

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

## Meet Program - 7-3-2023

## Event 51 Women 14 &amp; Over 100 LC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 7 Finals

4	Farida Yasser Goda Abd ElW	14	NASR	NT
5	Jana Khaled Ali Abd Elsal	14	El-Temshah	NT
6	Batol Wael Ahmed Mohame	14	Wadi Degla	NT

## Heat 2 of 7 Finals

2	Hanan Mohamed Sami	15	NASR	NT
3	Ghada Mohamed Ahmed	16	Wadi Degla	NT
4	Shahd Hossam Gafar	17	Elriady Elbahry	NT
5	Hana Thabet Othman	17	Shooting Cairo	NT
6	Malak Nasser Ali	17	NASR	NT
7	Malak Amr Abdel Fattah	17	Wadi Degla	NT
8	Basmala Wael Ahmed Moha	15	Wadi Degla	NT
9	Remaz Sameh Hassan Ali	14	GHABA	NT

## Heat 3 of 7 Finals

1	Malak Ahmed Mohamed	18	Bank Ahly Cairo	NT
2	Basmala Sobhe Mohamed	19	GHABA	NT
3	Monaya Wael Hussien	20	Shooting Cairo	NT
4	Anan Magdy Tawfik	21	El Ealameyen	NT
5	Nada Khaled Mohamed	22	Shooting Cairo	NT
6	Jasmin Wael Saad	21	Shooting Cairo	NT
7	Salma Waeel	20	Shooting Cairo	NT
8	Lamis Hany Hoseny	20	GHABA	NT
9	Sara Ahmed Mohamed	18	Shooting Cairo	NT
10	Hana Ahmed AbdElGayed	18	TM Acd	NT

## Heat 4 of 7 Finals

1	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
2	Habiba Osama Ali	15	Al-Canal	59.79
3	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	57.93
4	Janna Elsayed Fouad	16	Elethead Elskandr	54.83
5	Ganna Ehab Salem Abdelgh	17	Electrecity Isma	54.33
6	Khadija Khaled Naeem ElDe	14	Wadi Degla	54.82
7	Jomana Nader Farouk	15	Smouha	55.59
8	Lara Magdy Kamel	22	GHABA	58.50
9	Basant Samy Abdallah	14	NASR	1:21.43
10	Mona Wael Hassan	23	Shooting Cairo	NT

## Heat 5 of 7 Finals

1	Nour Gamal Eldin Sayed	14	Al-Canal	52.56
2	Mariam Mahmoud Atia	16	Elriady Elbahry	51.11
3	Farah Mostafa Magdy	15	Smouha	50.53
4	Maisa Moustafa Awad	14	ElMasry Port Sai	49.77
5	Joudy Rada Mohamed	15	Betash Club	49.06
6	Rokaya Essam Goda Abd El	14	GHABA	49.73
7	Malk Said Abdelrazek	16	Smouha	49.83
8	Jomana Hany Fathy	15	GHABA	51.04
9	Joury Yasar Ali Mohamed	14	Elethead Elskandr	51.37
10	Ayatallah Mohamed Magdy	16	Smouha	53.14

## Heat 6 of 7 Finals

1	Malak Mohamed Ebrahim	14	Suez C.P.Said	48.73
2	Ganna Amr Abd El-Khalek	16	Al-Canal	47.82
3	Logen Hany Ibrahiem	18	GHABA	47.20
4	Gamila Ali Saber	18	Suez C.P.Said	46.13
5	Nada Hany Mahmoud	17	Olympic Club	45.98
6	Yasmien Mohamed Fathy	16	GHABA	46.00
7	Nada Ibrahim Gohar	21	Smouha	46.66
8	Mariam Galal Said	22	GHABA	47.56
9	Lila Amr Ahmed	17	Elethead Elskandr	47.94
10	Malak Mohamed Mahmoud	16	GHABA	48.75

## Heat 7 of 7 Finals

1	Rawan Fahim Said Fahim	16	GHABA	45.82
2	Dareen Feras Mostafa Alsw	17	Elethead Elskandr	45.53
3	Gaska Samy Adly	17	Wave	45.11
4	Roudina Sherif Mosad	17	GHABA	43.06
5	Joudy Sherif ElMaas	19	Elethead Elskandr	41.20
6	Salma Saad Mohamed	15	Elethead Elskandr	42.89
7	Nada Magdy Abou Moslam	18	GHABA	43.75
8	Jana Mohamed Fathe	16	Alshark Sports	45.21
9	Manar Mohamed Moustafa	19	GHABA	45.54
10	Haba Mohamed Shawky	19	GHABA	45.92

## Event 52 Men 14 &amp; Over 100 LC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 7 Finals

1	ali Hedyali	14	Elethead Elskandr	NT
2	Mahmoud Mounir Abdelnat	15	NASR	NT
3	Yousef Ashraf Aly	15	Bank Alx	NT
4	Yasin Ahmed Mahmoud Wa	15	El-Temshah	NT
5	Belal Mohamed Mahmoud	15	Suez C.P.Said	NT
6	Hamza Hossam Mohamed	15	NASR	NT
7	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	NT
8	Anas Ahmed Mohmed Mahr	15	ISMAY	NT
9	Mohamed Tarek Mahmoud	14	Wave	NT

## Heat 2 of 7 Finals

1	Abd Elrahman Sameh Ezz E	16	NASR	NT
2	Ahmed Zawahri Ahmed	17	NASR	NT
3	Mohand Haitham Ghath	18	Shooting Cairo	NT
4	Seif Said Mohamed Gamal	18	GHABA	NT
5	Abdallah Mohamed Azaam	19	Shooting Cairo	NT
6	Ismael Ehab Ismael Yousef	18	Electrecity Isma	NT
7	Mekhael Hesham Adly	18	GHABA	NT
8	Seif Eldin Ehab Aly	17	Wadi Degla	NT
9	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
10	Mohamed Amr Mohamed	16	NASR	NT

## Heat 3 of 7 Finals

1	Mohamed El Hassan Mohan	28	Al-Canal	NT
2	Ahmed Mohmed Mostsfa Sh	15	Wadi Degla	59.76
3	Abdulla Ahmed Sobhy Wahl	16	Tyran Club	54.32
4	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	51.82
5	Gaser Hosam Ahmed	15	Elethead Elskandr	48.37
6	Hossam Adel Mohamed Rag	18	Elostol Club	50.39
7	Abdallah Ashraf Mohamed l	15	Al-Tawkilat Mela	52.50
8	Nour Ashrf Abd Elazez	14	GHABA	59.73
9	Mahmoud Ahmed Mohmed	17	Elethead Elskandr	1:01.24
10	Adham Mohamed Wagdy	19	Bank Ahly Cairo	NT

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

## Meet Program - 7-3-2023

## Heat 4 Finals (#52 Men 14 &amp; Over 100 LC Meter IM)

1	Mohamed Ashraf Mohamed	15	Al-Canal	47.39
2	Ahmed Mohamed Ahmed	15	TM Acd	46.51
3	Anas Ahmed Mohmod	17	Elriady Elbahry	45.84
4	Amar Motaz Ibrahim	14	GHABA	45.20
5	Khaled Ahmed Yousef Moha	17	Wadi Degla	44.64
6	Hassan Mohamed Adel	16	Al-Canal	45.09
7	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	45.78
8	Eslam Elsayed Mohamed	17	Al-Tawkilat Mela	46.01
9	Omar Nour Eldeen Elzafara	15	NASR	46.98
10	Mahmoud Mohamed Mahm	18	GHABA	47.50

## Heat 5 of 7 Finals

1	Yasin Amjad Sobhey Ahmed	16	Smouha	43.97
2	abd Elrahman Moustafa Kas	19	Suez C.P.Said	43.44
3	Mohamed Abd Allah Hamec	15	Betash Club	42.83
4	Mohamed Alaa Eldin Nasr	17	Electrecity Isma	41.67
5	Marwan Ahmed Mohamed /	18	Wadi Degla	40.95
6	Mahmoud Ahmed ElSayed C	16	Al-Canal	41.16
7	Abdelrahman Mohamed Kh	14	Al-Canal	41.85
8	Mahmoud Eslam Mahmoud	17	Suez C.P.Said	43.44
9	Islam Yafaa El-Sayed	17	Army Club	43.68
10	Mazen Gamal el Sayed	16	Elethead Elskandr	44.46

## Heat 6 of 7 Finals

1	Abd El-Rahman Ali Saed Aw	22	Elethead Elskandr	40.64
2	Ezeldin Moustafa Abd El Az	22	Olimpic Club	39.98
3	Adel Badr Fatoh	15	Wave	39.52
4	Gaber Yaser Gaber	16	Elostol Club	39.32
5	Sifeldin Mohamed Mohame	18	Elriady Elbahry	39.01
6	Zeyad Alahmdy Mahmoud	19	ISMAY	39.26
7	Abdelrhman Gamal Abdelsa	20	Elethead Elskandr	39.51
8	Yasin Aiman Mahmoud Ahn	18	Suez C.P.Said	39.89
9	Omar Mohamed El Sied	18	El-Temsah	40.18
10	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	40.89

## Heat 7 of 7 Finals

1	Youssef Wael Abd Elsalam	18	Elethead Elskandr	38.59
2	Ahmed Mohamed Mohamec	16	Al-Canal	38.55
3	Zeyad Yasser Moustafa	19	Elethead Elskandr	37.72
4	Hassan Essam Hassan	20	Smouha	36.78
5	Seif Eldin Ayman Hassan	22	GHABA	35.92
6	Yousef Ayman Abdelatif	17	Wave	36.09
7	Tarek Hassan	16	El-Temsah	37.21
8	Mahmoud Waled Ali Mohan	20	GHABA	38.04
9	Ahmed Amr Mohamed Moh	16	Smouha	38.56
10	Omar Mahmoud Mohamed	17	Elethead Elskandr	38.85

## Event 31 Women 14 &amp; Over 100 LC Meter SF

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

4	Basant Samy Abdallah	14	NASR	NT
5	Rana Ayman Mohamed Saye	14	NASR	NT
6	Jana Hussin Ali Mohamed	14	ElGezira Youth	NT
7	Hala Mohamed Tawfik	14	Shooting Cairo	NT

## Heat 2 of 25 Finals

1	Yara Mohamed Abdel Mohs	15	El Seka El Hadid	NT
2	Malak Ahmed Eid Mahdy	15	Shooting Cairo	NT
3	Haneen Ahmed Elsayed	16	El-Obour	NT
4	Sahd Sherif Abdelmoneem	16	NASR	NT
5	Mariam Mohamed Abd-Alla	17	El-Temsah	NT
6	Cinderla Zaki Hassan	17	Shooting Cairo	NT
7	Joumana Nader Nabih	16	Wadi Degla	NT
8	Jano Hanna Potros	16	El Seka El Hadid	NT
9	Mariam Younis Mohmed	15	Wadi Degla	NT
10	Malak Amged Mohamed Otl	15	El-Temsah	NT

## Heat 3 of 25 Finals

1	Roqaya Wesam Mohamed	17	Pyramids Gardens	NT
2	Sara Ahmed Mohamed	18	Shooting Cairo	NT
3	Farida Amr Hussin	20	Army Club	NT
4	Reem Khaled Mohamed	20	Shooting Cairo	NT
5	Nada Ayman Mohy Elden	21	Bank Ahly Cairo	NT
6	Roba Mmdouh Mahfouz	20	Shooting Cairo	NT
7	Salma Waeel	20	Shooting Cairo	NT
8	Haba Mohamed Shawky	19	GHABA	NT
9	Nour Mohamed Hamed	17	NASR	NT
10	Hana Thabet Othman	17	Shooting Cairo	NT

## Heat 4 of 25 Finals

1	Fatama Amr Bayoumi Ahme	21	Army Club	NT
2	Nada Khaled Mohamed	22	Shooting Cairo	NT
3	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
4	Basmla Mohamed Ali	16	Bank Ahly Cairo	1:09.53
5	Noran Hosam Mohamed	15	Masr Betrol	1:08.46
6	Naden Heseen Mohamed	22	El-Obour	1:09.15
7	Malak Mohamed Abdallah	14	El-Obour	1:09.75
8	Yasmin Youssif Ahmed	23	GHABA	NT
9	Jasmin Wael Saad	21	Shooting Cairo	NT
10	Farah Abou Alalla Farouk	21	Army Club	NT

## Heat 5 of 25 Finals

1	Dohe Haney Yousef	21	El-Obour	1:06.67
2	Retaj Hany Ahmed	15	ISMAY	1:03.82
3	Rowan Ahmed Elsaid Elginc	19	Suez C.P.Said	1:03.33
4	Malak Magdy Mohamed	16	Pyramids Gardens	1:03.14
5	Loujain 5 AmrAssem	15	Green Hills Club	1:02.57
6	Mai Abdel Razek Abdel Ha	16	Shoubra	1:02.75
7	Farah Waleed Mohamed	16	Pyramids Gardens	1:03.29
8	Rahma Mohamed Abd Fataf	14	Tyran Club	1:03.53
9	Jaydaa Adel Mohamed	18	Smouha	1:04.56
10	Jamila Khaled Abdo	15	Bank Ahly Cairo	1:08.00

## Heat 6 of 25 Finals

1	Mariam Mohamed Hassan M	14	Tyran Club	1:01.71
2	Judy Mohamed Abo-Elaene	15	GHABA	1:01.28
3	Logain Mohamed Ahmed	14	ISMAY	1:00.56
4	Rokaya Roshdy Hamed	15	NASR	1:00.45
5	Gana Ayman Talaat	14	NASR	1:00.12
6	Lana Wael Mohamed Ahme	14	Tyran Club	1:00.25
7	Malk Amr Adel	14	Wadi Degla	1:00.48
8	Maryam Ahmed Salah	14	El-Obour	1:00.61
9	Arwa Tawfek Mohamed Ali	16	ElGezira Youth	1:01.37
10	Sara Amr Mohamed Ahmed	14	Army Club	1:01.81

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## Meet Program - 7-3-2023

## Heat 7 Finals (#31 Women 14 &amp; Over 100 LC Meter SF)

1	Mariam Seif Eleslam Ahmec	18	NASR	59.61
2	Karol Gergs Hana	16	GHABA	59.38
3	Zaenab Adel Galal	17	Sharks Team	59.17
4	Gana Mohmed Taha Ahmed	14	Wadi Degla	59.10
5	Haneen Mahmoud Fayz	14	GHABA	58.70
6	Sama Akram Fathi	16	NASR	59.06
7	Noursin Mostafa Mohmed	14	Wadi Degla	59.14
8	Mahinor Mohamed Abo-Ela	19	GHABA	59.21
9	Sama Amgad Hassan Ali	14	NASR	59.45
10	Roqia Abd ElTawab AbdRah	14	El-Obour	59.84

## Heat 8 of 25 Finals

1	Soha Yasser Shawky	15	Army Club	58.26
2	Zeina Adel Rashed	15	Wadi Degla	58.20
3	Goudy Ayman Saber	14	GHABA	57.98
4	Hana Amr Abd Elhamed	17	NASR	57.84
5	Nada Mahmoed Mohamed	18	Masr Betrol	57.62
6	Raqia Raafat Abdulmutallat	14	El-Obour	57.73
7	Lara Mohamed Elgohary	15	NASR	57.84
8	Kenzy Emad Shokry	15	NASR	58.18
9	Gana Saad Ahmed	15	Bani Ebied	58.23
10	Malak Haitham Fadel	16	Pyramids Gardens	58.35

## Heat 9 of 25 Finals

1	Same Ahmed Salah	16	El-Obour	57.15
2	Rahma Naile Abd Elwahab	14	Army Club	56.65
3	Roqia Mostafa ali Mohamed	15	El-Obour	56.23
4	Hana Gamal Eldin ElSayed	16	Al-Canal	56.17
5	Marwa Ahmed Hassan	14	Electrecity Isma	56.05
6	Retag Elsaid Ahmed	14	Elriady Elbahry	56.10
7	Hams Tamer abo Almaty	15	Suez C.P.Said	56.22
8	Lamis Hany Hoseny	20	GHABA	56.42
9	Yara Haymen Elsayed Youss	18	Elriady Elbahry	57.14
10	Mariam Gamil Nadar Abed	15	Wadi Degla	57.39

## Heat 10 of 25 Finals

1	Hanen Osama Ali	17	Al-Canal	55.67
2	Jana Mamdoh Yousif	16	NASR	55.59
3	Farah Mohamed Sayed Saleh	17	ElGezira Youth	54.92
4	Hanen Ramy Elsaid	14	El Seka El Hadid	54.78
5	Salma Tarek Ghazy Moham	16	Tyran Club	54.09
6	Manar Khodary Mahmoud	21	El-Obour	54.29
7	Malak Mohmed Abd Elatey	14	Wadi Degla	54.81
8	Shahd Hady Mohamed	17	Tyran Club	54.95
9	Haidy Mohamed Abd Elham	16	Elriady Elbahry	55.63
10	Kenzy Moustafa Kassam	16	Suez C.P.Said	55.83

## Heat 11 of 25 Finals

1	Mariem Tarek Ghazy Mohar	16	Tyran Club	53.89
2	Malak Mohamed Maher	14	NASR	53.78
3	Hanen Shawky Yousif	14	ISMAY	53.61
4	Julia Remon Samir	15	GHABA	53.48
5	Lana Hany Aboud Ibrahim	14	Wadi Degla	53.35
6	Sandra Hatem Kamel	17	Tyran Club	53.43
7	Nour Mohamed Sherif	18	Elethead Elskandr	53.61
8	Nour Tarek ali	14	Suez C.P.Said	53.62
9	Jana Ahmed Maher	14	NASR	53.82
10	Basant Waled Mohamed Ab	15	Army Club	53.95

## Heat 12 of 25 Finals

1	Manh amr Zakaria	14	Wadi Degla	53.14
2	Jana Mostafa Helmy Hassan	14	GHABA	53.10
3	Mariem Ghaly Hassan	18	Elriady Elbahry	52.85
4	Rody Ahmed ali Ahmed	14	Suez C.P.Said	52.77
5	Habiba Osama Ali	15	Al-Canal	52.62
6	Salma Sabry Ibrahim	17	Army Club	52.75
7	Halh Gamal Mohamed Thab	14	Betash Club	52.81
8	Noor Osama Mohamed	14	Masr Betrol	52.92
9	Morogh Mokamed Monir	14	El-Temshah	53.13
10	Malak Tarek Khiry	16	Wadi Degla	53.18

## Heat 13 of 25 Finals

1	Mereet Hassan Amien	16	ISMAY	52.49
2	Touqa Khaled Hagag	20	Al-Canal	52.43
3	Malak Ahmed Mohamed	18	Bank Ahly Cairo	52.34
4	Yasmen Hosaam El-Dien Ga	16	El-Obour	52.14
5	Hana Hassan Sayed Hassan	17	Electrecity Isma	52.02
6	Nada Ahmed Ibrahim	16	Elethead Elskandr	52.04
7	Shahd Khaled Mohamed	20	El-Moqatam	52.23
8	Salma Hany Farouk	21	Al-Canal	52.39
9	Sara Hazem Ibrahim	15	TM Acd	52.45
10	Jana Ahmed Badwy	14	GHABA	52.50

## Heat 14 of 25 Finals

1	Hanin Raouf Soliman	17	Army Club	51.96
2	Rawan Ahmed Ibrahim	15	ISMAY	51.82
3	Amal Mahmoud Saeid	14	El-Temshah	51.65
4	Maryam Ahmed Syed Abdel	17	Army Club	51.54
5	Malak Nasser Ali	17	NASR	51.51
6	Khalod Ahmed Samy	16	Bank Ahly Cairo	51.53
7	Lara Eslam	15	Suez C.P.Said	51.55
8	Shahd Elsayed Hassan Moh	15	Electrecity Isma	51.75
9	Shahd Mohamed Gamal Eld	15	GHABA	51.96
10	Aliaa Raad Ibrahim Mahmo	14	Smouha	52.02

## Heat 15 of 25 Finals

1	Farah Mostafa Magdy	15	Smouha	51.20
2	Essel Ahmed Mansour	14	ElMasry Port Sai	51.17
3	Ayatallah Mohamed Magdy	16	Smouha	51.14
4	Rovida Azam Said Mohamed	15	Suez C.P.Said	51.07
5	Khadija Khaled Naeem ElDe	14	Wadi Degla	50.85
6	Malak Mohamed Mahmoud	16	GHABA	50.96
7	Solava Raed Ibrahim Mahm	15	Smouha	51.13
8	Rawan Ehab Hussin	16	Bank Ahly Cairo	51.15
9	Fatma Mahmoud Helmy	17	TM Acd	51.18
10	Jomana Nader Farouk	15	Smouha	51.21

## Heat 16 of 25 Finals

1	Yasera Abdo Hussain	14	GHABA	50.73
2	Joury Yasar Ali Mohamed	14	Elethead Elskandr	50.50
3	Reem Osama Mohamed	17	Al-Canal	50.40
4	Jomana Hany Fathy	15	GHABA	50.37
5	Shahd Hossam Gafar	17	Elriady Elbahry	50.30
6	Nour Gamal Eldin Sayed	14	Al-Canal	50.36
7	Jana Khaled Ali Abd Elsal	14	El-Temshah	50.40
8	Jana Mahmoud Ali	14	Al-Canal	50.43
9	Lamar Mohamed Salah	15	Electrecity Isma	50.60
10	Mariam Mohamed Mohame	19	Elriady Elbahry	50.74

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**Heat 17 Finals (#31 Women 14 & Over 100 LC Meter SF)**

1	Farida Yasser Goda Abd ElW	14	NASR	50.20
2	Habiba Ahmed Magdy	16	TM Acd	50.00
3	Maisa Moustafa Awad	14	ElMasry Port Sai	49.90
4	Malak Hitham Fawzy	15	Suez C.P.Said	49.60
5	Radwa Ahmed Hassan	18	Smouha	49.50
6	Jana Mohamed el Sayed	15	Wadi Degla	49.56
7	Rana Abd Elmonem Zaky	14	Betash Club	49.85
8	Sara Mohamed Elsonosy	14	NASR	49.92
9	Nour Sameh Mohamed	23	Smouha	50.20
10	Jana amr Kamal	15	Wadi Degla	50.21

**Heat 18 of 25 Finals**

1	Shahd Mohamed Mostafa	15	ISMAY	49.28
2	Ganna Ehab Salem Abdelgh	17	Electrecity Isma	49.12
3	Batol Wael Ahmed Mohame	14	Wadi Degla	49.10
4	Malk Said Abdelrazek	16	Smouha	48.97
5	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	48.95
6	Logen Mohamed Refat	16	Smouha	48.96
7	Eman Osama Mahmoud	15	Betash Club	49.07
8	Ganna Amr Abd El-Khalek	16	Al-Canal	49.12
9	Sama Osama Mohamed	17	Wadi Degla	49.25
10	Sanaa Gamil Nader	17	Wadi Degla	49.45

**Heat 19 of 25 Finals**

1	Janna Elsayed Fouad	16	Elethead Elskandr	48.82
2	Nada Amr Mohamed Abdha	17	GHABA	48.75
3	Rehab Ayman Sayed	15	NASR	48.65
4	Menna Ahmed Mahmoud	21	GHABA	48.54
5	Mariam Mahmoud Atia	16	Elriady Elbahry	48.35
6	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	48.46
7	Farah AlaaEldin Ali	19	ISMAY	48.57
8	Amira Ahmed Mohamed Hu	15	GHABA	48.67
9	Maram Mohamed Abdallah	14	ISMAY	48.79
10	Anan Magdy Tawfik	21	El Ealameyen	48.93

**Heat 20 of 25 Finals**

1	Habiba Mohamed Eid Hassa	15	Al-Canal	48.18
2	Nada Alaa Mohamed	17	GHABA	48.10
3	Sama Mohamed Ahmed	17	Wadi Degla	48.04
4	Rawan Waled Mohamed An	15	GHABA	47.93
5	Habiba Ahmed Mohammed	14	El-Temshah	47.90
6	Roqia Ibrahim Tawhed	15	Army Club	47.92
7	Reem Ehab Mohamed Nour	14	GHABA	47.93
8	Hana Mohamed Abd Elmge	17	Pyramids Gardens	48.07
9	Jana Sherif Mohamed Mous	16	Olimpic Club	48.14
10	Sedara Ahmed Mohamed	14	Army Club	48.20

**Heat 21 of 25 Finals**

1	Logen Hany Ibrahiem	18	GHABA	47.84
2	Yara Attif Mohamed	16	Smouha	47.56
3	Roqia Mohamed Omar Habs	14	Bank Alx	47.42
4	Yasmin Abdo Mohamed	25	Police	47.21
5	Remaz Sameh Hassan Ali	14	GHABA	47.03
6	Nada Mohamed Abdo Elsaic	20	Suez C.P.Said	47.17
7	Malak Mohamed Farouk Sa	19	Elriady Elbahry	47.32
8	Hanin Ibrahim Mahmoud	15	Wadi Degla	47.42
9	Mariam Mohamed Helmy	14	TM Acd	47.79
10	Ghada Mohamed Ahmed	16	Wadi Degla	47.85

**Heat 22 of 25 Finals**

1	Farah Wail El Maadawy	15	Elriady Elbahry	46.95
2	Jana Ali Sobhy Abd Elkadr	14	Betash Club	46.93
3	Jana Mohamed Fathe	16	Alshark Sports	46.81
4	Mariam Ali Mohamed	16	GHABA	46.76
5	Hala Sherif Hussin Tawfik	16	Smouha	46.62
6	Walaa Araby Ramdan	17	ISMAY	46.67
7	Joudy Rada Mohamed	15	Betash Club	46.77
8	Nour Ashrf Nagah Zaky	14	Electrecity Isma	46.86
9	Malak Mohamed Ebrahim	14	Suez C.P.Said	46.93
10	Hend Tamar Balal Mohamed	16	Wadi Degla	47.01

**Heat 23 of 25 Finals**

1	Malak Amr Abdel Fattah	17	Wadi Degla	46.53
2	Lobna Mohamed Hassan Ta	19	Bank Ahly Cairo	46.48
3	Salma Saad Mohamed	15	Elethead Elskandr	46.42
4	Manar Mohamed Moustafa	19	GHABA	46.14
5	Wesam Hany Mahmoud	15	ISMAY	45.93
6	Rokaya Essam Goda Abd El	14	GHABA	46.00
7	Malk Mohamed Abouelela	14	NASR	46.29
8	Nada Hany Mahmoud	17	Olimpic Club	46.45
9	Rawan Fahim Said Fahim	16	GHABA	46.50
10	Malak Waled Monire	19	GHABA	46.54

**Heat 24 of 25 Finals**

1	Fagr Osama Farouk	17	Al-Canal	45.79
2	Hanen Mohamed Sami	15	NASR	45.34
3	Shahd Ahmed Fakhr	17	ISMAY	45.08
4	Basmala Wael Ahmed Moha	15	Wadi Degla	44.92
5	Sama Zakarya Mohamed	17	Alshark Sports	44.60
6	Yasmien Mohamed Fathy	16	GHABA	44.68
7	Nada Magdy Abou Moslam	18	GHABA	44.93
8	Malak Mohamed Ahmed	15	Elethead Elskandr	45.23
9	Nada Ibrahim Gohar	21	Smouha	45.64
10	Dareen Feras Mostafa Alsw	17	Elethead Elskandr	45.82

**Heat 25 of 25 Finals**

1	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	44.00
2	Ghehan Saad Abd Elrahman	18	ISMAY	43.92
3	Joudy Sherif ElMaas	19	Elethead Elskandr	43.76
4	Sara Abd ElFatah Abdazem	19	Al-Canal	43.25
5	Gamila Ali Saber	18	Suez C.P.Said	41.29
6	Maya Hitham Mohamed	21	Army Club	41.89
7	Mena Mohamed Fouad	15	El-Temshah	43.29
8	Renad Tamer Shaaban	15	ISMAY	43.90
9	Joudy Ahmed Fouad	16	GHABA	43.95
10	Basmala Sobhe Mohamed	19	GHABA	44.18

**Event 32 Men 14 & Over 100 LC Meter SF**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 35 Finals**

1	Omar Wael Yosry	14	Shooting Cairo	NT
2	Adham Mohamed Ismaeil	14	NASR	NT
3	Siraj Mansour Shaaban	14	Shooting Cairo	NT
4	Abd Allah Mohamed Ahmed	14	Ghazel Port Said	NT
5	Mohamed Haytham Moham	14	Shooting Cairo	NT
6	Youssef Islam Fathy	14	Shooting Cairo	NT
7	Ahmed Hilal Ahmed Hilal	14	ISMAY	NT
8	Youssef Hussien Mohmed F	14	Wadi Degla	NT
9	Anas Mohamed Abo Ali	14	Masr Bترول	NT

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

## Meet Program - 7-3-2023

## Heat 2 Finals (#32 Men 14 &amp; Over 100 LC Meter SF)

1	Youssef Tariq Hisham	15	EZEES	NT
2	Salim Mohamed Ahmed	15	Shooting Cairo	NT
3	Ali Amr Ali Ahmed	15	ElGezira Youth	NT
4	Omar Alaa Mahmoud Soud	15	Shooting Cairo	NT
5	Mohamed Ahmed El Sayed	15	Army Club	NT
6	Omar Nour Eldeen Elzafara	15	NASR	NT
7	Yousef Ashraf Aly	15	Bank Alx	NT
8	Mostafa Mohamed Gomaa	15	Betash Club	NT
9	Yamen Aymain Mohamed	15	Shooting Cairo	NT
10	Omar Sied Mohamed	15	El-Obour	NT

## Heat 3 of 35 Finals

1	Yousef Hossam Aldin Moha	16	Shooting Cairo	NT
2	Yousef Mostafa Adel	16	Shooting Cairo	NT
3	Abo Bakr Ahmed Abo Bakr	16	Army Club	NT
4	Mohamed Ahmed Ibrahim	16	GHABA	NT
5	Yousef Emad Ahmed Ibrahim	16	GHABA	NT
6	Mohamed Sherif Mohamed	16	Sheikh Zayed	NT
7	Marwan Hany Mostafa	16	Shooting Cairo	NT
8	Abd Elrahman Hitham Moh.	16	ISMAY	NT
9	Yousif Saeyd Yosuf	16	El Seka El Hadid	NT
10	Ahmed Ashraf Abd ElKaree	16	ISMAY	NT

## Heat 4 of 35 Finals

1	Samy George Samy	16	ISMAY	NT
2	Nour Ahmed Eid Mohamed	16	Shooting Cairo	NT
3	Omer Kaled Anwar	16	Shooting Cairo	NT
4	Mohamed Ahmed Ragab	17	NASR	NT
5	Abd El Rahman Mohamed A	17	El-Obour	NT
6	Ali Mahmoud Zaky Ahmed	17	El-Obour	NT
7	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
8	Mohamed Hany Gabriel Ahm	16	ISMAY	NT
9	Abed Mohamed Abd ElMon	16	Shooting Cairo	NT
10	Abd ElRahman Magad Moh	16	ISMAY	NT

## Heat 5 of 35 Finals

1	Adham Mohamed Goumaa	17	Army Club	NT
2	Adam Farid Elsayed Abdalla	17	NASR	NT
3	Baraa Wael Abd ElAziz	17	Army Club	NT
4	Mohamed Ayman Nabil	18	Shooting Cairo	NT
5	Mohand Haitham Ghath	18	Shooting Cairo	NT
6	Badr Mohamed Said Mohan	18	Bank Ahly Cairo	NT
7	Amaar Waeel Abd El Azzez	18	GHABA	NT
8	Yassin Tamer Nabil Moham	17	Shooting Cairo	NT
9	Yousef Mohsen Abdelhame	17	El-Temsah	NT
10	Emad Hisham Mohamed	17	Electrecity Isma	NT

## Heat 6 of 35 Finals

1	Taha Tarek Samy	18	Shooting Cairo	NT
2	Abdallah Mohamed Azaam	19	Shooting Cairo	NT
3	Ahmed Tamr Abd El-Kadr	19	Electrecity Isma	NT
4	Abdallah Tamer Abdallah	20	Shooting Cairo	NT
5	Balal Wael Salah Eldin	21	Shooting Cairo	NT
6	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT
7	Ahmed Emad Abd ElAzim	20	GHABA	NT
8	Gaser Ehab Ahmed	19	Al-Canal	NT
9	Hady Naser Abdo	19	Bank Ahly Cairo	NT
10	Mohanad Waled Mohmed	18	Wadi Degla	NT

## Heat 7 of 35 Finals

1	Mohamed El Hassan Mohan	28	Al-Canal	NT
2	Adham Mohamed Ahmed	14	NASR	1:11.54
3	Saif Mohammed Saied	14	El-Temsah	1:06.17
4	Mukhtar Tarik Abd El-khabi	15	ElHadba	1:03.51
5	Nour Eldin Mohamed Dyaa	14	Tyran Club	1:03.23
6	Mohamed Ahmed Abd Elmc	14	Tyran Club	1:03.50
7	Mazen Karem Mahmoed	14	El-Obour	1:04.67
8	Ahmed Ibrahim Ibrahim	14	ISMAY	1:07.89
9	Anton Nasser Salama	14	NASR	1:16.02
10	Ahmed Adel Khalil	24	Shooting Cairo	NT

## Heat 8 of 35 Finals

1	Mohamed Mahmoud Foad	17	Army Club	1:01.93
2	Zayad Mohamed Abdallah	14	Bank Ahly Cairo	1:01.39
3	Aldo Tamer Edgar Fahmy	14	Army Club	1:01.12
4	Yahia Kamel Mahmoud	14	El-Obour	58.73
5	Mena Remon Samir	15	GHABA	58.42
6	Mohammed Ahmed Moham	14	El-Temsah	58.65
7	Danial Feleb Saad Feleb	14	Tyran Club	59.37
8	Mahmoud Mohamed Abd El	14	NASR	1:01.29
9	Ahmed Medhat Fathy	14	Police	1:01.68
10	Emad Hamdy Seliem	14	GHABA	1:03.04

## Heat 9 of 35 Finals

1	Eyad Mohamed Arfa Mohan	14	Tyran Club	57.65
2	Abd ElRahman Mohamed A	17	Wadi Degla	57.29
3	Abdallah Faraag Aboud	18	Bank Ahly Cairo	56.67
4	Ali Mohamed Emam	15	Army Club	55.87
5	Amar Amr Foayd	16	El-Obour	55.40
6	Yousif Elsayed Mahmoud	15	Wadi Degla	55.62
7	Noah El-sayed Muhammed	16	ElHadba	56.48
8	Marawan Mamdoh Abd Elat	15	NASR	56.95
9	Eyad Mohamed Seif EIDin A	14	TM Acd	57.53
10	Mohamed Helal Abdelkader	15	Electrecity Isma	58.16

## Heat 10 of 35 Finals

1	Ahmed Moustafa Ahmed	14	El-Obour	55.28
2	Hazem Mohamed ElSayed	14	GHABA	55.07
3	Malek Rada Ashmawy Moha	14	ElGezira Youth	54.78
4	Seif Adel Rashed	16	Wadi Degla	53.79
5	Yousef Gamal Mohamed	14	El-Obour	53.48
6	Mazen Hazem Osman	15	NASR	53.57
7	Sef Bhaa Elden Mohamed	14	GHABA	54.15
8	Ali Marzok Ramadan	14	NASR	54.96
9	Yehia Mohamed Helmy	15	NASR	55.12
10	Yasin Ahmed Mahmoud	14	GHABA	55.37

## Heat 11 of 35 Finals

1	Hassan Kareem Hassan	18	Bank Ahly Cairo	53.29
2	Marwan Nabil Mohamed	15	GHABA	53.07
3	Antowan Amir Sami	14	GHABA	52.98
4	Mohamed Ahmed Mohamec	14	Tyran Club	52.82
5	Nour Ashrf Abd Elazez	14	GHABA	52.53
6	Amr Ahmed Elsabahy	15	NASR	52.56
7	Ali Sherif Ahmed	17	Army Club	52.93
8	Zeyad Magad Mohamed Sal	14	ISMAY	52.99
9	Ahmed Sayed Samir	16	El-Obour	53.14
10	Adham Mohamed Ghobashy	14	Wadi Degla	53.31

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

## Meet Program - 7-3-2023

## Heat 12 Finals (#32 Men 14 &amp; Over 100 LC Meter SF)

1	Ali Jalal Mawad	15	Bank Ahly Cairo	52.40
2	Abd Elrahman Abdallah Tah	14	NASR	52.23
3	Omar Sherif Gamal Kamel	14	Pyramids Gardens	51.53
4	Mohamed Hisham Mohame	18	NASR	51.36
5	Mahmoud Tarek Noman EIF	14	GHABA	51.29
6	Ahmed Mahmud Salem	15	Police	51.36
7	Ammar Tamar Galal Taha	14	NASR	51.51
8	Abdelrhman Osama Gbriel	15	GHABA	51.64
9	Beshoy Samir Sabry	15	ISMAY	52.34
10	Moaz Shehata Mohamed	14	NASR	52.43

## Heat 13 of 35 Finals

1	Marawan Seleman Mohame	14	Electrecity Isma	51.07
2	Abd ElRahman Mohamed A	14	Elriady Elbahry	50.96
3	Yones Mohamed Mostafa	14	GHABA	50.59
4	Yousef Khaled Mahmoud	14	GHABA	50.48
5	Abd Allah Mohsan Ibrahim	22	El-Obour	50.42
6	Mahmoud Gama Sabry Moh	14	Electrecity Isma	50.46
7	Kareem m Hassan	14	Ghazel Port Said	50.54
8	Ziad Wael Salameh	16	Al-Talbia	50.89
9	Mazen Mohyeldeen Anwar	16	Tyran Club	50.98
10	Abd-elrahman Mohamed Ib	20	GHABA	51.29

## Heat 14 of 35 Finals

1	Abd Elrahman Mohamed Al	15	NASR	50.22
2	Anwar Waleed Anwar Elkh	16	Tyran Club	50.07
3	Belal Ahmed Mohamed	16	Electrecity Isma	49.84
4	Yassen Khaled Ahmed Moh	14	Tyran Club	49.73
5	Begade Ibrahim Mahmoud	14	El-Obour	49.62
6	Mohamed Hossam Eldin Ga	14	El-Obour	49.65
7	Mohamed Hany Mahmoud	17	GHABA	49.75
8	Taha Naim Mustafa	14	Suez C.P.Said	50.05
9	Zyad Hany Farok	16	El-Obour	50.15
10	Kareem Ihab Mahmoud Ahr	16	Wadi Degla	50.29

## Heat 15 of 35 Finals

1	Mohaned amr Abdallah	14	GHABA	49.53
2	Mohamed Wael Qorani	14	NASR	49.37
3	Omar Said Abdelaziz	17	El Seka El Hadid	49.28
4	Kamal Ebrahim Kamal Hab	16	Asec Club	49.21
5	Yousif Ahmed Zohny	14	Police	49.03
6	Adhm Mohamed Zakria	15	GHABA	49.06
7	Yousef Eslam Mohamed	15	ISMAY	49.23
8	Mohamed Atiaa Mohamed	16	NASR	49.32
9	Abdulla Ahmed Sobhy Wahl	16	Tyran Club	49.53
10	Ahmed Mohamed Gabr	14	NASR	49.57

## Heat 16 of 35 Finals

1	Omar Wassam Ahmed	16	Elostol Club	48.66
2	Mohamed Hisham Mohame	15	Army Club	48.48
3	Moaz Ibrahim Abd ElHamee	15	El-Temsah	48.36
4	Seif Emad Ahmed	14	Electrecity Isma	48.25
5	Zeyad amr Ahmed	15	ISMAY	48.06
6	Mohamed Tarek Fakhry	15	NASR	48.12
7	Ahmed Mohmed Mostsfa Sh	15	Wadi Degla	48.28
8	Marwan Waled Hassan Ahr	15	Wadi Degla	48.39
9	Jasser Ahmed Ali	17	Elostol Club	48.63
10	Zyad Mohamed abd Elglel	15	Al-Canal	48.95

## Heat 17 of 35 Finals

1	Sayed Mohamed el Sayed	14	ISMAY	47.90
2	Mohamed Hayman Elsayed	16	Elriady Elbahry	47.63
3	Khaled Mohamed Adel	14	Al-Canal	47.59
4	Abdelrahman Mohamed Mh	19	Pyramids Gardens	47.42
5	Mohamed Abd ElAbd Aziz	15	NASR	47.37
6	Mohamed Salaheldeen Mah	15	Tyran Club	47.39
7	Ahmed Mahmoud Ali Bass	14	Wadi Degla	47.43
8	Moamen Aymen Samer Gha	14	Electrecity Isma	47.59
9	Seif Eldin Mahmoud Roshdy	17	Electrecity Isma	47.71
10	Mohamed Abdellhady Moha	14	ISMAY	48.06

## Heat 18 of 35 Finals

1	Mostafa Mohamed Ibrahim	16	ISMAY	47.35
2	Youssef Diaa Eldin AbdElFa	15	TM Acd	47.23
3	Anas Ayman Helmi	15	NASR	47.18
4	Omar Mohamed Ibrahim	18	Army Club	47.04
5	Mohamed Mahmoud Sedek	15	ISMAY	47.00
6	Yossef Mohamed Abdelsme	15	GHABA	47.01
7	Abd ElRahman Mohamed SI	14	Economic Reg.	47.15
8	Omar Ashraf Mohamed	15	Army Club	47.18
9	Seif Eldin ElMotaz Bellah	18	GHABA	47.29
10	Hamza Mohamed Ragab	15	Army Club	47.37

## Heat 19 of 35 Finals

1	Ibrahim Ahmed Ibrahim Sal	14	Ghazel Port Said	46.87
2	Mohamed Hesham Ibrahim	16	Wadi Degla	46.79
3	Abd Moneam Khaled A.Allal	17	Wadi Degla	46.68
4	Mohamed Adel Mohamed	16	GHABA	46.40
5	Ahmed Hesham abd Elmanl	19	El-Temsah	46.34
6	Seif Said Mohamed Gamal	18	GHABA	46.40
7	Omar Magdy Mahmoud	17	NASR	46.40
8	Seif Amr Said Abou Majd	14	Betash Club	46.72
9	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	46.82
10	Mahmoud Alaa Aldin Moha	21	Pyramids Gardens	46.90

## Heat 20 of 35 Finals

1	amr Mahmoud Khaled	18	Electrecity Isma	46.26
2	ali Hedyali	14	Elethead Elskandr	46.20
3	Yousef Mohamed Mostafa	14	Elethead Elskandr	46.16
4	Elsayed Shaaban Elsayed Al	16	Stad Mansoura	46.10
5	Loay Medhat Elmandra	14	Economic Reg.	46.00
6	Saleh SabrAbdultaif	17	GHABA	46.06
7	Mohamed Khaled Ali Oraby	15	Al-Canal	46.12
8	Ahmed Khairy Mohamed	14	El-Obour	46.18
9	Ahmad ali Ahmad	16	EZEES	46.21
10	Youssef Gaber Hassan Ahme	17	Elostol Club	46.30

## Heat 21 of 35 Finals

1	Sherif Refaat Mohamed	17	GHABA	45.98
2	Ali Wael Hassan	17	Bank Ahly Cairo	45.82
3	Khaled Mohamed Sayed	15	GHABA	45.68
4	Seif Ahmed Safa Ibrahim	15	El-Temsah	45.57
5	Ahmed Ramy Gamal Ali	14	El-Temsah	45.48
6	Ahmed Zawahri Ahmed	17	NASR	45.53
7	Yassen ali Mostafa Elzanaty	16	Electrecity Isma	45.62
8	Abdallah Mohamed Ahmed	16	Bank Ahly Cairo	45.71
9	Waleed Hazem Mousad	20	Al-Canal	45.95
10	Ahmed Hassan Taha	17	ISMAY	45.98

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

## Meet Program - 7-3-2023

## Heat 22 Finals (#32 Men 14 &amp; Over 100 LC Meter SF)

1	Mohamed Ragab Mohamed	15	Army Club	45.40
2	Mohamed Ehab Ibrahim	15	NASR	45.32
3	Youssef Alaa Aldin Moawod	19	Wadi Degla	45.21
4	Yousef Mohamed Ibrahim	19	Army Club	45.09
5	Youssif Mohamed Mamoud	15	Elriady Elbahry	45.06
6	Mohamed Atef Hassan Huss	15	Betash Club	45.06
7	Amr Ayman Hashim	18	NASR	45.21
8	Khaled Ahmed Yousef Moha	17	Wadi Degla	45.28
9	Abd El-Rhman Ahmed Abd	19	GHABA	45.37
10	Yasin Mohamed Amiro	17	El-Temsah	45.47

## Heat 23 of 35 Finals

1	Belal Mohamed Mahmoud	15	Suez C.P.Said	44.93
2	Mostafa Mahmoud Shokry	15	GHABA	44.81
3	Moaz Omar Salem	14	Suez C.P.Said	44.75
4	Anas Ahmed Mohmod	17	Elriady Elbahry	44.71
5	Mark Baher Emile Ibrahim	14	ISMAY	44.60
6	Abd ElRahman Mohamed El	16	Wadi Degla	44.70
7	Abdallah Abou ElAzm Ibrah	15	Elethead Elskandr	44.73
8	Nour Atef Hassan Hussin	15	Betash Club	44.78
9	Zeyad Ahmed Alsayed	19	Al-Canal	44.84
10	Seif Eldin Ehab Aly	17	Wadi Degla	44.98

## Heat 24 of 35 Finals

1	Mohamed Ali Mohamed	17	GHABA	44.53
2	Mazan Mohamed Kamel	15	Economic Reg.	44.49
3	Nour Eldin Mohamed Ahme	18	Army Club	44.45
4	Amr Ayman Mohamed	17	Elriady Elbahry	44.36
5	Mahmoud Ahmed Mohmed	17	Elethead Elskandr	44.29
6	abd Elrahman Moustafa Kas	19	Suez C.P.Said	44.30
7	Basam Mohamed Mohamed	18	GHABA	44.36
8	Abd El Rhman Mohamed M	18	El-Obour	44.48
9	Nour Eldin Amr Mahmoud	20	Police	44.53
10	Mohamed Hossam Mohame	19	Army Club	44.56

## Heat 25 of 35 Finals

1	Ahmed Mohamd Slama	17	El-Temsah	44.17
2	Marwan Ahmed Nazmy	15	Betash Club	44.10
3	Abd Elrahman Sameh Ezz E	16	NASR	44.03
4	Zouhair Sherif Ahmed	14	ISMAY	43.75
5	Mohamed Ahmed Abd Eltav	14	Al-Canal	43.67
6	Adam Mohamed Salem Dasl	17	ISMAY	43.67
7	Yassin Magdy Mohamed	15	Betash Club	43.95
8	Ahmed Mohamed Hussien	19	Wadi Degla	44.04
9	Sohaeb Esaam Mohamed	20	Suez C.P.Said	44.12
10	Yossef Hathem Eldomyaty	15	Suez C.P.Said	44.21

## Heat 26 of 35 Finals

1	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	43.64
2	Mohamed Sied Mohamed Si	18	El-Obour	43.57
3	Saif Tamer Badr Eldien	16	Electrecity Isma	43.57
4	ali Ahmed Mohamad Gharel	17	El-Temsah	43.55
5	Kaled Magde abd Alfatah	18	ISMAY	43.49
6	Gaser Hosam Ahmed	15	Elethead Elskandr	43.51
7	Yasin Aiman Ahmed	15	Suez C.P.Said	43.57
8	Mohamed Amr Mohamed	16	NASR	43.57
9	Youssef Abd Elrahman Abde	14	El-Obour	43.59
10	Abd Elrahman Mohamed M	17	Elriady Elbahry	43.65

## Heat 27 of 35 Finals

1	Velobatir Ayman Salib	20	GHABA	43.45
2	Mohamed Ashraf Mohamed	15	Al-Canal	43.35
3	Basel Osama ElSayed	20	ISMAY	43.30
4	Yossif Ahmed Maher	17	Police	43.12
5	Omar Ehab Rashad	14	Police	43.07
6	Moaz Hamedo Almaz	16	GHABA	43.12
7	Mahmoud Eslam Mahmoud	17	Suez C.P.Said	43.15
8	Mekhael Hesham Adly	18	GHABA	43.31
9	Abd ElRahman Hosny Farou	18	Bank Ahly Cairo	43.36
10	Mohamed Raouf Mohamed	14	GHABA	43.46

## Heat 28 of 35 Finals

1	Yasin Amjad Sobhey Ahmed	16	Smouha	42.87
2	Mohamed Ahmed Abdelsal	16	GHABA	42.78
3	Mohamed Ahmed Abd El-La	20	Army Club	42.75
4	Amar Motaz Ibrahim	14	GHABA	42.62
5	Ahmed Tamar Ali Mohamed	18	El-Temsah	42.53
6	Islam Yafaa El-Sayed	17	Army Club	42.56
7	Omar Mohamed Adly Moha	16	Tyran Club	42.71
8	Mohamed Alaa Eldin Nasr	17	Electrecity Isma	42.76
9	Ahmed Ihab Ahmed	19	Wadi Degla	42.79
10	Omar Mohamed Mahmoud	17	GHABA	43.00

## Heat 29 of 35 Finals

1	Mohamed Kamal Ali Hafaz	17	Smouha	42.36
2	Moustafa Ahmed Essam	16	ISMAY	42.27
3	Mahmoud Ahmed ElSayed C	16	Al-Canal	42.20
4	Mohamed Abd Allah Hamec	15	Betash Club	42.16
5	Omar El-Hag Ali	17	Al-Canal	42.10
6	Yousef Mohamed Yousef	15	Ghazel Port Said	42.15
7	Ahmed Mohamed Ahmed	15	TM Accd	42.18
8	Zeyad Ahmed Abdelmonein	15	NASR	42.20
9	David Mechil Marzouk	17	GHABA	42.29
10	Mark Mourad Bouls	17	GHABA	42.46

