LAF Individual Championship

23-24-25-26 July,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
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Women	F	Final	1	Sama	Moustafa	Jamhour	1.50	11	3	2008	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Women	F	Final	2	Mia	Ismail	Antonine Club	1.40	12	5	2005	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Women	F	Final	3	Leen	Al Hout	Lets Run	1.35	20	10	2010	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Women	F	Final	4	Lolitta	Hayek	Lets Run	1.35	3	10	2005	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	1	Badri	Obeid	Lebanese Army	14.83	1	1	1979	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	2	Ali	Abbas	Lebanese Army	13.71	6	12	1985	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	3	Alain	Saad	Inter Lebanon	12.84	24	8	1996	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	4	Charbel	Saad	Inter Lebanon	11.91	16	11	1994	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	5	Charbel	Tanious	Lets Run	10.53	2	2	2004	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	6	Charbel	Andary	Jamhour	9.75	8	5	2007	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	7	Elias	Saad	Jamhour	9.20	23	6	2008	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Men	M	Final	8	Nicolas	Kamel	Inter Lebanon	8.78	16	2	2004	
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 1	1	Haya	kobrosly	Lets Run	12.49	22	2	2002	+1.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 1	2	Alia	Chughari	Antonine Club	13.37	19	11	2007	+1.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 1	3	Joy	Esta	Jamhour	13.56	21	6	2007	+1.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 1	4	Ibtisam	Al Ghosh	Phoenicia Club Tyre	16.01	2	10	2012	+1.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 1		Angela	Fakih	Blue Stars	DNF	3	11	2007	+1.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	1	Leen	Ghezzaoui	Jamhour	13.03	23	6	2002	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	2	Lea	Bou Saleh	Lets Run	13.06	24	4	2012	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	3	Maya	Ballout	Blue Stars	13.07	25	2	2006	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	4	Kristelle	Jabbour	Jamhour	13.54	7	12	2011	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	5	Yara	El Murr	Antonine Club	15.46	29	11	2006	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	1	Nawal	Saleh	Inter Lebanon	12.82	7	8	1996	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	2	Naya	Keirouz	Lets Run	13.93	10	11	2010	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	3	Maya	Osman	Blue Stars	14.05	5	2	2006	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	4	Roya	Al Haber	Atletica	14.81	7	8	2011	+0.0
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	1	Mariam	Messaykeh	Batroun Stars	12.68	11	12	2009	-0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	2	Chanel	Richa	Inter Lebanon	13.14	21	3	2008	-0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	3	Rita	Kahwaji	Jamhour	13.27	24	9	2007	-0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Heat 2	4	Perla	Yousef	Antonine Club	15.21	23	11	2005	-0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	1	haya	kobrosly	Lets Run	12.37	22	2	2002	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	2	Mariam	Messaykeh	Batroun Stars	12.67	11	12	2009	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	3	Nawal	Saleh	Inter Lebanon	12.92	7	8	1996	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	4	Leen	Ghezzaoui	Jamhour	13.10	23	6	2002	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	5	Lea	Bou Saleh	Lets Run	13.19	24	4	2012	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Women	F	Final	6	Maya	Ballout	Blue Stars	13.24	25	2	2006	-1.4
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	1	Andrew	Danny	Lets Run	10.60	21	2	2005	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	2	Roberto	Shehadeh	Blue Stars	10.96	20	10	2005	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	3	Ghadi	Khadra	Antonine Club	11.52	6	5	2004	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	4	Adam	Ghali	Inter Lebanon	11.89	14	7	2010	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	5	Charbel	Al Hazoury	Batroun Stars	12.22	26	7	2010	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 1	6	Ali	Al Maaoush	Phoenicia Club Tyre	12.41	2	3	2010	+1.2
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2	1	Hasan	Soloh	Lebanese Army	11.26	10	3	1992	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2	2	Antoine	Khazaal	Jamhour	11.32	2	3	2011	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2	3	Othman	Askar	Antonine Club	11.54	18	1	1999	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2	4	Simon	Al Hajj	Lets Run	11.91	28	6	2005	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2	5	Berj	Bastadjian	Homentmen B.H	13.15	27	4	2009	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 2		Yahia	Messaykeh	Batroun Stars	FS	2	9	2005	-1.7
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3	1	Ghadi	Abou Chakra	Lets Run	11.02	24	7	2011	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3	2	Abdel Rahman	Al Rayess	Inter Lebanon	11.16	15	11	1993	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3	3	Yousef	Hmedeh	Lebanese Army	11.22	11	1	1990	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3	4	Ralph	Jamous	Jamhour	11.63	12	2	2008	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3	5	Charbel	Merheb	Antonine Club	11.66	29	9	2006	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 3		Julien	Haykal	Batroun Stars	DNS	25	3	2011	-1.1
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4	1	Noureddine	Hadid	Inter Lebanon	10.89	15	3	1994	+0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4	2	Kevin	Artoun	Jamhour	11.20	3	1	2006	+0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4	3	Marc	Feghaly	Champville	12.11	3	2	2008	+0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4	4	Samer	Al Haddad	Lets Run	12.30	9	6	2010	+0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4		Miguel	Alaouie	Antonine Club	DNF	18	4	2006	+0.3
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Heat 4		Hamza	Hasan	Lebanese Army	DNS	28	10	1996	+0.3

individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final	***1***	Andrew	Danny	Lets Run	**1061**	**21**	**2**	**2005**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final	***2***	Noureddine	Hadid	Inter Lebanon	**1079**	**15**	**3**	**1994**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final	***3***	Roberto	Shehadeh	Blue Stars	**11.02**	**20**	**10**	**2005**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final	***4***	Ghadi	Abou Chakra	Lets Run	**11.07**	**24**	**7**	**2011**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final	***5***	Hasan	Soloh	Lebanese Army	**11.28**	**10**	**3**	**1992**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**100 m**	Men	M	Final		Abdel Rahman	Al Rayess	Inter Lebanon	**DNF**	**15**	**11**	**1993**	-0.9
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Women	F	Final	***1***	Maria	Nohra	Lets Run	**1.08.83**	**26**	**4**	**2001**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Women	F	Final	***2***	Jamal	Al Jordi	Inter Lebanon	**1.20.52**	**17**	**10**	**1991**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Women	F	Final	***3***	Elena	Hindi	Jamhour	**1.22.61**	**27**	**4**	**2009**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Women	F	Final	***4***	Maria	Al Farran	Lets Run	**DNS**	**24**	**3**	**2010**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Women	F	Final		Tala	Naamani	Lets Run	**DNS**	**27**	**10**	**2005**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 1	***1***	Ayman	Kbaydat	Lebanese Army	**55.03**	**3**	**12**	**1996**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 1	***2***	Ammar	Hammoud	Inter Lebanon	**58.19**	**27**	**5**	**2003**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 1	***3***	Mazen	Shreim	Inter Lebanon	**58.59**	**10**	**10**	**1978**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 2	***1***	Charbel	El Haber	Antonine Club	**57.56**	**29**	**9**	**2002**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 2	***2***	Jad	Azzi	Champville	**59.57**	**26**	**5**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Heat 2	***3***	Georges	Eter	Jamhour	**1.00.94**	**5**	**3**	**2007**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***1***	Ayman	Kbaydat	Lebanese Army	**55.03**	**3**	**12**	**1996**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***2***	Charbel	El Haber	Antonine Club	**57.56**	**29**	**9**	**2002**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***3***	Ammar	Hammoud	Inter Lebanon	**58.19**	**27**	**5**	**2003**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***4***	Mazen	Shreim	Inter Lebanon	**58.59**	**10**	**10**	**1978**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***5***	Jad	Azzi	Champville	**59.57**	**26**	**5**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**400 mh**	Men	M	Final	***6***	Georges	Eter	Jamhour	**1.00.94**	**5**	**3**	**2007**	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Men	M	Final	***1***	Joe	Bou Moussa	Antonine Club	**1.79**	**30**	**9**	**2005**	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Men	M	Final	***2***	Antoine	Khazaal	Jamhour	**1.73**	**2**	**3**	**2011**	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Men	M	Final	***3***	Georges	Eter	Jamhour	**1.60**	**5**	**3**	**2007**	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Men	M	Final	***4***	Samer	Al Haddad	Lets Run	**1.60**	**9**	**6**	**2010**	
individual championship	Thursday	23	July	2026	Jamhour	**High Jump**	Men	M	Final	***5***	Khaled	Ziade	Blue Stars	**1.55**	**23**	**1**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***1***	Mays	Obeid	Inter Lebanon	**11.05**	**1**	**8**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***2***	Caroline	Makary	Lets Run	**10.29**	**8**	**6**	**2004**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***3***	Daniella	Fayyad	Inter Lebanon	**9.74**	**9**	**4**	**1997**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***4***	Zoulal	Bezjian	Homentmen B.H	**9.38**	**5**	**5**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***5***	Serena	Hoayek	Inter Lebanon	**8.83**	**15**	**4**	**2009**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***6***	Rita	Kahwaji	Jamhour	**8.79**	**24**	**9**	**2007**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***7***	Karine	Naji	Atletica	**8.69**	**0**	**0**	**0**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***8***	Yasma	Rizk	Inter Lebanon	**8.57**	**3**	**6**	**2005**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***9***	Maria	Gharzouzi	Jamhour	**8.16**	**17**	**1**	**2002**	
individual championship	Thursday	23	July	2026	Jamhour	**Shot Put**	Women	F	Final	***10***	Haya	Masarra	Atletica	**5.32**	**0**	**0**	**0**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final	***1***	Zaher	Zein Eddine	Lebanese Army	**33.25.48**	**29**	**9**	**1992**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final	***2***	Marwan	Darwich	Lebanese Army	**34.50.86**	**16**	**5**	**1990**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final	***3***	Ali	Seifeddine	Inter Lebanon	**35.51.51**	**22**	**6**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final	***4***	Chadi	Halabi	Inter Lebanon	**40.53.16**	**14**	**2**	**1983**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final		Toni	Nohra	Inter Lebanon	**DNF**	**22**	**11**	**1980**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final		Johan Arief	Jaafar (Not Lebanese)	Batroun Stars	**DNF**	**22**	**7**	**1983**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final		Omar	Abou Hamad	Lebanese Army	**DNS**	**1**	**10**	**1992**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final		Wissam	Rasamny	Blue Stars	**DNS**	**25**	**10**	**2003**	
individual championship	Thursday	23	July	2026	Jamhour	**10000 m**	Men	M	Final		Ibrahim	Tarhini	Inter Lebanon	**DNS**	**1**	**1**	**1992**	
individual championship	Thursday	23	July	2026	Jamhour	**3000 msteeple**	Women	F	Final	***1***	Sama	Moustafa	Jamhour	**11.59.43**	**11**	**3**	**2008**	
individual championship	Thursday	23	July	2026	Jamhour	**3000 msteeple**	Women	F	Final	***2***	Carine	ALBAWAB	Inter Lebanon	**12.07.48**	**28**	**7**	**2011**	
individual championship	Thursday	23	July	2026	Jamhour	**3000 msteeple**	Women	F	Final	***3***	Zeinab	Shaheen	Inter Lebanon	**14.05.51**	**4**	**5**	**2002**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Men	M	Final	***1***	Majed	Abou Omar	Lebanese Army	**39.08**	**1**	**12**	**1991**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Men	M	Final	***2***	Rami	Mansour	Lebanese Army	**35.01**	**8**	**6**	**1992**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Men	M	Final	***3***	Elias	Saad	Jamhour	**21.35**	**23**	**6**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Men	M	Final	***4***	Nicolas	Kamel	Inter Lebanon	**17.02**	**16**	**2**	**2004**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Men	M	Final		Alain	Saad	Inter Lebanon	**DNS**	**24**	**8**	**1996**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Women	F	Final	***1***	Mariam	Youssef	Batroun Stars	**39.88**	**7**	**1**	**2004**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Women	F	Final	***2***	Christina	Mouawad	Batroun Stars	**28.98**	**23**	**12**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Women	F	Final	***3***	Thea	Nassar	Jamhour	**24.97**	**1**	**9**	**2004**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Women	F	Final	***4***	Nea	Lamah	Jamhour	**23.31**	**29**	**1**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**Hammer**	Women	F	Final	***5***	Yasma	Rizk	Inter Lebanon	**19.11**	**3**	**6**	**2005**	
individual championship	Friday	24	July	2026	Jamhour	**110 mh**	Men	M	Final	***1***	Ammar	Hammoud	Inter Lebanon	**14.77**	**27**	**5**	**2003**	+0.0
individual championship	Friday	24	July	2026	Jamhour	**110 mh**	Men	M	Final	***2***	Ali	Hachem	Jamhour	**15.12**	**10**	**11**	**2001**	+0.0
individual championship	Friday	24	July	2026	Jamhour	**110 mh**	Men	M	Final	***3***	Adam	Ghali	Inter Lebanon	**20.78**	**14**	**7**	**2010**	+0.0
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 1	***1***	Maria	Nohra	Lets Run	**59.23**	**26**	**4**	**2001**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 1	***2***	Haifa	Al Farran	Lets Run	**1.01.79**	**24**	**3**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 1	***3***	Carine	Bawab	Inter Lebanon	**1.01.93**	**28**	**7**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 1	***4***	Joy	Esta	Jamhour	**1.04.16**	**21**	**6**	**2007**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 1	***5***	Tala	Fakhoury	Inter Lebanon	**1.05.44**	**12**	**8**	**1996**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 2	***1***	Haya	Hage	Inter Lebanon	**1.08.46**	**25**	**10**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 2	***2***	Karen	Jabbour	Jamhour	**1.08.49**	**22**	**5**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 2	***3***	Sarah	Chaaban	Atletica	**1.09.15**	**20**	**11**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 2	***4***	Yara	Tahech	Jamhour	**1.09.88**	**12**	**12**	**2008**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 3	***1***	Isabel	Abdouch	Lets Run	**57.30**	**27**	**5**	**2002**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 3	***2***	Elena	Hindi	Jamhour	**1.09.18**	**27**	**4**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 3	***3***	Malak	Al Haj	Phoenicia Club Tyre	**1.09.57**	**17**	**8**	**2012**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Heat 3	***4***	Joumana	Yehya	Phoenicia Club Tyre	**1.12.82**	**6**	**7**	**2013**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***1***	Isabel	Abdouch	Lets Run	**57.30**	**27**	**5**	**2002**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***2***	Maria	Nohra	Lets Run	**59.23**	**26**	**4**	**2001**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***3***	Haifa	Al Farran	Lets Run	**1.01.79**	**24**	**3**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***4***	Carine	ALBAWAB	Inter Lebanon	**1.01.93**	**28**	**7**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***5***	Joy	Esta	Jamhour	**1.04.16**	**21**	**6**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***6***	Tala	Fakhoury	Inter Lebanon	**1.05.44**	**12**	**8**	**1996**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***7***	Haya	Hage	Inter Lebanon	**1.08.46**	**25**	**10**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***8***	Karen	Jabbour	Jamhour	**1.08.49**	**22**	**5**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***9***	Sarah	Chaaban	Atletica	**1.09.15**	**20**	**11**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***10***	Elena	Hindi	Jamhour	**1.09.18**	**27**	**4**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***11***	Malak	Al Haj	Phoenicia Club Tyre	**1.09.57**	**17**	**8**	**2012**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***12***	Yara	Tahech	Jamhour	**1.09.88**	**12**	**12**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Women	F	Final	***13***	Joumana	Yehya	Phoenicia Club Tyre	**1.12.82**	**6**	**7**	**2013**	

individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***1***	Tamara	Jreij	Batroun Stars	**5.10**	**22**	**4**	**2010**	-0.6
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***2***	Chanel	Richa	Inter Lebanon	**4.94**	**21**	**3**	**2008**	-1.7
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***3***	Maya	Ballout	Blue Stars	**4.93**	**25**	**2**	**2006**	-0.2
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***4***	Lolitta	Hayek	Lets Run	**4.69**	**3**	**10**	**2005**	-0.6
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***5***	Noura Maria	Mansour	Batroun Stars	**4.56**	**24**	**8**	**2010**	-1.7
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***6***	Marise	Nassour	Blue Stars	**4.19**	**12**	**5**	**2002**	-2.2
individual championship	Friday	24	July	2026	Jamhour	**Long Jump**	Women	F	Final	***7***	Nea	Lamah	Jamhour	**3.92**	**29**	**1**	**2009**	-1.3

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1	***1***	Karim	Slim	Inter Lebanon	**49.83**	**29**	**11**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1	***2***	Ayman	Kbaydat	Lebanese Army	**50.71**	**3**	**12**	**1996**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1	***3***	Hussein	Zaaiter	Lebanese Army	**51.08**	**3**	**12**	**1994**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1	***4***	Nazih	Awaida	Batroun Stars	**52.13**	**3**	**12**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1	***5***	Jad	Azzi	Champville	**53.78**	**26**	**5**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 1		Bassel	Assaad	Blue Stars	**DNS**	**6**	**10**	**2005**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***1***	Mohammad	Moussa	Lebanese Army	**52.15**	**5**	**11**	**1995**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***2***	Ali	Fneich	Jamhour	**52.33**	**7**	**10**	**1995**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***3***	Othman	Barake	Batroun Stars	**54.28**	**19**	**6**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***4***	Adam	Ghali	Inter Lebanon	**54.99**	**14**	**7**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***5***	Ali	Soufan	Blue Stars	**56.35**	**24**	**7**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 2	***6***	Marc	Feghaly	Champville	**56.84**	**3**	**2**	**2008**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 3	***1***	Charbel	Andary	Jamhour	**52.73**	**8**	**5**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 3	***2***	George	Hanna	Antonine Club	**58.72**	**20**	**12**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 3	***3***	Hassan	Al Khatib	Lets Run	**1.07.85**	**23**	**8**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Heat 3	***4***	Charbel	Hanna	Lets Run	**1.09.62**	**27**	**2**	**2010**	

individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***1***	Karim	Slim	Inter Lebanon	**49.83**	**29**	**11**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***2***	Ayman	Kbaydat	Lebanese Army	**50.71**	**3**	**12**	**1996**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***3***	Hussein	Zaaiter	Lebanese Army	**51.08**	**3**	**12**	**1994**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***4***	Nazih	Awaida	Batroun Stars	**52.13**	**3**	**12**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***5***	Mohammad	Moussa	Lebanese Army	**52.15**	**5**	**11**	**1995**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***6***	Ali	Fneich	Jamhour	**52.33**	**7**	**10**	**1995**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***7***	Charbel	Andary	Jamhour	**52.73**	**8**	**5**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***8***	Jad	Azzi	Champville	**53.78**	**26**	**5**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***9***	Othman	Barake	Batroun Stars	**54.28**	**19**	**6**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***10***	Adam	Ghali	Inter Lebanon	**54.99**	**14**	**7**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***11***	Ali	Soufan	Blue Stars	**56.35**	**24**	**7**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***12***	Marc	Feghaly	Champville	**56.84**	**3**	**2**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***13***	George	Hanna	Antonine Club	**58.72**	**20**	**12**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***14***	Hassan	Al Khatib	Lets Run	**1.07.85**	**23**	**8**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final	***15***	Charbel	Hanna	Lets Run	**1.09.62**	**27**	**2**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**400 m**	Men	M	Final		Bassel	Assaad	Blue Stars	**DNS**	**6**	**10**	**2005**	

individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***1***	Joan	Makary	Lets Run	**18.40.76**	**10**	**5**	**1993**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***2***	Nada	Kurdi	Blue Stars	**18.53.44**	**14**	**6**	**1984**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***3***	Nour	Al Ghousaini	Elite	**19.11.64**	**8**	**11**	**2000**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***4***	Phoebe	Kemp (Not Lebanese)	Inter Lebanon	**20.47.07**	**3**	**11**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***5***	Haya	Hage	Inter Lebanon	**20.52.12**	**25**	**10**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***6***	Chrystal Monica	Abou Jneid	Lets Run	**20.58.63**	**16**	**1**	**1998**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final	***7***	Tala	Baltaji	Blue Stars	**24.17.60**	**20**	**3**	**2007**	
individual championship	Friday	24	July	2026	Jamhour	**5000 m**	Women	F	Final		Nagham	Hassan	Antonine Club	**DNS**	**15**	**5**	**2005**	

individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***1***	Ali	Mortada	Inter Lebanon	**4.07.62**	**18**	**4**	**1999**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***2***	Charbel	Al Khoury	Lebanese Army	**4.17.62**	**30**	**11**	**1996**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***3***	Bilal	Salaheddine	Inter Lebanon	**4.18.88**	**20**	**9**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***4***	Anwar	Salah El Din	Lets Run	**4.25.72**	**20**	**5**	**2005**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***5***	Marlon	Souaid	Batroun Stars	**4.30.54**	**1**	**3**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***6***	Amer	ALBAWAB	Inter Lebanon	**4.32.46**	**28**	**7**	**2011**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***7***	Lucas	Abou Sleiman	Jamhour	**4.35.45**	**15**	**7**	**2009**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***8***	Matheo	Chebli	Antonine Club	**4.37.65**	**10**	**1**	**2008**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***9***	Samir	Sabeh Ayoun	Blue Stars	**4.39.25**	**2**	**4**	**2006**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***10***	Mohamad Zaki	Monzer	Phoenicia Club Tyre	**4.45.90**	**22**	**6**	**2000**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***11***	Charbel	Hanna	Lets Run	**4.56.67**	**27**	**2**	**2010**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***12***	Khalil	Shibo	Phoenicia Club Tyre	**5.07.03**	**1**	**7**	**2012**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***13***	Elie	Chlela	Lets Run	**5.07.16**	**18**	**2**	**2005**	
individual championship	Friday	24	July	2026	Jamhour	**1500**	Men	M	Final	***14***	Mohamad Ali	Akil	Lets Run	**5.29.46**	**8**	**8**	**2011**	

individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Women	F	Final	***1***			Jamhour	**51.42**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Women	F	Final	***2***			Batroun Stars	**52.59**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Women	F	Final	***3***			Lets Run	**53.13**				

individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Men	M	Final	***1***			Jamhour	**43.06**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Men	M	Final	***2***			Inter Lebanon	**43.52**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Men	M	Final	***3***			Lebanese Army	**45.58**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Men	M	Final	***4***			Lets Run	**48.23**				
individual championship	Friday	24	July	2026	Jamhour	**Relay 4 × 100 m**	Men	M	Final				Antonine Club	**DNS**				

individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final	***1***	Nabil	Al-Akoumi	Lebanese Army	**61.35**	**31**	**10**	**1996**	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final	***2***	Khaled	Al Hasan	Lebanese Army	**50.90**	**13**	**5**	**1998**	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final	***3***	Anthony	Kiwan	Champville	**46.35**	**4**	**9**	**2008**	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final	***4***	Yorgo	Abdallah	Jamhour	**32.20**	**8**	**3**	**2006**	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final	***5***	Charbel	Tanious	Lets Run	**13.96**	**2**	**2**	**2004**	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Men	M	Final		Alain	Saad	Inter Lebanon	**DNS**	**24**	**8**	**1996**	

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1	***1***	Mariam	Messaykeh	Batroun Stars	**26.19**	**11**	**12**	**2009**	-0.1
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1	***2***	Alia	Chughari	Antonine Club	**28.90**	**19**	**11**	**2007**	-0.1
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1	***3***	Lolitta	Hayek	Lets Run	**29.69**	**3**	**10**	**2005**	-0.1
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1	***4***	Karen	Jabbour	Jamhour	**34.14**	**22**	**5**	**2010**	-0.1
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1		Angela	Fakih	Blue Stars	**DNS**	**3**	**11**	**2007**	-0.1

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***1***	Isabel	Abdouch	Lets Run	**25.12**	**27**	**5**	**2002**	+0.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***2***	Nawal	Saleh	Inter Lebanon	**27.03**	**7**	**8**	**1996**	+0.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***3***	Maria	Bechara	Jamhour	**28.58**	**7**	**9**	**2008**	+0.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***4***	Maya	Osman	Blue Stars	**30.21**	**5**	**2**	**2006**	+0.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***5***	Roya	Al Haber	Atletica	**31.27**	**7**	**8**	**2011**	+0.3

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***1***	Maya	Ballout	Blue Stars	**27.50**	**25**	**2**	**2006**	+0.9
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***2***	Rita	Kahwaji	Jamhour	**27.63**	**24**	**9**	**2007**	+0.9
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***3***	Maria	Al Farran	Lets Run	**28.79**	**24**	**3**	**2010**	+0.9
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***4***	Kristelle	Jabbour	Jamhour	**28.90**	**7**	**12**	**2011**	+0.9
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***5***	Yara	El Murr	Antonine Club	**33.16**	**29**	**11**	**2006**	+0.9

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Final	***1***	Isabel	Abdouch	Lets Run	**24.90**	**27**	**5**	**2002**	+1.2
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 1	***1***	Mariam	Messaykeh	Batroun Stars	**26.14**	**11**	**12**	**2009**	+1.2
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***2***	Nawal	Saleh	Inter Lebanon	**26.80**	**7**	**8**	**1996**	+1.2
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***1***	Maya	Ballout	Blue Stars	**27.31**	**25**	**2**	**2006**	+1.2
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 3	***2***	Rita	Kahwaji	Jamhour	**27.59**	**24**	**9**	**2007**	+1.2
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Women	F	Heat 2	***3***	Maria	Bechara	Jamhour	**29.15**	**7**	**9**	**2008**	+1.2

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 1	***1***	Noureddine	Hadid	Inter Lebanon	**22.78**	**15**	**3**	**1994**	-0.5
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 1	***2***	Antoine	Khazaal	Jamhour	**23.01**	**2**	**3**	**2011**	-0.5
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 1	***3***	Hasan	Soloh	Lebanese Army	**23.45**	**10**	**3**	**1992**	-0.5
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 1	***4***	Ali	Soufan	Blue Stars	**24.75**	**24**	**7**	**2007**	-0.5
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 1	***5***	Ali	Al Maaoush	Phoenicia Club Tyre	**25.71**	**2**	**3**	**2010**	-0.5

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 2	***1***	Karim	Slim	Inter Lebanon	**22.35**	**29**	**11**	**2006**	+0.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 2	***2***	Kevin	Artoun	Jamhour	**22.49**	**3**	**1**	**2006**	+0.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 2		Simon	Al Hajj	Lets Run	**DNS**	**28**	**6**	**2005**	+0.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 2		Miguel	Alaouie	Antonine Club	**DNS**	**18**	**4**	**2006**	+0.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 2		Omar	Saadi	Inter Lebanon	**DNS**	**15**	**11**	**1993**	+0.0

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 3	***1***	Mahdi	Issa	Inter Lebanon	**22.78**	**6**	**11**	**2001**	+1.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 3	***2***	Ralph	Jamous	Jamhour	**23.18**	**12**	**2**	**2008**	+1.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 3	***3***	Nazih	Awaida	Batroun Stars	**23.42**	**3**	**12**	**2010**	+1.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 3		Charbel	Al Hazoury	Batroun Stars	**DNS**	**26**	**7**	**2010**	+1.3
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 3		Julien	Haykal	Batroun Stars	**DNS**	**25**	**3**	**2011**	+1.3

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 4	***1***	Andrew	Danny	Lets Run	**22.65**	**21**	**2**	**2005**	+0.4
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 4	***2***	Ali	Hachem	Jamhour	**22.86**	**10**	**11**	**2001**	+0.4
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 4	***3***	Ghadi	Khadra	Antonine Club	**23.36**	**6**	**5**	**2004**	+0.4

individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Heat 4		Charbel	Merheb	Antonine Club	**DNF**	29	9	2006	+0.4
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***1***	Andrew	Danny	Lets Run	**21.42**	21	2	2005	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***2***	Noureddine	Hadid	Inter Lebanon	**21.75**	15	3	1994	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***3***	Karim	Slim	Inter Lebanon	**22.13**	29	11	2006	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***4***	Mahdi	Issa	Inter Lebanon	**22.18**	6	11	2001	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***5***	Kevin	Artoun	Jamhour	**22.56**	3	1	2006	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**200 m**	Men	M	Final	***6***	Ali	Hachem	Jamhour	**23.11**	10	11	2001	-2.0
individual championship	Saturday	25	July	2026	Jamhour	**Relay 4 × 400 Mixed**	Women	F	Final	***1***			Inter Lebanon	**3.48.33**				
individual championship	Saturday	25	July	2026	Jamhour	**Relay 4 × 400 Mixed**	Women	F	Final	***2***			Jamhour	**3.51.81**				
individual championship	Saturday	25	July	2026	Jamhour	**Relay 4 × 400 Mixed**	Women	F	Final				Lets Run	**DNS**				
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***1***	Zoulal	Bezjian	Homentmen B.H	**36.07**	5	5	2008	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***2***	Elissa	Sekkar	Lebanese Army	**30.19**	9	6	1996	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***3***	Eliana	Mouawad	Batroun Stars	**27.93**	30	4	2013	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***4***	Lynn	Nader	Batroun Stars	**26.93**	7	7	2009	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***5***	Karine	Naji	Atletica	**25.40**	0	0	0	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***6***	Maria	Gharzouzi	Jamhour	**24.77**	17	1	2002	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***7***	Daniela	Fayad	Inter Lebanon	**20.55**	9	4	1997	
individual championship	Saturday	25	July	2026	Jamhour	**Javelin**	Women	F	Final	***8***	Serena	Hoayek	Inter Lebanon	**19.42**	15	4	2009	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***1***	Raafat	Matar	Lebanese Army	**6.39**	25	4	1992	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***2***	Hadi	Ismail	Lebanese Army	**6.36**	1	1	1989	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***3***	Yousef	Hmedeh	Lebanese Army	**6.30**	11	1	1990	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***4***	Marven	Eid	Antonine Club	**6.30**	17	10	2005	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***5***	Ronald	Kassab	Jamhour	**6.10**	25	7	2002	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***6***	Khaled	Ziade	Blue Stars	**5.94**	23	1	2008	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***7***	Adam	Ghali	Inter Lebanon	**5.41**	14	7	2010	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***8***	Elias	Rouhana	Inter Lebanon	**5.31**	31	12	2011	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***9***	Mazen	Shreim	Inter Lebanon	**5.23**	10	10	1978	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***10***	Ziad	Al Chami	Lets Run	**4.98**	28	5	2012	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***11***	Berj	Bastadjian	Homentmen B.H	**4.95**	27	4	2009	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final	***12***	Racheed	Al Hout	Lets Run	**4.81**	9	9	2007	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final		Malek	Al Hout	Lets Run	**DNS**	27	4	2009	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final		Yorgo	Gharib	Inter Lebanon	**DNS**	17	11	2007	
individual championship	Saturday	25	July	2026	Jamhour	**Long Jump**	Men	M	Final		Sleyman	Haber	Blue Stars	**DNS**	14	8	2005	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final	***1***	Mohammad	Kdouh	Lebanese Army	**10.05.72**	15	11	1994	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final	***2***	Ali	Jabak	Lebanese Army	**10.11.50**	15	6	1988	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final	***3***	Bilal	Salaheddine	Inter Lebanon	**10.17.58**	20	9	2008	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final	***4***	Amer	Bawab	Inter Lebanon	**11.08.64**	28	7	2011	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final	***5***	Adel	Haidar	Inter Lebanon	**11.38.00**	15	3	1994	
individual championship	Saturday	25	July	2026	Jamhour	**3000 msteeple**	Men	M	Final		Kamal	Salhab	Inter Lebanon	**DNF**	28	1	2008	
individual championship	Saturday	25	July	2026	Jamhour	**10000 m**	Women	F	Final	***1***	Nada	Kurdi	Blue Stars	**39.45.44**	14	6	1984	
individual championship	Saturday	25	July	2026	Jamhour	**10000 m**	Women	F	Final	***2***	Maissa	Chirazi	Elite Running Club	**42.45.04**	9	2	1978	
individual championship	Saturday	25	July	2026	Jamhour	**10000 m**	Women	F	Final	***3***	Nourhane	Shmaitelli	Inter Lebanon	**44.31.18**	25	9	1996	
individual championship	Saturday	25	July	2026	Jamhour	**10000 m**	Women	F	Final		Loubna	Kamal El Din	Lets Run	**DNF**	5	5	1984	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***1***	Joan	Makary	Lets Run	**4.43.49**	10	5	1993	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***2***	Serena	Hayek	Inter Lebanon	**4.52.61**	1	1	2001	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***3***	Carine	ALBAWAB	Inter Lebanon	**4.55.29**	28	7	2011	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***4***	Sama	Moustafa	Jamhour	**4.59.40**	11	3	2008	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***5***	Jennifer	Tomazou	Inter Lebanon	**5.15.10**	14	6	1991	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***6***	Rama	Hamdan	Atletica	**5.23.29**	3	8	2013	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***7***	Haya	Hage	Inter Lebanon	**5.30.18**	25	10	2006	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***8***	Tala	Baltaji	Blue Stars	**6.18.16**	20	3	2007	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final	***9***	Lea	Mehchi	Jamhour	**6.25.34**	24	9	2007	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final		Nagham	Hassan	Antonine Club	**DNS**	15	5	2005	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final		Mia	Malak	Jamhour	**DNS**	13	11	2004	
individual championship	Saturday	25	July	2026	Jamhour	**1500 m**	Women	F	Final		Leena	Termos	Antonine Club	**DNS**	7	8	2003	
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Men	M	Final	***1***			Inter Lebanon	**3.21.64**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Men	M	Final	***2***			Lebanese Army	**3.24.80**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Men	M	Final	***3***			Jamhour	**3.26.34**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Men	M	Final	***4***			Batroun Stars	**3.43.84**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 100 m Mixed**	Women	F	Final	***1***			Lets Run	**46.88**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 100 m Mixed**	Women	F	Final	***2***			Jamhour	**46.94**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 100 m Mixed**	Women	F	Final	***3***			Inter Lebanon	**47.10**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 100 m Mixed**	Women	F	Final				Antonine Club	**DQ**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 100 m Mixed**	Women	F	Final				Blue Stars	**DNS**				
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final	***1***	Rami	Mansour	Lebanese Army	**39.17**	8	6	1992	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final	***2***	Badri	Obeid	Lebanese Army	**38.42**	1	1	1979	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final	***3***	Ali	Abbas	Lebanese Army	**37.05**	6	12	1985	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final	***4***	Yorgo	Abdallah	Jamhour	**28.46**	8	3	2006	

individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final		Charbel	Saad	Inter Lebanon	**DNS**	**16**	**11**	**1994**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Men	M	Final		Fabiano	Jarjoura	Lets Run	**DNS**	**11**	**2**	**2010**	

individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Women	F	Final	***1***			Lets Run	**4.04.40**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Women	F	Final	***2***			Inter Lebanon	**4.19.41**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Women	F	Final	***3***			Jamhour	**4.28.03**				
individual championship	Sunday	26	July	2026	Jamhour	**Relay 4 × 400 m**	Women	F	Final	***4***			Atletica	**4.56.51**				

individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***1***	Ali Al Rida	Kanaan	Lebanese Army	**15.07.45**	**3**	**6**	**2003**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***2***	Bilal	Awadah	Lebanese Army	**16.04.56**	**10**	**9**	**1986**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***3***	Ali	Seifeddine	Inter Lebanon	**16.22.28**	**22**	**6**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***4***	Anwar	Salah El Din	Lets Run	**16.33.87**	**20**	**5**	**2005**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***5***	Elie	Hallasou	Lets Run	**16.34.74**	**4**	**6**	**1992**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***6***	Wissam	Kheir	Lets Run	**16.36.83**	**27**	**7**	**1980**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***7***	Omar	Abou Bakr	Lebanese Army	**16.53.28**	**24**	**12**	**1995**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***8***	Matheo	Chebli	Antonine Club	**17.17.21**	**10**	**1**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***9***	Mohamad Zaki	Monzer	Phoenicia Club Tyre	**17.28.59**	**22**	**6**	**2000**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***10***	Raoul	Zeeni	Inter Lebanon	**17.37.37**	**28**	**9**	**1998**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***11***	Thibaud	Thionnet (Not Lebanese)	Inter Lebanon	**17.47.11**	**20**	**9**	**1996**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***12***	Lucas	Sleiman	Jamhour	**17.47.43**	**15**	**7**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final	***13***	Andrew	Bou Shaheen	Blue Stars	**18.43.06**	**26**	**6**	**2005**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final		Zaher	Zein Eddine	Lebanese Army	**DNS**	**29**	**9**	**1992**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final		Ibrahim	Tarhini	Inter Lebanon	**DNS**	**1**	**1**	**1992**	
individual championship	Sunday	26	July	2026	Jamhour	**5000 m**	Men	M	Final		Ali	Kheieddine	Antonine Club	**DNS**	**3**	**2**	**2001**	

individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***1***	Antoine	Khazaal	Jamhour	**13.21**	**2**	**3**	**2011**	-2.7
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***2***	Marven	Eid	Antonine Club	**13.06**	**17**	**10**	**2005**	-0.3
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***3***	Ronald	Kassab	Jamhour	**12.90**	**25**	**7**	**2002**	-0.7
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***4***	Raafat	Matar	Lebanese Army	**12.89**	**25**	**4**	**1992**	-0.4
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***5***	Mazen	Shreim	Inter Lebanon	**12.43**	**10**	**10**	**1978**	-1.3
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final	***6***	Yorgo	Abdallah	Jamhour	**11.94**	**8**	**3**	**2006**	-0.4
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final		Malek	Al Hout	Lets Run	**DNS**	**27**	**4**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Men	M	Final		Hadi	Ismail	Lebanese Army	**DNS**	**1**	**1**	**1989**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***1***	Maria	Nohra	Lets Run	**2.20.26**	**26**	**4**	**2001**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***2***	Carine	ALBAWAB	Inter Lebanon	**2.22.56**	**27**	**7**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***3***	Serena	Hayek	Inter Lebanon	**2.22.80**	**1**	**1**	**2001**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***4***	Marina	Fenianos	Lets Run	**2.28.95**	**20**	**8**	**1994**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***5***	Haifa	Al Farran	Lets Run	**2.32.28**	**24**	**3**	**2010**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***6***	Rama	Hamdan	Atletica	**2.34.86**	**3**	**8**	**2013**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***7***	Haya	Hage	Inter Lebanon	**2.35.56**	**25**	**10**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***8***	Sarah	Chaaban	Atletica	**2.37.89**	**20**	**11**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***9***	Joy	Esta	Jamhour	**2.45.15**	**21**	**6**	**2007**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final	***10***	Salima	Al Ghosh	Lets Run	**2.51.01**	**31**	**8**	**2012**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final		Mia	Malak	Jamhour	**DNS**	**13**	**11**	**2004**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Women	F	Final		Jennifer	Tomazou	Inter Lebanon	**DNS**	**14**	**6**	**1991**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***1***	Ali	Mortada	Inter Lebanon	**1.55.61**	**18**	**4**	**1999**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***2***	Charbel	Al Khoury	Lebanese Army	**1.59.87**	**30**	**11**	**1996**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***3***	Jimmy	Khoury	Champville	**2.02.35**	**4**	**4**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***4***	Bilal	Salaheddine	Inter Lebanon	**2.06.88**	**20**	**9**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***5***	Lucas	Abou Sleiman	Jamhour	**2.12.35**	**15**	**7**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 1	***6***	Georges	Eter	Jamhour	**2.18.30**	**5**	**3**	**2007**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***1***	Marlon	Souaid	Batroun Stars	**2.06.84**	**1**	**3**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***2***	Georges	Achkar	Champville	**2.07.63**	**12**	**8**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***3***	Othman	Barake	Batroun Stars	**2.07.76**	**19**	**6**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***4***	Amer	ALBAWAB	Inter Lebanon	**2.11.33**	**28**	**7**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***5***	Charbel	Hanna	Lets Run	**2.12.78**	**27**	**2**	**2010**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***6***	Serge	Feghaly	Jamhour	**2.13.42**	**27**	**9**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***7***	Khaled	Saifan	Lets Run	**2.16.42**	**2**	**3**	**2010**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***8***	Nasreddine	Radwan	Lets Run	**2.16.53**	**13**	**11**	**2001**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2	***9***	Mohamad Ali	Akil	Lets Run	**2.37.19**	**8**	**8**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2		Bassel	Assaad	Blue Stars	**DNS**	**6**	**10**	**2005**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Heat 2		Eric	Mokarzel	Antonine club	**DNS**	**28**	**11**	**2005**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***1***	Ali	Mortada	Inter Lebanon	**1.55.61**	**18**	**4**	**1999**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***2***	Charbel	Al Khoury	Lebanese Army	**1.59.87**	**30**	**11**	**1996**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***3***	Jimmy	Khoury	Champville	**2.02.35**	**4**	**4**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***4***	Marlon	Souaid	Batroun Stars	**2.06.84**	**1**	**3**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***5***	Bilal	Salaheddine	Inter Lebanon	**2.06.88**	**20**	**9**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***6***	Georges	Achkar	Champvillr	**2.07.63**	**12**	**8**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***7***	Othman	Barake	Batroun Stars	**2.07.76**	**19**	**6**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***8***	Amer	ALBAWAB	Inter Lebanon	**2.11.33**	**28**	**7**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***9***	Lucas	Abou Sleiman	Jamhour	**2.12.35**	**15**	**7**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***10***	Charbel	Hanna	Lets Run	**2.12.78**	**27**	**2**	**2010**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***11***	Serge	Feghaly	Jamhour	**2.13.42**	**27**	**9**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***12***	Khaled	Saifan	Lets Run	**2.16.42**	**2**	**3**	**2010**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***13***	Nasreddine	Radwan	Lets Run	**2.16.53**	**13**	**11**	**2001**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	FINAL	***14***	Georges	Eter	Jamhour	**2.18.30**	**5**	**3**	**2007**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final	***15***	Mohamad Ali	Akil	Lets Run	**2.37.19**	**8**	**8**	**2011**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final		Bassel	Assaad	Blue Stars	**DNS**	**6**	**10**	**2005**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m**	Men	M	Final		Eric	Mokarzel	Antonine club	**DNS**	**28**	**11**	**2005**	

individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final	***1***	Mays	Obeid	Inter Lebanon	**33.61**	**1**	**8**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final	***2***	Mira	Ibrahim	Champville	**32.94**	**24**	**2**	**2001**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final	***3***	Caroline	Makary	Lets Run	**31.78**	**8**	**6**	**2004**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final	***4***	Eliana	Mouawad	Batroun Stars	**24.38**	**30**	**4**	**2013**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final	***5***	Gioia	Feghai	Jamhour	**23.25**	**30**	**7**	**2007**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final		Daniela	Fayad	Inter Lebanon	**DNS**	**9**	**4**	**1997**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final		Serena	Hoayek	Inter Lebanon	**DNS**	**15**	**4**	**2009**	
individual championship	Sunday	26	July	2026	Jamhour	**Discus**	Women	F	Final		Tiana	Chahine	Batroun Stars	**DNS**	**11**	**1**	**2008**	

individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Women	F	Final	***1***	Sama	Moustafa	Jamhour	**10.51**	**11**	**3**	**2008**	-1.0
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Women	F	Final	***2***	Noura Maria	Mansour	Batroun Stars	**10.04**	**24**	**8**	**2010**	-1.4
individual championship	Sunday	26	July	2026	Jamhour	**Triple Jump**	Women	F	Final	***3***	Nea	Lamah	Jamhour	**9.24**	**29**	**1**	**2009**	-0.4

individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 1	***1***	Leen	Ghezzaoui	Jamhour	**16.74**	**23**	**6**	**2002**	+0.7
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 1	***2***	Leen	Al Hout	Lets Run	**17.64**	**20**	**10**	**2010**	+0.7
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 1	***3***	Marise	Nassour	Blue Stars	**18.48**	**12**	**5**	**2002**	+0.7

individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 2	***1***	Perla	Yousef	Antonine Club	**18.57**	**23**	**11**	**2005**	+1.4
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 2	***2***	Chanel	Richa	Inter Lebanon	**18.81**	**21**	**3**	**2008**	+1.4
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Heat 2	***3***	Jamal	Jurdi	Inter Lebanon	**20.64**	**17**	**10**	**1991**	+1.4

individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***1***	Leen	Ghezzaoui	Jamhour	**16.74**	**23**	**6**	**2002**	+0.7
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***2***	Leen	Al Hout	Lets Run	**17.64**	**20**	**10**	**2010**	+0.7
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***3***	Marise	Nassour	Blue Stars	**18.48**	**12**	**5**	**2002**	+0.7
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***4***	Perla	Yousef	Antonine Club	**18.57**	**23**	**11**	**2005**	+1.4
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***5***	Chanel	Richa	Inter Lebanon	**18.81**	**21**	**3**	**2008**	+1.4
individual championship	Sunday	26	July	2026	Jamhour	**100 mh**	Women	F	Final	***6***	Jamal	Jurdi	Inter Lebanon	**20.64**	**17**	**10**	**1991**	+1.4

individual championship	Sunday	26	July	2026	Jamhour	**100 mh Heptathlon**	Women	F	Final	***1***	Lea	Hanna	Batroun Stars	**18.97**	**7**	**8**	**2006**	+1.1
individual championship	Sunday	26	July	2026	Jamhour	**100 mh Heptathlon**	Women	F	Final	***2***	Zoulal	Bezjian	Homentmen B.H	**19.01**	**5**	**5**	**2008**	+1.1
individual championship	Sunday	26	July	2026	Jamhour	**100 mh Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**21.07**	**28**	**10**	**2008**	+1.1

individual championship	Sunday	26	July	2026	Jamhour	**High Jump Heptathlon**	Women	F	Final	***1***	Zoulal	Bezjian	Homentmen B.H	**1.46**	**5**	**5**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**High Jump Heptathlon**	Women	F	Final	***2***	Lea	Hanna	Batroun Stars	**1.25**	**7**	**8**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**High Jump Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**1.19**	**28**	**10**	**2008**	

individual championship	Sunday	26	July	2026	Jamhour	**Shot Put Heptathlon**	Women	F	Final	***1***	Zoulal	Bezjian	Homentmen B.H	**8.97**	**5**	**5**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**Shot Put Heptathlon**	Women	F	Final	***2***	Lea	Hanna	Batroun Stars	**7.32**	**7**	**8**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**Shot Put Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**5.76**	**28**	**10**	**2008**	

individual championship	Sunday	26	July	2026	Jamhour	**200 m Heptathlon**	Women	F	Final	***1***	Lea	Hanna	Batroun Stars	**30.12**	**7**	**8**	**2006**	+0.0
individual championship	Sunday	26	July	2026	Jamhour	**200 m Heptathlon**	Women	F	Final	***2***	Zoulal	Bezjian	Homentmen B.H	**31.65**	**5**	**5**	**2008**	+0.0
individual championship	Sunday	26	July	2026	Jamhour	**200 m Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**33.29**	**28**	**10**	**2008**	+0.0

individual championship	Sunday	26	July	2026	Jamhour	**Long Jump Heptathlon**	Women	F	Final	***1***	Zoulal	Bezjian	Homentmen B.H	**4.51**	**5**	**5**	**2008**	+0.0
individual championship	Sunday	26	July	2026	Jamhour	**Long Jump Heptathlon**	Women	F	Final	***2***	Lea	Hanna	Batroun Stars	**4.37**	**7**	**8**	**2006**	-2.7
individual championship	Sunday	26	July	2026	Jamhour	**Long Jump Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**3.80**	**28**	**10**	**2008**	+0.0

individual championship	Sunday	26	July	2026	Jamhour	**Javelin Heptathlon**	Women	F	Final	***1***	Zoulal	Bezjian	Homentmen B.H	**34.15**	**5**	**5**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**Javelin Heptathlon**	Women	F	Final	***2***	Lea	Hanna	Batroun Stars	**21.32**	**7**	**8**	**2006**	
individual championship	Sunday	26	July	2026	Jamhour	**Javelin Heptathlon**	Women	F	Final	***3***	Antonina	Issa	Batroun Stars	**7.82**	**28**	**10**	**2008**	

individual championship	Sunday	26	July	2026	Jamhour	**800 m Heptathlon**	Women	F	Final	***1***	Antonina	Issa	Batroun Stars	**3.23.36**	**28**	**10**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m Heptathlon**	Women	F	Final	***2***	Zoulal	Bezjian	Homentmen B.H	**3.27.43**	**5**	**5**	**2008**	
individual championship	Sunday	26	July	2026	Jamhour	**800 m Heptathlon**	Women	F	Final	***3***	Lea	Hanna	Batroun Stars	**3.27.66**	**7**	**8**	**2006**	