Yousef Ismail Rezk	17	HELOP	25.92
10	Abdallah Yasser Mohamed	18	Cairo	25.98

Heat 15 of 21 Prelims

1	Nour El Din Mohamed Mohar	17	ZMALK	25.70
2	Ahmed Yaser Salah El Din Eis	23	HELDO	25.68
3	Ahmed Moustafa Ibrahim	20	SHAMS	25.64
4	Mohamed Hossam Barkat	17	Smouha	25.62
5	Zeiad Ahmed Abdelazim Abd	17	MAADI	25.55
6	Karim Waled Essam Shabana	18	Smouha	25.56
7	Esmat Ashraf Esmat Hatata	14	Smouha	25.64
8	Karim AboElthana Mohamed	19	Smouha	25.66
9	Omar Ahmed Al Sayed Metwæ	17	SHOOT	25.70
10	Ali Wael Hashem	20	SHAMS	25.72

Heat 16 of 21 Prelims

1	Ibrahim Taha Ibrahim	20	BNK.G	25.54
2	Mohamed Akram Sayed Mors	19	AHLY	25.46
3	Mohamed Kamal Nafaa	19	Sporting	25.43
4	Mahmoud Ashraf Abdel Ham	18	HELDO	25.42
5	Ahmed Ashraf Mahmoud Har	21	HELDO	25.30
6	Adham Adel Mohamed	17	Sporting	25.30
7	Omar Esam El Din	20	Smouha	25.43
8	omr Hessian Zahian Mohamec	19	Cairo	25.46
9	Mohanad Mamdouh Shahen	20	SHAMS	25.51
10	Ahmed Said Abd Elkawy	21	RWAD	25.55

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

Meet Program

Heat 17 Prelims (#275 Men 13 & Over 50 LC Meter Freestyle)

1	Saleh Hossam El Din Saleh	16	ZOHUR	25.28
2	Ahmed Karim Galal Samy Ah	17	MAADI	25.25
3	Mohamed Hisham Salah	20	SHOOT	25.23
4	Youseif Kaled El Sayed	23	6 OCT	25.17
5	Ahmed Mohamed Zakria Han	19	Smouha	25.16
6	Shehab Hossam Mahmoud G	18	GHABA	25.16
7	Mohamed Amin Sharaf	20	Sporting	25.22
8	Yoseif Waled Hassan Al Shafa	19	ZMALK	25.24
9	Gawad Ahmed AbdElmnaam	18	Smouha	25.26
10	Karim Ahmed Hassan	18	SHAMS	25.30

Heat 18 of 21 Prelims

1	Mohamed Khaled Basyony	18	Baladyat El Maha	25.13
2	Hamza Amr Ead	17	Sporting	25.10
3	Ahmed Younis Nasir	17	ZMALK	25.08
4	Shady Tamer Nabil	19	Cairo	24.99
5	Ahamed Mahmoud Hassan M	17	SHAMS	24.93
6	Mostafa Mohamed Al Tahan	19	DEGLA	24.96
7	Basel Mohamed Zaghlol	18	GHABA	25.06
8	Ahmed Khaled Al Sayed	21	EZZD	25.08
9	Ahmed Mohamed abd Elaziz	19	MAADI	25.11
10	Mostafa Ahmed Mohamed Es	17	TANTA	25.15

Heat 19 of 21 Prelims

1	Omar Hesham Raslan	22	HELOP	24.83
2	Mohab El Din Fathy	18	Sporting	24.61
3	Abdel Rahman Ali Mohamed	18	SHAMS	24.45
4	Karim Amgad Al Sayed Ali Al	18	SHOOT	24.11
5	Marwan Mohamed Abdel-Hai	21	DEGLA	23.77
6	Karim Hassan Moh. El Hoshy	17	GEZIR	23.86
7	Ahmed Osama Ahmed Farag	20	AHLY	24.33
8	Mohamed Hesham Ahmed Al	19	HELDO	24.51
9	Amr Akram Ahmed Al Garab	22	Gezira El Ward	24.66
10	Yousef Hesham Adel	19	AHLY	24.88

Heat 20 of 21 Prelims

1	Ali Mohamed Hussein Kasser	22	AHLY	24.76
2	Marwan Abdalla Mohamed A	17	SHOOT	24.59
3	Hesham Wael Makram	20	AHLY	24.43
4	Karim Hatem abd el Sabour	18	Nasr City	24.10
5	Ziad Mohamed Aabad	18	HELOP	23.61
6	Omar Mohamed Taha Radwa	19	Smouha	23.80
7	Youssef Khaled Ibrahim	21	AHLY	24.26
8	Karim Medhat Badr Mohame	20	Smouha	24.50
9	Yasin HossamEldin	16	Smouha	24.62
10	Ahmed Diaa	19	Cairo	24.86

Heat 21 of 21 Prelims

1	Mohanad Mohamed Wageh	16	SHOOT	24.70
2	Yackoub Amr Yackoub	23	Sporting	24.52
3	Omar Ahmed Ibrahim Eid	23	HELDO	24.34
4	Mohamed Adel Ahmed Bahg	19	ZOHUR	23.98
5	Omar Khaleed Ahmed	20	ZMALK	23.52
6	Yousif Tarik Reda	17	HELOP	23.80
7	Sief Mohamed Mahmoud Mel	18	AHLY	24.12
8	Omar Yasser Menis	16	Sporting	24.46
9	Ahmed Emam Mohamed Sha	22	Smouha	24.62
10	Islam Mohamed Taha	32	HELOP	24.85

Event 276 Women 13 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

2	Nada Waleed Mohamed Mah	18	DEGLA	3:53.07
3	Nadein Mostafa Mohamed Lo	17	SHOOT	3:15.04
4	Menatalla Mamdouh Khalel	19	AHLY	3:10.83
5	Naghham Ashraf abd Elrahma	17	Olympic	3:03.09
6	Laylan Maged Amen Ibrahim	18	Bank Ahly Alex	3:06.57
7	Mariam Khaleed Moustafa	17	ZMALK	3:11.20
8	Marim Khaled Mohamed	17	NASR	3:19.64
9	Malak Amr Abdel Monaem	17	ZMALK	NT

Heat 2 of 4 Prelims

1	Gana Ahmed Mokhtar	17	AHLY	2:52.47
2	Sohila Amr Gamal	17	AHLY	2:43.58
3	Nada Fouad Abdel Gawad Ali	17	AHLY	2:34.00
4	Hana Khaled Samy Hassan	17	SHOOT	2:31.82
5	Sara Mohamed Hassan	18	AHLY	2:22.53
6	Rawan Tamer Mohamed	15	DEGLA	2:27.09
7	Hend Hamed Amr Hassan	21	AHLY	2:33.03
8	Donia Magdy Mohamed Helr	18	TANTA	2:35.91
9	Farida Khaled Mohamed	17	GHABA	2:50.02
10	Farida Ayman Ibrahim Ahme	17	6 OCT	2:55.73

Heat 3 of 4 Prelims

1	Haeidy Ayman Mahrous Abde	19	SHOOT	2:51.01
2	Haidy Adel Mohamed Samy S	17	HELDO	2:42.46
3	Aisl Magd El Sayed	19	AHLY	2:33.82
4	Nada Ahmed Samer	19	Sporting	2:31.41
5	Nour Diaa Elden abo Bakr	15	HELOP	2:19.72
6	Lojen Deiaa Eldin Abd Elaler	16	DEGLA	2:26.06
7	Jana Khalid	15	Sporting	2:32.59
8	Farah Emad Mohamed Ebrah	17	Al Hawar	2:35.64
9	Sama Ayman Mouner Hashir	17	TRSAN	2:47.44
10	Aya Hassan Refai Hassan	17	Al Zaher	2:54.95

Heat 4 of 4 Prelims

1	Habiba Haytham El Sayed	17	TANTA	2:50.27
2	Farah Adham Mohamed Tala	17	6 OCT	2:40.75
3	Norhan Mohamed Mohi Elza	16	Smouha	2:33.46
4	Marim Mhmod Elsaid Elshik	15	Smouha	2:30.65
5	Mariam Abdel-Rahman Sakr	22	AHLY	2:15.81
6	Zaina Mohamed Haitham Has	14	SHOOT	2:22.62
7	Haidy Hosam Nabil Cotore	20	GEZIR	2:31.96
8	Sara Al Moataz Bella Mohame	20	ZMALK	2:34.96
9	Salma Tamer Elsaied Moham	17	Bank Ahly Alex	2:47.09
10	Merat Emad Fayeze	17	A S E C	2:54.58

Event 277 Men 13 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 12 Prelims

2	Ahmed Hamdy Salem	27	AHLY	NT
3	Mazen Ayman Said	21	Canal El Suez	NT
4	Tarik AboElthana Mohamed	20	Smouha	NT
5	Khaled Mohamed Abdel Hadi	17	Elethead	2:51.96
6	Yosef Alla Zaki	17	GHABA	NT
7	Mahmoud Mamdouh Mostafa	19	6 OCT	NT
8	Ashraf Mohamed Ali Mohame	19	Canal El Suez	NT
9	Hazim Mohamed Eisa	17	DEGLA	NT

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

Meet Program

Heat 2 Prelims (#277 Men 13 & Over 200 LC Meter IM)

1	Karim Maged Mohssein Al Fa	17	HELOP	2:50.66
2	Amr Hatem Mohamed	19	AHLY	2:46.84
3	Sief El Din Mahmoud Zaher	20	ZMALK	2:45.27
4	Mohamed Amr Saleh El Sayec	18	TANTA	2:43.69
5	Yousif Amr Mahmoud	17	RWAD	2:42.66
6	Ahmed Shehab Ahm. Saleh	19	GEZIR	2:42.72
7	Mahmoud Mohamed Abas	18	SHOOT	2:44.86
8	Ameer Mohamed Mohamed I	17	RWAD	2:45.98
9	Omar Osama Mohamed Shaw	17	ZOHUR	2:47.65
10	Allaa Ali Ibrahim	18	Cairo	2:51.82

Heat 3 of 12 Prelims

1	Ahmed Hisham Mahmoud	17	RWAD	2:40.16
2	Kareem Ahmed Shaaban	19	RWAD	2:39.21
3	Noor El Din Ehab Chaouki	17	Elethad	2:37.22
4	Feloubater Basem Farouk	17	SHAMS	2:35.68
5	Seif Eldin Ahmed Salah El Ha	17	MAADI	2:34.93
6	Hassan Osama Mohamed Saa	17	HELOP	2:35.09
7	Yousef Essam El Din Ismail	19	AHLY	2:36.58
8	Abdelkrem Ashraf Abood	17	Bank Ahly Alex	2:38.61
9	Mostafa Hatem Ataia	19	Cairo	2:39.97
10	Mohamed Ahmed Helal Shetz	17	HELOP	2:40.67

Heat 4 of 12 Prelims

1	Foad Mostafa Mohamed	18	Bank Ahly Alex	2:33.78
2	Mohamed Ahmed Salah	17	Al Hawar	2:33.70
3	Karem Hisham Mohamed	17	Sporting	2:33.09
4	Amar Yaser Salah Mahmoud	18	ZMALK	2:32.90
5	Islam Ayman Abdel Aziz	19	ZMALK	2:32.83
6	Ahmed Saleh ali Kabel	18	RWAD	2:32.90
7	Taha Emad Taha	17	GHABA	2:33.07
8	Mohamed Ahmed Gaber Shel	19	HELDO	2:33.24
9	Omar Mohsen Mohamed Hus	19	Smouha	2:33.74
10	Omar Ahmed Abdel Fattah	22	HELOP	2:34.73

Heat 5 of 12 Prelims

1	Mohamed Hussein Ali	18	AHLY	2:32.25
2	Tarik Omar Atteia	19	GHABA	2:32.04
3	Mahmoud Ahmed Ebrahim Z.	17	Sporting	2:30.59
4	Omar Ehab Ahmed Abo el Ftc	17	SHAMS	2:29.98
5	Ahmed Waled Mohamed Ossi	17	ZMALK	2:29.64
6	Yousif Mohamed Elbarbary	17	Smouha	2:29.81
7	Osama Islam Mohamed Kamr	18	GHABA	2:30.20
8	Seif Eldin Ihab Mohamed	20	ZMALK	2:31.37
9	Bassel Hisham Fawzy Mohar	17	Olympic	2:32.21
10	Mohamed Osama abd el Tawz	17	Olympic	2:32.51

Heat 6 of 12 Prelims

1	Karim Waled Hossam El Din	17	SHOOT	2:29.27
2	Ismail Kamal Awd	19	AHLY	2:28.79
3	Mostafa Ahmed Elshrbiny	17	Smouha	2:28.32
4	Zyad Dyaa Adel AbdelAlem	17	6 OCT	2:27.97
5	Mohmed Sherief	17	Cairo	2:27.56
6	Adham Marwan Hassan	17	SHOOT	2:27.76
7	Yehya Ashraf Mohamed Ali	17	ZOHUR	2:28.31
8	Ahmed Hesham Fatthy Hasat	18	DEGLA	2:28.78
9	Yossef Gamal Rashed	18	GHABA	2:28.82
10	Omar Mohamed Mostafa Has	21	6 OCT	2:29.51

Heat 7 of 12 Prelims

1	AbdAllah Ashraf	17	Smouha	2:26.94
2	Ahmed Yaser Salah El Din Eis	23	HELDO	2:26.60
3	Karim Ehab Abdel Kader	17	ZMALK	2:25.91
4	Abdelwahab Mohamed Tawfi	20	BNK.G	2:25.44
5	Yahia Mmdoh	17	Smouha	2:25.08
6	Ali Sherif Mahmoud Sewafy	22	SHOOT	2:25.25
7	Aser Amgad Lotfy	20	AHLY	2:25.69
8	Zeiad Abou Elela Hamdy Moh	17	AHLY	2:26.59
9	Yousef Wael Mohamed Abd l	17	SHOOT	2:26.71
10	Bahy Amr Ahmed Elbahy	19	Smouha	2:27.49

Heat 8 of 12 Prelims

1	Ahmed Galal Abdel Azim	20	SHOOT	2:24.86
2	Khaled Tarik Alaam	17	Smouha	2:24.79
3	Omar Khaled Mohamed	17	HLWAN	2:24.27
4	Abdel Rahman Mohamed Ra	17	AHLY	2:23.60
5	Mohamed AbdelKarem AboE	17	A S E C	2:23.18
6	Omar Tarek Sayed	17	A S E C	2:23.52
7	Khalid Ahmed Mohamed	17	Sporting	2:23.87
8	Yousif Ihab Mohamed ElSaye	18	Bank Ahly Alex	2:24.42
9	Abed El Rahman Ashraf Moul	17	Al Hawar	2:24.80
10	Mostafa Ashraf AbdelHamed	22	BNK.G	2:25.02

Heat 9 of 12 Prelims

1	Adham Hany Kamal Abdel Az	17	HELDO	2:22.62
2	Basel Mohamed Zaghlol	18	GHABA	2:22.49
3	Seif El Din Ayman Fekry	19	AHLY	2:20.31
4	Moustafa Abdo Mohamed Sh	17	RWAD	2:19.11
5	Ali Tarek Hamed	20	DEGLA	2:18.32
6	Shady Mahmoud Hammam A	17	MAADI	2:19.07
7	Mostafa Mohamed el Said	18	HELOP	2:20.06
8	Omar Amr Allaa El Din	20	AHLY	2:20.77
9	Mahmoud Mohamed Mahmo	18	ZMALK	2:22.50
10	Karim Ahmed Khaled Elewa	17	SHAMS	2:23.15

Heat 10 of 12 Prelims

1	Omar Hany Abdalla	17	AHLY	2:16.86
2	Yousef Moataz Saber	20	AHLY	2:15.96
3	Omer Mohamed Bahaa	18	HELOP	2:14.95
4	Karem Magdy Ismail	19	Sporting	2:11.68
5	Yasin Wael Elshmaa	20	Sporting	2:06.16
6	Selim Moh. Ahm. Moktar Has.	15	GEZIR	2:11.37
7	Mohamed Ashraf Abdel Hay	18	AHLY	2:14.24
8	Mohamed Mourad Mohamed	17	Sporting	2:15.69
9	Nour Essam Ismail Ossman	24	Gezira El Ward	2:16.50
10	Abd El Rahman Tamer Yousef	17	Sporting	2:18.28

Heat 11 of 12 Prelims

1	Yassin Ayman Ali Toulba	16	SHOOT	2:16.77
2	Mohamed Khaled Mahmoud	17	A S E C	2:15.95
3	Eyad Sayed Fadl Alla	17	ZOHUR	2:14.83
4	Mohamed Hossam AbdElslan	21	Smouha	2:11.57
5	Salah Mohamed Amin	27	Smouha	2:05.97
6	Ibrahim Ahmed Ibrahim	18	Sporting	2:10.74
7	Omar Hesham Raslan	22	HELOP	2:13.05
8	Omar Tamer Mmdoh	18	Smouha	2:15.13
9	Abdel Rahman Jamal El Din H	19	Elethad	2:16.46
10	Mohamed Moaataz Abdel-Ha	19	AHLY	2:18.18

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

Meet Program

Heat 12 Prelims (#277 Men 13 & Over 200 LC Meter IM)

1	Omar Yasser Menis	16	Sporting	2:16.51
2	Mohamed Zeiad Mohamd Eis	17	SHOOT	2:15.92
3	Saied Mohamed Abd Elgawac	16	Sporting	2:14.63
4	Mazen Mohamed Ahmed Al F	22	AHLY	2:11.56
5	Omar Adel Abas	18	DEGLA	2:05.47
6	Yosef Hany Mohamed	17	AHLY	2:09.73
7	Abdel Rahman Mohamed Abc	17	AHLY	2:11.74
8	Yousef Ashraf Mahmoud	19	ZMALK	2:15.01
9	Ahmed Assem Goumaa	18	AHLY	2:16.31
10	Marwan Essam Ismaeil	22	Gezira El Ward	2:17.51

Event 278 Women 13 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

2	Salma Khaled Mokhtar	19	DEGLA	3:23.14
3	Nada Waleed Mohamed Mahi	18	DEGLA	3:19.83
4	Farah Kmal Batesha	17	Sporting	3:11.25
5	Nermen Ayman Ahmed	22	ZMALK	3:04.67
6	Naden Tamer Mohamed	18	Smouha	3:05.55
7	Shourouk Moustafa Shaban	17	ZMALK	3:16.18
8	Nada Ashraf Ali	17	RWAD	3:22.11
9	Hla Ahmed Ramzy	18	Smouha	NT

Heat 2 of 6 Prelims

1	Rana Hesham Saad	17	SHOOT	2:59.14
2	Rouba Wael Mostafa	17	ZMALK	2:55.26
3	Yara Hesham Saad	17	SHOOT	2:53.31
4	Fraida Amthal Mohamed Kan	17	6 OCT	2:52.07
5	Meiar Mohamed Bauomy Abc	19	BNK.G	2:50.36
6	Habiba Mohamed Abdel Gany	18	AHLY	2:50.48
7	Mariam Abdel-Rahman Sakr	22	AHLY	2:52.19
8	Laylan Maged Amen Ibrahim	18	Bank Ahly Alex	2:54.92
9	Jolia Amir Wafik	19	Sporting	2:57.13
10	Mariam Mohamed Nabil	17	RWAD	3:02.99

Heat 3 of 6 Prelims

1	Salma Ashraf Mouhssein	18	Al Hawar	2:47.00
2	Zina Hythem Fayez	17	Cairo	2:45.27
3	Yassmein Sherif Helmy	18	HELOP	2:43.31
4	Sara Hagag Mohamed	17	SHOOT	2:42.85
5	Alaa Ayman Aly Kamel	17	TANTA	2:41.20
6	JoannaYosef Yehya Youssef	17	SHAMS	2:42.45
7	Alla Wael Mostafa	17	DEGLA	2:42.89
8	Reem Osama Abdel Halem	18	AHLY	2:44.96
9	Malak Amr Abdel Monaem	17	ZMALK	2:45.52
10	Maiya Kamal Samir	19	Sporting	2:49.42

Heat 4 of 6 Prelims

1	Hana Ashraf Mahmoud	18	DEGLA	2:38.92
2	Fay Salam Abbas	19	MAADI	2:36.19
3	Retag Ashraf Abdel Naby Ami	17	AHLY	2:33.15
4	Farah Amr Abdel Motaleib	16	SHOOT	2:31.00
5	Enjy Mohamed AboZid	19	Smouha	2:27.35
6	Basmala Ashraf Sayed	20	AHLY	2:29.42
7	Rawda Nabil Mohamed	17	Smouha	2:32.68
8	Donya Amr Mohamed Nabih	17	SHAMS	2:35.02
9	Monera Ibrahim Basyony	20	Smouha	2:36.62
10	Farah Mohamed Nabil	20	AHLY	2:40.57

Heat 5 of 6 Prelims

1	Nihal Khaled Tamam	17	Elethead	2:37.65
2	Malak Waled Essam Shabana	15	Smouha	2:35.72
3	Kenzy Ahmed Ali	16	AHLY	2:33.10
4	Farida Amr Mohamed Abd El	14	SHOOT	2:30.32
5	Roula Ahm. Houssny Houssei	17	GEZIR	2:26.28
6	Rawan Hesham Mohamed	18	Cairo	2:28.25
7	Farah Omar Mohamed Abu R	24	HELOP	2:32.62
8	Shahd Ahmed Abd Elbaky	15	Sporting	2:34.40
9	Rofaida Mahmoud Mohamed	13	DEGLA	2:36.48
10	Gana Khaled Shaaban	17	AHLY	2:39.67

Heat 6 of 6 Prelims

1	Raghd Mohamed Elsaid Moha	14	Smouha	2:36.90
2	Haia Salah Mahmoud	19	AHLY	2:35.57
3	Farah Osama Ahmed Mahmo	16	Bank Ahly Alex	2:32.97
4	Hanan Ahmed Mohamed Ma	14	Olympic	2:30.30
5	Lojen Deiaa Eldin Abd Elalen	16	DEGLA	2:25.08
6	Nada Ahmed Othman	20	Bank Ahly Alex	2:27.44
7	Hana Khaled Samy Hassan	17	SHOOT	2:31.86
8	Mariem Mohamed Emad Fah	14	MAADI	2:33.95
9	Dana Tamer Shafiq	16	HELOP	2:36.37
10	Zina Mohamed Ahmed Elras	18	AHLY	2:39.48