## Heat 30 of 35 Finals

1	Ibrahim Mohamed Abd El M	16	Al-Canal	42.07
2	Hassan Mohamed Adel	16	Al-Canal	42.01
3	Abdelazim AbdelfattahAbde	17	Al-Canal	41.98
4	Bassel Medhat Salah	18	Pyramids Gardens	41.85
5	Yasin Ahmed Mahmoud Wa	15	El-Temsah	41.80
6	Fars Ahmed Nabil	18	Police	41.82
7	Abd Elrahman Saied Abd El	22	Al-Canal	41.89
8	Mazen Tamer Seleman	17	Al-Canal	41.98
9	Karem Mohamed Ahmed Za	16	El-Obour	42.07
10	Amar Ahmed Safaa Ibrahim	18	El-Temsah	42.07

## Heat 31 of 35 Finals

1	Moustafa Awad Mohamed	16	GHABA	41.78
2	Ahmed Abo Bakr Azmy	18	Elriady Elbahry	41.64
3	Mazen Mohamed Elsayed	21	Al-Canal	41.30
4	Eslam Elsayed Mohamed	17	Al-Tawkilat Mela	41.11
5	Ahmed Husin Abas	20	Elriady Elbahry	41.03
6	Abdelrahman Mohamed Kh	14	Al-Canal	41.06
7	Yassein Ahmed Farahat	17	GHABA	41.18
8	Adel Badr Fatoh	15	Wave	41.41
9	Younan Hany Mahar	18	Army Club	41.76
10	Hamza Hossam Mohamed	15	NASR	41.79

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

## Meet Program - 7-3-2023

**Heat 32 Finals (#32 Men 14 & Over 100 LC Meter SF)**

1	Mazen Gamal el Sayed	16	Elethead Elskandr	41.03
2	Abdelrhman Gamal Abdelsa	20	Elethead Elskandr	41.00
3	Mahmoud Mounir Abdelnal	15	NASR	40.93
4	Ahmed Amr Mohamed Moh	16	Smouha	40.72
5	Adham Ahmed Mohamed Fi	21	GHABA	40.56
6	Mohamed Hany Abo Elenen	17	Suez C.P.Said	40.71
7	Ezeldin Moustafa Abd El Az	22	Olimpic Club	40.76
8	Osama Mohamed ElSayed	20	Wadi Degla	40.98
9	Adam Eslam Hamdi	16	Elethead Elskandr	41.02
10	Omar Mohamed El Sied	18	El-Temsah	41.03

**Heat 33 of 35 Finals**

1	Hassan Essam Hassan	20	Smouha	40.49
2	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	40.13
3	Anas Ahmed Mohamed Mahr	15	ISMAY	39.99
4	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	39.75
5	Ahmed Wael Ibrahim Zakey	17	El-Temsah	39.45
6	Gaber Yaser Gaber	16	Elostol Club	39.53
7	Mohab Ihab Helmy Moham	16	Bank Ahly Cairo	39.79
8	Karem Al Ansary Khatab	16	El-Obour	40.04
9	Moustafa Nabel El-Saed	19	Elriady Elbahry	40.46
10	Zeyad Alahmdy Mahmoud	19	ISMAY	40.56

**Heat 34 of 35 Finals**

1	Abd ElRahman AlAnsary Kh	18	El-Obour	39.43
2	Youssef Ahmed Youssef	19	Wadi Degla	39.31
3	Marwan Ahmed Mohamed	18	Wadi Degla	39.23
4	Omar Ashraf Gaber	20	GHABA	39.12
5	Mahmoud Waled Ali Mohan	20	GHABA	38.81
6	Yousef Ayman Abdelatif	17	Wave	39.08
7	Mohamed Alaa El Din Moha	20	El-Obour	39.21
8	Sifeldin Mohamed Mohame	18	Elriady Elbahry	39.28
9	Zeyad Ahmed Mahmoud	19	Army Club	39.39
10	Osama Ashraf Ismail	22	Elriady Elbahry	39.43

**Heat 35 of 35 Finals**

1	Zeyad Yasser Moustafa	19	Elethead Elskandr	38.67
2	Mahmoud Mohamed Mahar	16	Economic Reg.	38.25
3	Omar Mahmoud Mohamed	17	Elethead Elskandr	37.81
4	Adham Mohamed Wagdy	19	Bank Ahly Cairo	37.53
5	Seif Eldin Ayman Hassan	22	GHABA	35.62
6	Tarek Hassan	16	El-Temsah	36.46
7	Ahmed Mohamed Mohamec	16	Al-Canal	37.76
8	Mahmoud Ihab Mohamed	21	Wadi Degla	38.17
9	Youssef Wael Abd Elsalam	18	Elethead Elskandr	38.54
10	Momen Ibrahim Mahmoud	17	Wadi Degla	38.71

**Event 62 Mixed 14-15 4x100 LC Meter Relay BF**

Lane	Team	Relay	Seed Time
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**Heat 1 of 3 Finals**

4	Nemoo	B	NT
5	Qalyob	A	NT
6	Nemoo	A	NT

**Heat 2 of 3 Finals**

1	El-Obour	A	NT
2	Tyran Club	A	3:52.14
3	Suez C.P.Said	A	3:41.49
4	Wadi Degla	A	3:36.57
5	El-Temsah	A	3:34.92
6	Pyramids Gardens	A	3:36.17
7	Al-Canal	A	3:41.08
8	Army Club	A	3:45.18
9	Star	A	4:15.06
10	Al-Bagor	A	NT

**Heat 3 of 3 Finals**

1	TM Acd	A	3:33.34
2	Shooting Cairo	A	3:32.79
3	ElGezira Youth	A	3:27.25
4	Manshia Youth	A	3:25.26
5	Bank Ahly Cairo	A	3:23.04
6	NASR	A	3:24.87
7	GHABA	A	3:26.01
8	Betash Club	A	3:28.41
9	Electrecity Isma	A	3:32.84
10	ISMAY	A	3:33.73

**Event 68 Mixed 16-17 4x100 LC Meter Relay BF**

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

2	Qalyob	A	NT
3	Helwan ElKablia	A	NT
4	Tyran Club	A	3:43.81
5	Army Club	A	3:35.40
6	NASR	A	3:37.76
7	MS Obour	A	3:43.90
8	El-Obour	A	NT

**Heat 2 of 2 Finals**

1	Al-Canal	A	3:33.00
2	Electrecity Isma	A	3:31.16
3	Stad Mansoura	A	3:29.68
4	Bank Ahly Cairo	A	3:26.64
5	Manshia Youth	A	3:19.84
6	GHABA	A	3:20.03
7	ElGezira Youth	A	3:28.46
8	Wadi Degla	A	3:29.71
9	Shooting Cairo	A	3:32.12
10	Smouha	A	3:35.16



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

## Meet Program - 7-3-2023

**Event 74 Mixed 18-19 4x100 LC Meter Relay BF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	NASR	A	NT
2	Al-Canal	A	3:45.24
3	Army Club	A	3:31.42
4	Wadi Degla	A	3:23.65
5	GHABA	A	3:14.01
6	Bank Ahly Cairo	A	3:15.67
7	ElGezira Youth	A	3:28.75
8	Shooting Cairo	A	3:34.84
9	ElHadba	A	4:55.30
10	El-Obour	A	NT

**Event 80 Mixed 20 & Over 4x100 LC Meter Relay BF**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Al-Canal	A	NT
2	Bank Ahly Cairo	A	NT
3	El Ealameyen	A	3:33.39
4	GHABA	A	3:22.50
5	Army Club	A	3:21.40
6	Shooting Cairo	A	3:21.57
7	ElGezira Youth	A	3:26.18
8	Pyramids Gardens	A	3:53.87
9	El-Obour	A	NT
10	Helwan ElKabilia	A	NT

**Event 37 Women 14 & Over 800 LC Meter SF**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 12 Finals</b>				
4	Shahd Omar Elsayd	14	Police	NT
5	Lana Hany Aboud Ibrahim	14	Wadi Degla	NT
6	Retag Elsaid Ahmed	14	Elriady Elbahry	NT
7	Manh amr Zakaria	14	Wadi Degla	NT
<b>Heat 2 of 12 Finals</b>				
1	Nada Ahmed Ibrahim	16	Elethead Elskandr	NT
2	Hana Thabet Othman	17	Shooting Cairo	NT
3	Norhan Fahmy Abdelmoty	19	Hykisteb	NT
4	Maya Hitham Mohamed	21	Army Club	NT
5	Nour Sameh Mohamed	23	Smouha	NT
6	Nada Khaled Mohamed	22	Shooting Cairo	NT
7	Touqa Khaled Hagag	20	Al-Canal	NT
8	Yomna Wael Mohamed	17	Electrecity Isma	NT
9	Logen Mohamed Refat	16	Smouha	NT
10	Renad Tamer Shaaban	15	ISMAY	NT

**Heat 3 of 12 Finals**

1	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
2	Mariam Gamil Nadar Abed	15	Wadi Degla	10:25.21
3	Toka Mohamed Mohamed	20	El Ealameyen	10:12.50
4	Hanin Yassar Mohamed Ali	15	GHABA	9:52.95
5	Shadan Ahmed Mahmoud	19	EZEES	9:34.21
6	Yara Sedik Hassan	24	Pyramids Gardens	9:41.37
7	Jana Mostafa Helmy Hassan	14	GHABA	9:55.00
8	Gana Saad Ahmed	15	Bani Ebied	10:15.09
9	Amira Hassan Mohamed	23	Police	10:44.81
10	Mona Wael Hassan	23	Shooting Cairo	NT

**Heat 4 of 12 Finals**

1	Hanan Osama Ali	17	Al-Canal	9:29.75
2	Mereet Hassan Amien	16	ISMAY	9:21.10
3	Malak Nasser Ali	17	NASR	9:15.17
4	Menna Ahmed Mahmoud	21	GHABA	9:08.46
5	Sara Hazem Ibrahim	15	TM Accd	9:03.56
6	Mantallah Mohamed Elsaye	20	Wadi Degla	9:04.54
7	Malak Mohamed Abd Elatey	14	Wadi Degla	9:11.67
8	Jana Mahmoud Ali	14	Al-Canal	9:17.39
9	Roqia Mostafa ali Mohamed	15	El-Obour	9:26.67
10	Malak Haitham Fadel	16	Pyramids Gardens	9:33.07

**Heat 5 of 12 Finals**

1	Jana Ahmed Badwy	14	GHABA	9:01.01
2	Maram Mohamed Abdallah	14	ISMAY	8:59.52
3	Salma Hany Farouk	21	Al-Canal	8:55.64
4	Solava Raed Ibrahim Mahm	15	Smouha	8:54.49
5	Sanaa Gamil Nader	17	Wadi Degla	8:50.84
6	Amira Gamal Abdallah	17	Army Club	8:51.18
7	Fatma Mahmoud Helmy	17	TM Accd	8:55.23
8	Habiba Hany Tarek	16	TM Accd	8:57.18
9	Reem Osama Mohamed	17	Al-Canal	9:00.90
10	Shahd Mohamed Gamal Eld	15	GHABA	9:03.09

**Heat 6 of 12 Finals**

1	Shahd Hossam Gafar	17	Elriady Elbahry	8:47.16
2	Malk Mohamed Goma	16	Betash Club	8:43.84
3	Hanan Shawky Yousif	14	ISMAY	8:41.88
4	Farah Mostafa Magdy	15	Smouha	8:41.03
5	Yara Haymen Elsayed Youss	18	Elriady Elbahry	8:40.70
6	Shahd Mohamed Mostafa	15	ISMAY	8:40.95
7	Nour Gamal Eldin Sayed	14	Al-Canal	8:41.84
8	Hala Ahmed Magdy	14	TM Accd	8:43.54
9	Tabarak Mohamed Salah	14	Electrecity Isma	8:45.69
10	Nada Amr Mohamed Abdha	17	GHABA	8:47.53

**Heat 7 of 12 Finals**

1	Rawan Ehab Hussin	16	Bank Ahly Cairo	8:39.51
2	Joury Yasar Ali Mohamed	14	Elethead Elskandr	8:35.43
3	Farida Yasser Goda Abd EIM	14	NASR	8:32.45
4	Malak Mohamed Mahmoud	16	GHABA	8:29.43
5	Malak Mohamed Fekry Ahr	16	Stad Mansoura	8:26.03
6	Hanan Mohamed Sami	15	NASR	8:28.57
7	Rodaina Hossam Salah	15	NASR	8:31.71
8	Lara Magdy Kamel	22	GHABA	8:33.25
9	Gana Ali Abdelhady Ibrahe	16	Stad Mansoura	8:37.66
10	Rawan Waled Mohamed Arr	15	GHABA	8:40.09

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## Meet Program - 7-3-2023

**Heat 8 Finals (#37 Women 14 & Over 800 LC Meter SF)**

1	Essel Ahmed Mansour	14	ElMasry Port Sai	8:24.66
2	Ganna Amr Abd El-Khalek	16	Al-Canal	8:22.83
3	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	8:19.28
4	Malk Said Abdelrazek	16	Smouha	8:17.41
5	Jana Khaled Ali Abd Elsal	14	El-Temsah	8:16.24
6	Roaa Hassan Said Nagm	14	El-Obour	8:16.84
7	Fatama Amr Bayoumi Ahme	21	Army Club	8:17.64
8	Yasmin Adel Sayid Sayid	16	EZEES	8:21.50
9	Mariam Tamer Sayed	16	Electrecity Isma	8:24.31
10	Nada Elsayed Hassan Moha	14	Electrecity Isma	8:24.92

**Heat 9 of 12 Finals**

1	Sedara Ahmed Mohamed	14	Army Club	8:13.17
2	Rawan Ahmed Ibrahim	15	ISMAY	8:12.93
3	Malak Alaa Aldin Khlousy	15	Police	8:10.15
4	Basmala Wael Ahmed Moha	15	Wadi Degla	8:08.12
5	Sara Mohamed Elsonosy	14	NASR	8:06.46
6	Rana Abd Elmonem Zaky	14	Betash Club	8:07.05
7	Yara Attif Mohamed	16	Smouha	8:08.86
8	Mariam Mohamed Mohame	19	Elriady Elbahry	8:12.30
9	Reem Said Mohamed	16	Tagamoa Heights	8:13.07
10	Radwa Ahmed Hassan	18	Smouha	8:15.18

**Heat 10 of 12 Finals**

1	Jana Sherif Mohamed Mous	16	Olimpic Club	8:05.17
2	Shahd Ahmed Fakhr	17	ISMAY	8:03.99
3	Khadija Khaled Naeem ElDe	14	Wadi Degla	8:03.95
4	Roqia Mohamed Omar Habs	14	Bank Alx	8:01.82
5	Wesam Hany Mahmoud	15	ISMAY	7:58.94
6	Manar Mohamed Moustafa	19	GHABA	8:01.26
7	Malak Mohamed Farouk Sa	19	Elriady Elbahry	8:03.84
8	Jana Ali Sobhy Abd Elkadr	14	Betash Club	8:03.99
9	Reem Ehab Mohamed Nour	14	GHABA	8:05.17
10	Habiba Mohamed Eid Hass	15	Al-Canal	8:05.31

**Heat 11 of 12 Finals**

1	Mariam Ali Mohamed	16	GHABA	7:58.62
2	Mai Tarek ali	15	ISMAY	7:57.78
3	Malak Mohamed Ahmed	15	Elethead Elskandr	7:57.38
4	Nada Ibrahim Gohar	21	Smouha	7:53.74
5	Rokaya Essam Goda Abd El	14	GHABA	7:49.76
6	Joudy Rada Mohamed	15	Betash Club	7:50.89
7	Joudy Ahmed Fouad	16	GHABA	7:55.61
8	Farah Wail El Maadawy	15	Elriady Elbahry	7:57.47
9	Mena Mohamed Fouad	15	El-Temsah	7:57.99
10	Lila Amr Ahmed	17	Elethead Elskandr	7:58.70

**Heat 12 of 12 Finals**

1	Roudina Sherif Mosad	17	GHABA	7:46.28
2	Sara Abd ElFatah Abdazem	19	Al-Canal	7:44.40
3	Gamila Ali Saber	18	Suez C.P.Said	7:34.51
4	Nada Magdy Abou Moslam	18	GHABA	7:26.26
5	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	7:23.34
6	Ghada Mohamed Ahmed	16	Wadi Degla	7:25.15
7	Haba Mohamed Shawky	19	GHABA	7:31.06
8	Walaa Araby Ramadan	17	ISMAY	7:37.93
9	Malk Mohamed Abouelela	14	NASR	7:45.89
10	Malak Waled Monire	19	GHABA	7:47.84