

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

Coaches: Van Buggenhout Koen

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 08:45
Heat: 1/19 Lane : 5 Athlete: HEMELSOEN AARYAN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:23.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 08:50
Heat: 3/19 Lane : 1 Athlete: DE CONINCK MAXIME			Q-time: 01:55:48
PB (50m pool): 01:55.48 Gent 08/02/2026			PB (25m pool): 01:52.81 SB: 01:55.48 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:55.02	01:55.48	
	00:55.02	01:00.46	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 08:50
Heat: 3/19 Lane : 3 Athlete: PIETERS MAURO			Q-time: 01:52:91
PB (50m pool): 01:52.91 Gent 08/02/2026			PB (25m pool): 01:53.48 SB: 01:52.91 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:53.54	01:52.91	
	00:53.54	00:59.37	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 08:57
Heat: 6/19 Lane : 5 Athlete: VERSCHELDE THIJS			Q-time: 01:37:69
PB (50m pool): 01:37.69 WACHTEBEKE 19/01/2025			PB (25m pool): 01:35.43 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:37.69	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 08:59
Heat: 7/19 Lane : 1 Athlete: VANMEIRHAEGHE KASPER			Q-time: 01:35:86
PB (50m pool): 01:35.86 Gent 08/02/2026			PB (25m pool): 01:31.32 SB: 01:35.86 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.48	01:35.86	
	00:45.48	00:50.38	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 09:01
Heat: 8/19 Lane : 3 Athlete: LONG XIANG			Q-time: 01:31:97
PB (50m pool): 01:31.97 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:29.91 SB: 01:31.97 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:43.14	01:31.97	
	00:43.14	00:48.83	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 09:19
Heat: 18/19 Lane : 7 Athlete: COENE XANDER			Q-time: 01:10:79
PB (50m pool): 01:12.56 Antwerpen 08/03/2026			PB (25m pool): 01:08.57 SB: 01:12.56 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:33.77	01:12.56	
	00:33.77	00:38.79	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:35
Heat: 6/18 Lane : 2 Athlete: CONRADIE BEAH			Q-time: 01:41:86
PB (50m pool): 01:41.86 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:39.06 SB: 01:41.86 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:46.56	01:41.86	
	00:46.56	00:55.30	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:39
Heat: 8/18 Lane : 2 Athlete: LAGA LORE			Q-time: 01:38:02
PB (50m pool): 01:37.06 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:33.40 SB: 01:39.36 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:37.06	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:39
Heat: 8/18 Lane : 6 Athlete: VAN BUGGENHOUT AMBER			Q-time: 01:37:92
PB (50m pool): 01:37.92 Gent 08/02/2026 PB (25m pool): 01:34.06 SB: 01:37.92 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:46.81	01:37.92	
	00:46.81	00:51.11	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:39
Heat: 8/18 Lane : 8 Athlete: VANDENBUSSCHE LENA			Q-time: 01:38:16
PB (50m pool): 01:38.16 Gent 08/02/2026 PB (25m pool): 01:33.26 SB: 01:38.16 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:46.50	01:38.16	
	00:46.50	00:51.66	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:47
Heat: 12/18 Lane : 0 Athlete: DIERICKX MAREN			Q-time: 01:31:96
PB (50m pool): 01:31.96 Lochristi 01/02/2026			PB (25m pool): 01:30.72 SB: 01:31.96 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.96	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:49
Heat: 13/18 Lane : 7 Athlete: SCHELFAUT FLOOR			Q-time: 01:29:89
PB (50m pool): 01:29.89 Lochristi 01/02/2026			PB (25m pool): 01:31.54 SB: 01:29.89 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:29.89	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 10:00
Heat: 1/14 Lane : 3 Athlete: HEMELSOEN AARYAN			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: 3: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 10:00
Heat: 1/14 Lane : 5 Athlete: PIETERS MAURO			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: 3: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:03
Heat: 2/14 Lane : 0 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:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:03
Heat: 2/14 Lane : 6 Athlete: LONG XIANG			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: 3: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 10:05
Heat: 3/14 Lane : 4 Athlete: VERSCHELDE THIJS			Q-time: 01:30:97
PB (50m pool): 01:30.97 Antwerpen 13/07/2025 PB (25m pool): 01:34.46 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.39	01:30.97	
	00:40.39	00:50.58	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 10:09
Heat: 5/14 Lane : 9 Athlete: VANMEIRHAEGHE KASPER			Q-time: 01:25:46
PB (50m pool): 01:25.46 Antwerpen 13/07/2025 PB (25m pool): 01:26.87 SB: 01:27.05 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:38.97	01:25.46	
	00:38.97	00:46.49	

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:8, starttime: 10:14
Heat: 8/14 Lane : 3 Athlete: NIEMEGEERTS SVEN			Q-time: 01:12:18
PB (50m pool): 01:12.18 Gent 08/02/2026			PB (25m pool): 01:09.82 SB: 01:12.18 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:32.66	01:12.18	
	00:32.66	00:39.52	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:9, starttime: 10:16
Heat: 9/14 Lane : 3 Athlete: SCHAUBROECK YARNO			Q-time: 01:09:95
PB (50m pool): 01:09.95 Gent 08/02/2026			PB (25m pool): no time SB: 01:09.95 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.63	01:09.95	
	00:31.63	00:38.32	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:10, starttime: 10:18
Heat: 10/14 Lane : 6 Athlete: NIEMEGEERTS IVAN			Q-time: 01:07:29
PB (50m pool): 01:07.29 Gent 08/02/2026			PB (25m pool): 01:06.60 SB: 01:07.29 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.10	01:07.29	
	00:31.10	00:36.19	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:11, starttime: 10:19
Heat: 11/14 Lane : 6 Athlete: VERHAMME MATTS			Q-time: 01:05:19
PB (50m pool): 01:05.19 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:04.53 SB: 01:05.19 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:30.66	01:05.19	
	00:30.66	00:34.53	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:13, starttime: 10:22
Heat: 13/14 Lane : 6 Athlete: COENE XANDER			Q-time: 01:00:42
PB (50m pool): 01:00.42 Gent 08/02/2026			PB (25m pool): 00:59.81 SB: 01:00.42 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.04	01:00.42	
	00:28.04	00:32.38	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:28
Heat: 2/11 Lane : 1 Athlete: CONRADIE BEAH			Q-time: 01:38:23
PB (50m pool): 01:38.23 Gent 08/02/2026			PB (25m pool): no time SB: 01:38.23 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.77	01:38.23	
	00:42.77	00:55.46	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:28
Heat: 2/11 Lane : 3 Athlete: SCHELFAUT FLOOR			Q-time: 01:34:05
PB (50m pool): 01:34.05 Gent 08/02/2026			PB (25m pool): 01:34.30 SB: 01:34.05 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.64	01:34.05	
	00:41.64	00:52.41	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:30
Heat: 3/11 Lane : 7 Athlete: LAGA LORE			Q-time: 01:29:34
PB (50m pool): 01:29.34 Gent 08/02/2026			PB (25m pool): 01:27.78 SB: 01:29.34 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.27	01:29.34	
	00:40.27	00:49.07	
			

Coach feedback:

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Event number: 4: 100M BUTTERFLY WOMEN 11+						Heat:5, starttime: 10:34	
Heat: 5/11 Lane : 2 Athlete: DIERICKX MAREN						Q-time: 01:22:37	
PB (50m pool): 01:22.37 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:22.68 SB: 01:22.37 Sportoase De Watermolen 29/03/2026							
	5 0 M	1 0 0 M					
PB	00:38.60	01:22.37					
	00:38.60	00:43.77					
							

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 10:55	
Heat: 3/12 Lane : 6 Athlete: NIEMEGEERTS SVEN					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: 6: 200M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:52	
Heat: 5/16 Lane : 7 Athlete: VANDENBUSSCHE LENA					Q-time: 03:46:30	
PB (50m pool): 03:46.30 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:53.79	01:52.82	02:50.25	03:46.30		
	00:53.79	00:59.03	00:57.43	00:56.05		
						

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:7, starttime: 12:01
Heat: 7/16 Lane : 7 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:18:63
PB (50m pool): 03:18.63 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:13.42 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.90	01:36.61	02:28.30	03:18.63	
	00:46.90	00:49.71	00:51.69	00:50.33	
					

Coach feedback: