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

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

Coaches: Meyers Sepp HEADCOACH

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

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:2, starttime: 10:35

Heat: 2/7 Lane : 3 Athlete: VAN OOSTERWYCK ALEXANDER — **Q-time: 03:07:62**

PB (50m pool): 03:07.62 Aalst 20/12/2025 **PB (25m pool):** 02:58.95 **SB:** 03:07.62 Aalst 20/12/2025

	50M	100M	150M	200M	
PB	00:40.29	01:29.61	02:24.27	03:07.62	
	00:40.29	*00:49.32*	*00:54.66*	*00:43.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:2, starttime: 11:00

Heat: 2/7 Lane : 2 Athlete: LYTVYNIUK-HUL SOFIA — **Q-time: 03:08:15**

PB (50m pool): 03:08.15 Aalst 20/12/2025 **PB (25m pool):** 02:58.64 **SB:** 03:08.15 Aalst 20/12/2025

	50M	100M	150M	200M	
PB	00:42.47	01:28.82	02:26.24	03:08.15	
	00:42.47	*00:46.35*	*00:57.42*	*00:41.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:4, starttime: 11:47

Heat: 4/6 Lane : 4 Athlete: DE RIDDER ARNE — **Q-time: 00:57:76**

PB (50m pool): 00:57.76 Wezenberg 01/02/2026 **PB (25m pool):** 00:58.44 **SB:** 00:57.76 Wezenberg 01/02/2026

	50M	100M	
PB	00:28.31	00:57.76	
	00:28.31	*00:29.45*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/7 Lane : 7 Athlete: VERRET JULIE — **Q-time: 01:03:81**

PB (50m pool): 01:03.81 Wezenberg 04/01/2026 — **PB (25m pool):** 01:03.19 **SB:** 01:03.81 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:31.51	01:03.81	
	00:31.51	*00:32.30*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 1 Athlete: VAN OOSTERWYCK ALEXANDER — **Q-time: 01:15:15**

PB (50m pool): 01:15.15 Wezenberg 04/01/2026 — **PB (25m pool):** 01:14.63 **SB:** 01:15.15 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:35.29	01:15.15	
	00:35.29	*00:39.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 12:17

Heat: 1/7 Lane : 6 Athlete: LYTVYNIUK-HUL SOFIA — **Q-time: 01:16:03**

PB (50m pool): 01:16.03 Wezenberg 01/02/2026 — **PB (25m pool):** 01:21.55 **SB:** 01:16.03 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:36.27	01:16.03	
	00:36.27	*00:39.76*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: