

MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Verluyten Philippe

Coaches: De Wit Ellen HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MIXED 10-9 Heat:1, starttime: 09:00

Heat: 1/4 Lane : 5 Athlete: OSSELAER VAN NIEUWENHUYZE KAIL		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 Heat:2, starttime: 09:00

Heat: 2/4 Lane : 2 Athlete: JANSSENS MILA		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): 01:36.66 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 Heat:2, starttime: 09:00

Heat: 2/4 Lane : 8 Athlete: DERRE EMIEL		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): 01:30.66 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 09:10	
Heat: 1/7 Lane : 2 Athlete: CAZACU ANTONIA SABINA							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 09:10	
Heat: 1/7 Lane : 3 Athlete: GOEMINNE ELLEMIEKE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 06:01.65SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16							Heat:7, starttime: 10:30			
Heat: 7/18 Lane : 2 Athlete: FOUBERT SANNE							Q-time: 01:43:80			
PB (50m pool): 01:43.80 SportinGenk Park 11/11/2025				PB (25m pool): 01:41.15SB: 01:43.80 SportinGenk Park 11/11/2025						
	5 0 M		1 0 0 M							
PB	no time		01:43.80							
	no time									
										

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16							Heat:7, starttime: 10:30		
Heat: 7/18 Lane : 8 Athlete: LALOO FÉLINE							Q-time: 01:44:30		
PB (50m pool): 01:44.30 Mol 22/06/2025				PB (25m pool): 01:44.02SB: 01:47.66 SportinGenk Park 11/11/2025					
	5 0 M		1 0 0 M						
PB	00:50.38		01:44.30						
	00:50.38		00:53.92						
									

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:3, starttime: 11:00
Heat: 3/19 Lane : 3 Athlete: EL BOUJADDAYNI YAHYA			Q-time: 01:34:61
PB (50m pool): 01:34.61 Wezenberg 04/01/2026			PB (25m pool): 01:29.10 SB: 01:34.61 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.26	01:34.61	
	00:47.26	00:47.35	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:6, starttime: 11:05
Heat: 6/19 Lane : 3 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN			Q-time: 01:19:03
PB (50m pool): 01:19.03 Wezenberg 04/01/2026			PB (25m pool): 01:16.89 SB: 01:19.03 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.83	01:19.03	
	00:37.83	00:41.20	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:1, starttime: 11:25
Heat: 1/21 Lane : 1 Athlete: LALOO FÉLINE			Q-time: 99:99:99
PB (50m pool): 01:34.18 SportinGenk Park 11/11/2025			PB (25m pool): 01:30.85 SB: 01:34.18 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:34.18	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:2, starttime: 11:30
Heat: 2/21 Lane : 2 Athlete: CAZACU ANTONIA SABINA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:7, starttime: 11:40
Heat: 7/21 Lane : 8 Athlete: GOEMINNE ELLEMIEKE			Q-time: 01:32:47
PB (50m pool): 01:32.47 Wezenberg 04/01/2026			PB (25m pool): 01:29.81 SB: 01:32.47 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.81	01:32.47	
	00:43.81	00:48.66	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:9, starttime: 11:45
Heat: 9/21 Lane : 8 Athlete: FOUBERT SANNE			Q-time: 01:29:28
PB (50m pool): 01:29.28 Wezenberg 04/01/2026			PB (25m pool): 01:26.10 SB: 01:29.28 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.76	01:29.28	
	00:42.76	00:46.52	
			

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:1, starttime: 12:10
Heat: 1/4 Lane : 4 Athlete: OSSELAER VAN NIEUWENHUYZE KAIL			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:2, starttime: 12:15
Heat: 2/4 Lane : 1 Athlete: SEGERS ZOë			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:46.65 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:2, starttime: 12:15
Heat: 2/4 Lane : 2 Athlete: DERRE EMIEL			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:2, starttime: 12:15
Heat: 2/4 Lane : 7 Athlete: JANSSENS MILA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback: