

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Event 49 Women 14 &amp; Over 50 LC Meter AP

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 18 Finals</b>				
4	Goudy Ayman Saber	14	GHABA	NT
5	Hanan Ramy Elsaid	14	El Seka El Hadid	NT
6	Sedara Ahmed Mohamed	14	Army Club	NT
<b>Heat 2 of 18 Finals</b>				
1	Marwa Ahmed Hassan	14	Electrecity Isma	NT
2	Rahma Naile Abd Elwahab	14	Army Club	NT
3	Malak Mohamed Maher	14	NASR	NT
4	Rana Ayman Mohamed Saye	14	NASR	NT
5	Retag Ihab Mohamed	14	Bank Ahly Cairo	NT
6	Halh Gamal Mohamed Thab	14	Betash Club	NT
7	Noor Osama Mohamed	14	Masr Betrol	NT
8	Rahma Mohamed Abd Fatal	14	Tyran Club	NT
9	Remas Hesham Mohamed	14	El Seka El Hadid	NT
10	Gana Mohamed Taha Ahmed	14	Wadi Degla	NT
<b>Heat 3 of 18 Finals</b>				
1	Mariam Mohamed AbdElAz	14	TM Acd	NT
2	Malak Mohamed Abd Elatey	14	Wadi Degla	NT
3	Hala Mohamed Tawfik	14	Shooting Cairo	NT
4	Lara Mohamed Elgohary	15	NASR	NT
5	Laila Ahmed Mohamed	15	TM Acd	NT
6	Yara Mohamed Abdel Mohs	15	El Seka El Hadid	NT
7	Rody Ahmed ali Ahmed	14	Suez C.P.Said	NT
8	Maryam Ahmed Salah	14	El-Obour	NT
9	Habiba Ahmed Mohammed	14	El-Temshah	NT
10	Haneen Mahmoud Fayz	14	GHABA	NT
<b>Heat 4 of 18 Finals</b>				
1	Mariam Younis Mohamed	15	Wadi Degla	NT
2	Sahd Sherif Abdelmoneem	16	NASR	NT
3	Nour Mohamed Hamed	17	NASR	NT
4	Nada Mahmoed Mohamed	18	Masr Betrol	NT
5	Menna Ahmed Mahmoud	21	GHABA	NT
6	Tasnim Mohamed Galal	19	Smouha	NT
7	Mariam Ahmed Farouk	18	Pyramids Gardens	NT
8	Habiba Wael Abraham	17	El Seka El Hadid	NT
9	Reem Said Mohamed	16	Tagamoa Heights	NT
10	Malak Ahmed Eid Mahdy	15	Shooting Cairo	NT
<b>Heat 5 of 18 Finals</b>				
1	Dohe Haney Yousef	21	El-Obour	30.96
2	Lana Wael Mohamed Ahme	14	Tyran Club	26.29
3	Roaa Atef Elhabet	19	El-Temshah	25.71
4	Nour Ahmed Mohamed	16	Pyramids Gardens	25.56
5	Zeina Adel Rashed	15	Wadi Degla	25.31
6	Mariam Seif Eleslam Ahmec	18	NASR	25.31
7	Roqia Abd ElTawab AbdRah	14	El-Obour	25.64
8	Hana Amr Abd Elhamed	17	NASR	25.84
9	Sogoud Tarek Khiry	18	Wadi Degla	27.29
10	Amira Hassan Mohamed	23	Police	NT

## Heat 6 of 18 Finals

1	Sama Akram Fathi	16	NASR	25.01
2	Sara Ahmed Mohamed	18	Shooting Cairo	24.20
3	Soha Yasser Shawky	15	Army Club	24.03
4	Kenzy Moustafa Kassam	16	Suez C.P.Said	23.52
5	Manh amr Zakaria	14	Wadi Degla	23.05
6	Raqla Raafat Abdulmutallab	14	El-Obour	23.09
7	Nour Gamal Eldin Sayed	14	Al-Canal	23.53
8	Noursin Mostafa Mohamed	14	Wadi Degla	24.15
9	Lamis Hany Hoseny	20	GHABA	24.70
10	Gana Ayman Talaat	14	NASR	25.09

## Heat 7 of 18 Finals

1	Jana Ahmed Maher	14	NASR	22.93
2	Mariem Ghaly Hassan	18	Elriady Elbahry	22.84
3	Sandra Hatem Kamel	17	Tyran Club	22.80
4	Zenab Mohsen Taha	16	ElGezira Youth	22.67
5	Rana Abd Elmonem Zaky	14	Betash Club	22.38
6	Mariam Mohamed Abd-Alla	17	El-Temshah	22.53
7	Lana Hany Aboud Ibrahim	14	Wadi Degla	22.71
8	Nour Tarek ali	14	Suez C.P.Said	22.81
9	Jana Mamdoth Yousif	16	NASR	22.86
10	Basant Waled Mohamed Ab	15	Army Club	23.03

## Heat 8 of 18 Finals

1	Malak Tarek Khiry	16	Wadi Degla	22.12
2	Hams Tamer abo Almaty	15	Suez C.P.Said	21.96
3	Shahd Khaled Mohamed	20	El-Moqatam	21.92
4	Jana Mahmoud Ali	14	Al-Canal	21.83
5	Hala Ahmed Magdy	14	TM Acd	21.76
6	Lara Eslam	15	Suez C.P.Said	21.81
7	Habiba Hany Tarek	16	TM Acd	21.90
8	Rawan Ehab Hussin	16	Bank Ahly Cairo	21.93
9	Jana Khaled Ali Abd Elsal	14	El-Temshah	22.10
10	Shahd Hady Mohamed	17	Tyran Club	22.17

## Heat 9 of 18 Finals

1	Mariem Mahmoud Atia	16	Elriady Elbahry	21.56
2	Essel Ahmed Mansour	14	ElMasry Port Sai	21.47
3	Roqia Azam Said Mohamed	15	Suez C.P.Said	21.38
4	Jana Ali Sobhy Abd Elkadr	14	Betash Club	21.31
5	Roqia Mohamed Omar Habs	14	Bank Alx	21.19
6	Hana Mohamed Abd Elmge	17	Pyramids Gardens	21.29
7	Roaa Hassan Said Nagm	14	El-Obour	21.37
8	Eman Osama Mahmoud	15	Betash Club	21.43
9	Khalod Ahmed Samy	16	Bank Ahly Cairo	21.54
10	Farah Mohamed Sayed Salel	17	ElGezira Youth	21.73

## Heat 10 of 18 Finals

1	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	21.13
2	Jana Ahmed Badwy	14	GHABA	21.10
3	Farah Mostafa Magdy	15	Smouha	21.09
4	Ayatallah Mohamed Magdy	16	Smouha	21.04
5	Malak Mohamed Fekry Ahr	16	Stad Mansoura	20.99
6	Habiba Mohamed Eid Hassa	15	Al-Canal	21.03
7	Shahd Mohamed Gamal Eld	15	GHABA	21.06
8	Malk Mohamed Gomaa	16	Betash Club	21.10
9	Maryam Ahmed Syed Abdel	17	Army Club	21.12
10	Shaden Ahmed Ibrahim	19	El Seka El Hadid	21.18

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**Heat 11 Finals (#49 Women 14 & Over 50 LC Meter AP)**

1	Joury Yasar Ali Mohamed	14	Elethead Elskandr	20.94
2	Maram Mohamed Abdallah	14	ISMAY	20.88
3	Jana amr Kamal	15	Wadi Degla	20.82
4	Joudy Rada Mohamed	15	Betash Club	20.76
5	Ganna Amr Abd El-Khalek	16	Al-Canal	20.65
6	Malak Mohamed Mahmoud	16	GHABA	20.76
7	Jana Sherif Mohamed Mous	16	Olimpic Club	20.80
8	Batol Wael Ahmed Mohame	14	Wadi Degla	20.82
9	Farah AlaaEldin Ali	19	ISMAY	20.93
10	Khadija Khaled Naeem EIDe	14	Wadi Degla	20.98

**Heat 12 of 18 Finals**

1	Maisa Moustafa Awad	14	ElMasry Port Sai	20.64
2	Gaska Samy Adly	17	Wave	20.60
3	Farida Yasser Goda Abd EIM	14	NASR	20.54
4	Yara Attif Mohamed	16	Smouha	20.53
5	Rokaya Essam Goda Abd EIM	14	GHABA	20.45
6	Hana Thabet Othman	17	Shooting Cairo	20.46
7	Fatma Mahmoud Helmy	17	TM Acd	20.53
8	Amal Mahmoud Saeid	14	El-Temsah	20.57
9	Amira Ahmed Mohamed Hu	15	GHABA	20.60
10	Rawan Waled Mohamed An	15	GHABA	20.65

**Heat 13 of 18 Finals**

1	Malak Nasser Ali	17	NASR	20.31
2	Farah Wail El Maadawy	15	Elriady Elbahry	20.29
3	Yasmien Mohamed Fathy	16	GHABA	20.17
4	Yasmin Abdo Mohamed	25	Police	20.09
5	Roba Mmdouh Mahfouz	20	Shooting Cairo	19.98
6	Janna Elsayed Fouad	16	Elethead Elskandr	20.00
7	Ganna Ehab Salem Abdelgh.	17	Electrecity Isma	20.11
8	Roqia Ibrahim Tawhed	15	Army Club	20.25
9	Sara Abd ElFatah Abdazem	19	Al-Canal	20.29
10	Malak Hitham Fawzy	15	Suez C.P.Said	20.45

**Heat 14 of 18 Finals**

1	Somaia Ahmed Mohamed H	18	GHABA	19.95
2	Remaz Sameh Hassan Ali	14	GHABA	19.92
3	Jana Mohamed el Sayed	15	Wadi Degla	19.87
4	Manar Mohamed Moustafa	19	GHABA	19.79
5	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	19.71
6	Habiba Ahmed Magdy	16	TM Acd	19.79
7	Roaa Baher Fathy Abdelhan	15	Sharks Team	19.81
8	Lila Amr Ahmed	17	Elethead Elskandr	19.89
9	Rahma Ashraf Mohamed	19	Bank Ahly Cairo	19.93
10	Malak Mohamed Ahmed	15	Elethead Elskandr	19.95

**Heat 15 of 18 Finals**

1	Hana Ahmed AbdElGayed	18	TM Acd	19.68
2	Hend Tamar Balal Mohamec	16	Wadi Degla	19.62
3	Nada Alaa Mohamed	17	GHABA	19.57
4	Hana Hany Mohamed	16	Bank Ahly Cairo	19.54
5	Hala Sherif Hussin Tawfik	16	Smouha	19.48
6	Anan Magdy Tawfik	21	El Ealameyen	19.54
7	Lobna Mohamed Hassan Ta	19	Bank Ahly Cairo	19.57
8	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	19.57
9	Malak Amr Abdel Fattah	17	Wadi Degla	19.67
10	Nardin Ismail abd Elaziz	21	Olimpic Club	19.68

**Heat 16 of 18 Finals**

1	Renad Tamer Shaaban	15	ISMAY	19.43
2	Nada Mohamed Abdo Elsaic	20	Suez C.P.Said	19.38
3	Malk Mohamed Abouelela	14	NASR	19.34
4	Rawan Fahim Said Fahim	16	GHABA	19.32
5	Mena Mohamed Fouad	15	El-Temsah	19.19
6	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	19.20
7	Rehab Ayman Sayed	15	NASR	19.32
8	Malak Mohamed Ebrahim	14	Suez C.P.Said	19.35
9	Joudy Ahmed Fouad	16	GHABA	19.39
10	Basant Samy Abdallah	14	NASR	19.45

**Heat 17 of 18 Finals**

1	Ghehan Saad Abd Elrahman	18	ISMAY	19.12
2	Basmala Wael Ahmed Moha	15	Wadi Degla	19.09
3	Dareen Feras Mostafa Alswa	17	Elethead Elskandr	19.05
4	Hanen Mohamed Sami	15	NASR	18.79
5	Maya Hitham Mohamed	21	Army Club	18.71
6	Sama Zakarya Mohamed	17	Alshark Sports	18.71
7	Shahd Ahmed Fakhr	17	ISMAY	18.94
8	Nour Ashrf Nagah Zaky	14	Electrecity Isma	19.08
9	Nada Ibrahim Gohar	21	Smouha	19.09
10	Nada Hany Mahmoud	17	Olimpic Club	19.18

**Heat 18 of 18 Finals**

1	Jasmin Wael Saad	21	Shooting Cairo	18.56
2	Nada Magdy Abou Moslam	18	GHABA	18.40
3	Basmala Sobhe Mohamed	19	GHABA	18.36
4	Jana Mohamed Fathe	16	Alshark Sports	18.32
5	Mariam Mohamed Helmy	14	TM Acd	18.23
6	Gamila Ali Saber	18	Suez C.P.Said	18.32
7	Mariam Galal Said	22	GHABA	18.35
8	Salma Saad Mohamed	15	Elethead Elskandr	18.40
9	Joudy Sherif ElMaas	19	Elethead Elskandr	18.46
10	Fagr Osama Farouk	17	Al-Canal	18.57

**Event 50 Men 14 & Over 50 LC Meter AP**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 31 Finals**

4	Yassen Khaled Ahmed Moha	14	Tyran Club	NT
5	Ahmed Medhat Fathy	14	Police	NT
6	Ahmed Hilal Ahmed Hilal	14	ISMAY	NT

**Heat 2 of 31 Finals**

1	Anas Mohamed Abo Ali	14	Masr Betrol	NT
2	Youssef Islam Fathy	14	Shooting Cairo	NT
3	Hazem Mohamed ElSayed	14	GHABA	NT
4	Adham Mohamed Ghobashy	14	Wadi Degla	NT
5	Ahmed Ramy Gamal Ali	14	El-Temsah	NT
6	Mahmoud Mohamed Abd El	14	NASR	NT
7	Adam Nabil Akl	14	Wadi Degla	NT
8	Zouhair Sherif Ahmed	14	ISMAY	NT
9	Abd Allah Mohamed Ahmecc	14	Ghazel Port Said	NT
10	Omar Wael Yosry	14	Shooting Cairo	NT

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Heat 3 Finals (#50 Men 14 &amp; Over 50 LC Meter AP)

1	Yousef Ahmed Mohamed Sa	14	Faros Club	NT
2	Adam Ibrahim Samir	15	Alnoby Cairo	NT
3	Loay Mohamed Wassem	15	Tyran Club	NT
4	Yassen Saed Saber	15	El Seka El Hadid	NT
5	Ali Amr Ali Ahmed	15	ElGezira Youth	NT
6	Amer Waleed Ahmed	15	Police	NT
7	Mohamed Hisham Mohame	15	Army Club	NT
8	Yousef Ashraf Aly	15	Bank Alx	NT
9	Ayad Hisham Mohamed	14	Army Club	NT
10	Yousif Ahmed Zohny	14	Police	NT

## Heat 4 of 31 Finals

1	Mohamed Hithem Mohame	15	El Seka El Hadid	NT
2	Abdallah Mohamed Ahmed	16	Bank Ahly Cairo	NT
3	Marwan Hany Mostafa	16	Shooting Cairo	NT
4	Yousif Saeyd Yosuif	16	El Seka El Hadid	NT
5	Abed Mohamed Abd ElMon	16	Shooting Cairo	NT
6	Nour Ahmed Eid Mohamed	16	Shooting Cairo	NT
7	Samy George Samy	16	ISMAY	NT
8	Mohamed Ahmed Ibrahim	16	GHABA	NT
9	Omar Alaa Mahmoud Soud	15	Shooting Cairo	NT
10	Mohamed Ehab Talaat	15	El-Obour	NT

## Heat 5 of 31 Finals

1	Yousef Emad Ahmed Ibrahi	16	GHABA	NT
2	Yousef Mohsen AbdElhame	17	El-Temsah	NT
3	Emad Hisham Mohamed	17	Electrecity Isma	NT
4	Khaled Ahmed Yousef Moha	17	Wadi Degla	NT
5	Baraa Wael Abd ElAziz	17	Army Club	NT
6	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
7	Marawan Ahmed Farok	17	Police	NT
8	Omar Said Abdelaziz	17	El Seka El Hadid	NT
9	Yousif Ahmed Farok	16	Police	NT
10	Seif Adel Rashed	16	Wadi Degla	NT

## Heat 6 of 31 Finals

1	Ali Adel Abd ElHameed	18	Sheikh Zayed	NT
2	Yousef Mohamed Ibrahim	19	Army Club	NT
3	Omar Ahmed Mohamed	20	El Ealameyen	NT
4	Ayman Mohamed Ahmed	20	Bank Ahly Cairo	NT
5	Mahmoud Ahmed Almensh	21	Shooting Cairo	NT
6	Basel Osama ElSayed	20	ISMAY	NT
7	Nour Eldin Amr Mahmoud	20	Police	NT
8	ezz Eldeen Alaa Aldeen	19	El Ealameyen	NT
9	Hady Naser Abdo	19	Bank Ahly Cairo	NT
10	Mohamed Sied Mohamed Si	18	El-Obour	NT

## Heat 7 of 31 Finals

1	Abd Allah Mohsan Ibrahiem	22	El-Obour	NT
2	Mohamed Ahmed El Sayed	15	Army Club	27.82
3	Mohamed Mahmoud Foad	17	Army Club	26.70
4	Eyad Mohamed Seif ElDin A	14	TM Acd	25.60
5	Mohammed Ahmed Moham	14	El-Temsah	25.41
6	Amar Amr Foayd	16	El-Obour	25.45
7	Abdalrhman Haitham Samy	17	GNEDE	25.75
8	Mukhtar Tarik Abd El-khabi	15	ElHadba	27.66
9	Mohamed El Hassan Mohan	28	Al-Canal	NT
10	Mohannad Mahmoud ali	21	Petrosport	NT

## Heat 8 of 31 Finals

1	Emad Hamdy Seliem	14	GHABA	24.40
2	Ali Mohamed Emam	15	Army Club	23.98
3	Mohanad Waled Mohmed	18	Wadi Degla	23.73
4	Mohamed Sherif Mohamed	16	Sheikh Zayed	23.45
5	Mahmoud Waeal Mohamed	17	Sheikh Zayed	23.07
6	Youssef Tariq Hisham	15	EZEES	23.29
7	Abdallah Faraag Aboud	18	Bank Ahly Cairo	23.46
8	Yasin Ahmed Mahmoud	14	GHABA	23.89
9	Ali Marzok Ramadan	14	NASR	24.15
10	Sef Bhaa Elden Mohamed	14	GHABA	24.43

## Heat 9 of 31 Finals

1	Moaz Shehata Mohamed	14	NASR	22.95
2	Abd Elrahman Abdallah Tah	14	NASR	22.78
3	Abd Elrahman Mohamed Al	15	NASR	22.46
4	Begade Ibrahim Mahmoud	14	El-Obour	22.45
5	Ammar Tamar Galal Taha	14	NASR	22.07
6	Hassan Kareem Hassan	18	Bank Ahly Cairo	22.11
7	Noah El-sayed Muhammed	16	ElHadba	22.45
8	Zeyad Amr Abd ElFatah	15	Pyramids Gardens	22.62
9	Abd ElRahman Mohamed A	17	Wadi Degla	22.82
10	Ziad Ali Ibrahim	17	Petrosport	23.01

## Heat 10 of 31 Finals

1	Anwar Waleed Anwar Elkhc	16	Tyran Club	22.00
2	Yousef Gamal Mohamed	14	El-Obour	21.81
3	Mazen Hazem Osman	15	NASR	21.78
4	Ali Sherif Ahmed	17	Army Club	21.68
5	Ali Jalal Mawad	15	Bank Ahly Cairo	21.60
6	Hamza Adam Abdo Moham	14	Ghazel Port Said	21.61
7	Yousif Elsayed Mahmoud	15	Wadi Degla	21.78
8	Ziad Mohamed Gaber	18	Meg Acd	21.79
9	Youssef Ahmed Mustafa	14	Army Club	21.93
10	Mohamed Ahmed Mohamec	14	Tyran Club	22.06

## Heat 11 of 31 Finals

1	Mahmoud Gama Sabry Moh	14	Electrecity Isma	21.59
2	Omar Sherif Gamal Kamel	14	Pyramids Gardens	21.23
3	Zyad Hany Farok	16	El-Obour	21.06
4	Nour Ashrf Abd Elazez	14	GHABA	21.01
5	Yousef Karim Bahgat	14	NASR	20.85
6	Mohamed Ezzat Abd Allah	16	Army Club	21.00
7	Kamal Ebrahim Kamal Hab	16	Asec Club	21.01
8	Ahmed Mahmud Salem	15	Police	21.18
9	Mohamed Hany Mahmoud	17	GHABA	21.45
10	Seif Emad Ahmed	14	Electrecity Isma	21.60

## Heat 12 of 31 Finals

1	Abdulla Ahmed Sobhy Wahl	16	Tyran Club	20.82
2	Abdelrhman Osama Gbriel	15	GHABA	20.75
3	Kareem Ihab Mahmoud Ahr	16	Wadi Degla	20.71
4	Taha Naim Mustafa	14	Suez C.P.Said	20.69
5	Ziad Wael Salameh	16	Al-Talbia	20.60
6	Ahmed Mohamed Gabr	14	NASR	20.68
7	Khaled Mohamed Adel	14	Al-Canal	20.69
8	Omar Ashraf Mohamed	15	Army Club	20.73
9	Ahmed Mahmoud Ali Bass	14	Wadi Degla	20.79
10	Abd ElRahman Mohamed A	14	Elriady Elbahry	20.84

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## Meet Program - 5-3-2023

## Heat 13 Finals (#50 Men 14 &amp; Over 50 LC Meter AP)

1	Abd-elrahman Mohamed Ib	20	GHABA	20.51
2	Marwan Waled Hassan Ahm	15	Wadi Degla	20.34
3	Seif Amr Said Abou Majd	14	Betash Club	20.18
4	Omer Kaled Anwar	16	Shooting Cairo	20.14
5	Hamza Mohamed Ragab	15	Army Club	20.11
6	Mahmoud Tarek Noman EIF	14	GHABA	20.12
7	ElMotaz Ibrahim Khalil	20	TM Acd	20.17
8	Belal Ahmed Mohamed	16	Electrecity Isma	20.28
9	Mazen Rafea Farok Moham	14	Faros Club	20.37
10	Amaar Yaseer Madboly	22	El-Obour	20.59

## Heat 14 of 31 Finals

1	Kareem m Hassan	14	Ghazel Port Said	20.01
2	Moamen Aymen Samer Gha	14	Electrecity Isma	19.93
3	Yossef Mohamed Abdelsme	15	GHABA	19.75
4	Hossam Adel Mohamed Rag	18	Elostol Club	19.73
5	Seif Eldin Mahmoud Roshdy	17	Electrecity Isma	19.67
6	Mohamed Tarek Fakhry	15	NASR	19.70
7	Mohamed Abdellhady Moha	14	ISMAY	19.75
8	amr Mahmoud Khaled	18	Electrecity Isma	19.91
9	Mohamed Atiaa Mohamed	16	NASR	19.95
10	Mohamed Salaheldeen Mah	15	Tyran Club	20.04

## Heat 15 of 31 Finals

1	Moaz Ibrahim Abd ElHamec	15	El-Temsah	19.58
2	Saleh SabrAbdultaif	17	GHABA	19.56
3	Ahmed Ashraf Abd ElKaree	16	ISMAY	19.40
4	Khaled Mohamed Sayed	15	GHABA	19.37
5	Mohamed Ahmed Ragab	17	NASR	19.31
6	Abd Moneam Khaled A.Allal	17	Wadi Degla	19.34
7	Yousef Mohamde Abd ElKar	15	Faros Club	19.37
8	Yassen ali Mostafa Elzanaty	16	Electrecity Isma	19.56
9	Nour Atef Hassan Hussin	15	Betash Club	19.57
10	Abdelrahman Ahmed Husse	15	El Seka El Hadid	19.62

## Heat 16 of 31 Finals

1	Zyad Khaled Khlaf	17	Suez C.P.Said	19.27
2	Ahmad ali Ahmad	16	EZEES	19.23
3	Amr Ayman Hashim	18	NASR	19.18
4	Mahmoud Mohamed Mahm	18	GHABA	19.14
5	Yamen Aymain Mohamed	15	Shooting Cairo	19.06
6	Adam Mohamed Salem Dasl	17	ISMAY	19.09
7	Youssef Mohamed Mamoud	15	Elriady Elbahry	19.16
8	Anas Ayman Helmi	15	NASR	19.20
9	Omar Ehab Rashad	14	Police	19.26
10	Youssef Gaber Hassan Ahm	17	Elostol Club	19.30

## Heat 17 of 31 Finals

1	Omar Mohamed Ibrahim	18	Army Club	19.03
2	Omar Nour Eldeen Elzafara	15	NASR	19.00
3	Ayman Gamal Elgably	15	GNEDE	18.93
4	Adly Mohamed Adly Mohan	19	Tyran Club	18.92
5	Hazem Mohamed Abdelmoi	17	Asec Club	18.90
6	Ibrahim Ahmed Ibrahim Sal	14	Ghazel Port Said	18.91
7	Mohamed Abd Allah Hamec	15	Betash Club	18.93
8	Ahmed Wael ElSaid Ahmed	19	Petrosport	18.95
9	Zeyad Mohamed Ahmed	17	Bank Ahly Cairo	19.01
10	Mohamed Atef Hassan Huss	15	Betash Club	19.06

## Heat 18 of 31 Finals

1	Yassin Tamer Nabil Moham	17	Shooting Cairo	18.89
2	Mohamed Khaled Ali Oraby	15	Al-Canal	18.88
3	Mohamed Ragab Mohamed	15	Army Club	18.85
4	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	18.77
5	Youssef Diaa EIDin AbdElFa	15	TM Acd	18.75
6	Amr Ayman Mohamed	17	Elriady Elbahry	18.75
7	Mohamed Ashraf Mohamed	15	Al-Canal	18.78
8	ali Hedyali	14	Elethead Elskandr	18.87
9	Mohamed Abd Allah Mohan	21	El-Obour	18.89
10	Mostafa Mahmoud Shokry	15	GHABA	18.90

## Heat 19 of 31 Finals

1	Yousef Waleed Fathey	16	ElGezira Youth	18.68
2	Mohamed Ahmed Abd Eltav	14	Al-Canal	18.67
3	Mohamed Ali Mohamed	17	GHABA	18.65
4	Hussien Ahmed Hussien	22	Pyramids Gardens	18.59
5	Mohamed Amr Mohamed	16	NASR	18.50
6	Saif Tamer Badr Eldien	16	Electrecity Isma	18.57
7	Mohamed Raouf Mohamed	14	GHABA	18.64
8	Mohamed Ahmed Lotfy	17	GHABA	18.67
9	Mohamed Ehab Ibrahim	15	NASR	18.67
10	Mohamed Abd ELAbd Aziz	15	NASR	18.73

## Heat 20 of 31 Finals

1	Mohamed Kamal Ali Hafaz	17	Smouha	18.47
2	David Mechil Marzouk	17	GHABA	18.43
3	Mohamed Rafea Farok Moh	14	Faros Club	18.40
4	Abd ElRahman Hosny Farou	18	Bank Ahly Cairo	18.34
5	Abd Elrahman Sameh Ezz E	16	NASR	18.32
6	Ahmed Hassan Taha	17	ISMAY	18.32
7	Anas Ahmed Mohmod	17	Elriady Elbahry	18.34
8	Ali Wael Hassan	17	Bank Ahly Cairo	18.43
9	Kaled Magde abd Alfatah	18	ISMAY	18.46
10	Abd ElRahman Mohamed SI	14	Economic Reg.	18.50

## Heat 21 of 31 Finals

1	Yasin Amjad Sobhey Ahmed	16	Smouha	18.31
2	Amaar Waeell Abd El Azzez	18	GHABA	18.29
3	Marwan Ahmed Nazmy	15	Betash Club	18.24
4	Ahmed Zawahri Ahmed	17	NASR	18.20
5	Yousif Yaseer Abd Allaha	17	GHABA	18.18
6	Ibrahem Mohamed Abd El M	16	Al-Canal	18.20
7	Moaz Omar Salem	14	Suez C.P.Said	18.24
8	Moustafa Ahmed Essam	16	ISMAY	18.26
9	Moaz Hamedo Almaz	16	GHABA	18.31
10	Mohamed Ahmed Abdelsala	16	GHABA	18.32

## Heat 22 of 31 Finals

1	Ahmed Hesham abd Elmanl	19	El-Temsah	18.10
2	Mohamed Hossam Mohame	19	Army Club	18.04
3	Ahmed Esaam Saed	23	Bank Ahly Cairo	18.03
4	Mark Baher Emile Ibrahim	14	ISMAY	17.99
5	Cyrils Faraj Nabih	18	GHABA	17.85
6	Sherif Refaat Mohamed	17	GHABA	17.87
7	Basam Mohamed Mohamed	18	GHABA	18.01
8	Velobatir Farg Nabih	16	GHABA	18.04
9	Ahmed Mohamd Slama	17	El-Temsah	18.07
10	Yasin Aiman Ahmed	15	Suez C.P.Said	18.13

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Heat 23 Finals (#50 Men 14 &amp; Over 50 LC Meter AP)

1	Mohamed Haytham Moham	14	Shooting Cairo	17.82
2	Nour Eldin Mohamed Ahme	18	Army Club	17.79
3	Omar Ahmed Elhoseny	16	Betash Club	17.79
4	Mekhael Hesham Adly	18	GHABA	17.71
5	Adam Eslam Hamdi	16	Elethead Elskandr	17.68
6	Yassin Magdy Mohamed	15	Betash Club	17.71
7	Adham Mohamed Sayed	18	Pyramids Gardens	17.78
8	Zeyad Ahmed Abdelmonein	15	NASR	17.79
9	Seif Eldin ElMotaz Bellah	18	GHABA	17.79
10	Yossif Ahmed Maher	17	Police	17.84

## Heat 24 of 31 Finals

1	Ahmed Ihab Ahmed	19	Wadi Degla	17.65
2	Mahmoud Ahmed Mohamed	17	Elethead Elskandr	17.64
3	ali Ahmed Mohamad Gharel	17	El-Temshah	17.60
4	Abd Elrahman Mohamed M.	17	Elriady Elbahry	17.53
5	Karem Mohamed Ahmed Za	16	El-Obour	17.50
6	Omer Abd Eltwab Abd Elrh	22	El-Obour	17.51
7	Ahmed Mohamed Ahmed	15	TM Acd	17.59
8	Elsayed Shaaban Elsayed Al	16	Stad Mansoura	17.64
9	Ahmed Mohamed Hussien	19	Wadi Degla	17.64
10	Abdelazim AbdelfattahAbde	17	Al-Canal	17.66

## Heat 25 of 31 Finals

1	Abdallah Mohamed Azaam	19	Shooting Cairo	17.40
2	Younan Hany Mahar	18	Army Club	17.34
3	Mazen Gamal el Sayed	16	Elethead Elskandr	17.29
4	Ismael Ehab Ismael Yousef	18	Electrecity Isma	17.25
5	Yasin Mohamed Amiro	17	El-Temshah	17.23
6	Mazan Mohamed Kamel	15	Economic Reg.	17.24
7	Hasan Elsaid Sakrana	17	Suez C.P.Said	17.25
8	Abd Elrahman Saied Abd El	22	Al-Canal	17.30
9	Hassan Mohamed Hassan A	18	Smouha	17.37
10	Loay Medhat Elmandra	14	Economic Reg.	17.46

## Heat 26 of 31 Finals

1	Youssef Wael Abd Elsalam	18	Elethead Elskandr	17.20
2	amr Wael Ebrahim	18	m u c	17.19
3	Mohamed Ayman Nabil	18	Shooting Cairo	17.15
4	Omar H Mohamed	16	Ghazel Port Said	17.12
5	Ahmed Amr Mohamed Moh	16	Smouha	17.06
6	Khalil Ali Fahmy	19	GHABA	17.09
7	Seif Ahmed Loutfy Ismail	15	Ghazel Port Said	17.15
8	Sifeldin Mohamed Mohame	18	Elriady Elbahry	17.18
9	Belal Mohamed Mahmoud	15	Suez C.P.Said	17.19
10	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	17.23

## Heat 27 of 31 Finals

1	Sohaeb Esaam Mohamed	20	Suez C.P.Said	17.04
2	Abdallah Tamer Abdallah	20	Shooting Cairo	17.01
3	Zeyad Ahmed Alsayed	19	Al-Canal	16.96
4	Yousef Mohamed Yousef	15	Ghazel Port Said	16.88
5	Ezeldin Moustafa Abd El Az	22	Olimpic Club	16.85
6	Islam Yafaa El-Sayed	17	Army Club	16.87
7	Marwan Ibrahim Elsayed As	24	Army Club	16.96
8	Hamza Hossam Mohamed	15	NASR	17.00
9	Adel Badr Fatoh	15	Wave	17.03
10	Waleed Hazem Mousad	20	Al-Canal	17.05

## Heat 28 of 31 Finals

1	Omar Mohamed Ahmed Am	17	Army Club	16.82
2	Abdelrahman Mohamed Kh	14	Al-Canal	16.81
3	Yasin Ahmed Mahmoud Wa	15	El-Temshah	16.80
4	Mahmoud Mounir Abdelna	15	NASR	16.75
5	Karem Al Ansary Khatab	16	El-Obour	16.73
6	Omar Mohamed El Sied	18	El-Temshah	16.74
7	Mohamed Ahmed Abd El-L	20	Army Club	16.76
8	Mazen Mohamed Elsayed	21	Al-Canal	16.81
9	Ahmed Wael Ibrahim Zakey	17	El-Temshah	16.81
10	Gaser Ehab Ahmed	19	Al-Canal	16.84

## Heat 29 of 31 Finals

1	Yassein Ahmed Farahat	17	GHABA	16.68
2	Omar Ashraf Elsayed	20	Gezira Ward	16.65
3	Gaber Yaser Gaber	16	Elostol Club	16.57
4	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	16.48
5	Ahmed Tamar Ali Mohamed	18	El-Temshah	16.41
6	Marwan Ahmed Mohamed	18	Wadi Degla	16.45
7	Anas Ahmed Mohmed Mahr	15	ISMAY	16.50
8	Mohamed Hany Abo Elenen	17	Suez C.P.Said	16.60
9	Abdelrhman Gamal Abdelsa	20	Elethead Elskandr	16.68
10	Mohamed Alaa Eldin Nasr	17	Electrecity Isma	16.71

## Heat 30 of 31 Finals

1	Mark Mourad Bouls	17	GHABA	16.37
2	Omar Mahmoud Mohamed	17	Elethead Elskandr	16.33
3	Yasin Aiman Mahmoud Ahn	18	Suez C.P.Said	16.29
4	Omar Mohamed Mahmoud	17	GHABA	16.12
5	Abd ElRahman AlAnsary Kh	18	El-Obour	15.92
6	Zeyad Yasser Moustafa	19	Elethead Elskandr	16.08
7	Yousef Ayman Abdelatif	17	Wave	16.13
8	Eslam Elsayed Mohamed	17	Al-Tawkilat Mela	16.30
9	Mahmoud Ahmed ElSayed C	16	Al-Canal	16.35
10	Zeyad Alahmdy Mahmoud	19	ISMAY	16.40

## Heat 31 of 31 Finals

1	Adham Mohamed Wagdy	19	Bank Ahly Cairo	15.87
2	Mohamed Alaa El Din Moha	20	El-Obour	15.79
3	Mahmoud Ihab Mohamed	21	Wadi Degla	15.65
4	Ahmed Mohamed Mohamec	16	Al-Canal	15.49
5	Seif Eldin Ayman Hassan	22	GHABA	15.01
6	Tarek Hassan	16	El-Temshah	15.49
7	Moustafa Ibrahim Elsayed	27	Army Club	15.56
8	Yousef Mahmoud Abd El-Kr	20	Bank Ahly Cairo	15.73
9	Mohand Haitham Ghath	18	Shooting Cairo	15.87
10	Hassan Essam Hassan	20	Smouha	15.89

