VJTC 2026: Session: 6: 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: 63: 200M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 14:44

Heat: 2/4 Lane : 5 Athlete: WAIGNEIN ROSIE — **Q-time: 03:03:71**

PB (50m pool): no time **PB (25m pool):** 03:03.71 **SB:** no time

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

Coach feedback:

Event number: 63: 200M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 14:48

Heat: 3/4 Lane : 2 Athlete: POTIER JOLIE — **Q-time: 03:00:53**

PB (50m pool): 03:04.75 Gent 08/02/2026 **PB (25m pool):** 03:00.53 **SB:** 03:04.75 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:41.44	01:28.60	02:16.40	03:04.75	
	00:41.44	*00:47.16*	*00:47.80*	*00:48.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 63: 200M BREASTSTROKE WOMEN 13-14 — Heat:4, starttime: 14:52

Heat: 4/4 Lane : 5 Athlete: DE VREESE JULIE — **Q-time: 02:49:19**

PB (50m pool): 02:54.56 Antwerpen 20/07/2025 **PB (25m pool):** 02:49.19 **SB:** 02:57.46 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:39.87	01:23.66	02:08.96	02:54.56	
	00:39.87	*00:43.79*	*00:45.30*	*00:45.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 63: 200M BREASTSTROKE WOMEN 13-14 — Heat:4, starttime: 14:52

Heat: 4/4 Lane : 8 Athlete: VAN DER PLAS LOTTE — **Q-time: 02:56:63**

PB (50m pool): 02:56.63 Gent 08/02/2026 **PB (25m pool):** 02:50.78 **SB:** 02:56.63 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:40.99	01:25.93	02:12.06	02:56.63	
	00:40.99	*00:44.94*	*00:46.13*	*00:44.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 15:10

Heat: 3/6 Lane : 3 Athlete: DE RUIJTER ELISE — **Q-time: 01:01:97**

PB (50m pool): 01:03.31 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:01.97 **SB:** 01:03.38 Gent 08/02/2026

	50M	100M	
PB	00:30.79	01:03.31	
	00:30.79	*00:32.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 15:11

Heat: 4/6 Lane : 2 Athlete: DE DECKER FEBE — **Q-time: 01:00:55**

PB (50m pool): 01:00.55 Antwerpen 27/07/2025 **PB (25m pool):** 00:59.35 **SB:** 01:00.64 Luxembourg 01/02/2026

	50M	100M	
PB	00:29.05	01:00.55	
	00:29.05	*00:31.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 15:11

Heat: 4/6 Lane : 8 Athlete: SCHRAM MILA — **Q-time: 01:01:55**

PB (50m pool): 01:02.82 Amersfoort 22/02/2026 **PB (25m pool):** 01:01.55 **SB:** 01:02.82 Amersfoort 22/02/2026

	50M	100M	
PB	00:30.68	01:02.82	
	00:30.68	*00:32.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:1, starttime: 15:16

Heat: 1/6 Lane : 3 Athlete: LAFAUT JEROME — **Q-time: 00:58:67**

PB (50m pool): 00:58.67 Gent 08/02/2026 **PB (25m pool):** 00:56.02 **SB:** 00:58.67 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:28.47	00:58.67	
	00:28.47	*00:30.20*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:1, starttime: 15:16

Heat: 1/6 Lane : 6 Athlete: LOEYS EWOUT — **Q-time: 00:58:71**

PB (50m pool): 00:58.71 Gent 08/02/2026 **PB (25m pool):** 00:56.98 **SB:** 00:58.71 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:28.19	00:58.71	
	00:28.19	*00:30.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 15:26

Heat: 1/6 Lane : 5 Athlete: POTIER JOLIE — **Q-time: 00:32:10**

PB (50m pool): 00:32.10 Gent 08/02/2026 **PB (25m pool):** 00:32.48 **SB:** 00:32.10 Gent 08/02/2026

	5 0 M	
PB	00:32.10	
	00:32.10	
	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 15:27

Heat: 2/6 Lane : 5 Athlete: TAVERNIER LUCIA — **Q-time: 00:30:83**

PB (50m pool): 00:31.74 Antwerpen 20/04/2025 **PB (25m pool):** 00:30.83 **SB:** no time

	5 0 M	
PB	00:31.74	
	00:31.74	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 15:27

Heat: 2/6 Lane : 7 Athlete: WAIGNEIN ROSIE — **Q-time: 00:31:96**

PB (50m pool): 00:31.96 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:30.09 **SB:** no time

	5 0 M
PB	00:31.96
	00:31.96
	. . : . . : . .

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 15:29

Heat: 4/6 Lane : 3 Athlete: BLANCQUAERT CAMILLE — **Q-time: 00:29:82**

PB (50m pool): 00:29.82 Gent 08/02/2026 **PB (25m pool):** 00:29.57 **SB:** 00:29.82 Gent 08/02/2026

	5 0 M
PB	00:29.82
	00:29.82
	. . : . . : . .

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 15:29

Heat: 4/6 Lane : 8 Athlete: CLAEYS ROMEE — **Q-time: 00:30:05**

PB (50m pool): 00:30.05 Gent 08/02/2026 **PB (25m pool):** 00:30.62 **SB:** 00:30.05 Gent 08/02/2026

	5 0 M
PB	00:30.05
	00:30.05
	. . : . . : . .

Coach feedback:

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:2, starttime: 15:33

Heat: 2/4 Lane : 2 Athlete: BOGAERTS SANDER — **Q-time: 00:29:88**

PB (50m pool): 00:29.88 LOCHRISTI 25/01/2026 **PB (25m pool):** 00:29.31 **SB:** 00:29.88 LOCHRISTI 25/01/2026

	5 0 M
PB	00:29.88
	00:29.88
	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:2, starttime: 15:33

Heat: 2/4 Lane : 7 Athlete: MARTELé STAN — **Q-time: 00:29:90**

PB (50m pool): 00:30.29 LOCHRISTI 25/01/2026 **PB (25m pool):** 00:29.90 **SB:** 00:30.29 LOCHRISTI 25/01/2026

	5 0 M
PB	00:30.29
	00:30.29
	. . : . . : . .

Coach feedback:

Event number: 70: 100M BREASTSTROKE MEN 15-16 — Heat:3, starttime: 15:47

Heat: 3/3 Lane : 1 Athlete: LAFAUT JEROME — **Q-time: 01:20:49**

PB (50m pool): 01:20.49 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:19.63 **SB:** no time

	5 0 M	1 0 0 M
PB	00:37.91	01:20.49
	00:37.91	*00:42.58*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:1, starttime: 15:49

Heat: 1/5 Lane : 5 Athlete: VAN DER PLAS LOTTE — **Q-time: 02:49:79**

PB (50m pool): 02:49.79 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:38.25 **SB:** no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:39.26	01:22.24	02:06.15	02:49.79
	00:39.26	*00:42.98*	*00:43.91*	*00:43.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 15:57

Heat: 3/5 Lane : 6 Athlete: BLANCQUAERT CAMILLE — **Q-time: 02:39:37**

PB (50m pool): 02:39.37 Antwerpen 20/07/2025 **PB (25m pool):** 02:31.97 **SB:** 02:42.86 Lochristi 01/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:36.63	01:17.02	01:58.26	02:39.37
	00:36.63	*00:40.39*	*00:41.24*	*00:41.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:5, starttime: 16:04

Heat: 5/5 Lane : 7 Athlete: DE VREESE JULIE — **Q-time: 02:31:26**

PB (50m pool): 02:33.55 Antwerpen 20/07/2025 **PB (25m pool):** 02:31.26 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.58	01:15.60	01:55.37	02:33.55	
	00:36.58	*00:39.02*	*00:39.77*	*00:38.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:5, starttime: 16:04

Heat: 5/5 Lane : 8 Athlete: CLAEYS ROMEE — **Q-time: 02:34:55**

PB (50m pool): 02:53.38 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:34.55 **SB:** no time

	50M	100M	150M	200M	
PB	00:40.32	01:25.10	02:10.02	02:53.38	
	00:40.32	*00:44.78*	*00:44.92*	*00:43.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 72: 200M BACKSTROKE MEN 13-14 — Heat:2, starttime: 16:12

Heat: 2/4 Lane : 6 Athlete: MARTELé STAN — **Q-time: 02:39:72**

PB (50m pool): 02:45.62 Antwerpen 20/07/2025 **PB (25m pool):** 02:39.72 **SB:** 02:47.01 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:38.44	01:20.01	02:03.19	02:45.62	
	00:38.44	*00:41.57*	*00:43.18*	*00:42.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: