VJTC 2026: Session: 5: 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: 55: 200M FREESTYLE MEN 13-14 Heat:4, starttime: 10:20

Heat: 4/4 Lane : 4 Athlete: DE RIDDER ARNE **Q-time: 02:04:38**

PB (50m pool): 02:04.38 Wezenberg 01/02/2026 **PB (25m pool):** 02:04.23 **SB:** 02:04.38 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:30.36	01:01.56	01:33.16	02:04.38	
	00:30.36	*00:31.20*	*00:31.60*	*00:31.22*	
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Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 Heat:4, starttime: 10:32

Heat: 4/6 Lane : 8 Athlete: VERRET JULIE **Q-time: 02:22:56**

PB (50m pool): 02:22.56 Wezenberg 01/02/2026 **PB (25m pool):** 02:17.46 **SB:** 02:22.56 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.43	01:10.48	01:47.74	02:22.56	
	00:33.43	*00:37.05*	*00:37.26*	*00:34.82*	
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Coach feedback: