

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

Meet Program - 8-3-2023

Event 35 Women 14 & Over 400 LC Meter SF

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Finals

2	Hanan Shawky Yousif	14	ISMAY	NT
3	Noor Osama Mohamed	14	Masr Betrol	NT
4	Hana Thabet Othman	17	Shooting Cairo	NT
5	Cinderla Zaki Hassan	17	Shooting Cairo	NT
6	Sama Zakarya Mohamed	17	Alshark Sports	NT
7	Julia Remon Samir	15	GHABA	NT
8	Amal Mahmoud Saeid	14	El-Temsah	NT
9	Manh amr Zakaria	14	Wadi Degla	NT

Heat 2 of 14 Finals

1	Hana Mohamed Abd Elmge	17	Pyramids Gardens	NT
2	Ghehan Saad Abd Elrahman	18	ISMAY	NT
3	Mantallah Mohamed ElSaye	20	Wadi Degla	NT
4	Monaya Wael Hussien	20	Shooting Cairo	NT
5	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
6	Nada Khaled Mohamed	22	Shooting Cairo	NT
7	Reem Khaled Mohamed	20	Shooting Cairo	NT
8	Salma Waeel	20	Shooting Cairo	NT
9	Nada Mahmoed Mohamed	18	Masr Betrol	NT
10	Yomna Wael Mohamed	17	Electrecity Isma	NT

Heat 3 of 14 Finals

1	Amira Hassan Mohamed	23	Police	5:09.79
2	Toka Mohamed Mohamed	20	El Ealameyen	4:55.12
3	Jana Mostafa Helmy Hassan	14	GHABA	4:50.28
4	Norhan Fahmy Abdelmoty	19	Hykisteb	4:48.78
5	Haidy Mohamed Abd Elham	16	Elriady Elbahry	4:47.95
6	Hanin Yassar Mohamed Ali	15	GHABA	4:48.28
7	Lamis Hany Hoseny	20	GHABA	4:49.51
8	Shadan Ahmed Mahmoud	19	EZEES	4:53.35
9	Mariam Gamil Nadar Abed	15	Wadi Degla	4:55.62
10	Judy Mohamed Abo-Elaene	15	GHABA	6:06.61

Heat 4 of 14 Finals

1	Malk Abd Alnmam Ahmad M	16	EZEES	4:36.42
2	Touqa Khaled Hagag	20	Al-Canal	4:31.84
3	Retag Elsaid Ahmed	14	Elriady Elbahry	4:30.30
4	Solava Raed Ibrahim Mahm	15	Smouha	4:27.72
5	Sandra Hatem Kamel	17	Tyran Club	4:26.98
6	Fatma Mahmoud Helmy	17	TM Acd	4:27.00
7	Lana Hany Aboud Ibrahim	14	Wadi Degla	4:28.48
8	Yara Haymen Elsayed Youss	18	Elriady Elbahry	4:30.96
9	Jana Ahmed Maher	14	NASR	4:34.64
10	Yara Sedik Hassan	24	Pyramids Gardens	4:38.04

Heat 5 of 14 Finals

1	Shahd Mohamed Gamal Eld	15	GHABA	4:25.23
2	Mariam Tarek Ghazy Mohar	16	Tyran Club	4:23.11
3	Mereet Hassan Amien	16	ISMAY	4:22.91
4	Salma Sabry Ibrahim	17	Army Club	4:21.78
5	Logina Hosam Mohamed	14	El-Obour	4:21.34
6	Habiba Hany Tarek	16	TM Acd	4:21.54
7	Malak Nasser Ali	17	NASR	4:22.37
8	Jana Mahmoud Ali	14	Al-Canal	4:22.96
9	Rahma Naile Abd Elwahab	14	Army Club	4:24.51
10	Malak Haitham Fadel	16	Pyramids Gardens	4:25.60

Heat 6 of 14 Finals

1	Anan Magdy Tawfik	21	El Ealameyen	4:18.87
2	Salma Tarek Ghazy Mohame	16	Tyran Club	4:17.84
3	Reem Osama Mohamed	17	Al-Canal	4:17.63
4	Hana Yaser Mohamed	16	El-Obour	4:16.37
5	Malak Hitham Fawzy	15	Suez C.P.Said	4:14.09
6	Hala Ahmed Magdy	14	TM Acd	4:14.40
7	Yasmin Abdo Mohamed	25	Police	4:17.43
8	Maram Mohamed Abdallah	14	ISMAY	4:17.73
9	Malak Mohamed Abd Elatey	14	Wadi Degla	4:18.70
10	Khalod Ahmed Samy	16	Bank Ahly Cairo	4:20.15

Heat 7 of 14 Finals

1	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	4:13.54
2	Nour Gamal Eldin Sayed	14	Al-Canal	4:12.96
3	Sara Hazem Ibrahim	15	TM Acd	4:10.53
4	Gana Ali Abdelhady Ibrahe	16	Stad Mansoura	4:09.99
5	Rawan Ehab Hussin	16	Bank Ahly Cairo	4:08.35
6	Lara Magdy Kamel	22	GHABA	4:08.35
7	Amira Gamal Abdallah	17	Army Club	4:10.07
8	Jana Ahmed Badwy	14	GHABA	4:12.31
9	Malk Mohamed Gomaa	16	Betash Club	4:13.36
10	Menna Ahmed Mahmoud	21	GHABA	4:13.90

Heat 8 of 14 Finals

1	Mariam Mahmoud Atia	16	Elriady Elbahry	4:06.41
2	Habiba Ahmed Magdy	16	TM Acd	4:06.01
3	Yasmin Adel Sayid Sayid	16	EZEES	4:05.34
4	Shahd Mohamed Mostafa	15	ISMAY	4:04.71
5	Malak Mohamed Mahmoud	16	GHABA	4:03.29
6	Nour Ashrf Nagah Zaky	14	Electrecity Isma	4:04.48
7	Farida Yasser Goda Abd ElW	14	NASR	4:04.85
8	Rawan Waled Mohamed Arr	15	GHABA	4:05.70
9	Rodaina Hossam Salah	15	NASR	4:06.32
10	Jana amr Kamal	15	Wadi Degla	4:06.98

Heat 9 of 14 Finals

1	Essel Ahmed Mansour	14	ElMasry Port Sai	4:02.46
2	Shahd Hossam Gafar	17	Elriady Elbahry	4:02.23
3	Rawan Ahmed Ibrahim	15	ISMAY	4:01.18
4	Mariam Tamer Sayed	16	Electrecity Isma	4:00.02
5	Gaska Samy Adly	17	Wave	3:59.35
6	Fatama Amr Bayoumi Ahme	21	Army Club	3:59.50
7	Mariam Ayman Abd ElGawa	14	Elethead Elskandr	4:00.56
8	Mariam Mohamed Mohame	19	Elriady Elbahry	4:01.50
9	Sanaa Gamil Nader	17	Wadi Degla	4:02.35
10	Yara Attif Mohamed	16	Smouha	4:02.46

Heat 10 of 14 Finals

1	Ganna Amr Abd El-Khalek	16	Al-Canal	3:59.23
2	Logen Mohamed Refat	16	Smouha	3:58.24
3	Roaa Hassan Said Nagm	14	El-Obour	3:57.54
4	Sara Mohamed Elsonosy	14	NASR	3:55.78
5	Nada Amr Mohamed Abdha	17	GHABA	3:54.75
6	Jana Khaled Ali Abd Elsal	14	El-Temsah	3:55.64
7	Malk Said Abdelrazek	16	Smouha	3:57.37
8	Radwa Ahmed Hassan	18	Smouha	3:57.71
9	Joury Yasar Ali Mohamed	14	Elethead Elskandr	3:58.57
10	Malak Alaa Aldin Khlosy	15	Police	3:59.28

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Heat 11 Finals (#35 Women 14 & Over 400 LC Meter SF)

1	Malak Mohamed Farouk Sa	19	Elriady Elbahry	3:53.50
2	Jana Mohamed Fathe	16	Alshark Sports	3:52.54
3	Reem Said Mohamed	16	Tagamoa Heights	3:51.84
4	Habiba Mohamed Eid Hass	15	Al-Canal	3:51.78
5	Jana Sherif Mohamed Mous	16	Olimpic Club	3:50.09
6	Rana Abd Elmonem Zaky	14	Betash Club	3:50.77
7	Khadija Khaled Naeem ElDe	14	Wadi Degla	3:51.82
8	Sedara Ahmed Mohamed	14	Army Club	3:52.32
9	Roqia Mohamed Omar Habs	14	Bank Alx	3:53.48
10	Reem Ehab Mohamed Nour	14	GHABA	3:54.03

Heat 12 of 14 Finals

1	Manar Mohamed Moustafa	19	GHABA	3:48.90
2	Mariam Ali Mohamed	16	GHABA	3:47.90
3	Jana Ali Sobhy Abd Elkadr	14	Betash Club	3:47.00
4	Walaa Araby Ramdan	17	ISMAY	3:46.31
5	Shahd Ahmed Fakhr	17	ISMAY	3:45.00
6	Basmala Wael Ahmed Moha	15	Wadi Degla	3:46.17
7	Malak Waled Monire	19	GHABA	3:46.64
8	Hanan Mohamed Sami	15	NASR	3:47.23
9	Hala Sherif Hussin Tawfik	16	Smouha	3:48.06
10	Lila Amr Ahmed	17	Elethead Elskandr	3:50.01

Heat 13 of 14 Finals

1	Mai Tarek ali	15	ISMAY	3:43.97
2	Wesam Hany Mahmoud	15	ISMAY	3:43.26
3	Roudina Sherif Mosad	17	GHABA	3:42.59
4	Nada Ibrahim Gohar	21	Smouha	3:41.74
5	Yasmien Mohamed Fathy	16	GHABA	3:41.40
6	Malk Mohamed Abouelela	14	NASR	3:41.62
7	Farah Wail El Maadawy	15	Elriady Elbahry	3:42.31
8	Joudy Ahmed Fouad	16	GHABA	3:42.65
9	Joudy Rada Mohamed	15	Betash Club	3:43.37
10	Malak Mohamed Ahmed	15	Elethead Elskandr	3:44.04

Heat 14 of 14 Finals

1	Rokaya Essam Goda Abd El	14	GHABA	3:40.84
2	Maya Hitham Mohamed	21	Army Club	3:36.85
3	Sara Abd ElFatah Abdazem	19	Al-Canal	3:35.25
4	Nada Magdy Abou Moslam	18	GHABA	3:31.03
5	Gamila Ali Saber	18	Suez C.P.Said	3:30.15
6	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	3:30.60
7	Ghada Mohamed Ahmed	16	Wadi Degla	3:33.64
8	Renad Tamer Shaaban	15	ISMAY	3:35.46
9	Mena Mohamed Fouad	15	El-Temsah	3:40.76
10	Haba Mohamed Shawky	19	GHABA	3:41.18

Event 36 Men 14 & Over 400 LC Meter SF

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Finals

2	Youssef Abd Elrahman Abde	14	El-Obour	NT
3	Yassen Khaled Ahmed Moh	14	Tyran Club	NT
4	Sayed Mohamed el Sayed	14	ISMAY	NT
5	Zeyad Hesham Mohamed	15	Electrecity Isma	NT
6	Mohamed Haytham Moham	14	Shooting Cairo	NT
7	Adham Mohamed Ghobashy	14	Wadi Degla	NT
8	ali Hedyia ali	14	Elethead Elskandr	NT

Heat 2 of 14 Finals

1	Yousef Ashraf Aly	15	Bank Alx	NT
2	Mohamed Ezzat Abd Allah	16	Army Club	NT
3	Abd ElRahman Magad Moh	16	ISMAY	NT
4	Mohamed Kamal Ali Hafaz	17	Smouha	NT
5	Khaled Ahmed Yousef Moh	17	Wadi Degla	NT
6	David Mechil Marzouk	17	GHABA	NT
7	Amar Ahmed Abd ELAziz	17	Shooting Cairo	NT
8	Anwar Waleed Anwar Elkha	16	Tyran Club	NT
9	Yousif Elsayed Mahmoud	15	Wadi Degla	NT
10	Youssef Diaa ELDin AbdElFa	15	TM Acd	NT

Heat 3 of 14 Finals

1	Anas Ahmed Mohmod	17	Elriady Elbahry	NT
2	Seif Ahmed Elhadedy	18	Wadi Degla	NT
3	Bassel Medhat Salah	18	Pyramids Gardens	NT
4	Ahmed Tamr Abd El-Kadr	19	Electrecity Isma	NT
5	Ahmed Emad Abd ELAzim	20	GHABA	NT
6	Abdallah Tamer Abdallah	20	Shooting Cairo	NT
7	Amaar Waeell Abd El Azzez	18	GHABA	NT
8	Taha Tarek Samy	18	Shooting Cairo	NT
9	amr Mahmoud Khaled	18	Electrecity Isma	NT
10	Emad Hisham Mohamed	17	Electrecity Isma	NT

Heat 4 of 14 Finals

1	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT
2	Ahmed Adel Khalil	24	Shooting Cairo	NT
3	Yasin Ahmed Mahmoud	14	GHABA	4:20.70
4	Antowan Amir Sami	14	GHABA	4:16.14
5	Mahmoud Tarek Noman EIF	14	GHABA	4:10.34
6	Zyad Mohamed abd Elglel	15	Al-Canal	4:12.74
7	Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	4:17.95
8	Hazem Mohamed ElSayed	14	GHABA	4:25.71
9	Balal Wael Salah Eldin	21	Shooting Cairo	NT
10	Asem Khaled Mohamed	20	Shooting Cairo	NT

Heat 5 of 14 Finals

1	Mohaned amr Abdallah	14	GHABA	4:07.48
2	Ayad Hisham Mohamed	14	Army Club	4:07.04
3	Mazen Mohyelddeen Anwar	16	Tyran Club	4:06.96
4	Mostafa Mohamed Ibrahim	16	ISMAY	4:04.91
5	Moaz Shehata Mohamed	14	NASR	4:03.48
6	Adham Mohamed Goumaa	17	Army Club	4:04.61
7	Mohamed Tarek Fakhry	15	NASR	4:05.45
8	Abd ElRahman Mohamed A	14	Elriady Elbahry	4:07.02
9	Youssef Ahmed Mustafa	14	Army Club	4:07.35
10	Abdulla Ahmed Sobhy Wahl	16	Tyran Club	4:09.75

Heat 6 of 14 Finals

1	Mohamed Abdellhady Moh	14	ISMAY	3:59.79
2	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	3:57.79
3	Zeyad amr Ahmed	15	ISMAY	3:56.29
4	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	3:55.00
5	Ahmed Mohamed Mostsfa Sh	15	Wadi Degla	3:54.76
6	Mostafa Mahmoud Shokry	15	GHABA	3:54.78
7	Seif Emad Ahmed	14	Electrecity Isma	3:56.08
8	Mohamed Hayman Elsayed	16	Elriady Elbahry	3:57.73
9	Ahmed Esaam Saed	23	Bank Ahly Cairo	3:58.43
10	Marawan Seleman Mohame	14	Electrecity Isma	4:02.94

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Heat 7 Finals (#36 Men 14 & Over 400 LC Meter SF)

1	Mohamed Ali Ghubashy	16	GHABA	3:53.06
2	Mark Baher Emile Ibrahim	14	ISMAY	3:51.53
3	Seif Ahmed Safa Ibrahim	15	El-Temsah	3:51.00
4	Seif Amr Said Abou Majd	14	Betash Club	3:49.40
5	Omar Ashraf Mohamed	15	Army Club	3:47.17
6	Abd Elrahman Sameh Ezz E	16	NASR	3:47.43
7	Khaled Mohamed Adel	14	Al-Canal	3:49.70
8	Yousef Eslam Mohamed	15	ISMAY	3:51.28
9	Mohamed Raouf Mohamed	14	GHABA	3:53.00
10	Loay Medhat Elmandra	14	Economic Reg.	3:53.53

Heat 8 of 14 Finals

1	Mohamed Tarek Mahmoud	14	Wave	3:46.55
2	Mekhael Hesham Adly	18	GHABA	3:44.87
3	Seif Said Mohamed Gamal	18	GHABA	3:43.21
4	Yasin Ahmed Mahmoud Wa	15	El-Temsah	3:42.39
5	Mohamed Atef Hassan Huss	15	Betash Club	3:42.23
6	Yossef Hathem Eldomyaty	15	Suez C.P.Said	3:42.27
7	Amar Ahmed Safaa Ibrahim	18	El-Temsah	3:42.76
8	Youssif Mohamed Mamoud	15	Elriady Elbahry	3:44.65
9	Mohamed Khaled Ali Oraby	15	Al-Canal	3:45.00
10	Mohamed Mahmoud Sedek	15	ISMAY	3:46.92

Heat 9 of 14 Finals

1	Adam Mohamed Salem Das	17	ISMAY	3:40.80
2	abd Elrahman Moustafa Kas	19	Suez C.P.Said	3:40.43
3	Mohamed Abd Allah Hamec	15	Betash Club	3:39.93
4	Moaz Hamedo Almaz	16	GHABA	3:39.79
5	Abdallah Abou ElAzm Ibrah	15	Elethead Elskandr	3:39.16
6	Basel Osama ElSayed	20	ISMAY	3:39.16
7	Fars Ahmed Nabil	18	Police	3:39.85
8	Yousef Mohamed Mostafa	14	Elethead Elskandr	3:40.29
9	Mahmoud Ahmed Mohmed	17	Elethead Elskandr	3:40.75
10	Omar Ehab Rashad	14	Police	3:42.07

Heat 10 of 14 Finals

1	Moustafa Ahmed Essam	16	ISMAY	3:38.21
2	Omar El-Hag Ali	17	Al-Canal	3:37.67
3	Gaser Hosam Ahmed	15	Elethead Elskandr	3:37.40
4	Zeyad Ahmed Abdelmonein	15	NASR	3:36.64
5	Yousef Mohamed Abdelmeg	16	Electrecity Isma	3:33.57
6	Abou Bakr Khaled Naeem H	16	Wadi Degla	3:33.75
7	Mohamed Ahmed Abd Eltav	14	Al-Canal	3:36.76
8	Osama Abdalrahman Adb A	18	El-Obour	3:37.46
9	Zouhair Sherif Ahmed	14	ISMAY	3:37.88
10	Kaled Magde abd Alfatah	18	ISMAY	3:38.81

Heat 11 of 14 Finals

1	Amar Motaz Ibrahim	14	GHABA	3:31.92
2	Abdelrahman Mohamed Kh	14	Al-Canal	3:31.58
3	Yousef Ayman Abdelatif	17	Wave	3:31.36
4	Mahmoud Mounir Abdelnal	15	NASR	3:30.02
5	Mazen Mohamed Elsayed	21	Al-Canal	3:27.88
6	Ibrahem Mohamed Abd El M	16	Al-Canal	3:29.29
7	Abdelazim AbdelfattahAbde	17	Al-Canal	3:31.01
8	Ahmed Mohamed Ahmed	15	TM Acd	3:31.57
9	amr Wael Ebrahem	18	m u c	3:31.86
10	Tarek Hassan	16	El-Temsah	3:32.65

Heat 12 of 14 Finals

1	Zeyad Ahmed Mahmoud	19	Army Club	3:27.65
2	Youssef Ibrahim Mahmoud	21	Elethead Elskandr	3:26.86
3	Mahmoud Mohamed Mahar	16	Economic Reg.	3:25.68
4	Adham Hossam Ibrahim	17	Elethead Elskandr	3:25.16
5	Omar Mohamed Adly Moha	16	Tyran Club	3:23.56
6	Abd El-Rahman Ali Saed Aw	22	Elethead Elskandr	3:24.16
7	Ahmed Abo Bakr Azmy	18	Elriady Elbahry	3:25.59
8	Moustafa Awad Mohamed	16	GHABA	3:26.51
9	Osama Mohamed ElSayed	20	Wadi Degla	3:27.43
10	Anas Ahmed Mohmed Mahr	15	ISMAY	3:27.82

Heat 13 of 14 Finals

1	Yousef Amen Mohamed Ma	17	Electrecity Isma	3:22.70
2	Youssef Ahmed Youssef	19	Wadi Degla	3:22.37
3	Mazen Tamer Seleman	17	Al-Canal	3:22.33
4	Ahmed Mohamed Mohamed	16	Al-Canal	3:21.21
5	Omar Mohamed Abdelgwad	16	Stad Mansoura	3:20.62
6	Ahmed Husin Abas	20	Elriady Elbahry	3:20.71
7	Adel Badr Fatoh	15	Wave	3:22.22
8	Gaber Yaser Gaber	16	Elstol Club	3:22.35
9	Hassan Mohamed Adel	16	Al-Canal	3:22.64
10	Ahmed Ashraf Mahmoud M	14	Electrecity Isma	3:22.96

Heat 14 of 14 Finals

1	Omar Mahmoud Mohamed	17	Elethead Elskandr	3:18.04
2	Moustafa Nabel El-Saed	19	Elriady Elbahry	3:16.04
3	Momen Ibrahim Mahmoud	17	Wadi Degla	3:14.81
4	Ahmed Amr Mohamed Moh	16	Smouha	3:13.90
5	Mahmoud Waled Ali Mohan	20	GHABA	3:08.06
6	Mohab Ihab Helmy Moham	16	Bank Ahly Cairo	3:11.71
7	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	3:14.73
8	Youssef Wael Abd Elsalam	18	Elethead Elskandr	3:15.06
9	Adham Ahmed Mohamed F	21	GHABA	3:17.82
10	Mohamed Esam Mohamed I	17	Elethead Elskandr	3:19.09

Event 47 Women 14 & Over 400 LC Meter BF

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Finals				
1	Doha Mohamed Khamis Mo	15	ElGezira Youth	NT
2	Hanen Sayed Ahmed Ismail	15	Shooting Cairo	NT
3	Jomana Hany Fathy	15	GHABA	NT
4	Nour Mohsen Fahmy Hassa	15	EIMarikh	NT
5	Norhan Fahmy Abdelmoty	19	Hykisteb	NT
6	Waten Tamer Salh EL Din	16	6thYC	NT
7	Jana Tamer Fakhry	15	Pyramids Gardens	NT
8	Basmala Wael Ahmed Moha	15	Wadi Degla	NT
9	Maryam Khaled Hmza	15	Al-Tawkilat Mela	NT
10	Habiba Ahmed Mohammed	14	El-Temsah	NT

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Heat 2 Finals (#47 Women 14 & Over 400 LC Meter BF)

1	Monaya Wael Hussien	20	Shooting Cairo	NT
2	Roba Mmdouh Mahfouz	20	Shooting Cairo	NT
3	Jasmin Wael Saad	21	Shooting Cairo	NT
4	Dohe Haney Yousef	21	El-Obour	6:04.26
5	Tomoh Abdelrahman	20	Al-Talbia	5:37.36
6	Remas Hany Fawzy	14	Tyran Club	5:50.09
7	Lamis Mohamed Qassim	15	Al-Talbia	6:17.96
8	Salma Mohamed Talaat Seif	21	Yacht Giza	NT
9	Login Youssef Ahmed	20	Army Club	NT
10	Habiba Salah Abd Elaziz	19	Petrosport	NT

Heat 3 of 12 Finals

1	Hanin Yassar Mohamed Ali	15	GHABA	5:29.67
2	Sama Hegazy Eid	15	Al-Talbia	5:24.04
3	Lara Mohamed Elgohary	15	NASR	5:12.12
4	Youmna Hesham Ramadan	21	Pyramids Gardens	5:05.18
5	Karen Samy Abader	17	El Ealameyen	5:02.18
6	Rawan Ehab Hussin	16	Bank Ahly Cairo	5:02.31
7	Jana Mahmoud Ali	14	Al-Canal	5:09.62
8	Mariam Mohamed Hassan M	14	Tyran Club	5:15.54
9	Rodina Omar Kamal	17	Al-Talbia	5:29.32
10	Habiba Shrif Elmorsy Moha	15	Goldi	5:33.57

Heat 4 of 12 Finals

1	Mariam Hesham Mahmoud	17	Goldi	4:57.54
2	Maram Ahmed Hamdy	17	NASR	4:56.15
3	Roqia Abd ElTawab AbdRah	14	El-Obour	4:50.64
4	Soundos Ahmed Mohamed	16	MS Obour	4:50.27
5	Malk Said Abdelrazek	16	Smouha	4:48.54
6	Logina Hosam Mohamed	14	El-Obour	4:49.96
7	Sara Amr Mohamed Ahmed	14	Army Club	4:50.53
8	Mariam Mohamed AbdElAz	14	TM Acd	4:53.48
9	Farah Bassim Mohi	16	Police	4:57.46
10	Mariam Saleh Ramdan	20	Bank Ahly Cairo	4:57.81

Heat 5 of 12 Finals

1	Ganna Amr Abd El-Khalek	16	Al-Canal	4:47.17
2	Hana Hassan Sayed Hassan	17	Electrecity Isma	4:45.82
3	Naghmag Mahmoud Kamel	17	Tagamoa Heights	4:44.79
4	Nour Mohamed Elsayed	14	Manshia Youth	4:42.14
5	Rokaia M Elorbany	15	Economic Reg.	4:40.80
6	Norseen Mohamed Ismail	15	Manshia Youth	4:41.29
7	Malak Nasser Mohamed	17	EG Swaim	4:44.14
8	Gana Saad Ahmed	15	Bani Ebied	4:44.90
9	Saga Hesham Hasan	23	GHABA	4:47.03
10	Rawan Yasser Wahed	16	Tagamoa Heights	4:47.87

Heat 6 of 12 Finals

1	Maram Mohamed Abdallah	14	ISMAY	4:40.59
2	Login Mohamed Adel Darw	14	Manshia Youth	4:40.12
3	Shahd Elsayed Hassan Moh	15	Electrecity Isma	4:37.61
4	Mariam Ahmed Farouk	18	Pyramids Gardens	4:36.76
5	Rodina Fahmy Abdelmonen	15	Hykisteb	4:35.62
6	Gharam Ayman Alsaid	21	El Ealameyen	4:36.36
7	Fagr Osama Farouk	17	Al-Canal	4:36.96
8	Lamar Mohamed Salah	15	Electrecity Isma	4:39.08
9	Rinad Ahmed Yousef	15	Wadi Degla	4:40.36
10	Salma Ahmed Abdelghani	16	NASR	4:40.68

Heat 7 of 12 Finals

1	Amira Gamal Abdallah	17	Army Club	4:32.53
2	Malak Mohamed Mahmoud	16	GHABA	4:32.36
3	Rana Abd Elmonem Zaky	14	Betash Club	4:30.91
4	Dalia Karm Hamed	20	ElGezira Youth	4:29.78
5	Sama Mohamed Ahmed	17	Wadi Degla	4:29.48
6	Sara Rabey Marzouk	16	TM Acd	4:29.62
7	Malak Mohamed Abd ElKad	20	GHABA	4:30.09
8	Malak Mohamed Fekry Ahr	16	Stad Mansoura	4:31.54
9	Yasmin Adel Sayid Sayid	16	EZEES	4:32.46
10	Fatima Zahra Alaa Eldin	21	El Ealameyen	4:33.07

Heat 8 of 12 Finals

1	Habiba Khaled Saad	15	Pyramids Gardens	4:28.95
2	Tasnim Mohamed Galal	19	Smouha	4:28.31
3	Farah AlaaEldin Ali	19	ISMAY	4:26.42
4	Manar Mohamed Moustafa	19	GHABA	4:26.23
5	Retag Amr Mohamed Sayed	15	Sharks Team	4:25.01
6	Shahd Ahmed Fouad	16	ElGezira Youth	4:25.43
7	Retaj Hosam Eldin Mostafa	16	ElGezira Youth	4:26.40
8	Jana Ali Sobhy Abd Elkadr	14	Betash Club	4:27.00
9	Renad Tamer Shaaban	15	ISMAY	4:28.44
10	Mai Ahmed Sayed Abdel Mo	15	Army Club	4:29.18

Heat 9 of 12 Finals

1	Hagar Tamar Mohamed San	14	Manshia Youth	4:24.58
2	Joudy Sherif ElMaas	19	Elethead Elskandr	4:24.55
3	Somaia Ahmed Mohamed H	18	GHABA	4:23.36
4	Farah Mohamed Sayed Salel	17	ElGezira Youth	4:22.70
5	Nardin Ismail abd Elaziz	21	Olimpic Club	4:22.22
6	Khadija Khaled Naeem ElDe	14	Wadi Degla	4:22.45
7	Remaz Sameh Hassan Ali	14	GHABA	4:22.90
8	Jamanuh Haytham Samir	17	Pyramids Gardens	4:23.59
9	Nour Sameh Mohamed	23	Smouha	4:24.57
10	Joudy Rada Mohamed	15	Betash Club	4:24.66

Heat 10 of 12 Finals

1	Mena Mohamed Fouad	15	El-Temsh	4:21.73
2	Esrar Ehab Zamel	19	Bank Ahly Cairo	4:19.64
3	Roudina Sherif Mosad	17	GHABA	4:18.89
4	Retag Mohamed Gamal	16	Tagamoa Heights	4:17.31
5	Naden Alaa Elden Arafa	17	Betash Club	4:16.79
6	Nour Saber Ibrahim Saber	14	Olimpic Club	4:16.88
7	Fatma Ayman Saeied Ahme	20	GHABA	4:18.64
8	Salma Saad Mohamed	15	Elethead Elskandr	4:19.07
9	Mai Tarek ali	15	ISMAY	4:21.61
10	Nana Abo el Hassan ali	19	Al-Tersana	4:21.82

Heat 11 of 12 Finals

1	Ghehan Saad Abd Elrahman	18	ISMAY	4:16.34
2	Walaa Araby Ramdan	17	ISMAY	4:15.42
3	Joudy Ahmed Fouad	16	GHABA	4:14.56
4	Rokaya Essam Goda Abd El	14	GHABA	4:12.65
5	Lobna Mohamed Hassan Ta	19	Bank Ahly Cairo	4:10.68
6	Rahma Ashraf Mohamed	19	Bank Ahly Cairo	4:10.89
7	Shahd Ahmed Fakhr	17	ISMAY	4:13.20
8	Ghada Mohamed Ahmed	16	Wadi Degla	4:15.07
9	Kenzy Mohamed Shawky	16	Manshia Youth	4:16.09
10	Rawan Khaled Osama	17	El Ealameyen	4:16.62

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Heat 12 Finals (#47 Women 14 & Over 400 LC Meter BF)

1	Moren Yusif Salih	16	Manshia Youth	4:08.63
2	Login Mohamed Shawky	16	Manshia Youth	4:06.67
3	Nada Magdy Abou Moslam	18	GHABA	4:06.48
4	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	4:06.06
5	Aliaa Ehab Abdel Moneim	16	Pyramids Gardens	4:00.57
6	Mariam Galal Said	22	GHABA	4:06.03
7	Basmala Sobhe Mohamed	19	GHABA	4:06.45
8	Nada Ahmed Osman	24	Pyramids Gardens	4:06.67
9	Noha Mohamed Abd El Wah	16	Manshia Youth	4:06.82
10	Gana Elsayed Abdelhamed	16	Stad Mansoura	4:09.59

Event 48 Men 14 & Over 400 LC Meter BF

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Finals

4	Mohamed Yaser Mohamed	14	Wave	NT
5	Mohamed Haytham Moham	14	Shooting Cairo	NT
6	Yahya Ayman Abd Elhay	14	Petrosport	NT

Heat 2 of 21 Finals

2	Marwan Mohamed ElSayed	14	Shooting Cairo	NT
3	Yasin Amad Mohamed	14	6thYC	NT
4	Ahmed Hilal Ahmed Hilal	14	ISMAY	NT
5	Omar Mohamed Ali Ebrahim	15	Smouha	NT
6	Mohamed Saad Hamdy	15	ElHadba	NT
7	Taha Naim Mustafa	14	Suez C.P.Said	NT
8	Mohamed Tamer Elsayd Aa	14	Manshia Youth	NT
9	Hamza Ehab Saad	14	6thYC	NT

Heat 3 of 21 Finals

1	Yousef Mohamed Aly	15	Shooting Cairo	NT
2	Mohaned Mohamed Shaban	15	Al-Tersana	NT
3	Mukhtar Tarik Abd El-khabi	15	ElHadba	NT
4	aly Haisham Said	15	Shooting Cairo	NT
5	Omar Mohamed Kamal Mah	16	Shooting Cairo	NT
6	Omar Ahmed Bahlol	15	Wadi Degla	NT
7	Moamen Mustafa Mohamed	15	Shooting Cairo	NT
8	Mazan Mohamed Kamel	15	Economic Reg.	NT
9	Youssef Tariq Hisham	15	EZEES	NT
10	Mustafa Mohamed Bayomi	15	EG Swaim	NT

Heat 4 of 21 Finals

1	Abo Bakr Ahmed Abo Bakr	16	Army Club	NT
2	Adham Shrif Farid	16	Shooting Cairo	NT
3	Eyad Ahmed Said Bayomy	16	Tyran Club	NT
4	Yousef Tamer Salah EL Din	16	6thYC	NT
5	Mohamed Sameh Mohamed	16	Tyran Club	NT
6	Mohand Mohamed Salah	16	El-Moqatam	NT
7	Ahmed Tarek Ahmed Elsaye	16	Manshia Youth	NT
8	Basel Salah Mohamed	16	Al-Talbia	NT
9	Karem Mohamed Ahmed Za	16	El-Obour	NT
10	Youssef Mohamed Abdellati	16	Elriady Elbahry	NT

Heat 5 of 21 Finals

1	Abdallah Ahmed Nasr Amie	17	Electrecity Isma	NT
2	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT
3	Yehia Noor Eldeen Mahmou	17	Petrosport	NT
4	Emad Hisham Mohamed	17	Electrecity Isma	NT
5	Kariem Shaban Amer	17	Wadi Degla	NT
6	Yosef Mahmoud Yosef	17	El Seka El Hadid	NT
7	Omar Wael Sabry Shafik	17	MS Obour	NT
8	Eslam Hassan Dorgham	17	El-Mostakbal	NT
9	Omar Said Abdelaziz	17	El Seka El Hadid	NT
10	Ali EL Din Ahmed Mohamed	16	Shooting Cairo	NT

Heat 6 of 21 Finals

1	Abd ElRahman AlAnsary Kh	18	El-Obour	NT
2	Saged Ayman Ahmad	18	6thYC	NT
3	Yousef Mahmoud Abd El-Kr	20	Bank Ahly Cairo	NT
4	Ahmed Abd ElKadar Hussin	21	GHABA	NT
5	Seif Eldin Ahmed Mahdy	21	Shooting Cairo	NT
6	Mostafa Mohamed Selim	21	Hykisteb	NT
7	Mahmoud Ahmed Almenshi	21	Shooting Cairo	NT
8	Mostafa Salma Mohmed	19	Matarya	NT
9	Abd EL Rahman Tamer Moh	18	6thYC	NT
10	Mohand Haitham Ghath	18	Shooting Cairo	NT

Heat 7 of 21 Finals

1	Noah El-sayed Muhammed	16	ElHadba	5:18.01
2	Ahmed Hossam Atef	14	MS Obour	5:05.34
3	AbdElRahman Mohamed As	16	TM Acd	4:51.25
4	Ahmed Mohamed Qasim	20	Al-Talbia	4:48.81
5	Ahmed Sayed Samir	16	El-Obour	4:46.68
6	Ali Marzok Ramadan	14	NASR	4:47.00
7	Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	4:49.87
8	Adham Elhassan Sedky	17	Helwan ElKablbia	4:53.29
9	Hany Tarek Gamal	14	MS Obour	5:10.87
10	Mostafa Mehmoud Henefi	24	El-Obour	NT

Heat 8 of 21 Finals

1	Mohamed Mustafa Mohame	14	Manshia Youth	4:39.51
2	Mohamed Mokhtar Moham	14	Manshia Youth	4:38.78
3	Mohamed Ahmad Mahdy	18	Al-Talbia	4:36.70
4	Marwan Waled Hassan Ahr	15	Wadi Degla	4:36.35
5	Saber Tamar Saber	15	Al-Talbia	4:34.82
6	Kiroles Sameh Mahny	16	Manshia Youth	4:35.17
7	Omar Adel Fathy	14	Petrosport	4:36.62
8	Nader Yousry Roshdy	17	Al-Talbia	4:37.01
9	Moaz Shehata Mohamed	14	NASR	4:38.81
10	Yossef Mohamed Salah	16	TM Acd	4:40.21

Heat 9 of 21 Finals

1	Moaz Omar Hassan	16	Electrecity Isma	4:34.23
2	Ahmed Samer Abdo ama	14	Manshia Youth	4:33.84
3	Mostafa Gamal Sabry Moha	14	Electrecity Isma	4:31.65
4	Seif Hisham Mohamed Kam	18	Army Club	4:31.12
5	Nour Ashrf Abd Elazez	14	GHABA	4:29.03
6	Abdelrahman Tamer Abdell	17	Al-Talbia	4:29.65
7	Beshoy Samir Sabry	15	ISMAY	4:31.22
8	Abd ElRahman Mohamed SI	14	Economic Reg.	4:33.34
9	Ali Mohamed Emam	15	Army Club	4:33.95
10	Omar Khaled Ahmed Aly	14	Tyran Club	4:34.35

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Heat 10 Finals (#48 Men 14 & Over 400 LC Meter BF)

1	Omar Sherif Abd ElGhafar	15	MS Obour	4:28.59
2	Ali Said Mohamed	14	Tagamoa Heights	4:27.51
3	Zyaad Mohamed Ibrahim A	16	Tyran Club	4:27.28
4	Faris Hisham Raafat	15	El-Obour	4:26.65
5	Abd Elrahman Ahmed Moh	15	Manshia Youth	4:24.73
6	Mohamed Ahmed Mohamed	14	Tyran Club	4:25.17
7	Yassen Khaled Ahmed Moh	14	Tyran Club	4:26.71
8	Mustafa Ahmed Abdalla	15	Manshia Youth	4:27.49
9	Ahmed Mohamed Mostsfa Sh	15	Wadi Degla	4:28.42
10	Waleed Hazem Mousad	20	Al-Canal	4:29.02

Heat 11 of 21 Finals

1	Mustafa Ahmed Abdalminai	15	Manshia Youth	4:24.25
2	Yousef Mohamed Mostafa	14	Elethead Elskandr	4:22.78
3	Adam Reda Alsayed Moham	19	ElGezira Youth	4:22.00
4	Mazen Hazem Osman	15	NASR	4:21.31
5	Omar Khaled Abd Elrahmar	15	ElGezira Youth	4:20.46
6	Khaled Mohamed Adel	14	Al-Canal	4:20.66
7	Abdul Rahman Abdulaziz Al	18	GHABA	4:21.54
8	Mohamed Rezk Zaky	18	EG Swaim	4:22.70
9	Mohamed Abd Allah Mohan	21	El-Obour	4:22.96
10	Mohamed Ehab Mohamed S	14	ElGezira Youth	4:24.61

Heat 12 of 21 Finals

1	Salah Aldeen Waleed Salah	20	Aero Sport	4:18.34
2	Ahmed Mohamed Elsayed	15	GHABA	4:15.62
3	Eyad Baseem	16	GHABA	4:14.96
4	Abdel Rhman Ahmed Moha	18	Elethead Elskandr	4:13.20
5	Sohib Ayman Samir	16	Al-Canal	4:12.89
6	Marwan Ahmed Abdalmina	17	Manshia Youth	4:13.18
7	David Mechil Marzouk	17	GHABA	4:14.21
8	Abdelrahman Mohamed Mh	19	Pyramids Gardens	4:15.31
9	Adam Ahmed Mohamed Ezz	16	Manshia Youth	4:17.73
10	Youssef Diaa ElDin AbdElFa	15	TM Accd	4:19.07

Heat 13 of 21 Finals

1	Hassan Mohamed Adel	16	Al-Canal	4:11.60
2	Ibrahim Mohamed Ahmed	21	Petrosport	4:10.86
3	Abdelrahman Mohamed Kh	14	Al-Canal	4:10.24
4	Abd-elrahman Mohamed Ib	20	GHABA	4:09.87
5	Omar Ehab Rashad	14	Police	4:09.64
6	Ahmed Zawahri Ahmed	17	NASR	4:09.86
7	Mohamed Ashraf Mohamed	15	Al-Canal	4:09.94
8	Yousef Karim Bahgat	14	NASR	4:10.48
9	Gaser Hosam Ahmed	15	Elethead Elskandr	4:10.90
10	Mohamed Gamal Nasr	17	NASR	4:12.78

Heat 14 of 21 Finals

1	Yousef Amr Samir Kamel	14	Manshia Youth	4:09.46
2	Yousef Waleed Fathey	16	ElGezira Youth	4:09.09
3	Adham Khaled Moawed	15	Tagamoa Heights	4:08.46
4	Seif Eldin Ahmed Said	16	GHABA	4:08.25
5	Zouhair Sherif Ahmed	14	ISMAY	4:07.05
6	Abdelrahman Ahmed Husse	15	El Seka El Hadid	4:07.62
7	Mark Baher Emile Ibrahim	14	ISMAY	4:08.28
8	Youssef Ahmed Mahmoud	14	TM Accd	4:08.92
9	Abdelrahman Mohamed Ab	15	Stad Mansoura	4:09.19
10	ezz Eldeen Alaa Aldeen	19	El Ealameyen	4:09.61

Heat 15 of 21 Finals

1	Abd ElRahman Hosny Farou	18	Bank Ahly Cairo	4:06.90
2	Fars Ahmed Nabil	18	Police	4:06.29
3	Basel Osama ElSayed	20	ISMAY	4:05.60
4	Mohamed Ahmed Lotfy	17	GHABA	4:04.60
5	Omer Mohamed Abdel Ftah	16	Elriady Elbahry	4:03.90
6	Abd El Rhman Mohamed M	18	El-Obour	4:04.07
7	Mohamed Kamal Ali Hafaz	17	Smouha	4:04.64
8	Zeyad Hesham Mohamed	15	Electrecity Isma	4:06.27
9	Zeyad Mohamed Ahmed	17	Bank Ahly Cairo	4:06.39
10	Mansour Mohamed Mousa I	14	Electrecity Isma	4:06.93

Heat 16 of 21 Finals

1	Adly Mohamed Adly Mohan	19	Tyran Club	4:03.54
2	Moustafa Ahmed Essam	16	ISMAY	4:02.66
3	Ahmed Mohamed Mohamed	16	Al-Canal	4:02.24
4	Abdallah Ashraf Mohamed I	15	Al-Tawkilat Mela	4:02.15
5	Ahmed Mahmud Afife Afife	16	Al-Canal	4:02.01
6	Belal Mohamed Fouad Ram	15	Olimpic Club	4:02.03
7	Yousef Abd El-Fatah Marzou	21	GHABA	4:02.18
8	Zayed Mohamed Atef	17	Al-Tersana	4:02.56
9	Zeyad Amr Abd ElFatah	15	Pyramids Gardens	4:03.15
10	Yousef Mohamed El-Zanaty	17	Olimpic Club	4:03.56

Heat 17 of 21 Finals

1	Hamza Hossam Mohamed	15	NASR	4:01.99
2	Adham Hossam Ibrahim	17	Elethead Elskandr	4:01.10
3	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	4:00.01
4	Omar Ahmed Mohamed	20	El Ealameyen	3:57.82
5	Mahmoud Waled Ali	19	Al-Tersana	3:57.50
6	Ahmed Mansour Said Moha	15	Betash Club	3:57.80
7	Ahmed Mohamed Ahmed	15	TM Accd	3:58.95
8	Yusif Wayil Rajayiy	17	EZEES	4:00.09
9	Yasin Mohamed Amiro	17	El-Temsah	4:01.94
10	Omar El-Hag Ali	17	Al-Canal	4:02.01

Heat 18 of 21 Finals

1	Mohamed Ashraf Abdelmor	17	Manshia Youth	3:56.89
2	Seif Ahmed Hamy	17	Manshia Youth	3:56.77
3	Seif Mohamed Elsayed	17	Manshia Youth	3:56.48
4	Yossef Waleed Alli	16	GHABA	3:55.89
5	Elsayed Shaaban Elsayed Al	16	Stad Mansoura	3:55.17
6	Badr Emad Hassan	16	Sheikh Zayed	3:55.21
7	Islam Yafaa El-Sayed	17	Army Club	3:56.18
8	Ahmed Tamar Ali Mohamed	18	El-Temsah	3:56.76
9	ElMotaz Ibrahim Khalil	20	TM Accd	3:56.89
10	Ahmed Wael Ibrahim Zakey	17	El-Temsah	3:57.02

Heat 19 of 21 Finals

1	Adham Mohamed Sayed	18	Pyramids Gardens	3:54.18
2	Mohamed Abd Allah Hamec	15	Betash Club	3:53.82
3	Velobatir Ayman Salib	20	GHABA	3:53.17
4	Nour Eldin Mohamed Ahme	18	Army Club	3:52.53
5	Momen Ibrahim Mahmoud	17	Wadi Degla	3:52.45
6	Basam Mohamed Mohamed	18	GHABA	3:52.46
7	Omar Taher Alam	15	Olembya	3:52.84
8	Mahmoud Mounir Abdelnal	15	NASR	3:53.39
9	Bavley Essam Samer	17	GHABA	3:54.03
10	Karem Al Ansary Khatab	16	El-Obour	3:54.90

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Heat 20 Finals (#48 Men 14 & Over 400 LC Meter BF)

1	Amar Ahmed Safaa Ibrahim	18	El-Temsah	3:52.18
2	Mahmoud Mohamed Mahar	16	Economic Reg.	3:50.95
3	Youssef Ibrahim Mahmoud	21	Elethead Elskandr	3:50.73
4	Mohamed Essam Sadkey Ya	17	Bank Ahly Cairo	3:49.90
5	Yousef Fawzy Hamda	20	ElGezira Youth	3:48.90
6	Ahmed Ehab Aly	19	Wadi Degla	3:49.82
7	Omar Mohamed Abdelgwad	16	Stad Mansoura	3:50.00
8	Omar Wael Galal	18	Bank Ahly Cairo	3:50.83
9	Ahmed Husin Abas	20	Elriady Elbahry	3:51.81
10	Ahmed Ihab Ahmed	19	Wadi Degla	3:52.21

Heat 21 of 21 Finals

1	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	3:48.46
2	Ahmed Taher Elsayed	19	Olembya	3:47.55
3	Yassein Ahmed Farahat	17	GHABA	3:46.31
4	Abd ElRahman Mohamed S	15	Olimpic Club	3:41.71
5	Ahmed Hisham Safwat Rad	18	Army Club	3:34.07
6	Marwan Ibrahim Elsayed A	24	Army Club	3:36.62
7	Youssef Mohamed Sayed	16	GHABA	3:45.59
8	Marawan Mohamed Mohar	22	Asec Club	3:46.73
9	Momen Khaled Mohamed H	18	Bank Ahly Cairo	3:48.32
10	Adham Ramdan Ibrahim	17	MS Obour	3:48.54

Event 64 Women 14-15 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

4	Shooting Cairo	A	NT
5	NASR	A	3:36.79
6	ElGezira Youth	A	3:54.54
7	El-Obour	A	NT

Heat 2 of 2 Finals

1	TM Acd	A	3:29.81
2	Suez C.P.Said	A	3:25.16
3	Smouha	A	3:13.17
4	Wadi Degla	A	3:09.40
5	ISMAY	A	3:05.00
6	GHABA	A	3:06.43
7	Betash Club	A	3:12.00
8	Al-Canal	A	3:21.15
9	Army Club	A	3:27.51
10	El-Temsah	A	3:35.76

Event 65 Men 14-15 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

3	ElGezira Youth	A	3:47.68
4	TM Acd	A	3:21.40
5	Army Club	A	3:09.48
6	Police	A	3:12.37
7	Shooting Cairo	A	3:23.15
8	El-Obour	A	NT

Heat 2 of 2 Finals

1	Ghazel Port Said	A	3:05.73
2	Wadi Degla	A	3:01.96
3	El-Temsah	A	2:56.46
4	NASR	A	2:51.57
5	Al-Canal	A	2:42.75
6	GHABA	A	2:49.62
7	Betash Club	A	2:53.42
8	ISMAY	A	2:58.96
9	Suez C.P.Said	A	3:02.24
10	Electrecity Isma	A	3:06.25

Event 70 Women 16-17 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

4	Bank Ahly Cairo	A	NT
5	NASR	A	3:42.76
6	El-Obour	A	NT

Heat 2 of 2 Finals

2	Tyran Club	A	3:35.82
3	Army Club	A	3:19.26
4	Wadi Degla	A	3:10.54
5	GHABA	A	3:04.43
6	Smouha	A	3:05.67
7	Al-Canal	A	3:17.94
8	Shooting Cairo	A	3:25.48
9	Pyramids Gardens	A	3:37.79

Event 71 Men 16-17 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

4	El-Obour	A	NT
5	Tyran Club	A	3:14.68
6	ElGezira Youth	A	3:27.42

Heat 2 of 2 Finals

1	Shooting Cairo	A	2:56.64
2	Smouha	A	2:49.45
3	Al-Canal	A	2:46.67
4	Elriady Elbahry	A	2:44.28
5	Wadi Degla	A	2:38.93
6	El-Temsah	A	2:39.93
7	Electrecity Isma	A	2:45.43
8	GHABA	A	2:46.71
9	Bank Ahly Cairo	A	2:51.48
10	NASR	A	3:02.21

Event 76 Women 18-19 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

3	El-Obour	A	NT
4	Bank Ahly Cairo	A	3:20.86
5	GHABA	A	3:08.28
6	Elriady Elbahry	A	3:19.47
7	Shooting Cairo	A	3:28.26

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Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Electrecity Isma	A	NT
2	El-Obour	A	NT
3	El-Temsah	A	2:55.65
4	Shooting Cairo	A	2:47.51
5	Army Club	A	2:45.73
6	Wadi Degla	A	2:46.84
7	GHABA	A	2:51.29
8	Bank Ahly Cairo	A	3:25.89
9	Pyramids Gardens	A	NT

Event 82 Women 20 & Over 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
4	GHABA	A	3:36.53
5	Shooting Cairo	A	3:24.29
6	Army Club	A	3:33.75
7	El-Obour	A	NT

Event 83 Men 20 & Over 4x100 LC Meter Relay SF

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
4	Shooting Cairo	A	2:52.79
5	GHABA	A	2:37.20
6	Al-Canal	A	2:47.98
7	El-Obour	A	NT