VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van der Plas Koen HEADCOACH

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

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:1, starttime: 14:30

Heat: 1/6 Lane : 4 Athlete: VAN DER PLAS LOTTE — **Q-time: 01:17:94**

PB (50m pool): 01:17.94 Gent 08/02/2026 **PB (25m pool):** 01:15.11 **SB:** 01:17.94 Gent 08/02/2026

	50M	100M	
PB	00:37.43	01:17.94	
	00:37.43	*00:40.51*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:2, starttime: 14:32

Heat: 2/6 Lane : 7 Athlete: POTIER JOLIE — **Q-time: 01:16:69**

PB (50m pool): 01:18.95 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:16.69 **SB:** 01:19.40 Gent 08/02/2026

	50M	100M	
PB	00:38.85	01:18.95	
	00:38.85	*00:40.10*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:2, starttime: 14:32

Heat: 2/6 Lane : 8 Athlete: WAIGNEIN ROSIE — **Q-time: 01:17:91**

PB (50m pool): 01:17.91 Gent 08/02/2026 **PB (25m pool):** 01:16.31 **SB:** 01:17.91 Gent 08/02/2026

	50M	100M	
PB	00:38.15	01:17.91	
	00:38.15	*00:39.76*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 14:35

Heat: 3/6 Lane : 3 Athlete: CLAEYS ROMEE — **Q-time: 01:14:72**

PB (50m pool): 01:19.41 Antwerpen 13/07/2025 **PB (25m pool):** 01:14.72 **SB:** no time

	50 M	100 M	
PB	00:38.93	01:19.41	
	00:38.93	*00:40.48*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:5, starttime: 14:39

Heat: 5/6 Lane : 3 Athlete: DE VREESE JULIE — **Q-time: 01:10:18**

PB (50m pool): 01:12.40 Antwerpen 20/07/2025 **PB (25m pool):** 01:10.18 **SB:** 01:13.17 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:12.40	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:6, starttime: 14:41

Heat: 6/6 Lane : 6 Athlete: BLANCQUAERT CAMILLE — **Q-time: 01:10:98**

PB (50m pool): 01:10.98 Gent 08/02/2026 **PB (25m pool):** 01:09.44 **SB:** 01:10.98 Gent 08/02/2026

	50 M	100 M	
PB	00:34.58	01:10.98	
	00:34.58	*00:36.40*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13-14 — Heat:1, starttime: 14:44

Heat: 1/5 Lane : 6 Athlete: BOGAERTS SANDER — **Q-time: 01:20:73**

PB (50m pool): 01:20.73 LOCHRISTI 25/01/2026 **PB (25m pool):** 01:17.98 **SB:** 01:20.73 LOCHRISTI 25/01/2026

	50 M	100 M	
PB	no time	01:20.73	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 12: 100M BACKSTROKE MEN 13-14 — Heat:3, starttime: 14:48

Heat: 3/5 Lane : 8 Athlete: MARTELé STAN — **Q-time: 01:14:71**

PB (50m pool): 01:17.55 LOCHRISTI 25/01/2026 **PB (25m pool):** 01:14.71 **SB:** 01:17.55 LOCHRISTI 25/01/2026

	50 M	100 M	
PB	no time	01:17.55	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 50M BREASTSTROKE MEN 15-16 — Heat:2, starttime: 15:00

Heat: 2/3 Lane : 1 Athlete: LAFAUT JEROME — **Q-time: 00:35:48**

PB (50m pool): 00:35.48 Gent 08/02/2026 **PB (25m pool):** 00:35.34 **SB:** 00:35.48 Gent 08/02/2026

	50 M	
PB	00:35.48	
	00:35.48	
	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY WOMEN 13-14 — Heat:3, starttime: 15:05

Heat: 3/5 Lane : 8 Athlete: TAVERNIER LUCIA — **Q-time: 00:33:94**

PB (50m pool): 00:39.67 Antwerp 28/01/2024 **PB (25m pool):** 00:33.94 **SB:** no time

	50 M	
PB	00:39.67	
	00:39.67	
	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY WOMEN 13-14 — Heat:4, starttime: 15:06

Heat: 4/5 Lane : 2 Athlete: VAN DER PLAS LOTTE — **Q-time: 00:32:48**

PB (50m pool): 00:32.48 Lochristi 01/02/2026 **PB (25m pool):** 00:32.05 **SB:** 00:32.48 Lochristi 01/02/2026

	50 M	
PB	00:32.48	
	00:32.48	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 16: 50M BUTTERFLY MEN 13-14 — Heat:1, starttime: 15:09

Heat: 1/5 Lane : 5 Athlete: MARTELé STAN — **Q-time: 00:35:21**

PB (50m pool): no time **PB (25m pool):** 00:35.21 **SB:** no time

	5 0 M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY MEN 13-14 — Heat:2, starttime: 15:10

Heat: 2/5 Lane : 3 Athlete: BOGAERTS SANDER — **Q-time: 00:33:50**

PB (50m pool): 00:33.50 Gent 08/02/2026 **PB (25m pool):** 00:37.02 **SB:** 00:33.50 Gent 08/02/2026

	5 0 M	
PB	00:33.50	
	00:33.50	
	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 15:18

Heat: 3/3 Lane : 2 Athlete: DE RUIJTER ELISE — **Q-time: 00:32:56**

PB (50m pool): 00:33.07 Gent 08/02/2026 **PB (25m pool):** 00:32.56 **SB:** 00:33.07 Gent 08/02/2026

	5 0 M	
PB	00:33.07	
	00:33.07	
	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 15:18

Heat: 3/3 Lane : 6 Athlete: SCHRAM MILA — **Q-time: 00:32:09**

PB (50m pool): 00:33.32 Antwerpen 27/07/2025 **PB (25m pool):** 00:32.09 **SB:** no time

	5 0 M	
PB	00:33.32	
	00:33.32	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 19: 200M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 15:27

Heat: 2/4 Lane : 5 Athlete: DE RUIJTER ELISE — **Q-time: 02:15:62**

PB (50m pool): 02:19.11 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:15.62 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:32.56	01:07.62	01:43.76	02:19.11	
	00:32.56	*00:35.06*	*00:36.14*	*00:35.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 200M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 15:29

Heat: 3/4 Lane : 6 Athlete: DE DECKER FEBE — **Q-time: 02:13:24**

PB (50m pool): 02:13.24 Luxembourg 01/02/2026 **PB (25m pool):** 02:08.27 **SB:** 02:13.24 Luxembourg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:30.51	01:03.67	01:37.87	02:13.24	
	00:30.51	*00:33.16*	*00:34.20*	*00:35.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 200M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 15:32

Heat: 4/4 Lane : 7 Athlete: SCHRAM MILA — **Q-time: 02:11:09**

PB (50m pool): 02:16.19 Amersfoort 22/02/2026 **PB (25m pool):** 02:11.09 **SB:** 02:16.19 Amersfoort 22/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.73	01:06.05	01:41.17	02:16.19	
	00:31.73	*00:34.32*	*00:35.12*	*00:35.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 200M FREESTYLE MEN 15-16 — Heat:2, starttime: 15:38

Heat: 2/5 Lane : 8 Athlete: LOEYS EWOUT — **Q-time: 02:09:71**

PB (50m pool): 02:09.71 Antwerp 09/02/2025 **PB (25m pool):** 02:05.30 **SB:** 02:10.61 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:30.88	01:04.05	01:37.43	02:09.71	
	00:30.88	*00:33.17*	*00:33.38*	*00:32.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 21: 200M BUTTERFLY WOMEN 13-14 **Heat:1, starttime: 15:49**

Heat: 1/2 Lane : 3 Athlete: TAVERNIER LUCIA **Q-time: 02:57:37**

PB (50m pool): no time **PB (25m pool):** 02:57.37 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: