VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 08:15 untill 09:15. 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: 23: 200M MEDLEY MEN 13-14 Heat:1, starttime: 09:30

Heat: 1/5 Lane : 5 Athlete: BOGAERTS SANDER **Q-time: 02:45:60**

PB (50m pool): 02:45.60 Kortrijk 26/12/2025 **PB (25m pool):** 02:42.20 **SB:** 02:45.60 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:36.93	01:20.92	02:10.15	02:45.60	
	00:36.93	*00:43.99*	*00:49.23*	*00:35.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 200M MEDLEY MEN 13-14 Heat:2, starttime: 09:33

Heat: 2/5 Lane : 8 Athlete: MARTELé STAN **Q-time: 02:44:35**

PB (50m pool): 02:46.84 Antwerpen 20/07/2025 **PB (25m pool):** 02:44.35 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.41	01:17.94	02:09.46	02:46.84	
	00:36.41	*00:41.53*	*00:51.52*	*00:37.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 Heat:1, starttime: 09:46

Heat: 1/7 Lane : 3 Athlete: POTIER JOLIE **Q-time: 02:50:68**

PB (50m pool): 02:50.68 Gent 08/02/2026 **PB (25m pool):** 02:53.87 **SB:** 02:50.68 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:36.61	01:20.91	02:10.71	02:50.68	
	00:36.61	*00:44.30*	*00:49.80*	*00:39.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 5 Athlete: BLANCQUAERT CAMILLE — **Q-time: 02:47:09**

PB (50m pool): 02:47.09 Gent 08/02/2026 **PB (25m pool):** 02:46.73 **SB:** 02:47.09 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:35.04	01:16.09	02:10.70	02:47.09	
	00:35.04	*00:41.05*	*00:54.61*	*00:36.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:5, starttime: 09:59

Heat: 5/7 Lane : 1 Athlete: TAVERNIER LUCIA — **Q-time: 02:42:28**

PB (50m pool): 02:50.81 Antwerp 26/01/2025 **PB (25m pool):** 02:42.28 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.33	01:21.51	02:13.07	02:50.81	
	00:36.33	*00:45.18*	*00:51.56*	*00:37.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:6, starttime: 10:03

Heat: 6/7 Lane : 2 Athlete: CLAEYS ROMEE — **Q-time: 02:39:76**

PB (50m pool): 02:43.11 Gent 08/02/2026 **PB (25m pool):** 02:39.76 **SB:** 02:43.11 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:34.84	01:16.34	02:05.64	02:43.11	
	00:34.84	*00:41.50*	*00:49.30*	*00:37.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:7, starttime: 10:06

Heat: 7/7 Lane : 5 Athlete: DE VREESE JULIE — **Q-time: 02:30:10**

PB (50m pool): 02:36.72 Antwerpen 20/07/2025 **PB (25m pool):** 02:30.10 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.91	01:15.06	02:01.44	02:36.72	
	00:35.91	*00:39.15*	*00:46.38*	*00:35.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:09

Heat: 1/5 Lane : 3 Athlete: LAFAUT JEROME — **Q-time: 01:12:07**

PB (50m pool): 01:12.07 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:06.02 **SB:** no time

	50 M	100 M	
PB	00:35.46	01:12.07	
	00:35.46	*00:36.61*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:09

Heat: 1/5 Lane : 4 Athlete: LOEYS EWOUT — **Q-time: 01:09:51**

PB (50m pool): 01:09.51 Lochristi 01/02/2026 **PB (25m pool):** 01:06.00 **SB:** 01:09.51 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:09.51	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:4, starttime: 10:27

Heat: 4/5 Lane : 6 Athlete: SCHRAM MILA — **Q-time: 01:08:20**

PB (50m pool): 01:09.26 Amersfoort 22/02/2026 **PB (25m pool):** 01:08.20 **SB:** 01:09.26 Amersfoort 22/02/2026

	50 M	100 M	
PB	00:33.65	01:09.26	
	00:33.65	*00:35.61*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:5, starttime: 10:29

Heat: 5/5 Lane : 1 Athlete: DE RUIJTER ELISE — **Q-time: 01:09:14**

PB (50m pool): 01:11.55 Antwerpen 27/07/2025 **PB (25m pool):** 01:09.14 **SB:** 01:12.00 Lochristi 01/02/2026

	50 M	100 M	
PB	00:34.41	01:11.55	
	00:34.41	*00:37.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:1, starttime: 10:31

Heat: 1/7 Lane : 4 Athlete: VAN DEN BRANDEN CAMIEL — **Q-time: 03:20:24**

PB (50m pool): no time **PB (25m pool):** 03:20.24 **SB:** no time

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

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:4, starttime: 10:42

Heat: 4/7 Lane : 8 Athlete: VAN THILLO BASTIJN — **Q-time: 03:00:79**

PB (50m pool): 03:00.79 Gent 08/02/2026 **PB (25m pool):** 03:00.12 **SB:** 03:00.79 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:41.84	01:30.07	02:21.64	03:00.79	
	00:41.84	*00:48.23*	*00:51.57*	*00:39.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:6, starttime: 10:49

Heat: 6/7 Lane : 5 Athlete: TEIRLINCK TIGO — **Q-time: 02:50:26**

PB (50m pool): 02:50.26 Gent 08/02/2026 **PB (25m pool):** 02:53.93 **SB:** 02:50.26 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:40.16	01:22.12	02:14.64	02:50.26	
	00:40.16	*00:41.96*	*00:52.52*	*00:35.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 10:53

Heat: 7/7 Lane : 3 Athlete: DE VREESE SEPPE — **Q-time: 02:38:78**

PB (50m pool): 02:39.05 Gent 08/02/2026 **PB (25m pool):** 02:38.78 **SB:** 02:39.05 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:36.74	01:18.02	02:02.81	02:39.05	
	00:36.74	*00:41.28*	*00:44.79*	*00:36.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/7 Lane : 2 Athlete: VANDER HOOGERSTRAETE NORA — **Q-time: 02:54:45**

PB (50m pool): 02:54.45 Antwerpen 20/07/2025 **PB (25m pool):** 02:59.17 **SB:** 03:01.72 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:41.77	01:24.21	02:15.57	02:54.45	
	00:41.77	*00:42.44*	*00:51.36*	*00:38.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:1, starttime: 11:26

Heat: 1/3 Lane : 7 Athlete: WAIGNEIN ROSIE — **Q-time: 00:43:59**

PB (50m pool): no time **PB (25m pool):** 00:43.59 **SB:** no time

	50M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 5 Athlete: VAN DER PLAS LOTTE — **Q-time: 00:38:01**

PB (50m pool): 00:38.01 Lochristi 01/02/2026 **PB (25m pool):** 00:36.46 **SB:** 00:38.01 Lochristi 01/02/2026

	50M	
PB	00:38.01	
	00:38.01	
	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 11:28

Heat: 3/3 Lane : 7 Athlete: POTIER JOLIE — **Q-time: 00:37:48**

PB (50m pool): 00:39.32 Gent 08/02/2026 **PB (25m pool):** 00:37.48 **SB:** 00:39.32 Gent 08/02/2026

	50M	
PB	00:39.32	
	00:39.32	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:2, starttime: 11:31

Heat: 2/6 Lane : 6 Athlete: LAFAUT JEROME — **Q-time: 00:27:04**

PB (50m pool): 00:27.04 Gent 08/02/2026 **PB (25m pool):** 00:27.48 **SB:** 00:27.04 Gent 08/02/2026

	5 0 M	
PB	00:27.04	
	00:27.04	
	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:2, starttime: 11:31

Heat: 2/6 Lane : 7 Athlete: LOEYS EWOUT — **Q-time: 00:27:16**

PB (50m pool): 00:27.16 Lochristi 01/02/2026 **PB (25m pool):** 00:26.73 **SB:** 00:27.16 Lochristi 01/02/2026

	5 0 M	
PB	00:27.16	
	00:27.16	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 11:37

Heat: 2/6 Lane : 5 Athlete: SCHRAM MILA — **Q-time: 00:28:93**

PB (50m pool): 00:28.93 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.73 **SB:** 00:29.38 Amersfoort 22/02/2026

	5 0 M	
PB	00:28.93	
	00:28.93	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 11:38

Heat: 3/6 Lane : 4 Athlete: DE RUIJTER ELISE — **Q-time: 00:28:50**

PB (50m pool): 00:28.99 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.50 **SB:** 00:29.23 Lochristi 01/02/2026

	5 0 M	
PB	00:28.99	
	00:28.99	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:5, starttime: 11:40

Heat: 5/6 Lane : 8 Athlete: DE DECKER FEBE — **Q-time: 00:28:39**

PB (50m pool): 00:28.39 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.04 **SB:** 00:28.66 Gent 08/02/2026

	50 M
PB	00:28.39
	00:28.39
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:3, starttime: 11:46

Heat: 3/6 Lane : 3 Athlete: MARTELé STAN — **Q-time: 01:04:69**

PB (50m pool): 01:06.67 Gent 08/02/2026 **PB (25m pool):** 01:04.69 **SB:** 01:06.67 Gent 08/02/2026

	50 M	100 M
PB	00:31.86	01:06.67
	00:31.86	*00:34.81*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:3, starttime: 11:46

Heat: 3/6 Lane : 8 Athlete: BOGAERTS SANDER — **Q-time: 01:05:54**

PB (50m pool): 01:05.54 Gent 08/02/2026 **PB (25m pool):** 01:04.62 **SB:** 01:05.54 Gent 08/02/2026

	50 M	100 M
PB	00:31.11	01:05.54
	00:31.11	*00:34.43*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 11:53

Heat: 1/7 Lane : 6 Athlete: WAIGNEIN ROSIE — **Q-time: 01:09:05**

PB (50m pool): 01:09.05 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:04.62 **SB:** no time

	50 M	100 M
PB	00:33.51	01:09.05
	00:33.51	*00:35.54*
	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 11:54

Heat: 2/7 Lane : 1 Athlete: POTIER JOLIE — **Q-time: 01:08:15**

PB (50m pool): 01:09.27 Gent 08/02/2026 **PB (25m pool):** 01:08.15 **SB:** 01:09.27 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:33.38	01:09.27	
	00:33.38	*00:35.89*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 11:56

Heat: 3/7 Lane : 1 Athlete: BLANCQUAERT CAMILLE — **Q-time: 01:05:85**

PB (50m pool): 01:05.85 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:02.78 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:31.95	01:05.85	
	00:31.95	*00:33.90*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 11:57

Heat: 4/7 Lane : 5 Athlete: TAVERNIER LUCIA — **Q-time: 01:05:11**

PB (50m pool): 01:07.65 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:05.11 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:32.44	01:07.65	
	00:32.44	*00:35.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 12:01

Heat: 6/7 Lane : 3 Athlete: CLAEYS ROMEE — **Q-time: 01:02:72**

PB (50m pool): 01:05.61 Gent 08/02/2026 **PB (25m pool):** 01:02.72 **SB:** 01:05.61 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.06	01:05.61	
	00:31.06	*00:34.55*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:7, starttime: 12:02

Heat: 7/7 Lane : 3 Athlete: DE VREESE JULIE — **Q-time: 01:02:18**

PB (50m pool): 01:04.37 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:02.18 **SB:** 01:05.50 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.07	01:04.37	
	00:31.07	*00:33.30*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:2, starttime: 12:06

Heat: 2/7 Lane : 6 Athlete: VAN DEN BRANDEN CAMIEL — **Q-time: 01:14:34**

PB (50m pool): 01:14.34 Lochristi 01/02/2026 **PB (25m pool):** 01:13.47 **SB:** 01:14.34 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:14.34	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:4, starttime: 12:10

Heat: 4/7 Lane : 1 Athlete: VAN THILLO BASTIJN — **Q-time: 01:11:88**

PB (50m pool): 01:11.88 Gent 08/02/2026 **PB (25m pool):** 01:13.25 **SB:** 01:11.88 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:34.27	01:11.88	
	00:34.27	*00:37.61*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 12:13

Heat: 6/7 Lane : 3 Athlete: TEIRLINCK TIGO — **Q-time: 01:08:42**

PB (50m pool): 01:08.77 Lochristi 01/02/2026 **PB (25m pool):** 01:08.42 **SB:** 01:08.77 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:08.77	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 12:15

Heat: 7/7 Lane : 1 Athlete: DE VREESE SEPPE — **Q-time: 01:06:42**

PB (50m pool): 01:06.42 Gent 08/02/2026 **PB (25m pool):** 01:06.94 **SB:** 01:06.42 Gent 08/02/2026

	50 M	100 M	
PB	00:32.53	01:06.42	
	00:32.53	*00:33.89*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:5, starttime: 12:24

Heat: 5/7 Lane : 5 Athlete: VANDER HOOGERSTRAETE NORA — **Q-time: 01:09:89**

PB (50m pool): 01:11.19 Antwerpen 20/07/2025 **PB (25m pool):** 01:09.89 **SB:** 01:11.64 Gent 08/02/2026

	50 M	100 M	
PB	00:34.18	01:11.19	
	00:34.18	*00:37.01*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: