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

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

Coaches: Lefever Elisa

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:1, starttime: 09:30

Heat: 1/5 Lane : 4 Athlete: PLOVIE FLYNN — **Q-time: 02:28:45**

PB (50m pool): 02:28.45 Antwerpen 27/07/2025 **PB (25m pool):** 02:24.76 **SB:** 02:29.06 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:31.10	01:07.60	01:53.12	02:28.45	
	00:31.10	*00:36.50*	*00:45.52*	*00:35.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 10:28

Heat: 2/4 Lane : 3 Athlete: DEMAREST HAILEY — **Q-time: 01:21:35**

PB (50m pool): 01:21.35 Antwerpen 20/07/2025 **PB (25m pool):** 01:20.61 **SB:** 01:22.49 Brugge 01/02/2026

	50M	100M	
PB	00:38.38	01:21.35	
	00:38.38	*00:42.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 10:30

Heat: 3/4 Lane : 8 Athlete: CASTELEYN YANA — **Q-time: 01:25:86**

PB (50m pool): 01:25.86 Brugge 01/02/2026 **PB (25m pool):** 01:22.91 **SB:** 01:25.86 Brugge 01/02/2026

	50M	100M	
PB	00:41.05	01:25.86	
	00:41.05	*00:44.81*	
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Coach feedback:

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

Event number: 9: 50M BACKSTROKE WOMEN 13-14	Heat:4, starttime: 10:58
Heat: 4/5 Lane : 1 Athlete: DELPORTE ELLE	**Q-time: 00:34:31**

PB (50m pool): 00:34.31 Brugge 25/01/2026 **PB (25m pool):** 00:32.50 **SB:** 00:34.31 Brugge 25/01/2026

	50 M	
PB	00:34.31	
	00:34.31	
	. . : . . : . .	

Coach feedback: