

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

## Meet Program - 6-3-2023

## Event 33 Women 14 &amp; Over 200 LC Meter SF

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 20 Finals</b>				
1	Retag Elsaid Ahmed	14	Elriady Elbahry	NT
2	Hala Mohamed Tawfik	14	Shooting Cairo	NT
3	Gana Mohmed Taha Ahmed	14	Wadi Degla	NT
4	Viola Amir Sami Yousef	14	GHABA	NT
5	Malk Amr Adel	14	Wadi Degla	NT
6	Nour Tarek ali	14	Suez C.P.Said	NT
7	Batol Wael Ahmed Mohame	14	Wadi Degla	NT
8	Manh amr Zakaria	14	Wadi Degla	NT
9	Maryam Ahmed Salah	14	El-Obour	NT
<b>Heat 2 of 20 Finals</b>				
1	Malak Ahmed Eid Mahdy	15	Shooting Cairo	NT
2	Rodina Fahmy Abdelmonen	15	Hykisteb	NT
3	Habiba M Raafat	16	FAZAR	NT
4	Mai Abdel Razek Abdel Ha	16	Shoubra	NT
5	Jana Mamdoh Yousif	16	NASR	NT
6	Khalod Ahmed Samy	16	Bank Ahly Cairo	NT
7	Hana Gamal Eldin ElSayed	16	Al-Canal	NT
8	Kenzy Moustafa Kassam	16	Suez C.P.Said	NT
9	Mariam Younis Mohmed	15	Wadi Degla	NT
10	Hams Tamer abo Almatty	15	Suez C.P.Said	NT
<b>Heat 3 of 20 Finals</b>				
1	Hanin Raouf Soliman	17	Army Club	NT
2	Fagr Osama Farouk	17	Al-Canal	NT
3	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
4	Toka Mohamed Mohamed	20	El Ealameyen	2:21.01
5	Retaj Hany Ahmed	15	ISMAY	2:19.39
6	Gana Ayman Talaat	14	NASR	2:19.84
7	Malak Magdy Mohamed	16	Pyramids Gardens	2:37.48
8	Nada Mahmoed Mohamed	18	Masr Betrol	NT
9	Shahd Hady Mohamed	17	Tyran Club	NT
10	Yomna Wael Mohamed	17	Electrecity Isma	NT
<b>Heat 4 of 20 Finals</b>				
1	Logain Mohamed Ahmed	14	ISMAY	2:16.81
2	Noursin Mostafa Mohmed	14	Wadi Degla	2:14.50
3	Sama Amgad Hassan Ali	14	NASR	2:14.10
4	Hana Amr Abd Elhamed	17	NASR	2:13.00
5	Sama Akram Fathi	16	NASR	2:12.28
6	Soha Yasser Shawky	15	Army Club	2:12.98
7	Lara Mohamed Elgohary	15	NASR	2:13.68
8	Mariam Gamil Nadar Abed	15	Wadi Degla	2:14.29
9	Judy Mohamed Abo-Elaene	15	GHABA	2:16.42
10	Roqia Abd ElTawab AbdRah	14	El-Obour	2:18.51
<b>Heat 5 of 20 Finals</b>				
1	Zeina Adel Rashed	15	Wadi Degla	2:09.98
2	Nada Khaled Mohamed	22	Shooting Cairo	2:09.50
3	Lamis Hany Hoseny	20	GHABA	2:09.07
4	Kenzy Emad Shokry	15	NASR	2:08.50
5	Lara Eslam	15	Suez C.P.Said	2:07.52
6	Goudy Ayman Saber	14	GHABA	2:07.78
7	Reem Khaled Mohamed	20	Shooting Cairo	2:09.06
8	Malk Abd Alnmam Ahmad M	16	EZEES	2:09.21
9	Marwa Ahmed Hassan	14	Electrecity Isma	2:09.70
10	Hanin Yassar Mohamed Ali	15	GHABA	2:11.07

## Heat 6 of 20 Finals

1	Mahinor Mohamed Abo-Ela	19	GHABA	2:06.82
2	Cinderla Zaki Hassan	17	Shooting Cairo	2:05.70
3	Malak Haitham Fadel	16	Pyramids Gardens	2:04.64
4	Rahma Naile Abd Elwahab	14	Army Club	2:04.17
5	Rody Ahmed ali Ahmed	14	Suez C.P.Said	2:03.50
6	Jana Ahmed Maher	14	NASR	2:03.65
7	Hanan Osama Ali	17	Al-Canal	2:04.44
8	Yara Haymen Elsayed Youss	18	Elriady Elbahry	2:05.31
9	Haidy Mohamed Abd Elham	16	Elriady Elbahry	2:06.07
10	Same Ahmed Salah	16	El-Obour	2:07.42

## Heat 7 of 20 Finals

1	Logina Hosam Mohamed	14	El-Obour	2:02.87
2	Salma Tarek Ghazy Mohame	16	Tyran Club	2:01.20
3	Nada Ahmed Ibrahim	16	Elethead Elskandr	2:00.16
4	Jana Mostafa Helmy Hassan	14	GHABA	1:59.85
5	Mereet Hassan Amien	16	ISMAY	1:59.73
6	Malak Nasser Ali	17	NASR	1:59.78
7	Habiba Hany Tarek	16	TM Acd	1:59.98
8	Malak Mohmed Abd Elatey	14	Wadi Degla	2:01.11
9	Sandra Hatem Kamel	17	Tyran Club	2:01.85
10	Malak Tarek Khiry	16	Wadi Degla	2:03.34

## Heat 8 of 20 Finals

1	Lana Hany Aboud Ibrahim	14	Wadi Degla	1:59.57
2	Morogh Mokamed Monir	14	El-Temsah	1:59.48
3	Noor Osama Mohamed	14	Masr Betrol	1:58.96
4	Julia Remon Samir	15	GHABA	1:58.29
5	Ayatallah Mohamed Magdy	16	Smouha	1:57.90
6	Halh Gamal Mohamed Thab	14	Betash Club	1:57.98
7	Mariem Ghaly Hassan	18	Elriady Elbahry	1:58.93
8	Jana Mahmoud Ali	14	Al-Canal	1:58.98
9	Mariem Tarek Ghazy Mohar	16	Tyran Club	1:59.54
10	Basant Waled Mohamed Ab	15	Army Club	1:59.71

## Heat 9 of 20 Finals

1	Anan Magdy Tawfik	21	El Ealameyen	1:57.01
2	Amal Mahmoud Saeid	14	El-Temsah	1:56.54
3	Hala Ahmed Magdy	14	TM Acd	1:56.04
4	Janna Elsayed Fouad	16	Elethead Elskandr	1:55.59
5	Shahd Hossam Gafar	17	Elriady Elbahry	1:55.18
6	Shahd Mohamed Gamal Eld	15	GHABA	1:55.20
7	Ganna Ehab Salem Abdelgh	17	Electrecity Isma	1:56.03
8	Hanan Shawky Yousif	14	ISMAY	1:56.48
9	Jana amr Kamal	15	Wadi Degla	1:56.70
10	Touqa Khaled Hagag	20	Al-Canal	1:57.43

## Heat 10 of 20 Finals

1	Amira Gamal Abdallah	17	Army Club	1:54.90
2	Jana Ahmed Badwy	14	GHABA	1:54.45
3	Malak Ahmed Mohamed	18	Bank Ahly Cairo	1:54.14
4	Habiba Osama Ali	15	Al-Canal	1:54.07
5	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	1:53.80
6	Reem Osama Mohamed	17	Al-Canal	1:53.83
7	Nour Gamal Eldin Sayed	14	Al-Canal	1:54.08
8	Jomana Nader Farouk	15	Smouha	1:54.15
9	Maisa Moustafa Awad	14	ElMasry Port Sai	1:54.73
10	Sara Hazem Ibrahim	15	TM Acd	1:54.96

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

## Meet Program - 6-3-2023

## Heat 11 Finals (#33 Women 14 &amp; Over 200 LC Meter SF)

1	Fatma Mahmoud Helmy	17	TM Acd	1:53.26
2	Mariam Mohamed Mohame	19	Elriady Elbahry	1:53.08
3	Hana Hassan Sayed Hassan	17	Electrecity Isma	1:53.03
4	Farah Mostafa Magdy	15	Smouha	1:52.92
5	Nour Sameh Mohamed	23	Smouha	1:52.48
6	Essel Ahmed Mansour	14	ElMasry Port Sai	1:52.57
7	Yasera Abdo Hussain	14	GHABA	1:52.96
8	Nada Amr Mohamed Abdha	17	GHABA	1:53.06
9	Habiba Ahmed Magdy	16	TM Acd	1:53.12
10	Joury Yasar Ali Mohamed	14	Elethead Elskandr	1:53.42

## Heat 12 of 20 Finals

1	Malk Mohamed Gomaa	16	Betash Club	1:52.42
2	Sama Osama Mohamed	17	Wadi Degla	1:52.25
3	Malak Hitham Fawzy	15	Suez C.P.Said	1:51.95
4	Roba Mmdouh Mahfouz	20	Shooting Cairo	1:51.87
5	Yasmin Abdo Mohamed	25	Police	1:51.65
6	Jana Mohamed el Sayed	15	Wadi Degla	1:51.70
7	Menna Ahmed Mahmoud	21	GHABA	1:51.92
8	Nada Alaa Mohamed	17	GHABA	1:51.98
9	Jomana Hany Fathy	15	GHABA	1:52.35
10	Rodaina Hossam Salah	15	NASR	1:52.48

## Heat 13 of 20 Finals

1	Joumana Nader Nabih	16	Wadi Degla	1:51.48
2	Jana Khaled Ali Abd Elsal	14	El-Temsah	1:51.37
3	Rawan Ahmed Ibrahim	15	ISMAY	1:51.20
4	Shahd Mohamed Mostafa	15	ISMAY	1:51.02
5	Malak Mohamed Mahmoud	16	GHABA	1:50.86
6	Ganna Amr Abd El-Khalek	16	Al-Canal	1:50.98
7	Mariam Tamer Sayed	16	Electrecity Isma	1:51.07
8	Rawan Ehab Hussin	16	Bank Ahly Cairo	1:51.28
9	Sanaa Gamil Nader	17	Wadi Degla	1:51.39
10	Fatama Amr Bayoumi Ahme	21	Army Club	1:51.54

## Heat 14 of 20 Finals

1	Mariem Mahmoud Atia	16	Elriady Elbahry	1:50.36
2	Hana Thabet Othman	17	Shooting Cairo	1:50.11
3	Reem Said Mohamed	16	Tagamoa Heights	1:50.03
4	Eman Osama Mahmoud	15	Betash Club	1:49.94
5	Jasmin Wael Saad	21	Shooting Cairo	1:49.90
6	Gaska Samy Adly	17	Wave	1:49.93
7	Radwa Ahmed Hassan	18	Smouha	1:50.00
8	Farah AlaaEldin Ali	19	ISMAY	1:50.06
9	Sara Mohamed Elsonosy	14	NASR	1:50.21
10	Farida Yasser Goda Abd ElW	14	NASR	1:50.39

## Heat 15 of 20 Finals

1	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	1:49.37
2	Habiba Mohamed Eid Hassa	15	Al-Canal	1:49.25
3	Logen Mohamed Refat	16	Smouha	1:49.07
4	Yara Attif Mohamed	16	Smouha	1:48.84
5	Jana Mohamed Fathe	16	Alshark Sports	1:48.59
6	Rana Abd Elmonem Zaky	14	Betash Club	1:48.68
7	Sedara Ahmed Mohamed	14	Army Club	1:49.01
8	Khadija Khaled Naeem ElDe	14	Wadi Degla	1:49.23
9	Rawan Waled Mohamed An	15	GHABA	1:49.26
10	Maram Mohamed Abdallah	14	ISMAY	1:49.74

## Heat 16 of 20 Finals

1	Hanen Mohamed Sami	15	NASR	1:48.12
2	Malk Said Abdelrazek	16	Smouha	1:47.96
3	Malak Alaa Aldin Khlousy	15	Police	1:46.82
4	Hana Mohamed Abd Elmget	17	Pyramids Gardens	1:46.37
5	Jana Sherif Mohamed Mous	16	Olimpic Club	1:45.96
6	Sama Mohamed Ahmed	17	Wadi Degla	1:46.21
7	Malak Mohamed Farouk Sa	19	Elriady Elbahry	1:46.68
8	Mona Wael Hassan	23	Shooting Cairo	1:47.87
9	Habiba Ahmed Mohammed	14	El-Temsah	1:48.12
10	Nada Hany Mahmoud	17	Olimpic Club	1:48.40

## Heat 17 of 20 Finals

1	Rawan Fahim Said Fahim	16	GHABA	1:45.93
2	Malak Amr Abdel Fattah	17	Wadi Degla	1:45.87
3	Monaya Wael Hussien	20	Shooting Cairo	1:45.32
4	Reem Ehab Mohamed Nour	14	GHABA	1:44.95
5	Manar Mohamed Moustafa	19	GHABA	1:44.68
6	Wesam Hany Mahmoud	15	ISMAY	1:44.89
7	Hala Sherif Hussin Tawfik	16	Smouha	1:45.12
8	Jana Ali Sobhy Abd Elkadr	14	Betash Club	1:45.54
9	Lila Amr Ahmed	17	Elethead Elskandr	1:45.92
10	Mariam Ali Mohamed	16	GHABA	1:45.95

## Heat 18 of 20 Finals

1	Roqia Mohamed Omar Habs	14	Bank Alx	1:44.50
2	Sama Zakarya Mohamed	17	Alshark Sports	1:44.12
3	Walaa Araby Ramdan	17	ISMAY	1:43.98
4	Dareen Feras Mostafa Alsw	17	Elethead Elskandr	1:43.31
5	Roudina Sherif Mosad	17	GHABA	1:43.14
6	Malak Waled Monire	19	GHABA	1:43.31
7	Salma Saad Mohamed	15	Elethead Elskandr	1:43.82
8	Malak Mohamed Ahmed	15	Elethead Elskandr	1:44.07
9	Farah Wail El Maadawy	15	Elriady Elbahry	1:44.25
10	Hend Tamar Balal Mohame	16	Wadi Degla	1:44.54

## Heat 19 of 20 Finals

1	Nada Ibrahim Gohar	21	Smouha	1:43.04
2	Haba Mohamed Shawky	19	GHABA	1:42.71
3	Rokaya Essam Goda Abd ElW	14	GHABA	1:42.62
4	Basmala Wael Ahmed Moha	15	Wadi Degla	1:41.87
5	Sara Abd ElFatah Abdazem	19	Al-Canal	1:40.89
6	Ghada Mohamed Ahmed	16	Wadi Degla	1:41.12
7	Joudy Rada Mohamed	15	Betash Club	1:42.39
8	Shahd Ahmed Fakhr	17	ISMAY	1:42.64
9	Yasmien Mohamed Fathy	16	GHABA	1:42.81
10	Mai Tarek ali	15	ISMAY	1:43.14

## Heat 20 of 20 Finals

1	Ghehan Saad Abd Elrahman	18	ISMAY	1:39.01
2	Malk Mohamed Abouelela	14	NASR	1:38.43
3	Joudy Sherif ElMaas	19	Elethead Elskandr	1:37.53
4	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	1:36.28
5	Maya Hitham Mohamed	21	Army Club	1:35.59
6	Nada Magdy Abou Moslam	18	GHABA	1:36.10
7	Renad Tamer Shaaban	15	ISMAY	1:37.28
8	Gamila Ali Saber	18	Suez C.P.Said	1:38.13
9	Mena Mohamed Fouad	15	El-Temsah	1:38.79
10	Joudy Ahmed Fouad	16	GHABA	1:40.37

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

## Meet Program - 6-3-2023

## Event 34 Men 14 &amp; Over 200 LC Meter SF

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 25 Finals</b>				
4	Danial Feleb Saad Feleb	14	Tyran Club	NT
5	Ahmed Ibrahim Ibrahim	14	ISMAY	NT
6	Taha Naim Mustafa	14	Suez C.P.Said	NT
7	Mahmoud Mohamed Abd El	14	NASR	NT
<b>Heat 2 of 25 Finals</b>				
1	Waleed Ahmed Mohamdy	14	ISMAY	NT
2	Omar Sherif Gamal Kamel	14	Pyramids Gardens	NT
3	Youssef Hussien Mohamed F	14	Wadi Degla	NT
4	Yousef Ahmed Mohamed Sa	14	Faros Club	NT
5	Taha Tarek Elsayed	14	ISMAY	NT
6	Begade Ibrahim Mahmoud	14	El-Obour	NT
7	Yahia Kamel Mahmoud	14	El-Obour	NT
8	Ahmed Hilal Ahmed Hilal	14	ISMAY	NT
9	Abd Allah Mohamed Ahmec	14	Ghazel Port Said	NT
10	Omar Wael Yosry	14	Shooting Cairo	NT
<b>Heat 3 of 25 Finals</b>				
1	Yousef Ashraf Aly	15	Bank Alx	NT
2	Nour Ahmed Eid Mohamed	16	Shooting Cairo	NT
3	Abo Bakr Ahmed Abo Bakr	16	Army Club	NT
4	Mohamed Hesham Ibrahim	16	Wadi Degla	NT
5	Abd El Rahman Mohamed A	17	El-Obour	NT
6	Ahmed Ashraf Abd ElKaree	16	ISMAY	NT
7	Abed Mohamed Abd ElMon	16	Shooting Cairo	NT
8	Seif Adel Rashed	16	Wadi Degla	NT
9	Marwan Hany Mostafa	16	Shooting Cairo	NT
10	Omar Alaa Mahmoud Soud	15	Shooting Cairo	NT
<b>Heat 4 of 25 Finals</b>				
1	Yassein Ahmed Farahat	17	GHABA	NT
2	Adam Farid Elsayed Abdall	17	NASR	NT
3	Mohand Haitham Ghath	18	Shooting Cairo	NT
4	Youssef Alaa Aldin Moawod	19	Wadi Degla	NT
5	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT
6	Ahmed Emad Abd ElAzim	20	GHABA	NT
7	Basam Mohamed Mohamed	18	GHABA	NT
8	Emad Hisham Mohamed	17	Electrecity Isma	NT
9	Zeyad Mohamed Hamed	17	ISMAY	NT
10	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
<b>Heat 5 of 25 Finals</b>				
1	Mohamed El Hassan Mohan	28	Al-Canal	NT
2	Mohamed Ahmed Abd Elmc	14	Tyran Club	2:17.76
3	Seif El Dien Mahmoud Anw	17	ISMAY	2:12.51
4	Mazen Hazem Osman	15	NASR	2:09.39
5	Ali Mohamed Emam	15	Army Club	2:07.85
6	Amr Ahmed Elsabahy	15	NASR	2:07.86
7	Ziad Wael Salameh	16	Al-Talbia	2:09.96
8	Ahmed Moustafa Ahmed	14	El-Obour	2:14.82
9	Youssif Elsayed Hassan	15	ISMAY	2:38.84
10	Ahmed Adel Khalil	24	Shooting Cairo	NT

## Heat 6 of 25 Finals

1	Yehia Mohamed Helmy	15	NASR	2:06.82
2	Zyad Hany Farok	16	El-Obour	2:04.35
3	Sef Bhaa Elden Mohamed	14	GHABA	2:03.34
4	Abd Elrahman Abdallah Tah	14	NASR	2:02.78
5	Zeyad Magad Mohamed Sal	14	ISMAY	2:02.28
6	Yasin Ahmed Mahmoud	14	GHABA	2:02.45
7	Zeyad Hany Abd Elrhaman	15	Army Club	2:02.81
8	Yousef Gamal Mohamed	14	El-Obour	2:04.04
9	Amar Amr Foayd	16	El-Obour	2:05.92
10	Ahmed Sayed Samir	16	El-Obour	2:07.73

## Heat 7 of 25 Finals

1	Anwar Waleed Anwar Elkha	16	Tyran Club	2:00.71
2	Mohamed Salaheldeen Mah	15	Tyran Club	1:59.07
3	Ahmed Mahmud Salem	15	Police	1:58.00
4	Ammar Tamar Galal Taha	14	NASR	1:57.45
5	Mohamed Ahmed Mohamec	14	Tyran Club	1:56.37
6	Mazen Mohyeldeen Anwar	16	Tyran Club	1:56.46
7	Mohamed Hany Mahmoud	17	GHABA	1:57.78
8	Yousef Khaled Mahmoud	14	GHABA	1:58.42
9	Ali Marzok Ramadan	14	NASR	2:00.54
10	Beshoy Samir Sabry	15	ISMAY	2:01.84

## Heat 8 of 25 Finals

1	Abd ElRahman Mohamed A	14	Elriady Elbahry	1:55.51
2	Mohaned amr Abdallah	14	GHABA	1:54.50
3	Zyad Mohamed abd Elglel	15	Al-Canal	1:54.27
4	Mahmoud Tarek Noman EIF	14	GHABA	1:54.12
5	Ali Mahmoud Zaky Ahmed	17	El-Obour	1:53.82
6	Kareem m Hassan	14	Ghazel Port Said	1:53.88
7	Mohamed Tarek Fakhry	15	NASR	1:54.17
8	Mohamed Ahmed Mohamec	14	Faros Club	1:54.41
9	Antowan Amir Sami	14	GHABA	1:55.42
10	Adham Mohamed Ghobashy	14	Wadi Degla	1:56.32

## Heat 9 of 25 Finals

1	Youssef Ahmed Mustafa	14	Army Club	1:53.59
2	Marwan Waled Hassan Ahr	15	Wadi Degla	1:53.23
3	Abd ElRahman Mohamed SI	14	Economic Reg.	1:53.04
4	Ayad Hisham Mohamed	14	Army Club	1:52.79
5	Moaz Shehata Mohamed	14	NASR	1:52.67
6	Moaz Ibrahim Abd ElHamec	15	El-Temsah	1:52.75
7	Adhm Mohamed Zakria	15	GHABA	1:52.95
8	Yassen Khaled Ahmed Moha	14	Tyran Club	1:53.04
9	Yassin Tamer Nabil Moham	17	Shooting Cairo	1:53.42
10	Omar Mohamed Ibrahim	18	Army Club	1:53.81

## Heat 10 of 25 Finals

1	Mohamed Abd ElAbd Aziz	15	NASR	1:52.46
2	Mohamed Abdellhady Moha	14	ISMAY	1:51.51
3	Ahmed Mohamed Gabr	14	NASR	1:51.17
4	Zeyad Hesham Mohamed	15	Electrecity Isma	1:50.66
5	Seif Emad Ahmed	14	Electrecity Isma	1:50.33
6	Zeyad amr Ahmed	15	ISMAY	1:50.45
7	Ahmed Ramy Gamal Ali	14	El-Temsah	1:50.68
8	Mahmoud Gama Sabry Moh	14	Electrecity Isma	1:51.30
9	Abdulla Ahmed Sobhy Wahl	16	Tyran Club	1:52.43
10	Marawan Seleman Mohame	14	Electrecity Isma	1:52.47

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## Meet Program - 6-3-2023

## Heat 11 Finals (#34 Men 14 &amp; Over 200 LC Meter SF)

1	Abd Moneam Khaled A.Allal	17	Wadi Degla	1:50.10
2	Khaled Mohamed Sayed	15	GHABA	1:49.76
3	Ibrahim Ahmed Ibrahim Sal	14	Ghazel Port Said	1:49.37
4	Belal Mohamed Mahmoud	15	Suez C.P.Said	1:49.17
5	Abd ElRahman Magad Moh	16	ISMAY	1:48.74
6	Yousef Eslam Mohamed	15	ISMAY	1:49.11
7	Ahmed Mahmoud Ali Bass	14	Wadi Degla	1:49.31
8	Youssef Gaber Hassan Ahm	17	Elostol Club	1:49.37
9	Mohamed Ehab Ibrahim	15	NASR	1:49.90
10	Mohamed Mahmoud Sedek	15	ISMAY	1:50.30

## Heat 12 of 25 Finals

1	Kareem Ihab Mahmoud Ahr	16	Wadi Degla	1:47.98
2	Mostafa Mohamed Ibrahim	16	ISMAY	1:47.88
3	Sayed Mohamed el Sayed	14	ISMAY	1:47.07
4	Ahmed Mohmed Mostsfa Sh	15	Wadi Degla	1:46.92
5	Mohamed Ali Ghubashy	16	GHABA	1:46.62
6	Khaled Mohamed Adel	14	Al-Canal	1:46.82
7	Abd Elrahman Mohamed M.	17	Elriady Elbahry	1:46.94
8	Yossef Mohamed Abdelsme	15	GHABA	1:47.65
9	Sherif Refaat Mohamed	17	GHABA	1:47.92
10	Mohamed Hisham Mohame	15	Army Club	1:48.21

## Heat 13 of 25 Finals

1	Amr Ayman Hashim	18	NASR	1:46.29
2	Adham Mohamed Goumaa	17	Army Club	1:46.21
3	Yousef Mohamde Abd ElKar	15	Faros Club	1:46.08
4	Abd El-Rhman Ahmed Abd	19	GHABA	1:45.89
5	Seif Ahmed Elhadedy	18	Wadi Degla	1:45.64
6	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	1:45.74
7	Youssef Mohamed Mamoud	15	Elriady Elbahry	1:46.07
8	Mohamed Hayman Elsayed	16	Elriady Elbahry	1:46.18
9	Mohamed Hany Gabriel Ahm	16	ISMAY	1:46.25
10	Moamen Ayman Samer Gha	14	Electrecity Isma	1:46.30

## Heat 14 of 25 Finals

1	Seif Said Mohamed Gamal	18	GHABA	1:45.21
2	Seif Amr Said Abou Majd	14	Betash Club	1:44.89
3	Yasin Aiman Ahmed	15	Suez C.P.Said	1:44.66
4	Seif Ahmed Safa Ibrahim	15	El-Temshah	1:44.46
5	Nour Atef Hassan Hussin	15	Betash Club	1:44.18
6	Nour Eldin Amr Mahmoud	20	Police	1:44.45
7	Ahmed Mohamed Hussien	19	Wadi Degla	1:44.50
8	Mohamed Tarek Mahmoud	14	Wave	1:44.82
9	Mohamed Ali Mohamed	17	GHABA	1:45.09
10	Loay Medhat Elmandra	14	Economic Reg.	1:45.39

## Heat 15 of 25 Finals

1	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	1:43.93
2	Ahmed Khairy Mohamed	14	El-Obour	1:43.67
3	amr Mahmoud Khaled	18	Electrecity Isma	1:43.57
4	Mohamed Atef Hassan Huss	15	Betash Club	1:43.43
5	Balal Wael Salah Eldin	21	Shooting Cairo	1:43.29
6	Mahmoud Ahmed Mohamed	17	Elethead Elskandr	1:43.37
7	Islam Yafaa El-Sayed	17	Army Club	1:43.51
8	Yassen ali Mostafa Elzanaty	16	Electrecity Isma	1:43.58
9	Marwan Ahmed Nazmy	15	Betash Club	1:43.68
10	Mark Baher Emile Ibrahim	14	ISMAY	1:44.14

## Heat 16 of 25 Finals

1	Moaz Omar Salem	14	Suez C.P.Said	1:43.14
2	Karem Al Ansary Khatab	16	El-Obour	1:43.09
3	Yasin Mohamed Amiro	17	El-Temshah	1:43.04
4	ali Hedy ali	14	Elethead Elskandr	1:42.86
5	Mohamed Ragab Mohamed	15	Army Club	1:42.65
6	Saif Tamer Badr Eldien	16	Electrecity Isma	1:42.78
7	Yousef Mohamed Ibrahim	19	Army Club	1:43.04
8	Mostafa Mahmoud Shokry	15	GHABA	1:43.07
9	Yamen Aymain Mohamed	15	Shooting Cairo	1:43.12
10	Yousef Mohamed Mostafa	14	Elethead Elskandr	1:43.27

## Heat 17 of 25 Finals

1	Youssef Abd Elrahman Abd	14	El-Obour	1:42.56
2	Abd Elrahman Sameh Ezz E	16	NASR	1:42.23
3	Yassin Magdy Mohamed	15	Betash Club	1:41.73
4	Mohamed Sied Mohamed Si	18	El-Obour	1:41.65
5	Yasin Amjad Sobhey Ahmed	16	Smouha	1:41.35
6	ali Ahmed Mohamad Gharel	17	El-Temshah	1:41.46
7	Ahmed Esaam Saed	23	Bank Ahly Cairo	1:41.68
8	Gaser Hosam Ahmed	15	Elethead Elskandr	1:41.86
9	Abd Elrahman Saied Abd El	22	Al-Canal	1:42.45
10	Mohamed Raouf Mohamed	14	GHABA	1:42.57

## Heat 18 of 25 Finals

1	Mohamed Khaled Ali Oraby	15	Al-Canal	1:41.19
2	David Mechil Marzouk	17	GHABA	1:41.03
3	Adam Mohamed Salem Dasl	17	ISMAY	1:40.95
4	Kaled Magde abd Alfatah	18	ISMAY	1:40.40
5	Mohamed Ashraf Mohamed	15	Al-Canal	1:40.15
6	Yasin Ahmed Mahmoud Wa	15	El-Temshah	1:40.38
7	Anas Ahmed Mohmod	17	Elriady Elbahry	1:40.93
8	Yossef Hathem Eldomyaty	15	Suez C.P.Said	1:40.95
9	Abdallah Abou ElAzm Ibrah	15	Elethead Elskandr	1:41.09
10	Ahmed Ihab Ahmed	19	Wadi Degla	1:41.21

## Heat 19 of 25 Finals

1	Mekhael Hesham Adly	18	GHABA	1:39.95
2	Abou Bakr Khaled Naeem H	16	Wadi Degla	1:39.62
3	Mohamed Haytham Moham	14	Shooting Cairo	1:39.28
4	Amar Motaz Ibrahim	14	GHABA	1:39.01
5	Mohamed Kamal Ali Hafaz	17	Smouha	1:38.78
6	Mahmoud Ahmed ElSayed C	16	Al-Canal	1:38.81
7	Amr Ayman Mohamed	17	Elriady Elbahry	1:39.16
8	Moaz Hamedo Almaz	16	GHABA	1:39.51
9	Mohamed Amr Mohamed	16	NASR	1:39.71
10	Mohamed Ahmed Abd Eltav	14	Al-Canal	1:39.95

## Heat 20 of 25 Finals

1	Omar Ehab Rashad	14	Police	1:38.15
2	Zouhair Sherif Ahmed	14	ISMAY	1:37.97
3	abd Elrahman Moustafa Kas	19	Suez C.P.Said	1:37.51
4	Ahmed Mohamed Ahmed	15	TM Acd	1:37.31
5	Omar El-Hag Ali	17	Al-Canal	1:37.12
6	Fars Ahmed Nabil	18	Police	1:37.28
7	Mohamed Abd Allah Hamed	15	Betash Club	1:37.47
8	Hamza Hossam Mohamed	15	NASR	1:37.61
9	Amar Ahmed Safaa Ibrahim	18	El-Temshah	1:37.97
10	Khaled Ahmed Yousef Moha	17	Wadi Degla	1:38.53

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

## Meet Program - 6-3-2023

**Heat 21 Finals (#34 Men 14 & Over 200 LC Meter SF)**

1	Basel Osama ElSayed	20	ISMAY	1:36.73
2	Omar Mohamed Mahmoud	17	GHABA	1:36.34
3	Zeyad Ahmed Abdelmonein	15	NASR	1:35.90
4	Adham Mohamed Wagdy	19	Bank Ahly Cairo	1:35.68
5	Mahmoud Mounir Abdelnal	15	NASR	1:35.57
6	Abdelrhman Gamal Abdelsa	20	Elethead Elskandr	1:35.63
7	Bassel Medhat Salah	18	Pyramids Gardens	1:35.75
8	Abdelrahman Mohamed Kh	14	Al-Canal	1:36.34
9	Younan Hany Mahar	18	Army Club	1:36.43
10	Moustafa Ahmed Essam	16	ISMAY	1:37.09

**Heat 22 of 25 Finals**

1	Ibrahim Mohamed Abd El M	16	Al-Canal	1:35.00
2	Yousef Ayman Abdelatif	17	Wave	1:34.56
3	Ahmed Abo Bakr Azmy	18	Elriady Elbahry	1:34.42
4	Adam Eslam Hamdi	16	Elethead Elskandr	1:33.73
5	Omar Mohamed El Sied	18	El-Temsah	1:33.40
6	Mohamed Ayman Nabil	18	Shooting Cairo	1:33.70
7	Adham Hossam Ibrahim	17	Elethead Elskandr	1:34.37
8	Abdelazim AbdelfattahAbde	17	Al-Canal	1:34.51
9	Mazen Tamer Seleman	17	Al-Canal	1:34.70
10	Moustafa Awad Mohamed	16	GHABA	1:35.56

**Heat 23 of 25 Finals**

1	Hassan Mohamed Adel	16	Al-Canal	1:33.37
2	Omar Mohamed Adly Moha	16	Tyran Club	1:33.17
3	Adel Badr Fatoh	15	Wave	1:32.71
4	Marwan Ahmed Mohamed	18	Wadi Degla	1:32.26
5	Abd ElRahman AlAnsary Kh	18	El-Obour	1:31.79
6	Osama Mohamed ElSayed	20	Wadi Degla	1:31.98
7	Ahmed Tamr Abd El-Kadr	19	Electrecity Isma	1:32.56
8	Gaber Yaser Gaber	16	Elostol Club	1:32.98
9	Anas Ahmed Mohmed Mahr	15	ISMAY	1:33.26
10	Ahmed Wael Ibrahim Zakey	17	El-Temsah	1:33.38

**Heat 24 of 25 Finals**

1	Ahmed Husin Abas	20	Elriady Elbahry	1:31.14
2	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	1:30.91
3	Abdallah Tamer Abdallah	20	Shooting Cairo	1:30.39
4	Moustafa Nabel El-Saed	19	Elriady Elbahry	1:29.81
5	Youssef Wael Abd Elsalam	18	Elethead Elskandr	1:29.65
6	Ahmed Amr Mohamed Moh	16	Smouha	1:29.76
7	Adham Ahmed Mohamed F	21	GHABA	1:29.95
8	Sifeldin Mohamed Mohame	18	Elriady Elbahry	1:30.43
9	Zeyad Yasser Moustafa	19	Elethead Elskandr	1:30.93
10	Abd El-Rahman Ali Saed Aw	22	Elethead Elskandr	1:31.14

**Heat 25 of 25 Finals**

1	Zeyad Ahmed Mahmoud	19	Army Club	1:29.34
2	Mohab Ihab Helmy Moham	16	Bank Ahly Cairo	1:28.17
3	Momen Ibrahim Mahmoud	17	Wadi Degla	1:27.53
4	Ahmed Mohamed Mohamec	16	Al-Canal	1:26.69
5	Seif Eldin Ayman Hassan	22	GHABA	1:25.96
6	Mahmoud Waled Ali Mohan	20	GHABA	1:26.67
7	Tarek Hassan	16	El-Temsah	1:27.24
8	Mahmoud Mohamed Mahar	16	Economic Reg.	1:27.71
9	Omar Mahmoud Mohamed	17	Elethead Elskandr	1:28.32
10	Youssef Ahmed Youssef	19	Wadi Degla	1:29.64

**Event 41 Women 14 & Over 50 LC Meter BF**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 55 Finals</b>				
4	Hala Mohamed Tawfik	14	Shooting Cairo	NT
5	Haneen Hatem Mohammed	14	Nemoo	NT
6	Mariam Mohsen Mohamed	14	NCY	NT
<b>Heat 2 of 55 Finals</b>				
1	Jolya Somaael Seryana	14	El Ealameyen	NT
2	Nour Mohamed Ashraf	14	El-Obour	NT
3	Jana Ahmed Mohamed	14	Police	NT
4	Alaa Mohamed Aly ElGebaly	14	Hykisteb	NT
5	Ganna Mahmoud Abdel Wal	14	Goldi	NT
6	Malak Hany Mohsen	14	Nemoo	NT
7	Mariam Amr Mohammed	14	Nemoo	NT
8	Mennato Allah Sayed Khalil	14	ElGezira Youth	NT
9	Hanin Emad Eldin Haredy	14	Police	NT
10	Gaida Wael Abas Abdel Gaw	14	Goldi	NT
<b>Heat 3 of 55 Finals</b>				
1	Retaj Abdelhady Aly	14	Nemoo	NT
2	Layale Mohamed Bakr Moh	14	Alnoby Cairo	NT
3	Shams Asraf Harby	14	El-Moqatam	NT
4	Hend Samey Souleman	14	NCY	NT
5	Mariam Mostafa Ramadan	14	ard El Liwaa	NT
6	Wafaa Adel Siad	14	Qalyob	NT
7	Nour Kareem Mohamed	14	Al-Bagor	NT
8	Habiba Ehab Soliman	14	Abokir Club	NT
9	Malak Hessen Tawfik	14	Green Hills Club	NT
10	Mena Allah Mahmoud Most	14	Goldi	NT
<b>Heat 4 of 55 Finals</b>				
1	Jana Hussin Ali Mohamed	14	ElGezira Youth	NT
2	Hamsa Ahmed Saed	14	Masr Betrol	NT
3	Jana Adel Saleh Younes	15	ElGezira Youth	NT
4	Haneen Saeed Elsayed	15	Matarya	NT
5	Malak Ahmed Eid Mahdy	15	Shooting Cairo	NT
6	Roqiaa Mohamed Elsaeed	15	Shooting Cairo	NT
7	Nour Osama Ali	15	Banha Youht	NT
8	Joudy Emad Hamdy	15	Nemoo	NT
9	Joudy Tamer Tarek	14	Al-Bagor	NT
10	Malak Essam Eldin Dayab	14	El Mekaweloun	NT
<b>Heat 5 of 55 Finals</b>				
1	Maryam Khaled Hmza	15	Al-Tawkilat Mela	NT
2	Nour Reda Mabrook	15	El Ealameyen	NT
3	Basmallah Ihab Youssef	15	Nemoo	NT
4	Mahasen Omar Ahmed Ahr	15	Alnoby Cairo	NT
5	Sara Mohamed Abdelhamec	15	Sokar Elhwmdia	NT
6	Wesam Hany Mahmoud	15	ISMAY	NT
7	Hams Tamer abo Almatty	15	Suez C.P.Said	NT
8	Sheeraz Ahmed Ebrahim	15	El Seka El Hadid	NT
9	Mariam Wael Attia Sayed	15	Electrecity Isma	NT
10	Gana Emad Eldin Hafiz	15	ard El Liwaa	NT

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

## Meet Program - 6-3-2023

## Heat 6 Finals (#41 Women 14 &amp; Over 50 LC Meter BF)

1	Doha Mohamed Khamis Mo	15	ElGezira Youth	NT
2	Jana Salah Anwar	15	Nemoo	NT
3	Maram Wafy	15	6thYC	NT
4	Hoda Shereef Salah	15	Nemoo	NT
5	Joireh Mohamed EL Sayed M	16	Goldi	NT
6	Yara Mohamed Abdel Mohs	15	El Seka El Hadid	NT
7	Ganah Asraf Sheata Poraae	15	El Mekaweloun	NT
8	Jouiria Ahmed Bahaa	15	Nemoo	NT
9	Malak Sherif Mohamed	15	El-Moqatam	NT
10	Marez Nabil Adel	15	Meg Acd	NT

## Heat 7 of 55 Finals

1	Mariam Mohamed Hussin	16	Aero Sport	NT
2	Jano Hanna Potros	16	El Seka El Hadid	NT
3	Nejar Ahmed Zaky	16	MS Obour	NT
4	Maha Ahmed Mohmed	17	Matarya	NT
5	Mennat Allah Hamdy Hasan	17	Goldi	NT
6	Zaynap Fathy Helal	17	El Mekaweloun	NT
7	Rahma Ahmed	17	Helwan ElKablia	NT
8	Gody Tarek Mohamed	16	El Mekaweloun	NT
9	Sabah Medhat Abdelrazek	16	Masr Betrol	NT
10	Gana Mohamed Halmy ali	16	Alnoby Cairo	NT

## Heat 8 of 55 Finals

1	Habiba Mohamed Saed	17	El-Moqatam	NT
2	Hanen Osamaa Ali	17	Al-Canal	NT
3	Jana Reda Fathy	18	El Ealameyen	NT
4	Maysoon Ahmed Abdel Mor	18	Army Club	NT
5	Menna Allah Khaled Ezz Elc	19	Helwan ElKablia	NT
6	Bassant Ahmed Mamdouh	19	Goldi	NT
7	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	NT
8	Roaa Mohsen Taha Masoud	18	ElGezira Youth	NT
9	Sara Ahmed Ibrahim	17	Sokar Elhwmdeia	NT
10	Mona Tark Galal	17	Nemoo	NT

## Heat 9 of 55 Finals

1	Gasmine Ayman Elsayed	19	Elostol Club	NT
2	Kenzi Ahmed aly Ahmed	20	Shooting Cairo	NT
3	Nada Ayman Mohy Elden	21	Bank Ahly Cairo	NT
4	Maryam Hassan	23	Al-Tawkilat Mela	NT
5	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
6	Myar Taher Ksbar	23	Al-Tawkilat Mela	NT
7	Nada Khaled Mohamed	22	Shooting Cairo	NT
8	Farah Essam	20	GHABA	NT
9	Login Youssef Ahmed	20	Army Club	NT
10	Habiba Salah Abd Elaziz	19	Petrosport	NT

## Heat 10 of 55 Finals

1	Basmaillh M Hassen Ahmed	17	FAZAR	42.62
2	Shoroq Mohammed Ebeed	14	Masr Betrol	40.68
3	Samar Tariq Lotfy	19	ElHadba	39.94
4	Waad Mostafa Aly	14	Hykisteb	39.35
5	Malk Adel Hanfy	15	El Ealameyen	38.78
6	Shahd Mohy Mahmoud	14	Bank Ahly Cairo	39.07
7	Malak Mohammed Fawzy	14	Masr Betrol	39.76
8	Hanein Elsaid Yousef	15	Asec Club	40.60
9	Hana Ahmed Hussein	15	Top Sports.Acd	42.14
10	Reem Hany Mohey Alden	16	Tagamoa Heights	44.18

## Heat 11 of 55 Finals

1	Alaa Madien Abdalrahman	15	NCY	38.48
2	Hana Saied Mostafa	15	El-Obour	37.61
3	Aya Yaser	15	Road El Farag	37.48
4	Remas Rehab Eldeen Moha	14	Sokar Elhwmdeia	37.06
5	Lujain Ahmed Mohamed	17	Asec Club	36.69
6	Yasmen Hosny Mohamed	14	Tagamoa Heights	36.90
7	Habiba Hazem Sakr	16	Shebin Al Qanate	37.14
8	Jasmin Mohamed Moustafa	14	El-Obour	37.53
9	Retaj Madien Abdel Rahmar	14	NCY	38.18
10	Sama Sameh Ramadan	14	Sokar Elhwmdeia	38.57

## Heat 12 of 55 Finals

1	Sagda Mohamed Galal Abd l	15	Tyran Club	36.54
2	Jana Mohammed Ahmed	14	Masr Betrol	36.31
3	Ritag AL Sayed	14	Shebin Al Qanate	36.04
4	Salma Ayman Halmy	16	Masr Betrol	35.79
5	Hajar Ahmed Taha	17	Shebin Al Qanate	35.56
6	Logaina Mohamed Mohame	14	Goldi	35.78
7	Lara Hisham Tawfik	18	ElHadba	35.84
8	Rody Sayed Rashad	14	Masr Betrol	36.29
9	Rofida Wael Abd Al Mged	17	Masr Betrol	36.42
10	Asmaa Amer Ismael Ezzel d	17	ElGezira Youth	36.62

## Heat 13 of 55 Finals

1	Nayrh Mmdoh Abd EL Raze	14	6thYC	35.39
2	Roaa Ayman Adel	15	Sokar Elhwmdeia	35.28
3	Emy Ayman Samir	19	GHABA	35.07
4	Jasmeen Wael Mahrous	14	Nemoo	35.06
5	Fatma Mohammed Mohy	15	Nemoo	35.00
6	Gana Mohamed Helmy	15	Tyran Club	35.01
7	Ghada Rmadan Elsaid	14	Asec Club	35.06
8	Nourhan Ibrahim Mohame	15	Tyran Club	35.25
9	Lamis Mahmoud Thabet Ma	14	Olympic Champion	35.34
10	Marim Emad Ebraheim	16	Asec Club	35.55

## Heat 14 of 55 Finals

1	Menna Allah Abdoon Abd E	14	NASR	34.96
2	Radwa Osama Saeid	16	Top Sports.Acd	34.71
3	Nada Youssef Mohamdy	16	El-Obour	34.60
4	Farida Wessam Adel	15	El-Moqatam	34.43
5	Hana Hossam Ismail	15	Green Hills Club	34.28
6	Jana Khaled Saied	15	Qalyob	34.29
7	Marwa Mahdy Esmaeel	14	Police	34.54
8	Basmala Mohamed Hosni It	16	Alnoby Cairo	34.70
9	Retaj Emad AbdALWahabM	17	ElGezira Youth	34.75
10	Azza Khaled Ebrahim	16	ElGezira Youth	34.98

## Heat 15 of 55 Finals

1	Goudy Ashraf Mahmoud Ab	16	Tyran Club	34.09
2	Haneen Ahmed Farook	18	Sokar Elhwmdeia	34.03
3	Rahma Fathy Mohmed	18	Helwan ElKablia	33.98
4	Reem Ahmed Mohamed Eln	15	Tyran Club	33.89
5	Arwa Samir Ahmed	17	El Ealameyen	33.87
6	Nada Khaled Mohamed Hos	14	Shooting Cairo	33.89
7	Mariem Waled Hassan	15	Top Sports.Acd	33.92
8	Nijar Moataz Hussain	15	Shebin Al Qanate	34.01
9	Jusyana Ezzat Nuzhi Gad	14	Army Club	34.06
10	Bassant Mahmoud Thabet M	15	Olympic Champion	34.18

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

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## Heat 16 Finals (#41 Women 14 &amp; Over 50 LC Meter BF)

1	Mariam Hesham Abdelglil	16	Al-Waylee	33.84
2	Zena 5 Mohamed Noor	15	Green Hills Club	33.81
3	Lama Reda Nasef Mohamed	15	TAGMA	33.76
4	Habiba Mahmoud Mousa Al	17	Olympic Champion	33.75
5	Nour Alawadi Shawky	14	Shata	33.70
6	Menna Allah Masoud Aly Al	15	TM Acd	33.71
7	Shahd Hani Hamad	15	Alnoby Cairo	33.75
8	Shoila Khaled Ali	14	El Seka El Hadid	33.77
9	Marim Mohamed Hashem	16	FAZAR	33.84
10	Jaseca Hany	14	Road El Farag	33.85

## Heat 17 of 55 Finals

1	Jana Hassan Yossef Taha	15	Army Club	33.65
2	Marwa Osama Abuelftuh	16	Asec Club	33.61
3	Malak Amr Mostafa	15	Masr Betrol	33.56
4	Malak Ahmed Saeid	16	Banha Youht	33.53
5	Mariam Mahmoud Abdul N	14	El Seka El Hadid	33.48
6	Alaa Ayman Bakr	14	Shoubra	33.50
7	Nada Sherif Ibrahim	14	Sokar Elhwmdaia	33.54
8	Gana Mohamed Ahmed	17	NASR	33.56
9	Roaa Yasser Ali	17	Sokar Elhwmdaia	33.64
10	Dohe Haney Yousef	21	El-Obour	33.67

## Heat 18 of 55 Finals

1	Samia Abd Elrahman Ramzy	15	NCY	33.39
2	Malk Mohamed Nabel	16	Bahtem	33.25
3	Rana Ramy Mohamed	15	El Ealameyen	33.09
4	Nancy Mohamed Said	15	Top Sports.Acd	33.04
5	Habiba Mohamed Mostafa	16	El-Obour	33.01
6	Shahd Ahmed Selem	16	Al-Tersana	33.03
7	Neveen Hasan Sayed	19	GHABA	33.04
8	Joudy Ahmed Rasmy	15	Sporting Club	33.20
9	Sara Saad Elden Mohamed	17	Tyran Club	33.32
10	Haneen Abdelhaleem Moha	15	Masr Betrol	33.43

## Heat 19 of 55 Finals

1	Rofaida Mahmoud Mohame	15	Sokar Elhwmdaia	32.95
2	Maealy Mohamed Said Moh	15	Bank Ahly Cairo	32.89
3	Areej Mohamed Helmy	18	Al-Talbia	32.87
4	Malak Mostafa Mahmoud	15	Qalyob	32.82
5	Malak Mohamed Abdlazez	15	Banha Youht	32.81
6	Farida Hesham Mohmed	14	Matarya	32.82
7	Jana Hisham Ramadan Ali	14	Pyramids Gardens	32.85
8	Ganna Ezzat Mahmoud	14	Shata	32.87
9	Nada Wael abd Alfatah	15	El Ealameyen	32.92
10	Sajaa Ahmed	14	Road El Farag	33.01

## Heat 20 of 55 Finals

1	Waad Mohamed Mahmod	17	El Ealameyen	32.73
2	Nada Tamer Essmat	16	El Ealameyen	32.67
3	Basmala Waled Mostafa	16	Qalyob	32.64
4	Nora Ahmed Samir	14	Sheikh Zayed	32.54
5	Shahd Sheref Ali	14	Banha Youht	32.50
6	Jaydaa Adel Mohamed	18	Smouha	32.51
7	Mennat-Allah Ahmed Ibrahi	19	El-Temsah	32.56
8	Salmaa Ahmad Mohamad	16	Petrosport	32.64
9	Naden Heseen Mohamed	22	El-Obour	32.73
10	Viola Amir Sami Yousef	14	GHABA	32.79

## Heat 21 of 55 Finals

1	Jana Mohamed Mostafa	16	Bank Ahly Cairo	32.48
2	Gana Mohamed Abd Rahma	15	Tyran Club	32.45
3	Jana Hesham Muhmed	16	Helwan ElKablbia	32.28
4	Miral Moustafa Mahmoud	14	Abokir Club	32.20
5	Sara Tamer Eawaad	16	GHABA	32.18
6	Yasmin Abdalrahman Alzan	16	Olympic Champion	32.20
7	Tasneem Sameh Mohammed	15	Yacht Giza	32.25
8	Rowaina Tarek Abdelfatah	15	Asec Club	32.29
9	Shahd Ahmed Mohamed	19	Al-Talbia	32.46
10	Basmala Mohamed Ali	16	Bank Ahly Cairo	32.48

## Heat 22 of 55 Finals

1	Haneen Ahmed Elsayed	16	El-Obour	32.15
2	Omayma Ahmed Abd Elazez	14	NASR	32.14
3	Mena Mohssuin Mohamed	18	El Seka El Hadid	32.10
4	Rinad Essam Eraky	16	Shooting Cairo	31.96
5	Yasmen Tamer Magdy	14	Masr Betrol	31.96
6	Fagr Ahmed Farag	15	Army Club	31.96
7	Sama Elsadat AbdElGelil	16	Hykisteb	32.04
8	Zeina 5 Haytham Mohmoud	15	Green Hills Club	32.12
9	Yara Tarek Rushdy	15	Pyramids Gardens	32.14
10	Habiba Wael Abraham	17	El Seka El Hadid	32.17

## Heat 23 of 55 Finals

1	Jamila Khaled Abdo	15	Bank Ahly Cairo	31.95
2	Ganna Wael Mohammed	17	Banha Youht	31.90
3	Jana Mohamed Foud	16	Qalyob	31.85
4	Maryam Mustafa Mohamed	15	Al-Talbia	31.81
5	Farah Rabee Ali Hassan	15	Goldi	31.73
6	Logain Ahmed Helmy	17	Al-Tersana	31.78
7	Logyna Tamer Mohamed	15	Sokar Elhwmdaia	31.85
8	Logain Moamed Ahmed Abc	15	Tyran Club	31.89
9	Ashraaq Abdallah Ahmed	16	NCY	31.92
10	Kinzy Yasser Youssef	14	Masr Betrol	31.95

## Heat 24 of 55 Finals

1	Gode Ahmed Fawzy Aboela	14	El Mekaweloun	31.65
2	Aysel Waled Saade	16	EZEES	31.64
3	Nouran Tarek Khairy	14	Wadi Degla	31.62
4	Alia Alaa Eldin Mohamed a	14	ElGezira Youth	31.61
5	Nour Ahmed Mohamed	15	MS Obour	31.56
6	Nadein Ahmed Mohmed	15	Wadi Degla	31.57
7	Mariam Younis Mohmed	15	Wadi Degla	31.62
8	Rana Mohamed Ahmed	15	NASR	31.62
9	Maina Allah Yousef Abd El A	15	Yacht Giza	31.65
10	Hagar Khaled Abd Elfattah	16	Pyramids Gardens	31.65

## Heat 25 of 55 Finals

1	Basmala Ahmed Eyd	17	El-Obour	31.48
2	Menna Allah Amgad Mohar	14	El-Obour	31.40
3	Habiba Abdelmonem Sayed	16	Helwan ElKablbia	31.37
4	Haya Yasser Helmy Sheshta	14	TM Acd	31.34
5	Salma Ahmed Shehata	15	Sheikh Zayed	31.31
6	Saga Wael	17	EZEES	31.32
7	Ashrakt Mohamed Omar	15	Army Club	31.36
8	Nada Salah Mohammed	17	6thYC	31.37
9	Jouirya Alaa Ramdan	16	Army Club	31.43
10	Habeba Mbrok Mohmed	15	Bahtem	31.51

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

## Meet Program - 6-3-2023

## Heat 26 Finals (#41 Women 14 &amp; Over 50 LC Meter BF)

1	Maryam Walaa Fawzy Al Sa	16	Petrosport	31.25
2	Giena Hany Malak	15	Al-Bagor	31.25
3	Sondos Sayed Abdelrahmen	14	Qalyob	31.21
4	Aya ElMetwaly Metwaly	14	TM Acd	31.17
5	Gana Allah Eslam Mohamed	16	Tyran Club	31.14
6	Noran Hosam Mohamed	15	Masr Betrol	31.17
7	Haballah Ali Sobhy	14	Star	31.18
8	Mahinor Mohamed Abo-Ela	19	GHABA	31.23
9	Logain Mohamed Ahmed	14	ISMAY	31.25
10	Jenny Mahmoud Mohammed	14	Bahtem	31.28

## Heat 27 of 55 Finals

1	Nada Ahmed Mahmoud	16	El Mekaweloun	31.09
2	Angelina Mina Mounir	14	TM Acd	31.09
3	Nour Khaled Abbas	15	Nemoo	31.03
4	Roa Essam Anas	17	Helwan ElKablia	31.01
5	Gana Sameh Hosny	15	Top Sports.Acd	30.98
6	Fagr Tarek Ahmed Morsy	18	ElGezira Youth	31.00
7	Raghd Taha Ahmed Ali	18	Olympic Champion	31.03
8	Habeba Salama Ahmed Mo	15	Army Club	31.03
9	Retaj Hany Ahmed	15	ISMAY	31.09
10	Gana Alaa Mohammed	15	Al-Talbia	31.12

## Heat 28 of 55 Finals

1	Nora Alaa Helmy	20	Sheikh Zayed	30.93
2	Noursin Mostafa Mohmed	14	Wadi Degla	30.92
3	Habiba Ehab Mohamed Han	15	ElGezira Youth	30.89
4	Gana Hesham Mohamed	15	Police	30.67
5	Rowan Sameh aly	15	Road El Farag	30.61
6	Rana Ahmed Lsmail	16	Qalyob	30.65
7	Youmna Hesham Ramadan	21	Pyramids Gardens	30.76
8	Rana Salah Mohammed	15	6thYC	30.89
9	Shahd Mohmed Fathy	20	Wadi Degla	30.92
10	Zena Tarek Fouad	15	ElGezira Youth	30.93

## Heat 29 of 55 Finals

1	Malak Salah Awad	15	Sharks Team	30.57
2	Rodina Sameh Mohammed	14	Nemoo	30.56
3	Zina Mahmoud Abd Elaal	17	TM Acd	30.54
4	Rahaf Hossam Bayomy	18	Banha Youht	30.50
5	Gana Gaber Ebada	15	Tyran Club	30.46
6	Raghad Mostafa Gamal	14	Sokar Elhwmdeia	30.48
7	Nour Mohamed Hamed	17	NASR	30.53
8	Enas 5 Mohamed Ahmed	14	Green Hills Club	30.54
9	Hana Mohmed	17	Helwan ElKablia	30.57
10	Marem Mohamed Soliman	14	Masr Betrol	30.57

## Heat 30 of 55 Finals

1	Rawan Wael Mansor	15	Masr Betrol	30.42
2	Jody Islam Ibrahim	15	Hykisteb	30.40
3	Jasmin Moataz Ahmed	17	Sporting Club	30.39
4	Mariam Ahmed Ragab	18	El-Moqatam	30.39
5	Mai Hany Mohamed	16	Meg Acd	30.34
6	Roa Mohamed Saleh	15	Qalyob	30.37
7	Logian Mohammed Ibrahim	14	Nemoo	30.39
8	Gamela Ehab Saad	16	6thYC	30.40
9	Heba Riyad Abullah	16	Qalyob	30.40
10	Mariam Atiaa Mohamed	18	NASR	30.46

## Heat 31 of 55 Finals

1	Sama Tarek Mohamed Aboh	15	Tyran Club	30.26
2	Nouran Sherif Sayed Yehia	17	TM Acd	30.23
3	Gana Mohmed Taha Ahmed	14	Wadi Degla	30.21
4	Shereen Khaled Shaheen	16	Qalyob	30.18
5	Remas Hesham Mohamed	14	El Seka El Hadid	30.12
6	Yara Wayil Rajayiy	14	EZEES	30.17
7	Mariam Said Hassan	16	Helwan ElKablia	30.18
8	Arwa Tawfek Mohamed Ali	16	ElGezira Youth	30.21
9	Mariam Ramadan Mohamec	15	NASR	30.25
10	Rodina Omar Kamal	17	Al-Talbia	30.28

## Heat 32 of 55 Finals

1	Hana Ahmed Salah	16	Banha Youht	30.06
2	Sara Afifi Dardir Gaber	14	ElGezira Youth	30.00
3	Jana Amgad Anwar	15	Bank Ahly Cairo	29.98
4	Logyen Khaled Mohamed T	15	Sokar Elhwmdeia	29.93
5	Jasmin Maged Magdy	15	TM Acd	29.87
6	Jana Mohamed Abd ElAziz	14	Tagamoa Heights	29.90
7	Basmal Essam Mohamed Al	15	ElGezira Youth	29.98
8	Habiba Amr Mohamed	15	Hykisteb	29.98
9	Fatima Abdel Aziz Youssef	14	Army Club	30.01
10	Karol Gergs Hana	16	GHABA	30.07

## Heat 33 of 55 Finals

1	Farah Mohammed Abdel Ka	16	Banha Youht	29.87
2	Fatma Waled Galal	14	Banha Youht	29.81
3	Joudy Waled Ahmed	16	GHABA	29.78
4	Jomana Ahmed Shaaban	14	Bank Ahly Cairo	29.73
5	Retag Sheref Sayed Moham	14	Army Club	29.73
6	Basmala Mohamed Zaky	14	El Seka El Hadid	29.73
7	Nada Ahmed Ibrahim	16	Elethead Elskandr	29.77
8	Jana Assem Hassan	15	Nemoo	29.81
9	Shahd Khaled Ali	20	MS Obour	29.85
10	Lara Mohamed Elgohary	15	NASR	29.87

## Heat 34 of 55 Finals

1	Roqia Hassan Kamal Hassar	15	ElGezira Youth	29.70
2	Jana Salama Mahmud	18	Asec Club	29.67
3	Farah Mostafa Ali	14	Goldi	29.64
4	Sogoud Tarek Khiry	18	Wadi Degla	29.56
5	Hana Ashraf Mohamed	17	NASR	29.56
6	Hagar Gehad Mohamed	17	Pyramids Gardens	29.56
7	Rowan Ahmed Elsaid Elginc	19	Suez C.P.Said	29.62
8	Goudy Shreif Mohamed You	17	Tyran Club	29.65
9	Habiba Shrif Elmorsy Moha	15	Goldi	29.68
10	Mariam Ibrahim ali	16	MS Obour	29.71

## Heat 35 of 55 Finals

1	Sara Hassan Fathy	16	Matarya	29.51
2	Goudy Ayman Saber	14	GHABA	29.50
3	Kholod Nabel Fathy	17	Goldi	29.45
4	Malak Majed Abd ElHameec	16	GHABA	29.34
5	Mena Hesham Mohamed	15	GHABA	29.31
6	Nour Tamer Ezat	14	Faros Club	29.32
7	Maya Elshaafy Mohamed	14	Star	29.39
8	Hala Osama Mohamed	15	Sharks Team	29.46
9	Maria Waded Mores Auoub	17	Tyran Club	29.51
10	Jana Mohamed Mostafa	14	Star	29.54



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

## Meet Program - 6-3-2023

**Heat 36 Finals (#41 Women 14 & Over 50 LC Meter BF)**

1	Hana Gamal Eldin ElSayed	16	Al-Canal	29.27
2	Sara Abd Allah abd Elmnam	15	ElGezira Youth	29.20
3	Mena Allah Hosny Jamaeh	21	El-Obour	29.18
4	Nada Mahmoed Mohamed	18	Masr Betrol	29.06
5	Rawan Ehab Hussin	16	Bank Ahly Cairo	29.04
6	Farida Hesham Mohamed	20	El-Moqatam	29.06
7	Retag Ihab Mohamed	14	Bank Ahly Cairo	29.09
8	Nouran Khaled Said Saleh	20	Bank Ahly Cairo	29.18
9	Rahf Ramy Mohammed	15	Banha Youht	29.20
10	Hanin Mohmad Samer	14	EZEES	29.31

**Heat 37 of 55 Finals**

1	Maram Ahmed Hamdy	17	NASR	28.96
2	Sulaf Mohamed Arafa	14	TM Acd	28.92
3	Yara Ibrahim Mahmud	14	El Ealameyen	28.90
4	Laila Ahmed Mohamed	14	Yacht Giza	28.87
5	Basant Ahmed Salah	14	Masr Betrol	28.81
6	Jana Mahmoud Ali	14	Al-Canal	28.84
7	Jana Mohamed Hafez	16	El Ealameyen	28.89
8	Gana Ayman Talaat	14	NASR	28.90
9	Nour Yaser Ali	16	Qalyob	28.95
10	Nada Mohammed Mahmoud	14	6thYC	29.01

**Heat 38 of 55 Finals**

1	Darin Ahmed Mostafa	15	GHABA	28.78
2	Nada Waled Mahmoud Khfa	16	Yacht Giza	28.73
3	Habiba Osama Ali	15	Al-Canal	28.73
4	Fareda Mostafa abd Elgany	14	El Seka El Hadid	28.64
5	Mariam Saleh Ramdan	20	Bank Ahly Cairo	28.62
6	Nour Mohsen Fahmy Hassa	15	ElMarikh	28.64
7	Roqaya Wesam Mohamed	17	Pyramids Gardens	28.68
8	Joumana Maged Magdy	15	TM Acd	28.73
9	Souhaila Yaser Abd El-shakr	16	Al-Bagor	28.74
10	Farah Islam Aboud	15	Al-Bagor	28.80

**Heat 39 of 55 Finals**

1	Mana Allah Mahmood Abd I	16	Goldi	28.59
2	Malak Mohammed Mahmou	16	Al-Talbia	28.54
3	Roaa Atef Elhabet	19	El-Temsah	28.53
4	Laila Ahmed Mohamed	14	Bank Ahly Cairo	28.43
5	Nour Tarek ali	14	Suez C.P.Said	28.42
6	Malak Mohamed Maher	14	NASR	28.42
7	Habiba M Raafat	16	FAZAR	28.51
8	Jana Mahmud abd Elhamed	14	Manshia Youth	28.54
9	Shahd Omar Mohamed	14	Pyramids Gardens	28.57
10	Rodena Mohamed Ibrahim	14	Yacht Giza	28.60

**Heat 40 of 55 Finals**

1	Lily Ahmed Tawfik	14	TM Acd	28.32
2	Lana Hany Aboud Ibrahim	14	Wadi Degla	28.28
3	Habiba Sherif Mohame	16	MS Obour	28.23
4	Jana Ahmed Samy Mohame	14	Bank Ahly Cairo	28.21
5	Nour Osama Farouk Ali	14	Al-Canal	28.18
6	Jasmin Mohsen Salal	16	Bank Ahly Cairo	28.18
7	Mariam Seif Eleslam Ahmec	18	NASR	28.23
8	Nour Ahmed Mohamed	16	Pyramids Gardens	28.23
9	Mariam Hesham Mahmoud	17	Goldi	28.32
10	Radwa Reda R Ibrahim Ezz	14	Goldi	28.40

**Heat 41 of 55 Finals**

1	Sara Yasar Sayed Farg	21	GHABA	28.14
2	Jana Mohmed Ahmed	16	Helwan ElKablbia	28.12
3	Farida Shehata Mohamed	16	El Seka El Hadid	28.00
4	Malak Sherif Mohamed	14	Meg Acd	27.95
5	Jody Waled Abdelazim	15	Al-Tersana	27.90
6	Marwa Ahmed Hassan	14	Electrecity Isma	27.93
7	Farida Amr Hussin	20	Army Club	27.98
8	Nouran Mahmoud Faris	15	TM Acd	28.09
9	Farah Waleed Mohamed	16	Pyramids Gardens	28.14
10	Habiba Mohamed Eid Hassa	15	Al-Canal	28.16

**Heat 42 of 55 Finals**

1	Hagar Tamar Mohamed San	14	Manshia Youth	27.86
2	Logina Hessin Gamil	15	El Ealameyen	27.85
3	Zaenab Adel Galal	17	Sharks Team	27.82
4	Laila Ahmed Mohamed	15	TM Acd	27.79
5	Nejar Ahmed Zaki	16	MS Obour	27.71
6	Marena Emad Abdelshahed	16	GHABA	27.71
7	Jana Ahmed Maher	14	NASR	27.82
8	Shahd Khaled Mohamed	20	El-Moqatam	27.85
9	Nadeen Ahmed Hassan	16	Banha Youht	27.86
10	Jana Khaled Ali Abd Elsal	14	El-Temsah	27.87

**Heat 43 of 55 Finals**

1	nor Hosam Eldin Elsayed	14	Manshia Youth	27.68
2	Nour Gamal Eldin Sayed	14	Al-Canal	27.64
3	Aliaa Abd ElHamed Yousef	19	Army Club	27.60
4	Ranasy Mohamed Nasr Han	14	Stad Youth	27.57
5	Hanan Elsayed Mokhtar	16	Stad Youth	27.56
6	Nagham Mahmoud Kamel	17	Tagamoa Heights	27.56
7	Sedra Mohammed Hassen	14	Banha Youht	27.59
8	Nour Mohamed Elsayed	14	Manshia Youth	27.61
9	Jana Tamer Fakhry	15	Pyramids Gardens	27.64
10	Malak Tarek Khiry	16	Wadi Degla	27.71

**Heat 44 of 55 Finals**

1	Manar Khodary Mahmoud	21	El-Obour	27.51
2	Gana Saad Ahmed	15	Bani Ebied	27.43
3	Sahd Sherif Abdelmoneem	16	NASR	27.36
4	Gharam Ayman Alsaid	21	El Ealameyen	27.34
5	Shahd Hady Mohamed	17	Tyran Club	27.31
6	Sandra Hatem Kamel	17	Tyran Club	27.32
7	Kenzy Emad Shokry	15	NASR	27.35
8	Fayroos Ahmed Mohamed	14	El-Moqatam	27.37
9	Malak Mohamed Ibrahim N	15	Manshia Youth	27.43
10	Shahd Mohamed Mostafa	15	ISMAY	27.54

**Heat 45 of 55 Finals**

1	Maram Mohamed Abdallah	14	ISMAY	27.25
2	Rawan Yasser Wahed	16	Tagamoa Heights	27.15
3	Hanan Ramy Elsaid	14	El Seka El Hadid	27.09
4	Mariam Mohamed Abd-Alla	17	El-Temsah	27.01
5	Login Mohamed Adel Darwi	14	Manshia Youth	26.98
6	Ganna Amr Abd El-Khalek	16	Al-Canal	27.01
7	Hana Ahmed AbdElGayed	18	TM Acd	27.04
8	Tasnim Mohamed Galal	19	Smouha	27.15
9	Nour Ayman Eid Abdel Harr	17	Army Club	27.20
10	Habiba Ahmed Mohammed	14	El-Temsah	27.30

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

## Meet Program - 6-3-2023

## Heat 46 Finals (#41 Women 14 &amp; Over 50 LC Meter BF)

1	Rody Ahmed ali Ahmed	14	Suez C.P.Said	26.91
2	Morogh Mokamed Monir	14	El-Temsah	26.89
3	Nour Sameh Mohamed	23	Smouha	26.85
4	Hanan Sayed Ahmed Ismail	15	Shooting Cairo	26.78
5	Omnya Hesham Mohamed H	14	ElGezira Youth	26.71
6	Mariam Mohamed AbdELAz	14	TM Acd	26.73
7	Hanan Mohamed Ibrahim	14	ElGezira Youth	26.84
8	Jana Ayman Shaban	16	Qalyob	26.89
9	Malak Nasser Ali	17	NASR	26.90
10	Zeinab Mostafa Elsayed	17	Tyrans Club	26.93

## Heat 47 of 55 Finals

1	Hana Mohamed Abu Elmatt	16	Abokir Club	26.59
2	Mariam Ahmed Farouk	18	Pyramids Gardens	26.50
3	Sama Mohamed el Sayed	18	Wadi Degla	26.45
4	Farah AlaaEldin Ali	19	ISMAY	26.40
5	Salma Ahmed Abdelghani	16	NASR	26.39
6	Mariam Mohamed Abd El N	16	Manshia Youth	26.39
7	Farida Ihab Mohamed	17	Army Club	26.43
8	Maisa Moustafa Awad	14	ElMasry Port Sai	26.48
9	Jana Ahmed AbdELAziz	15	ElGezira Youth	26.57
10	Jomana Hany Fathy	15	GHABA	26.70

## Heat 48 of 55 Finals

1	Haidey Hesham Sayed Moh	17	GHABA	26.26
2	Lamar Mohamed Salah	15	Electrecity Isma	26.23
3	Rahma Mohamed Khairy	15	Manshia Youth	26.17
4	Basmala Reda Shabaan	16	Electrecity Isma	26.09
5	Malk Rada Srour	15	GHABA	26.06
6	Sama Wael Mohamed	20	El Ealameyen	26.07
7	Batol Wael Ahmed Mohame	14	Wadi Degla	26.09
8	Jana Ahmed Samir Awad	15	ElGezira Youth	26.20
9	Sara Rabey Marzouk	16	TM Acd	26.26
10	Yasmen Amr Taha	16	Sharks Team	26.32

## Heat 49 of 55 Finals

1	Eman Osama Mahmoud	15	Betash Club	26.00
2	Nadia Ayman Eid Abdel Har	15	Army Club	25.93
3	Amira Ahmed Mohamed Hu	15	GHABA	25.85
4	Farah Mohamed Sayed Sale	17	ElGezira Youth	25.60
5	Naden Alaa Elden Arafa	17	Betash Club	25.54
6	Sama Mohamed Ahmed	17	Wadi Degla	25.59
7	Kenzy Mohamed Shawky	16	Manshia Youth	25.76
8	Salma Saad Mohamed	15	Elethead Elskandr	25.90
9	Malak Mohamed Ebrahim	14	Suez C.P.Said	25.93
10	Mariam Ahmed Fathy	18	Sharks Team	26.01

## Heat 50 of 55 Finals

1	Rehab Ayman Sayed	15	NASR	25.51
2	Malak Hitham Fawzy	15	Suez C.P.Said	25.48
3	Rokaia M Elorbany	15	Economic Reg.	25.36
4	Yasmien Mohamed Fathy	16	GHABA	25.32
5	Rawan Khaled Osama	17	El Ealameyen	25.28
6	Roaa Baher Fathy Abdelhan	15	Sharks Team	25.29
7	Nada Alaa Mohamed	17	GHABA	25.34
8	Menna Haytham Mohamed	15	Elmagd Sporting	25.37
9	Habiba Khaled Saad	15	Pyramids Gardens	25.50
10	Retag Mohamed Gamal	16	Tagamoa Heights	25.51

## Heat 51 of 55 Finals

1	Jamanuh Haytham Samir	17	Pyramids Gardens	25.26
2	Shahd Yasser Mohamed	21	Smouha	25.22
3	Shahd Ahmed Fouad	16	ElGezira Youth	25.18
4	Nada Hany Mahmoud	17	Olimpic Club	24.98
5	Esraa Ehab Zamel	19	Bank Ahly Cairo	24.93
6	Roba Mmdouh Mahfouz	20	Shooting Cairo	24.95
7	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	25.02
8	Gana Amr Sayed	16	GHABA	25.21
9	Rovida Azam Said Mohamed	15	Suez C.P.Said	25.26
10	Malak Amged Mohamed Otl	15	El-Temsah	25.27

## Heat 52 of 55 Finals

1	Jana Esam Sayed Mahmoud	17	Bank Ahly Cairo	24.92
2	Mena Mohamed Fouad	15	El-Temsah	24.81
3	Basmala Wael Ahmed Moha	15	Wadi Degla	24.73
4	Maryam Aboelhassan Ali	16	Sokar Elhwmdeia	24.68
5	Somaia Ahmed Mohamed H	18	GHABA	24.67
6	Nardin Ismail abd Elaziz	21	Olimpic Club	24.68
7	Hanan Mohamed Sami	15	NASR	24.71
8	Aya Mohamed Hanfy Bakry	15	Suez C.P.Said	24.75
9	Roudina Mohamed Wagdy	16	Bank Ahly Cairo	24.87
10	Mentallah Ahmed Abd ElW	15	ElGezira Youth	24.93

## Heat 53 of 55 Finals

1	Joudy Ahmed Fouad	16	GHABA	24.59
2	Nour Saber Ibrahim Saber	14	Olimpic Club	24.57
3	Mai Tarek ali	15	ISMAY	24.54
4	Rouvida Mohamed Emam A	16	Shooting Cairo	24.45
5	Jana Mohamed Fathe	16	Alshark Sports	24.35
6	Hana Hany Mohamed	16	Bank Ahly Cairo	24.40
7	Ghehan Saad Abd Elrahman	18	ISMAY	24.50
8	Jasmin Wael Saad	21	Shooting Cairo	24.54
9	Batal Amin Mohamed	16	m u c	24.57
10	Nada Mohamed Abdo Elsaic	20	Suez C.P.Said	24.63

## Heat 54 of 55 Finals

1	Sama Zakarya Mohamed	17	Alshark Sports	24.20
2	Moren Yusif Salih	16	Manshia Youth	24.09
3	Mariam Mohamed Helmy	14	TM Acd	24.04
4	Lobna Mohamed Hassan Ta	19	Bank Ahly Cairo	23.98
5	Gana Elsayed Abdelhamed /	16	Stad Mansoura	23.95
6	Rokaya Essam Goda Abd El	14	GHABA	23.96
7	Remaz Sameh Hassan Ali	14	GHABA	23.98
8	Aliaa Ehab Abdel Moneim	16	Pyramids Gardens	24.06
9	Rahma Ashraf Mohamed	19	Bank Ahly Cairo	24.10
10	Dalia Karm Hamed	20	ElGezira Youth	24.28

## Heat 55 of 55 Finals

1	Login Mohamed Shawky	16	Manshia Youth	23.91
2	Nana Abo el Hassan ali	19	Al-Tersana	23.87
3	Mariam Galal Said	22	GHABA	23.62
4	Fatma Ayman Saeied Ahme	20	GHABA	23.28
5	Basmala Sobhe Mohamed	19	GHABA	22.81
6	Noha Mohamed Abd El Wah	16	Manshia Youth	23.21
7	Ayat Elsayed Ahmed	20	GHABA	23.43
8	Fagr Osama Farouk	17	Al-Canal	23.72
9	Mentallah Mohamed Mosta	15	Elmagd Sporting	23.87
10	Basant Samy Abdallah	14	NASR	23.93

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

## Meet Program - 6-3-2023

## Event 42 Men 14 &amp; Over 50 LC Meter BF

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 123 Finals</b>				
2	Yassen Farahat Hashim	14	ard El Liwaa	NT
3	Ahmed Ibrahim Ibrahim	14	ISMAY	NT
4	Hazem Mohamed Mustafa	14	Shooting Cairo	NT
5	Abd Allah Mohamed Ahme	14	Ghazel Port Said	NT
6	Sief Eldin Ashraf	14	Hykisteb	NT
7	Khaled Mohammed Nour	14	Nemoo	NT
8	Youssef Islam Fathy	14	Shooting Cairo	NT
9	omr Mohamed Abdsalam	14	NCY	NT
<b>Heat 2 of 123 Finals</b>				
1	Emad Girges Sobhy	14	Hykisteb	NT
2	Omar Alaa EldIn Mostafa	14	MS Obour	NT
3	Amr Mahmoud Mahmoudi	14	NASR	NT
4	Moaz Mohamed Hamoda M	14	Tyran Club	NT
5	Aldo Tamer Edgar Fahmy	14	Army Club	NT
6	Ahmed Maagd Mohamed	14	Sharks Team	NT
7	Yassin amr Abdel Nabi	14	Shooting Cairo	NT
8	Ibrahim Ahmed Abdelkhale	14	Nemoo	NT
9	Marawan Mahmoud Saeid	14	Green Hills Club	NT
10	Yousif Mohamed Abd Elraze	14	GHABA	NT
<b>Heat 3 of 123 Finals</b>				
1	Karem Mostafa Mohammed	14	Nemoo	NT
2	Anas Shierf Balbola	14	Howa El Sed	NT
3	Mostafa Abo ElNasr ElSayec	14	TM Acd	NT
4	Said Hamdy Said	14	Banha Youht	NT
5	Beshoy Hany Wesa Farag	14	Masr Betrol	NT
6	Omar Mohamed Elkotb	14	Shata	NT
7	Esam Sherif Samra	14	Shata	NT
8	Eiad Amr Mahmoud	14	Nemoo	NT
9	Mahmoud Hanfy Mahmoud	14	El Seka El Hadid	NT
10	Youssef Tarek Kotb	14	Shooting Cairo	NT
<b>Heat 4 of 123 Finals</b>				
1	Ibrahim Hamada Moktar	14	Alnoby Cairo	NT
2	Siraj Mansour Shaaban	14	Shooting Cairo	NT
3	Mostafa Hitham Mostafa	14	Nemoo	NT
4	Mostafa Ahmed AbdALLah	14	Hykisteb	NT
5	Youssef Karim El Sayed	14	Aero Sport	NT
6	Omar Wael Yosry	14	Shooting Cairo	NT
7	Abdullah Mohammed Salan	14	Shebin Al Qanate	NT
8	Mohamed Tarek Mohamed	14	Green Hills Club	NT
9	Yahia Kamel Mahmoud	14	El-Obour	NT
10	Asar Abdou Mahmoud Abd	14	Stad Youth	NT
<b>Heat 5 of 123 Finals</b>				
1	Abd Elrahman Adel Saleh Y	14	ElGezira Youth	NT
2	Yasin Ali Abdelfattah	14	GHABA	NT
3	Ahd Belal Ezat	14	El Ealameyen	NT
4	Mohammed Ahmed Abdelh.	14	Nemoo	NT
5	Jonathan Essam Kamal	14	Alnoby Cairo	NT
6	Mohamed Ahmed Sarhan	14	Shata	NT
7	Mohamed Ragab Esmail	14	Qalyob	NT
8	Amr Alaa Ramdan	14	Matarya	NT
9	Karem Abd Allah Eid Mohar	14	ElGezira Youth	NT
10	Ahmed Waleed Abdallah	14	Nemoo	NT

## Heat 6 of 123 Finals

1	Ali Mohamed Ali Mohamed	14	Sokar Elhwmdeia	NT
2	Youssef Saied Fathy	14	Nemoo	NT
3	Youssef Ramadan Abdelaty	14	Sokar Elhwmdeia	NT
4	Aboubakr Ahmed Noureldir	14	Nemoo	NT
5	Ali Mohamed Helmy	14	EG Swaim	NT
6	Eslaam Alaa Rageb	14	Meg Acd	NT
7	Yossef Esmaail Gomaa	14	Masr Betrol	NT
8	Aser Ahmed Hamdy	14	Aero Sport	NT
9	Abd Elrahman Tarek Mohar	14	ElGezira Youth	NT
10	Abdelrahman Hesham Ahm	14	Masr Betrol	NT

## Heat 7 of 123 Finals

1	Omar Mostafa Mohamed	14	El Seka El Hadid	NT
2	Yehia Ahmed Said	14	EG Swaim	NT
3	Ehab AlaaElsamry	14	Matarya	NT
4	Hazem Ahmed Hosny Ahm	14	Goldi	NT
5	Mohamed Yaser Mohamed	14	Wave	NT
6	Marwan Mohamed ElSayed	14	Shooting Cairo	NT
7	Moaz Nader Sameer	14	Masr Betrol	NT
8	Mohamed Abd ElSalam Mo	14	El Ealameyen	NT
9	Mohamed Haytham Moham	14	Shooting Cairo	NT
10	Hassan Mustafa Abdl Ghaffa	14	El-Temsah	NT

## Heat 8 of 123 Finals

1	Yahia Waleed Ahmed Zain E	14	Goldi	NT
2	Mohamed Mehani Hassan	14	NASR	NT
3	Mahmoud Saad Abbas	14	Masr Betrol	NT
4	Abdelrhman amr Saed	15	El Seka El Hadid	NT
5	Hazem Mahmoud Mohamed	15	Army Club	NT
6	Omar Ahmed Mohamed	15	Pyramids Gardens	NT
7	Omar Eid Abdelkreem	14	El Ealameyen	NT
8	Esmail Walid Esmail	14	El Ealameyen	NT
9	Yassen Ihab Abdelmonaem	14	Nemoo	NT
10	Yassin Ayman Mohamed M	14	Shooting Cairo	NT

## Heat 9 of 123 Finals

1	Abd Elrahman Mohamed Al	15	NASR	NT
2	Mohamed ali Gamal	15	Alnoby Cairo	NT
3	Gourg Maical Sobhy	15	FAZAR	NT
4	George Sameh Azmy	15	Army Club	NT
5	Jaser Mohamed Abd Almar	15	Qalyob	NT
6	Yaseen Mohammed Sayed	15	Masr Betrol	NT
7	Zakarya Tarek Zakarya	15	Green Hills Club	NT
8	Soliman Sameh Sayed	15	Sokar Elhwmdeia	NT
9	Mohaned Alaa El Dein Zaki	15	El-Obour	NT
10	Mina Mounir Kamel	15	NASR	NT

## Heat 10 of 123 Finals

1	Ahmed Mohmed Nagah	15	NCY	NT
2	Hassan Mohammed Hassan	15	Masr Betrol	NT
3	Hamza Mostfa Kamel	15	El Ealameyen	NT
4	Youssef Amr Abd ElFataha V	15	TM Acd	NT
5	Ahmed Hussien Mohmed F	15	Wadi Degla	NT
6	Seif Mostafa Saied	15	Nemoo	NT
7	Abd El Rahman Ibrahim Ab	15	Qalyob	NT
8	Youssef Mahmoud Abd Elaa	15	TM Acd	NT
9	Moustafa Mohamed Sayed M	15	Olympic Champion	NT
10	Eyad Mohamed Shabaan	15	Sokar Elhwmdeia	NT

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

## Meet Program - 6-3-2023

## Heat 11 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Mahmoud Adel Abdelfattah	15	Nemoo	NT
2	Yousef Mohamed Abdelwah	15	Hykisteb	NT
3	Ahmed Wael Ahmed Afify	15	Masr Betrol	NT
4	Mohammed Naser Fouad	15	Nemoo	NT
5	Mohamed Magdy Saeed Has	15	El-Moqatam	NT
6	Kirills Fektor Aintwan	15	GHABA	NT
7	Mohamed Ahmed El Sayed	15	Army Club	NT
8	Belal Mohamed Mahmoud	15	Suez C.P.Said	NT
9	Ahmed Mohamed Ahmed	15	Loveit Acd	NT
10	Adham Hesham Mamdooh	15	ElGezira Youth	NT

## Heat 12 of 123 Finals

1	Daniel Samir Rezk	15	Nemoo	NT
2	Mohammed Ali Ahmed Bah	15	Masr Betrol	NT
3	Yousef Hany Kamal	15	Sokar Elhwmdeia	NT
4	Ahmed Hanfi Ahmed Elhag	15	Alnoby Cairo	NT
5	Adam Ahmed Mahmoud	15	Shooting Cairo	NT
6	Bilal Ibrahim Eid	15	Nemoo	NT
7	Yousef Mohamed Gomaa	15	Goldi	NT
8	Iyad Nihad Mohamed	15	Shooting Cairo	NT
9	Omar Alaa Mahmoud Soud	15	Shooting Cairo	NT
10	Hamza Hussein Salah	15	Nemoo	NT

## Heat 13 of 123 Finals

1	Ahmed Farag Abdrahmn	15	Helwan ElKablia	NT
2	Khaled Magdy Eltayb	15	El Ealameyen	NT
3	Moamen Mustafa Mohamed	15	Shooting Cairo	NT
4	aly Haisham Said	15	Shooting Cairo	NT
5	Mohand Mahmoud Ezat	15	El Ealameyen	NT
6	Yousef Asse	15	Bahtem	NT
7	Youssef Ehab Shoukry	15	Qalyob	NT
8	Anas Mohsen Mohammed	15	Masr Betrol	NT
9	Abd Elrhman Hamid Al-Say	15	Army Club	NT
10	Yassen Amged Othman	15	El-Temsah	NT

## Heat 14 of 123 Finals

1	Salim Mohamed Ahmed	15	Shooting Cairo	NT
2	Hossam Elden Mohamed H	15	Shooting Cairo	NT
3	Omer Yaser Mohamed	15	El Seka El Hadid	NT
4	Fares Ahmed Hassan	15	Shooting Cairo	NT
5	Ahmed Sherif Mohamed	15	Al-Daher	NT
6	Marwan Mostafa Mohmed	15	Matarya	NT
7	Ahmed Abdelaal Hanfy	15	Nemoo	NT
8	Omer Ahmed Mansour	15	Road El Farag	NT
9	Anas Mohammed Fekry	15	Nemoo	NT
10	Ahmed Khaled Elsaid	15	Nemoo	NT

## Heat 15 of 123 Finals

1	Saif Ehab Mohamed	15	Army Club	NT
2	Abdelrhman Shokry Megaw	15	El Ealameyen	NT
3	Mohamed Ahmed Mohamec	15	ElGezira Youth	NT
4	Mohamed Saed Mohamed R	15	El Seka El Hadid	NT
5	Abdelrahman Ramadan Mo	15	Sheikh Zayed	NT
6	Zeiad Ayman Helmy	15	Nemoo	NT
7	Abd Elr Hman Mohamed At	15	ElGezira Youth	NT
8	Mohamed Walied	15	Shebin Al Qanate	NT
9	Anas Adel Farouk	15	Qalyob	NT
10	Khaled Hamdy Hasan	15	Goldi	NT

## Heat 16 of 123 Finals

1	Mahmoud Taha Saad	15	Bahtem	NT
2	Abd Allah Mohamed Abd Al	15	ElGezira Youth	NT
3	Yousef Mohamed Aly	15	Shooting Cairo	NT
4	Marwan Mohamed Anwar	16	Sokar Elhwmdeia	NT
5	Ali EL Din Ahmed Mohamec	16	Shooting Cairo	NT
6	Ahmed WaelHlika	16	Shooting Cairo	NT
7	Ahmed Yasser Hassan	16	ard El Liwaa	NT
8	Youssef Mahmoud Elsayed	15	Tyran Club	NT
9	Yousef Elsayed	15	Shebin Al Qanate	NT
10	Mohamed Baher Mohamed	15	El Ealameyen	NT

## Heat 17 of 123 Finals

1	Aly Mahmoud Aly	16	Nemoo	NT
2	Marwan Hany AbdElkader	16	Hykisteb	NT
3	Marwan Hany Mostafa	16	Shooting Cairo	NT
4	AbdElRahman Elsayed Abd	16	Hykisteb	NT
5	Mahmoud Mohamed Mahm	16	ElGezira Youth	NT
6	Yousef Mohamed Motwally	16	Army Club	NT
7	Omar Mohamed Hassan	16	Shooting Cairo	NT
8	Youssef Mohamed Abdellati	16	Elriady Elbahry	NT
9	Mohamed Ahmed Mohamec	16	Shoubra	NT
10	Zeiad Mohamed Adel	16	Al-Tersana	NT

## Heat 18 of 123 Finals

1	Omer Kaled Anwar	16	Shooting Cairo	NT
2	Seif Eldin Ahmed Said	16	GHABA	NT
3	ElSaid Hamdy ElBaialy	16	Al-Daher	NT
4	Ahmed amr Abdelftah	16	El Seka El Hadid	NT
5	Mohamed Ayman Ramadan	16	Shooting Cairo	NT
6	Mohamed Ahmed Mohamec	16	Al-Waylee	NT
7	Ali Mohamed Saad	16	Army Club	NT
8	Anas Hani Mostafa Said	16	Alnoby Cairo	NT
9	Hussein Ahmed Hany	16	Shooting Cairo	NT
10	Abed Mohamed Abd ElMon	16	Shooting Cairo	NT

## Heat 19 of 123 Finals

1	Mahmoud Mohamed Abdel	16	MS Obour	NT
2	Ahmed Sayed Fahem	16	Qalyob	NT
3	Youssef Mohamed AbdElMn	16	ElGezira Youth	NT
4	Mohamed Amin Mohamed	16	Wave	NT
5	Amr Khaled Abdaljalil	16	Bahtem	NT
6	Nour Ahmed Eid Mohamed	16	Shooting Cairo	NT
7	Kerlos Saleh Abd Elmalak	16	GHABA	NT
8	Mohamed Ahmed Ibrahim	16	GHABA	NT
9	Abdul Rahman Ahmed Khal	16	El Seka El Hadid	NT
10	Karim Yehia Shafik	16	Pyramids Gardens	NT

## Heat 20 of 123 Finals

1	Obeida Abdelaty Abdelrazel	16	MS Obour	NT
2	Mostafa Hethm	16	Road El Farag	NT
3	Shady Rady	16	Helwan ElKablia	NT
4	Ahmed Badr Ahmed	16	Sheikh Zayed	NT
5	Mohamed Abdel Halim Ezat	16	Goldi	NT
6	Abdalla Mohamed Fawzy	16	Al-Tersana	NT
7	Omar Mohamed Kamal Mah	16	Shooting Cairo	NT
8	Samy George Samy	16	ISMAY	NT
9	Zaid Ahmed ali Ahmed	16	MS Obour	NT
10	Mohamed Samar Hamed Fa	16	Suez C.P.Said	NT

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

## Meet Program - 6-3-2023

## Heat 21 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Yousef Mostafa Adel	16	Shooting Cairo	NT
2	Ali Mohamed Ali	17	Sokar Elhwmdeia	NT
3	Mohamed Ashraf Aboelsauc	17	GHABA	NT
4	Ammar Ahmed Mesbah	17	Pyramids Gardens	NT
5	Mohammed Abdelhakeem /	17	Masr Betrol	NT
6	Amr Mohamed Ibrahim	17	Army Club	NT
7	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
8	Omar Tarek Abdelrohman	17	Manshia Youth	NT
9	Mohand Ahmed Mostfa	16	El Ealameyen	NT
10	Annas Osama Mohamed	16	El Seka El Hadid	NT

## Heat 22 of 123 Finals

1	Yousef Mohamed Ahmed Els:	17	Wadi Degla	NT
2	Ali Mohammed Farouq	17	Masr Betrol	NT
3	Adham Barbari Ibrahim Ott	17	Army Club	NT
4	Mazen Salama Mohamed Sa	17	Wave	NT
5	Ziad Alaa Mohammed	17	Masr Betrol	NT
6	Motaz Ahmed Abdelbaset	17	Masr Betrol	NT
7	Yousef Mohamed Fathy	17	ard El Liwaa	NT
8	Mohamed Khaled Foad Mah	17	Goldi	NT
9	Ahmed Haitham Mamdouh	17	Masr Betrol	NT
10	Fady Bahgat Gerges	17	ElGezira Youth	NT

## Heat 23 of 123 Finals

1	Abd Allah Ahmed Said	17	Nemoo	NT
2	Seif Mahmoud Saad	17	Al-Tersana	NT
3	Yousif Islam Eid Ali	17	Manshia Youth	NT
4	Mostafa Ahmed Mostafa An	17	Electrecity Isma	NT
5	Seif Eldin Tamar Ahmed	17	GHABA	NT
6	Tahar Mahmoud ElSayed	17	FAZAR	NT
7	Ahmed Mostafa Mohamed	17	Sokar Elhwmdeia	NT
8	Sayed Waled Sayed	17	Al-Daher	NT
9	Basim Ayman Elsayed	17	Elostol Club	NT
10	Said Mohamed Elsaid	17	Bahtem	NT

## Heat 24 of 123 Finals

1	Ahmed Osama Mohamed Tə	17	MS Obour	NT
2	Abdallah Ahmed Nasr Amie	17	Electrecity Isma	NT
3	Farouk Sherif Farouk Moha	17	ElGezira Youth	NT
4	Abd ElRahman Mahmoud M	17	ElGezira Youth	NT
5	Ahmed Hamdy Gamal Moha	17	FAZAR	NT
6	Karem Hany Rabee	17	Nemoo	NT
7	Seif ElDin Ahmed Refat	17	TM Acd	NT
8	Ahmed Mohamed Abd ElFa	17	Shooting Cairo	NT
9	Abd El Rahman Abd El Base	17	El-Moqatam	NT
10	Yassin Tamer Nabil Moham	17	Shooting Cairo	NT

## Heat 25 of 123 Finals

1	Moaz Mohammed Fekry	17	Nemoo	NT
2	Omar Ahmed Ragab	17	Pyramids Gardens	NT
3	Mahmoud Mohamed Ali	17	Sheikh Zayed	NT
4	Youssef Ashraf Aly	17	Shooting Cairo	NT
5	Abd ElRahman AlAnsary Kh	18	El-Obour	NT
6	Ahmed Mohamed Wageh	18	Al-Daher	NT
7	Mostfa Ahmed Hamed	17	El Ealameyen	NT
8	Eslam Hassan Dorgham	17	El-Mostakbal	NT
9	Faries Huissen	17	Shebin Al Qanate	NT
10	Amr Gammal Mohammed	17	Masr Betrol	NT

## Heat 26 of 123 Finals

1	Ahmed Mohamed Hoga Eldi	18	Al-Tersana	NT
2	Yousef Tarek	18	Road El Farag	NT
3	Mohamad Saeed Abo Eiyazi	18	Aero Sport	NT
4	Abd El Rahman Seed	18	Road El Farag	NT
5	Salah Eldin Saied Mahmoud	18	Nemoo	NT
6	Mohand Haitham Ghath	18	Shooting Cairo	NT
7	Mohammed Farouk Goma	18	Nemoo	NT
8	Nuor Eldein Nader Ragab	18	Asec Club	NT
9	Ahmed Hisham Saad	18	Shooting Cairo	NT
10	Seif Khaled Saad Eldin	18	ElGezira Youth	NT

## Heat 27 of 123 Finals

1	AbdElRahman Ayman	18	Hykisteb	NT
2	Mohammed Mahmoud Abd	18	Nemoo	NT
3	Mohamed abd el Fatah a Sal	19	ard El Liwaa	NT
4	Abdallah Mohamed Azaam	19	Shooting Cairo	NT
5	Omar Mohamed Abd ElMoh	19	GHABA	NT
6	Moaz Ayman	19	Road El Farag	NT
7	Zeyad Ahmed Alsayed	19	Al-Canal	NT
8	Amar Hamed Fakry	18	Sokar Elhwmdeia	NT
9	ali Elden Tark	18	Police	NT
10	Zeyad Mohamed Ashour	18	GHABA	NT

## Heat 28 of 123 Finals

1	Yousef Hesham Farid	19	GHABA	NT
2	Mostafa Salma Mohmed	19	Matarya	NT
3	Mostafa Mahmoud Hamed	20	Al-Tawkilat Mela	NT
4	Motaz Iehab Elayashy	20	Al-Tawkilat Mela	NT
5	Mahmoud Ahmed Almenshi	21	Shooting Cairo	NT
6	Abdalla Mohamed Ahmed	20	Sheikh Zayed	NT
7	Mohammed Ossama Ibrhim	20	Nemoo	NT
8	Omar Ali Jameah	20	El-Obour	NT
9	Yousef Hassan Salah El-Dee	19	GHABA	NT
10	Yassin Karim Ahmed	19	Shooting Cairo	NT

## Heat 29 of 123 Finals

1	Abdalla O Mohamed Ebrahi	21	Shooting Cairo	NT
2	Seif Eldin Ahmed Mahdy	21	Shooting Cairo	NT
3	Omar Mohamed Elsayed	21	Al-Tawkilat Mela	NT
4	Abd Elrahman Saied Abd El	22	Al-Canal	NT
5	Mohamed Sayed Mahfouz	25	Bank Ahly Cairo	NT
6	Omar Mohamed Mohamed	23	Sporting Club	NT
7	Mohamed Fares Nssr	21	Al-Tersana	NT
8	Mohamed Tarek Samy	21	Shooting Cairo	NT
9	Mohamed Ahmed Fuoad	21	Al-Tawkilat Mela	NT
10	Mostafa Mohamed Selim	21	Hykisteb	NT

## Heat 30 of 123 Finals

1	Eyad Sayed Mhamoud Abas	16	Meg Acd	41.09
2	Ahmed Sayed Abdelrasol	14	Al-Waylee	40.03
3	Ahmed Atef Mohamed Ghei	14	Qalyob	38.09
4	Ahmed Hany Ahmed	14	El Seka El Hadid	36.68
5	Belal Rmadan	14	EZEES	36.50
6	Hazem Karim Jamal	14	Bahtem	36.67
7	George Sameh Gerges	16	Masr Betrol	37.64
8	Omar Mohamed Abd Elham	14	NASR	39.09
9	Yousef Mohamed Mazed	15	Matarya	40.29
10	Mohamed El Hassan Mohan	28	Al-Canal	NT

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## Meet Program - 6-3-2023

## Heat 31 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Yassin Yasser Mohamed Fat	14	Tyran Club	36.03
2	Hamza Mohamed Wesam	14	Tyran Club	35.53
3	Mohamed Ahmed Sokarno	14	Al-Waylee	34.95
4	Ahmed Ayman Ahmed	14	Meg Acd	34.78
5	Mohamed Adel Khamis	14	Al-Waylee	34.50
6	Yassein Hamed	15	Shebin Al Qanate	34.53
7	Mohamed Medhat	14	Road El Farag	34.86
8	Omar Ahmed Mahmoud	14	Masr Betrol	35.25
9	Ahmed Saber	17	Shebin Al Qanate	36.00
10	Omar Mohamed Rizk	14	Pyramids Gardens	36.17

## Heat 32 of 123 Finals

1	Amer Waleed Ahmed	15	Police	33.93
2	Ahmed Ebrahim Galal	14	Green Hills Club	33.89
3	Ahmed Sayed	16	Shebin Al Qanate	33.79
4	Taha Elsayed	16	Shebin Al Qanate	33.61
5	Akram Ali Abd Elatti	14	NASR	33.48
6	Ahmed Tarek Ahmed	14	Masr Betrol	33.56
7	Mohamed amr Mohamed	16	Top Sports.Acd	33.65
8	Mohamed Hatim Belal	15	Shata	33.86
9	Ahmed Sameh Afify	14	Banha Youht	33.92
10	Hamad Mahmoud Mahmou	15	Tyran Club	34.40

## Heat 33 of 123 Finals

1	Basel Ahamed Haseen	14	Tagamao Heights	33.34
2	Adham Mohamed Ahmed	14	NASR	33.28
3	Adham Ayman Mostafa Rad	14	Tyran Club	33.11
4	Hamza Ahmed Mostafa	14	TM Acd	32.95
5	Mahmud Mahamed Saad	16	El Seka El Hadid	32.68
6	Mohamed Sayed Ahmed Say	14	Police	32.85
7	Youssef Walid Abdel Moeen	14	Meg Acd	32.98
8	Ali Eslam Ali Kaghaa	14	Sokar Elhwmdeia	33.20
9	Aly Ahmed Aly Ahmed Eliw	14	Hykisteb	33.31
10	Shady Sheref Sayed	14	Army Club	33.37

## Heat 34 of 123 Finals

1	Ahmed Rafat Anwar Hussin	14	Bank Ahly Cairo	32.65
2	Youssef Abou Baker Morsi	14	ElGezira Youth	32.62
3	Begad Magdy Ali	14	Petrosport	32.57
4	Shabaan Ibrahim Ali	14	Sokar Elhwmdeia	32.50
5	Yossef Ahmed Abdl Fatah	16	ard El Liwaa	32.45
6	Moaza Ahmed Mohamed Fr	15	Bahtem	32.46
7	Mostafa O Mahmoud	14	Police	32.54
8	Abdallah Mohamed Moham	15	Sokar Elhwmdeia	32.59
9	Khaled Mohamed Abd ElKal	14	Qalyob	32.64
10	Abderhman Mahmoud	14	Bahtem	32.68

## Heat 35 of 123 Finals

1	Sief Mohamed Sayed	14	Qalyob	32.40
2	Mohamed Ahmed Mahmou	14	El Mekaweloun	32.29
3	Youssif Elsayed Hassan	15	ISMAY	32.26
4	Mohammed Amr Ibrahim	14	Masr Betrol	32.21
5	Yousef Amr Ahmed	14	El-Obour	32.07
6	Ahmed Ehab Ahmed	15	ElHadba	32.11
7	Mohamed Abdelazez Ali	15	El Ealameyen	32.23
8	Mostafa Faraag	16	Road El Farag	32.28
9	Yassien Mohamed Anwar	14	Hykisteb	32.32
10	Loay Hany Hashem	14	ElGezira Youth	32.42

## Heat 36 of 123 Finals

1	Adam Galal Hassan	15	ard El Liwaa	32.00
2	Mohamed Ahmed Saeyd	14	El Seka El Hadid	31.93
3	Adam Mohamed Mahmud	14	El Seka El Hadid	31.85
4	Zeyad Mohamed Abd Elfata	14	NASR	31.81
5	Omar Osama Glala	14	Police	31.78
6	Yossef Mohamed Ramadan	14	ard El Liwaa	31.81
7	Mohamed Ahmed Hassen	14	El-Obour	31.81
8	Marwan Ahmed Azz Eldein	15	Banha Youht	31.91
9	Mohamed Eslam Mohamed	14	Tyran Club	32.00
10	Amr Ashraf Mohamed	14	Bahtem	32.01

## Heat 37 of 123 Finals

1	Yossef Badwy Mostafa	15	ElGezira Youth	31.71
2	Hussin Mohamed Hussin	15	Aero Sport	31.53
3	Yousef Sherif Ahmed ali	15	Goldi	31.36
4	Sayed Mohamed Sayed Bak	14	Electrecity Isma	31.24
5	Mohamed Atef	16	Shebin Al Qanate	31.18
6	Marwan Omer Fathy	14	Masr Betrol	31.20
7	Mahmoud Reda Fayed	14	Shata	31.25
8	amr Adel Abdelhamed	15	Alnoby Cairo	31.50
9	Kareem Ahmed Mohamed	14	El Seka El Hadid	31.68
10	Seif Mohamed Loutfy	15	Sokar Elhwmdeia	31.78

## Heat 38 of 123 Finals

1	ans amr Said	15	EZEES	31.15
2	Ahmed Ayman Abdelmonei	16	El-Obour	31.06
3	Ahmed Gharib Farouk Isma	14	TM Acd	31.04
4	Tarek Haled Ahmed Barbar	14	NCY	30.92
5	Khaled Mohamed AbdelWal	16	El Seka El Hadid	30.85
6	Taki Eldin Mohamed Zater	16	Shata	30.86
7	Abd ElRahman Mahmoud A	17	Green Hills Club	30.93
8	Ahmed Hosam Eldein	14	Banha Youht	31.04
9	Ahmed Mohammed Helal	14	Nemoo	31.06
10	Omar Tharwat Najaty	14	GHABA	31.17

## Heat 39 of 123 Finals

1	Sief AbdElFadil AbdElGeli	14	Hykisteb	30.83
2	Waleed Ahmed Mohamdy	14	ISMAY	30.78
3	Mohammed Ashraf Ibrahim	14	Shebin Al Qanate	30.73
4	Marwan Mohamed	15	Shebin Al Qanate	30.65
5	Adahm Mohamed Ebrahim	14	Meg Acd	30.62
6	Mohamed Ahmed Mohamec	14	El Seka El Hadid	30.64
7	Ahmed Hamada Aboelhamc	16	Masr Betrol	30.73
8	Abdlftah Ahmed Abdlftah	14	Meg Acd	30.75
9	Nour Ahmed Abd-Elaaty	14	ElGezira Youth	30.82
10	Hazem Osama Farej	16	El-Obour	30.84

## Heat 40 of 123 Finals

1	Albaraa Hisham Abu Alinin	14	Abokir Club	30.48
2	Ali Mohamed Ali	14	Masr Betrol	30.37
3	Marwan Mahmoud Taha	14	Banha Youht	30.33
4	Omar Elsaeed Elsherbini	14	Shata	30.32
5	Amar Mohamed Abd El Sala	15	El-Obour	30.29
6	Yassin Ramy Wale EIDin	15	TM Acd	30.29
7	Aslam Mohamed Awaed	15	Masr Betrol	30.32
8	Mahmud Mohamed Mahmu	15	Kom Hamada	30.35
9	Eyad Ahmed Nabil ali	15	NASR	30.39
10	Karem Abdulla Saad	14	Tyran Club	30.57

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## Heat 41 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Seif ElDin Khaled Ahmed M	14	TM Acd	30.28
2	Ahmed Amin Anwar Amin	17	Army Club	30.20
3	Hossam Ahmed Fouad	16	El-Moqatam	30.17
4	Yassin Sayed Zain	15	Yacht Giza	30.12
5	Aead Osamaa Ebrahim	14	Tagamoa Heights	30.04
6	Mohamed Yaseer Khalel Em	14	Sokar Elhwmdeia	30.11
7	Karim Yosuf Khalil	14	El Seka El Hadid	30.17
8	Sohaib Mostafa Roshdy	14	El-Obour	30.18
9	Eyad Mohamed Mohamed	15	Petrosport	30.26
10	Mohamed Mahmoud Ramac	15	Elriady Elbahry	30.28

## Heat 42 of 123 Finals

1	Badr Mohamed Said Mohan	18	Bank Ahly Cairo	30.03
2	Yousef Gamal el Sayed	14	ard El Liwaa	30.00
3	Farok Mahmoud Farok	15	El Seka El Hadid	29.95
4	Yehia Mohamed Osman	14	Pyramids Gardens	29.93
5	Hasin Hany Hasein	15	Banha Youht	29.91
6	Kefen Sameh	14	Road El Farag	29.92
7	Mahmoud Hazem Ahmed	15	Tyran Club	29.95
8	Malek Ahmed Fahmy	14	Meg Acd	30.00
9	Yassen Mohamed Aly Hanfy	14	Tyran Club	30.00
10	Mohamed Samir Mohamed	15	Meg Acd	30.04

## Heat 43 of 123 Finals

1	Omar Khaled Mohamed Sad	14	Tyran Club	29.87
2	Saeif Wael Mohammed	14	Banha Youht	29.85
3	Ahmed Tarek Mutawa	15	MS Obour	29.82
4	Yossef Hany Anees	14	Masr Betrol	29.79
5	Kamal Eldin Reda Kamal El	15	Pyramids Gardens	29.79
6	Youssef Mohamed Nomaan	15	El Ealameyen	29.79
7	Adham Mohammed Hasein	14	Banha Youht	29.79
8	Kareem Mohamed Elsayed	15	NASR	29.84
9	Bassem Mohamed Abdelraf	14	NASR	29.86
10	Zeyad Ismail Zein Elabden	16	ISMAY	29.88

## Heat 44 of 123 Finals

1	Ahmed Hisham Samir Sayec	15	ElGezira Youth	29.79
2	Mohamed Salah Mosa	15	El-Obour	29.76
3	Nour Eddine Mohamed Ali	15	Elriady Elbahry	29.74
4	Ahmed Emad Hawari Shake	14	Alnoby Cairo	29.73
5	Mohamed Ashraf	15	Road El Farag	29.65
6	abd Elrahman Ziad Elsayed	16	Kom Hamada	29.66
7	Saif Mohammed Saied	14	El-Temsah	29.73
8	Ahmed Mohamed Ahmed A	14	Hykisteb	29.75
9	Hasan Waleed Hasan Hasan	15	Goldi	29.76
10	Mohmed Mohmed Ahmed	14	Matarya	29.79

## Heat 45 of 123 Finals

1	Mahmoud Adel Mahmoud E	14	Star	29.65
2	Abdelrahman Mohamed Ab	15	Electrecity Isma	29.63
3	Mohamed Eslam Mohamed	15	Yacht Giza	29.59
4	abd Alrhman Sayed Abdo	15	EZEES	29.56
5	Omar Rabeih Mansur	14	Asec Club	29.52
6	Mohammed Haitham Mohmr	15	Shebin Al Qanate	29.53
7	Mahmed Mahmoud Mahme	16	Meg Acd	29.56
8	Mohammed Nabel Sahban	15	Banha Youht	29.60
9	Ahmed Magdy Mohamed Ib	14	Army Club	29.64
10	Ibrahim Amr Mohamed Has	15	Yacht Giza	29.65

## Heat 46 of 123 Finals

1	Yazen Wael	15	EZEES	29.51
2	Ali Ayman Adel	15	Sokar Elhwmdeia	29.43
3	Mohammed Hashem Mobar	16	Masr Betrol	29.40
4	Ezz Elden Moanes Hussein	15	El Mekaweloun	29.39
5	Yousef Haithm Esmat	14	EZEES	29.35
6	Ady Ali Abdelmged	14	Bahtem	29.37
7	sef amr Said	14	EZEES	29.40
8	Yousef Adel Abd Al Aziz	15	El-Obour	29.42
9	Yassin Magdy Mahmoud	14	Star	29.45
10	Faris Mohamad Sami	14	Yacht Giza	29.51

## Heat 47 of 123 Finals

1	Yousef Osama Elsayed	14	Helwan ElKablia	29.28
2	Mohamed Abd Al Hamed M	15	Masr Betrol	29.25
3	Mukhtar Tarik Abd El-khabi	15	ElHadba	29.25
4	Yousef Emad Ahmed Ibrahim	16	GHABA	29.23
5	Yassin Ahmed Mamdouh	14	MS Obour	29.21
6	Salman Ibrahim	15	Petrosport	29.23
7	Ibrahim Ahmed Mahmoud	15	Sokar Elhwmdeia	29.23
8	Omar Abdullah Mohamed	14	El-Obour	29.25
9	Abdelrahman Mahmoud Sai	16	Sharks Team	29.26
10	Mohamed Moustafa Mahmc	14	Abokir Club	29.28

## Heat 48 of 123 Finals

1	Ahmed Ibrahim Mohame	19	ElHadba	29.18
2	Zeyad Mohamed Saeid	14	El-Temsah	29.18
3	Gamal Mahmoud Gamal	16	Abokir Club	29.12
4	Mazen Ahmed Abdelhad	15	Bahtem	29.12
5	Taha Tarek Elsayed	14	ISMAY	29.12
6	Mostafa Mohamed Roshde I	15	El Mekaweloun	29.12
7	Badr Khaled Mohamed	15	Police	29.12
8	Youssef Mohamed Samir	16	ElHadba	29.16
9	Eyad Yahya Mohamed	14	Qalyob	29.18
10	Marwan Essam El-Saye	14	Shoubra	29.20

## Heat 49 of 123 Finals

1	Emad Hamdy Seliem	14	GHABA	29.11
2	ali Mohamed ali	17	Police	29.09
3	Youssef Ahmed Mohamed	17	Green Hills Club	29.04
4	Ziad Ahmed Rabie	14	EZEES	28.96
5	Ziyad Yasser Muhamad Aba	14	El-Temsah	28.93
6	Nour Eldin Mohamed Dyaa	14	Tyran Club	28.93
7	Youssef Tamar Mohamed	14	El-Obour	29.03
8	Aly Hassan Aly	15	Road El Farag	29.09
9	Mohammed Ahmed Moham	14	Shebin Al Qanate	29.10
10	Asem Mahmoud Samir Mah	15	Tyran Club	29.11

## Heat 50 of 123 Finals

1	Omar Ahmed Asaf Slim	16	Goldi	28.90
2	Seif Alla Hany Ahmed Foid	14	Tyran Club	28.89
3	Sief Mohamed Yahya	14	Masr Betrol	28.85
4	Said Ahmed Said	15	Nemoo	28.84
5	Muhannad Mohamed Omar	14	Army Club	28.82
6	Mokhtar Mohamed Yousry	14	Tyran Club	28.84
7	Yehya Hossam Eldin Mostaf	14	Star	28.85
8	Adam Saeyd Saad	16	El Seka El Hadid	28.86
9	Eyad Rafat Ahmed Mohame	15	ElGezira Youth	28.89
10	Ahmed Hany Mahmoud	15	Pyramids Gardens	28.92

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**Heat 51 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Ahmed Wael Ahmed	16	Sokar Elhwmdeia	28.70
2	Gon Gerges Makram	15	Sharks Team	28.65
3	Shawky Reda Shawky	14	Shata	28.61
4	Omar Sherif Abd Monem	15	ElGezira Youth	28.57
5	Abdallah Mohamed Mahmo	16	Shata	28.57
6	Mohand Walid Qassem	14	Police	28.57
7	Mahmoud Ahmed Mohamed	15	Hykisteb	28.59
8	Taha Ahmed Kmal	14	Road El Farag	28.64
9	Omer Walid Abd EL Malek	14	6thYC	28.68
10	Siefeldien Mohamed Yousse	14	Meg Acd	28.81

**Heat 52 of 123 Finals**

1	Yousif Ahmed Farok	16	Police	28.54
2	Mohamed Ehab Abd El Man	14	Banha Youht	28.53
3	Ahmed Hossam Atef	14	MS Obour	28.51
4	Omar Mohamed Youssef Kh	15	Tyran Club	28.51
5	Omar Mohamed Abdelfattal	14	El Mekaweloun	28.50
6	Mostfa Rabe Ahmed	18	Bahtem	28.50
7	Mohmed Ahmed Abdelsaba	16	Matarya	28.51
8	sif Ramadan Khames	14	Kom Hamada	28.52
9	Ahmed Mohamed Bahaa El	14	Tyran Club	28.54
10	Moaz Haithm Mahmoud Fou	14	Tyran Club	28.56

**Heat 53 of 123 Finals**

1	Ahmed Tamer Mohamed	17	El Ealameyen	28.50
2	Moamen Khaled Abdelhafez	17	Nemoo	28.46
3	Mohamed Elsayed Attiaa	15	NASR	28.45
4	Ziad Bahgat Tantawy	15	Sheikh Zayed	28.43
5	Saden Walid Yehia	17	Helwan ElKabria	28.42
6	Mazen Karem Mahmoed	14	El-Obour	28.43
7	Youssef Emam Ebrahim	14	Masr Betrol	28.43
8	Ahmed Farid Shawky	14	Nemoo	28.45
9	Youssef Ahmed Mokhtar	17	El Ealameyen	28.46
10	Mohamed Ahmed Mohamed	15	El-Obour	28.50

**Heat 54 of 123 Finals**

1	Omar Essam Ahmed	15	Masr Betrol	28.37
2	Youssef Whiad Mohamed	14	El-Obour	28.34
3	Mazen Mohamed Ali Elshna	16	Suez C.P.Said	28.31
4	Mohamed Yousry Bsher	14	TAGMA	28.31
5	Yassen Mohamed Ahmed Al	14	Tyran Club	28.29
6	Ahmed Emad Shaban Husse	14	ElGezira Youth	28.29
7	Fares Kamel Ibrahim	18	Yacht Giza	28.31
8	Yousef Ahmed Kamel	18	Sokar Elhwmdeia	28.32
9	Ahmed Asmael Abd Elmoat	14	Masr Betrol	28.37
10	Youssef Mohamed Saeed	16	Masr Betrol	28.42

**Heat 55 of 123 Finals**

1	Abdelrahman Mohamed Els	16	GHABA	28.26
2	Eyad Waleed Ahmed Mohar	16	Tyran Club	28.25
3	Yasien amr Mohamed	14	Alnoby Cairo	28.25
4	Hamza Mohamed Emadeldi	14	Police	28.21
5	Mohamed Alaa Eldin Abdel	14	Kom Hamada	28.20
6	Ziyad Said Abdel Baseer	14	Army Club	28.21
7	Emad Mostafa Gaber	17	Pyramids Gardens	28.21
8	Omar Mohamed Ahmed	15	Aero Sport	28.25
9	Nour El den Shrif	16	Road El Farag	28.26
10	George Emad Nabeh	14	Sporting Club	28.28

**Heat 56 of 123 Finals**

1	Mohamed Nader Ahmed Sh	16	Tyran Club	28.18
2	Gaser Shehab Mahmoud	14	NASR	28.18
3	Yasseen Mohamed Salah	14	NCY	28.12
4	Mahmoud Hossam Mahmou	14	NASR	28.10
5	Ahmed Hossam Lotfy	15	Masr Betrol	28.06
6	Yahya Atef	15	Road El Farag	28.07
7	abd el Rahman Hossam Ras	14	ard El Liwaa	28.11
8	Mohamed Ashraf Mahmoud	16	El Mekaweloun	28.17
9	Adham Ahmed Lsmail	17	Qalyob	28.18
10	Ziad Ayman Aziz	14	Sporting Club	28.20

**Heat 57 of 123 Finals**

1	Ashraf Ahmed Saeyd	15	El Seka El Hadid	28.04
2	Eyad Mohamed Nour	16	El-Obour	28.03
3	Mohamed Waleed Ebrahim	15	Yacht Giza	28.03
4	Ahmad Mohamad Ebrahim	15	Petrosport	28.01
5	Abd Elrahman Hitham Moh	16	ISMAY	28.00
6	Omar Yahia Mohamed Ashr	14	Electrecity Isma	28.00
7	Sameer Ashraf Othman	14	ElHadba	28.02
8	Mohamed Hsham Anwar	14	EZEES	28.03
9	Mohammed Hosni AtitoSay	15	ElGezira Youth	28.03
10	Eyad Mohammed Mowad	15	Banha Youht	28.06

**Heat 58 of 123 Finals**

1	Omar Waleed Abd Ghany M	16	Tyran Club	28.00
2	Mostafa Mohamed Gomaa	15	Betash Club	27.96
3	Elbadry Mohammed Rashad	17	Nemoo	27.95
4	Hassan Hamed Elgaml	14	Shata	27.94
5	Omar Hmada Helmy	16	Pyramids Gardens	27.93
6	Mostafa Mohammed Mohan	16	Banha Youht	27.93
7	Eyad Mohamed Abd Elhami	15	Pyramids Gardens	27.95
8	Mostafa Sameh Mostafa	17	NASR	27.96
9	Marwan Mohamed Abd Mn	15	Abokir Club	27.98
10	Anas Ahmed Hamdy	16	Aero Sport	28.00

**Heat 59 of 123 Finals**

1	MahMoud Mohamed Mahm	14	El Seka El Hadid	27.92
2	Yousif Elsayed Mahmoud	15	Wadi Degla	27.89
3	Abdelrahman Rabee Abdelr	14	El Ealameyen	27.89
4	Shawqy Mohamed Shawqy	15	El-Obour	27.87
5	Abd Elrahman Alla	16	Road El Farag	27.87
6	Yassin Tamer El Saeed	16	Army Club	27.87
7	Adam Mostafa Hasein	14	Banha Youht	27.88
8	Mena Remon Samir	15	GHABA	27.89
9	Mohamed Mostafa Eltony	16	Masr Betrol	27.90
10	Mazen Mohamed Abd Alaha	18	ISMAY	27.92

**Heat 60 of 123 Finals**

1	Mohamed Ehab Talaat	15	El-Obour	27.87
2	Loay Mohamed Wassem	15	Tyran Club	27.84
3	Adam Nabil Akl	14	Wadi Degla	27.84
4	Abd Rahman Haithm Samir	15	Tyran Club	27.81
5	Filopater Samhe	18	Road El Farag	27.76
6	Eslam Wael Shben	16	El-Obour	27.79
7	Moaz Emad Hamdy AbdELM	14	TM Acd	27.81
8	Mohamed Hamdy Mohamed	14	ElHadba	27.84
9	Zyad Ezat Mesbah Ali Ali	14	Goldi	27.85
10	Zyd Waleed Ahmed Dyab	18	Tyran Club	27.87



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## Heat 61 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Seif El Dien Mahmoud Anw	17	ISMAY	27.75
2	Ahmed Kareem Eldin Ahme	15	NASR	27.73
3	Mohamed Medhat Mohame	14	TM Accd	27.70
4	Sofyan Eslam Abd ElSamie	14	ElGezira Youth	27.68
5	Yousef Samy Fakhry	16	Road El Farag	27.68
6	Youssef Mohamed Salah	17	NCY	27.68
7	Ahmed Elhassan Sadkey	17	Helwan ElKablia	27.68
8	Omar Mohamed Khalaf	14	ElGezira Youth	27.70
9	Abdel Rahman Mahmud Fal	16	Goldi	27.75
10	Omar Ahmed Mohamed Naj	14	Shoubra	27.76

## Heat 62 of 123 Finals

1	Antony J Roshdy	15	FAZAR	27.65
2	Adham Mohamed Ismaeil	14	NASR	27.64
3	Saher Mohamed Mohamed	16	Goldi	27.62
4	Anas Abdel Aziz Mohamed	14	Army Club	27.57
5	Hany Tarek Gamal	14	MS Obour	27.57
6	Youssef Walid Ehsan	16	TM Accd	27.57
7	Omar Refaae Hamed Abd el	15	ElGezira Youth	27.61
8	Zeyad Mohamed Allli Sayed	19	GHABA	27.64
9	Ahmed Adel Abdelhalem	14	Banha Youht	27.65
10	Moaz Ahmed Farouk	14	Banha Youht	27.67

## Heat 63 of 123 Finals

1	Ali Ahmed Mohammed	14	Banha Youht	27.53
2	Mohamed Mahmoud Foad	17	Army Club	27.51
3	Mahmoud Hisham Elsaied	20	Al-Tawkilat Mela	27.48
4	Zeyad Magad Mohamed Sal	14	ISMAY	27.46
5	Marwan Hassen Abd Allah	14	Masr Betrol	27.43
6	Marwan Mostafa Abdelazez	15	Nemoo	27.46
7	Abdelmonem Abdelrahman	14	Electrecity Isma	27.47
8	Muhamed Mamdoh Muham	17	Helwan ElKablia	27.50
9	Youssef Ahmad Ali	15	6thYC	27.53
10	abd Allha Maroof Kamal	14	Alnoby Cairo	27.54

## Heat 64 of 123 Finals

1	Hamza Ehab Saad	14	6thYC	27.40
2	Mostafa Ismail Gad Elkaree	15	NASR	27.40
3	Eyad Mohamed Arfa Mohan	14	Tyran Club	27.40
4	Mohammed Ahmed Moham	14	El-Temsah	27.39
5	Karim MohamedZakiMohar	15	NCY	27.35
6	Mazen Mohamed Mahmoud	17	Abokir Club	27.36
7	Marawan Mamdoh Abd Elat	15	NASR	27.40
8	Malek Rada Ashmawy Moh	14	ElGezira Youth	27.40
9	Mostafa Ebrihem Mostafa	14	Qalyob	27.40
10	Yehya Amr El Damaty	14	Sporting Club	27.41

## Heat 65 of 123 Finals

1	Ahmed Mohamed Abdelhan	15	Electrecity Isma	27.31
2	Said Ahmed Mohamed Said	17	ElGezira Youth	27.29
3	Eyad Mohamed Nabil	16	Police	27.28
4	Mohamed Wael Mohamed	16	Banha Youht	27.28
5	Saif Ahmed Kamal	16	Al-Tersana	27.25
6	Amr Anas Mohamed Solym	16	Sharks Team	27.25
7	Adel Ahmed Adel Saleh	14	Tyran Club	27.28
8	Eyad Khaled Ahmed	18	NASR	27.28
9	Ziad Elsayed Shalby	14	Manshia Youth	27.31
10	Abd Elrahman Osama Osma	17	Pyramids Gardens	27.34

## Heat 66 of 123 Finals

1	Ali Amr Ali Ahmed	15	ElGezira Youth	27.20
2	Faris Mohamed ElHoussiny	15	TM Accd	27.18
3	Youseif Ahmed Alam	15	Banha Youht	27.15
4	Mohamed Saber Fathy Abd	16	TM Accd	27.12
5	Youssef Ramy Mohamed	16	GHABA	27.11
6	Eyad Ahamed Hanfy	15	Masr Betrol	27.11
7	Ahmed Samer Abdo ama	14	Manshia Youth	27.15
8	Ahmed Khaled Ahmed	17	GHABA	27.17
9	Abdelrahman Mohammed F	15	Nemoo	27.20
10	Hassan Mohamed Hassan	14	Sharks Team	27.23

## Heat 67 of 123 Finals

1	Moaaz Abdelrahman Mohar	15	Hykisteb	27.09
2	Abd El Rahman Mohamed A	14	El-Obour	27.04
3	Anas Mahmoud Fathy	14	Abokir Club	27.03
4	Amar Aref Hassan Mohame	16	Electrecity Isma	27.02
5	Ahmed Mohamed Abd El Ne	16	Goldi	27.01
6	Mhmod Madht Ramdan Bac	15	Masr Betrol	27.01
7	Adam Ashraf Ibrahim	15	Faros Club	27.02
8	Fathy Mohamed Fathy	17	Police	27.04
9	Mohamed Yahia Mohamed	17	Top Sports.Acd	27.07
10	Omar Osama Mahmoud	16	Helwan ElKablia	27.09

## Heat 68 of 123 Finals

1	Omar Mohamd Abdel Aziz	17	Goldi	27.00
2	Yassin Abdel Aziz Mustafa	14	Army Club	26.98
3	Mazen Sayd Badwe	17	Matarya	26.96
4	Mohamed Mahmoud Omar	15	ElGezira Youth	26.95
5	Eyad Hesham Sayed	16	Masr Betrol	26.89
6	Yasin Amad Mohamed	14	6thYC	26.90
7	Yahya Ayman Bakr	16	Shoubra	26.96
8	abd Elrahman Ahmed abd E	15	Kom Hamada	26.96
9	Saif Sameh Adel Awaad	15	ard El Liwaa	27.00
10	Essam Mohamed Said Solta	17	Tyran Club	27.01

## Heat 69 of 123 Finals

1	Yassin EsamEldeen Magdy I	14	Tyran Club	26.89
2	Mostafa Mohamed Efteha E	14	ElGezira Youth	26.87
3	Youssef Sherif Soleiman	17	GHABA	26.86
4	Omar Ahmed Abd-Elkader	16	GHABA	26.82
5	Marawan Ahmed Farok	17	Police	26.79
6	Abdel Rahman Shazly Hassa	16	El Seka El Hadid	26.82
7	Abdelrahman Hazem Abdel	18	GHABA	26.84
8	Zyad Ahmad Talat	15	EZEES	26.87
9	Maisara Mohamed Abdelha	16	Goldi	26.87
10	Youssef Ibrahim Abd Allah	14	Masr Betrol	26.89

## Heat 70 of 123 Finals

1	Omar Ahmed Yahiya	17	Sokar Elhwmdeia	26.78
2	Muhamed Sayed Muhamed	15	Al-Taibia	26.76
3	Mohamed Hosam Hasab Mc	15	Tyran Club	26.76
4	Yossif Ahmed Nasr Emam	16	Sharks Team	26.73
5	Amar Amr Foayd	16	El-Obour	26.73
6	Gbril Hafez	16	El Seka El Hadid	26.73
7	Hamza Amir Mohamed	16	El Seka El Hadid	26.75
8	Aser Amr Elhuseeny	18	Asec Club	26.76
9	Eyad Tarek Feurk	16	El-Obour	26.78
10	Abd Elrahman Ahmed Moha	17	Green Hills Club	26.79

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## Heat 71 Finals (#42 Men 14 &amp; Over 50 LC Meter BF)

1	Yousif Hazem Elsayad	15	Manshia Youth	26.72
2	Nour Ahmed Mahmoud	15	Sharks Team	26.70
3	Ali El-Sayed Ali	14	ElHadba	26.69
4	Youssfe Ayman Abd ElNanb	17	Green Hills Club	26.68
5	Moamen Saeid Gamry Most	15	ElGezira Youth	26.65
6	Abd ElRahman Mohamed A	17	Wadi Degla	26.68
7	Abd El Wahab Mohamed Ab	16	Manshia Youth	26.69
8	Zeyad Ahmed Ali Salem	15	ElGezira Youth	26.70
9	Stefen Eshaak Azmy	16	GHABA	26.71
10	Abdelrahman Ahmed Abdel	16	Betash Club	26.72

## Heat 72 of 123 Finals

1	Ahmed Hossam Eldin Abozy	17	Helwan ElKabilia	26.62
2	Ahmed Mohamed Abd Elme	17	Green Hills Club	26.61
3	Abd Allah Ibrahim Dosqy	15	Masr Betrol	26.59
4	Mohand Mahmoud Mahmec	16	El Seka El Hadid	26.57
5	Omar Mahmoud Esmail	15	Qalyob	26.56
6	Mohamed Ayman Mohamec	16	Banha Youht	26.56
7	Momen Ahmed Hanfy	21	Al-Tersana	26.57
8	Ahmed Mahmoud Ali	15	GHABA	26.60
9	Mohamed Moetaz Mohamec	17	ANDLS	26.62
10	Zyad Mohamed Abd Elmnrar	17	Abokir Club	26.64

## Heat 73 of 123 Finals

1	Faras Khaled Farag Ahmed	17	ElGezira Youth	26.56
2	Adb Alrahman Muhamad Al	14	EZEES	26.54
3	Yossaef Taher Abdullah	16	Shata	26.54
4	Abd ElAzeem Amr Abd ELAz	14	Yacht Giza	26.54
5	Mohamed Mahmmud Moha	14	Alnoby Cairo	26.53
6	Abdallah Mohammed Mens	14	Banha Youht	26.53
7	Deyaa Mohmad Abdulazim	18	EZEES	26.54
8	Mohamed Salaheldeen Mah	15	Tyran Club	26.54
9	Yousif Seleman El Saeed	14	Electrecity Isma	26.55
10	Mohamed Hossam Eldin Ga	14	El-Obour	26.56

## Heat 74 of 123 Finals

1	Abdallah Mdhat Fathy	17	Bahtem	26.51
2	Moamen Mohamed Salah El	18	Army Club	26.50
3	Bilal Mahmud Fahim	15	Petrosport	26.48
4	Mostafa Sameh Mohamed	15	El-Obour	26.46
5	Youssef Ibrahim Mohamed	15	El-Temsah	26.45
6	Mohamed Esam Eldein Mah	17	El Seka El Hadid	26.46
7	Fareis Ehab Mohamed	14	Yacht Giza	26.46
8	Ahmed Abd El Razek Elsaed	14	Banha Youht	26.50
9	Ahmed Waly Mohammed	17	MS Obour	26.50
10	Yousef Mohsen Abdelhamec	17	El-Temsah	26.53

## Heat 75 of 123 Finals

1	Hassan Kareem Hassan	18	Bank Ahly Cairo	26.43
2	Abd El Rahman Mohamed A	15	Abokir Club	26.43
3	Abd ElRahman Gehad Moha	17	Bank Ahly Cairo	26.42
4	Mohamed Ihab Abd-Elhame	18	GHABA	26.40
5	Hasan Mahmoud abd Elgba	17	MS Obour	26.39
6	Hamza Ibrahim Abo ElMagi	15	Meg Acd	26.40
7	Hamza Ahmed el Kharbotly	17	Sporting Club	26.40
8	Mhamod Ahamed Mohamec	14	Masr Betrol	26.43
9	Stefen Samey	15	Road El Farag	26.43
10	Omar Ahmed Adel	15	Banha Youht	26.44

## Heat 76 of 123 Finals

1	Ahmed Mohamady Mosad	15	Banha Youht	26.39
2	Ahmed Tarek Ahmed Elsaye	16	Manshia Youth	26.33
3	Omar Waleed Hamed Ahme	15	El Ealameyen	26.32
4	Yehia Mohamed Helmy	15	NASR	26.31
5	Saaed Ahmed Saaed Ragab	16	Kom Hamada	26.30
6	Shehab Mohamed Hassan	17	Tyran Club	26.31
7	Abdalla Mahmoud Yasen	15	El Seka El Hadid	26.32
8	Mohamed Tamer Elsayd Aa	14	Manshia Youth	26.33
9	Taim Adham Ebrahim	14	El-Obour	26.36
10	Mahmoud Mohammed Mah	15	6thYC	26.39

## Heat 77 of 123 Finals

1	Ibrahim Ahmed Ibrahim Sal	14	Ghazel Port Said	26.29
2	Ahmed ali Mohammed	17	El-Temsah	26.28
3	Malek Tarek Salah Eldien	14	Electrecity Isma	26.27
4	Mohamed Kareem Nada	16	Kom Hamada	26.26
5	Ahmed Tarek Faruk	16	El-Obour	26.25
6	Basel Ashraf Abdalla	18	GHABA	26.26
7	Danial Feleb Saad Feleb	14	Tyran Club	26.26
8	Adham Mohamed Ghobashy	14	Wadi Degla	26.28
9	Yousef Mohamed Salama M	17	Goldi	26.29
10	Moaz Mohamed Ahmed mo	15	MS Obour	26.29

## Heat 78 of 123 Finals

1	AbdElRahman Ashraf Zenhc	16	Hykisteb	26.23
2	Mostafa Gamal Abdl Nasser	18	Banha Youht	26.23
3	Mahmoud Rabea Salama	15	ElGezira Youth	26.21
4	Yosuif Ahmed Abdallah	16	El Seka El Hadid	26.20
5	Anas Mohamed Hassan	17	Elostol Club	26.18
6	Ahmed Nasser Abd Elsatar	19	Qalyob	26.20
7	Asem Ahmed Mohamed	16	El-Obour	26.21
8	Abd Elrhman Alaa Khirt	16	Aero Sport	26.23
9	Omar Mohamed Mustafa Az	18	Meg Acd	26.23
10	Yahya Ehab	14	EZEES	26.25

## Heat 79 of 123 Finals

1	Hamza Adam Abdo Moham	14	Ghazel Port Said	26.16
2	Asser Hossam Mohamed	14	MS Obour	26.11
3	Mohanad Waled Mohmed	18	Wadi Degla	26.10
4	Hady Naser Abdo	19	Bank Ahly Cairo	26.06
5	Adham Haytham Mahmoud	16	Bank Ahly Cairo	26.04
6	Ahmed Nasser Abd ElMoa	17	TM Acd	26.06
7	Ahmed Mohamed Qasim	20	Al-Talbia	26.07
8	Abdallah Faraag Aboud	18	Bank Ahly Cairo	26.11
9	Abdelrhman Ismaeel Abo R	20	GHABA	26.11
10	Ehab Ibrahim Youssef	17	EZEES	26.17

## Heat 80 of 123 Finals

1	Hashem Hany Hashem Ragt	18	ElGezira Youth	26.03
2	Youseef Mohamed Shehata	16	ard El Liwaa	25.98
3	Mohamed Hithem Mohame	15	El Seka El Hadid	25.96
4	Hamed Gamal Hamed	19	Sokar Elhwmdeia	25.96
5	Seif Waeal Helmy	15	ElGezira Youth	25.93
6	Adam Mohamed Mostafa Bz	17	Wadi Degla	25.95
7	Yousef Atef Mohamed Saec	15	El Mekaweloun	25.96
8	Hamza Ahmad abd Alrhim	16	EZEES	25.98
9	Mohab Mahmoud Sayed Ali	15	ElGezira Youth	26.00
10	Ibrahim Osama Saed Salem	17	Tyran Club	26.04

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

## Meet Program - 6-3-2023

**Heat 81 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Ahmed Abdelhakiem	16	Shebin Al Qanate	25.93
2	Mohamed Helal Abdelkader	15	Electrecity Isma	25.93
3	Ezz Eldeen Waleed Shiba	19	MS Obour	25.92
4	Hassan Yasser Mohamed Ga	17	Sporting Club	25.89
5	Mohamed Emad Saied	15	Abokir Club	25.87
6	Ahmed Mohamed Ahmed B	14	MS Obour	25.87
7	Ahmed Hesham Ahmed	17	MS Obour	25.89
8	Mahmoud Qasim Eafifi	16	GHABA	25.93
9	Mostafa Mohammed Abdelr	16	Nemoo	25.93
10	Ahmed Ayman Abdmnah	17	Bahtem	25.93

**Heat 82 of 123 Finals**

1	Mohammed Abdelaal Abosr	17	Nemoo	25.87
2	Ali Mohamed Ali	16	Bahtem	25.85
3	Youssif Saad Ali	17	Elriady Elbahry	25.84
4	Ahmed Hatem Arby	16	Petrosport	25.84
5	Faris Adel Aly	15	Abokir Club	25.82
6	Ali Marzok Ramadan	14	NASR	25.82
7	Ahmed Hessn Ragb	17	Shoubra	25.84
8	Moslem Eslam Mohamed R	17	Yacht Giza	25.84
9	Kareem m Hassan	14	Ghazel Port Said	25.86
10	Mazen Mohammed Azet	14	Nemoo	25.87

**Heat 83 of 123 Finals**

1	Eslam Mohmed Mounir	17	Helwan ElKabilia	25.82
2	Zayad Mohamed Abdallah	14	Bank Ahly Cairo	25.81
3	Sad Ead Abdelftah	18	Bahtem	25.79
4	Yones Mohamed Mostafa	14	GHABA	25.79
5	Mohned Mostafa Sayed	15	ard El Liwaa	25.78
6	Mouayed Abd ElRahman Ra	14	El-Mostakbal	25.78
7	Seif Sameh Ibrahim	15	Qalyob	25.79
8	Mohamed Elsayed Mohame	17	Tyran Club	25.81
9	Ahmed Abdenaser Sad	17	Bahtem	25.81
10	Omar Ahmed el Rifai	16	El-Gehad	25.82

**Heat 84 of 123 Finals**

1	Omar Mohamed Abd Almab	16	Pyramids Gardens	25.76
2	Mohamed Ahmed Mohamec	14	Tyran Club	25.76
3	Mohamed Sayed Shaker	14	El Seka El Hadid	25.75
4	Abdelrahman Wael Moham	15	Hykisteb	25.71
5	Mustafa Ahmed Abdalminai	15	Manshia Youth	25.65
6	Ahmed Alaa Ahmed	16	Pyramids Gardens	25.67
7	Nour Ashrf Abd Elazez	14	GHABA	25.73
8	Mohamed Amr Elseaed	15	El-Obour	25.76
9	Mohamed Mansour Moham	16	ElGezira Youth	25.76
10	Abd Elrahman Mohamed Al	15	NASR	25.78

**Heat 85 of 123 Finals**

1	Yousif Saeed Ahmed	17	Qalyob	25.64
2	Aly Mohamed GadAllah	14	Hykisteb	25.62
3	Begade Ibrahim Mahmoud	14	El-Obour	25.60
4	Ahmed Mahar Gabril	17	Road El Farag	25.57
5	Abd ElRahman Magad Moh	16	ISMAY	25.56
6	Ahmed Moustafa Ahmed	14	El-Obour	25.56
7	Mohammed Tamer Hassan	16	Nemoo	25.59
8	Mohamed Amin Anwar Ami	19	Army Club	25.62
9	Adam Samy Abd Ellha	15	Army Club	25.62
10	Mostafa Khaled Nasr Abdall	17	El Mekaweloun	25.64

**Heat 86 of 123 Finals**

1	Yousef Mohamed Ali	17	Goldi	25.54
2	Abd El Rahman Mohamed A	17	El-Obour	25.53
3	Hasssn Ahmed Hassan Ahm	15	Army Club	25.51
4	Omar Mohamed Elsaid	14	Alnoby Cairo	25.48
5	Ahmed Samir Elsayed Salim	15	Manshia Youth	25.48
6	Kariem Shaban Amer	17	Wadi Degla	25.48
7	Mohamed Mustafa Mohame	14	Manshia Youth	25.48
8	Loay Ahmed Housein Ahme	16	ElGezira Youth	25.53
9	Ali Said Mohamed	14	Tagamoa Heights	25.53
10	Fares Ahmed Rageb	17	El Seka El Hadid	25.54

**Heat 87 of 123 Finals**

1	Yassin Mahmoud Abdelkade	15	El Seka El Hadid	25.43
2	Ahmed Hamada Saif Eleslar	17	Goldi	25.40
3	Amr Adel Abd AlShafy Bakr	17	Goldi	25.40
4	Hatem Hamada Abdelhame	16	Nemoo	25.39
5	Mostafa Mohamed Ibrahim	16	ISMAY	25.39
6	Yazed Tamer Mohamed	15	ard El Liwaa	25.39
7	Yousif Saeed Yosuif	16	El Seka El Hadid	25.40
8	Saif Elden Ahmed Osama	14	Manshia Youth	25.40
9	Abdelrahman Aamer Mohar	18	El Ealameyen	25.42
10	Mohamed Abdul Hamed Mc	17	El Seka El Hadid	25.46

**Heat 88 of 123 Finals**

1	Mohamed Hisham Mohame	18	NASR	25.39
2	Beshoy Emad Magdy Awad	16	Goldi	25.36
3	Zeyad Mohamed Roushdy	17	Pyramids Gardens	25.35
4	Erfan Kotb Ameen Sade	15	ElGezira Youth	25.32
5	Mohamed Nasser Salah El D	16	Masr Betrol	25.31
6	Mohamed Saad Mohamed	16	Yacht Giza	25.31
7	Abdel Rahman Ahmed Attia	15	Electrecity Isma	25.35
8	Youssef Waled Mohamed G	17	Tyran Club	25.36
9	Ali Sherif Ahmed	17	Army Club	25.37
10	Mahmod Mohamed Abd El I	17	Goldi	25.39

**Heat 89 of 123 Finals**

1	Abdelrhman Osama Gbriel	15	GHABA	25.29
2	Ahmed Serif Bayomi	15	Qalyob	25.29
3	Mahmoud Ahmed Mahmoud	16	GHABA	25.23
4	Moustafa Ezzat Abd Alaha	19	Pyramids Gardens	25.20
5	Yosef Tamer el Sogheir	18	Top Sports.Acd	25.18
6	Kiroles Sameh Mahny	16	Manshia Youth	25.19
7	Youssef Mohamed Hamdy M	15	Tyran Club	25.21
8	Ziad AbdAllah Abdelraof	15	Masr Betrol	25.28
9	Mohamed Hany Gabril Ahm	16	ISMAY	25.29
10	Karem Ahmed Amen	15	Banha Youht	25.31

**Heat 90 of 123 Finals**

1	Amir Ramy Nagy	17	ard El Liwaa	25.18
2	Moaz Ibrahim Abdel Ghani	17	Pyramids Gardens	25.17
3	Malek Mahmoud Fawzy	14	ElGezira Youth	25.15
4	Mohamed Ehab Mohamed S	14	ElGezira Youth	25.12
5	Beshoy Samir Sabry	15	ISMAY	25.10
6	Yousif Mahmoud Saad	17	Al-Tersana	25.12
7	Yossuf Amad Abd Rabu	15	Abokir Club	25.15
8	Saber Tamar Saber	15	Al-Talbia	25.15
9	Mohamed Mokhtar Moham	14	Manshia Youth	25.17
10	Hamza Twfik Said Twfik	15	ElGezira Youth	25.18

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**Heat 91 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Yousef Abd Alaa Mohamed	21	Road El Farag	25.09
2	Mahmoud Mohamed Abd El	14	NASR	25.07
3	Abdlrahman Mohamed Eza	16	Banha Youht	25.06
4	Ahmed Mohamed Adel	17	ard El Liwaa	25.04
5	Medhat Mohamed Medhat	15	Tyran Club	25.04
6	Yousef Gamal Mohamed	14	El-Obour	25.04
7	Omar Khaled Ahmed Aly	14	Tyran Club	25.04
8	Adham Mostafa Salah Said	15	Tyran Club	25.07
9	Ahmed Ashraf Abd ElKaree	16	ISMAY	25.07
10	Yossef AmR Mohamed	17	Hykisteb	25.09

**Heat 92 of 123 Finals**

1	Omar Mahmoud Nabeh	16	Al-Tersana	25.03
2	Saleh SabrAbdultaif	17	GHABA	25.00
3	Ahmed Mahmoud Nasr Ahn	16	ElGezira Youth	24.95
4	Youssef Eslam Ebrahim	16	Sharks Team	24.90
5	Yosef Ahmad Rabie	17	EZEES	24.87
6	Moaz Yasser Ali Mohamed	16	ElGezira Youth	24.89
7	Eyad Mohamed Seif Eldin A	14	TM Acd	24.90
8	Adam Reda Yousry	15	ElGezira Youth	24.98
9	Khaled Mohamed Adel	14	Al-Canal	25.01
10	Karem Hatem Abd Elkhalek	14	Banha Youht	25.03

**Heat 93 of 123 Finals**

1	Islam Yasser Said	17	Tyran Club	24.81
2	Mohamed Hany Abdel Salar	15	Electrecity Isma	24.79
3	Omar Ahmed Abd Elmonea	17	Banha Youht	24.78
4	Mohamed Ihab Mohamed.	16	GHABA	24.75
5	AbdElRahman Mohamed As	16	TM Acd	24.73
6	Mahmoud Gama Sabry Moh	14	Electrecity Isma	24.74
7	Mohamed Ahmed Elsayed A	16	Tyran Club	24.76
8	Ziad Ali Ibrahim	17	Petrosport	24.78
9	Mohammed Eslam Mohamr	14	Banha Youht	24.80
10	Youssef Tariq Hisham	15	EZEES	24.87

**Heat 94 of 123 Finals**

1	Youssef amr Ahmed	16	El Seka El Hadid	24.73
2	Jasser Ahmed Ali	17	Elostol Club	24.72
3	Aly Ahmed Abd Elmonaem	17	Banha Youht	24.71
4	Mazen Hazem Osman	15	NASR	24.71
5	Mostafa Ehsan Mohammed	14	Banha Youht	24.69
6	Moawad Mohamed Moawac	15	Al-Talbia	24.70
7	Youssef Ahmed Ramzy	17	El Ealameyen	24.71
8	Marawan Mohamed Ahmed	18	NASR	24.72
9	Kadry Mohamed Kadry	16	Al-Tersana	24.73
10	Omar Moaz Abdellatef	15	Sharks Team	24.73

**Heat 95 of 123 Finals**

1	Mohamed Zaky Abdlftah	19	Banha Youht	24.68
2	Saged Ayman Ahmad	18	6thYC	24.68
3	Noah El-sayed Muhammed	16	ElHadba	24.66
4	Mohamed Raouf Mohamed	14	GHABA	24.65
5	Nour Eldin Ahmed Hassan	16	Yacht Giza	24.65
6	Anas Mohamed Abo Ali	14	Masr Betrol	24.65
7	Ahmed Walled Ahmed	16	Banha Youht	24.65
8	Aly Ahmed Mahmud Ahmec	17	Elostol Club	24.67
9	Mazen Rafea Farok Moham	14	Faros Club	24.68
10	Seif Eldin Saleh Abd Elaziz	19	NASR	24.68

**Heat 96 of 123 Finals**

1	Mohamed Hisham Mohame	15	Army Club	24.65
2	Mohamed Salem Mohamed	20	El Ealameyen	24.60
3	Yousef Amr Samir Kamel	14	Manshia Youth	24.57
4	Yousef Ahmed Kamal	19	El Ealameyen	24.56
5	Marwan Loay Abd ElHakam	18	Army Club	24.54
6	Yosef Mahmoud Yosef	17	El Seka El Hadid	24.54
7	Mostafa Gamal Sabry Moha	14	Electrecity Isma	24.56
8	Abd EL Rahman Tamer Moh	18	6thYC	24.57
9	Mahmoud Mohamed Goda	19	Sharks Team	24.62
10	Abd Elrahman Ahmed Moha	15	Manshia Youth	24.65

**Heat 97 of 123 Finals**

1	Mohamed Wael Qorani	14	NASR	24.51
2	Belal Mohamed Emad	17	Police	24.46
3	Ahmed Mohamed Soliman	19	ard El Liwaa	24.45
4	Moustafa Mahmoud	17	GHABA	24.45
5	Yossef Osama Abdelraof	18	Banha Youht	24.45
6	Zyad Hany Farok	16	El-Obour	24.45
7	Hazim Mohamed Fathy	22	GHABA	24.45
8	Abdallah Hassan Hamdy Gh	15	TM Acd	24.46
9	Yassin Ahmed Mohamed	17	El-Moqatam	24.50
10	Mohamed Ahmed Mohamec	14	TM Acd	24.51

**Heat 98 of 123 Finals**

1	Mazen Ayman Helmy Ahme	19	Nemoo	24.43
2	Ahmed Abd-elnaser Elsayec	17	Wadi Degla	24.42
3	Ammar Mohamed Mohsen	17	El-Gehad	24.38
4	Mohamed Sameh Mohamed	16	Tyran Club	24.37
5	Mahmoud Waled Mohamed	16	EZEES	24.36
6	Omar Said Abdelaziz	17	El Seka El Hadid	24.36
7	Mahmoud Waeal Mohamed	17	Sheikh Zayed	24.37
8	Mahmoud Ahmed Ramdan	15	GHABA	24.42
9	Mohamed Atiaa Mohamed	16	NASR	24.42
10	Youssef Sherif Abdel Alim	17	Wadi Degla	24.44

**Heat 99 of 123 Finals**

1	Marwan Tarek Eldawi	17	NASR	24.34
2	Mohamed Gamal Nasr	17	NASR	24.34
3	Omar Khaled Abd Elrahmar	15	ElGezira Youth	24.32
4	Marwan Ahmed Abdalmina	17	Manshia Youth	24.28
5	Yousef Monsr Monsr	15	Sheikh Zayed	24.26
6	Salah Aldeen Waleed Salah	20	Aero Sport	24.28
7	Youssef Hussen Salama	15	Nemoo	24.29
8	Yousef Mohamde Abd ElKar	15	Faros Club	24.32
9	Hazam Kamal Abd Elsalam	16	Sheikh Zayed	24.34
10	Moaz Reda Abdel Aziem	15	Electrecity Isma	24.36

**Heat 100 of 123 Finals**

1	Mohamed Mohamed Shaban	15	Al-Tersana	24.26
2	Yousef Raed	15	EZEES	24.23
3	Yousef Tamer Salah EL Din	16	6thYC	24.20
4	Mohamed Henidak Mohamc	15	Electrecity Isma	24.19
5	Mohamed Hesham Ibrahim	16	Wadi Degla	24.18
6	Ahmed Mohamed Aly Abdir	16	Tyran Club	24.18
7	Yousef Khaled Mahmoud	14	GHABA	24.20
8	Mohannad Mahmoud ali	21	Petrosport	24.23
9	Kareem Salah Elden Wahed	17	Sharks Team	24.23
10	Hossam Adel Mohamed Rag	18	Elostol Club	24.26

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**Heat 101 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Seif Eldin Amr Mohamed	16	Yacht Giza	24.17
2	Osama Ibrahim Kabbari	16	Faros Club	24.16
3	Ahmed Eid Mohamed	24	Helwan ElKablia	24.15
4	Omar Alaa Avd Elaty	18	Al-Talbia	24.14
5	Omar Mohammed Mohamn	16	Nemoo	24.12
6	Ahmed Mohamed Elsayed	15	GHABA	24.14
7	Nour Nabil Ibrahim	15	Bani Ebied	24.14
8	Nader Yousry Roshdy	17	Al-Talbia	24.15
9	Ahmed Ramy Gamal Ali	14	El-Temshah	24.16
10	Khaled Mohamed Fathy	17	El Ealameyen	24.18

**Heat 102 of 123 Finals**

1	Amr Elhossiny	17	Hykisteb	24.09
2	Mustafa Ahmed Abdalla	15	Manshia Youth	24.04
3	Yousif Ahmed Zohny	14	Police	24.03
4	Marwan Mahmoud Mabrok	16	ElGezira Youth	24.00
5	Mohamed Saad Hamdy	15	ElHadba	23.91
6	Adam Ibrahim Samir	15	Alnoby Cairo	23.96
7	Yossef Amr Mohamed	15	Sporting Club	24.01
8	Seif Sherif Hassan	16	ElGezira Youth	24.04
9	Mohamed Tarek Fakhry	15	NASR	24.09
10	Saif Al Din Khaled Morsi	14	Pyramids Gardens	24.11

**Heat 103 of 123 Finals**

1	ali Ragab ali Mohamed	17	Sheikh Zayed	23.90
2	Abd ElRahman Mohamed SI	14	Economic Reg.	23.88
3	Mohamed Ali Mohamed	17	GHABA	23.85
4	Ahmed Sayed Samir	16	El-Obour	23.82
5	Marawan Ebrahim Hassan	16	ElGezira Youth	23.81
6	Ahmed Wael ElSaid Ahmed	19	Petrosport	23.81
7	Seif Allah Ramy Roshdy Mol	17	ElGezira Youth	23.84
8	Tariq Imad Fahmy	18	EZEES	23.86
9	Mahmoud Mohammed Fahr	18	Nemoo	23.90
10	Abdalla Mohamed Ramdan	17	Al-Tersana	23.90

**Heat 104 of 123 Finals**

1	Alaa Hossam Hegazy	18	Banha Youht	23.79
2	Abd Elrahman Mohamed M.	17	Elriady Elbahry	23.76
3	Marwan Ahmed Nazmy	15	Betash Club	23.74
4	Abd-elrahman Mohamed Ib	20	GHABA	23.67
5	Mohamed Ahmed Abd Eltav	14	Al-Canal	23.62
6	Ahmed Juodah Mahmoud	16	Qalyob	23.65
7	Omar Mohamed Badry Moh	20	ElGezira Youth	23.70
8	Abd Allah Mohsan Ibrahim	22	El-Obour	23.75
9	Zayad Yasar Fathey	17	ElGezira Youth	23.78
10	Abdelrahman Maher Salah	22	Nemoo	23.81

**Heat 105 of 123 Finals**

1	Basuony Adel Basuony	18	GHABA	23.60
2	Ahmed Sameh Mohamed Ib	18	Manshia Youth	23.55
3	Ibrahim Mohamed Abd El M	16	Al-Canal	23.51
4	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	23.50
5	Yousef Mohamed Ahmed	18	El Ealameyen	23.48
6	Ayman Gamal Elgably	15	GNEDE	23.48
7	ali Hedya ali	14	Elethead Elskandr	23.50
8	Ahmed Amr Ahmed	16	Al-Talbia	23.53
9	Hasan Yaser Elshabrawy	18	Electrecity Isma	23.55
10	Omar Mohamed Ali	19	Pyramids Gardens	23.61

**Heat 106 of 123 Finals**

1	Seif Eldin Mahmoud Roshdy	17	Electrecity Isma	23.43
2	Ahmed Zawahri Ahmed	17	NASR	23.42
3	Eyad Saeed Ahmed Rashwa	16	Army Club	23.40
4	Omar Wael Sabry Shafik	17	MS Obour	23.40
5	Youssef Ahmed Mahmoud	14	TM Acd	23.37
6	Mark Baher Emile Ibrahim	14	ISMAY	23.37
7	Abdwahb Mohamed Abdwa	20	Helwan ElKablia	23.40
8	Eyad Ahmed Said Bayomy	16	Tyran Club	23.42
9	Nour Eldin Mohamed Mahn	19	NASR	23.43
10	Omar Mohamed Ibrahim	18	Army Club	23.45

**Heat 107 of 123 Finals**

1	Yousef Mohamed El-Zanaty	17	Olimpic Club	23.35
2	Youssef Diaa ELDin AbdElFa	15	TM Acd	23.32
3	Abd ElRahman Mohamed El	16	Wadi Degla	23.32
4	Abdelrahman Tamer Abdell	17	Al-Talbia	23.28
5	Yasin Amjad Sobhey Ahmed	16	Smouha	23.18
6	Mohamed Ashraf Abdelmor	17	Manshia Youth	23.24
7	Yusif Muhamad Mahmud	16	EZEES	23.29
8	Anas Ayman Helmi	15	NASR	23.32
9	Mahmoud Osman	14	Suez C.P.Said	23.33
10	Zeyad Amr Abd ElFatah	15	Pyramids Gardens	23.37

**Heat 108 of 123 Finals**

1	Taha Naim Mustafa	14	Suez C.P.Said	23.16
2	Ebrahim Sameh Ebrahim	17	Top Sports.Acd	23.12
3	Nour Eldin Amr Mahmoud	20	Police	23.10
4	Mohamed Ehab Ibrahim	15	NASR	23.06
5	Mahmoud Waled Ali	19	Al-Tersana	23.06
6	Zyaad Mohamed Ibrahim A	16	Tyran Club	23.06
7	Mohamed Abd Allah Hamec	15	Betash Club	23.09
8	Ahmed Sobhy Mohamed	16	GHABA	23.12
9	Adham Mohamed Mokhtar	17	Tyran Club	23.15
10	Mohamed Ahmed Ragab	17	NASR	23.17

**Heat 109 of 123 Finals**

1	Adam Ahmed Mohamed Ezz	16	Manshia Youth	23.03
2	Mohamed Abd ELAbd Aziz	15	NASR	23.03
3	Ahmed Mahmod Afife Afife	16	Al-Canal	23.00
4	Waleed Hazem Mousad	20	Al-Canal	22.96
5	Adam Mohamed Salem Dasl	17	ISMAY	22.96
6	Omar Maher Mohamed	16	El Seka El Hadid	22.96
7	Yassin Mostafa Mohamed	14	GHABA	22.98
8	ezz Eldeen Alaa Aldeen	19	El Ealameyen	23.03
9	Loay Medhat Elmandra	14	Economic Reg.	23.03
10	Ahmed Emad Mohamed Ma	14	ElGezira Youth	23.06

**Heat 110 of 123 Finals**

1	Omar Ahmed Bahlol	15	Wadi Degla	22.95
2	Hussien Ahmed Hussien	22	Pyramids Gardens	22.95
3	Moaz Emad Fawzy Waer	15	ElGezira Youth	22.86
4	Ahmed Waleed Mohamed	16	TAGMA	22.84
5	Abd ElRahman Ebrahim Go	16	El-Obour	22.82
6	Hassan Essam Hassan	20	Smouha	22.82
7	Omar Ehab Rashad	14	Police	22.85
8	aly Nasr Eldein	18	El Ealameyen	22.89
9	Salah Eldin Mohamed Samir	15	Al-Tawkilat Mela	22.95
10	Ali Sayed Atia	19	ElGezira Youth	22.96

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**Heat 111 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Adly Mohamed Adly Mohan	19	Tyran Club	22.81
2	Faris Hisham Raafat	15	El-Obour	22.75
3	Sherif Refaat Mohamed	17	GHABA	22.75
4	Yasin Ahmed Mahmoud Wa	15	El-Temsah	22.72
5	Seif Hisham Mohamed Kam	18	Army Club	22.67
6	Hamza Mohamed Ahmed	17	Asec Club	22.68
7	Abdel Rahman Mohamed Ib	17	Goldi	22.73
8	Yousef Mohamed Hassan	18	El Ealameyen	22.75
9	Mohamed Ehab Mosaad	17	Asec Club	22.77
10	Omar Taher Alam	15	Olembya	22.81

**Heat 112 of 123 Finals**

1	Youseif AbdIslam Abdalim	18	Banha Youht	22.63
2	Anas Ahmed Mohmed Mahi	15	ISMAY	22.63
3	Ahmed Mohamd Slama	17	El-Temsah	22.61
4	Hamza Hossam Mohamed	15	NASR	22.56
5	Belal Mohamed Fouad Ram	15	Olimpic Club	22.54
6	Omar Hussein Mohamed Hu	16	ElGezira Youth	22.54
7	Youssef Mohamed Sayed	16	GHABA	22.57
8	Abd Elrahman Sameh Ezz E	16	NASR	22.62
9	Abdelrahman Mohamed Kh	14	Al-Canal	22.63
10	Ali Adel Abd ElHameed	18	Sheikh Zayed	22.65

**Heat 113 of 123 Finals**

1	Seif Eldin ElMotaz Bellah	18	GHABA	22.51
2	Sief Haitham Nabil	16	Hykisteb	22.50
3	Baraa Wael Abd ElAziz	17	Army Club	22.50
4	Amir Mohamed Saleh Amir	15	Qalyob	22.48
5	Mohamed Hossam Mohame	19	Army Club	22.39
6	Seif Mohamed Elsayed	17	Manshia Youth	22.45
7	Hassan Ahmed Hassan	17	Al-Tersana	22.48
8	Abdelrahman Mohamed Ab	15	Stad Mansoura	22.50
9	Ahmed Khaled Ahmed	19	Bank Ahly Cairo	22.51
10	Roaay Diaa Zidan Alsayed	16	ElGezira Youth	22.53

**Heat 114 of 123 Finals**

1	Amr Ayman Mohamed	17	Elriady Elbahry	22.39
2	Malek Ahmed Mohamed Ho	15	Betash Club	22.38
3	Hazem Mohamed Abdelmo	17	Asec Club	22.35
4	Mohamed Ahmed Fadl	16	Al-Tersana	22.35
5	Ahmed Ihab Ahmed	19	Wadi Degla	22.32
6	Gaser Ehab Ahmed	19	Al-Canal	22.33
7	Yossif Ahmed Maher	17	Police	22.35
8	Yousef Moustafa Ismail	17	GHABA	22.37
9	Ahmed Essam Eldin Mohan	17	TM Acd	22.39
10	Sohib Ayman Samir	16	Al-Canal	22.39

**Heat 115 of 123 Finals**

1	Mostafa Mehmoud Heneffi	24	El-Obour	22.31
2	Moaz Omar Salem	14	Suez C.P.Said	22.26
3	Adam Mohamed Abo ali	16	Masr Betrol	22.25
4	Islam Yafaa El-Sayed	17	Army Club	22.21
5	Abd ElRahman Hosny Farou	18	Bank Ahly Cairo	22.17
6	Mohamed Ashraf Mohamed	15	Al-Canal	22.18
7	Nour Eldin Mohamed Ahme	18	Army Club	22.23
8	Mohamed Essam Sadkey Ya	17	Bank Ahly Cairo	22.26
9	Ahmed Hassan Taha	17	ISMAY	22.30
10	Adham Waled Mhamoud	17	ElGezira Youth	22.31

**Heat 116 of 123 Finals**

1	Abdallah Ashraf Mohamed I	15	Al-Tawkilat Mela	22.15
2	Yusif Wayil Rajayiy	17	EZEES	22.14
3	Abd ElRahman Mohamed S	15	Olimpic Club	22.08
4	Sohaeb Esaam Mohamed	20	Suez C.P.Said	22.07
5	Abdallah Mohamed Ahmed	16	Bank Ahly Cairo	22.03
6	Yousef Waleed Fathey	16	ElGezira Youth	22.07
7	Omar Mohamed Ahmed Am	17	Army Club	22.07
8	Mohamed Kamal Ali Hafaz	17	Smouha	22.12
9	Mohamed Ahmed Lotfy	17	GHABA	22.14
10	Omer Mohamed Abdel Ftah	16	Elriady Elbahry	22.15

**Heat 117 of 123 Finals**

1	Ahmed Wael Ibrahim Zakey	17	El-Temsah	21.98
2	Eyad Ahmed Mohamed Abd	19	m u c	21.95
3	Omar H Mohamed	16	Ghazel Port Said	21.95
4	Mazan Mohamed Kamel	15	Economic Reg.	21.87
5	Adham Mohamed Sayed	18	Pyramids Gardens	21.87
6	Ahmed Hesham abd Elmanl	19	El-Temsah	21.87
7	Hossam Mahmoud Masoud	16	ElGezira Youth	21.92
8	Omar Ahmed Elhoseny	16	Betash Club	21.95
9	David Mechil Marzouk	17	GHABA	21.96
10	Omar Sherif Said Moustafa	21	Army Club	21.98

**Heat 118 of 123 Finals**

1	Zeyad Mohamed Hamed	17	ISMAY	21.85
2	Mohamed Rfaa Farok Moh	14	Faros Club	21.80
3	Yousef Mohamed Yousef	15	Ghazel Port Said	21.74
4	Ahmed Taher Elsayed	19	Olembya	21.71
5	Abdo Allah Mohammed San	18	ElGezira Youth	21.67
6	Yousif Mamdoh Hassan	19	Elriady Elwatany	21.69
7	Mohand Mohamed Salah	16	El-Moqatam	21.73
8	Ahmed Mansour Said Moha	15	Betash Club	21.80
9	Mohamed Alaa Eldin Nasr	17	Electrecity Isma	21.84
10	Ahmed Abd ElKadar Hussin	21	GHABA	21.85

**Heat 119 of 123 Finals**

1	Kaled Magde abd Alfatah	18	ISMAY	21.66
2	Malek Mohamed Adel	14	Electrecity Isma	21.64
3	Abdelrahman Ahmed Husse	15	El Seka El Hadid	21.60
4	Mohamed Abd Allah Mohan	21	El-Obour	21.56
5	Seif Ahmed Hamy	17	Manshia Youth	21.56
6	Elsayed Shaaban Elsayed At	16	Stad Mansoura	21.56
7	Mohamed Saeed Ahmed No	21	GHABA	21.57
8	Ali Abd ElTawab AbdElRah	18	El-Obour	21.64
9	Amaar Yaseer Madboly	22	El-Obour	21.65
10	Salah Mmdouh Ahmed	18	Wadi Degla	21.67

**Heat 120 of 123 Finals**

1	Khalil Ali Fahmy	19	GHABA	21.51
2	Saifeldin amr Talal	18	El-Temsah	21.47
3	Zeyad Tarek Sayed Hassan	16	El-Moqatam	21.46
4	Karem Mohamed Ahmed Za	16	El-Obour	21.43
5	Omar Mohamed Mahmoud	17	GHABA	21.42
6	Mark Mourad Bouls	17	GHABA	21.42
7	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	21.44
8	Yousef Ashraf Moustafa	18	GHABA	21.46
9	Ezeldin Moustafa Abd El Az	22	Olimpic Club	21.50
10	Yousef Abd El-Fatah Marzot	21	GHABA	21.54

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

## Meet Program - 6-3-2023

**Heat 121 Finals (#42 Men 14 & Over 50 LC Meter BF)**

1	Ahmed Mohamed Mohamec	16	Al-Canal	21.30
2	Yasin Aiman Mahmoud Ahn	18	Suez C.P.Said	21.25
3	Omar Ahmed Mohamed	20	El Ealameyen	21.23
4	Zayed Mohamed Atef	17	Al-Tersana	21.18
5	Karem Al Ansary Khatab	16	El-Obour	21.15
6	Mahmoud Ahmed ElSayed (	16	Al-Canal	21.15
7	Yousif Yaseer Abd Allaha	17	GHABA	21.20
8	Mahmoud Mounir Abdelnal	15	NASR	21.25
9	Ahmed Mohsen Abd Elrahr	19	Army Club	21.26
10	Abdallah Essam Ahmed Tav	20	MS Obour	21.32

**Heat 122 of 123 Finals**

1	Omer Abd Eltweb Abd Elrhu	22	El-Obour	21.15
2	Adham Mohamed Wagdy	19	Bank Ahly Cairo	20.95
3	Ayman Mohamed Ahmed	20	Bank Ahly Cairo	20.90
4	Eslam Elsayed Mohamed	17	Al-Tawkilat Mela	20.82
5	Mohamed Alaa El Din Moha	20	El-Obour	20.75
6	Ahmed Tamar Ali Mohamec	18	El-Temsah	20.80
7	Ahmed Wael Ahmed Abd El	18	TM Acd	20.89
8	Mahmoud Mohamed Mahar	16	Economic Reg.	20.91
9	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	20.98
10	Omar Ashraf Elsayed	20	Gezira Ward	21.15

**Heat 123 of 123 Finals**

1	Yousef Mahmoud Abd El-Kr	20	Bank Ahly Cairo	20.70
2	Mahmoud Ihab Mohamed	21	Wadi Degla	20.60
3	Khaled Reda Abdelazem Fai	20	Electrecity Isma	20.48
4	Mohamed Hany Abo Elenen	17	Suez C.P.Said	20.04
5	Ahmed Ehab Aly	19	Wadi Degla	19.64
6	Moustafa Ibrahim Elsayed	27	Army Club	19.90
7	Ahmed Hisham Safwat Radv	18	Army Club	20.11
8	Tarek Hassan	16	El-Temsah	20.56
9	Zeyad Mohamed Ahmed	17	Bank Ahly Cairo	20.68
10	Yassein Ahmed Farahat	17	GHABA	20.70

**Event 66 Women 14-15 4x200 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
4	El-Obour	A	NT
5	Suez C.P.Said	A	8:13.41
6	Shooting Cairo	A	NT
<b>Heat 2 of 2 Finals</b>			
1	Electrecity Isma	A	7:37.09
2	El-Temsah	A	7:23.14
3	Smouha	A	7:15.67
4	NASR	A	7:06.17
5	ISMAY	A	7:00.43
6	GHABA	A	7:02.20
7	Betash Club	A	7:11.34
8	Wadi Degla	A	7:17.62
9	Al-Canal	A	7:29.73
10	Army Club	A	7:48.81

**Event 67 Men 14-15 4x200 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
4	El-Obour	A	NT
5	Shooting Cairo	A	8:02.82
6	Suez C.P.Said	A	NT
<b>Heat 2 of 2 Finals</b>			
2	Wadi Degla	A	7:27.21
3	El-Temsah	A	6:58.41
4	NASR	A	6:37.95
5	Al-Canal	A	6:13.65
6	GHABA	A	6:35.51
7	Betash Club	A	6:42.75
8	ISMAY	A	7:10.34
9	Army Club	A	7:34.60

**Event 72 Women 16-17 4x200 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
2	Tyran Club	A	NT
3	Al-Canal	A	7:58.07
4	Wadi Degla	A	7:19.31
5	GHABA	A	7:01.00
6	Smouha	A	7:11.65
7	Army Club	A	7:56.65
8	Shooting Cairo	A	NT
9	El-Obour	A	NT

**Event 73 Men 16-17 4x200 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
4	Tyran Club	A	NT
5	Bank Ahly Cairo	A	7:29.87
6	NASR	A	NT
<b>Heat 2 of 2 Finals</b>			
2	El-Obour	A	6:54.01
3	GHABA	A	6:35.51
4	Wadi Degla	A	6:18.73
5	El-Temsah	A	6:11.29
6	Al-Canal	A	6:18.45
7	Elriady Elbahry	A	6:23.68
8	Smouha	A	6:48.12
9	Shooting Cairo	A	6:55.43

**Event 78 Women 18-19 4x200 LC Meter Relay SF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
3	El-Obour	A	NT
4	Elriady Elbahry	A	7:29.82
5	GHABA	A	7:06.73
6	Bank Ahly Cairo	A	7:27.62
7	Shooting Cairo	A	7:43.48

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## Meet Program - 6-3-2023

## Event 79 Men 18-19 4x200 LC Meter Relay SF

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
3	Bank Ahly Cairo	A	8:12.82
4	Wadi Degla	A	6:33.59
5	Army Club	A	6:30.56
6	Shooting Cairo	A	6:33.35
7	GHABA	A	6:41.39
8	El-Obour	A	NT

## Event 84 Women 20 &amp; Over 4x200 LC Meter Relay SF

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
4	GHABA	A	8:25.95
5	Shooting Cairo	A	7:32.48
6	Army Club	A	7:51.53
7	El-Obour	A	NT

## Event 85 Men 20 &amp; Over 4x200 LC Meter Relay SF

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
4	Shooting Cairo	A	6:40.57
5	GHABA	A	6:21.50
6	Al-Canal	A	6:35.64
7	El-Obour	A	NT

## Event 38 Men 14 &amp; Over 800 LC Meter SF

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 11 Finals</b>				
3	Omar Hishamam	15	GNEDE	NT
4	Ziad Wael Salameh	16	Al-Talbia	NT
5	Mohamed Hayman Elsayed	16	Elriady Elbahry	NT
6	Ahmed Mohamed Mohamec	16	Al-Canal	NT
7	Nour Atef Hassan Hussin	15	Betash Club	NT
8	Adham Mohamed Ghobashy	14	Wadi Degla	NT
<b>Heat 2 of 11 Finals</b>				
1	Seif Ahmed Elhadedy	18	Wadi Degla	NT
2	Mustafa Hany Shaker el Sad	18	Electrecity Isma	NT
3	Ahmed Emad Abd ElAzim	20	GHABA	NT
4	Balal Wael Salah Eldin	21	Shooting Cairo	NT
5	Ahmed Adel Khalil	24	Shooting Cairo	NT
6	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT
7	Abdallah Tamer Abdallah	20	Shooting Cairo	NT
8	Asem Khaled Mohamed	20	Shooting Cairo	NT
9	Mekhael Hesham Adly	18	GHABA	NT
10	Taha Tarek Samy	18	Shooting Cairo	NT
<b>Heat 3 of 11 Finals</b>				
1	Yousef Basyony Al-Nor	15	Z.Swimmer	9:16.03
2	Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	9:07.00
3	ElMotaz Ibrahim Khalil	20	TM Acd	8:54.26
4	Zyad Mohamed abd Elglel	15	Al-Canal	8:52.95
5	Marwan Waled Hassan Ahm	15	Wadi Degla	8:44.27
6	Mahmoud Alaa Aldin Moha	21	Pyramids Gardens	8:49.90
7	Antowan Amir Sami	14	GHABA	8:52.98
8	Mostafa Mohamed Ibrahim	16	ISMAY	9:03.19
9	Alaa Ahmed Salah	20	Pyramids Gardens	9:09.42
10	Abdalrhman Haitham Samy	17	GNEDE	10:28.48

## Heat 4 of 11 Finals

1	Mohamed Ahmed Mohamec	14	Faros Club	8:40.23
2	Mohaned amr Abdallah	14	GHABA	8:30.71
3	Mohamed Ali Ghubashy	16	GHABA	8:22.87
4	Seif Ahmed Safa Ibrahim	15	El-Temsah	8:15.37
5	Ahmed Mohamed Mostsfa Sh	15	Wadi Degla	8:14.00
6	Ahmed Esaam Saed	23	Bank Ahly Cairo	8:14.76
7	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	8:15.42
8	Abd ElRahman Mohamed A	14	Elriady Elbahry	8:23.27
9	Ayman Gamal Elgabily	15	GNEDE	8:33.80
10	Mohamed Tarek Fakhry	15	NASR	8:42.31

## Heat 5 of 11 Finals

1	Zeyad amr Ahmed	15	ISMAY	8:11.66
2	Mohamed Mahmoud Sedek	15	ISMAY	8:06.39
3	Yassin Magdy Mohamed	15	Betash Club	8:01.18
4	Mohamed Tarek Mahmoud	14	Wave	8:00.35
5	Yossef Hathem Eldomyaty	15	Suez C.P.Said	7:58.13
6	Abdelrahman Mohamed Kh	14	Al-Canal	7:58.19
7	Ahmed Khairy Mohamed	14	El-Obour	8:01.15
8	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	8:03.68
9	Yousef Eslam Mohamed	15	ISMAY	8:11.65
10	Seif Amr Said Abou Majd	14	Betash Club	8:12.72

## Heat 6 of 11 Finals

1	Moaz Hamedo Almaz	16	GHABA	7:52.31
2	Mohamed Khaled Ali Oraby	15	Al-Canal	7:50.58
3	Mahmoud Ahmed Mohmed	17	Elethead Elskandr	7:49.98
4	Seif Said Mohamed Gamal	18	GHABA	7:48.71
5	Hassan Mohamed Hassan A	18	Smouha	7:48.36
6	Adam Mohamed Salem Dasl	17	ISMAY	7:48.58
7	Ahmed Zawahri Ahmed	17	NASR	7:49.46
8	Omar Ashraf Mohamed	15	Army Club	7:50.53
9	Kaled Magde abd Alfatah	18	ISMAY	7:51.03
10	Khaled Mohamed Adel	14	Al-Canal	7:53.41

## Heat 7 of 11 Finals

1	Youssef Abd Elrahman Abde	14	El-Obour	7:45.78
2	Abd Elrahman Sameh Ezz E	16	NASR	7:44.76
3	abd Elrahman Moustafa Kas	19	Suez C.P.Said	7:41.97
4	Yousef Mohamed Mostafa	14	Elethead Elskandr	7:41.22
5	Mahmoud Mounir Abdelnat	15	NASR	7:37.01
6	Mohamed Ahmed Abd Eltav	14	Al-Canal	7:39.57
7	Fars Ahmed Nabil	18	Police	7:41.48
8	amr Wael Ebrahim	18	m u c	7:43.92
9	Osama Abdalrahman Adb A	18	El-Obour	7:45.53
10	Abdallah Abou ELAzm Ibrah	15	Elethead Elskandr	7:46.79

## Heat 8 of 11 Finals

1	Mohamed Ragab Mohamed	15	Army Club	7:35.35
2	Zouhair Sherif Ahmed	14	ISMAY	7:31.14
3	Youssef Ahmed Youssef	19	Wadi Degla	7:29.90
4	Anas Ahmed Mohmed Mahr	15	ISMAY	7:28.29
5	Yousef Mohamed Abdelmeg	16	Electrecity Isma	7:26.18
6	Ibrahim Mohamed Abd El M	16	Al-Canal	7:27.16
7	Ahmed Mohamed Ahmed	15	TM Acd	7:28.85
8	Abdelazim AbdelfattahAbde	17	Al-Canal	7:30.07
9	Gaser Hosam Ahmed	15	Elethead Elskandr	7:33.07
10	Zeyad Ahmed Abdelmonein	15	NASR	7:35.64



**Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23****Meet Program - 6-3-2023****Heat 9 Finals (#38 Men 14 & Over 800 LC Meter SF)**

1	Mazen Mohamed Elsayed	21	Al-Canal	7:24.46
2	Osama Mohamed ElSayed	20	Wadi Degla	7:22.89
3	Youssef Ibrahim Mahmoud	21	Elethead Elskandr	7:21.51
4	Amar Motaz Ibrahim	14	GHABA	7:20.82
5	Abd El-Rahman Ali Saed Aw	22	Elethead Elskandr	7:17.68
6	Mazen Gamal el Sayed	16	Elethead Elskandr	7:20.24
7	Ahmed Ashraf Mahmoud M	14	Electrecity Isma	7:21.27
8	Youssef Wael Abd Elsalam	18	Elethead Elskandr	7:21.69
9	Ahmed Abo Bakr Azmy	18	Elriady Elbahry	7:23.18
10	Adam Eslam Hamdi	16	Elethead Elskandr	7:24.52

**Heat 10 of 11 Finals**

1	Adel Badr Fatoh	15	Wave	7:16.50
2	Abou Bakr Khaled Naeem H	16	Wadi Degla	7:14.37
3	Moustafa Awad Mohamed	16	GHABA	7:09.90
4	Yousef Amen Mohamed Mai	17	Electrecity Isma	7:05.89
5	Omar Mohamed Abdelgwad	16	Stad Mansoura	7:04.35
6	Omar Mohamed Adly Moha	16	Tyran Club	7:04.50
7	Mazen Tamer Seleman	17	Al-Canal	7:09.08
8	Ahmed Tamr Abd El-Kadr	19	Electrecity Isma	7:13.97
9	Gaber Yaser Gaber	16	Elostol Club	7:14.73
10	Adham Hossam Ibrahim	17	Elethead Elskandr	7:16.65

**Heat 11 of 11 Finals**

1	Ahmed Husin Abas	20	Elriady Elbahry	7:03.51
2	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	7:00.08
3	Ahmed Amr Mohamed Moh	16	Smouha	6:55.55
4	Hassan Mohamed Adel	16	Al-Canal	6:53.07
5	Mahmoud Waled Ali Mohan	20	GHABA	6:43.11
6	Mohab Ihab Helmy Mohame	16	Bank Ahly Cairo	6:43.70
7	Mohamed Esam Mohamed l	17	Elethead Elskandr	6:54.62
8	Momen Ibrahim Mahmoud	17	Wadi Degla	6:56.23
9	Adham Ahmed Mohamed Fi	21	GHABA	7:01.29
10	Moustafa Nabel El-Saed	19	Elriady Elbahry	7:03.59