

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

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

Coaches: De Herdt Els

Coaches: Jacob Sven

Coaches: Van Campenhout Sigrid

Coaches: De Weerdts Koen

Coaches: De Herdt An

Coaches: Gijsemans Liesbet HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 08:59
Heat: 7/19 Lane : 6 Athlete: JANSSENS TIJS			Q-time: 01:34:94
PB (50m pool): 01:27.80 Antwerpen 14/07/2024			PB (25m pool): 01:26.28 SB: 01:34.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.80	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 6 Athlete: VERCAMMEN DAAN			Q-time: 01:23:14
PB (50m pool): 01:23.14 Wezenberg 01/02/2026			PB (25m pool): 01:21.10 SB: 01:23.14 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.83	01:23.14	
	00:38.83	00:44.31	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 09:14
Heat: 15/19 Lane : 1 Athlete: SLAETS CAZ			Q-time: 01:17:34
PB (50m pool): 01:17.34 Wezenberg 01/02/2026			PB (25m pool): 01:17.28 SB: 01:17.34 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.85	01:17.34	
	00:35.85	00:41.49	
			

Coach feedback:

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 09:16
Heat: 16/19 Lane : 4 Athlete: MERTENS GERBEN			Q-time: 01:14:03
PB (50m pool): 01:13.70 Antwerpen 19/04/2026			PB (25m pool): 01:12.22 SB: 01:13.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:35.16	01:13.70	
	00:35.16	00:38.54	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:17, starttime: 09:17
Heat: 17/19 Lane : 2 Athlete: WIJSGEER VIKTOR			Q-time: 01:10:36
PB (50m pool): 01:09.40 Antwerpen 19/04/2026			PB (25m pool): 01:08.73 SB: 01:09.40 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.70	01:09.40	
	00:32.70	00:36.70	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:17, starttime: 09:17
Heat: 17/19 Lane : 9 Athlete: JACOB QINGKUN			Q-time: 01:14:02
PB (50m pool): 01:14.02 Antwerpen 15/03/2026			PB (25m pool): 01:10.91 SB: 01:14.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.99	01:14.02	
	00:33.99	00:40.03	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:43
Heat: 10/18 Lane : 2 Athlete: VERHOEVEN LIESE			Q-time: 01:34:11
PB (50m pool): 01:34.11 Antwerpen 13/07/2025			PB (25m pool): 01:31.13 SB: 01:35.05 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.74	01:34.11	
	00:43.74	00:50.37	
			

Coach feedback:

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

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:9, starttime: 10:41	
Heat: 9/11 Lane : 9 Athlete: VAN REETH LIEZE				Q-time: 01:13:90	
PB (50m pool): 01:12.56 Antwerpen 19/04/2026				PB (25m pool): 01:12.22 SB: 01:12.56 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M			
PB	00:33.45	01:12.56			
	00:33.45	00:39.11			
					

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:11, starttime: 10:44	
Heat: 11/11 Lane : 8 Athlete: JACOBS LOTTE				Q-time: 01:12:32	
PB (50m pool): 01:12.32 Antwerpen 22/03/2026				PB (25m pool): 01:10.65 SB: 01:12.32 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:32.65	01:12.32			
	00:32.65	00:39.67			
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:2, starttime: 10:50	
Heat: 2/12 Lane : 2 Athlete: SLAETS CAZ				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 02:54.93 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: 5: 200M BACKSTROKE MEN 11+				Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 8 Athlete: VERCAMMEN DAAN				Q-time: 02:36:19	
PB (50m pool): 02:36.19 Wezenberg 01/02/2026				PB (25m pool): 02:37.81 SB: 02:36.19 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.18	01:17.13	01:57.93	02:36.19	
	00:37.18	00:39.95	00:40.80	00:38.26	
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 4 Athlete: DOOMEN MARNIX					Q-time: 02:28:19
PB (50m pool): 02:28.19 Wezenberg 01/02/2026					PB (25m pool): 02:25.27 SB: 02:28.19 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.55	01:12.37	01:50.91	02:28.19	
	00:34.55	00:37.82	00:38.54	00:37.28	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:10, starttime: 12:13
Heat: 10/16 Lane : 1 Athlete: VERHOEVEN LIESE					Q-time: 02:54:73
PB (50m pool): 02:54.73 Antwerpen 13/07/2025					PB (25m pool): 02:50.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.66	01:28.22	02:13.02	02:54.73	
	00:42.66	00:45.56	00:44.80	00:41.71	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:10, starttime: 12:13
Heat: 10/16 Lane : 8 Athlete: VERDOOD PIP					Q-time: 02:54:93
PB (50m pool): 02:49.96 Antwerpen 19/04/2026					PB (25m pool): 02:47.71 SB: 02:49.96 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.64	01:22.17	02:06.70	02:49.96	
	00:38.64	00:43.53	00:44.53	00:43.26	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:14, starttime: 12:27
Heat: 14/16 Lane : 2 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 02:41:19
PB (50m pool): 02:41.19 Antwerpen 27/07/2025					PB (25m pool): 02:37.25 SB: 02:46.15 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.20	01:19.91	02:01.56	02:41.19	
	00:39.20	00:40.71	00:41.65	00:39.63	
					

Coach feedback: