

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 14:50	
Heat: 1/5 Lane : 5 Athlete: PIETERS MAURO							Q-time: 07:12:42	
PB (50m pool): no time			PB (25m pool): 07:12.42 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: 11: 100M BUTTERFLY WOMEN 11-16							Heat:2, starttime: 15:25	
Heat: 2/13 Lane : 7 Athlete: CONRADIE BEAH							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: 11: 100M BUTTERFLY WOMEN 11-16							Heat:3, starttime: 15:30	
Heat: 3/13 Lane : 1 Athlete: VAN BUGGENHOUT AMBER							Q-time: 01:43:13	
PB (50m pool): 01:46.35 Antwerpen 13/07/2025							PB (25m pool): 01:43.13SB: no time	
	5 0 M		1 0 0 M					
PB	00:48.41		01:46.35					
	00:48.41		00:57.94					
								

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:4, starttime: 15:30
Heat: 4/13 Lane : 7 Athlete: SCHELFAUT FLOOR			Q-time: 01:34:30
PB (50m pool): no time			PB (25m pool): 01:34.30 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:6, starttime: 15:35
Heat: 6/13 Lane : 0 Athlete: LAGA LORE			Q-time: 01:27:78
PB (50m pool): 01:31.78 Antwerpen 13/07/2025			PB (25m pool): 01:27.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.58	01:31.78	
	00:41.58	00:50.20	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:7, starttime: 15:35
Heat: 7/13 Lane : 7 Athlete: DIERICKX MAREN			Q-time: 01:22:68
PB (50m pool): 01:30.58 Antwerpen 13/07/2025			PB (25m pool): 01:22.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.34	01:30.58	
	00:41.34	00:49.24	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:1, starttime: 15:50
Heat: 1/17 Lane : 5 Athlete: DE CONINCK MAXIME			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:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:5, starttime: 16:00
Heat: 5/17 Lane : 4 Athlete: PIETERS MAURO			Q-time: 01:53:48
PB (50m pool): no time			PB (25m pool): 01:53.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:11, starttime: 16:15
Heat: 11/17 Lane : 2 Athlete: LONG XIANG			Q-time: 01:33:09
PB (50m pool): 01:44.10 Antwerpen 13/07/2025			PB (25m pool): 01:33.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.14	01:44.10	
	00:48.14	00:55.96	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:12, starttime: 16:15
Heat: 12/17 Lane : 9 Athlete: VANMEIRHAE GHE KASPER			Q-time: 01:31:32
PB (50m pool): 01:36.15 Antwerpen 13/07/2025			PB (25m pool): 01:31.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.28	01:36.15	
	00:45.28	00:50.87	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:17, starttime: 16:25
Heat: 17/17 Lane : 0 Athlete: VERHAMME MATTS			Q-time: 01:16:34
PB (50m pool): 01:18.61 Antwerpen 13/07/2025			PB (25m pool): 01:16.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.72	01:18.61	
	00:36.72	00:41.89	
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:17, starttime: 16:25
Heat: 17/17 Lane : 4 Athlete: COENE XANDER			Q-time: 01:08:57
PB (50m pool): 01:13.19 Antwerpen 27/07/2025			PB (25m pool): 01:08.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.44	01:13.19	
	00:35.44	00:37.75	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:17, starttime: 16:25
Heat: 17/17 Lane : 9 Athlete: NIEMEGEERTS IVAN			Q-time: 01:17:44
PB (50m pool): 01:20.45 Antwerpen 13/07/2025			PB (25m pool): 01:17.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.15	01:20.45	
	00:38.15	00:42.30	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:5, starttime: 16:35
Heat: 5/20 Lane : 7 Athlete: VANDENBUSSCHE LENA			Q-time: 01:22:97
PB (50m pool): 01:31.57 Antwerpen 13/07/2025			PB (25m pool): 01:22.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.19	01:31.57	
	00:44.19	00:47.38	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:6, starttime: 16:35
Heat: 6/20 Lane : 9 Athlete: CONRADIE BEAH			Q-time: 01:21:52
PB (50m pool): 01:25.87 Antwerpen 13/07/2025			PB (25m pool): 01:21.52 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.57	01:25.87	
	00:40.57	00:45.30	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:9, starttime: 16:40
Heat: 9/20 Lane : 5 Athlete: SCHELFAUT FLOOR			Q-time: 01:14:23
PB (50m pool): 01:17.14 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:14.23 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.46	01:17.14	
	00:36.46	00:40.68	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:3, starttime: 17:05
Heat: 3/18 Lane : 9 Athlete: DE CONINCK MAXIME			Q-time: 99:99:99
PB (50m pool): 01:36.50 LOCHRISTI 25/01/2026 PB (25m pool): no time SB: 01:36.50 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:36.50	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:5, starttime: 17:10
Heat: 5/18 Lane : 5 Athlete: PIETERS MAURO			Q-time: 01:33:70
PB (50m pool): 01:45.61 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:33.70 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:45.61	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:11, starttime: 17:25
Heat: 11/18 Lane : 8 Athlete: LONG XIANG			Q-time: 01:21:98
PB (50m pool): 01:24.81 LOCHRISTI 25/01/2026 PB (25m pool): 01:21.98 SB: 01:24.81 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:24.81	
	no time		
			

Coach feedback:

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:14, starttime: 17:30
Heat: 14/18 Lane : 6 Athlete: VANMEIRHAEGHE KASPER			Q-time: 01:15:45
PB (50m pool): 01:18.68 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.45 SB: 01:18.68 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:18.68	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:16, starttime: 17:35
Heat: 16/18 Lane : 0 Athlete: NIEMEGEREETS IVAN			Q-time: 01:12:30
PB (50m pool): 01:13.03 LOCHRISTI 25/01/2026			PB (25m pool): 01:12.30 SB: 01:13.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.03	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:17, starttime: 17:40
Heat: 17/18 Lane : 7 Athlete: VERHAMME MATTS			Q-time: 01:09:45
PB (50m pool): 01:10.00 Antwerpen 13/07/2025			PB (25m pool): 01:09.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.73	01:10.00	
	00:34.73	00:35.27	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:18, starttime: 17:40
Heat: 18/18 Lane : 5 Athlete: COENE XANDER			Q-time: 01:01:24
PB (50m pool): 01:04.13 Antwerpen 27/07/2025			PB (25m pool): 01:01.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.51	01:04.13	
	00:31.51	00:32.62	
			

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:2, starttime: 17:45
Heat: 2/12 Lane : 6 Athlete: CONRADIE BEAH					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:4, starttime: 17:55
Heat: 4/12 Lane : 3 Athlete: VANDENBUSSCHE LENA					Q-time: 03:36:19
PB (50m pool): 03:46.17 Antwerpen 13/07/2025 PB (25m pool): 03:36.19 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:59.85	01:59.37	02:56.16	03:46.17	
	00:59.85	00:59.52	00:56.79	00:50.01	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:7, starttime: 18:05
Heat: 7/12 Lane : 9 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:16:81
PB (50m pool): 03:27.01 Antwerpen 13/07/2025 PB (25m pool): 03:16.81 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.54	01:45.01	02:40.25	03:27.01	
	00:51.54	00:53.47	00:55.24	00:46.76	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:9, starttime: 18:15
Heat: 9/12 Lane : 6 Athlete: LAGA LORE					Q-time: 03:01:61
PB (50m pool): 03:06.83 Antwerpen 13/07/2025 PB (25m pool): 03:01.61 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.73	01:31.78	02:25.06	03:06.83	
	00:41.73	00:50.05	00:53.28	00:41.77	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:10, starttime: 18:15
Heat: 10/12 Lane : 3 Athlete: DIERICKX MAREN					Q-time: 02:56:32
PB (50m pool): 03:05.46 Antwerpen 13/07/2025					PB (25m pool): 02:56.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.40	01:30.81	02:23.98	03:05.46	
	00:42.40	00:48.41	00:53.17	00:41.48	
					

Coach feedback: