LAF Meeting

Sunday July 19,2026

الاتحاد اللبناني لألعاب القوى
FÉDÉRATION LIBANAISE D'ATHLÉTISME

RESULTS

MEETING		DATE			PLACE	EVENT	CATEGORY	M/F		POS	NAME	FAMILY NAME	CLUB	PERF.	d	m	y	WIND m/s	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	80m	U16-Boys	M	Final	1	Ghadi	Abou Chakra	Lets Run	9.31	24	7	2011	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	80m	U16-Boys	M	Final	2	Mateo	Khoury	Antonine	11.29	9	9	2011	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	80mH	U16-Boys	M	Final	1	Cedric	Aoun	Lets Run	11.77	1	2	2012	-0.4	NR
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	80mH	U16-Boys	M	Final	2	Antoine	Khazaal	Jamhour	12.37	2	3	2011	-0.4	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 1	1	Andrew	Danny	Lets Run	10.59	21	2	2005	-0.3	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 1	2	Abdel Rahman	El Rayess	Inter Lebanon	11.05	15	11	1993	-0.3	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 1	3	Hasan	Soloh	Army	11.14	3	10	1992	-0.3	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 3	4	Roberto	Shehdeh	Blue Stars	11.17	20	10	2005	-1-1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 2	5	Yousef	Hmedeh	Army	11.33	1	11	1990	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 1	6	Othman	Askar	Antonine	11.60	18	1	1999	-0.3	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 4	7	Antoine	Khazaal	Jamhour	11.63	2	3	2011	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 4	8	Adam	Ghali	Inter Lebanon	12.17	14	7	2010	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 2	9	Ali	Soufan	Blue Stars	12.28	24	7	2007	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 3	10	Michel	Khoury	Antonine	12.45	19	10	2007	-1-1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 4	11	Omar	Saadi	Inter Lebanon	12.50	15	11	2010	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	MEN	M	Heat 4	12	Ali	Al Maaoush	Phoenicia Tyre	12.63	2	3	2010	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	1	Haya	Kobrosly	Lets Run	12.29	22	2	2002	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	2	Nawal	Saleh	Inter Lebanon	12.88	7	8	1996	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 2	3	Lea	Bou Saleh	Lets Run	13.35	24	4	2012	-0.7	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 2	4	Rita	Kahwaji	Jamhour	13.39	24	9	2007	-0.7	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	5	Alia	Chughari	Antonine	13.75	19	11	2007	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	6	Maya	Osman	Blue Stars	14.32	2	5	2006	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 2	7	Naya	Keirouz	Lets Run	14.32	10	11	2010	-0.7	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	8	Angela	Fakih	Blue Stars	14.77	3	11	2007	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 2	9	Roya	Al Haber	Atletica	15.09	8	7	2011	-0.7	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100M	WOMEN	F	Heat 1	10	Yara	EL Murr	Antonine	16.02	29	11	2006	-1.5	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	110mH	MEN	M	Final	1	Ammar	Hammoud	Inter Lebanon	15.26	27	5	2003	-0.8	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	110mH	MEN	M	Final	2	Ali	Hachem	Jamhour	15.95	10	10	2001	-0.8	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100mH	U18GIRLS	F	Final	1	Leen	Al Hout	Lets Run	17.96	20	10	2010	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100mH	WOMEN	F	Final	1	Marise	Nassour	Blue Stars	18.68	12	5	2002	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100mH	WOMEN	F	Final	2	Chanel	Richa	Inter Lebanon	19.07	21	3	2008	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	100mH	WOMEN	F	Final	3	Jamal	Jordi	Inter Lebanon	20.46	3	11	2007	-1.0	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	110mh	U18-Boys	M	Final	1	Malek	Al Hout	Lets Run	16.52	27	4	2009	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	1	Nawal	Saleh	Inter Lebanon	26.71	7	8	1996	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	2	Maya	Ballout	Blue Stars	27.12	25	2	2006	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	3	Rita	Kahwaji	Jamhour	27.63	24	9	2007	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	4	Tala	Fakhoury	Inter Lebanon	29.44	12	8	1996	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	5	Maya	Osman	Blue Stars	30.96	2	5	2006	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	6	Angela	Fakih	Blue Stars	30.99	3	11	2007	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	WOMEN	F	Final	7	Roya	Al Haber	Atletica	31.64	8	7	2001	-0.9	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	1	Andrew	Dani	Lets Run	21.57	21	2	2005	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	2	Noureddine	Hadid	Inter Lebanon	21.70	15	3	1994	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	3	Mahdi	Issa	Inter Lebanon	22.32	6	11	2001	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	4	Abdel Rahman	El Rayess	Inter Lebanon	22.51	15	11	1993	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	5	Roberto	Shehdeh	Blue Stars	23.14	20	10	2005	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 1	6	Ali	Soufan	Blue Stars	24.71	1	11	1990	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 2	1	Adham	Dandash	Inter Lebanon	23.81	31	1	1999	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 2	2	Jawad	Rizk	Inter Lebanon	24.48	13	1	2009	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Heat 2	3	Omar	Saadi	Inter Lebanon	25.33	15	11	2010	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	1	Andrew	Dani	Lets Run	21.57	21	2	2005	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	2	Noureddine	Hadid	Inter Lebanon	21.70	15	3	1994	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	3	Mahdi	Issa	Inter Lebanon	22.32	6	11	2001	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	4	Abdel Rahman	El Rayess	Inter Lebanon	22.51	15	11	1993	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	5	Roberto	Shehdeh	Blue Stars	23.14	20	10	2005	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	6	Adham	Dandash	Inter Lebanon	23.81	31	1	1999	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	7	Jawad	Rizk	Inter Lebanon	24.48	13	1	2009	+0.1	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	200M	MEN	M	Final	8	Ali	Soufan	Blue Stars	24.71	1	11	1990	+0.1	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**200M**	MEN	M	Final	***9***	Omar	Saadi	Inter Lebanon	**25.33**	**15**	**11**	**2010**	+0.1

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	WOMEN	F	Final	***1***	Haifa	Al Farran	Lets Run	**1.09.77**	**24**	**3**	**2010**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	WOMEN	F	Final	***2***	Carine	Bawab	Inter Lebanon	**1.10.77**	**28**	**7**	**2011**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	WOMEN	F	Final	***3***	Maria	Al Farran	Lets Run	**1.12.93**	**24**	**3**	**2010**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	WOMEN	F	Final	***4***	Tala	Naamani	Lets Run	**1.13.07**	**27**	**10**	**2005**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	WOMEN	F	Final	***5***	Haya	Hage	Inter Lebanon	**1.25.06**	**25**	**10**	**2006**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	MEN	M	Final	***1***	Ayman	Kbaydat	Army	**54.43**	**12**	**3**	**1996**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	MEN	M	Final	***2***	Karim	Slim	Inter Lebanon	**57.11**	**29**	**11**	**2006**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	MEN	M	Final	***3***	Mazen	Shreim	Inter Lebanon	**58.76**	**10**	**10**	**1978**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	MEN	M	Final	***4***	Charbel	El Haber	Antonine	**1.00.97**	**29**	**9**	**2002**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**400mH**	MEN	M	Final	***5***	Georges	Eter	Jamhour	**1.01.38**	**5**	**3**	**2007**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***1***	Maria	Nohra	Lets Run	**1.38.50**	**26**	**4**	**2001**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***2***	Carine	Bawab	Inter Lebanon	**1.40.30**	**28**	**7**	**2011**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***3***	Serena	Hayek	Inter Lebanon	**1.41.63**	**1**	**1**	**2001**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***4***	Phoebe	Kemp	Inter Lebanon	**1.46.25**	**3**	**11**	**2007**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***5***	Haya	Hage	Inter Lebanon	**1.49.05**	**25**	**10**	**2006**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***6***	Rama	Hamdan	Atletica	**1.51.62**	**8**	**3**	**2013**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	WOMEN	F	Final	***7***	Elsa	Al Farran	Lets Run	**1.59.15**	**18**	**4**	**2016**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***1***	Ali	Mortada	Inter Lebanon	**1.21.84**	**18**	**4**	**1999**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***2***	Charbel	Al Khoury	Army	**1.24.93**	**30**	**11**	**1996**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***3***	Hussein	Zaaiter	Army	**1.26.17**	**12**	**3**	**1994**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***4***	Jimmy	Khoury	Champville	**1.26.32**	**4**	**4**	**2008**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***5***	Mohammad	Moussa	Army	**1.26.54**	**11**	**5**	**1995**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***6***	Ali	Fneich	Jamhour	**1.31.92**	**7**	**10**	**1995**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***7***	Amer	Bawab	Inter Lebanon	**1.33.44**	**28**	**7**	**2011**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***8***	Charbel	Hanna	Lets Run	**1.36.68**	**27**	**2**	**2010**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**600M**	MEN	M	Final	***9***	Khaled	Saaifan	Lets Run	**1.41.91**	**13**	**7**	**2009**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**1500M**	WOMEN	F	Final	***1***	Serena	Hayek	Inter Lebanon	**4.58.18**	**1**	**1**	**2001**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**1500M**	WOMEN	F	Final	***2***	Sama	Moustafa	Jamhour	**5.07.95**	**11**	**3**	**2008**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**1500M**	WOMEN	F	Final	***3***	Phoebe	Kemp	Inter Lebanon	**5.27.15**	**3**	**11**	**2007**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	MEN	M	Final	***1***	Badri	Obeid	Army	**14.47**	**1**	**1**	**1979**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	MEN	M	Final	***2***	Ali	Abbas	Army	**13.24**	**6**	**12**	**1985**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	MEN	M	Final	***3***	Charbel	Tanios	Lets Run	**10.26**	**2**	**2**	**2004**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	U18-Girls	F	Final	***1***	Serena	Hoayek	Inter Lebanon	**10.34**	**15**	**4**	**2009**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	U18-Girls	F	Final	***2***	Haya	Masara	Atletica	**6.23**	**12**	**1**	**2010**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	WOMEN	F	Final	***1***	Caroline	Makary	Lets Run	**10.58**	**8**	**6**	**2004**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Shot Put**	WOMEN	F	Final	***2***	Yasma	Rizk	Inter Lebanon	**8.42**	**3**	**6**	**2005**	

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Long Jump**	WOMEN	F	Final	***1***	Maya	Ballout	Blue Stars	**4.83**	**25**	**2**	**2006**	-0.8
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Long Jump**	WOMEN	F	Final	***2***	Lolita	Hayek	Lets Run	**4.73**	**3**	**10**	**2005**	-0.0
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Long Jump**	WOMEN	F	Final	***3***	Chanel	Richa	Inter Lebanon	**4.50**	**21**	**3**	**2008**	+0.7
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Long Jump**	WOMEN	F	Final	***4***	Marise	Nassour	Blue Stars	**4.27**	**12**	**5**	**2002**	0.0
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**Long Jump**	WOMEN	F	Final	***5***	Nea	Lamah	Jamhour	**4.25**	**29**	**1**	**2009**	0.0

LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**High Jump**	WOMEN	F	Final	***1***	Leen	Al Hout	Lets Run	**1.53**	**20**	**10**	**2010**	
LAF Meeting	Sunday	19	July	2026	Beirut City Sport	**High Jump**	WOMEN	F	Final	***2***	Lolita	Hayek	Lets Run	**1.45**	**3**	**10**	**2005**	