VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZS

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 37: 100M BREASTSTROKE WOMEN 11-12 Heat:1, starttime: 14:30

Heat: 1/7 Lane : 2 Athlete: LYTVYNIUK-HUL SOFIA **Q-time: 01:43:26**

PB (50m pool): 01:43.26 Antwerpen 13/07/2025 **PB (25m pool):** 01:41.29 **SB:** 01:43.69 Wezenberg 01/02/2026

	50M	100M	
PB	00:48.15	01:43.26	
	00:48.15	*00:55.11*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 Heat:4, starttime: 14:52

Heat: 4/7 Lane : 6 Athlete: VAN OOSTERWYCK ALEXANDER **Q-time: 01:36:96**

PB (50m pool): 01:36.96 Wezenberg 01/02/2026 **PB (25m pool):** 01:35.85 **SB:** 01:36.96 Wezenberg 01/02/2026

	50M	100M	
PB	00:47.04	01:36.96	
	00:47.04	*00:49.92*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 Heat:3, starttime: 15:44

Heat: 3/7 Lane : 4 Athlete: LYTVYNIUK-HUL SOFIA **Q-time: 00:38:09**

PB (50m pool): 00:38.09 Wezenberg 01/02/2026 **PB (25m pool):** 00:42.94 **SB:** 00:38.09 Wezenberg 01/02/2026

	50M	
PB	00:38.09	
	00:38.09	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:4, starttime: 15:53

Heat: 4/7 Lane : 2 Athlete: VAN OOSTERWYCK ALEXANDER — **Q-time: 00:37:38**

PB (50m pool): 00:37.38 Wezenberg 04/01/2026 **PB (25m pool):** 00:38.96 **SB:** 00:37.38 Wezenberg 04/01/2026

	5 0 M
PB	00:37.38
	00:37.38
	. . : . . : . .

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:3, starttime: 16:11

Heat: 3/4 Lane : 5 Athlete: VERRET JULIE — **Q-time: 01:09:56**

PB (50m pool): 01:09.56 Wezenberg 04/01/2026 **PB (25m pool):** 01:09.41 **SB:** 01:09.56 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	00:31.93	01:09.56
	00:31.93	*00:37.63*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 16:51

Heat: 3/7 Lane : 1 Athlete: LYTVYNIUK-HUL SOFIA — **Q-time: 01:25:21**

PB (50m pool): 01:25.21 Wezenberg 01/02/2026 **PB (25m pool):** 01:30.46 **SB:** 01:25.21 Wezenberg 01/02/2026

	5 0 M	1 0 0 M
PB	00:41.30	01:25.21
	00:41.30	*00:43.91*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 17:05

Heat: 2/7 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER — **Q-time: 01:26:49**

PB (50m pool): 01:26.49 Wezenberg 01/02/2026 **PB (25m pool):** 01:28.75 **SB:** 01:26.49 Wezenberg 01/02/2026

	5 0 M	1 0 0 M
PB	00:42.07	01:26.49
	00:42.07	*00:44.42*
	. . : . . : . .	. . : . . : . .

Coach feedback: