

EgyptianSwimmingFederation-CairoStadium - Site License

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026****Session Report****Session: 1 4/4/2026 Morning****Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 15 & Over 100 Freestyle	141	18	09:00 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	2 Boys 15 & Over 200 Breaststroke		<b>Heats 1-8</b>	09:39 AM	_____
<b>Break: 20 Minutes: Warm-UP</b>					
Finals	2 Boys 15 & Over 200 Breaststroke		<b>Heats 9-17</b>	11:00 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	3 Girls 15 Year Olds 4x100 Freestyle Relay	0	0	11:10 AM	_____
Finals	4 Girls 16 Year Olds 4x100 Freestyle Relay	0	0	11:15 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	5 Girls 17 Year Olds 4x100 Freestyle Relay	0	0	11:30 AM	_____
Finals	6 Girls 18 Year Olds 4x100 Freestyle Relay	0	0	11:35 AM	_____
Finals	7 Girls 19 Year Olds 4x100 Freestyle Relay	0	0	11:40 AM	_____
Swimmers Counts for Warm-ups: 275=====					
Entry / Heat Totals:		275	35		
Finish Time				12:00 AM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 2 4/4/2026 Evening**

**Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	8 Boys 15 & Over 100 Freestyle	168	21	05:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	9 Girls 15 & Over 200 Backstroke		<b>Heats 1-6</b>	05:41 PM	_____
<b>Break: 20 Minutes: Warm - UP</b>					
Finals	9 Girls 15 & Over 200 Backstroke		<b>Heats 7-12</b>	06:25 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	10 Boys 15 Year Olds 4x100 Freestyle Relay	0	0	06:52 PM	_____
Finals	11 Boys 16 Year Olds 4x100 Freestyle Relay	0	0	07:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	12 Boys 17 Year Olds 4x100 Freestyle Relay	0	0	07:15 PM	_____
Finals	13 Boys 18 Year Olds 4x100 Freestyle Relay	0	0	07:20 PM	_____
Finals	14 Boys 19 Year Olds 4x100 Freestyle Relay	0	0	07:25 PM	_____
Swimmers Counts for Warm-ups: 264=====					
Entry / Heat Totals:		264	33		
Finish Time				07:30 PM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 3 5/4/2026 Morning**

**Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	15 Girls 15 & Over 200 Freestyle		Heats 1-9	09:00 AM _____
			<b>Break: 20 Minutes: Warm - IIP</b>	
Finals	15 Girls 15 & Over 200 Freestyle		Heats 10-17	09:45 AM _____
			<b>Break: 10 Minutes: Medal Ceremony</b>	
Finals	16 Boys 15 & Over 50 Butterfly		Heats 1-11	10:19 AM _____
			<b>Break: 20 Minutes: Warm - IIP</b>	
Finals	16 Boys 15 & Over 50 Butterfly		Heats 12-21	10:49 AM _____
			<b>Break: 10 Minutes: Medal Ceremony</b>	
Finals	17 Girls 15 & Over 200 Breaststroke		Heats 1-7	11:09 AM _____
			<b>Break: 20 Minutes: Warm - IIP</b>	
Finals	17 Girls 15 & Over 200 Breaststroke		Heats 7-14	11:55 AM _____
			<b>Break: 10 Minutes: Medal Ceremony</b>	
Finals	18 Girls 15 Year Olds 4x200 Freestyle Relay	0	0	12:31 PM _____
Finals	19 Girls 16 Year Olds 4x200 Freestyle Relay	0	0	12:41 PM _____
			<b>Break: 10 Minutes: Medal Ceremony</b>	
Finals	20 Girls 17 Year Olds 4x200 Freestyle Relay	0	0	01:00 PM _____
Finals	21 Girls 18 Year Olds 4x200 Freestyle Relay	0	0	01:10 PM _____
Finals	22 Girls 19 Year Olds 4x200 Freestyle Relay	0	0	01:20 PM _____
	Swimmers Counts for Warm-ups: 395=====			
	Entry / Heat Totals:	401	52	
	Finish Time			01:30 PM _____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 4 5/4/2026 Evening**

**Day of Meet: 2 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	23 Boys 15 & Over 800 Freestyle	91	12	04:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	24 Girls 15 & Over 50 Butterfly		<b>Heats 1-8</b>	06:06 PM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	24 Girls 15 & Over 50 Butterfly		<b>Heats 9-16</b>	06:36 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	25 Boys 15 & Over 200 Backstroke		<b>Heats 1-10</b>	06:53 PM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	25 Boys 15 & Over 200 Backstroke		<b>Heats 11-19</b>	07:30 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	26 Women 15 & Over 4x100 Freestyle Relay	0	0	08:25 PM	_____
Finals	27 Men 15 & Over 4x100 Freestyle Relay	0	0	08:30 PM	_____
Swimmers Counts for Warm-ups: 353=====					
Entry / Heat Totals:		364	47		
Finish Time				08:35 PM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 5 6/4/2026 Morning**

**Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	28 Girls 15 & Over 200 IM		Heats 1-8	09:00 AM _____
<b>Break: 20 Minutes: Warm - IIP</b>				
Finals	28 Girls 15 & Over 200 IM		Heats 9-15	09:45 AM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	29 Boys 15 & Over 50 Freestyle		Heats 1-10	10:20 AM _____
<b>Break: 20 Minutes: Warm - UP</b>				
Finals	29 Boys 15 & Over 50 Freestyle		Heats 11-19	10:47 AM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	30 Girls 15 & Over 100 Backstroke		Heats 1-6	11:07 AM _____
<b>Break: 20 Minutes: Warm - IIP</b>				
Finals	30 Girls 15 & Over 100 Backstroke		Heats 7-13	11:42 AM _____
Swimmers Counts for Warm-ups: 348=====				
Entry / Heat Totals:		367	47	
Finish Time				11:54 AM _____

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**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 6 6/4/2026 Evening**

**Day of Meet: 3 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 15 & Over 1500 Freestyle	67	9	04:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	32 Boys 15 & Over 200 Butterfly		<b>Heats 1-8</b>	07:12 PM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	32 Boys 15 & Over 200 Butterfly		<b>Heats 9-16</b>	08:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	33 Women 15 & Over 4x200 Freestyle Relay	0	0	08:30 PM	_____
	Swimmers Counts for Warm-ups: 190=====				
	Entry / Heat Totals:	190	25		
	Finish Time			08:30 PM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 7 7/4/2026 Morning**

**Day of Meet: 4 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	34 Boys 15 & Over 200 Freestyle		Heats 1-10	09:00 AM _____
<b>Break: 20 Minutes: Warm - UP</b>				
Finals	34 Boys 15 & Over 200 Freestyle		Heats 11-20	09:45 AM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	35 Girls 15 & Over 50 Breaststroke		Heats 1-8	10:22 AM _____
<b>Break: 20 Minutes: Warm - UP</b>				
Finals	35 Girls 15 & Over 50 Breaststroke		Heats 9-16	10:40 AM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	36 Boys 15 Year Olds 4x200 Freestyle Relay	0	0	11:10 AM _____
Finals	37 Boys 16 Year Olds 4x200 Freestyle Relay	0	0	11:20 AM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	38 Boys 17 Year Olds 4x200 Freestyle Relay	0	0	11:40 AM _____
Finals	39 Boys 18 Year Olds 4x200 Freestyle Relay	0	0	11:50 AM _____
Finals	40 Boys 19 Year Olds 4x200 Freestyle Relay	0	0	12:00 PM _____
Swimmers Counts for Warm-ups: 285=====				
Entry / Heat Totals:		285	36	
Finish Time				12:10 PM _____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 8 7/4/2026 Evening**

**Day of Meet: 4 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	41 Boys 15 & Over 100 Backstroke	144	18	05:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	42 Girls 15 & Over 400 Freestyle		<b>Heats 1-6</b>	05:44 PM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	42 Girls 15 & Over 400 Freestyle		<b>Heats 7-12</b>	06:35 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	43 Men 15 & Over 4x200 Freestyle Relay	0	0	07:19 PM	_____
	Swimmers Counts for Warm-ups: 235=====				
	Entry / Heat Totals:	235	30		
	Finish Time			07:29 PM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 9 8/4/2026 Morning**

**Day of Meet: 5 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	44 Girls 15 & Over 50 Freestyle	136	17	09:00 AM
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	45 Boys 15 & Over 100 Butterfly		<b>Heats 1-11</b>	09:28 AM
<b>Break: 20 Minutes: Warm - IIP</b>				
Finals	45 Boys 15 & Over 100 Butterfly		<b>Heats 12-21</b>	10:05 AM
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	46 Girls 15 & Over 200 Butterfly		<b>Heats 1-5</b>	10:29 AM
<b>Break: 20 Minutes: Warm - IIP</b>				
Finals	46 Girls 15 & Over 200 Butterfly		<b>Heats 6-10</b>	11:05 AM
Swimmers Counts for Warm-ups: 376====				
Entry / Heat Totals:		380	48	
Finish Time				11:20 AM

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 10 8/4/2026 Evening**

**Day of Meet: 5 Starts at 03:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	47 Boys 15 & Over 1500 Freestyle	84	11	03:00 PM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	48 Girls 15 & Over 100 Breaststroke		<b>Heats 1-8</b>	06:30 PM _____
<b>Break: 20 Minutes: Warm - IIP</b>				
Finals	48 Girls 15 & Over 100 Breaststroke		<b>Heats 8-16</b>	07:05 PM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	49 Boys 15 & Over 100 Breaststroke		<b>Heats 1-10</b>	07:31 PM _____
<b>Break: 20 Minutes: Warm - UP</b>				
Finals	49 Boys 15 & Over 100 Breaststroke		<b>Heats 11-19</b>	08:13 PM _____
Swimmers Counts for Warm-ups: 351=====				
Entry / Heat Totals:		352	46	
Finish Time				08:34 PM _____

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**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026****Session Report****Session: 11 9/4/2026 Morning****Day of Meet: 6 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	50 Boys 15 & Over 50 Backstroke	158	20	09:00 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	51 Girls 15 & Over 100 Butterfly		Heats 1-7	09:36 AM	_____
<b>Break: 20 Minutes: Warm - UP</b>					
Finals	51 Girls 15 & Over 100 Butterfly		Heats 8-14	10:10 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	52 Boys 15 & Over 400 Freestyle		Heats 1-7	10:29 AM	_____
<b>Break: 20 Minutes: Warm - UP</b>					
Finals	52 Boys 15 & Over 400 Freestyle		Heats 8-13	11:25 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	53 Girls 15 Year Olds 4x100 Medley Relay	0	0	12:03 PM	_____
Finals	54 Girls 16 Year Olds 4x100 Medley Relay	0	0	12:10 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	55 Girls 17 Year Olds 4x100 Medley Relay	0	0	12:30 PM	_____
Finals	56 Girls 18 Year Olds 4x100 Medley Relay	0	0	12:35 PM	_____
Finals	57 Girls 19 Year Olds 4x100 Medley Relay	0	0	12:40 PM	_____
Swimmers Counts for Warm-ups: 369=====					
Entry / Heat Totals:		372	47		
Finish Time				12:45 PM	_____

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**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 12 9/4/2026 Evening**

**Day of Meet: 6 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at
Finals	58 Girls 15 & Over 800 Freestyle	82	11	04:00 PM _____
<b>Break: 10 Minutes: Medal Ceremony</b>				
Finals	59 Boys 15 & Over 200 IM		<b>Heats 1-10</b>	06:10 PM _____
<b>Break: 20 Minutes: Warm - UP</b>				
Finals	59 Boys 15 & Over 200 IM		<b>Heats 11-20</b>	07:00 PM _____
Swimmers Counts for Warm-ups: 239=====				
Entry / Heat Totals:		239	31	
Finish Time				07:27 PM _____

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**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026****Session Report****Session: 13 10/4/2026 Morning****Day of Meet: 7 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	60 Boys 15 & Over 400 IM		Heats 1-8	08:00 AM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	60 Boys 15 & Over 400 IM		Heats 7-15	09:05 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	61 Girls 15 & Over 50 Backstroke		Heats 1-8	09:54 AM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	61 Girls 15 & Over 50 Backstroke		Heats 7-15	10:25 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	62 Boys 15 Year Olds 4x100 Medley Relay	0	0	10:44 AM	_____
Finals	63 Boys 16 Year Olds 4x100 Medley Relay	0	0	10:50 AM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	64 Boys 17 Year Olds 4x100 Medley Relay	0	0	11:05 AM	_____
Finals	65 Boys 18 Year Olds 4x100 Medley Relay	0	0	11:10 AM	_____
Finals	66 Boys 19 Year Olds 4x100 Medley Relay	0	0	11:15 AM	_____
Swimmers Counts for Warm-ups: 232=====					
Entry / Heat Totals:		232	30		
Finish Time				11:20 AM	_____

**National Swimming Championship 2025-2026 - 4/4/2026 to 4/10/2026**

**Session Report**

**Session: 14 10/4/2026 Evening**

**Day of Meet: 7 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds**

Round	Event	Entries	Heats	Starts at	
Finals	67 Girls 15 & Over 400 IM	69	9	04:00 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	68 Boys 15 & Over 50 Breaststroke		<b>Heats 1-9</b>	05:08 PM	_____
<b>Break: 20 Minutes: Warm - IIP</b>					
Finals	68 Boys 15 & Over 50 Breaststroke		<b>Heats 10-18</b>	05:37 PM	_____
<b>Break: 10 Minutes: Medal Ceremony</b>					
Finals	69 Women 15 & Over 4x100 Medley Relay	0	0	05:56 PM	_____
Finals	70 Men 15 & Over 4x100 Medley Relay	0	0	06:05 PM	_____
Swimmers Counts for Warm-ups: 209=====					
Entry / Heat Totals:		209	27		
Finish Time				06:10 PM	_____