

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

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

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

| Event number: 11: 100M FREESTYLE WOMEN 11+ |           |           | Heat:1, starttime: 08:45            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/22 Lane : 4 Athlete: FILIZ NISA    |           |           | Q-time: 99:99:99                    |
| PB (50m pool): no time                     |           |           | PB (25m pool): 01:31.17 SB: no time |
|                                            | 5 0 M     | 1 0 0 M   |                                     |
| PB                                         | no time   | no time   |                                     |
|                                            | no time   |           |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+ |           |           | Heat:2, starttime: 08:47            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/22 Lane : 2 Athlete: LEROY ISOLDE  |           |           | Q-time: 99:99:99                    |
| PB (50m pool): no time                     |           |           | PB (25m pool): 01:36.86 SB: no time |
|                                            | 5 0 M     | 1 0 0 M   |                                     |
| PB                                         | no time   | no time   |                                     |
|                                            | no time   |           |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+ |           |           | Heat:4, starttime: 08:51                             |
|--------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/22 Lane : 1 Athlete: EYCKEN ENORA  |           |           | Q-time: 01:23:85                                     |
| PB (50m pool): 01:23.85 Gent 08/02/2026    |           |           | PB (25m pool): 01:21.34 SB: 01:23.85 Gent 08/02/2026 |
|                                            | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                         | 00:39.45  | 01:23.85  |                                                      |
|                                            | 00:39.45  | 00:44.40  |                                                      |
|                                            | . . . . . | . . . . . |                                                      |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:4, starttime: 08:51            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/22 Lane : 6 Athlete: DE BAERE AUKE   |           |           | Q-time: 01:22:83                    |
| PB (50m pool): 01:22.83 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:19.15 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:38.61  | 01:22.83  |                                     |
|                                              | 00:38.61  | 00:44.22  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+    |           |           | Heat:5, starttime: 08:53                                  |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/22 Lane : 4 Athlete: CHRISTIAENS NORE |           |           | Q-time: 01:19:87                                          |
| PB (50m pool): 01:19.87 Antwerpen 15/03/2026  |           |           | PB (25m pool): 01:24.40 SB: 01:19.87 Antwerpen 15/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:38.51  | 01:19.87  |                                                           |
|                                               | 00:38.51  | 00:41.36  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+      |           |           | Heat:6, starttime: 08:55                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/22 Lane : 1 Athlete: VANSIELEGHEM AMBER |           |           | Q-time: 01:18:96                                          |
| PB (50m pool): 01:18.96 Antwerpen 15/03/2026    |           |           | PB (25m pool): 01:21.31 SB: 01:18.96 Antwerpen 15/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:37.10  | 01:18.96  |                                                           |
|                                                 | 00:37.10  | 00:41.86  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+     |           |           | Heat:7, starttime: 08:57                                  |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/22 Lane : 1 Athlete: BRYN BARON YVONNE |           |           | Q-time: 01:16:21                                          |
| PB (50m pool): 01:16.21 Antwerpen 15/03/2026   |           |           | PB (25m pool): 01:16.73 SB: 01:16.21 Antwerpen 15/03/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:36.55  | 01:16.21  |                                                           |
|                                                | 00:36.55  | 00:39.66  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+ |          |          | Heat:7, starttime: 08:57                             |
|--------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 7/22 Lane : 4 Athlete: BAEYE ROMY    |          |          | Q-time: 01:15:48                                     |
| PB (50m pool): 01:15.48 Gent 08/02/2026    |          |          | PB (25m pool): 01:17.19 SB: 01:15.48 Gent 08/02/2026 |
|                                            | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                         | 00:36.88 | 01:15.48 |                                                      |
|                                            | 00:36.88 | 00:38.60 |                                                      |
|                                            | .....    | .....    |                                                      |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+      |          |          | Heat:7, starttime: 08:57                                  |
|-------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 7/22 Lane : 8 Athlete: SCHOENMAEKERS ALIX |          |          | Q-time: 01:16:33                                          |
| PB (50m pool): 01:16.33 Antwerpen 15/03/2026    |          |          | PB (25m pool): 01:16.66 SB: 01:16.33 Antwerpen 15/03/2026 |
|                                                 | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                              | 00:36.36 | 01:16.33 |                                                           |
|                                                 | 00:36.36 | 00:39.97 |                                                           |
|                                                 | .....    | .....    |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |          |          | Heat:8, starttime: 08:58            |
|----------------------------------------------|----------|----------|-------------------------------------|
| Heat: 8/22 Lane : 1 Athlete: GOOTJES JASMIJN |          |          | Q-time: 01:14:33                    |
| PB (50m pool): 01:14.33 Antwerpen 13/07/2025 |          |          | PB (25m pool): 01:08.90 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  |                                     |
| PB                                           | 00:36.15 | 01:14.33 |                                     |
|                                              | 00:36.15 | 00:38.18 |                                     |
|                                              | .....    | .....    |                                     |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |          |          | Heat:12, starttime: 09:05                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 12/22 Lane : 7 Athlete: POTIER JOLIE   |          |          | Q-time: 01:08:99                                          |
| PB (50m pool): 01:08.99 Antwerpen 08/03/2026 |          |          | PB (25m pool): 01:08.15 SB: 01:08.99 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:32.64 | 01:08.99 |                                                           |
|                                              | 00:32.64 | 00:36.35 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+              |           |           | Heat:12, starttime: 09:05                                 |
|---------------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 12/22 Lane : 8 Athlete: VANDER HOOGERSTRAETE NORA |           |           | Q-time: 01:09:59                                          |
| PB (50m pool): 01:09.59 Antwerpen 08/03/2026            |           |           | PB (25m pool): 01:09.89 SB: 01:09.59 Antwerpen 08/03/2026 |
|                                                         | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                      | 00:33.76  | 01:09.59  |                                                           |
|                                                         | 00:33.76  | 00:35.83  |                                                           |
|                                                         | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:13, starttime: 09:06                            |
|----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 13/22 Lane : 0 Athlete: BULCKAEN JANNE |           |           | Q-time: 01:08:74                                     |
| PB (50m pool): 01:08.74 Gent 08/02/2026      |           |           | PB (25m pool): 01:07.57 SB: 01:08.74 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                           | 00:32.94  | 01:08.74  |                                                      |
|                                              | 00:32.94  | 00:35.80  |                                                      |
|                                              | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+       |           |           | Heat:13, starttime: 09:06                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 13/22 Lane : 2 Athlete: FRANKE MARIA LAYLA |           |           | Q-time: 01:08:63                                          |
| PB (50m pool): 01:08.63 Eindhoven 22/03/2026     |           |           | PB (25m pool): 01:12.64 SB: 01:08.63 Eindhoven 22/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:32.55  | 01:08.63  |                                                           |
|                                                  | 00:32.55  | 00:36.08  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:13, starttime: 09:06                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 13/22 Lane : 6 Athlete: STROBBE MAJA   |           |           | Q-time: 01:08:46                                          |
| PB (50m pool): 01:08.46 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:07.33 SB: 01:08.46 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.55  | 01:08.46  |                                                           |
|                                              | 00:32.55  | 00:35.91  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+       |           |           | Heat:14, starttime: 09:08                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/22 Lane : 1 Athlete: VANHAECKE JULIETTE |           |           | Q-time: 01:07:95                                          |
| PB (50m pool): 01:07.95 Antwerpen 15/03/2026     |           |           | PB (25m pool): 01:06.87 SB: 01:07.95 Antwerpen 15/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:32.63  | 01:07.95  |                                                           |
|                                                  | 00:32.63  | 00:35.32  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+      |           |           | Heat:14, starttime: 09:08                                 |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/22 Lane : 4 Athlete: VAN BEYLEN STELLA |           |           | Q-time: 01:07:65                                          |
| PB (50m pool): 01:07.65 Antwerpen 15/03/2026    |           |           | PB (25m pool): 01:10.21 SB: 01:07.65 Antwerpen 15/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:32.90  | 01:07.65  |                                                           |
|                                                 | 00:32.90  | 00:34.75  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:16, starttime: 09:11                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 16/22 Lane : 8 Athlete: BAEKE STINE    |           |           | Q-time: 01:06:43                                          |
| PB (50m pool): 01:06.43 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:06.03 SB: 01:06.43 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.32  | 01:06.43  |                                                           |
|                                              | 00:31.32  | 00:35.11  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+       |           |           | Heat:17, starttime: 09:13                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/22 Lane : 1 Athlete: BOEYKENS CHARLOTTE |           |           | Q-time: 01:05:56                                          |
| PB (50m pool): 01:05.56 Antwerpen 15/03/2026     |           |           | PB (25m pool): 01:05.23 SB: 01:05.56 Antwerpen 15/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:31.87  | 01:05.56  |                                                           |
|                                                  | 00:31.87  | 00:33.69  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+                |           |           | Heat:17, starttime: 09:13                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 17/22 Lane : 2 Athlete: WAIGNEIN ROSIE              |           |           | Q-time: 01:05:32                                                       |
| PB (50m pool): 01:04.95 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:03.79 SB: 01:04.95 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:31.20  | 01:04.95  |                                                                        |
|                                                           | 00:31.20  | 00:33.75  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+                |           |           | Heat:17, starttime: 09:13                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 17/22 Lane : 5 Athlete: BLANCQUAERT CAMILLE         |           |           | Q-time: 01:04:69                                                       |
| PB (50m pool): 01:03.87 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:02.78 SB: 01:03.87 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:30.36  | 01:03.87  |                                                                        |
|                                                           | 00:30.36  | 00:33.51  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:17, starttime: 09:13                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 17/22 Lane : 8 Athlete: MARTELé LORE   |           |           | Q-time: 01:05:57                                          |
| PB (50m pool): 01:05.57 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:03.86 SB: 01:05.57 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.28  | 01:05.57  |                                                           |
|                                              | 00:32.28  | 00:33.29  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:18, starttime: 09:14                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/22 Lane : 3 Athlete: DEN BAES ELISE |           |           | Q-time: 01:04:16                                          |
| PB (50m pool): 01:03.95 Antwerpen 21/04/2024 |           |           | PB (25m pool): 01:04.85 SB: 01:04.16 Eindhoven 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:03.95  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+    |           |           | Heat:18, starttime: 09:14                                 |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/22 Lane : 9 Athlete: TAVERNIER LUCIA |           |           | Q-time: 01:04:66                                          |
| PB (50m pool): 01:04.66 Antwerpen 08/03/2026  |           |           | PB (25m pool): 01:03.94 SB: 01:04.66 Antwerpen 08/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:31.33  | 01:04.66  |                                                           |
|                                               | 00:31.33  | 00:33.33  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+     |           |           | Heat:19, starttime: 09:16                                 |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/22 Lane : 7 Athlete: VAN LAECKE LIESE |           |           | Q-time: 01:03:85                                          |
| PB (50m pool): 01:03.34 ANTWERPEN 23/04/2023   |           |           | PB (25m pool): 01:02.62 SB: 01:04.75 Lochristi 01/02/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | no time   | 01:03.34  |                                                           |
|                                                | no time   |           |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:20, starttime: 09:17                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 20/22 Lane : 1 Athlete: HUENS NOOR     |           |           | Q-time: 01:02:10                                          |
| PB (50m pool): 01:02.10 Antwerpen 27/07/2025 |           |           | PB (25m pool): 01:01.31 SB: 01:02.51 Lochristi 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:02.10  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+                |           |           | Heat:20, starttime: 09:17                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 20/22 Lane : 3 Athlete: VAN GYSEL MAITE             |           |           | Q-time: 00:59:20                                                       |
| PB (50m pool): 00:59.15 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 00:57.99 SB: 00:59.15 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:28.68  | 00:59.15  |                                                                        |
|                                                           | 00:28.68  | 00:30.47  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:20, starttime: 09:17                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 20/22 Lane : 5 Athlete: MATTHEEUWS LIE |           |           | Q-time: 00:58:45                                          |
| PB (50m pool): 00:58.45 Antwerpen 27/04/2025 |           |           | PB (25m pool): 00:56.77 SB: 00:59.00 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:27.98  | 00:58.45  |                                                           |
|                                              | 00:27.98  | 00:30.47  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:20, starttime: 09:17                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 20/22 Lane : 8 Athlete: LOONES THULINE |           |           | Q-time: 01:02:70                                          |
| PB (50m pool): 01:01.41 Antwerpen 23/02/2020 |           |           | PB (25m pool): 01:00.07 SB: 01:02.70 Lochristi 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:01.41  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:21, starttime: 09:19                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 21/22 Lane : 0 Athlete: MARTELé SARA   |           |           | Q-time: 01:02:89                                          |
| PB (50m pool): 01:02.20 Antwerpen 21/04/2024 |           |           | PB (25m pool): 01:02.35 SB: 01:02.89 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:02.20  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+   |           |           | Heat:21, starttime: 09:19                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 21/22 Lane : 1 Athlete: SCHRAM MILA    |           |           | Q-time: 01:02:08                                          |
| PB (50m pool): 01:02.08 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:01.44 SB: 01:02.08 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.30  | 01:02.08  |                                                           |
|                                              | 00:30.30  | 00:31.78  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 11: 100M FREESTYLE WOMEN 11+               |         |          | Heat:21, starttime: 09:19                                 |
|----------------------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 21/22 Lane : 7 Athlete: VINCK TINE                 |         |          | Q-time: 01:01:78                                          |
| PB (50m pool): 01:01.12 Lago Gent Rozebroeken 05/05/2024 |         |          | PB (25m pool): 01:00.75 SB: 01:02.81 Lochristi 01/02/2026 |
|                                                          | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                                       | no time | 01:01.12 |                                                           |
|                                                          | no time |          |                                                           |
|                                                          | .....   | .....    |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+       |         |          | Heat:21, starttime: 09:19                                              |
|--------------------------------------------------|---------|----------|------------------------------------------------------------------------|
| Heat: 21/22 Lane : 9 Athlete: OLDE BIJVANK FEMKE |         |          | Q-time: 01:03:09                                                       |
| PB (50m pool): 01:01.99 Antwerpen 28/07/2024     |         |          | PB (25m pool): 01:01.12 SB: 01:03.03 Zwembad Brigitte Becue 26/04/2026 |
|                                                  | 5 0 M   | 1 0 0 M  |                                                                        |
| PB                                               | no time | 01:01.99 |                                                                        |
|                                                  | no time |          |                                                                        |
|                                                  | .....   | .....    |                                                                        |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+     |          |          | Heat:22, starttime: 09:20                                 |
|------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 22/22 Lane : 0 Athlete: DE RUIJTER ELISE |          |          | Q-time: 01:02:73                                          |
| PB (50m pool): 01:02.73 Antwerpen 08/03/2026   |          |          | PB (25m pool): 01:01.97 SB: 01:02.73 Antwerpen 08/03/2026 |
|                                                | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                             | 00:30.50 | 01:02.73 |                                                           |
|                                                | 00:30.50 | 00:32.23 |                                                           |
|                                                | .....    | .....    |                                                           |

Coach feedback:

| Event number: 11: 100M FREESTYLE WOMEN 11+               |          |          | Heat:22, starttime: 09:20                                 |
|----------------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 22/22 Lane : 1 Athlete: VAN HERPE MILLY            |          |          | Q-time: 01:02:02                                          |
| PB (50m pool): 01:02.02 Lago Gent Rozebroeken 04/05/2025 |          |          | PB (25m pool): 01:01.99 SB: 01:03.06 Antwerpen 15/03/2026 |
|                                                          | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                                       | 00:29.68 | 01:02.02 |                                                           |
|                                                          | 00:29.68 | 00:32.34 |                                                           |
|                                                          | .....    | .....    |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 11: 100M FREESTYLE WOMEN 11+                |           |           | Heat:22, starttime: 09:20                                             |
|-----------------------------------------------------------|-----------|-----------|-----------------------------------------------------------------------|
| Heat: 22/22 Lane : 6 Athlete: HOSTE CELESTE               |           |           | Q-time: 00:59:54                                                      |
| PB (50m pool): 01:01.00 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): no time SB: 01:01.00 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                       |
| PB                                                        | 00:29.37  | 01:01.00  |                                                                       |
|                                                           | 00:29.37  | 00:31.63  |                                                                       |
|                                                           | . . . . . | . . . . . |                                                                       |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+                |           |           | Heat:4, starttime: 09:28                             |
|---------------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 4/23 Lane : 0 Athlete: VAN DEN BOSSCHE PIETER-JAN |           |           | Q-time: 01:22:30                                     |
| PB (50m pool): 01:22.30 Gent 08/02/2026                 |           |           | PB (25m pool): 01:16.00 SB: 01:22.30 Gent 08/02/2026 |
|                                                         | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                                      | 00:41.82  | 01:22.30  |                                                      |
|                                                         | 00:41.82  | 00:40.48  |                                                      |
|                                                         | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:9, starttime: 09:37                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/23 Lane : 1 Athlete: HUENS BRIEK     |           |           | Q-time: 01:08:14                                          |
| PB (50m pool): 01:08.14 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:09.47 SB: 01:08.14 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.85  | 01:08.14  |                                                           |
|                                              | 00:32.85  | 00:35.29  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:9, starttime: 09:37                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/23 Lane : 7 Athlete: DE STROOPER ZEV |           |           | Q-time: 01:07:59                                          |
| PB (50m pool): 01:07.59 Eindhoven 22/03/2026 |           |           | PB (25m pool): 01:06.39 SB: 01:07.59 Eindhoven 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.64  | 01:07.59  |                                                           |
|                                              | 00:32.64  | 00:34.95  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+                  |           |           | Heat:10, starttime: 09:38                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 10/23 Lane : 0 Athlete: VANHULLE WILLEM             |           |           | Q-time: 01:06:61                                                       |
| PB (50m pool): 01:05.92 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:05.31 SB: 01:05.92 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:32.06  | 01:05.92  |                                                                        |
|                                                           | 00:32.06  | 00:33.86  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+      |           |           | Heat:10, starttime: 09:38                                 |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 10/23 Lane : 2 Athlete: HINDRYCKX MAURO |           |           | Q-time: 01:05:66                                          |
| PB (50m pool): 01:05.66 Antwerpen 15/03/2026  |           |           | PB (25m pool): 01:03.46 SB: 01:05.66 Antwerpen 15/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:31.72  | 01:05.66  |                                                           |
|                                               | 00:31.72  | 00:33.94  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:10, starttime: 09:38                            |
|----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 10/23 Lane : 5 Athlete: GILLET JOLAN   |           |           | Q-time: 01:05:34                                     |
| PB (50m pool): 01:05.34 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:03.75 SB: 01:10.91 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                           | 00:30.88  | 01:05.34  |                                                      |
|                                              | 00:30.88  | 00:34.46  |                                                      |
|                                              | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:10, starttime: 09:38                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 10/23 Lane : 7 Athlete: MARTELé STAN   |           |           | Q-time: 01:05:71                                          |
| PB (50m pool): 01:05.71 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:04.69 SB: 01:05.71 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.50  | 01:05.71  |                                                           |
|                                              | 00:31.50  | 00:34.21  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+       |           |           | Heat:12, starttime: 09:41                                 |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 12/23 Lane : 0 Athlete: BULCKAEN KORNEEL |           |           | Q-time: 01:03:82                                          |
| PB (50m pool): 01:03.82 Eindhoven 22/03/2026   |           |           | PB (25m pool): 00:59.81 SB: 01:03.82 Eindhoven 22/03/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:30.23  | 01:03.82  |                                                           |
|                                                | 00:30.23  | 00:33.59  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+                  |           |           | Heat:12, starttime: 09:41                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 12/23 Lane : 4 Athlete: VAN THILLO ELIAS            |           |           | Q-time: 01:03:26                                                       |
| PB (50m pool): 01:01.78 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:01.00 SB: 01:01.78 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:29.25  | 01:01.78  |                                                                        |
|                                                           | 00:29.25  | 00:32.53  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+        |           |           | Heat:12, starttime: 09:41                            |
|-------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 12/23 Lane : 6 Athlete: HADJ FRADJ TAYSIR |           |           | Q-time: 01:03:42                                     |
| PB (50m pool): 01:03.42 Gent 08/02/2026         |           |           | PB (25m pool): 01:02.18 SB: 01:03.42 Gent 08/02/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                              | 00:30.19  | 01:03.42  |                                                      |
|                                                 | 00:30.19  | 00:33.23  |                                                      |
|                                                 | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+                  |           |           | Heat:14, starttime: 09:44                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 14/23 Lane : 0 Athlete: VIAENE MAXIM                |           |           | Q-time: 01:02:22                                                       |
| PB (50m pool): 01:01.27 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 00:59.80 SB: 01:01.27 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:29.33  | 01:01.27  |                                                                        |
|                                                           | 00:29.33  | 00:31.94  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+      |           |           | Heat:14, starttime: 09:44                                 |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/23 Lane : 7 Athlete: ROSIERS MATHIAS |           |           | Q-time: 01:01:72                                          |
| PB (50m pool): 01:01.72 Antwerpen 15/03/2026  |           |           | PB (25m pool): 01:00.49 SB: 01:01.72 Antwerpen 15/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:29.85  | 01:01.72  |                                                           |
|                                               | 00:29.85  | 00:31.87  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+         |           |           | Heat:14, starttime: 09:44                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 14/23 Lane : 9 Athlete: DE BAL SUIJS MAURO |           |           | Q-time: 01:02:27                                          |
| PB (50m pool): 01:02.27 Eindhoven 22/03/2026     |           |           | PB (25m pool): 01:00.29 SB: 01:02.27 Eindhoven 22/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:29.91  | 01:02.27  |                                                           |
|                                                  | 00:29.91  | 00:32.36  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:15, starttime: 09:46                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 15/23 Lane : 3 Athlete: GILLET AARON   |           |           | Q-time: 01:00:87                                          |
| PB (50m pool): 01:00.87 Eindhoven 22/03/2026 |           |           | PB (25m pool): 01:00.61 SB: 01:00.87 Eindhoven 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:29.17  | 01:00.87  |                                                           |
|                                              | 00:29.17  | 00:31.70  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:15, starttime: 09:46                            |
|----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 15/23 Lane : 7 Athlete: VERMEULEN DAAN |           |           | Q-time: 01:01:14                                     |
| PB (50m pool): 01:01.14 Gent 08/02/2026      |           |           | PB (25m pool): 01:02.87 SB: 01:01.14 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                           | 00:29.79  | 01:01.14  |                                                      |
|                                              | 00:29.79  | 00:31.35  |                                                      |
|                                              | . . . . . | . . . . . |                                                      |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:16, starttime: 09:47                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 16/23 Lane : 8 Athlete: BULCKAEN TOON  |           |           | Q-time: 01:00:53                                          |
| PB (50m pool): 01:00.53 Antwerpen 15/03/2026 |           |           | PB (25m pool): 00:59.20 SB: 01:00.53 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:00.53  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+                  |           |           | Heat:18, starttime: 09:50                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 18/23 Lane : 1 Athlete: DE DECKER TIBE              |           |           | Q-time: 00:59:13                                                       |
| PB (50m pool): 00:59.01 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 00:59.36 SB: 00:59.01 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:28.47  | 00:59.01  |                                                                        |
|                                                           | 00:28.47  | 00:30.54  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:18, starttime: 09:50                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/23 Lane : 6 Athlete: HUENS WARRE    |           |           | Q-time: 00:59:04                                          |
| PB (50m pool): 00:59.04 Eindhoven 22/03/2026 |           |           | PB (25m pool): 00:59.83 SB: 00:59.04 Eindhoven 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:28.61  | 00:59.04  |                                                           |
|                                              | 00:28.61  | 00:30.43  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+                 |           |           | Heat:19, starttime: 09:51                                 |
|----------------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/23 Lane : 2 Athlete: VANBESIEEN LOWIE           |           |           | Q-time: 00:58:28                                          |
| PB (50m pool): 00:58.03 Lago Gent Rozebroeken 05/05/2024 |           |           | PB (25m pool): 00:56.40 SB: 00:58.42 Lochristi 01/02/2026 |
|                                                          | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                       | no time   | 00:58.03  |                                                           |
|                                                          | no time   |           |                                                           |
|                                                          | . . . . . | . . . . . |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+         |          |          | Heat:19, starttime: 09:51                                 |
|--------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 19/23 Lane : 9 Athlete: NAAKTGEBOREN JAKOB |          |          | Q-time: 00:58:82                                          |
| PB (50m pool): 00:58.82 Antwerpen 15/03/2026     |          |          | PB (25m pool): 00:56.50 SB: 00:58.82 Antwerpen 15/03/2026 |
|                                                  | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                               | 00:27.72 | 00:58.82 |                                                           |
|                                                  | 00:27.72 | 00:31.10 |                                                           |
|                                                  | .....    | .....    |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |          |          | Heat:20, starttime: 09:53                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 20/23 Lane : 3 Athlete: LOEYS EWOUT    |          |          | Q-time: 00:57:67                                          |
| PB (50m pool): 00:57.67 Antwerpen 08/03/2026 |          |          | PB (25m pool): 00:56.98 SB: 00:57.67 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:27.76 | 00:57.67 |                                                           |
|                                              | 00:27.76 | 00:29.91 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+      |          |          | Heat:20, starttime: 09:53           |
|-----------------------------------------------|----------|----------|-------------------------------------|
| Heat: 20/23 Lane : 9 Athlete: DE JAEGER ANTON |          |          | Q-time: 00:58:03                    |
| PB (50m pool): 00:58.03 Antwerpen 27/04/2025  |          |          | PB (25m pool): 00:57.08 SB: no time |
|                                               | 5 0 M    | 1 0 0 M  |                                     |
| PB                                            | 00:27.99 | 00:58.03 |                                     |
|                                               | 00:27.99 | 00:30.04 |                                     |
|                                               | .....    | .....    |                                     |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+      |          |          | Heat:21, starttime: 09:54                                  |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|
| Heat: 21/23 Lane : 3 Athlete: DE MUL TOM      |          |          | Q-time: 00:53:01                                           |
| PB (50m pool): 00:53.01 Amersfoort 22/02/2026 |          |          | PB (25m pool): 00:51.13 SB: 00:53.01 Amersfoort 22/02/2026 |
|                                               | 5 0 M    | 1 0 0 M  |                                                            |
| PB                                            | 00:25.15 | 00:53.01 |                                                            |
|                                               | 00:25.15 | 00:27.86 |                                                            |
|                                               | .....    | .....    |                                                            |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:22, starttime: 09:55                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 22/23 Lane : 5 Athlete: BAEYE LEON     |           |           | Q-time: 00:50:58                                          |
| PB (50m pool): 00:50.58 Antwerpen 22/03/2026 |           |           | PB (25m pool): 00:48.97 SB: 00:50.58 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:23.98  | 00:50.58  |                                                           |
|                                              | 00:23.98  | 00:26.60  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 12: 100M FREESTYLE MEN 11+     |           |           | Heat:23, starttime: 09:57                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 23/23 Lane : 7 Athlete: LEROUX WOUT    |           |           | Q-time: 00:55:51                                          |
| PB (50m pool): 00:55.51 Antwerpen 27/07/2025 |           |           | PB (25m pool): 00:54.03 SB: 00:55.72 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:26.84  | 00:55.51  |                                                           |
|                                              | 00:26.84  | 00:28.67  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                       |           |           | Heat:2, starttime: 10:01                                               |
|-------------------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 2/20 Lane : 1 Athlete: OLDE BIJVANK FEMKE                   |           |           | Q-time: 99:99:99                                                       |
| PB (50m pool): 01:12.65 Zwembad Brigitte Becue Oostend 19/05/2025 |           |           | PB (25m pool): 01:09.51 SB: 01:16.00 Zwembad Brigitte Becue 26/04/2026 |
|                                                                   | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                                | no time   | 01:12.65  |                                                                        |
|                                                                   | no time   |           |                                                                        |
|                                                                   | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |           |           | Heat:2, starttime: 10:01                                 |
|----------------------------------------------|-----------|-----------|----------------------------------------------------------|
| Heat: 2/20 Lane : 2 Athlete: FILIZ NISA      |           |           | Q-time: 99:99:99                                         |
| PB (50m pool): 01:52.08 LOCHRISTI 25/01/2026 |           |           | PB (25m pool): no time SB: 01:52.08 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                          |
| PB                                           | no time   | 01:52.08  |                                                          |
|                                              | no time   |           |                                                          |
|                                              | . . . . . | . . . . . |                                                          |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |         |          | Heat:2, starttime: 10:01                                               |
|----------------------------------------------|---------|----------|------------------------------------------------------------------------|
| Heat: 2/20 Lane : 4 Athlete: MARTELé SARA    |         |          | Q-time: 99:99:99                                                       |
| PB (50m pool): 01:13.27 Antwerpen 28/07/2024 |         |          | PB (25m pool): 01:11.77 SB: 01:15.64 Zwembad Brigitte Becue 26/04/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                                        |
| PB                                           | no time | 01:13.27 |                                                                        |
|                                              | no time |          |                                                                        |
|                                              | .....   | .....    |                                                                        |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+ |         |         | Heat:2, starttime: 10:01           |
|---------------------------------------------|---------|---------|------------------------------------|
| Heat: 2/20 Lane : 5 Athlete: HOSTE CELESTE  |         |         | 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: 13: 100M BACKSTROKE WOMEN 11+              |          |          | Heat:3, starttime: 10:04                             |
|----------------------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 3/20 Lane : 4 Athlete: SCHOENMAEKERS ALIX          |          |          | Q-time: 01:41:32                                     |
| PB (50m pool): 01:41.32 Lago Gent Rozebroeken 04/05/2025 |          |          | PB (25m pool): 01:38.86 SB: 01:42.38 Gent 08/02/2026 |
|                                                          | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                                       | 00:49.53 | 01:41.32 |                                                      |
|                                                          | 00:49.53 | 00:51.79 |                                                      |
|                                                          | .....    | .....    |                                                      |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+   |          |          | Heat:5, starttime: 10:09                                  |
|-----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 5/20 Lane : 5 Athlete: CHRISTIAENS NORE |          |          | Q-time: 01:33:65                                          |
| PB (50m pool): 01:33.65 Antwerpen 15/03/2026  |          |          | PB (25m pool): 01:33.64 SB: 01:33.65 Antwerpen 15/03/2026 |
|                                               | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                            | 00:46.04 | 01:33.65 |                                                           |
|                                               | 00:46.04 | 00:47.61 |                                                           |
|                                               | .....    | .....    |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+ |           |           | Heat:5, starttime: 10:09                                  |
|---------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/20 Lane : 6 Athlete: EYCKEN ENORA   |           |           | Q-time: 01:35:56                                          |
| PB (50m pool): 01:35.56 Antwerp 02/02/2025  |           |           | PB (25m pool): 01:31.03 SB: 01:35.76 LOCHRISTI 25/01/2026 |
|                                             | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                          | 00:48.22  | 01:35.56  |                                                           |
|                                             | 00:48.22  | 00:47.34  |                                                           |
|                                             | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+     |           |           | Heat:7, starttime: 10:13                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/20 Lane : 5 Athlete: VANSIELEGHEM AMBER |           |           | Q-time: 01:30:58                                          |
| PB (50m pool): 01:30.58 Antwerpen 15/03/2026    |           |           | PB (25m pool): 01:35.35 SB: 01:30.58 Antwerpen 15/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:44.45  | 01:30.58  |                                                           |
|                                                 | 00:44.45  | 00:46.13  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+    |           |           | Heat:7, starttime: 10:13                                  |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/20 Lane : 6 Athlete: BRYs BARON YVONNE |           |           | Q-time: 01:31:09                                          |
| PB (50m pool): 01:31.09 Antwerpen 15/03/2026   |           |           | PB (25m pool): 01:30.47 SB: 01:31.09 Antwerpen 15/03/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:45.84  | 01:31.09  |                                                           |
|                                                | 00:45.84  | 00:45.25  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+     |           |           | Heat:8, starttime: 10:16                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 8/20 Lane : 7 Athlete: FRANKE MARIA LAYLA |           |           | Q-time: 01:28:74                                          |
| PB (50m pool): 01:28.74 LOCHRISTI 25/01/2026    |           |           | PB (25m pool): 01:30.20 SB: 01:28.74 LOCHRISTI 25/01/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | no time   | 01:28.74  |                                                           |
|                                                 | no time   |           |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                               |         |          | Heat:9, starttime: 10:18 |
|-------------------------------------------------------------------------------------------|---------|----------|--------------------------|
| Heat: 9/20 Lane : 0 Athlete: BAEKE STINE                                                  |         |          | Q-time: 01:26:83         |
| PB (50m pool): 01:28.60 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 01:24.22 SB: no time |         |          |                          |
|                                                                                           | 5 0 M   | 1 0 0 M  |                          |
| PB                                                                                        | no time | 01:28.60 |                          |
|                                                                                           | no time |          |                          |
|                                                                                           | .....   | .....    |                          |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                            |         |          | Heat:9, starttime: 10:18 |
|--------------------------------------------------------------------------------------------------------|---------|----------|--------------------------|
| Heat: 9/20 Lane : 1 Athlete: BAEYE ROMY                                                                |         |          | Q-time: 01:26:69         |
| PB (50m pool): 01:26.69 LOCHRISTI 25/01/2026 PB (25m pool): 01:29.15 SB: 01:26.69 LOCHRISTI 25/01/2026 |         |          |                          |
|                                                                                                        | 5 0 M   | 1 0 0 M  |                          |
| PB                                                                                                     | no time | 01:26.69 |                          |
|                                                                                                        | no time |          |                          |
|                                                                                                        | .....   | .....    |                          |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                            |          |          | Heat:10, starttime: 10:20 |
|--------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/20 Lane : 3 Athlete: DE BAERE AUKE                                                            |          |          | Q-time: 01:23:71          |
| PB (50m pool): 01:23.71 Antwerpen 15/03/2026 PB (25m pool): 01:30.56 SB: 01:23.71 Antwerpen 15/03/2026 |          |          |                           |
|                                                                                                        | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                     | 00:41.12 | 01:23.71 |                           |
|                                                                                                        | 00:41.12 | 00:42.59 |                           |
|                                                                                                        | .....    | .....    |                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                            |          |          | Heat:10, starttime: 10:20 |
|--------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/20 Lane : 6 Athlete: BULCKAEN JANNE                                                           |          |          | Q-time: 01:23:75          |
| PB (50m pool): 01:23.75 Eindhoven 22/03/2026 PB (25m pool): 01:22.13 SB: 01:23.75 Eindhoven 22/03/2026 |          |          |                           |
|                                                                                                        | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                     | 00:40.16 | 01:23.75 |                           |
|                                                                                                        | 00:40.16 | 00:43.59 |                           |
|                                                                                                        | .....    | .....    |                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                   |           |           | Heat:11, starttime: 10:22 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 11/20 Lane : 1 Athlete: TAVERNIER LUCIA                                                 |           |           | Q-time: 01:23:13          |
| PB (50m pool): 01:23.13 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:17.07 SB: no time |           |           |                           |
|                                                                                               | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                            | 00:40.37  | 01:23.13  |                           |
|                                                                                               | 00:40.37  | 00:42.76  |                           |
|                                                                                               | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                            |           |           | Heat:11, starttime: 10:22 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 11/20 Lane : 6 Athlete: GOOTJES JASMIJN                                                          |           |           | Q-time: 01:22:41          |
| PB (50m pool): 01:22.41 Antwerpen 15/03/2026 PB (25m pool): 01:23.06 SB: 01:22.41 Antwerpen 15/03/2026 |           |           |                           |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                     | 00:40.23  | 01:22.41  |                           |
|                                                                                                        | 00:40.23  | 00:42.18  |                           |
|                                                                                                        | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                            |           |           | Heat:12, starttime: 10:24 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 12/20 Lane : 5 Athlete: DEN BAES ELISE                                                           |           |           | Q-time: 01:20:32          |
| PB (50m pool): 01:20.32 Antwerpen 15/03/2026 PB (25m pool): 01:18.58 SB: 01:20.32 Antwerpen 15/03/2026 |           |           |                           |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                     | 00:40.04  | 01:20.32  |                           |
|                                                                                                        | 00:40.04  | 00:40.28  |                           |
|                                                                                                        | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+                                                                                       |           |           | Heat:12, starttime: 10:24 |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 12/20 Lane : 8 Athlete: STROBBE MAJA                                                                                        |           |           | Q-time: 01:21:74          |
| PB (50m pool): 01:21.74 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:17.94 SB: 01:22.45 Sportoase De Watermolen 29/03/2025 |           |           |                           |
|                                                                                                                                   | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                                                | 00:39.70  | 01:21.74  |                           |
|                                                                                                                                   | 00:39.70  | 00:42.04  |                           |
|                                                                                                                                   | . . . . . | . . . . . |                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:13, starttime: 10:27                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 13/20 Lane : 2 Athlete: MARTELé LORE   |          |          | Q-time: 01:19:52                                          |
| PB (50m pool): 01:19.52 Antwerpen 15/03/2026 |          |          | PB (25m pool): 01:16.08 SB: 01:19.52 Antwerpen 15/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:37.51 | 01:19.52 |                                                           |
|                                              | 00:37.51 | 00:42.01 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+               |          |          | Heat:14, starttime: 10:29                                              |
|-----------------------------------------------------------|----------|----------|------------------------------------------------------------------------|
| Heat: 14/20 Lane : 7 Athlete: VAN HERPE MILLY             |          |          | Q-time: 01:18:33                                                       |
| PB (50m pool): 01:17.62 Zwembad Brigitte Becue 26/04/2026 |          |          | PB (25m pool): 01:17.11 SB: 01:17.62 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M    | 1 0 0 M  |                                                                        |
| PB                                                        | 00:38.45 | 01:17.62 |                                                                        |
|                                                           | 00:38.45 | 00:39.17 |                                                                        |
|                                                           | .....    | .....    |                                                                        |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+     |          |          | Heat:14, starttime: 10:29                                 |
|-------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 14/20 Lane : 8 Athlete: VAN BEYLEN STELLA |          |          | Q-time: 01:18:40                                          |
| PB (50m pool): 01:18.40 Antwerpen 15/03/2026    |          |          | PB (25m pool): 01:14.16 SB: 01:18.40 Antwerpen 15/03/2026 |
|                                                 | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                              | 00:38.81 | 01:18.40 |                                                           |
|                                                 | 00:38.81 | 00:39.59 |                                                           |
|                                                 | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:14, starttime: 10:29                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 14/20 Lane : 9 Athlete: POTIER JOLIE   |          |          | Q-time: 01:18:88                                          |
| PB (50m pool): 01:18.88 Antwerpen 08/03/2026 |          |          | PB (25m pool): 01:16.69 SB: 01:18.88 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:38.56 | 01:18.88 |                                                           |
|                                              | 00:38.56 | 00:40.32 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:16, starttime: 10:33                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 16/20 Lane : 8 Athlete: WAIGNEIN ROSIE |          |          | Q-time: 01:16:84                                          |
| PB (50m pool): 01:16.84 Antwerpen 08/03/2026 |          |          | PB (25m pool): 01:16.31 SB: 01:16.84 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:37.77 | 01:16.84 |                                                           |
|                                              | 00:37.77 | 00:39.07 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+             |          |          | Heat:17, starttime: 10:35                                 |
|---------------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 17/20 Lane : 6 Athlete: VANDER HOOGERSTRAETE NORA |          |          | Q-time: 01:15:51                                          |
| PB (50m pool): 01:15.51 Antwerpen 20/07/2025            |          |          | PB (25m pool): 01:14.97 SB: 01:15.80 Antwerpen 08/03/2026 |
|                                                         | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                                      | 00:36.99 | 01:15.51 |                                                           |
|                                                         | 00:36.99 | 00:38.52 |                                                           |
|                                                         | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |          |          | Heat:18, starttime: 10:37                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 18/20 Lane : 5 Athlete: HUENS NOOR     |          |          | Q-time: 01:07:00                                          |
| PB (50m pool): 01:07.00 Antwerpen 27/04/2025 |          |          | PB (25m pool): 01:05.10 SB: 01:07.27 Antwerpen 22/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:32.57 | 01:07.00 |                                                           |
|                                              | 00:32.57 | 00:34.43 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+    |          |          | Heat:18, starttime: 10:37                                 |
|------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 18/20 Lane : 7 Athlete: DE RUIJTER ELISE |          |          | Q-time: 01:10:89                                          |
| PB (50m pool): 01:10.89 Antwerpen 08/03/2026   |          |          | PB (25m pool): 01:09.14 SB: 01:10.89 Antwerpen 08/03/2026 |
|                                                | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                             | 00:34.23 | 01:10.89 |                                                           |
|                                                | 00:34.23 | 00:36.66 |                                                           |
|                                                | .....    | .....    |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+    |           |           | Heat:18, starttime: 10:37                                 |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/20 Lane : 8 Athlete: VAN LAECKE LIESE |           |           | Q-time: 01:13:11                                          |
| PB (50m pool): 01:13.11 Eindhoven 16/03/2025   |           |           | PB (25m pool): 01:10.71 SB: 01:15.08 Lochristi 01/02/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:35.39  | 01:13.11  |                                                           |
|                                                | 00:35.39  | 00:37.72  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |           |           | Heat:19, starttime: 10:39                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/20 Lane : 2 Athlete: LOONES THULINE |           |           | Q-time: 01:10:43                                          |
| PB (50m pool): 01:10.43 Antwerpen 27/04/2025 |           |           | PB (25m pool): 01:08.72 SB: 01:11.67 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:34.75  | 01:10.43  |                                                           |
|                                              | 00:34.75  | 00:35.68  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+  |           |           | Heat:19, starttime: 10:39                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/20 Lane : 5 Athlete: MATTHEEUWS LIE |           |           | Q-time: 01:06:38                                          |
| PB (50m pool): 01:04.72 Antwerpen 21/04/2024 |           |           | PB (25m pool): 01:03.09 SB: 01:07.05 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:04.72  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+   |           |           | Heat:19, starttime: 10:39                                  |
|-----------------------------------------------|-----------|-----------|------------------------------------------------------------|
| Heat: 19/20 Lane : 6 Athlete: SCHRAM MILA     |           |           | Q-time: 01:09:26                                           |
| PB (50m pool): 01:09.26 Amersfoort 22/02/2026 |           |           | PB (25m pool): 01:08.20 SB: 01:09.26 Amersfoort 22/02/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                            |
| PB                                            | 00:33.65  | 01:09.26  |                                                            |
|                                               | 00:33.65  | 00:35.61  |                                                            |
|                                               | . . . . . | . . . . . |                                                            |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 13: 100M BACKSTROKE WOMEN 11+               |           |           | Heat:19, starttime: 10:39                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 19/20 Lane : 7 Athlete: VAN GYSEL MAITE             |           |           | Q-time: 01:10:76                                                       |
| PB (50m pool): 01:10.76 Zwembad Brigitte Becue 30/05/2025 |           |           | PB (25m pool): 01:07.23 SB: 01:11.58 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:34.35  | 01:10.76  |                                                                        |
|                                                           | 00:34.35  | 00:36.41  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+      |           |           | Heat:19, starttime: 10:39                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/20 Lane : 8 Athlete: BOEYKENS CHARLOTTE |           |           | Q-time: 01:13:04                                          |
| PB (50m pool): 01:13.04 Antwerpen 27/07/2025     |           |           | PB (25m pool): 01:11.97 SB: 01:15.44 Antwerpen 15/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | 00:35.33  | 01:13.04  |                                                           |
|                                                  | 00:35.33  | 00:37.71  |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 13: 100M BACKSTROKE WOMEN 11+               |           |           | Heat:20, starttime: 10:41                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 20/20 Lane : 2 Athlete: BLANCQUAERT CAMILLE         |           |           | Q-time: 01:10:40                                                       |
| PB (50m pool): 01:10.17 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:09.44 SB: 01:10.17 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:33.69  | 01:10.17  |                                                                        |
|                                                           | 00:33.69  | 00:36.48  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+               |           |           | Heat:2, starttime: 10:45                            |
|---------------------------------------------------------|-----------|-----------|-----------------------------------------------------|
| Heat: 2/19 Lane : 6 Athlete: VAN DEN BOSSCHE PIETER-JAN |           |           | Q-time: 01:39:02                                    |
| PB (50m pool): 01:39.02 Gent 08/02/2026                 |           |           | PB (25m pool): no time SB: 01:39.02 Gent 08/02/2026 |
|                                                         | 5 0 M     | 1 0 0 M   |                                                     |
| PB                                                      | 00:50.19  | 01:39.02  |                                                     |
|                                                         | 00:50.19  | 00:48.83  |                                                     |
|                                                         | . . . . . | . . . . . |                                                     |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+       |           |           | Heat:5, starttime: 10:53                                  |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/19 Lane : 2 Athlete: VAN THILLO BASTIJN |           |           | Q-time: 01:25:98                                          |
| PB (50m pool): 01:25.98 Antwerpen 08/03/2026    |           |           | PB (25m pool): 01:23.67 SB: 01:25.98 Antwerpen 08/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:41.67  | 01:25.98  |                                                           |
|                                                 | 00:41.67  | 00:44.31  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+    |           |           | Heat:6, starttime: 10:55                             |
|----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 6/19 Lane : 3 Athlete: DE STROOPER ZEV |           |           | Q-time: 01:24:07                                     |
| PB (50m pool): 01:24.07 Gent 08/02/2026      |           |           | PB (25m pool): 01:23.70 SB: 01:24.07 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                           | 00:42.53  | 01:24.07  |                                                      |
|                                              | 00:42.53  | 00:41.54  |                                                      |
|                                              | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                 |           |           | Heat:8, starttime: 10:59            |
|-----------------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 8/19 Lane : 6 Athlete: GILLET JOLAN                 |           |           | Q-time: 01:21:27                    |
| PB (50m pool): 01:21.27 Zwembad Brigitte Becue 30/05/2025 |           |           | PB (25m pool): 01:16.08 SB: no time |
|                                                           | 5 0 M     | 1 0 0 M   |                                     |
| PB                                                        | 00:37.59  | 01:21.27  |                                     |
|                                                           | 00:37.59  | 00:43.68  |                                     |
|                                                           | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                 |           |           | Heat:9, starttime: 11:01                                               |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 9/19 Lane : 3 Athlete: HINDRYCKX MAURO              |           |           | Q-time: 01:18:77                                                       |
| PB (50m pool): 01:17.25 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:15.77 SB: 01:17.25 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:38.14  | 01:17.25  |                                                                        |
|                                                           | 00:38.14  | 00:39.11  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+                                                                                        |          |          | Heat:10, starttime: 11:03 |
|----------------------------------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/19 Lane : 2 Athlete: VANHULLE WILLEM                                                                                    |          |          | Q-time: 01:17:60          |
| PB (50m pool): 01:15.88 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:16.41 SB: 01:15.88 Zwembad Brigitte Becue 26/04/2026 |          |          |                           |
|                                                                                                                                  | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                                               | 00:37.25 | 01:15.88 |                           |
|                                                                                                                                  | 00:37.25 | 00:38.63 |                           |
|                                                                                                                                  | .....    | .....    |                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                                                              |          |          | Heat:10, starttime: 11:03 |
|--------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/19 Lane : 5 Athlete: HUENS BRIEK                                                              |          |          | Q-time: 01:17:20          |
| PB (50m pool): 01:17.20 Antwerpen 15/03/2026 PB (25m pool): 01:17.78 SB: 01:17.20 Antwerpen 15/03/2026 |          |          |                           |
|                                                                                                        | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                     | 00:38.43 | 01:17.20 |                           |
|                                                                                                        | 00:38.43 | 00:38.77 |                           |
|                                                                                                        | .....    | .....    |                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                                                              |          |          | Heat:10, starttime: 11:03 |
|--------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 10/19 Lane : 6 Athlete: VERMEULEN DAAN                                                           |          |          | Q-time: 01:17:46          |
| PB (50m pool): 01:17.46 Antwerpen 15/03/2026 PB (25m pool): 01:17.79 SB: 01:17.46 Antwerpen 15/03/2026 |          |          |                           |
|                                                                                                        | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                     | 00:38.40 | 01:17.46 |                           |
|                                                                                                        | 00:38.40 | 00:39.06 |                           |
|                                                                                                        | .....    | .....    |                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                                                              |          |          | Heat:11, starttime: 11:05 |
|--------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| Heat: 11/19 Lane : 0 Athlete: BULCKAEN KORNEEL                                                         |          |          | Q-time: 01:16:67          |
| PB (50m pool): 01:16.67 Eindhoven 22/03/2026 PB (25m pool): 01:15.00 SB: 01:16.67 Eindhoven 22/03/2026 |          |          |                           |
|                                                                                                        | 5 0 M    | 1 0 0 M  |                           |
| PB                                                                                                     | 00:36.76 | 01:16.67 |                           |
|                                                                                                        | 00:36.76 | 00:39.91 |                           |
|                                                                                                        | .....    | .....    |                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+    |           |           | Heat:11, starttime: 11:05                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 11/19 Lane : 1 Athlete: MARTELé STAN   |           |           | Q-time: 01:16:21                                          |
| PB (50m pool): 01:16.21 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:14.71 SB: 01:16.21 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:37.14  | 01:16.21  |                                                           |
|                                              | 00:37.14  | 00:39.07  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+       |           |           | Heat:11, starttime: 11:05                            |
|-------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 11/19 Lane : 8 Athlete: HADJ FRADJ TAYSIR |           |           | Q-time: 01:16:41                                     |
| PB (50m pool): 01:16.41 Gent 08/02/2026         |           |           | PB (25m pool): 01:12.79 SB: 01:16.41 Gent 08/02/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                              | 00:36.86  | 01:16.41  |                                                      |
|                                                 | 00:36.86  | 00:39.55  |                                                      |
|                                                 | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+        |           |           | Heat:12, starttime: 11:07                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 12/19 Lane : 0 Athlete: DE BAL SUIJS MAURO |           |           | Q-time: 01:15:22                                          |
| PB (50m pool): 01:15.22 Lochristi 01/02/2026     |           |           | PB (25m pool): 01:10.95 SB: 01:15.22 Lochristi 01/02/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | no time   | 01:15.22  |                                                           |
|                                                  | no time   |           |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                 |           |           | Heat:12, starttime: 11:07                                              |
|-----------------------------------------------------------|-----------|-----------|------------------------------------------------------------------------|
| Heat: 12/19 Lane : 4 Athlete: VAN THILLO ELIAS            |           |           | Q-time: 01:14:29                                                       |
| PB (50m pool): 01:13.19 Zwembad Brigitte Becue 26/04/2026 |           |           | PB (25m pool): 01:09.69 SB: 01:13.19 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |                                                                        |
| PB                                                        | 00:35.80  | 01:13.19  |                                                                        |
|                                                           | 00:35.80  | 00:37.39  |                                                                        |
|                                                           | . . . . . | . . . . . |                                                                        |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+    |          |          | Heat:13, starttime: 11:09                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 13/19 Lane : 1 Athlete: HUENS WARRE    |          |          | Q-time: 01:13:93                                          |
| PB (50m pool): 01:13.93 Antwerpen 15/03/2026 |          |          | PB (25m pool): 01:12.16 SB: 01:13.93 Antwerpen 15/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:36.84 | 01:13.93 |                                                           |
|                                              | 00:36.84 | 00:37.09 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                 |          |          | Heat:15, starttime: 11:13                                              |
|-----------------------------------------------------------|----------|----------|------------------------------------------------------------------------|
| Heat: 15/19 Lane : 0 Athlete: VIAENE MAXIM                |          |          | Q-time: 01:11:37                                                       |
| PB (50m pool): 01:09.71 Zwembad Brigitte Becue 26/04/2026 |          |          | PB (25m pool): 01:09.58 SB: 01:09.71 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M    | 1 0 0 M  |                                                                        |
| PB                                                        | 00:33.75 | 01:09.71 |                                                                        |
|                                                           | 00:33.75 | 00:35.96 |                                                                        |
|                                                           | .....    | .....    |                                                                        |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+    |          |          | Heat:15, starttime: 11:13                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 15/19 Lane : 5 Athlete: LAFAUT JEROME  |          |          | Q-time: 01:09:75                                          |
| PB (50m pool): 01:09.75 Antwerpen 08/03/2026 |          |          | PB (25m pool): 01:06.02 SB: 01:09.75 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:34.33 | 01:09.75 |                                                           |
|                                              | 00:34.33 | 00:35.42 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                 |          |          | Heat:15, starttime: 11:13                                              |
|-----------------------------------------------------------|----------|----------|------------------------------------------------------------------------|
| Heat: 15/19 Lane : 8 Athlete: ROSIERS MATHIAS             |          |          | Q-time: 01:11:30                                                       |
| PB (50m pool): 01:10.57 Zwembad Brigitte Becue 26/04/2026 |          |          | PB (25m pool): 01:10.43 SB: 01:10.57 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M    | 1 0 0 M  |                                                                        |
| PB                                                        | 00:34.23 | 01:10.57 |                                                                        |
|                                                           | 00:34.23 | 00:36.34 |                                                                        |
|                                                           | .....    | .....    |                                                                        |

Coach feedback:

# FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+        |          |          | Heat:15, starttime: 11:13                                 |
|--------------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 15/19 Lane : 9 Athlete: VAN THILLO AMBROOS |          |          | Q-time: 01:11:49                                          |
| PB (50m pool): 01:11.49 Eindhoven 22/03/2026     |          |          | PB (25m pool): 01:07.74 SB: 01:11.49 Eindhoven 22/03/2026 |
|                                                  | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                               | 00:34.68 | 01:11.49 |                                                           |
|                                                  | 00:34.68 | 00:36.81 |                                                           |
|                                                  | .....    | .....    |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+  |          |          | Heat:16, starttime: 11:15                            |
|--------------------------------------------|----------|----------|------------------------------------------------------|
| Heat: 16/19 Lane : 4 Athlete: GILLET AARON |          |          | Q-time: 01:07:87                                     |
| PB (50m pool): 01:07.87 Gent 08/02/2026    |          |          | PB (25m pool): 01:08.06 SB: 01:07.87 Gent 08/02/2026 |
|                                            | 5 0 M    | 1 0 0 M  |                                                      |
| PB                                         | 00:33.17 | 01:07.87 |                                                      |
|                                            | 00:33.17 | 00:34.70 |                                                      |
|                                            | .....    | .....    |                                                      |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+    |          |          | Heat:17, starttime: 11:17                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 17/19 Lane : 0 Athlete: LOEYS EWOUT    |          |          | Q-time: 01:07:48                                          |
| PB (50m pool): 01:07.48 Antwerpen 08/03/2026 |          |          | PB (25m pool): 01:06.00 SB: 01:07.48 Antwerpen 08/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:33.23 | 01:07.48 |                                                           |
|                                              | 00:33.23 | 00:34.25 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+    |          |          | Heat:17, starttime: 11:17                                 |
|----------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 17/19 Lane : 2 Athlete: LEROUX WOUT    |          |          | Q-time: 01:04:36                                          |
| PB (50m pool): 01:04.36 Antwerpen 22/03/2026 |          |          | PB (25m pool): 01:00.78 SB: 01:04.36 Antwerpen 22/03/2026 |
|                                              | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                           | 00:31.39 | 01:04.36 |                                                           |
|                                              | 00:31.39 | 00:32.97 |                                                           |
|                                              | .....    | .....    |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+    |           |           | Heat:18, starttime: 11:19                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 18/19 Lane : 6 Athlete: DE MUL TOM     |           |           | Q-time: 01:03:65                                          |
| PB (50m pool): 01:03.65 Antwerpen 27/07/2025 |           |           | PB (25m pool): 00:57.97 SB: 01:03.77 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:29.84  | 01:03.65  |                                                           |
|                                              | 00:29.84  | 00:33.81  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+                |           |           | Heat:19, starttime: 11:21                            |
|----------------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 19/19 Lane : 3 Athlete: BAEYE LEON                 |           |           | Q-time: 01:00:98                                     |
| PB (50m pool): 01:00.98 Lago Gent Rozebroeken 04/05/2025 |           |           | PB (25m pool): 00:57.49 SB: 01:02.74 Gent 08/02/2026 |
|                                                          | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                                       | 00:29.69  | 01:00.98  |                                                      |
|                                                          | 00:29.69  | 00:31.29  |                                                      |
|                                                          | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+        |           |           | Heat:19, starttime: 11:21                                 |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/19 Lane : 6 Athlete: NAAKTGEBOREN JAKOB |           |           | Q-time: 01:03:49                                          |
| PB (50m pool): 01:03.49 Antwerpen 27/07/2025     |           |           | PB (25m pool): 01:00.78 SB: 01:04.26 Antwerpen 15/03/2026 |
|                                                  | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                               | no time   | 01:03.49  |                                                           |
|                                                  | no time   |           |                                                           |
|                                                  | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 14: 100M BACKSTROKE MEN 11+    |           |           | Heat:19, starttime: 11:21                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 19/19 Lane : 7 Athlete: LAFAUT LEON    |           |           | Q-time: 01:04:47                                          |
| PB (50m pool): 01:04.47 Antwerpen 27/07/2025 |           |           | PB (25m pool): 01:01.43 SB: 01:05.46 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.78  | 01:04.47  |                                                           |
|                                              | 00:30.78  | 00:33.69  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

| Event number: 14: 100M BACKSTROKE MEN 11+                                                                                        |           |  |           |  |  |  |  |  |  | Heat:19, starttime: 11:21 |  |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|---------------------------|--|
| Heat: 19/19 Lane : 8 Athlete: DE DECKER TIBE                                                                                     |           |  |           |  |  |  |  |  |  | Q-time: 01:06:59          |  |
| PB (50m pool): 01:06.09 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:03.26 SB: 01:06.09 Zwembad Brigitte Becue 26/04/2026 |           |  |           |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | 5 0 M     |  | 1 0 0 M   |  |  |  |  |  |  |                           |  |
| PB                                                                                                                               | 00:31.45  |  | 01:06.09  |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | 00:31.45  |  | 00:34.64  |  |  |  |  |  |  |                           |  |
|                                                                                                                                  | . . . . . |  | . . . . . |  |  |  |  |  |  |                           |  |

Coach feedback:

| Event number: 15: 400M MEDLEY WOMEN 11+            |  |  |  |  |  |  | Heat:2, starttime: 11:30 |  |
|----------------------------------------------------|--|--|--|--|--|--|--------------------------|--|
| Heat: 2/2    Lane : 4    Athlete: VINCK TINE       |  |  |  |  |  |  | Q-time: 05:18:73         |  |
| PB (50m pool): 05:17.88    Eindhoven    24/03/2024 |  |  |  |  |  |  |                          |  |

Coach feedback:

| Event number: 15: 400M MEDLEY WOMEN 11+               |                |           |                                     |           |           |           | Heat:2, starttime: 11:30 |           |
|-------------------------------------------------------|----------------|-----------|-------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 8    Athlete: BLANCQUAERT CAMILLE |                |           |                                     |           |           |           | Q-time: 05:47:87         |           |
| PB (50m pool): no time                                |                |           | PB (25m pool): 05:47.87 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   |
|                                                       | <i>no time</i> |           |                                     |           |           |           |                          |           |
|                                                       | . . . . .      | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 400M MEDLEY MEN 11+            |  |  |  |  |  |  | Heat:2, starttime: 11:44 |  |
|--------------------------------------------------|--|--|--|--|--|--|--------------------------|--|
| Heat: 2/3    Lane : 1    Athlete: DE DECKER TIBE |  |  |  |  |  |  | Q-time: 05:35:56         |  |
| PB (50m pool): 05:35.56    Antwerpen 20/07/2025  |  |  |  |  |  |  |                          |  |

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: MEGA

|                                                 |           |           |                                       |           |           |           |                          |           |
|-------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 16: 400M MEDLEY MEN 11+           |           |           |                                       |           |           |           | Heat:3, starttime: 11:51 |           |
| Heat: 3/3    Lane : 1    Athlete: BULCKAEN TOON |           |           |                                       |           |           |           | Q-time: 05:20:00         |           |
| 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: