VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Victoor Inge

Coaches: Van Buggenhout Koen HEADCOACH

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:3, starttime: 09:36

Heat: 3/5 Lane : 8 Athlete: VERHAMME MATTS — **Q-time: 02:26:53**

PB (50m pool): 02:27.94 Antwerpen 27/07/2025 **PB (25m pool):** 02:26.53 **SB:** 02:31.92 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:31.21	01:11.73	01:55.71	02:27.94	
	00:31.21	*00:40.52*	*00:43.98*	*00:32.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:4, starttime: 09:39

Heat: 4/5 Lane : 4 Athlete: COENE XANDER — **Q-time: 02:20:46**

PB (50m pool): 02:22.83 Antwerpen 27/07/2025 **PB (25m pool):** 02:20.46 **SB:** 02:27.46 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:30.01	01:07.83	01:49.13	02:22.83	
	00:30.01	*00:37.82*	*00:41.30*	*00:33.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:2, starttime: 10:36

Heat: 2/4 Lane : 5 Athlete: COENE XANDER — **Q-time: 00:59:81**

PB (50m pool): 01:00.42 Gent 08/02/2026 **PB (25m pool):** 00:59.81 **SB:** 01:00.42 Gent 08/02/2026

	50M	100M	
PB	00:28.04	01:00.42	
	00:28.04	*00:32.38*	
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Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 6: 100M BUTTERFLY MEN 15-16 **Heat:3, starttime: 10:37**

Heat: 3/4 Lane : 1 Athlete: VERHAMME MATTS **Q-time: 01:05:20**

PB (50m pool): **01:05.20** **Lago Gent Rozebroeken** **04/05/2025** **PB (25m pool):** 01:05.23 **SB:** 01:07.51 Gent 08/02/2026

	50M	100M	
PB	00:30.46	01:05.20	
	00:30.46	*00:34.74*	
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Coach feedback: