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

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

Coaches: Kindt Joachim HEADCOACH

Coaches: Kindt Maarten

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

Event number: 4: 100M BREASTSTROKE MEN 13-14 Heat:4, starttime: 10:23

Heat: 4/4 Lane : 2 Athlete: WALTNIEL BAVO **Q-time: 01:18:78**

PB (50m pool): 01:19.97 Lochristi 01/02/2026 **PB (25m pool):** 01:18.78 **SB:** 01:19.97 Lochristi 01/02/2026

	50M	100M	
PB	no time	01:19.97	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 Heat:4, starttime: 10:32

Heat: 4/4 Lane : 6 Athlete: DE SMET LILY **Q-time: 01:22:26**

PB (50m pool): 01:24.22 Lochristi 01/02/2026 **PB (25m pool):** 01:22.26 **SB:** 01:24.22 Lochristi 01/02/2026

	50M	100M	
PB	no time	01:24.22	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 Heat:3, starttime: 10:45

Heat: 3/3 Lane : 1 Athlete: RUYSSINCK DIEDE **Q-time: 01:10:21**

PB (50m pool): 01:12.44 Antwerpen 13/07/2025 **PB (25m pool):** 01:10.21 **SB:** 01:14.96 Aalst 20/12/2025

	50M	100M	
PB	00:33.58	01:12.44	
	00:33.58	*00:38.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:1, starttime: 10:47

Heat: 1/4 Lane : 2 Athlete: WALTNIEL BAVO — **Q-time: 00:38:74**

PB (50m pool): 00:40.86 Antwerpen 20/04/2025 **PB (25m pool):** 00:38.74 **SB:** no time

	50 M	
PB	00:40.86	
	00:40.86	
	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:3, starttime: 10:50

Heat: 3/4 Lane : 1 Athlete: VERNAILLEN SEPPE — **Q-time: 00:34:02**

PB (50m pool): 00:35.58 Lochristi 01/02/2026 **PB (25m pool):** 00:34.02 **SB:** 00:35.58 Lochristi 01/02/2026

	50 M	
PB	00:35.58	
	00:35.58	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:5, starttime: 10:59

Heat: 5/5 Lane : 5 Athlete: EELBODE EMELIE — **Q-time: 00:32:37**

PB (50m pool): 00:33.22 Aalst 11/05/2025 **PB (25m pool):** 00:32.37 **SB:** 00:33.24 Lochristi 01/02/2026

	50 M	
PB	00:33.22	
	00:33.22	
	. . : . . : . .	

Coach feedback: