

## Results

## #1 Boys 9&amp;U 400 Meter Free

Name	Age	Team	Finals Time
1 Ayhm ali Gamil	9	SC	5:40.67
2 Aziz Trabelsi	8	ELITE	5:40.85
3 Youseef Eslam	9	SC	5:57.40
4 Andrei Pingol	9	ELITE	6:06.50
5 Asir Hassanin	9	SC	6:08.03
6 Malek Dardir	9	ELITE	6:27.43

## #1 Boys 10-11 400 Meter Free

Name	Age	Team	Finals Time
1 Yassin Abdeli	11	SC	5:07.89
2 Pasel Hassan	11	SC	5:23.76
3 Yassin Trabelsi	11	ELITE	5:43.71
4 Ahmad Malik	10	DYSL	5:59.17
5 Alfio Di Pietro	10	QFH20	6:08.46
6 Lionel Sihotang	11	QFH20	6:25.65
7 Rohan Pingol	10	ELITE	6:31.93

## #1 Boys 12-13 400 Meter Free

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	4:44.26
2 Arvin Taguinota	12	SC	4:59.56
3 Mohamed Keshek	13	ELITE	5:03.89
4 Yusuf Elaffandi	12	ELITE	5:24.12
5 Mohamed Elsaid	13	ELITE	5:24.45
6 Elliot Aronsson	12	DYSL	5:28.71
7 Omar Eslam	12	SC	5:40.57
8 Usman Lodhi	12	ELITE	5:45.14
9 Pranav Kumar	12	SC	5:52.29
10 Graysen Hann	13	QFH20	7:45.40

## #1 Men 14-15 400 Meter Free

Name	Age	Team	Finals Time
1 Daniel Del Carmen-Ju	15	DYSL	4:29.20
2 Omar Abu Rezeq	14	ELITE	4:45.23
3 Alex Catrinar	14	HYDRA	4:57.75
4 Ramy Mohamed	14	QFH20	5:05.70
5 Patrick Baron	14	EVO	5:39.94
6 Yassen Walid	14	ELITE	6:02.90

## #1 Men 16&amp;O 400 Meter Free

Name	Age	Team	Finals Time
1 Zac Stephenson	16	DYSL	5:06.24

## #2 Girls 12-13 400 Meter IM

Name	Age	Team	Finals Time
1 Lara Benaya	13	ELITE	6:11.86
2 Belar Ahmed	13	ELITE	6:16.90
3 Yassmin Walid	13	ELITE	6:23.20

## #2 Women 14-15 400 Meter IM

Name	Age	Team	Finals Time
1 Sophie White	15	HYDRA	6:07.46
2 Karina Uzbekova	15	QFH20	6:44.01
3 Belecia Yanka Manalc	14	QFH20	7:04.92

## #2 Women 16&amp;O 400 Meter IM

Name	Age	Team	Finals Time
1 Sienna Zafeiropoulou	17	QFH20	6:28.13

## #3 Boys 9&amp;U 200 Meter Breast

Name	Age	Team	Finals Time
1 Yaseen Mahmud	8	SC	3:22.86
2 Ammar Moustafa	9	SC	3:27.36
3 Ali Dardir	9	ELITE	3:45.03
4 Younis Soliman	9	ELITE	3:47.66
5 Abdulla Alaa Eldin	8	SC	3:50.84
6 Anas Abdelli	9	SC	3:54.42

## #3 Boys 10-11 200 Meter Breast

Name	Age	Team	Finals Time
1 Mohammed Khaled	11	SC	3:10.80
2 Abdulrhman Reda	11	SC	3:18.28
3 Santiago Valbuena	10	DYSL	3:23.13
4 Michel Ziade	10	ACH	3:45.35
5 Mohamed Sherif Basl	10	SC	3:53.62
6 Michael Anthony Bag	11	QFH20	4:20.00
7 Vedeshwaran Arunku	10	QFH20	5:06.56

## #3 Boys 12-13 200 Meter Breast

Name	Age	Team	Finals Time
1 Hussein Elkhashab	12	SC	2:53.07
2 Marcos Garcia Colom	13	HYDRA	2:55.35
3 Kareem Ekramy	13	ELITE	3:05.62
4 Luke Moloney	13	HYDRA	3:06.62
5 Yahia Hamdy	12	SC	3:10.68
6 Yassine Elsobky	12	ELITE	3:13.63
7 Hichem Chebil	13	IND8	3:23.23
8 Bogdan Mura	13	ELITE	4:08.48
9 Anas Hassan	13	ELITE	4:23.76

## #3 Men 14-15 200 Meter Breast

Name	Age	Team	Finals Time
1 Belal Ghanem	14	ELITE	2:55.05
2 Illia Telegin	14	HYDRA	2:57.48
3 Eiad Elshendy	14	SC	3:13.20
4 Ishaan Gautam Singh	14	QFH20	3:17.19

## #3 Men 16&amp;O 200 Meter Breast

Name	Age	Team	Finals Time
1 Abdelrhman Ghanem	16	ELITE	2:53.25
2 Ramez Nasr	16	ELITE	3:13.17

## #4 Girls 12-13 200 Meter Fly

Name	Age	Team	Finals Time
1 Haya Hneini	13	QFH20	2:53.45
2 Omolola Akinsanmi	13	DYSL	3:08.84

## #4 Women 14-15 200 Meter Fly

Name	Age	Team	Finals Time
1 Emma Thompson	14	HYDRA	2:45.12

## #4 Women 16&amp;O 200 Meter Fly

Name	Age	Team	Finals Time
1 Sienna Zafeiropoulou	17	QFH20	3:09.03

## #5 Boys 9&amp;U 100 Meter Free

Name	Age	Team	Finals Time
1 Omer Abdelaziz	9	SC	1:16.87
2 Andrei Pingol	9	ELITE	1:18.07
3 Youseef Eslam	9	SC	1:18.37
4 Malek Dardir	9	ELITE	1:23.09
5 Alex Saunders	8	DYSL	1:23.83
6 Asir Hassanin	9	SC	1:24.24
7 David Alexandre Men	9	QFH20	1:30.64
8 Adel Redza	9	QFH20	1:36.75
9 Ronan Donnelly	8	DYSL	1:41.81
10 Ismail Mobin	9	DYSL	1:43.51
11 Ryan Annabi	7	ELITE	1:58.61
12 Niranjana L.S,	8	IND5	2:02.26

## #5 Boys 10-11 100 Meter Free

Name	Age	Team	Finals Time
1 Yassin Abdeli	11	SC	1:08.35
2 Pasel Hassan	11	SC	1:13.12
3 Santiago Valbuena	10	DYSL	1:14.76
4 Kadrik Aspiras	11	QFH20	1:15.40
5 Emanuele Eirale Cam	11	HYDRA	1:17.16
6 Yassin Trabelsi	11	ELITE	1:18.58
7 Elias Aronsson	10	DYSL	1:18.67
8 Lionel Sihotang	11	QFH20	1:22.16
9 Conrado Galvez Bora	11	DYSL	1:22.88
10 Alfio Di Pietro	10	QFH20	1:22.97
11 Rohan Pingol	10	ELITE	1:27.47
12 Shu Yang Seah	11	HYDRA	1:31.11
13 Ibrahim Mobin	10	DYSL	1:32.02
14 Ilyas Ahmed Dualeh	10	QFH20	1:34.62
15 Pavlo Guio	11	ELITE	1:37.29
16 Michael Anthony Bag	11	QFH20	1:38.43
17 Lexton Chang	10	HYDRA	1:39.63
18 Mikhail Kanyshhev	10	QFH20	1:41.92
19 Omar Magdy	10	ELITE	1:47.66
20 Yousuf Lodhi	10	ELITE	1:54.10

## #5 Boys 12-13 100 Meter Free

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	56.40
2 Mohamed Keshek	13	ELITE	1:01.48
3 Arvin Taguinota	12	SC	1:02.96
4 Andrew Aintablian	13	ACH	1:05.88
5 Stuart Morgan	13	QFH20	1:08.08
6 Yusuf Elaffandi	12	ELITE	1:08.75
7 Mohamed Elsaid	13	ELITE	1:09.07
8 Alfie Allan	12	EVO	1:10.84
9 Usman Lodhi	12	ELITE	1:14.38
10 Petar Preradovic	13	EVO	1:14.67
11 Pranav Kumar	12	SC	1:16.42
12 Jayden Tupamahua	12	QFH20	1:18.13
13 Yohann Jacob	12	QFH20	1:23.19
14 Harrison Kroeker	13	QFH20	1:25.48
15 Bogdan Mura	13	ELITE	1:31.44
16 Graysen Hann	13	QFH20	1:34.96
17 Anas Hassan	13	ELITE	1:46.90

## H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023

## Results

## #5 Men 14-15 100 Meter Free

Name	Age	Team	Finals Time
1 Daniel Del Carmen-Ju	15	DYSL	56.43
2 Edwardo Ouzounian	15	ACH	56.70
3 Jinwoo Chu	15	HYDRA	57.68
4 Omar Abu Rezeq	14	ELITE	1:02.19
5 Ziad Khalil	15	EVO	1:02.27
6 Manuel Reis	14	HYDRA	1:02.34
7 Alex Catrinar	14	HYDRA	1:03.56
8 Loutfi El Abed	15	HYDRA	1:03.59
9 Francisco Achilli	15	HYDRA	1:03.94
10 Ramy Mohamed	14	QFH20	1:04.24
11 Vincent Galvin	14	EVO	1:04.81
12 Mahmoud Ramadan	14	QFH20	1:06.25
13 Billel Benyahia	15	QFH20	1:07.04
14 Amr Taher	14	IND7	1:07.40
15 Yusif Sharara	14	ELITE	1:08.38
16 Yassen Walid	14	ELITE	1:09.62
17 Kade Reval Mercer	15	QFH20	1:10.70
18 Alexis Papas	15	HYDRA	1:10.71
19 Jakub Kuckl	15	QFH20	1:10.78
20 Cameron Harb	15	HYDRA	1:11.13
21 Ishaan Gautam Singh	14	QFH20	1:12.22
22 Gaven Hann	15	QFH20	1:13.20
23 Sebastien Misael Mag	14	QFH20	1:14.20
24 Ayan Gupta	15	QFH20	1:15.77
25 Youssef Krifa	14	HYDRA	1:24.06
26 Ebaad Rehman	15	HYDRA	1:25.09

## #5 Men 16&amp;O 100 Meter Free

Name	Age	Team	Finals Time
1 Pedro Guio	16	ELITE	1:00.90
2 Hassan Eldeeb	16	DYSL	1:02.33
3 Zac Stephenson	16	DYSL	1:04.44
4 Henrique Muller	16	QFH20	1:04.45
5 Abdelrhman Ghanem	16	ELITE	1:05.64
6 Chaitanya Shangari	16	QFH20	1:05.68
7 Chris Guthrie	16	HYDRA	1:05.72
8 Fouad Korjo	17	HYDRA	1:09.39
9 Omar Saleh	16	QFH20	1:11.31
10 Abdullah Shahrour	17	QFH20	1:18.30

## #6 Girls 9&amp;U 100 Meter Breast

Name	Age	Team	Finals Time
1 Arianna Oshinowo	9	DYSL	1:40.47
2 Jessica Reslan	9	QFH20	1:44.45
3 Lilliana Millen	9	QFH20	1:58.64
4 Sarai Valbuena	7	DYSL	2:02.46
5 Hannah Huynh	8	DYSL	2:05.46
6 Leah Sharar	7	ELITE	2:06.67
7 Rebecca Ker-Fox	8	QFH20	2:07.20
8 Joud Saad Mohamed	8	QFH20	2:10.11
9 Rhea Hneini	9	QFH20	2:10.35
10 Olivia Lopez	9	QFH20	2:13.06
11 Alyssabeth Handig	9	QFH20	2:18.36
12 Giovanna Hortelio	8	QFH20	2:32.51

## #6 Girls 10-11 100 Meter Breast

Name	Age	Team	Finals Time
1 Claire Kenny	11	QFH20	1:29.08
2 Emma Vaartjes	11	DYSL	1:41.84
3 Audrey Morgan	11	QFH20	1:44.17
4 Taliitha Jackson	10	QFH20	1:47.03
5 Lauren Huynh	10	DYSL	1:50.40
6 Caedgryn Castuera	11	QFH20	1:55.05
7 Ioanna Matni	10	HYDRA	1:59.50
8 Clare Donnelly	10	DYSL	2:03.53
9 Nadine Hana Jazdee	11	QFH20	2:03.59
10 Bianca Bustos Arabel	11	QFH20	2:19.75
11 Malika El Dakhs	10	QFH20	2:31.70

## #6 Girls 12-13 100 Meter Breast

Name	Age	Team	Finals Time
1 Shu Hui Seah	13	HYDRA	1:24.15
2 Alina Aldebjer-usher	13	HYDRA	1:24.38
3 Ekaterini Fountouki	13	QFH20	1:25.39
4 Yassmin Walid	13	ELITE	1:26.91
5 Sofia Peia	13	QFH20	1:27.80
6 Maram Hossam	12	ELITE	1:28.21
7 Tamara Mohamed	13	QFH20	1:35.18
8 Catherine Reslan	12	QFH20	1:35.72
9 Zara Devaya	12	QFH20	1:40.36
10 Rim Lamrani	13	HYDRA	1:40.75
11 Zoi Matni	12	HYDRA	1:43.03
12 Miley Colaco	12	ELITE	1:54.49
13 Damilola Eweje	13	QFH20	2:01.95

## #6 Women 14-15 100 Meter Breast

Name	Age	Team	Finals Time
1 Arabella Taguinota	15	QFH20	1:19.86
2 Karina Uzbekova	15	QFH20	1:35.95
3 Malak Hossam	14	ELITE	1:37.84
4 Thanya Thotakura	15	HYDRA	1:39.21
5 Nikol Antoun	15	QFH20	1:39.38
6 Tatiana Woolgar	14	EVO	1:44.88
7 Sarah Reslan	14	QFH20	1:45.71
8 Menna Elghobary	14	HYDRA	1:48.90

## #6 Women 16&amp;O 100 Meter Breast

Name	Age	Team	Finals Time
1 Linnea Reinsmoen	17	HYDRA	1:26.95
2 Niharikaa Gautam Sir	16	QFH20	1:43.22

## #7 Boys 9&amp;U 200 Meter IM

Name	Age	Team	Finals Time
1 Ammar Moustafa	9	SC	3:05.32
2 Aziz Trabelsi	8	ELITE	3:07.01
3 Yaseen Eslam	9	SC	3:13.82
4 Alex Saunders	8	DYSL	3:19.67
5 Anas Abdelli	9	SC	3:21.47
6 Hassan Abdulmaged	8	IND4	3:22.22
7 Andrei Pingol	9	ELITE	3:23.99
8 Ali Dardir	9	ELITE	3:34.08
9 Malek Dardir	9	ELITE	3:41.50
10 Yazan Osman	7	SC	4:46.13

## #7 Boys 10-11 200 Meter IM

Name	Age	Team	Finals Time
1 Mohammed Khaled	11	SC	2:53.15
2 Santiago Valbuena	10	DYSL	3:02.18
3 Abduelrhman Reda	11	SC	3:04.47
4 Youssef Annabi	10	SC	3:08.36
5 Elias Aronsson	10	DYSL	3:23.40
6 Ibrahim Bennour	11	ELITE	3:26.41
7 Mohamed Sherif Basl	10	SC	3:28.77
8 Rohan Pingol	10	ELITE	3:44.98
9 Lionel Sihotang	11	QFH20	3:45.73
10 Ibrahim Mobin	10	DYSL	3:52.81

## #7 Boys 12-13 200 Meter IM

Name	Age	Team	Finals Time
1 Arvin Taguinota	12	SC	2:37.60
2 Hussein Elkhashab	12	SC	2:39.00
3 Kareem Ekramy	13	ELITE	2:39.46
4 Luke Moloney	13	HYDRA	2:51.59
5 Yusuf Elaffandi	12	ELITE	2:54.97
6 Yassine Elsobky	12	ELITE	2:55.87
7 Elliot Aronsson	12	DYSL	2:58.36
8 Stuart Morgan	13	QFH20	2:59.74
9 Alfie Allan	12	EVO	3:05.74
10 Matias Abril Clavijo	12	QFH20	3:29.25

## #7 Men 14-15 200 Meter IM

Name	Age	Team	Finals Time
1 Belal Ghanem	14	ELITE	2:37.89
2 Eiad Elshendy	14	SC	2:46.15
3 Ali Magdy	14	ELITE	2:46.55
4 Alex Catrinar	14	HYDRA	2:46.75
5 Jakub Kuckl	15	QFH20	2:50.97
6 Yusif Sharara	14	ELITE	2:55.82
7 Gaven Hann	15	QFH20	3:08.90
8 Patrick Baron	14	EVO	3:25.42

## #7 Men 16&amp;O 200 Meter IM

Name	Age	Team	Finals Time
1 Kayel Oliver Alferos	17	QFH20	2:39.72
2 Ramez Nasr	16	ELITE	2:48.90
3 Fouad Korjo	17	HYDRA	2:58.75

## #8 Girls 9&amp;U 50 Meter Fly

Name	Age	Team	Finals Time
1 Arianna Oshinowo	9	DYSL	40.16
2 Diala Osman	9	SC	47.60
3 Jessica Reslan	9	QFH20	47.77
4 Hannah Huynh	8	DYSL	51.23
5 Kaleen Atallah	9	QFH20	53.07
6 Kaier Luo	9	ELITE	54.60
7 Leah Sharar	7	ELITE	54.88
8 Sarai Valbuena	7	DYSL	56.88
9 Rebecca Ker-Fox	8	QFH20	57.45
10 Alyssabeth Handig	9	QFH20	1:02.61
11 Rhea Hneini	9	QFH20	1:02.96
12 Lilliana Millen	9	QFH20	1:08.31

## H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023

## Results

## #8 Girls 10-11 50 Meter Fly

Name	Age	Team	Finals Time
1 Hannah Ker-Fox	10	QFH20	33.35
2 Emma Vaartjes	11	DYSL	40.72
3 Selma Albrechtsen	11	HYDRA	40.94
4 Hattie Stephenson	11	DYSL	41.51
5 Audrey Morgan	11	QFH20	42.72
6 Taliitha Jackson	10	QFH20	42.92
7 Myriam Radaj	11	ELITE	44.43
8 Beatrice Lim	10	QFH20	48.62
9 Quinishaa Embar	10	QFH20	52.39
10 Mika Bersaluna	11	QFH20	55.88
11 Clare Donnelly	10	DYSL	1:06.46
12 Krystyle Bitoon	10	QFH20	1:11.16

## #8 Girls 12-13 50 Meter Fly

Name	Age	Team	Finals Time
1 Ekaterini Fountouki	13	QFH20	33.47
2 Lara Benaya	13	ELITE	33.62
3 Belar Ahmed	13	ELITE	33.75
4 Omolola Akinsanmi	13	DYSL	33.81
5 Haya Hneini	13	QFH20	34.09
6 Mary Heaton	13	EVO	35.29
7 Annamaria Di Pietro	13	QFH20	35.75
8 Rim Lamrani	13	HYDRA	35.97
9 Yassmin Walid	13	ELITE	36.45
10 Maram Hossam	12	ELITE	36.88
11 Aya Ramy	12	ELITE	37.91
12 Tamara Mohamed	13	QFH20	38.48
13 Catherine Reslan	12	QFH20	39.46
14 Luiza Kucka	12	QFH20	40.09
15 Adheethi Vasantha K	12	QFH20	40.25
16 Dalia Zibouche	13	QFH20	43.00
17 Miley Colaco	12	ELITE	53.65
18 Lyn El Ayass	12	QFH20	56.37

## #8 Women 14-15 50 Meter Fly

Name	Age	Team	Finals Time
1 Pratihtha Dangi	15	HYDRA	30.13
2 Emma Thompson	14	HYDRA	31.47
3 Farah Fares	14	HYDRA	33.72
4 Jianna Marie Yutuc	14	QFH20	34.44
5 Lilah Chang	15	HYDRA	35.34
6 Aananya Ganesh	15	QFH20	37.48
7 Sarah Reslan	14	QFH20	38.66
8 Belecia Yanka Manal	14	QFH20	40.87
9 Salma Aboulseoud	14	QFH20	42.28
10 Hla Ahmed Salah	14	ELITE	46.34
11 Mariam Tamer	14	ELITE	52.68

## #8 Women 16&amp;O 50 Meter Fly

Name	Age	Team	Finals Time
1 Isabella Jones	18	IND6	29.31
2 Linnea Reinsmoen	17	HYDRA	31.29

## #9 Boys 9&amp;U 50 Meter Breast

Name	Age	Team	Finals Time
1 Yaseen Mahmud	8	SC	42.50

2 Youseef Eslam	9	SC	45.64
3 Omer Abdelaziz	9	SC	46.34
4 Ali Dardir	9	ELITE	48.23
5 Ayhm ali Gamil	9	SC	50.07
6 Abdulla Alaa Eldin	8	SC	52.16
7 Ammar Hassan	9	IND10	54.87
8 Ronan Donnelly	8	DYSL	57.05
9 Ismail Mobin	9	DYSL	1:01.34
10 Jordan Tupamahu	9	QFH20	1:03.18
11 Ahmed Shouman	7	ELITE	1:04.44
12 Aime Hidreau	8	QFH20	1:04.96
13 Niranjan L.S,	8	IND5	1:05.31
14 Amir ali Gamil	7	SC	1:05.39
15 Anas Annabi	6	ELITE	1:06.66
16 Mohamed Benaya	7	ELITE	1:07.60
17 Ryan Annabi	7	ELITE	1:13.61
18 Tobit Raphael Castill	8	QFH20	1:22.25

## #9 Boys 10-11 50 Meter Breast

Name	Age	Team	Finals Time
1 Yassin Abdeli	11	SC	41.46
2 Kadrik Aspiras	11	QFH20	43.50
3 Santiago Valbuena	10	DYSL	44.70
4 Ibrahim Bennour	11	ELITE	48.46
5 Michel Ziade	10	ACH	49.23
6 Elias Aronsson	10	DYSL	50.50
7 Emanuele Eirale Cam	11	HYDRA	52.36
8 Michael Anthony Bag	11	QFH20	52.59
9 Lexton Chang	10	HYDRA	52.76
10 Zein Khalil	11	EVO	52.94
11 Adam Redza	11	QFH20	53.96
12 Omar Magdy	10	ELITE	54.39
13 Mikhail Kanyshv	10	QFH20	57.92
14 Ibrahim Mobin	10	DYSL	59.91
15 Ilyas Ahmed Dualeh	10	QFH20	1:02.48
16 Vivaan Misra	11	QFH20	1:02.60
17 Yousuf Lodhi	10	ELITE	1:04.13

## #9 Boys 12-13 50 Meter Breast

Name	Age	Team	Finals Time
1 Marcos Garcia Colom	13	HYDRA	36.73
2 Andrew Aintablian	13	ACH	36.75
3 Stuart Morgan	13	QFH20	37.15
4 Kareem Ekramy	13	ELITE	39.15
5 Yahia Hamdy	12	SC	40.59
6 Yassine Elsobky	12	ELITE	41.41
7 Hichem Chebil	13	IND8	42.13
8 Elliot Aronsson	12	DYSL	43.12
9 Jayden Tupamahu	12	QFH20	46.47
10 Bilel Boulfrad	13	HYDRA	46.55
11 Usman Lodhi	12	ELITE	46.57
12 Harrison Kroeker	13	QFH20	52.78
13 Bogdan Mura	13	ELITE	54.27
14 Anas Hassan	13	ELITE	54.40
15 Stijn Renkema	12	QFH20	59.85

## #9 Men 14-15 50 Meter Breast

Name	Age	Team	Finals Time
1 Eduardo Ouzounian	15	ACH	32.16
2 Jinwoo Chu	15	HYDRA	35.30
3 Belal Ghanem	14	ELITE	36.57
4 Ziad Khalil	15	EVO	36.61
5 Jude Williams	15	HYDRA	37.90
6 Jakub Kuckl	15	QFH20	38.86
7 Yusif Sharara	14	ELITE	39.04
8 Ramy Mohamed	14	QFH20	39.79
9 Ishaan Gautam Singh	14	QFH20	39.94
10 Loutfi El Abed	15	HYDRA	40.98
11 Alexis Papas	15	HYDRA	42.26
12 Amr Taher	14	IND7	44.07
13 Tristan Sinclair-Migit	14	HYDRA	45.24
14 Chaewook Hong	15	HYDRA	50.19

## #9 Men 16&amp;O 50 Meter Breast

Name	Age	Team	Finals Time
1 Aaryan Ganesh	18	QFH20	31.85
2 Abdelrhman Ghanem	16	ELITE	35.35
3 Ramez Nasr	16	ELITE	39.55

## #10 Girls 9&amp;U 100 Meter Back

Name	Age	Team	Finals Time
1 Aradhaya Gupta	9	QFH20	1:40.93
2 Rhea Hneini	9	QFH20	1:49.19
3 Camila Valencia	9	QFH20	1:51.76
4 Rebecca Ker-Fox	8	QFH20	1:53.27
5 Kaier Luo	9	ELITE	1:54.87
6 Hannah Huynh	8	DYSL	1:56.59
7 Eme Willis	9	QFH20	1:57.97
8 Kaleen Atallah	9	QFH20	1:58.61
9 Sarai Valbuena	7	DYSL	2:06.12
10 Ayana Desai	9	QFH20	2:13.47
11 Alyssabeth Handig	9	QFH20	2:19.41
12 Olivia Lopez	9	QFH20	2:19.52

## #10 Girls 10-11 100 Meter Back

Name	Age	Team	Finals Time
1 Hannah Ker-Fox	10	QFH20	1:19.97
2 Claire Kenny	11	QFH20	1:20.13
3 Caedgryn Castuera	11	QFH20	1:29.50
4 Selma Albrechtsen	11	HYDRA	1:30.74
5 Teresa Robert	11	EVO	1:37.68
6 Myriam Radaj	11	ELITE	1:37.89
7 Ioanna Matni	10	HYDRA	1:39.00
8 Lauren Huynh	10	DYSL	1:41.13
9 Beatrice Lim	10	QFH20	1:44.25
10 Hilm Wissam	10	ELITE	2:01.17
11 Basmala Elboushi	10	ELITE	2:03.11

## #10 Girls 12-13 100 Meter Back

Name	Age	Team	Finals Time
1 Zahira Peters	13	HYDRA	1:16.71
2 Shu Hui Seah	13	HYDRA	1:16.75
3 Omolola Akinsanmi	13	DYSL	1:21.39
4 Annamaria Di Pietro	13	QFH20	1:27.23

## H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023

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## #10 Girls 12-13 100 Meter Back

5	Adheethi Vasantha Ki	12	QFH20	1:29.22
6	Zoi Matni	12	HYDRA	1:31.18

## #10 Women 14-15 100 Meter Back

Name	Age	Team	Finals Time	
1	Pratishtha Dangi	15	HYDRA	1:10.65
2	Farah Fares	14	HYDRA	1:14.15
3	Alice Ferguson	14	HYDRA	1:15.74
4	Lilah Chang	15	HYDRA	1:19.61
5	Kirsten Battad	15	QFH20	1:21.74
6	Julia Ponte	15	QFH20	1:23.85
7	Jianna Marie Yutuc	14	QFH20	1:25.58
8	Jinan Abu Diyeh	15	QFH20	1:27.27
9	Thanya Thotakura	15	HYDRA	1:27.92
10	Belecia Yanka Manalc	14	QFH20	1:28.78
11	Cyrine Badji	14	QFH20	1:34.42
12	Salma Aboulseoud	14	QFH20	1:38.53
13	Mariam Tamer	14	ELITE	1:48.17

## #10 Women 16&amp;O 100 Meter Back

Name	Age	Team	Finals Time	
1	Linnea Reinsmoen	17	HYDRA	1:18.40
2	Caren Khaddaj	17	IND8	1:27.84

## #11 Boys 9&amp;U 100 Meter Fly

Name	Age	Team	Finals Time	
1	Ammar Moustafa	9	SC	1:25.26
2	Yaseen Eslam	9	SC	1:37.17
3	Andrei Pingol	9	ELITE	1:38.05
4	Alex Saunders	8	DYSL	1:39.58
5	Asir Hassanin	9	SC	1:47.51
6	Niranjana L.S.	8	IND5	3:01.08

## #11 Boys 10-11 100 Meter Fly

Name	Age	Team	Finals Time	
1	Mohammed Khaled	11	SC	1:16.18
2	Yassin Abdeli	11	SC	1:18.88
3	Kadrik Aspiras	11	QFH20	1:35.71
4	Mohamed Sherif Basl	10	SC	1:44.70
5	Shu Yang Seah	11	HYDRA	1:55.67

## #11 Boys 12-13 100 Meter Fly

Name	Age	Team	Finals Time	
1	Yusuf Keshek	13	ELITE	1:01.32
2	Kareem Ekramy	13	ELITE	1:13.19
3	Yusuf Elaffandi	12	ELITE	1:15.38
4	Hussein Elkhashab	12	SC	1:15.59
5	Rehaan Jerry	13	QFH20	1:16.84
6	Luke Moloney	13	HYDRA	1:22.07
7	Yohann Jacob	12	QFH20	1:51.46

## #11 Men 14-15 100 Meter Fly

Name	Age	Team	Finals Time	
1	Edwardo Ouzounian	15	ACH	1:01.39
2	Daniel Del Carmen-Ju	15	DYSL	1:05.94
3	Francisco Achilli	15	HYDRA	1:09.22
4	Ali Magdy	14	ELITE	1:10.75

5	Jakub Kuckl	15	QFH20	1:12.77
6	Mahmoud Ramadan	14	QFH20	1:13.85
7	Oliver Anand	15	HYDRA	1:16.34
8	Ramy Mohamed	14	QFH20	1:16.45
9	Yusif Sharara	14	ELITE	1:18.00
10	Sebastien Misael Mag	14	QFH20	1:27.84

## #11 Men 16&amp;O 100 Meter Fly

Name	Age	Team	Finals Time	
1	Henrique Muller	16	QFH20	1:09.46
2	Zac Stephenson	16	DYSL	1:11.57
3	Chris Guthrie	16	HYDRA	1:13.84

## #12 Girls 9&amp;U 200 Meter Free

Name	Age	Team	Finals Time	
1	Arianna Oshinowo	9	DYSL	2:58.17
2	Jessica Reslan	9	QFH20	3:06.96
3	Aradhya Gupta	9	QFH20	3:09.83
4	Diala Osman	9	SC	3:36.51
5	Leah Sharar	7	ELITE	3:39.21
6	Camila Valencia	9	QFH20	3:44.00
7	Eme Willis	9	QFH20	3:49.76
8	Olivia Lopez	9	QFH20	4:30.63

## #12 Girls 10-11 200 Meter Free

Name	Age	Team	Finals Time	
1	Hannah Ker-Fox	10	QFH20	2:27.99
2	Hattie Stephenson	11	DYSL	2:58.29
3	Caedgryn Castuera	11	QFH20	3:01.46
4	Nadine Hana Jazdee	11	QFH20	3:28.29
5	Beatrice Lim	10	QFH20	3:29.28
6	Myla Willis	11	QFH20	3:41.49

## #12 Girls 12-13 200 Meter Free

Name	Age	Team	Finals Time	
1	Mary Heaton	13	EVO	2:27.13
2	Belar Ahmed	13	ELITE	2:28.57
3	Zahira Peters	13	HYDRA	2:31.06
4	Lara Benaya	13	ELITE	2:33.25
5	Rim Lamrani	13	HYDRA	2:35.73
6	Sofia Peia	13	QFH20	2:37.12
7	Annamaria Di Pietro	13	QFH20	2:37.66
8	Sufia Dowds	13	EVO	2:39.86
9	Aya Ramy	12	ELITE	2:42.13
10	Zara Devaya	12	QFH20	2:46.17
11	Luiza Kucka	12	QFH20	2:54.98
12	Miley Colaco	12	ELITE	3:16.07

## #12 Women 14-15 200 Meter Free

Name	Age	Team	Finals Time	
1	Arabella Taguinota	15	QFH20	2:22.66
2	Emma Thompson	14	HYDRA	2:23.92
3	Alice Ferguson	14	HYDRA	2:27.53
4	Sophie White	15	HYDRA	2:29.86
5	Kirsten Battad	15	QFH20	2:37.25
6	Nikol Antoun	15	QFH20	2:41.56
7	Jinan Abu Diyeh	15	QFH20	2:45.67
8	Karina Uzbekova	15	QFH20	2:48.32
9	Malak Hossam	14	ELITE	2:50.41

10	Belecia Yanka Manalc	14	QFH20	2:58.73
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## #12 Women 16&amp;O 200 Meter Free

Name	Age	Team	Finals Time	
1	Layla Marshall	16	QFH20	2:28.43
2	Sienna Zafeiropoulou	17	QFH20	2:40.46
3	Niharika Gautam Si	16	QFH20	2:53.83

## #13 Boys 9&amp;U 200 Meter Back

Name	Age	Team	Finals Time	
1	Aziz Trabelsi	8	ELITE	3:04.73
2	Ayhm ali Gamil	9	SC	3:06.31
3	Andrei Pingol	9	ELITE	3:19.42
4	Anas Abdelli	9	SC	3:20.81
5	Yazan Osman	7	SC	3:32.93

## #13 Boys 10-11 200 Meter Back

Name	Age	Team	Finals Time	
1	Pasel Hassan	11	SC	2:57.79
2	Ahmad Malik	10	DYSL	3:10.09
3	Youssef Annabi	10	SC	3:14.00
4	Alfio Di Pietro	10	QFH20	3:18.54
5	Conrado Galvez Bora	11	DYSL	3:19.15
6	Rohan Pingol	10	ELITE	3:41.43

## #13 Boys 12-13 200 Meter Back

Name	Age	Team	Finals Time	
1	Mohamed Keshek	13	ELITE	2:34.04
2	Mohamed Elsaid	13	ELITE	2:55.18
3	Rehaan Jerry	13	QFH20	2:55.31
4	Yahia Hamdy	12	SC	2:57.40
5	Omar Eslam	12	SC	3:06.25
6	Pranav Kumar	12	SC	3:06.29

## #13 Men 14-15 200 Meter Back

Name	Age	Team	Finals Time	
1	Omar Abu Rezeq	14	ELITE	2:30.22
2	Oliver Anand	15	HYDRA	2:45.26
3	Billel Benyahia	15	QFH20	2:47.39
4	Eiad Elshendy	14	SC	2:55.84
5	Gaven Hann	15	QFH20	3:03.88

## #13 Men 16&amp;O 200 Meter Back

Name	Age	Team	Finals Time	
1	Kayel Oliver Alferos	17	QFH20	2:33.76
2	Hassan Eldeeb	16	DYSL	2:50.28
3	Chaitanya Shangari	16	QFH20	2:50.48

## #14 Girls 9&amp;U 50 Meter Free

Name	Age	Team	Finals Time	
1	Arianna Oshinowo	9	DYSL	37.46
2	Jessica Reslan	9	QFH20	39.53
3	Aradhya Gupta	9	QFH20	40.36
4	Kaier Luo	9	ELITE	42.34
5	Rebecca Ker-Fox	8	QFH20	43.44
6	Joud Saad Mohamed	8	QFH20	43.75
7	Jaya Lughton	9	EVO	43.96
8	Hannah Huynh	8	DYSL	44.13
9	Kaleen Atallah	9	QFH20	45.46
10	Camila Valencia	9	QFH20	45.56

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## #14 Girls 9&amp;U 50 Meter Free

Name	Age	Team	Finals Time
11 Lilliana Millen	9	QFH20	47.86
12 Alyssabeth Handig	9	QFH20	48.07
13 Sarai Valbuena	7	DYSL	48.15
14 Rhea Hneini	9	QFH20	49.06
15 Leah Sharar	7	ELITE	49.59
16 Ayana Desai	9	QFH20	50.34
17 Karma Mahmoud	8	ELITE	55.22
18 Giovanna Hortelio	8	QFH20	56.70

## #14 Girls 10-11 50 Meter Free

Name	Age	Team	Finals Time
1 Hannah Ker-Fox	10	QFH20	32.24
2 Claire Kenny	11	QFH20	32.82
3 Taliitha Jackson	10	QFH20	34.79
4 Audrey Morgan	11	QFH20	35.04
5 Matilde Reis	11	HYDRA	36.61
6 Hattie Stephenson	11	DYSL	37.21
7 Flora Tsiliyanni	10	EVO	37.65
8 Myriam Radaj	11	ELITE	37.98
9 Caedgryn Castuera	11	QFH20	38.03
10 Teresa Robert	11	EVO	38.97
11 Sophie Martin	11	HYDRA	39.97
12 Lauren Huynh	10	DYSL	40.11
13 Feriel Slimami	11	QFH20	41.41
14 Nadine Hana Jazdee	11	QFH20	41.68
15 Beatrice Lim	10	QFH20	41.94
16 Bianca Bustos Arabel	11	QFH20	44.53
17 Samarah Jerry	11	QFH20	45.36
18 Hilm Wissam	10	ELITE	46.39
19 Jomanah Sharara	10	ELITE	48.04
20 Malika El Dakhs	10	QFH20	48.10
21 Basmala Elboushi	10	ELITE	49.29
22 Clare Donnelly	10	DYSL	50.25
23 Mika Bersaluna	11	QFH20	50.41
24 Valentina Conte	10	QFH20	51.68
25 Mckaela Bersaluna	10	QFH20	51.92
26 Tanishka Rao	11	QFH20	52.34
27 Layane Sawaya	10	QFH20	1:07.99

## #14 Girls 12-13 50 Meter Free

Name	Age	Team	Finals Time
1 Shu Hui Seah	13	HYDRA	29.08
2 Ekaterini Fountouki	13	QFH20	30.52
3 Belar Ahmed	13	ELITE	31.29
4 Yassmin Walid	13	ELITE	31.43
5 Lara Benaya	13	ELITE	32.03
*6 Zahira Peters	13	HYDRA	32.44
*6 Maram Hossam	12	ELITE	32.44
8 Haya Hneini	13	QFH20	32.60
9 Rim Lamrani	13	HYDRA	33.09
10 Sofia Peia	13	QFH20	33.18
11 Omolola Akinsanmi	13	DYSL	33.33
12 Aya Ramy	12	ELITE	33.36
13 Annamaria Di Pietro	13	QFH20	33.66
14 Catherine Reslan	12	QFH20	34.15
15 Ruby Ferguson	12	HYDRA	35.29

16 Luiza Kucka	12	QFH20	35.35
17 Adheethi Vasantha Ki	12	QFH20	35.53
18 Alina Aldebjer-usher	13	HYDRA	35.97
19 Leena El Abed	13	HYDRA	36.50
20 Sophia Branston	13	EVO	36.54
21 Isla Melville	12	EVO	36.60
22 Abigail Branston	13	EVO	37.04
23 Dalia Zibouche	13	QFH20	37.52
24 Lyn El Ayass	12	QFH20	39.97
25 Damilola Eweje	13	QFH20	41.60
26 Aili Willis	13	QFH20	41.85
27 Ameera Lathifa	12	QFH20	44.63

## #14 Women 14-15 50 Meter Free

Name	Age	Team	Finals Time
1 Arabella Taguinota	15	QFH20	29.40
2 Emma Thompson	14	HYDRA	30.40
3 Pratihtha Dangi	15	HYDRA	30.64
4 Farah Fares	14	HYDRA	30.84
5 Jianna Marie Yutuc	14	QFH20	32.05
6 Sophie White	15	HYDRA	32.09
7 Nikol Antoun	15	QFH20	32.82
8 Lilah Chang	15	HYDRA	32.97
9 Kirsten Battad	15	QFH20	33.13
10 Ioana Vladica	14	QFH20	33.17
11 Aananya Ganesh	15	QFH20	33.42
12 Oceana Moreau	15	QFH20	33.52
13 Thanya Thotakura	15	HYDRA	34.61
14 Julia Ponte	15	QFH20	34.90
15 Tatiana Woolgar	14	EVO	35.76
16 Sarah Reslan	14	QFH20	35.92
17 Belecia Yanka Manalc	14	QFH20	36.02
18 Hla Ahmed Salah	14	ELITE	36.22
19 Menna Elghobary	14	HYDRA	36.39
20 Salma Aboulseoud	14	QFH20	36.74
21 Cyrine Badji	14	QFH20	37.41
22 Mariam Tamer	14	ELITE	37.87

## #14 Women 16&amp;O 50 Meter Free

Name	Age	Team	Finals Time
1 Isabella Jones	18	IND6	27.37
2 Linnea Reinsmoen	17	HYDRA	30.28
3 Caren Khaddaj	17	IND8	32.99
4 Niharikaa Gautam Sir	16	QFH20	36.14

## #15 Boys 9&amp;U 50 Meter Back

Name	Age	Team	Finals Time
1 Omer Abdelaziz	9	SC	42.70
2 Youseef Eslam	9	SC	43.09
3 Andrei Pingol	9	ELITE	43.54
4 Hassan Abdulmaged	8	IND4	44.51
5 Yaseen Eslam	9	SC	44.80
6 Malek Dardir	9	ELITE	44.92
7 Yaseen Mahmud	8	SC	45.92
8 Alex Saunders	8	DYSL	45.98
9 Ali Dardir	9	ELITE	49.65
10 Ammar Hassan	9	IND10	49.71
11 Adam Gamil	7	ELITE	49.76

12 Amir ali Gamil	7	SC	50.93
13 Abdulla Alaa Eldin	8	SC	52.27
14 Adel Redza	9	QFH20	52.47
15 Aime Hidreau	8	QFH20	53.63
16 Ismail Mobin	9	DYSL	53.64
17 Jordan Tupamahu	9	QFH20	55.67
18 Ronan Donnelly	8	DYSL	56.20
19 Anas Annabi	6	ELITE	59.71
20 Adam Sherif Basha	7	SC	1:01.46
21 Tobit Raphael Castill	8	QFH20	1:18.06

## #15 Boys 10-11 50 Meter Back

Name	Age	Team	Finals Time
1 Elias Aronsson	10	DYSL	40.31
2 Mohammed Khaled	11	SC	40.48
3 Kadrik Aspiras	11	QFH20	41.06
4 Yassin Trabelsi	11	ELITE	42.65
5 Lionel Sihotang	11	QFH20	43.39
6 Conrado Galvez Bora	11	DYSL	43.46
7 Abduelrhman Reda	11	SC	43.56
8 Ahmad Malik	10	DYSL	43.87
9 Alfio Di Pietro	10	QFH20	44.72
10 Youssef Annabi	10	SC	45.55
11 Rohan Pingol	10	ELITE	48.39
12 Ibrahim Mobin	10	DYSL	48.48
13 Michael Anthony Bag	11	QFH20	51.38
14 Vivaan Misra	11	QFH20	52.42
15 Ilyas Ahmed Dualeh	10	QFH20	53.05
16 Omar El Dakhs	10	QFH20	55.88
17 Pavlo Guio	11	ELITE	57.26
18 Yousuf Lodhi	10	ELITE	1:02.74

## #15 Boys 12-13 50 Meter Back

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	30.13
2 Mohamed Keshek	13	ELITE	31.44
3 Arvin Taguinota	12	SC	33.08
4 Kareem Ekramy	13	ELITE	34.41
5 Rehaan Jerry	13	QFH20	36.00
6 Mohamed Elsaid	13	ELITE	36.49
7 Luke Moloney	13	HYDRA	36.60
8 Yusuf Elaffandi	12	ELITE	38.42
9 Alfie Allan	12	EVO	38.59
10 Marcos Garcia Colom	13	HYDRA	39.33
11 Jayden Tupamahu	12	QFH20	41.24
12 Yassine Elsobky	12	ELITE	41.31
13 Elliot Aronsson	12	DYSL	42.18
14 Matias Abril Clavijo	12	QFH20	42.43
15 Mohamad Yassine Sa	13	QFH20	44.06
16 Harrison Kroeker	13	QFH20	44.90
17 Youssef Abdallah	12	QFH20	48.01
18 Bogdan Mura	13	ELITE	48.24
19 Mete James Sanli	13	QFH20	50.54

## #15 Men 14-15 50 Meter Back

Name	Age	Team	Finals Time
1 Daniel Del Carmen-Ju	15	DYSL	31.89
2 Omar Abu Rezeq	14	ELITE	32.27

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## #15 Men 14-15 50 Meter Back

3	Jinwoo Chu	15	HYDRA	32.47
4	Billel Benyahia	15	QFH20	34.95
5	Oliver Anand	15	HYDRA	35.31
6	Jude Williams	15	HYDRA	35.41
7	Yassen Walid	14	ELITE	35.87
8	Manuel Reis	14	HYDRA	36.29
9	Loutfi El Abed	15	HYDRA	36.59
10	Ali Magdy	14	ELITE	36.71
11	Eiad Elshendy	14	SC	37.34
12	Revan Oetji	14	HYDRA	37.97
13	Cameron Harb	15	HYDRA	38.17
14	Amr Taher	14	IND7	38.37
15	Mahmoud Ramadan	14	QFH20	38.72
16	Gaven Hann	15	QFH20	39.28
17	Jakub Kuckl	15	QFH20	39.54
18	Alexis Papas	15	HYDRA	39.91
19	Ebaad Rehman	15	HYDRA	43.69
20	Kade Reval Mercer	15	QFH20	44.41
21	Youssef Krifa	14	HYDRA	46.00
22	Chaewook Hong	15	HYDRA	46.24

## #15 Men 16&amp;O 50 Meter Back

	Name	Age	Team	Finals Time
1	Aaryan Ganesh	18	QFH20	30.89
2	Kayel Oliver Alferos	17	QFH20	31.72
3	Abdelrhman Ghanem	16	ELITE	32.29
4	Hassan Eldeeb	16	DYSL	34.66
5	Zac Stephenson	16	DYSL	34.74
6	Pedro Guio	16	ELITE	35.24
7	Chaitanya Shangari	16	QFH20	36.03
8	Chris Guthrie	16	HYDRA	37.51
9	Ramez Nasr	16	ELITE	37.63

## #16 Women 11&amp;U 4x50 Meter Free Relay

	Team	Relay	Finals Time
1	QFH20	A	2:14.44
	Claire Kenny 11	Taliitha Jackson 10	
	Audrey Morgan 11	Hannah Ker-Fox 10	
2	HYDRA	A	2:33.06
	Selma Albrechtsen 11	Sophie Martin 11	
	Ioanna Matni 10	Matilde Reis 11	
3	QFH20	B	2:39.81
	Jessica Reslan 9	Nadine Hana Jazdee 11	
	Aradhaya Gupta 9	Caedgryn Castuera 11	
4	DYSL	A	2:46.09
	Arianna Oshinowo 9	Hattie Stephenson 11	
	Lauren Huynh 10	Clare Donnelly 10	
5	ELITE	A	2:55.96
	Kaier Luo 9	Myriam Radaj 11	
	Leah Sharar 7	Hilm Wissam 10	
6	QFH20	C	2:58.16
	Rebecca Ker-Fox 8	Lilliana Millen 9	
	Samarah Jerry 11	Kaleen Atallah 9	
7	QFH20	D	3:09.03
	Rhea Hneini 9	Quinishaa Embar 10	
	Malika El Dakhs 10	Joud Saad Mohamed 8	

## #17 Men 11&amp;U 4x50 Meter Free Relay

	Team	Relay	Finals Time
1	SC	A	2:11.23
	Yassin Abdeli 11	Pasel Hassan 11	
	Mohammed Khaled 11	Abduelrhman Reda 11	
2	ELITE	A	2:22.25
	Aziz Trabelsi 8	Yassin Trabelsi 11	
	Rohan Pingol 10	Andrei Pingol 9	
3	DYSL	A	2:23.32
	Elias Aronsson 10	Alex Saunders 8	
	Ahmad Malik 10	Santiago Valbuena 10	
4	QFH20	A	2:26.95
	Alfio Di Pietro 10	Michael Anthony Bagu	
	Lionel Sihotang 11	Kadrik Aspiras 11	
5	ELITE	B	2:42.83
	Pavlo Guio 11	Malek Dardir 9	
	Ali Dardir 9	Anas Annabi 6	
6	QFH20	B	2:53.69
	Adel Redza 9	Omar El Dakhs 10	
	Mikhail Kanyshv 10	Adam Redza 11	

## #18 Women 12&amp;O 4x50 Meter Medley Relay

	Team	Relay	Finals Time
1	HYDRA	A	2:13.07
	Pratishtha Dangi 15	Leena El Abed 13	
	Emma Thompson 14	Shu Hui Seah 13	
2	QFH20	A	2:15.65
	Kirsten Battad 15	Arabella Taguinota 15	
	Layla Marshall 16	Ekaterini Fountouki 13	
3	HYDRA	B	2:18.72
	Alice Ferguson 14	Alina Aldebjer-usher 1	
	Farah Fares 14	Sophie White 15	
4	ELITE	A	2:23.26
	Belar Ahmed 13	Lara Benaya 13	
	Malak Hossam 14	Yassmin Walid 13	
5	QFH20	B	2:27.09
	Annamaria Di Pietro 1	Sofia Peia 13	
	Haya Hneini 13	Nikol Antoun 15	
6	HYDRA	C	2:29.43
	Lilah Chang 15	Zahira Peters 13	
	Rim Lamrani 13	Thanya Thotakura 15	
7	QFH20	D	2:37.88
	Aananya Ganesh 15	Catherine Reslan 12	
	Tamara Mohamed 13	Niharikaa Gautam Sing	
8	QFH20	E	2:43.70
	Julia Ponte 15	Zara Devaya 12	
	Jinan Abu Diyeh 15	Damilola Eweje 13	
9	QFH20	F	2:47.31
	Luiza Kucka 12	Sarah Reslan 14	
	Belecia Yanka Manalo 1	Adheethi Vasantha Kur	
10	HYDRA	D	2:48.77
	Ruby Ferguson 12	Linnea Reinsmoen 17	
	Zoi Matni 12	Menna Elghobary 14	
11	QFH20	C	2:48.87
	Cyrine Badji 14	Oceana Moreau 15	
	Dalia Zibouche 13	Sienna Zafeiropoulou 1	

## #19 Men 12&amp;O 4x50 Meter Medley Relay

	Team	Relay	Finals Time
1	QFH20	A	1:59.87
	Kayel Oliver Alferos 17	Aaryan Ganesh 18	
	Henrique Muller 16	Chafik Ayed 29	
2	ELITE	A	2:01.27
	Omar Abu Rezeq 14	Abdelrhman Ghanem 1	
	Yusuf Keshek 13	Mohamed Keshek 13	
3	ELITE	B	2:01.88
	Kareem Ekramy 13	Ahmed aly 32	
	Belal Ghanem 14	Raed Ismail 16	
4	HYDRA	A	2:03.26
	Illia Telegin 14	Jinwoo Chu 15	
	Francisco Achilli 15	Manuel Reis 14	
5	HYDRA	B	2:11.40
	Oliver Anand 15	Marcos Garcia Colome	
	Chris Guthrie 16	Loutfi El Abed 15	
6	QFH20	B	2:12.99
	Chaitanya Shangari 16	Stuart Morgan 13	
	Jakub Kuckl 15	Ramy Mohamed 14	
7	DYSL	A	2:16.88
	Hassan Eldeeb 16	Elliot Aronsson 12	
	Zac Stephenson 16	Daniel Del Carmen-Ju 1	
8	SC	A	2:18.05
	Arvin Taguinota 12	Yahia Hamdy 12	
	Hussein Elkhshab 12	Eiad Elshendy 14	
9	HYDRA	C	2:22.16
	Fouad Korjo 17	Jude Williams 15	
	Alex Catrinar 14	Cameron Harb 15	
10	QFH20	D	2:24.99
	Rehaan Jerry 13	Ishaan Gautam Singh 1	
	Sebastein Misael Maga	Jayden Tupamahu 12	

## #20 Girls 9&amp;U 400 Meter Free

	Name	Age	Team	Finals Time
1	Aradhaya Gupta	9	QFH20	6:39.28
2	Diala Osman	9	SC	7:42.70

## #20 Girls 10-11 400 Meter Free

	Name	Age	Team	Finals Time
1	Ioanna Matni	10	HYDRA	7:16.94
2	Hilm Wissam	10	ELITE	8:24.71

## #20 Girls 12-13 400 Meter Free

	Name	Age	Team	Finals Time
1	Belar Ahmed	13	ELITE	5:15.79
2	Lara Benaya	13	ELITE	5:19.56
3	Zahira Peters	13	HYDRA	5:25.77
4	Rim Lamrani	13	HYDRA	5:29.63
5	Annamaria Di Pietro	13	QFH20	5:31.57
6	Aya Ramy	12	ELITE	5:46.93
7	Luiza Kucka	12	QFH20	6:08.92
8	Zoi Matni	12	HYDRA	6:29.48

## #20 Women 14-15 400 Meter Free

	Name	Age	Team	Finals Time
1	Farah Fares	14	HYDRA	5:05.95
2	Kirsten Battad	15	QFH20	5:30.91
3	Jinan Abu Diyeh	15	QFH20	5:44.55

## H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023

## Results

## #20 Women 16&amp;O 400 Meter Free

Name	Age	Team	Finals Time
1 Layla Marshall	16	QFH20	5:14.48
2 Sienna Zafeiropoulou	17	QFH20	5:40.49

## #21 Boys 9&amp;U 400 Meter IM

Name	Age	Team	Finals Time
1 Younis Soliman	9	ELITE	7:04.29

## #21 Boys 10-11 400 Meter IM

Name	Age	Team	Finals Time
1 Mohamed Sherif Basl	10	SC	7:00.19

## #21 Boys 12-13 400 Meter IM

Name	Age	Team	Finals Time
1 Hussein Elkhashab	12	SC	5:32.76
2 Kareem Ekramy	13	ELITE	5:45.14
3 Yassine Elsobky	12	ELITE	6:10.36

## #21 Men 14-15 400 Meter IM

Name	Age	Team	Finals Time
1 Omar Abu Rezeq	14	ELITE	5:31.91
2 Belal Ghanem	14	ELITE	5:47.43
3 Eiad Elshendy	14	SC	5:57.44

## #21 Men 16&amp;O 400 Meter IM

Name	Age	Team	Finals Time
1 Chaitanya Shangari	16	QFH20	6:20.46

## #22 Girls 9&amp;U 200 Meter Breast

Name	Age	Team	Finals Time
1 Jessica Reslan	9	QFH20	3:44.62
2 Lilliana Millen	9	QFH20	4:04.52
3 Leah Sharar	7	ELITE	4:30.72
4 Karma Mahmoud	8	ELITE	4:42.64
5 Alyssabeth Handig	9	QFH20	4:50.60

## #22 Girls 10-11 200 Meter Breast

Name	Age	Team	Finals Time
1 Claire Kenny	11	QFH20	3:14.05
2 Emma Vaartjes	11	DYSL	3:34.83
3 Audrey Morgan	11	QFH20	3:46.48
4 Taliitha Jackson	10	QFH20	3:54.72
5 Ferial Slimami	11	QFH20	4:14.55

## #22 Girls 12-13 200 Meter Breast

Name	Age	Team	Finals Time
1 Shu Hui Seah	13	HYDRA	3:04.49
2 Alina Aldebjer-usher	13	HYDRA	3:06.94
3 Yassmin Walid	13	ELITE	3:12.38
4 Sofia Peia	13	QFH20	3:12.61
5 Maram Hossam	12	ELITE	3:18.27
6 Catherine Reslan	12	QFH20	3:23.06
7 Zara Devaya	12	QFH20	3:29.81
8 Tamara Mohamed	13	QFH20	3:32.16
9 Miley Colaco	12	ELITE	3:56.73

## #22 Women 14-15 200 Meter Breast

Name	Age	Team	Finals Time
1 Arabella Taguinota	15	QFH20	3:04.51

2 Sophie White	15	HYDRA	3:20.37
3 Malak Hossam	14	ELITE	3:30.99
4 Nikol Antoun	15	QFH20	3:36.59

## #23 Boys 9&amp;U 200 Meter Fly

Name	Age	Team	Finals Time
1 Ammar Moustafa	9	SC	3:10.13

## #23 Boys 10-11 200 Meter Fly

Name	Age	Team	Finals Time
1 Mohammed Khaled	11	SC	2:55.66

## #23 Boys 12-13 200 Meter Fly

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	2:26.31
2 Yahia Hamdy	12	SC	3:04.89

## #23 Men 16&amp;O 200 Meter Fly

Name	Age	Team	Finals Time
1 Zac Stephenson	16	DYSL	2:49.69

## #24 Girls 9&amp;U 100 Meter Free

Name	Age	Team	Finals Time
1 Arianna Oshinowo	9	DYSL	1:16.76
2 Jessica Reslan	9	QFH20	1:26.13
3 Aradhya Gupta	9	QFH20	1:30.00
4 Rebecca Ker-Fox	8	QFH20	1:35.40
5 Kaier Luo	9	ELITE	1:36.42
6 Chloe Angel	9	QFH20	1:38.30
7 Joud Saad Mohamed	8	QFH20	1:38.94
8 Sarai Valbuena	7	DYSL	1:39.55
9 Hannah Huynh	8	DYSL	1:41.39
10 Camila Valencia	9	QFH20	1:42.12
11 Kaleen Atallah	9	QFH20	1:42.33
12 Leah Sharar	7	ELITE	1:44.01
13 Rhea Hneini	9	QFH20	1:45.22
14 Yasmine Ouechtati	8	QFH20	1:46.04
15 Ava Haines	8	QFH20	1:48.09
16 Alyssabeth Handig	9	QFH20	1:50.48
17 Ayana Desai	9	QFH20	1:51.61
18 Maria Luiza Henkin	9	QFH20	1:54.34
19 Lauren Haines	8	QFH20	1:58.46
20 Nathania Fune	7	QFH20	2:01.53
21 Kenza Kilani	9	QFH20	2:08.46

## #24 Girls 10-11 100 Meter Free

Name	Age	Team	Finals Time
1 Hannah Ker-Fox	10	QFH20	1:08.23
2 Matilde Reis	11	HYDRA	1:16.98
3 Hattie Stephenson	11	DYSL	1:18.06
4 Selma Albrechtsen	11	HYDRA	1:19.34
5 Audrey Morgan	11	QFH20	1:21.15
6 Myriam Radaj	11	ELITE	1:26.61
7 Teresa Robert	11	EVO	1:27.16
8 Lauren Huynh	10	DYSL	1:31.59
9 Nadine Hana Jazdee	11	QFH20	1:36.12
10 Myla Willis	11	QFH20	1:39.79
11 Samarah Jerry	11	QFH20	1:42.12
12 Hiln Wissam	10	ELITE	1:44.57

13 Valentina Conte	10	QFH20	2:01.62
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## #24 Girls 12-13 100 Meter Free

Name	Age	Team	Finals Time
1 Ekaterini Fountouki	13	QFH20	1:06.78
2 Belar Ahmed	13	ELITE	1:07.96
3 Lara Benaya	13	ELITE	1:08.58
4 Omolola Akinsanmi	13	DYSL	1:09.50
5 Zahira Peters	13	HYDRA	1:10.42
6 Haya Hneini	13	QFH20	1:11.63
7 Anne Mcchesney	12	QFH20	1:11.99
8 Annamaria Di Pietro	13	QFH20	1:13.00
9 Sofia Peia	13	QFH20	1:13.11
10 Maram Hossam	12	ELITE	1:13.44
11 Zara Devaya	12	QFH20	1:14.04
12 Aya Ramy	12	ELITE	1:15.11
13 Catherine Reslan	12	QFH20	1:16.31
14 Clara Huzar Sellmer	12	QFH20	1:17.36
15 Luiza Kucka	12	QFH20	1:18.25
16 Ruby Ferguson	12	HYDRA	1:21.26
17 Sophia Branston	13	EVO	1:21.47
18 Adheethi Vasantha Ki	12	QFH20	1:21.56
19 Abigail Branston	13	EVO	1:23.27
20 Lyn El Ayass	12	QFH20	1:31.93
21 Miley Colaco	12	ELITE	1:32.41
22 Layla Elsafty	12	ELITE	1:33.16
23 Aili Willis	13	QFH20	1:35.53
24 Damilola Eweje	13	QFH20	1:39.19
25 Nada Anwer	12	ELITE	1:44.56

## #24 Women 14-15 100 Meter Free

Name	Age	Team	Finals Time
1 Emma Thompson	14	HYDRA	1:03.83
2 Arabella Taguinota	15	QFH20	1:04.38
3 Alice Ferguson	14	HYDRA	1:07.07
4 Lilah Chang	15	HYDRA	1:10.35
5 Jianna Marie Yutuc	14	QFH20	1:10.98
6 Ioana Vladica	14	QFH20	1:12.77
7 Nikol Antoun	15	QFH20	1:14.66
8 Oceana Moreau	15	QFH20	1:16.80
9 Julia Ponte	15	QFH20	1:16.98
10 Menna Elghobary	14	HYDRA	1:19.79
11 Malak Hossam	14	ELITE	1:20.43
12 Sarah Reslan	14	QFH20	1:20.53
13 Salma Aboulseoud	14	QFH20	1:23.70
14 Cyrine Badji	14	QFH20	1:25.71
15 Mariam Tamer	14	ELITE	1:31.58

## #24 Women 16&amp;O 100 Meter Free

Name	Age	Team	Finals Time
1 Isabella Jones	18	IND6	59.80
2 Layla Marshall	16	QFH20	1:09.22

## #25 Boys 9&amp;U 100 Meter Breast

Name	Age	Team	Finals Time
1 Yaseen Mahmud	8	SC	1:35.42
2 Youssef Eslam	9	SC	1:37.96
3 Aziz Trabelsi	8	ELITE	1:40.00
4 Ali Dardir	9	ELITE	1:46.35

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**#25 Boys 9&U 100 Meter Breast**

5	Ayhm ali Gamil	9	SC	1:48.42
6	Abdulla Alaa Eldin	8	SC	1:48.54
7	Alex Saunders	8	DYSL	1:49.51
8	Yaseen Eslam	9	SC	1:52.54
9	David Alexandre Men	9	QFH20	1:53.92
10	Anas Abdelli	9	SC	1:54.50
11	Ronan Donnelly	8	DYSL	2:00.91
12	Matteo Abis	9	QFH20	2:10.17
13	Moez Ghanem	9	IND2	2:11.66
14	Adam Gamil	7	ELITE	2:19.69
15	Niranjan L.S,	8	IND5	2:19.78
16	Jordan Tupamahu	9	QFH20	2:21.62
17	Anas Annabi	6	ELITE	2:24.45
18	Moussa El Abbady	8	QFH20	2:35.64
19	Tobit Raphael Castill	8	QFH20	3:01.84

**#25 Boys 10-11 100 Meter Breast**

Name	Age	Team	Finals Time	
1	Yassin Abdeli	11	SC	1:31.62
2	Abduelrhman Reda	11	SC	1:31.99
3	Santiago Valbuena	10	DYSL	1:36.14
4	Kadrik Aspiras	11	QFH20	1:39.30
5	Ibrahim Bennour	11	ELITE	1:43.63
6	Michel Ziade	10	ACH	1:44.23
7	Liam Ryu	11	QFH20	1:45.08
8	Elias Aronsson	10	DYSL	1:50.68
9	Lexton Chang	10	HYDRA	1:51.54
10	Abdullah Malik	11	EVO	1:52.85
11	Michael Anthony Bag	11	QFH20	1:59.60
12	Martino Abis	11	QFH20	2:00.76
13	Vivaan Misra	11	QFH20	2:14.73
14	Yousuf Lodhi	10	ELITE	2:20.69

**#25 Boys 12-13 100 Meter Breast**

Name	Age	Team	Finals Time	
1	Marcos Garcia Colom	13	HYDRA	1:20.46
2	Hussein Elkhatab	12	SC	1:22.14
3	Stuart Morgan	13	QFH20	1:22.25
4	Andrew Aintablian	13	ACH	1:24.15
5	Luke Moloney	13	HYDRA	1:24.87
6	Kareem Ekramy	13	ELITE	1:28.71
7	Yassine Elsobky	12	ELITE	1:32.65
8	Petar Preradovic	13	EVO	1:33.28
9	Elliot Aronsson	12	DYSL	1:34.82
10	Hichem Chebil	13	IND8	1:35.91
11	Usman Lodhi	12	ELITE	1:40.87
12	Pranav Kumar	12	SC	1:42.76
13	Gyu dan Lee	12	QFH20	1:55.93
14	Bogdan Mura	13	ELITE	1:59.34
15	Anas Hassan	13	ELITE	2:02.98

**#25 Men 14-15 100 Meter Breast**

Name	Age	Team	Finals Time	
1	Jinwoo Chu	15	HYDRA	1:17.71
2	Belal Ghanem	14	ELITE	1:20.68
3	Jude Williams	15	HYDRA	1:24.95

4	Eiad Elshendy	14	SC	1:27.32
5	Yin Jun Tang	14	EVO	1:30.81
6	Alexis Papis	15	HYDRA	1:31.92
7	Sebastien Misael Mağ	14	QFH20	1:41.83
8	Anas Timeridjine	14	QFH20	1:44.39

**#25 Men 16&O 100 Meter Breast**

Name	Age	Team	Finals Time	
1	Aaryan Ganesh	18	QFH20	1:10.93
2	Abdelrhman Ghanem	16	ELITE	1:21.43
3	Ramez Nasr	16	ELITE	1:28.05
4	Abdullah Shahrour	17	QFH20	1:40.40

**#26 Girls 9&U 200 Meter IM**

Name	Age	Team	Finals Time	
1	Arianna Oshinowo	9	DYSL	3:14.11
2	Aradhya Gupta	9	QFH20	3:55.88
3	Diala Osman	9	SC	4:04.82
4	Rhea Hneini	9	QFH20	4:21.69

**#26 Girls 10-11 200 Meter IM**

Name	Age	Team	Finals Time	
1	Hannah Ker-Fox	10	QFH20	2:49.56
2	Caedgryn Castuera	11	QFH20	3:14.51
3	Emma Vaartjes	11	DYSL	3:15.07
4	Selma Albrechtsen	11	HYDRA	3:17.67
5	Taliitha Jackson	10	QFH20	3:24.65
6	Myriam Radaj	11	ELITE	3:38.55

**#26 Girls 12-13 200 Meter IM**

Name	Age	Team	Finals Time	
1	Lara Benaya	13	ELITE	2:51.87
2	Haya Hneini	13	QFH20	2:54.97
3	Yassmin Walid	13	ELITE	2:56.61
4	Maram Hossam	12	ELITE	3:04.74
5	Sufia Dowds	13	EVO	3:07.06
6	Adheethi Vasantha K	12	QFH20	3:33.72
7	Miley Colaco	12	ELITE	3:48.36

**#26 Women 14-15 200 Meter IM**

Name	Age	Team	Finals Time	
1	Pratishtha Dangi	15	HYDRA	2:39.41
2	Farah Fares	14	HYDRA	2:44.91
3	Sophie White	15	HYDRA	2:53.31
4	Belecia Yanka Manalc	14	QFH20	3:17.86

**#26 Women 16&O 200 Meter IM**

Name	Age	Team	Finals Time	
1	Layla Marshall	16	QFH20	2:48.59
2	Sienna Zafeiropoulou	17	QFH20	3:03.82

**#27 Boys 9&U 50 Meter Fly**

Name	Age	Team	Finals Time	
1	Ammar Moustafa	9	SC	38.88
2	Omer Abdelaziz	9	SC	40.36
3	Yaseen Eslam	9	SC	41.99
4	Asir Hassanin	9	SC	42.47
5	Hassan Abdulmaged	8	IND4	42.53
6	Ali Dardir	9	ELITE	46.30
7	Qutaiban Alterkawi	9	ELITE	49.24

8	Malek Dardir	9	ELITE	49.97
9	Moez Ghanem	9	IND2	53.41
10	Matteo Abis	9	QFH20	55.34
11	Adam Gamil	7	ELITE	1:02.46

**#27 Boys 10-11 50 Meter Fly**

Name	Age	Team	Finals Time	
1	Emanuele Eirale Cam	11	HYDRA	37.20
2	Ahmad Malik	10	DYSL	38.35
3	Santiago Valbuena	10	DYSL	38.74
4	Kadrik Aspiras	11	QFH20	40.34
5	Yassin Trabelsi	11	ELITE	40.80
6	Lionel Sihotang	11	QFH20	41.08
7	Alfio Di Pietro	10	QFH20	41.76
8	Abdullah Malik	11	EVO	42.71
9	Liam Ryu	11	QFH20	43.88
10	Mohamed Sherif Basl	10	SC	44.85
11	Ibrahim Bennour	11	ELITE	46.03
12	Shu Yang Seah	11	HYDRA	50.00
13	Zein Khalil	11	EVO	51.02
14	Michael Anthony Bag	11	QFH20	55.05
15	Pavlo Guio	11	ELITE	59.26

**#27 Boys 12-13 50 Meter Fly**

Name	Age	Team	Finals Time	
1	Yusuf Keshek	13	ELITE	27.85
2	Stuart Morgan	13	QFH20	31.19
3	Rehaan Jerry	13	QFH20	32.66
4	Andrew Aintablian	13	ACH	32.74
5	Yusuf Elaffandi	12	ELITE	32.85
6	Yahia Hamdy	12	SC	36.68
7	Yassine Elsobky	12	ELITE	36.87
8	Petar Preradovic	13	EVO	37.27
9	Elliot Aronsson	12	DYSL	37.42
10	Omar Eslam	12	SC	40.20

**#27 Men 14-15 50 Meter Fly**

Name	Age	Team	Finals Time	
1	Edwardo Ouzounian	15	ACH	27.43
2	Daniel Del Carmen-Ju	15	DYSL	28.62
3	Jinwoo Chu	15	HYDRA	29.41
4	Francisco Achilli	15	HYDRA	29.48
5	Jakub Kuckl	15	QFH20	30.79
6	Vincent Galvin	14	EVO	31.18
7	Yusif Sharara	14	ELITE	31.31
8	Ali Magdy	14	ELITE	31.33
9	Jude Williams	15	HYDRA	31.49
10	Mahmoud Ramadan	14	QFH20	32.64
11	Manuel Reis	14	HYDRA	34.29
12	Yin Jun Tang	14	EVO	34.40
13	Cameron Harb	15	HYDRA	35.03
14	Amr Taher	14	IND7	35.36
15	Sebastien Misael Mağ	14	QFH20	36.32
16	Loutfi El Abed	15	HYDRA	37.21
17	Youssef Krifa	14	HYDRA	50.75

**#27 Men 16&O 50 Meter Fly**

Name	Age	Team	Finals Time	
1	Aaryan Ganesh	18	QFH20	27.55



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## #27 Men 16&amp;0 50 Meter Fly)

2	Hassan Eldeeb	16	DYSL	30.51
3	Henrique Muller	16	QFH20	31.05
4	Chris Guthrie	16	HYDRA	31.06
5	Zac Stephenson	16	DYSL	31.18
6	Pedro Guio	16	ELITE	31.59
7	Ramez Nasr	16	ELITE	33.16
8	Fouad Korjo	17	HYDRA	35.23
9	Omar Saleh	16	QFH20	35.74

## #28 Girls 9&amp;U 50 Meter Breast

Name	Age	Team	Finals Time	
1	Jessica Reslan	9	QFH20	49.48
2	Lilliana Millen	9	QFH20	54.21
3	Hannah Huynh	8	DYSL	56.31
4	Maria Luiza Henkin	9	QFH20	57.31
5	Sarai Valbuena	7	DYSL	58.93
6	Kaleen Atallah	9	QFH20	59.92
7	Lauren Haines	8	QFH20	1:00.00
8	Leah Sharar	7	ELITE	1:00.26
9	Joud Saad Mohamed	8	QFH20	1:01.09
10	Ava Haines	8	QFH20	1:01.27
11	Camila Valencia	9	QFH20	1:01.82
12	Rebecca Ker-Fox	8	QFH20	1:02.53
13	Rhea Hneini	9	QFH20	1:03.74
14	Kaier Luo	9	ELITE	1:03.82
15	Alyssabeth Handig	9	QFH20	1:04.59
16	Giovanna Hortelio	8	QFH20	1:06.88
17	Talia Ali	9	QFH20	1:07.03
18	Yasmine Ouechtati	8	QFH20	1:07.85
19	Emilia Wikramaward	8	QFH20	1:12.39
20	Lana Behiri	9	QFH20	1:14.86
21	Beste Naz Toprakli	6	QFH20	1:27.09

## #28 Girls 10-11 50 Meter Breast

Name	Age	Team	Finals Time	
1	Claire Kenny	11	QFH20	40.29
2	Audrey Morgan	11	QFH20	47.63
3	Taliitha Jackson	10	QFH20	48.75
4	Lauren Huynh	10	DYSL	51.58
5	Myriam Radaj	11	ELITE	53.31
6	Clare Donnelly	10	DYSL	55.61
7	Quinishaa Embar	10	QFH20	55.99
8	Nadine Hana Jazdee	11	QFH20	57.20
9	Samarah Jerry	11	QFH20	59.28
10	Shirin Sadeque	10	QFH20	1:07.18
11	Tanishka Rao	11	QFH20	1:10.93

## #28 Girls 12-13 50 Meter Breast

Name	Age	Team	Finals Time	
1	Shu Hui Seah	13	HYDRA	36.62
2	Alina Aldebjer-usher	13	HYDRA	38.48
3	Maram Hossam	12	ELITE	38.91
4	Ekaterini Fountouki	13	QFH20	38.94
5	Yassmin Walid	13	ELITE	39.01
6	Belar Ahmed	13	ELITE	42.10
7	Tamara Mohamed	13	QFH20	42.46

8	Zara Devaya	12	QFH20	42.65
9	Catherine Reslan	12	QFH20	45.65
10	Leena El Abed	13	HYDRA	45.93
11	Haya Hneini	13	QFH20	46.37
12	Zara Jones	12	IND6	49.06
13	Clara Huzar Sellmer	12	QFH20	51.96
14	Miley Colaco	12	ELITE	53.90
15	Damilola Eweje	13	QFH20	55.37
16	Layla Elsafty	12	ELITE	1:03.05
17	Lyn El Ayass	12	QFH20	1:03.31
18	Nada Anwer	12	ELITE	1:12.79

## #28 Women 14-15 50 Meter Breast

Name	Age	Team	Finals Time	
1	Arabella Taguinota	15	QFH20	37.01
2	Ioana Vladica	14	QFH20	42.52
3	Sophie White	15	HYDRA	42.79
4	Jianna Marie Yutuc	14	QFH20	43.01
5	Nikol Antoun	15	QFH20	44.56
6	Oceana Moreau	15	QFH20	44.93
7	Aananya Ganesh	15	QFH20	45.42
8	Tatiana Woolgar	14	EVO	45.83
9	Thanya Thotakura	15	HYDRA	45.95
10	Malak Hossam	14	ELITE	47.23
11	Sarah Reslan	14	QFH20	49.31
12	Menna Elghobary	14	HYDRA	50.19
13	Ananya Kulkarni	14	HYDRA	51.28
14	Hla Ahmed Salah	14	ELITE	53.25
15	Mariam Tamer	14	ELITE	55.27

## #28 Women 16&amp;0 50 Meter Breast

Name	Age	Team	Finals Time	
1	Caren Khaddaj	17	IND8	45.34

## #29 Boys 9&amp;U 100 Meter Back

Name	Age	Team	Finals Time	
1	Ayhm ali Gamil	9	SC	1:26.55
2	Aziz Trabelsi	8	ELITE	1:27.97
3	Youseef Eslam	9	SC	1:30.82
4	Anas Abdelli	9	SC	1:34.27
5	Alex Saunders	8	DYSL	1:36.29
6	Yazan Osman	7	SC	1:40.47
7	Malek Dardir	9	ELITE	1:40.57
8	David Alexandre Men	9	QFH20	1:41.74
9	Abdulla Alaa Eldin	8	SC	1:43.35
10	Ronan Donnelly	8	DYSL	1:56.66
11	Niranjan L.S,	8	IND5	1:59.89
12	Jordan Tupamahu	9	QFH20	2:02.46

## #29 Boys 10-11 100 Meter Back

Name	Age	Team	Finals Time	
1	Elias Aronsson	10	DYSL	1:25.33
2	Youssef Annabi	10	SC	1:30.10
3	Kadrik Aspiras	11	QFH20	1:31.65
4	Conrado Galvez Bora	11	DYSL	1:32.32
5	Alfio Di Pietro	10	QFH20	1:33.42
6	Abdullah Malik	11	EVO	1:37.21

## #29 Boys 12-13 100 Meter Back

Name	Age	Team	Finals Time	
1	Mohamed Keshek	13	ELITE	1:12.64
2	Arvin Taguinota	12	SC	1:13.17
3	Mohamed Elsaid	13	ELITE	1:20.68
4	Luke Moloney	13	HYDRA	1:20.95
5	Alfie Allan	12	EVO	1:24.15
6	Pranav Kumar	12	SC	1:29.30
7	Jayden Tupamahu	12	QFH20	1:32.82
8	Matias Abril Clavijo	12	QFH20	1:34.21
9	Yohann Jacob	12	QFH20	1:38.58
10	Bogdan Mura	13	ELITE	1:49.83

## #29 Men 14-15 100 Meter Back

Name	Age	Team	Finals Time	
1	Edwardo Ouzounian	15	ACH	1:06.22
2	Omar Abu Rezeq	14	ELITE	1:10.57
3	Oliver Anand	15	HYDRA	1:14.55
4	Billel Benyahia	15	QFH20	1:17.00
5	Manuel Reis	14	HYDRA	1:18.16
6	Amr Taher	14	IND7	1:22.77
7	Eiad Elshendy	14	SC	1:23.89
8	Gaven Hann	15	QFH20	1:24.55
9	Sebastien Misaël Maç	14	QFH20	1:30.01
10	Anas Timeridjine	14	QFH20	1:36.58

## #29 Men 16&amp;0 100 Meter Back

Name	Age	Team	Finals Time	
1	Adam Thompson	17	HYDRA	1:07.40
2	Kayel Oliver Alferos	17	QFH20	1:07.90
3	Hassan Eldeeb	16	DYSL	1:16.54
4	Chaitanya Shangari	16	QFH20	1:18.07
5	Ramez Nasr	16	ELITE	1:20.76

## #30 Girls 9&amp;U 100 Meter Fly

Name	Age	Team	Finals Time	
1	Arianna Oshinowo	9	DYSL	1:33.22

## #30 Girls 10-11 100 Meter Fly

Name	Age	Team	Finals Time	
1	Hannah Ker-Fox	10	QFH20	1:20.25
2	Emma Vaartjes	11	DYSL	1:31.43
3	Caedgryn Castuera	11	QFH20	1:33.59
4	Hattie Stephenson	11	DYSL	1:38.95
5	Taliitha Jackson	10	QFH20	1:39.34

## #30 Girls 12-13 100 Meter Fly

Name	Age	Team	Finals Time	
1	Lara Benaya	13	ELITE	1:15.35
2	Haya Hneini	13	QFH20	1:16.95
3	Yassmin Walid	13	ELITE	1:20.85
4	Ekaterini Fountouki	13	QFH20	1:22.02
5	Omolola Akinsanmi	13	DYSL	1:26.96
6	Aya Ramy	12	ELITE	1:29.99
7	Clara Huzar Sellmer	12	QFH20	1:44.48

## #30 Women 14-15 100 Meter Fly

Name	Age	Team	Finals Time	
1	Pratishtha Dangi	15	HYDRA	1:08.95

H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023

Results

**(#30 Women 14-15 100 Meter Fly)**

2 Emma Thompson	14	HYDRA	1:09.50
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**#30 Women 16&O 100 Meter Fly**

Name	Age	Team	Finals Time
1 Isabella Jones	18	IND6	1:05.72
2 Layla Marshall	16	QFH20	1:16.92

**#31 Boys 9&U 200 Meter Free**

Name	Age	Team	Finals Time
1 Omer Abdelaziz	9	SC	2:47.18
2 Youseef Eslam	9	SC	2:50.78
3 Asir Hassanin	9	SC	2:57.41
4 Ali Dardir	9	ELITE	3:01.29
5 David Alexandre Men	9	QFH20	3:20.84
6 Malek Dardir	9	ELITE	3:23.18

**#31 Boys 10-11 200 Meter Free**

Name	Age	Team	Finals Time
1 Yassin Abdeli	11	SC	2:28.89
2 Mohammed Khaled	11	SC	2:38.47
3 Santiago Valbuena	10	DYSL	2:42.07
4 Abduelrhman Reda	11	SC	2:42.19
5 Pasel Hassan	11	SC	2:43.91
6 Yassin Trabelsi	11	ELITE	2:44.82
7 Elias Aronsson	10	DYSL	2:48.15
8 Alfio Di Pietro	10	QFH20	3:01.63
9 Liam Ryu	11	QFH20	3:03.11
10 Vivaan Misra	11	QFH20	3:51.43

**#31 Boys 12-13 200 Meter Free**

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	2:12.05
2 Mohamed Keshek	13	ELITE	2:22.47
3 Yusuf Elaffandi	12	ELITE	2:26.62
4 Hussein Elkhashab	12	SC	2:31.13
*5 Mohamed Elsaid	13	ELITE	2:33.51
*5 Luke Moloney	13	HYDRA	2:33.51
7 Marcos Garcia Colom	13	HYDRA	2:33.84
8 Elliot Aronsson	12	DYSL	2:35.79
9 Yassine Elsobky	12	ELITE	2:39.21
10 Yahia Hamdy	12	SC	2:40.54
11 Omar Eslam	12	SC	2:43.24
12 Usman Lodhi	12	ELITE	2:44.75
13 Jayden Tupamahu	12	QFH20	3:03.63
14 Gyu dan Lee	12	QFH20	3:21.12
15 Anas Hassan	13	ELITE	3:50.78

**#31 Men 14-15 200 Meter Free**

Name	Age	Team	Finals Time
1 Jinwoo Chu	15	HYDRA	2:12.16
2 Omar Abu Rezeq	14	ELITE	2:19.66
3 Belal Ghanem	14	ELITE	2:20.36
4 Loutfi El Abed	15	HYDRA	2:25.10
5 Ali Magdy	14	ELITE	2:32.53
6 Oliver Anand	15	HYDRA	2:36.58
7 Yassen Walid	14	ELITE	2:43.30
8 Sebastein Misael Mag	14	QFH20	2:49.22

9 Gaven Hann	15	QFH20	2:53.47
10 Ayan Gupta	15	QFH20	2:54.69

**#31 Men 16&O 200 Meter Free**

Name	Age	Team	Finals Time
1 Pedro Guio	16	ELITE	2:17.07
2 Henrique Muller	16	QFH20	2:22.69
3 Zac Stephenson	16	DYSL	2:25.44
4 Omar Saleh	16	QFH20	2:42.21

**#32 Girls 9&U 200 Meter Back**

Name	Age	Team	Finals Time
1 Aradhaya Gupta	9	QFH20	3:29.78
2 Ayana Desai	9	QFH20	4:45.89

**#32 Girls 10-11 200 Meter Back**

Name	Age	Team	Finals Time
1 Claire Kenny	11	QFH20	2:52.56
2 Caedgryn Castuera	11	QFH20	3:06.50
3 Beatrice Lim	10	QFH20	3:38.92

**#32 Girls 12-13 200 Meter Back**

Name	Age	Team	Finals Time
1 Zahira Peters	13	HYDRA	2:45.08
2 Anne Mcchesney	12	QFH20	3:00.89
3 Omolola Akinsanmi	13	DYSL	3:03.42
4 Annamaria Di Pietro	13	QFH20	3:04.17

**#32 Women 14-15 200 Meter Back**

Name	Age	Team	Finals Time
1 Pratishtha Dangi	15	HYDRA	2:34.50
2 Alice Ferguson	14	HYDRA	2:38.89
3 Farah Fares	14	HYDRA	2:41.85
4 Kirsten Battad	15	QFH20	2:58.15
5 Jinan Abu Diyeh	15	QFH20	3:06.18
6 Julia Ponte	15	QFH20	3:08.96

**#32 Women 16&O 200 Meter Back**

Name	Age	Team	Finals Time
1 Sienna Zafeiropoulou	17	QFH20	2:59.63

**#33 Boys 9&U 50 Meter Free**

Name	Age	Team	Finals Time
1 Yaseen Mahmud	8	SC	35.34
2 Omer Abdelaziz	9	SC	35.47
3 Aziz Trabelsi	8	ELITE	35.52
4 Youseef Eslam	9	SC	35.65
5 Alex Saunders	8	DYSL	37.59
6 Malek Dardir	9	ELITE	37.61
7 Yaseen Eslam	9	SC	37.70
8 Anas Abdelli	9	SC	38.57
9 Ali Dardir	9	ELITE	38.80
10 Adel Redza	9	QFH20	39.60
11 Qutaiban Alterkawi	9	ELITE	40.39
12 Abdulla Alaa Eldin	8	SC	40.41
13 Moez Ghanem	9	IND2	40.71
14 Hassan Abdulmaged	8	IND4	41.67
15 Ammar Hassan	9	IND10	41.78
16 Yazan Osman	7	SC	43.78
17 Ronan Donnelly	8	DYSL	45.79

18 Amir ali Gamil	7	SC	45.87
19 Adam Gamil	7	ELITE	46.64
20 Matteo Abis	9	QFH20	47.32
21 Yehia Badawy	9	QFH20	48.39
22 Adam Sherif Basha	7	SC	49.15
23 Mohamed Benaya	7	ELITE	49.35
24 Ahmed Shouman	7	ELITE	53.50
25 Ryan Annabi	7	ELITE	54.12
26 Anas Annabi	6	ELITE	54.31
27 Liwoo Ryu	8	QFH20	55.20
28 Hamza Amri	8	ELITE	1:00.07
29 Charbel Naffah	8	QFH20	1:05.19
30 Tareq Shaheen	8	QFH20	1:10.04

**#33 Boys 10-11 50 Meter Free**

Name	Age	Team	Finals Time
1 Yassin Abdeli	11	SC	30.84
2 Mohammed Khaled	11	SC	32.68
3 Kadrik Aspiras	11	QFH20	32.75
4 Abduelrhman Reda	11	SC	33.03
5 Pasel Hassan	11	SC	33.20
6 Emanuele Eirale Cam	11	HYDRA	33.87
7 Elias Aronsson	10	DYSL	34.05
8 Santiago Valbuena	10	DYSL	34.10
9 Lionel Sihotang	11	QFH20	35.16
10 Yassin Trabelsi	11	ELITE	35.64
11 Liam Ryu	11	QFH20	36.58
12 Wylie Quinn	11	EVO	36.63
13 Abdullah Malik	11	EVO	36.99
14 Alfio Di Pietro	10	QFH20	37.97
15 Youssef Annabi	10	SC	38.16
16 Yahya Salim	10	EVO	38.90
17 Leonidas McGrath	11	EVO	39.01
18 Shu Yang Seah	11	HYDRA	39.36
19 Ibrahim Bennour	11	ELITE	39.54
20 Martino Abis	11	QFH20	39.71
21 Michael Anthony Bag	11	QFH20	40.15
22 Mohamed Sherif Basl	10	SC	40.26
23 Zein Khalil	11	EVO	43.53
24 Mahmoud Badawy	11	QFH20	44.41
25 Pavlo Guio	11	ELITE	45.27
26 Lexton Chang	10	HYDRA	45.46
27 Adam Redza	11	QFH20	47.18
28 Malek Aly	11	QFH20	48.43
29 Yousuf Lodhi	10	ELITE	50.41

**#33 Boys 12-13 50 Meter Free**

Name	Age	Team	Finals Time
1 Yusuf Keshek	13	ELITE	26.40
2 Mohamed Keshek	13	ELITE	28.08
3 Andrew Aintablian	13	ACH	29.58
4 Kareem Ekramy	13	ELITE	29.71
5 Arvin Taguinota	12	SC	29.92
6 Stuart Morgan	13	QFH20	30.20
7 Yusuf Elaffandi	12	ELITE	30.36
8 Mohamed Elsaid	13	ELITE	30.63
9 Mohamed Elfawal	13	ELITE	31.49
10 Petar Preradovic	13	EVO	31.73

**H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023****Results****#33 Boys 12-13 50 Meter Free**

11	Elliot Aronsson	12	DYSL	31.81
12	Alfie Allan	12	EVO	32.72
13	Jayden Tupamahu	12	QFH20	33.05
14	Mohamad Yassine Sa	13	QFH20	33.24
15	Usman Lodhi	12	ELITE	34.17
16	Pranav Kumar	12	SC	34.26
17	Tom Disley	13	EVO	34.49
18	Oliver Southern	13	EVO	35.23
19	Yohann Jacob	12	QFH20	35.40
20	Youssef Abdallah	12	QFH20	36.99
21	Mete James Sanli	13	QFH20	37.23
22	Harrison Kroeker	13	QFH20	37.36
23	Matias Abril Clavijo	12	QFH20	38.91
24	Bogdan Mura	13	ELITE	40.22
25	Amr Behiri	12	QFH20	41.60
26	Anas Hassan	13	ELITE	43.77
27	Gyu dan Lee	12	QFH20	44.87

**#33 Men 14-15 50 Meter Free**

Name	Age	Team	Finals Time	
1	Daniel Del Carmen-Ju	15	DYSL	26.07
2	Edwardo Ouzounian	15	ACH	26.29
3	Jinwoo Chu	15	HYDRA	27.19
4	Loutfi El Abed	15	HYDRA	28.57
5	Omar Abu Rezeq	14	ELITE	28.75
6	Francisco Achilli	15	HYDRA	28.89
7	Vincent Galvin	14	EVO	29.07
8	Manuel Reis	14	HYDRA	29.20
9	Bille Benyahia	15	QFH20	29.71
10	Yassen Walid	14	ELITE	30.02
11	Kade Reval Mercer	15	QFH20	30.13
12	Alexis Papas	15	HYDRA	30.34
13	Yusif Sharara	14	ELITE	30.48
14	Cameron Harb	15	HYDRA	30.53
15	Mahmoud Ramadan	14	QFH20	30.80
16	Amr Taher	14	IND7	31.09
17	Oliver Anand	15	HYDRA	31.50
18	Jakub Kuckl	15	QFH20	31.79
19	Revan Oetji	14	HYDRA	31.81
20	Eiad Elshendy	14	SC	31.95
21	Anas Timeridjine	14	QFH20	35.34
22	Chaewook Hong	15	HYDRA	37.34
23	Youssef Krifa	14	HYDRA	37.40

**#33 Men 16&O 50 Meter Free**

Name	Age	Team	Finals Time	
1	Adam Ayari	34	IND3	25.23
2	Adam Thompson	17	HYDRA	26.43
3	Aaryan Ganesh	18	QFH20	27.96
4	Chafik Ayed	29	QFH20	27.97
5	Hassan Eldeeb	16	DYSL	28.27
6	Pedro Guio	16	ELITE	28.32
7	Abdelrhman Ghanem	16	ELITE	28.55
8	Abdelaziz Elfatih	28	ELITE	29.13
9	Zac Stephenson	16	DYSL	29.21
10	Henrique Muller	16	QFH20	29.37

11	Chaitanya Shangari	16	QFH20	29.50
12	Ramez Nasr	16	ELITE	30.16
13	Fouad Korjo	17	HYDRA	31.58
14	Abdullah Shahrou	17	QFH20	32.87

**#34 Girls 9&U 50 Meter Back**

Name	Age	Team	Finals Time	
1	Aradhya Gupta	9	QFH20	46.11
2	Jessica Reslan	9	QFH20	47.60
3	Arianna Oshinowo	9	DYSL	48.93
4	Hannah Huynh	8	DYSL	50.72
5	Lilliana Millen	9	QFH20	51.13
6	Kaleen Atallah	9	QFH20	51.40
7	Rhea Hneini	9	QFH20	51.70
8	Joud Saad Mohamed	8	QFH20	51.94
9	Diala Osman	9	SC	52.51
10	Rebecca Ker-Fox	8	QFH20	52.56
11	Kaier Luo	9	ELITE	54.01
12	Eme Willis	9	QFH20	54.97
13	Leah Sharar	7	ELITE	55.45
14	Yasmine Ouechtati	8	QFH20	56.95
15	Maria Luiza Henkin	9	QFH20	57.08
16	Giovanna Hortelio	8	QFH20	57.42
17	Sarai Valbuena	7	DYSL	1:01.62
18	Alyssabeth Handig	9	QFH20	1:07.12
19	Beste Naz Toprakli	6	QFH20	1:23.04

**#34 Girls 10-11 50 Meter Back**

Name	Age	Team	Finals Time	
1	Hannah Ker-Fox	10	QFH20	37.02
2	Claire Kenny	11	QFH20	37.77
3	Caedgryn Castuera	11	QFH20	40.81
4	Selma Albrechtsen	11	HYDRA	42.34
5	Emma Vaartjes	11	DYSL	42.53
6	Hattie Stephenson	11	DYSL	43.55
7	Teresa Robert	11	EVO	44.83
8	Myriam Radaj	11	ELITE	44.99
9	Lauren Huynh	10	DYSL	45.59
10	Beatrice Lim	10	QFH20	49.41
11	Samarah Jerry	11	QFH20	58.09
12	Shirin Sadeque	10	QFH20	1:01.77
13	Krystylle Bitoon	10	QFH20	1:03.78
14	Jomanah Sharara	10	ELITE	1:04.75
15	Mckaela Bersaluna	10	QFH20	1:07.59

**#34 Girls 12-13 50 Meter Back**

Name	Age	Team	Finals Time	
1	Zahira Peters	13	HYDRA	35.11
2	Shu Hui Seah	13	HYDRA	35.22
3	Belar Ahmed	13	ELITE	37.50
4	Omolola Akinsanmi	13	DYSL	38.55
5	Anne Mcchesney	12	QFH20	38.99
6	Maram Hossam	12	ELITE	39.18
7	Alina Aldebjer-usher	13	HYDRA	39.42
8	Haya Hneini	13	QFH20	39.86
9	Annamaria Di Pietro	13	QFH20	40.57
10	Catherine Reslan	12	QFH20	41.25
11	Ruby Ferguson	12	HYDRA	42.00

12	Luiza Kucka	12	QFH20	42.06
13	Adheethi Vasantha K	12	QFH20	42.17
14	Clara Huzar Sellmer	12	QFH20	44.76
15	Lyn El Ayass	12	QFH20	48.06
16	Nada Anwer	12	ELITE	48.51
17	Ameera Lathifa	12	QFH20	51.67
18	Miley Colaco	12	ELITE	51.92
19	Aili Willis	13	QFH20	51.96
20	Damilola Eweje	13	QFH20	57.33
21	Layla Elsafty	12	ELITE	1:00.91
22	Leah Sobh	12	QFH20	1:01.87

**#34 Women 14-15 50 Meter Back**

Name	Age	Team	Finals Time	
1	Pratishtha Dangi	15	HYDRA	33.12
2	Alice Ferguson	14	HYDRA	34.50
3	Arabella Taguinota	15	QFH20	34.79
4	Emma Thompson	14	HYDRA	35.03
5	Farah Fares	14	HYDRA	35.70
6	Lilah Chang	15	HYDRA	36.46
7	Kirsten Battad	15	QFH20	37.33
8	Julia Ponte	15	QFH20	39.38
9	Jianna Marie Yutuc	14	QFH20	39.75
10	Aananya Ganesh	15	QFH20	39.76
11	Thanya Thotakura	15	HYDRA	40.01
12	Belecia Yanka Manal	14	QFH20	41.26
13	Cyrine Badji	14	QFH20	42.82
14	Sarah Reslan	14	QFH20	43.94
15	Ananya Kulkarni	14	HYDRA	45.03
16	Hla Ahmed Salah	14	ELITE	45.24
17	Salma Aboulseoud	14	QFH20	45.99
18	Mariam Tamer	14	ELITE	47.11
19	Celine Majanini	14	QFH20	49.82

**#34 Women 16&O 50 Meter Back**

Name	Age	Team	Finals Time	
1	Caren Khaddaj	17	IND8	38.92

**#35 Men 11&U 4x50 Meter Medley Relay**

Team	Relay	Finals Time	
1	SC	A	2:27.24
	Pasel Hassan 11	Yassin Abdeli 11	
	Mohammed Khaled 11	Abduelrhman Reda 11	
2	ELITE	A	2:38.46
	Yassin Trabelsi 11	Andrei Pingol 9	
	Aziz Trabelsi 8	Rohan Pingol 10	
3	DYSL	A	2:42.07
	Ahmad Malik 10	Santiago Valbuena 10	
	Alex Saunders 8	Elias Aronsson 10	
4	QFH20	A	2:46.33
	Alfio Di Pietro 10	Kadrik Aspiras 11	
	Lionel Sihotang 11	Liam Ryu 11	
5	EVO	A	3:15.26
	Zein Khalil 11	Abdullah Malik 11	
	Wylie Quinn 11	Yahya Salim 10	
6	ELITE	B	3:18.43
	Ali Dardir 9	Malek Dardir 9	
	Anas Annabi 6	Mohamed Benaya 7	

**H2O Long Course Spring Cup 2023 - 3/10/2023 to 3/11/2023****Results****(#35 Men 11&U 4x50 Meter Medley Relay)**

7	QFH20	B	3:21.80
	Adel Redza 9	Adam Redza 11	
	Michael Anthony Bagu	Martino Abis 11	

**#36 Women 11&U 4x50 Meter Medley Relay**

	Team	Relay	Finals Time
1	QFH20	A	2:32.17
	Caedgryn Castuera 11	Claire Kenny 11	
	Hannah Ker-Fox 10	Taliitha Jackson 10	
2	QFH20	B	3:00.71
	Aradhaya Gupta 9	Audrey Morgan 11	
	Jessica Reslan 9	Nadine Hana Jazdee 11	
3	DYSL	A	3:07.60
	Emma Vaartjes 11	Clare Donnelly 10	
	Arianna Oshinowo 9	Sarai Valbuena 7	
4	ELITE	A	3:23.50
	Kaier Luo 9	Myriam Radaj 11	
	Hilm Wissam 10	Leah Sharar 7	
5	QFH20	C	3:32.30
	Samarah Jerry 11	Lilliana Millen 9	
	Rebecca Ker-Fox 8	Kaleen Atallah 9	
6	QFH20	D	3:48.96
	Joud Saad Mohamed 8	Talia Ali 9	
	Rhea Hneini 9	Chloe Angel 9	

**#37 Men 12&O 4x50 Meter Free Relay**

	Team	Relay	Finals Time
1	ELITE	A	1:45.03
	Rayan Ismail 16	Raed Ismail 16	
	Omar Abu Rezeq 14	Yusuf Keshek 13	
2	QFH20	A	1:47.95
	Aaryan Ganesh 18	Kayel Oliver Alferos 17	
	Henrique Muller 16	Chafik Ayed 29	
3	HYDRA	A	1:48.42
	Adam Thompson 17	Manuel Reis 14	
	Francisco Achilli 15	Jinwoo Chu 15	
4	ELITE	B	1:51.70
	Abdelrhman Ghanem 1	Belal Ghanem 14	
	Pedro Guio 16	Moaz Saleh 17	
5	HYDRA	B	1:58.13
	Loutfi El Abed 15	Jude Williams 15	
	Oliver Anand 15	Cameron Harb 15	
6	QFH20	B	1:59.37
	Chaitanya Shangari 16	Jakub Kuckl 15	
	Stuart Morgan 13	Kade Reval Mercer 15	
7	QFH20	C	2:03.19
	Billel Benyahia 15	Gaven Hann 15	
	Omar Saleh 16	Mahmoud Ramadan 14	
8	SC	A	2:07.99
	Arvin Taguinota 12	Hussein Elkhashab 12	
	Yahia Hamdy 12	Eiad Elshendy 14	
9	HYDRA	C	2:26.99
	Youssef Krifa 14	Shu Yang Seah 11	
	Chaewook Hong 15	Bilel Boulfrad 13	

**#38 Women 12&O 4x50 Meter Free Relay**

	Team	Relay	Finals Time
1	HYDRA	A	1:58.27
	Pratishtha Dangi 15	Farah Fares 14	
	Shu Hui Seah 13	Emma Thompson 14	
2	QFH20	A	2:03.39
	Arabella Taguinota 15	Ekaterini Fountouki 13	
	Kirsten Battad 15	Layla Marshall 16	
3	ELITE	A	2:06.42
	Malak Hossam 14	Maram Hossam 12	
	Lara Benaya 13	Belar Ahmed 13	
4	QFH20	B	2:09.78
	Sofia Peia 13	Haya Hneini 13	
	Jianna Marie Yutuc 14	Nikol Antoun 15	
5	QFH20	E	2:16.23
	Oceana Moreau 15	Julia Ponte 15	
	Jinan Abu Diyeh 15	Sienna Zafeiropoulou 1	
6	QFH20	D	2:16.93
	Annamaria Di Pietro 1	Catherine Reslan 12	
	Belecia Yanka Manalo 1	Aananya Ganesh 15	
7	QFH20	C	2:17.40
	Ioana Vladica 14	Cyrine Badji 14	
	Zara Devaya 12	Anne Mcchesney 12	
8	QFH20	F	2:22.89
	Sarah Reslan 14	Salma Aboulseoud 14	
	Luiza Kucka 12	Adheethi Vasantha Kur	
9	HYDRA	C	2:23.67
	Alina Aldebjer-usher 1	Menna Elghobary 14	
	Ananya Kulkarni 14	Thanya Thotakura 15	
10	HYDRA	D	2:31.97
	Leena El Abed 13	Zoi Matni 12	
	Selma Albrechtsen 11	Ioanna Matni 10	