## Event 45 Women 14 &amp; Over 200 LC Meter BF

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 25 Finals

2	Jana Mohamed Abd ElAziz	14	Tagamoa Heights	NT
3	Jomana Ahmed Shaaban	14	Bank Ahly Cairo	NT
4	Fayroos Ahmed Mohamed	14	El-Moqatam	NT
5	Fatima Abdel Aziz Youssef	14	Army Club	NT
6	Gode Ahmed Fawzy Aboela	14	El Mekaweloun	NT
7	Batol Wael Ahmed Mohame	14	Wadi Degla	NT
8	Laila Ahmed Mohamed	14	Bank Ahly Cairo	NT
9	Fareda Mostafa abd Elgany	14	El Seka El Hadid	NT

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Heat 2 Finals (#45 Women 14 &amp; Over 200 LC Meter BF)

1	Nada Mohammed Mahmou	14	6thYC	NT
2	Retag Ihab Mohamed	14	Bank Ahly Cairo	NT
3	Hams Tamer abo Almatty	15	Suez C.P.Said	NT
4	Malak Ahmed Eid Mahdy	15	Shooting Cairo	NT
5	Nadein Ahmed Mohamed	15	Wadi Degla	NT
6	Reem Ahmed Mohamed Eln	15	Tyran Club	NT
7	Rowan Sameh aly	15	Road El Farag	NT
8	Jana Hussin Ali Mohamed	14	ElGezira Youth	NT
9	Manh amr Zakaria	14	Wadi Degla	NT
10	Hala Mohamed Tawfik	14	Shooting Cairo	NT

## Heat 3 of 25 Finals

1	Mena Hesham Mohamed	15	GHABA	NT
2	Jana Reda Mohamed	15	El Seka El Hadid	NT
3	Ganah Asraf Sheata Poraae	15	El Mekaweloun	NT
4	Sabah Medhat Abdelrazek	16	Masr Betrol	NT
5	Mariem Tarek Ghazy Mohar	16	Tyran Club	NT
6	Yasmin Abdalrahman Alzan	16	Olympic Champion	NT
7	Aya Mohamed Hanfy Bakry	15	Suez C.P.Said	NT
8	Malak Amged Mohamed Otl	15	El-Temsah	NT
9	Sheeraz Ahmed Ebrahim	15	El Seka El Hadid	NT
10	Rokaia M Elorbany	15	Economic Reg.	NT

## Heat 4 of 25 Finals

1	Malk Said Abdelrazek	16	Smouha	NT
2	Hana Gamal Eldin ElSayed	16	Al-Canal	NT
3	Rawan Ehab Hussin	16	Bank Ahly Cairo	NT
4	Jasmine Ayman Amin Mahn	17	ElGezira Youth	NT
5	Sama Ahmed aly Ahmed	17	Shooting Cairo	NT
6	Salma Adel Mahmoud Abd	17	ElGezira Youth	NT
7	Salma Tarek Ghazy Mohame	16	Tyran Club	NT
8	Gamela Ehab Saad	16	6thYC	NT
9	Mariam Aylia Ghattas	16	GHABA	NT
10	Rodaina El Sayed Abo Khali	16	ElGezira Youth	NT

## Heat 5 of 25 Finals

1	Karen Samy Abader	17	El Ealameyen	NT
2	Gana Mohamed Ahmed	17	NASR	NT
3	Sama Mohamed el Sayed	18	Wadi Degla	NT
4	Login Youssef Ahmed	20	Army Club	NT
5	Nada Khaled Mohamed	22	Shooting Cairo	NT
6	Salma Mohamed Talaat Seif	21	Yacht Giza	NT
7	Habiba Salah Abd Elaziz	19	Petrosport	NT
8	Rokya Khater Fathy	18	GHABA	NT
9	Sama Zakarya Mohamed	17	Alshark Sports	NT
10	Goudy Shreif Mohamed You	17	Tyran Club	NT

## Heat 6 of 25 Finals

1	Menna Allah Abdoon Abd E	14	NASR	2:53.48
2	Lamis Mohamed Qassim	15	Al-Talbia	2:48.92
3	Sama Elsadat AbdElGelil	16	Hykisteb	2:41.20
4	Marem Mohamed Soliman	14	Masr Betrol	2:40.17
5	Hagar Khaled Abd Elfattah	16	Pyramids Gardens	2:39.53
6	Habiba Mokhtar Abdelsame	16	MS Obour	2:39.90
7	Remas Hany Fawzy	14	Tyran Club	2:41.01
8	Maryam Mustafa Mohamed	15	Al-Talbia	2:46.46
9	Elzahraa Ali Mohamed	20	Al-Talbia	2:51.04
10	Shoruk Zaki Alsayed	23	El-Obour	NT

## Heat 7 of 25 Finals

1	Mena Allah Hosny Jamaeh	21	El-Obour	2:38.70
2	Mai Abdel Razek Abdel Ha	16	Shoubra	2:37.93
3	Mariam Ramadan Mohamec	15	NASR	2:32.62
4	Rodina Omar Kamal	17	Al-Talbia	2:31.75
5	Rowan Ahmed Elsaid Elginc	19	Suez C.P.Said	2:31.63
6	Logain Mohamed Ahmed	14	ISMAY	2:31.75
7	Hana Amr Abd Elhamed	17	NASR	2:32.25
8	Rahma Mohamed Abd Fatah	14	Tyran Club	2:36.50
9	Nada Wael abd Alfatah	15	El Ealameyen	2:38.62
10	Shahd Ahmed Mohamed	19	Al-Talbia	2:39.34

## Heat 8 of 25 Finals

1	Shahd Omar Mohamed	14	Pyramids Gardens	2:31.09
2	Gana Gaber Ebada	15	Tyran Club	2:30.89
3	Gana Hesham Mohamed	15	Police	2:30.17
4	Malak Salah Awad	15	Sharks Team	2:29.46
5	Sama Tarek Mohamed Aboh	15	Tyran Club	2:28.85
6	Joireh Mohamed EL Sayed M	16	Goldi	2:29.03
7	Ashrakt Mohamed Omar	15	Army Club	2:29.95
8	Habiba Amr Mohamed	15	Hykisteb	2:30.39
9	Malak Magdy Mohamed	16	Pyramids Gardens	2:31.04
10	Jody Islam Ibrahim	15	Hykisteb	2:31.12

## Heat 9 of 25 Finals

1	Jana Ahmed Maher	14	NASR	2:28.59
2	Hanin Yassar Mohamed Ali	15	GHABA	2:27.98
3	Waten Tamer Salh EL Din	16	6thYC	2:27.43
4	Haballah Ali Sobhy	14	Star	2:26.62
5	Hagar Gehad Mohamed	17	Pyramids Gardens	2:26.59
6	Shahd Akram Mohamed	15	Hykisteb	2:26.62
7	Nour Tamer Ezat	14	Faros Club	2:26.66
8	Malak Mohammed Mahmou	16	Al-Talbia	2:27.48
9	Rokaya Ahmed El Shahat	14	Pyramids Gardens	2:28.10
10	Roa Mohamed Saleh	15	Qalyob	2:28.70

## Heat 10 of 25 Finals

1	Gana Ayman Talaat	14	NASR	2:25.76
2	Jana Mohamed Mostafa	14	Star	2:25.53
3	Goudy Ayman Saber	14	GHABA	2:25.50
4	Laila Ahmed Mohamed	14	Yacht Giza	2:25.37
5	Sogoud Tarek Khiry	18	Wadi Degla	2:24.62
6	Lara Mohamed Elgohary	15	NASR	2:24.95
7	Malak Sherif Mohamed	14	Meg Acd	2:25.43
8	Basant Ahmed Salah	14	Masr Betrol	2:25.50
9	Mariam Mohamed Hassan M	14	Tyran Club	2:25.71
10	Retag Sheref Sayed Mohame	14	Army Club	2:26.39

## Heat 11 of 25 Finals

1	Sama Hegazy Eid	15	Al-Talbia	2:23.17
2	Shahd Hady Mohamed	17	Tyran Club	2:23.07
3	Younna Hesham Ramadan	21	Pyramids Gardens	2:22.56
4	Nour Yaser Ali	16	Qalyob	2:22.26
5	Hanen Ramy Elsaid	14	El Seka El Hadid	2:21.96
6	Habiba Mohamed Ahmed	16	Hykisteb	2:22.01
7	Jana Ayman Shaban	16	Qalyob	2:22.53
8	Lily Ahmed Tawfik	14	TM Acd	2:22.87
9	Jana Mahmoud Ali	14	Al-Canal	2:23.16
10	Hanen Osamaa Ali	17	Al-Canal	2:24.14

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## Heat 12 Finals (#45 Women 14 &amp; Over 200 LC Meter BF)

1	Nour Gamal Eldin Sayed	14	Al-Canal	2:21.23
2	Mariam Saleh Ramdan	20	Bank Ahly Cairo	2:20.81
3	Rody Ahmed ali Ahmed	14	Suez C.P.Said	2:20.33
4	Mariam Hesham Mahmoud	17	Goldi	2:19.87
5	Yara Ibrahim Mahmud	14	El Ealameyen	2:19.09
6	Farah Waleed Mohamed	16	Pyramids Gardens	2:19.46
7	Zeinab Mostafa Elsayed	17	Tyran Club	2:20.09
8	Nour Ahmed Mohamed	16	Pyramids Gardens	2:20.39
9	Jana Mohamed Hafez	16	El Ealameyen	2:21.03
10	Joumana Maged Magdy	15	TM Acd	2:21.65

## Heat 13 of 25 Finals

1	Nour Osama Farouk Ali	14	Al-Canal	2:18.88
2	nor Hosam Eldin Elsayed	14	Manshia Youth	2:18.78
3	Zaenab Adel Galal	17	Sharks Team	2:17.59
4	Mariam Mohamed AbdELAz	14	TM Acd	2:17.39
5	Jana Ahmed Samy Mohamed	14	Bank Ahly Cairo	2:17.00
6	Jasmin Mohsen Salal	16	Bank Ahly Cairo	2:17.37
7	Tasnem Alaa Saber	22	GHABA	2:17.56
8	Nouran Mahmoud Faris	15	TM Acd	2:18.01
9	Jana Tamer Fakhry	15	Pyramids Gardens	2:18.79
10	Maram Ahmed Hamdy	17	NASR	2:19.04

## Heat 14 of 25 Finals

1	Yasmin Yaser Fathey Essa	14	MS Obour	2:16.96
2	Nour Mohsen Fahmy Hassa	15	ElMarikh	2:16.63
3	Jody Waled Abdelazim	15	Al-Tersana	2:16.26
4	Sara Amr Mohamed Ahmed	14	Army Club	2:15.92
5	Farah Bassim Mohi	16	Police	2:15.71
6	Touqa Khaled Hagag	20	Al-Canal	2:15.82
7	Roqaya Wesam Mohamed	17	Pyramids Gardens	2:16.01
8	Saga Hesham Hasan	23	GHABA	2:16.29
9	Ganna Amr Abd El-Khalek	16	Al-Canal	2:16.81
10	Jomanah Hassan Mohamed	15	ElGezira Youth	2:16.98

## Heat 15 of 25 Finals

1	Shahd Mohamed Gamal Eld	15	GHABA	2:15.45
2	Gana Saad Ahmed	15	Bani Ebied	2:14.85
3	Norseen Mohamed Ismail	15	Manshia Youth	2:13.43
4	Doha Mohamed Khamis Mo	15	ElGezira Youth	2:13.01
5	Nour Ayman Eid Abdel Har	17	Army Club	2:12.59
6	Jana Mostafa Helmy Hassan	14	GHABA	2:12.75
7	Malak Mohamed Ibrahim N	15	Manshia Youth	2:13.28
8	Roqia Abd ElTawab AbdRah	14	El-Obour	2:14.75
9	Nour Mohamed Elsayed	14	Manshia Youth	2:15.15
10	Malak Nasser Mohamed	17	EG Swaim	2:15.68

## Heat 16 of 25 Finals

1	Maryam Khaled Hmza	15	Al-Tawkilat Mela	2:12.17
2	Jana Ahmed Samir Awad	15	ElGezira Youth	2:11.60
3	Mariam Ahmed Farouk	18	Pyramids Gardens	2:11.32
4	Morogh Mokamed Monir	14	El-Temshah	2:11.30
5	Hanen Mohamed Ibrahim	14	ElGezira Youth	2:11.06
6	Norhan Ashraf Mahmoud	17	El-Obour	2:11.14
7	Kenzy Emad Shokry	15	NASR	2:11.32
8	Naghham Mahmoud Kamel	17	Tagamoa Heights	2:11.42
9	Sama Wael Mohamed	20	El Ealameyen	2:11.90
10	Mariam Mohamed Helmy	14	TM Acd	2:12.40

## Heat 17 of 25 Finals

1	Rawan Yasser Wahed	16	Tagamoa Heights	2:10.90
2	Habiba Mohamed Eid Hassa	15	Al-Canal	2:10.75
3	Omnya Hesham Mohamed I	14	ElGezira Youth	2:10.51
4	Mariam Ahmed Fathy	18	Sharks Team	2:09.59
5	Malak Mohamed Mahmoud	16	GHABA	2:08.89
6	Rinad Ahmed Yousef	15	Wadi Degla	2:09.11
7	Marena Emad Abdelshahed	16	GHABA	2:10.11
8	Gharam Ayman Alsaid	21	El Ealameyen	2:10.61
9	Salma Ahmed Abdelghani	16	NASR	2:10.84
10	Rodina Fahmy Abdelmonen	15	Hykisteb	2:10.96

## Heat 18 of 25 Finals

1	Jana Ahmed AbdELAziz	15	ElGezira Youth	2:08.59
2	Farida Ihab Mohamed	17	Army Club	2:08.38
3	Maram Mohamed Abdallah	14	ISMAY	2:08.06
4	Eman Osama Mahmoud	15	Betash Club	2:07.56
5	Hanen Sayed Ahmed Ismail	15	Shooting Cairo	2:07.45
6	Nadia Ayman Eid Abdel Har	15	Army Club	2:07.46
7	Aliaa Abd ElHamed Yousef	19	Army Club	2:08.03
8	Rahma Mohamed Khairy	15	Manshia Youth	2:08.06
9	Login Mohamed Adel Darwi	14	Manshia Youth	2:08.43
10	Farida Yasser Goda Abd Elm	14	NASR	2:08.75

## Heat 19 of 25 Finals

1	Amira Ahmed Mohamed Hu	15	GHABA	2:07.14
2	Rana Abd Elmonem Zaky	14	Betash Club	2:06.54
3	Malak Ahmed Mohamed	18	Bank Ahly Cairo	2:06.43
4	Tasnim Mohamed Galal	19	Smouha	2:06.28
5	Malak Mohamed Abd ElKad	20	GHABA	2:06.12
6	Joumana Nader Nabih	16	Wadi Degla	2:06.23
7	Farah AlaaEldin Ali	19	ISMAY	2:06.35
8	Hagar Tamar Mohamed San	14	Manshia Youth	2:06.45
9	Jomana Hany Fathy	15	GHABA	2:06.90
10	Hana Hassan Sayed Hassan	17	Electrecity Isma	2:07.40

## Heat 20 of 25 Finals

1	Basant Samy Abdallah	14	NASR	2:05.78
2	Renad Tamer Shaaban	15	ISMAY	2:05.68
3	Retaj Hosam Eldin Mostafa	16	ElGezira Youth	2:05.56
4	Fagr Osama Farouk	17	Al-Canal	2:05.33
5	Farah Mohamed Sayed Salel	17	ElGezira Youth	2:04.87
6	Habiba Ahmed Mohammed	14	El-Temshah	2:05.13
7	Maisa Moustafa Awad	14	ElMasry Port Sai	2:05.45
8	Khadija Khaled Naeem ElDe	14	Wadi Degla	2:05.65
9	Mentallah Ahmed Abd ElW	15	ElGezira Youth	2:05.78
10	Nour Sameh Mohamed	23	Smouha	2:06.04

## Heat 21 of 25 Finals

1	Sara Rabey Marzouk	16	TM Acd	2:03.96
2	Dalia Karm Hamed	20	ElGezira Youth	2:03.37
3	Mai Ahmed Sayed Abdel Mo	15	Army Club	2:03.23
4	Roba Mmdouh Mahfouz	20	Shooting Cairo	2:02.96
5	Kenzy Mohamed Shawky	16	Manshia Youth	2:01.98
6	Jamanuh Haytham Samir	17	Pyramids Gardens	2:02.46
7	Habiba Khaled Saad	15	Pyramids Gardens	2:03.09
8	Jana Ali Sobhy Abd Elkadr	14	Betash Club	2:03.24
9	Malk Rada Srour	15	GHABA	2:03.57
10	Retag Amr Mohamed Sayed	15	Sharks Team	2:04.85

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

**Heat 22 Finals (#45 Women 14 & Over 200 LC Meter BF)**

1	Esraa Ehab Zamel	19	Bank Ahly Cairo	2:01.79
2	Shahd Ahmed Fouad	16	ElGezira Youth	2:01.51
3	Jana Mohamed Fathe	16	Alshark Sports	2:01.34
4	Monaya Wael Hussien	20	Shooting Cairo	2:01.07
5	Mena Mohamed Fouad	15	El-Temseh	2:00.89
6	Hanan Mohamed Sami	15	NASR	2:00.95
7	Nana Abo el Hassan ali	19	Al-Tersana	2:01.12
8	Yasmien Mohamed Fathy	16	GHABA	2:01.42
9	Joudy Rada Mohamed	15	Betash Club	2:01.77
10	Sama Mohamed Ahmed	17	Wadi Degla	2:01.96

**Heat 23 of 25 Finals**

1	Nardin Ismail abd Elaziz	21	Olimpic Club	2:00.20
2	Retag Mohamed Gamal	16	Tagamoa Heights	2:00.09
3	Ghada Mohamed Ahmed	16	Wadi Degla	1:59.81
4	Somaia Ahmed Mohamed H	18	GHABA	1:59.71
5	Salma Saad Mohamed	15	Elethead Elskandr	1:59.54
6	Yasera Abdo Hussain	14	GHABA	1:59.70
7	Basmala Wael Ahmed Moha	15	Wadi Degla	1:59.79
8	Rawan Khaled Osama	17	El Ealameyen	1:59.89
9	Rouvida Mohamed Emam A	16	Shooting Cairo	2:00.10
10	Jasmin Wael Saad	21	Shooting Cairo	2:00.62

**Heat 24 of 25 Finals**

1	Joudy Ahmed Fouad	16	GHABA	1:59.23
2	Nour Saber Ibrahim Saber	14	Olimpic Club	1:58.93
3	Shahd Ahmed Fakhr	17	ISMAY	1:58.65
4	Rahma Ashraf Mohamed	19	Bank Ahly Cairo	1:57.57
5	Rokaya Essam Goda Abd El	14	GHABA	1:56.70
6	Fatma Ayman Saeied Ahme	20	GHABA	1:57.14
7	Ayat Elsayed Ahmed	20	GHABA	1:57.84
8	Ghehan Saad Abd Elrahman	18	ISMAY	1:58.78
9	Remaz Sameh Hassan Ali	14	GHABA	1:59.14
10	Naden Alaa Elden Arafa	17	Betash Club	1:59.51

**Heat 25 of 25 Finals**

1	Moren Yusif Salih	16	Manshia Youth	1:56.33
2	Nada Magdy Abou Moslam	18	GHABA	1:55.34
3	Login Mohamed Shawky	16	Manshia Youth	1:55.25
4	Noha Mohamed Abd El Wah	16	Manshia Youth	1:53.95
5	Aliaa Ehab Abdel Moneim	16	Pyramids Gardens	1:52.93
6	Mariam Galal Said	22	GHABA	1:53.31
7	Lobna Mohamed Hassan Ta	19	Bank Ahly Cairo	1:54.12
8	Basmala Sobhe Mohamed	19	GHABA	1:55.31
9	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	1:55.67
10	Gana Elsayed Abdelhamed	16	Stad Mansoura	1:56.46

**Event 46 Men 14 & Over 200 LC Meter BF**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 47 Finals**

2	Abd Allah Mohamed Ahme	14	Ghazel Port Said	NT
3	Sofyan Eslam Abd ElSamie	14	ElGezira Youth	NT
4	Ali Mohamed Helmy	14	EG Swaim	NT
5	Akram Ali Abd Elatti	14	NASR	NT
6	Saif Elden Ahmed Osama	14	Manshia Youth	NT
7	Omer Walid Abd EL Malek	14	6thYC	NT
8	Mazen Mohammed Azet	14	Nemoo	NT

**Heat 2 of 47 Finals**

1	Yassin EsamEldeen Magdy I	14	Tyran Club	NT
2	Marwan Mohamed ElSayed	14	Shooting Cairo	NT
3	Omar Wael Yosry	14	Shooting Cairo	NT
4	Mohamed Yaser Mohamed	14	Wave	NT
5	Ahmed Emad Shaban Husse	14	ElGezira Youth	NT
6	Beshoy Hany Wesa Farag	14	Masr Betrol	NT
7	Yassen Mohamed Aly Hanfy	14	Tyran Club	NT
8	Mostafa Mohamed Efteha E	14	ElGezira Youth	NT
9	Yasin Amad Mohamed	14	6thYC	NT
10	Taim Adham Ebrahim	14	El-Obour	NT

**Heat 3 of 47 Finals**

1	Adam Mohamed Mahmud	14	El Seka El Hadid	NT
2	Youssef Hussen Salama	15	Nemoo	NT
3	Farok Mahmoud Farok	15	El Seka El Hadid	NT
4	Yousef Mohamed Abdelwah	15	Hykisteb	NT
5	Faris Hisham Raafat	15	El-Obour	NT
6	Abdallah Hassan Hamdy Gh	15	TM Acd	NT
7	Yousef Atef Mohamed Saec	15	El Mekaweloun	NT
8	Omar Alaa Mahmoud Soud	15	Shooting Cairo	NT
9	Yaseen Mohammed Sayed	15	Masr Betrol	NT
10	Hamza Ehab Saad	14	6thYC	NT

**Heat 4 of 47 Finals**

1	Amir Mohamed Saleh Amir	15	Qalyob	NT
2	Ahmed Mohamed Ahmed	15	Loveit Acd	NT
3	Ahmed Hussien Mohmed Fa	15	Wadi Degla	NT
4	Ashraf Ahmed Saeyd	15	El Seka El Hadid	NT
5	Youssef Mohamed Abdellati	16	Elriady Elbahry	NT
6	Youssef Mohamed Hamdy M	15	Tyran Club	NT
7	Ahmed Wael Ahmed Afify	15	Masr Betrol	NT
8	Omar Ahmed Mohamed	15	Pyramids Gardens	NT
9	Mohammed Naser Fouad	15	Nemoo	NT
10	Adam Ashraf Ibrahim	15	Faros Club	NT

**Heat 5 of 47 Finals**

1	Mohamed Amin Mohamed	16	Wave	NT
2	Hatem Hamada Abdelhame	16	Nemoo	NT
3	Youssef amr Ahmed	16	El Seka El Hadid	NT
4	Abo Bakr Ahmed Abo Bakr	16	Army Club	NT
5	Adham Shrif Farid	16	Shooting Cairo	NT
6	Omar Ahmed Elhoseny	16	Betash Club	NT
7	Annas Osama Mohamed	16	El Seka El Hadid	NT
8	Abed Mohamed Abd ElMon	16	Shooting Cairo	NT
9	Nour Ahmed Eid Mohamed	16	Shooting Cairo	NT
10	Omar Mohamed Kamal Mah	16	Shooting Cairo	NT

**Heat 6 of 47 Finals**

1	Ali EL Din Ahmed Mohamec	16	Shooting Cairo	NT
2	Ahmed WaelHlika	16	Shooting Cairo	NT
3	Hamza Amir Mohamed	16	El Seka El Hadid	NT
4	Eyad Hesham Sayed	16	Masr Betrol	NT
5	Ahmed Ayman Abdmnah	17	Bahtem	NT
6	Ziad Alaa Mohammed	17	Masr Betrol	NT
7	Mohamed Samar Hamed Fa	16	Suez C.P.Said	NT
8	Mostafa Mohammed Abdelr	16	Nemoo	NT
9	Omar Mohammed Mohamr	16	Nemoo	NT
10	Hazam Kamal Abd Elsalam	16	Sheikh Zayed	NT



## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Heat 7 Finals (#46 Men 14 &amp; Over 200 LC Meter BF)

1	Abdallah Ahmed Nasr Amie	17	Electrecity Isma	NT
2	Yosef Mahmoud Yosef	17	El Seka El Hadid	NT
3	Adham Ramdan Ibrahim	17	MS Obour	NT
4	Mohammed Abdelhakeem /	17	Masr Betrol	NT
5	Momen Ibrahim Mahmoud	17	Wadi Degla	NT
6	Eslam Hassan Dorgham	17	El-Mostakbal	NT
7	Omar Mohamed Mahmoud	17	GHABA	NT
8	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
9	Amr Gammal Mohammed	17	Masr Betrol	NT
10	Kariem Shaban Amer	17	Wadi Degla	NT

## Heat 8 of 47 Finals

1	Ahmed Mahar Gabriel	17	Road El Farag	NT
2	Mazen Salama Mohamed Sa	17	Wave	NT
3	Ziad Ali Ibrahim	17	Petrosport	NT
4	Hassan Ahmed Hassan	17	Al-Tersana	NT
5	Mohamed Elsayed Mohame	17	Tyran Club	NT
6	Yousef Mohamed Ahmed Els	17	Wadi Degla	NT
7	Ali Mohammed Farouq	17	Masr Betrol	NT
8	Youssef Waled Mohamed Ga	17	Tyran Club	NT
9	Belal Mohamed Emad	17	Police	NT
10	Omar Mohamd Abdel Aziz	17	Goldi	NT

## Heat 9 of 47 Finals

1	Ahmed Mohamed Hoga Eldi	18	Al-Tersana	NT
2	Seif Khaled Saad Eldin	18	ElGezira Youth	NT
3	Abdallah Faraag Aboud	18	Bank Ahly Cairo	NT
4	Mohamed abd el Fatah a Sal	19	ard El Liwaa	NT
5	Yassin Karim Ahmed	19	Shooting Cairo	NT
6	Ahmed Khaled Ahmed	19	Bank Ahly Cairo	NT
7	Abdallah Mohamed Azaam	19	Shooting Cairo	NT
8	Yousef Ashraf Moustafa	18	GHABA	NT
9	Mohand Haitham Ghath	18	Shooting Cairo	NT
10	Mahmoud Mohammed Fahr	18	Nemoo	NT

## Heat 10 of 47 Finals

1	Momen Ahmed Hanfy	21	Al-Tersana	NT
2	Mohamed Abd Allah Mohan	21	El-Obour	NT
3	Abdelrahman Maher Salah	22	Nemoo	NT
4	Abd Elrahman Saied Abd El	22	Al-Canal	NT
5	Mostafa Mehמוד Henefi	24	El-Obour	NT
6	Hazim Mohamed Fathy	22	GHABA	NT
7	Hussien Ahmed Hussien	22	Pyramids Gardens	NT
8	Abdalla 0 Mohamed Ebrahi	21	Shooting Cairo	NT
9	Mohamed Tarek Samy	21	Shooting Cairo	NT
10	Abd Elrahman Ahmed Moh	19	GHABA	NT

## Heat 11 of 47 Finals

1	George Sameh Gerges	16	Masr Betrol	2:51.59
2	Marwan Hassen Abd Allah	14	Masr Betrol	2:42.65
3	Gaser Shehab Mahmoud	14	NASR	2:33.07
4	Yehia Mohamed Osman	14	Pyramids Gardens	2:31.34
5	Adham Mansor El Saeed	16	Army Club	2:29.70
6	Saif Mohammed Saied	14	El-Temsah	2:29.75
7	Abdelrahman Mahmoud Sai	16	Sharks Team	2:32.07
8	Eyad Ahmed Nabil ali	15	NASR	2:35.03
9	Adham Mohamed Ahmed	14	NASR	2:50.01
10	Adham Ayman Mostafa Rad	14	Tyran Club	2:58.78

## Heat 12 of 47 Finals

1	Youssef Walid Ehsan	16	TM Accd	2:27.76
2	Mukhtar Tarik Abd El-khabi	15	ElHadba	2:26.95
3	Moaz Haithm Mahmoud Fo	14	Tyran Club	2:24.25
4	Mostafa Ebrihem Mostafa	14	Qalyob	2:24.03
5	Ahmed Hossam Lotfy	15	Masr Betrol	2:23.93
6	Mahmoud Hossam Mahmou	14	NASR	2:23.95
7	Ahmed Asmael Abd Elmoat	14	Masr Betrol	2:24.18
8	Yehya Hossam Eldin Mostaf	14	Star	2:25.15
9	Karim Yehia Shafik	16	Pyramids Gardens	2:27.62
10	Omar Mahmoud Esmail	15	Qalyob	2:29.57

## Heat 13 of 47 Finals

1	Ziad Ayman Aziz	14	Sporting Club	2:23.81
2	Moaz AbdElrahman Moha	15	Hykisteb	2:23.53
3	Moustafa Mohamed Sayed M	15	Olympic Champion	2:23.40
4	Salim Mohamed Ahmed	15	Shooting Cairo	2:23.26
5	Seif Alla Hany Ahmed Foid	14	Tyran Club	2:22.51
6	Eyad Yahya Mohamed	14	Qalyob	2:23.00
7	Noah El-sayed Muhammed	16	ElHadba	2:23.35
8	Mhamod Ahamed Mohamec	14	Masr Betrol	2:23.45
9	Mohamed Ahmed Mohamec	15	El-Obour	2:23.54
10	Yassen Mohamed Ahmed Al	14	Tyran Club	2:23.87

## Heat 14 of 47 Finals

1	Mohamed Ehab Talaat	15	El-Obour	2:21.39
2	Ahmed Kareem Eldin Ahme	15	NASR	2:21.21
3	Gon Gerges Makram	15	Sharks Team	2:20.96
4	Ahmed Mohamed Bahaa Elk	14	Tyran Club	2:20.21
5	Adel Ahmed Adel Saleh	14	Tyran Club	2:19.51
6	Mhmod Madht Ramdan Bac	15	Masr Betrol	2:19.71
7	Yousef Mohamed Salama M	17	Goldi	2:20.48
8	Mohamed Mahmoud Fooad	17	Army Club	2:21.06
9	Mohamed Ahmed Abd Elmc	14	Tyran Club	2:21.23
10	Reda Sayed Reda	14	NASR	2:21.40

## Heat 15 of 47 Finals

1	Seif El Dien Mahmoud Anw	17	ISMAY	2:19.30
2	Rayif Medhat Hassan	17	NASR	2:18.58
3	Abd Elrahman Adel Saleh Y	14	ElGezira Youth	2:18.21
4	Hamza Adam Abdo Moham	14	Ghazel Port Said	2:17.83
5	Ziad Elsayed Shalby	14	Manshia Youth	2:17.45
6	Mohamed Nader Ahmed Sh	16	Tyran Club	2:17.51
7	Said Ahmed Mohamed Said	17	ElGezira Youth	2:17.88
8	Mazen Mohamed Abd Alaha	18	ISMAY	2:18.53
9	Abd Elrhman Alaa Khirt	16	Aero Sport	2:19.26
10	Zayad Mohamed Abdallah	14	Bank Ahly Cairo	2:19.43

## Heat 16 of 47 Finals

1	Youssef Salah AbdElAziz	20	Hykisteb	2:17.21
2	Ahmed Moustafa Ahmed	14	El-Obour	2:16.29
3	Hany Tarek Gamal	14	MS Obour	2:15.87
4	Abd Allah Ibrahim Dosqy	15	Masr Betrol	2:15.71
5	Essam Mohamed Said Solta	17	Tyran Club	2:15.48
6	Danial Feleb Saad Feleb	14	Tyran Club	2:15.54
7	Seif-Elden Mohamed Solim	17	Star	2:15.79
8	Yousif Hazem Elsayad	15	Manshia Youth	2:16.24
9	Yahya Ayman Abd Elhay	14	Petrosport	2:16.75
10	Mohamed Sayed Shaker	14	El Seka El Hadid	2:17.29

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

## Heat 17 Finals (#46 Men 14 &amp; Over 200 LC Meter BF)

1	Hassan Mohamed Ameen	15	El Ealameyen	2:14.98
2	Ziad AbdAllah Abdelraof	15	Masr Betrol	2:14.71
3	Mazen Karem Mahmood	14	El-Obour	2:14.29
4	Ammar Mohamed Mohsen	17	El-Gehad	2:13.99
5	Ahmed Alaa Ahmed	16	Pyramids Gardens	2:12.35
6	Mohammed Ahmed Moham	14	El-Temsah	2:13.82
7	Saif Ahmed Kamal	16	Al-Tersana	2:14.06
8	Yehya Amr El Damaty	14	Sporting Club	2:14.47
9	Yassin Hossam Fouad	14	TM Acd	2:14.73
10	Mohamed Hithem Mohame	15	El Seka El Hadid	2:15.23

## Heat 18 of 47 Finals

1	Amr Adel Abd AlShafy Bakr	17	Goldi	2:12.20
2	Amr Elhossiny	17	Hykisteb	2:11.17
3	Yehia Mohamed Helmy	15	NASR	2:10.90
4	Omar Mohamed Abd Almag	16	Pyramids Gardens	2:10.54
5	Mahmoud Mohamed Abd El	14	NASR	2:10.43
6	Ahmed Mohamady Mosad	15	Banha Youht	2:10.47
7	Yossef Mohamed Salah	16	TM Acd	2:10.76
8	Kareem m Hassan	14	Ghazel Port Said	2:11.04
9	Ahmed Hilal Ahmed Hilal	14	ISMAY	2:11.62
10	Ibrahim Ahmed Ibrahim Sal	14	Ghazel Port Said	2:12.26

## Heat 19 of 47 Finals

1	Ahmed Samir Elsayed Salim	15	Manshia Youth	2:10.42
2	Hassan Kareem Hassan	18	Bank Ahly Cairo	2:10.12
3	Abdelrahman Ahmed Abdel	16	Betash Club	2:09.96
4	Ali Marzok Ramadan	14	NASR	2:09.87
5	Yehia Noor Eldeen Mahmou	17	Petrosport	2:09.65
6	Omar Alaa Avd Elaty	18	Al-Talbia	2:09.85
7	Ziad Wael Salameh	16	Al-Talbia	2:09.93
8	ali Elden Tark	18	Police	2:10.03
9	Amar Amr Foayd	16	El-Obour	2:10.32
10	Marwan Nader Nabil	15	El Ealameyen	2:10.43

## Heat 20 of 47 Finals

1	Omar Waleed Hamed Ahme	15	El Ealameyen	2:09.35
2	Zeyad Mohamed Roushdy	17	Pyramids Gardens	2:09.15
3	Ahmed Mohamed Qasim	20	Al-Talbia	2:08.92
4	Marwan Tarek Eldawi	17	NASR	2:08.53
5	Ahmed Samer Abdo ama	14	Manshia Youth	2:08.46
6	aly Haisham Said	15	Shooting Cairo	2:08.53
7	Amaar Yaseer Madboly	22	El-Obour	2:08.78
8	Zyad Hany Farok	16	El-Obour	2:09.14
9	Omar Khaled Ahmed Aly	14	Tyran Club	2:09.28
10	Yossaef Taher Abdullah	16	Shata	2:09.59

## Heat 21 of 47 Finals

1	Mohamed Ahmed Mohamec	14	TM Acd	2:08.39
2	Moslem Eslam Mohamed R	17	Yacht Giza	2:08.37
3	Mohamed Mokhtar Moham	14	Manshia Youth	2:08.17
4	Omar Adel Fathy	14	Petrosport	2:08.07
5	Youssef Ibrahim Mohamed	15	El-Temsah	2:07.78
6	Ahmed Tarek Ahmed Elsaye	16	Manshia Youth	2:07.94
7	Eyad Mohamed Seif ElDin A	14	TM Acd	2:08.10
8	Youssef Eslam Ebrahim	16	Sharks Team	2:08.28
9	Aly Ahmed Mahmud Ahmec	17	Elostol Club	2:08.37
10	Ahmed Abd El Razek Elsaec	14	Banha Youht	2:08.40

## Heat 22 of 47 Finals

1	Nour Nabil Ibrahim	15	Bani Ebied	2:07.71
2	Mohannad Mahmoud ali	21	Petrosport	2:07.68
3	Mostafa Gamal Sabry Moha	14	Electrecity Isma	2:07.54
4	Ahmed Mohamed Abd Elale	18	Sheikh Zayed	2:07.39
5	Erfan Kotb Ameen Sade	15	ElGezira Youth	2:07.15
6	Aly EkBal Mohamed Raghet	16	Sporting Club	2:07.31
7	Mohamed Wael Qorani	14	NASR	2:07.43
8	Mohamed Ahmad Mahdy	18	Al-Talbia	2:07.62
9	Omar Ahmed el Rifai	16	El-Gehad	2:07.71
10	Mohammed Eslam Mohamr	14	Banha Youht	2:07.73

## Heat 23 of 47 Finals

1	Khaled Mohamed Fathy	17	El Ealameyen	2:06.96
2	Yousef Khaled Mahmoud	14	GHABA	2:06.85
3	Beshoy Emad Magdy Awad	16	Goldi	2:06.75
4	Mohamed Mustafa Mohame	14	Manshia Youth	2:06.59
5	Islam Yasser Said	17	Tyran Club	2:06.45
6	Basel Ashraf Abdalla	18	GHABA	2:06.51
7	Yosef Tamer el Sogheir	18	Top Sports.Acd	2:06.70
8	Abdlrahman Mohamed Eza	16	Banha Youht	2:06.82
9	Ibrahim Osama Saed Salem	17	Tyran Club	2:06.95
10	Mahmoud Ahmed Ramdan	15	GHABA	2:07.00

## Heat 24 of 47 Finals

1	Ahmed Abd-elnaser Elsayec	17	Wadi Degla	2:06.14
2	Hassan Yasser Mohamed Ga	17	Sporting Club	2:06.01
3	Yousef Tamer Salah EL Din	16	6thYC	2:05.87
4	Anas Mohamed Abo Ali	14	Masr Betrol	2:05.50
5	Mohamed Saad Mohamed	16	Yacht Giza	2:05.40
6	Ahmed Sayed Samir	16	El-Obour	2:05.46
7	Nour Ashrf Abd Elazez	14	GHABA	2:05.56
8	Mohamed Helal Abdelkader	15	Electrecity Isma	2:05.98
9	Ahmed Juodah Mahmoud	16	Qalyob	2:06.04
10	Ali Mohamed Emam	15	Army Club	2:06.31

## Heat 25 of 47 Finals

1	Mahmoud Ahmed Mahmou	16	GHABA	2:05.17
2	Adham Mostafa Salah Said	15	Tyran Club	2:05.12
3	Mohamed Salem Mohamed	20	El Ealameyen	2:04.93
4	Abd El Wahab Mohamed Ab	16	Manshia Youth	2:04.85
5	Youssef Saeyd Yosuf	16	El Seka El Hadid	2:04.81
6	Marwan Loay Abd ElHakam	18	Army Club	2:04.82
7	Mustafa Ahmed Abdalla	15	Manshia Youth	2:04.88
8	Mohamed Sameh Mohamed	16	Tyran Club	2:05.01
9	AbdElRahman Mohamed As	16	TM Acd	2:05.12
10	Mohamed Tamer Elsayd Aa	14	Manshia Youth	2:05.33

## Heat 26 of 47 Finals

1	Mohamed Saad Hamdy	15	ElHadba	2:04.59
2	Ali Said Mohamed	14	Tagamoa Heights	2:04.51
3	Kiroles Sameh Mahny	16	Manshia Youth	2:04.23
4	Mustafa Mohamed Bayomi	15	EG Swaim	2:04.14
5	Mohamed Atiaa Mohamed	16	NASR	2:04.07
6	Mohamed Ahmed Mohamec	14	Tyran Club	2:04.07
7	Mahmoud Rabea Salama	15	ElGezira Youth	2:04.18
8	Saber Tamar Saber	15	Al-Talbia	2:04.31
9	Yossef Mohamed Elsaeed	20	Al-Talbia	2:04.53
10	Abd Elrahman Abdallah Tah	14	NASR	2:04.76

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

**Heat 27 Finals (#46 Men 14 & Over 200 LC Meter BF)**

1	Basuony Adel Basuony	18	GHABA	2:04.03
2	Moaz Omar Hassan	16	Electrecity Isma	2:03.85
3	Mazan Mohamed Kamel	15	Economic Reg.	2:03.67
4	Abdelrahman Tamer Abdell	17	Al-Talbia	2:03.65
5	Omar Said Abdelaziz	17	El Seka El Hadid	2:03.60
6	Abd ElRahman Mohamed Sl	14	Economic Reg.	2:03.61
7	Yassin Ahmed Mohamed	17	El-Moqatam	2:03.65
8	Ahmed Hesham Ahmed	17	MS Obour	2:03.81
9	Yossef Osama Abdelraof	18	Banha Youht	2:03.91
10	Mahmoud Waled Mohamed	16	EZEES	2:04.04

**Heat 28 of 47 Finals**

1	Mohamed Ehab Mohamed S	14	ElGezira Youth	2:03.09
2	Nader Yousry Roshdy	17	Al-Talbia	2:02.92
3	Adam Ibrahim Samir	15	Alnoby Cairo	2:02.92
4	Yassen Khaled Ahmed Moh	14	Tyran Club	2:02.53
5	Mohaned Mohamed Shaban	15	Al-Tersana	2:02.37
6	Nour Eldin Ahmed Hassan	16	Yacht Giza	2:02.40
7	Malek Mahmoud Fawzy	14	ElGezira Youth	2:02.62
8	Yousef Ahmed Kamal	19	El Ealameyen	2:02.92
9	Karem Hatem Abd Elkhalek	14	Banha Youht	2:03.05
10	Mustafa Ahmed Abdalminai	15	Manshia Youth	2:03.44

**Heat 29 of 47 Finals**

1	Saged Ayman Ahmad	18	6thYC	2:02.23
2	Youssef Tariq Hisham	15	EZEES	2:02.07
3	Basel Salah Mohamed	16	Al-Talbia	2:02.06
4	Mohamed Ahmed Abd Eltav	14	Al-Canal	2:01.84
5	Abd Elrahman Ahmed Moh	15	Manshia Youth	2:01.74
6	Yousif Mahmoud Saad	17	Al-Tersana	2:01.81
7	Ahmed Samy Mohamed Saa	16	Bank Ahly Cairo	2:01.93
8	Mazen Hazem Osman	15	NASR	2:02.06
9	Nour Eldin Mohamed Mahn	19	NASR	2:02.17
10	Zayad Yasar Fathey	17	ElGezira Youth	2:02.31

**Heat 30 of 47 Finals**

1	Mohamed Tarek Fakhry	15	NASR	2:01.57
2	Khaled Mohamed Adel	14	Al-Canal	2:01.37
3	Moaz Ibrahim Abdel Ghani	17	Pyramids Gardens	2:01.26
4	Mahmoud Waeal Mohamed	17	Sheikh Zayed	2:00.92
5	Zouhair Sherif Ahmed	14	ISMAY	2:00.75
6	Mohamed Khaled Ali Oraby	15	Al-Canal	2:00.79
7	Yousef Monsr Monsr	15	Sheikh Zayed	2:01.17
8	Adam Reda Yousry	15	ElGezira Youth	2:01.26
9	Ahmed Sobhy Mohamed	16	GHABA	2:01.53
10	Ahmed Mohamed Elsayed	15	GHABA	2:01.67

**Heat 31 of 47 Finals**

1	Loay Medhat Elmandra	14	Economic Reg.	2:00.36
2	Yousef Mohamed Ahmed	18	El Ealameyen	2:00.15
3	Mohamed Ehab Ibrahim	15	NASR	1:59.82
4	Abd EL Rahman Tamer Moh	18	6thYC	1:59.20
5	Ahmed Sameh Mohamed Ib	18	Manshia Youth	1:58.81
6	Mohamed Abd ElAbd Aziz	15	NASR	1:59.12
7	Marwan Mahmoud Mabrok	16	ElGezira Youth	1:59.37
8	Ahmed Mohamed Gabr	14	NASR	2:00.14
9	Ahmed Ramy Gamal Ali	14	El-Temsah	2:00.28
10	Mohamed Zaky AbdIftah	19	Banha Youht	2:00.46

**Heat 32 of 47 Finals**

1	Ibrahim Mohamed Ahmed	21	Petrosport	1:58.59
2	Mark Baher Emile Ibrahim	14	ISMAY	1:58.37
3	Zyaad Mohamed Ibrahim A	16	Tyran Club	1:58.25
4	Abdallah Abou ELAzm Ibrah	15	Elethead Elskandr	1:58.17
5	Eyad Ahmed Said Bayomy	16	Tyran Club	1:57.98
6	Adam Reda Alsayed Moham	19	ElGezira Youth	1:58.04
7	Ahmed Amr Ahmed	16	Al-Talbia	1:58.18
8	Kadry Mohamed Kadry	16	Al-Tersana	1:58.37
9	Mohamed Sayed Aly Sayed	15	ElGezira Youth	1:58.51
10	Hazem Nasr Bakry	18	El-Temsah	1:58.74

**Heat 33 of 47 Finals**

1	Mostafa Ehsan Mohammed	14	Banha Youht	1:57.70
2	Zeyad Atef Mohamed	18	GHABA	1:57.48
3	Ahmed Essam ELDin Mohan	17	TM Acd	1:57.34
4	Seif Amr Said Abou Majd	14	Betash Club	1:57.11
5	Zeyad Hesham Mohamed	15	Electrecity Isma	1:57.02
6	Mohamed Rezk Zaky	18	EG Swaim	1:57.04
7	Eyad Saeed Ahmed Rashwa	16	Army Club	1:57.21
8	Ahmed Hassan Taha	17	ISMAY	1:57.43
9	Salah Aldeen Waleed Salah	20	Aero Sport	1:57.51
10	Omar Khaled Abd Elrahmar	15	ElGezira Youth	1:57.93

**Heat 34 of 47 Finals**

1	ezz Eldeen Alaa Aldeen	19	El Ealameyen	1:56.90
2	Omar Magdy Mahmoud	17	NASR	1:56.84
3	Yousef Mohamed Ibrahim	19	Army Club	1:56.79
4	Abd Allah Mohsan Ibrahiem	22	El-Obour	1:56.68
5	Yousef Karim Bahgat	14	NASR	1:56.57
6	Yasin Ahmed Mahmoud Wa	15	El-Temsah	1:56.66
7	Marwan Ahmed Abdalmina	17	Manshia Youth	1:56.76
8	Mohamed Haytham Moham	14	Shooting Cairo	1:56.81
9	Omar Wael Sabry Shafik	17	MS Obour	1:56.86
10	Anas Ayman Helmi	15	NASR	1:56.93

**Heat 35 of 47 Finals**

1	Mohamed Ashraf Mohamed	15	Al-Canal	1:56.37
2	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	1:56.34
3	Moaz Emad Fawzy Waaer	15	ElGezira Youth	1:55.95
4	Mansour Mohamed Mousa I	14	Electrecity Isma	1:55.75
5	Abd-elrahman Mohamed Ib	20	GHABA	1:55.65
6	Ahmed Mohamd Slama	17	El-Temsah	1:55.74
7	Adam Mohamed Abo ali	16	Masr Betrol	1:55.85
8	Youssef Diaa ELDin AbdElFa	15	TM Acd	1:56.29
9	Yousef Amr Samir Kamel	14	Manshia Youth	1:56.35
10	Omar Mohamed Ali	19	Pyramids Gardens	1:56.45

**Heat 36 of 47 Finals**

1	Seif Hisham Mohamed Kam	18	Army Club	1:55.56
2	Mekhael Hesham Adly	18	GHABA	1:55.50
3	Sherif Refaat Mohamed	17	GHABA	1:55.37
4	Adam Ahmed Mohamed Ezz	16	Manshia Youth	1:55.25
5	Mohamed Gamal Nasr	17	NASR	1:55.20
6	Osama Ibrahim Kabbari	16	Faros Club	1:55.20
7	Ahmed Waleed Mohamed	16	TAGMA	1:55.31
8	Salah Eldin Mohamed Sami	15	Al-Tawkilat Mela	1:55.47
9	Alaa Hossam Hegazy	18	Banha Youht	1:55.51
10	Ali Adel Abd ElHameed	18	Sheikh Zayed	1:55.57

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

**Heat 37 Finals (#46 Men 14 & Over 200 LC Meter BF)**

1	Mohamed Ahmed Ragab	17	NASR	1:55.07
2	Yousef Mohamed El-Zanaty	17	Olimpic Club	1:54.31
3	Khaled Ahmed Yousef Moha	17	Wadi Degla	1:54.18
4	Moustafa Ahmed Essam	16	ISMAY	1:53.92
5	Seif Eldin Ahmed Said	16	GHABA	1:53.87
6	ali Ahmed Mohamad Gharel	17	El-Temsah	1:53.91
7	Roaaay Daa Zidan Alsayed	16	ElGezira Youth	1:53.98
8	Ebrahim Sameh Ebrahim	17	Top Sports.Acd	1:54.23
9	Youssef Ahmed Mahmoud	14	TM Acd	1:54.39
10	Yousef Mohamed Hassan	18	El Ealameyen	1:55.11

**Heat 38 of 47 Finals**

1	Ahmed Hesham abd Elmanl	19	El-Temsah	1:53.73
2	Adham Mohamed Mokhtar	17	Tyran Club	1:53.48
3	Mohamed Kamal Ali Hafaz	17	Smouha	1:53.40
4	Omar Ahmed Bahlol	15	Wadi Degla	1:52.71
5	Abdelrahman Mohamed Ab	15	Stad Mansoura	1:52.50
6	Ahmed Emad Mohamed Ma	14	ElGezira Youth	1:52.57
7	Zeyad Amr Abd ElFatah	15	Pyramids Gardens	1:53.07
8	Abdelrahman Mohamed Kh	14	Al-Canal	1:53.48
9	Karem Mohamed Ahmed Za	16	El-Obour	1:53.67
10	Yassin Mostafa Mohamed	14	GHABA	1:53.75

**Heat 39 of 47 Finals**

1	Zayed Mohamed Atef	17	Al-Tersana	1:52.20
2	Adly Mohamed Adly Mohan	19	Tyran Club	1:52.00
3	Yousef Waleed Fathey	16	ElGezira Youth	1:51.90
4	Mohamed Rafaa Farok Moh	14	Faros Club	1:51.60
5	Eyad Baseem	16	GHABA	1:51.48
6	Mark Mourad Bouls	17	GHABA	1:51.51
7	Abd ElRahman Hosny Farou	18	Bank Ahly Cairo	1:51.73
8	Omar Mohamed Abdelftah	15	Stad Mansoura	1:51.90
9	Omer Abd Eltweb Abd Elrh	22	El-Obour	1:52.10
10	David Mechil Marzouk	17	GHABA	1:52.46

**Heat 40 of 47 Finals**

1	Yousif Yaseer Abd Allaha	17	GHABA	1:51.35
2	Yousef Moustafa Ismail	17	GHABA	1:51.10
3	Moamen Mustafa Mohamed	15	Shooting Cairo	1:50.95
4	Omar Ehab Rashad	14	Police	1:50.82
5	Islam Yafaa El-Sayed	17	Army Club	1:50.53
6	Hamza Hossam Mohamed	15	NASR	1:50.68
7	Kaled Magde abd Alfatah	18	ISMAY	1:50.90
8	Omer Mohamed Abdel Ftah	16	Elriady Elbahry	1:51.02
9	Mazen Amr Gaber Ismail	16	ElGezira Youth	1:51.32
10	Ahmed Mahmud Afife Afife	16	Al-Canal	1:51.37

**Heat 41 of 47 Finals**

1	Eyad Ahmed Mohamed Abd	19	m u c	1:50.35
2	Zeyad Mohamed Ahmed	17	Bank Ahly Cairo	1:50.26
3	Yossef Waleed Alli	16	GHABA	1:50.14
4	Youssef Abd Elrahman Abde	14	El-Obour	1:49.87
5	Amar Ahmed Safaa Ibrahim	18	El-Temsah	1:49.76
6	Tarek Hassan	16	El-Temsah	1:49.84
7	Abdelrahman Ahmed Husse	15	El Seka El Hadid	1:49.98
8	Abdallah Ashraf Mohamed l	15	Al-Tawkilat Mela	1:50.17
9	Ahmed Mohamed Ahmed	15	TM Acd	1:50.32
10	Mahmoud Waled Ali	19	Al-Tersana	1:50.42

**Heat 42 of 47 Finals**

1	Yasin Mohamed Amiro	17	El-Temsah	1:49.59
2	Ahmed Abd ElKadar Hussin	21	GHABA	1:49.51
3	Mazen Mohamed Nasr-Elde	18	GHABA	1:49.39
4	Mohand Mohamed Salah	16	El-Moqatam	1:49.18
5	Seif Ahmed Hamy	17	Manshia Youth	1:49.03
6	Ahmed Mansour Said Moha	15	Betash Club	1:49.09
7	ElMotaz Ibrahim Khalil	20	TM Acd	1:49.21
8	Yusif Wayil Rajayiy	17	EZEES	1:49.43
9	Mohamed Ahmed Lotfy	17	GHABA	1:49.56
10	Mohamed Ashraf Abdelmor	17	Manshia Youth	1:49.73

**Heat 43 of 47 Finals**

1	Yousef Mohamed Aly	15	Shooting Cairo	1:48.82
2	Youssef Ibrahim Mahmoud	21	Elethead Elskandr	1:48.62
3	Bavley Essam Samer	17	GHABA	1:48.48
4	Omar Taher Alam	15	Olembya	1:48.33
5	Adham Mohamed Sayed	18	Pyramids Gardens	1:48.31
6	Hossam Mahmoud Masoud	16	ElGezira Youth	1:48.31
7	Badr Emad Hassan	16	Sheikh Zayed	1:48.48
8	Zeyad Tarek Sayed Hassan	16	El-Moqatam	1:48.56
9	Belal Mohamed Fouad Ram	15	Olimpic Club	1:48.73
10	Malek Mohamed Adel	14	Electreicity Isma	1:48.92

**Heat 44 of 47 Finals**

1	Yousef Mahmoud Abd El-Kr	20	Bank Ahly Cairo	1:48.20
2	Basam Mohamed Mohamed	18	GHABA	1:47.93
3	Seif Mohamed Elsayed	17	Manshia Youth	1:47.76
4	Karem Al Ansary Khatab	16	El-Obour	1:47.68
5	Ahmed Mohamed Mohamec	16	Al-Canal	1:47.54
6	Velobatar Ayman Salib	20	GHABA	1:47.65
7	Nour Eldin Mohamed Ahme	18	Army Club	1:47.75
8	Ahmed Ihab Ahmed	19	Wadi Degla	1:47.87
9	Sohib Ayman Samir	16	Al-Canal	1:48.15
10	Ahmed Husin Abas	20	Elriady Elbahry	1:48.21

**Heat 45 of 47 Finals**

1	Omar Sherif Said Moustafa	21	Army Club	1:47.21
2	Omar Ahmed Mohamed	20	El Ealameyen	1:47.00
3	Mohamed Abd Allah Hamec	15	Betash Club	1:46.77
4	Yousef Abd El-Fatah Marzo	21	GHABA	1:46.46
5	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	1:45.47
6	Mahmoud Ahmed Almenshi	21	Shooting Cairo	1:46.23
7	Eslam Elsayed Mohamed	17	Al-Tawkilat Mela	1:46.70
8	Ahmed Wael Ibrahim Zakey	17	El-Temsah	1:46.81
9	Abdallah Mohamed Ahmed	16	Bank Ahly Cairo	1:47.14
10	Elsayed Shaaban Elsayed Al	16	Stad Mansoura	1:47.34

**Heat 46 of 47 Finals**

1	Youssef Mohamed Sayed	16	GHABA	1:45.31
2	Ahmed Taher Elsayed	19	Olembya	1:45.24
3	Youssef Ahmed Youssef	19	Wadi Degla	1:45.04
4	Mahmoud Mounir Abdelnat	15	NASR	1:45.01
5	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	1:44.71
6	Momen Khaled Mohamed H	18	Bank Ahly Cairo	1:44.90
7	Mohamed Essam Sadkey Ya	17	Bank Ahly Cairo	1:45.03
8	Mohamed Alaa El Din Moha	20	El-Obour	1:45.23
9	Omar Mohamed Abdelgwad	16	Stad Mansoura	1:45.26
10	Yousef Fawzy Hamda	20	ElGezira Youth	1:45.32

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 5-3-2023

**Heat 47 Finals (#46 Men 14 & Over 200 LC Meter BF)**

1	Marwan Mohamed Mohar	22	Asec Club	1:43.59
2	Seif Eldin Ahmed Mahdy	21	Shooting Cairo	1:43.14
3	Mahmoud Mohamed Mahar	16	Economic Reg.	1:42.64
4	Marwan Ibrahim Elsayed A	24	Army Club	1:41.28
5	Ahmed Hisham Safwat Rad	18	Army Club	1:37.45
6	Ahmed Ehab Aly	19	Wadi Degla	1:39.81
7	Yousef Hassan Salah El-Dee	19	GHABA	1:42.40
8	Yassein Ahmed Farahat	17	GHABA	1:42.70
9	Abd ElRahman Mohamed S	15	Olimpic Club	1:43.37
10	Ahmed Tamar Ali Mohamec	18	El-Temsah	1:44.46

**Event 63 Mixed 14-15 4x50 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

2	Al-Bagor	A	NT
3	Pyramids Gardens	A	1:42.21
4	Army Club	A	1:29.54
5	Electrecity Isma	A	1:23.61
6	ElGezira Youth	A	1:28.89
7	Tyran Club	A	1:32.42
8	Shooting Cairo	A	NT
9	El-Obour	A	NT

**Heat 2 of 2 Finals**

1	Betash Club	A	1:22.24
2	Suez C.P.Said	A	1:20.67
3	Wadi Degla	A	1:19.54
4	ISMAY	A	1:19.21
5	NASR	A	1:16.54
6	El-Temsah	A	1:17.12
7	GHABA	A	1:19.43
8	Al-Canal	A	1:19.79
9	TM Acd	A	1:20.81
10	Bank Ahly Cairo	A	1:23.06

**Event 69 Mixed 16-17 4x50 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	El-Obour	A	NT
4	ElGezira Youth	A	1:30.61
5	NASR	A	1:24.14
6	Pyramids Gardens	A	1:30.20
7	Tyran Club	A	NT

**Heat 2 of 2 Finals**

1	Shooting Cairo	A	1:21.42
2	Smouha	A	1:20.53
3	Elriady Elbahry	A	1:19.35
4	Electrecity Isma	A	1:18.40
5	GHABA	A	1:17.35
6	Al-Canal	A	1:17.50
7	ISMAY	A	1:19.14
8	Army Club	A	1:20.07
9	Wadi Degla	A	1:21.25
10	Bank Ahly Cairo	A	1:22.57

**Event 75 Mixed 18-19 4x50 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

1	ElGezira Youth	A	NT
2	Pyramids Gardens	A	1:31.68
3	Army Club	A	1:19.78
4	Shooting Cairo	A	1:18.62
5	Bank Ahly Cairo	A	1:16.28
6	GHABA	A	1:17.48
7	Elriady Elbahry	A	1:19.04
8	Al-Canal	A	1:20.81
9	El-Obour	A	NT

**Event 81 Mixed 20 & Over 4x50 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

2	El-Obour	A	NT
3	ElGezira Youth	A	1:30.35
4	Army Club	A	1:19.09
5	GHABA	A	1:17.35
6	Shooting Cairo	A	1:18.32
7	Al-Canal	A	1:24.29
8	Pyramids Gardens	A	1:34.87