

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**

**Meet Program - Friday 24 May 2024**

**Event 25 Men 25 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 8 Timed Finals</b>				
1	Mahmoud Alsaad Soltan	30	Tanta	NT
2	Mohamed Ahmed Elsaied Ahmed	31	El Shams	NT
3	Mohamed Ebrahim Al Bakaly	34	Shooting	NT
4	Omar Abdelmonem Mohmed	31	Cairo	NT
5	Moataz Mahmoud abd Elmonem	30	Cairo	NT
6	Ahmed Mohamed Lotfy	26	Ahly	NT
7	Marwan El Amrawy	29	Sporting	NT
8	Omar Hesham Abdel Latif Hassan	27	Cairo	NT
<b>Heat 2 of 8 Timed Finals</b>				
0	Ahmed Emad Mohamed Neihad	40	Heliopolis	NT
1	Ahmed Mohamed GadAlla	42	Canal El Suez	NT
2	Waleed Ahmed Fouad	43	Shooting	NT
3	Eslam Mahmoud Mohamad	43	Shooting	NT
4	Hussin Mohamad Ebrahim Badran	41	Shooting	NT
5	Yousef Hesham Yousef Sayed Gomaa	37	Shooting	NT
6	Ahmed Yousry Moktar	38	Shooting	NT
7	Salah Eldin Sabry Taha Elsaied	38	Shooting	NT
8	Mohamed Abdullah	38	Khartoum Sea Scout	NT
9	Hosam Mohammad Alghazaly	35	Shooting	NT
<b>Heat 3 of 8 Timed Finals</b>				
0	Amr El Arwosy	45	Sporting	NT
1	Mohamed Ahmad Hany Yossef	45	Shooting	NT
2	Sherief Fathe abd Elwahab	47	Cairo	NT
3	Mohamed Mossad Kandil	47	El Zohour	NT
4	Mohamed Abdelhamid Elebiary	49	Ahly	NT
5	Ashraf AL Quidy	49	Yacht Alex	NT
6	Jose Sanchez	47	El Gezira	NT
7	Mohamed Wagih Ahmed Elbedewi	45	El Shams	NT
8	Ali Mohamed Ali Salman	45	El Gezira	NT
<b>Heat 4 of 8 Timed Finals</b>				
2	Nabil Fayez Hanin	52	Shooting	NT
3	Mohamed Ahmed Esaad	53	Ahly	NT
4	Nezar Ahm. Abdel Rahman Fakhry	54	El Gezira	NT
5	Karim Assem Moh. Abou El Enein	53	El Gezira	NT
6	Ayman Al Quidy	52	Yacht Alex	NT
7	Mohmed ali Mahmoud	52	Cairo	NT
<b>Heat 5 of 8 Timed Finals</b>				
1	Tarik Soultan Abou Ali	55	Heliopolis	NT
2	Ahmed Rashad Mah. Salam	56	El Gezira	NT
3	Yasser Saed Aly Ahmad Khalil	57	Shooting	NT
4	Walid Mohamed Ibrahim ElSheikh	57	Maadi	NT
5	Osama Nayef Sleem	57	Canal El Suez	NT
6	Ashraf Mohmed Fouad	57	Cairo	NT
7	Zahrn Abdel Aziz Zahrn	55	Shooting	NT
<b>Heat 6 of 8 Timed Finals</b>				
2	Hany Youseif Al Meseiry	60	Maadi	NT
3	Osama Ahmad Momtaz	64	Shooting	NT
4	Mohamed Ahmed Fouad Abdou	64	El Shams	NT
5	Sherif Mohamad Mahmoud Hamma	64	Shooting	NT
6	Tarik Mohamed Abaza	63	Ahly	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024****Meet Program - Friday 24 May 2024****Heat 7 Timed Finals... (Event 25 Men 25 & Over 400 LC Meter Freestyle)**

0	Osman Ahmed Ali	65	Ahly	NT
1	Hesham Fouad Mahmoud	66	Cairo	NT
2	Ahmed Ibrahim Ghaly	69	Heliopolis	NT
3	Amr Mansour	69	Sporting	NT
4	Ragaa Ahmed Taha Maarouf	67	Shooting	NT
5	Taher Mohamdy Moh. Soleman	66	El Gezira	NT
6	Atef abd Elghany Abdelgawad	72	El Zohour	NT
7	Taher Khaled Mohamed Abou Samr	74	Shooting	NT
8	Ezzeldin Abdelhalim Abdelhamis El	73	El Shams	NT
9	Karam Mohamed Habieb	77	Heliopolis	NT

**Heat 8 of 8 Timed Finals**

3	Bahgat Mohamerd Farag Hamza	81	El Gezira	NT
4	Ehab Shalabi	84	Heliopolis	NT
5	Mostafa Mohamed Rashad Mahmou	83	Ahly	NT
6	Said Ahmed Kamal	80	Ahly	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**

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**Event 26 Women 25 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>				
0	Merhan Yasser Mohamed Salem	25	El Zohour	NT
1	Rafif Hesham Sayed	29	El Zohour	NT
2	Mariem Mohamed Saeid	29	Cairo	NT
3	Merna Amr Abd EL Fatah	27	Heliopolis	NT
4	Dina Ahmad Mohammad Nafea	35	Shooting	NT
5	Nadien Adel Ageb Wasef	36	El Shams	NT
6	Aya Ezzeddin Abdelhamed	36	Shooting	NT
7	Saly Farag Abdelaziz Farag	44	Shooting	NT
8	Omneya Tarif	40	Sporting	NT
<b>Heat 2 of 3 Timed Finals</b>				
0	Samaa Sultan	45	Sporting	NT
1	Sherifa Salah Sabry Mohamed	49	TM Sports	NT
2	Marie Elhage	59	Sporting	NT
3	Rana Fouad Ali Mohsen	59	El Shams	NT
4	Maha Mohmoud El Kholy	63	Heliopolis	NT
5	Seham Abdel Monaem Ahmed Khali	61	El Gezira	NT
6	Nadia Elgendy Girges	73	Shooting	NT
7	Mona Kamel Youseif	70	Heliopolis	NT
9	Salam Taha Houssein	53	Shooting	NT
<b>Heat 3 of 3 Timed Finals</b>				
3	Mona Mohamad Abdel Khalek	65	Shooting	NT
4	Nageya Salah El Din Zolfakar	81	El Gezira	NT
5	Sameha Kamal Seif El Nasr	81	Heliopolis	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**

**Meet Program - Friday 24 May 2024**

**Event 27 Men 25 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 6 Timed Finals</b>				
0	Moataz Mahmoud abd Elmonem	30	Cairo	NT
1	Mahmoud Moh. Yosif Mohamed	32	El Gezira	NT
2	Mohamed Ebrahim Al Bakaly	34	Shooting	NT
3	Mohamed Hussein Mohamed	31	Cairo	NT
4	Abd Allah Abdo ElSaid Mattar	37	Maadi	NT
5	Ehsan Mohamad Gomaa Mohamad	38	Shooting	NT
6	Ahmed Yousry Moktar	38	Shooting	NT
7	Omar Wael Hashem Aly	29	El Shams	NT
8	Abd Elrahman Yasser Tarief	27	Cairo	NT
<b>Heat 2 of 6 Timed Finals</b>				
1	Ahmed Emad Mohamed Neihad	40	Heliopolis	NT
2	Mohamed Elmy Sayed	41	El Zohour	NT
3	Ahmed Osman Mohamed	43	Ahly	NT
4	Eslam Mahmoud Mohamad	43	Shooting	NT
5	Ahmed Hussain Dorra	42	Tanta	NT
6	Hussin Mohamad Ebrahim Badran	41	Shooting	NT
7	Yassen Shazly Fortune	46	Heliopolis	NT
8	Mohamed Ahmad Hany Yossef	45	Shooting	NT
<b>Heat 3 of 6 Timed Finals</b>				
0	Mohamed Ahmed Mohamed Sakr	51	El Shams	NT
1	Khaled Salah El Din Mohamed	53	Shooting	NT
2	Waleed Hassan Hussien Zayed	54	Shooting	NT
3	Khaled Abdel Hamed Soliman	54	Shooting	NT
4	Nezar Ahm. Abdel Rahman Fakhry	54	El Gezira	NT
5	Mohamed Ahmed Esaad	53	Ahly	NT
6	Amr Mohamed Samy Abdel Karim	55	Shooting	NT
7	Waleed Mahmoud Diab	57	Shooting	NT
8	Yasser Hussein Fayyad	56	El Shams	NT
9	Tarik Soultan Abou Ali	55	Heliopolis	NT
<b>Heat 4 of 6 Timed Finals</b>				
0	Mohamed Esam El Din Ebrahim	67	Heliopolis	NT
1	Yasser Mohamed Mounir abd el Aziz	68	El Shams	NT
2	Ahmed Ibrahim Ghaly	69	Heliopolis	NT
3	Abdel Aziz Mohamed Hashim	68	Heliopolis	NT
4	Amr Abdellateif El Ghayesh	67	Maadi	NT
5	Hany Aziz Sedky	61	Shooting	NT
6	Khaled Nasr El Din Reiad	64	Heliopolis	NT
7	Mohamed Ahmed Fouad Abdou	64	El Shams	NT
8	Hany Youseif Al Meseiry	60	Maadi	NT
<b>Heat 5 of 6 Timed Finals</b>				
1	Atef Youssief Hanna	71	Cairo	NT
2	Mohamed Mosaad Fayed	72	Heliopolis	NT
3	Ezzeldin Abdelhalim Abdelhamis El	73	El Shams	NT
4	Taher Khaled Mohamed Abou Samr	74	Shooting	NT
5	Mohssein Abdel Kawy Al Housseiny	73	Ahly	NT
6	Hany Kamal Nasar	72	Heliopolis	NT
7	Mohamed Ali Mousa	76	Ahly	NT
8	Ahmed Hany Yosef Ezz El Din	75	Shooting	NT

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**Heat 6 Timed Finals... (Event 27 Men 25 & Over 200 LC Meter Breaststroke)**

2	Said Ahmed Kamal	80	Ahly	NT
3	Bahgat Mohamerd Farag Hamza	81	El Gezira	NT
4	Housam Zaki Fahmy	83	El Gezira	NT
5	Mostafa Mohamed Rashad Mahmou	83	Ahly	NT
6	Yousef Anwar Ahm. Wahsh	80	El Gezira	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**

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**Event 28 Women 25 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Timed Finals</b>				
0	Mariam Houssin Kamal	25	El Zohour	NT
1	Salma Abd EL Hakeem Mohame	28	El Shams	NT
2	Mariem Mohmed Saeid	29	Cairo	NT
3	Sanna Ashraf Mohmed	29	Cairo	NT
4	Yara Moustafa Hassan Aly	28	Olympic	NT
5	Haidy Ashraf Farouk	26	El Zohour	NT
6	Radwa Abdelgalil Mahmoud	36	Cairo	NT
7	Rana Yousri Shalah	36	El Gezira	NT
8	Aya Ezzeddin Abdelhamed	36	Shooting	NT
9	Yuliia Kovalchuk	30	Shooting	NT
<b>Heat 2 of 4 Timed Finals</b>				
1	Amal Moh. Abd Elghaffar	57	El Gezira	NT
2	Magda Ebrahim Khalil	58	Cairo	NT
3	Manal Fawzi Gadalla	59	Heliopolis	NT
4	Wesam Ahmed Mohamed Hamdy	58	Heliopolis	NT
5	Noha Mahmoud Deiab	57	Shooting	NT
6	Liudmila Kokhan	44	Pregel Club	NT
7	Lamyaa Mohamad Hassan Khalefa	40	Shooting	NT
8	Salma Mohamed Hassan	48	Maadi	NT
<b>Heat 3 of 4 Timed Finals</b>				
0	Mona Mohamad Abdel Khalek	65	Shooting	NT
1	Neven Mohamed Khlel Salah	68	El Gezira	NT
2	Natalia Aleshchenko	67	Pregel Club	NT
3	Carole Jean Zaccar	61	El Gezira	NT
4	Neven Ramez Al Nagar	64	Heliopolis	NT
5	Lameia Ahmed Maher	63	El Gezira	NT
6	Nadia Elgendy Girges	73	Shooting	NT
7	Mona Kamel Youseif	70	Heliopolis	NT
<b>Heat 4 of 4 Timed Finals</b>				
3	Nadya Zakareia El Araby	78	El Gezira	NT
4	Madiha Mohamed Sherif	81	Heliopolis	NT
5	Palma Csepeli	80	Regele	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**  
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**Event 29 Men 25 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 9 Timed Finals</b>				
0	Omar Mostafa Ebrahim	25	Heliopolis	NT
1	Basel Hussin Ebrahim Ahmed	26	Shooting	NT
2	Omar Ahmad Khaled	27	Heliopolis	NT
3	Khaled Ahmed Attia	28	Canal El Suez	NT
4	Mohamed Nour Ibrahim	29	Ahly	NT
5	Seif Mohamed Medhat	29	Ahly	NT
6	Amen Saad Kamel	28	Shooting	NT
7	Aly Mohab Abd Elraof	27	Heliopolis	NT
8	Nour Eldin Ahmad Elwesemy	26	Shooting	NT
9	Ali Wael Hashem	25	El Shams	NT
<b>Heat 2 of 9 Timed Finals</b>				
0	Omar Mohamed Abdelfattah Moharr	31	El Shams	NT
1	Mohamad Hesham Ahmad Mostafa	32	Shooting	NT
2	Ahmad Mohamad Sherif Salah Eldin	33	Shooting	NT
3	Beshoy Maher Hosny	33	Canal El Suez	NT
4	Karem Sameh El Shazly	34	Heliopolis	NT
5	Yahia Abdelhalim Mohamed Ahmed	34	El Shams	NT
6	Ahmed Mohamed Medhat Ahmed	33	El Shams	NT
7	Omar Abdelhamied Radwan	33	El Shams	NT
8	Mohammad Hassan Abdelmoneam	32	Shooting	NT
9	Mohamed Hussein Mohamed	31	Cairo	NT
<b>Heat 3 of 9 Timed Finals</b>				
0	Yousef Hesham Yousef Sayed Gomaa	37	Shooting	NT
1	Mohamed Saied Mohamed Hassan	37	El Gezira	NT
2	Salah Eldin Sabry Taha Elsaeid	38	Shooting	NT
3	Mohamed Khaled Ahmed	38	Maadi	NT
4	Karim Mohamed Talaat Altanahy	39	Shooting	NT
5	Mohamed Abdullah	38	Khartoum Sea Scout	NT
6	Ehsan Mohamad Gomaa Mohamad	38	Shooting	NT
7	Abd Allah Abdo ElSaid Mattar	37	Maadi	NT
8	Mohammad Adel Mansour Askar	37	Shooting	NT
9	Mohamed Hosny AbdElmged	36	Canal El Suez	NT
<b>Heat 4 of 9 Timed Finals</b>				
2	Mahmoud Alsaad Soltan	30	Tanta	NT
3	Mostafa Mohamed Ramadan	30	Ahly	NT
4	Mohab Magdy	30	Sporting	NT
5	Mohanad Mamdouh Shahan	25	El Shams	NT
6	Farid Tadros Morad Tadros	25	El Gezira	NT
7	Islam Mohamed Teema	35	Canal El Suez	NT
<b>Heat 5 of 9 Timed Finals</b>				
2	Basel Omar Abd Elaziz	41	El Zohour	NT
3	Ahmed Hussain Dorra	42	Tanta	NT
4	Wael Dowidar	43	Sporting	NT
5	Ahmed Saied Mohamed	43	Cairo	NT
6	Mohamed Elsayed Abo El Wafa	42	Canal El Suez	NT
7	Sherif Adel Ramsis Eppo	40	Shooting	NT

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**Heat 6 Timed Finals... (Event 29 Men 25 & Over 50 LC Meter Butterfly)**

0	Sheref Wahed Emam	46	Heliopolis	NT
1	Mohamed Mossad Kandil	47	El Zohour	NT
2	Karem Wagdy m Reyad	47	Heliopolis	NT
3	Wael Mansour Ahmed ali	48	El Shams	NT
4	Ashraf AL Quidy	49	Yacht Alex	NT
5	Emad El Din Yosef Mostafa	49	Shooting	NT
6	Yasser AbdelHady AbdelHady	48	El Shams	NT
7	Jose Sanchez	47	El Gezira	NT
8	Yassen Shazly Fortune	46	Heliopolis	NT
9	Abdelmoneim Khalaf	45	Sporting	NT

**Heat 7 of 9 Timed Finals**

0	Ahmad Mostafa Fahmy	45	Shooting	NT
1	Hazem Abdelrahman Mohamed	45	El Shams	NT
2	Mohamed Wagih Ahmed Elbedewi	45	El Shams	NT
3	Ahmed Rashad Mah. Salam	56	El Gezira	NT
4	Yaser Husen Mohamed Tawfek	57	Heliopolis	NT
5	Yasser Saed Aly Ahmad Khalil	57	Shooting	NT
6	Tarek Hassan Bakry	53	Heliopolis	NT
7	Hisham Hany El bon	54	Canal El Suez	NT
8	Mohamad Mohamad Abdel Hamed F	53	Shooting	NT

**Heat 8 of 9 Timed Finals**

0	Montaser Mohamad Ahmad Awad	70	Shooting	NT
1	Moneir Hossein Eisa Abdel Raheim	72	Shooting	NT
2	Abdel Sameia Abdel Hakim Ahmed	74	Maadi	NT
3	Ali Selim Al Halaby	71	Heliopolis	NT
4	Waled Mohamed Fatthy	60	Heliopolis	NT
5	Ahmed Mohamed Ibrahim	64	Shooting	NT
6	Sherif Mohamad Mahmoud Hamma	64	Shooting	NT
7	Mohamed Warda	68	Sporting	NT
8	Ibrahim Ahmed Elaidy	68	Canal El Suez	NT
9	Abdel Aziz Mohamed Hashim	68	Heliopolis	NT

**Heat 9 of 9 Timed Finals**

2	Ramy Ahmed Refaat	75	El Gezira	NT
3	Hassan El Tomy	78	Sporting	NT
4	Hesham Omar Sedky	78	Shooting	NT
5	Ahmed Hamada	85	Sporting	NT
6	Salah El Din Mostafa Al Saba	82	Shooting	NT

**Heliopolis International Swimming Masters Cha - 5/23/2024 to 5/25/2024**

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**Event 30 Women 25 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Timed Finals</b>				
2	Hedy Amro Mostafa	25	Heliopolis	NT
3	Klara Esam Adly Nashed Soliman	26	Shooting	NT
4	Mariam Houssin Kamal	25	El Zohour	NT
5	Yomna Amro Nageb Kalaf	33	El Gezira	NT
6	Mirna Mohamed Mohamed	30	Maadi	NT
<b>Heat 2 of 4 Timed Finals</b>				
0	Passant Magdy Mahmoud Moussa	35	El Shams	NT
1	Aya Ezzeddin Abdelhamed	36	Shooting	NT
2	Alaa Ahmed Abo ElFotoh	39	TM Sports	NT
3	Shaymaa Samy Tawfeik	39	Heliopolis	NT
4	Rana Yousri Shalah	36	El Gezira	NT
5	Yassmin Khaled Ahmed	36	TM Sports	NT
6	Nesma Hussain Ambaby Nasr	40	Ahly	NT
7	Amira Ayman Saif Elnasr	42	El Gezira	NT
8	Sherok Sherif Al Shenawy	40	Maadi	NT
<b>Heat 3 of 4 Timed Finals</b>				
0	Heba Mohamed AbdelGhaffar	47	El Ghaba	NT
1	Nevein Mahmoud Ali	47	Shooting	NT
2	Rania Mohammad Raafat	47	Shooting	NT
3	Manal Fawzi Gadalla	59	Heliopolis	NT
4	Sherwet Wafaa Moh. Hafez	57	El Gezira	NT
5	Lameia Ahmed Maher	63	El Gezira	NT
6	Ingrid Wassmann	61	El Gezira	NT
7	Rania Sami	53	Sporting	NT
8	Nermen Kamel Zakher Mousa	51	Shooting	NT
<b>Heat 4 of 4 Timed Finals</b>				
3	Jehan Ismaeil Ahmed Metwally	67	Shooting	NT
4	Saher Mohamed el Tibi	68	Heliopolis	NT
5	Douriea Ahmed Nazzmy	73	Maadi	NT