

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

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

Coaches: Verhamme Joris HEADCOACH

Coaches: Van Buggenhout Koen

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 0 Athlete: CONRADIE BEAH			Q-time: 01:21:38
PB (50m pool): 01:21.38 Gent 08/02/2026			PB (25m pool): 01:21.52 SB: 01:21.38 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.37	01:21.38	
	00:38.37	00:43.01	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 3 Athlete: VANDENBUSSCHE LENA			Q-time: 01:20:26
PB (50m pool): 01:20.26 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:16.93 SB: 01:20.26 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:38.32	01:20.26	
	00:38.32	00:41.94	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 0 Athlete: VAN BUGGENHOUT AMBER			Q-time: 01:19:63
PB (50m pool): 01:19.63 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.98 SB: 01:19.63 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.63	
	no time		
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 4 Athlete: SCHELFAUT FLOOR			Q-time: 01:13:72
PB (50m pool): 01:13.72 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:11.35 SB: 01:13.72 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.00	01:13.72	
	00:36.00	00:37.72	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 6 Athlete: LAGA LORE			Q-time: 01:13:93
PB (50m pool): 01:13.93 Lochristi 01/02/2026 PB (25m pool): 01:10.37 SB: 01:13.93 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:13.93	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 0 Athlete: DIERICKX MAREN			Q-time: 01:12:19
PB (50m pool): 01:12.19 Lochristi 01/02/2026 PB (25m pool): 01:07.48 SB: 01:12.19 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:12.19	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 7 Athlete: PIETERS MAURO			Q-time: 01:25:56
PB (50m pool): 01:25.56 Gent 08/02/2026 PB (25m pool): 01:26.57 SB: 01:25.56 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:40.83	01:25.56	
	00:40.83	00:44.73	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 8 Athlete: DE CONINCK MAXIME			Q-time: 01:26:51
PB (50m pool): 01:26.51 Gent 08/02/2026			PB (25m pool): 01:16.62 SB: 01:26.51 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.43	01:26.51	
	00:41.43	00:45.08	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 5 Athlete: LONG XIANG			Q-time: 01:16:95
PB (50m pool): 01:16.95 Antwerpen 13/07/2025			PB (25m pool): 01:10.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.99	01:16.95	
	00:34.99	00:41.96	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 7 Athlete: VERSCHELDE THIJS			Q-time: 01:10:74
PB (50m pool): 01:10.74 Gent 08/02/2026			PB (25m pool): 01:06.45 SB: 01:10.74 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.70	01:10.74	
	00:33.70	00:37.04	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 8 Athlete: VANMEIRHAEGHE KASPER			Q-time: 01:08:19
PB (50m pool): 01:08.19 Gent 08/02/2026			PB (25m pool): 01:05.33 SB: 01:08.19 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:32.88	01:08.19	
	00:32.88	00:35.31	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 3 Athlete: NIEMEGEREERTS SVEN			Q-time: 01:04:50
PB (50m pool): 01:04.50 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:03.47 SB: 01:06.67 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.96	01:04.50	
	00:30.96	00:33.54	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 4 Athlete: HEMELSOEN AARYAN			Q-time: 01:04:07
PB (50m pool): 01:04.07 Gent 08/02/2026			PB (25m pool): 01:01.15 SB: 01:04.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.54	01:04.07	
	00:30.54	00:33.53	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 7 Athlete: NIEMEGEREERTS IVAN			Q-time: 00:59:48
PB (50m pool): 00:59.48 Sportoase De Watermolen 29/03/2026			PB (25m pool): 00:58.81 SB: 00:59.48 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:28.76	00:59.48	
	00:28.76	00:30.72	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 5 Athlete: VERHAMME MATTS			Q-time: 00:58:10
PB (50m pool): 00:58.10 Antwerpen 27/07/2025			PB (25m pool): 00:56.66 SB: 00:58.71 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.44	00:58.10	
	00:28.44	00:29.66	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 0 Athlete: COENE XANDER			Q-time: 00:57:08
PB (50m pool): 00:57.08 Antwerpen 08/03/2026			PB (25m pool): 00:55.45 SB: 00:57.08 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.61	00:57.08	
	00:27.61	00:29.47	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 9 Athlete: SCHaubROECK YARNO			Q-time: 00:57:13
PB (50m pool): 00:57.13 Sportoase De Watermolen 29/03/2026			PB (25m pool): 00:55.25 SB: 00:57.13 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:27.71	00:57.13	
	00:27.71	00:29.42	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:57
Heat: 23/23 Lane : 8 Athlete: VAN OOST MARTIJN			Q-time: 00:56:64
PB (50m pool): 00:56.64 Gent 08/02/2026			PB (25m pool): 00:54.86 SB: 00:56.64 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:27.17	00:56.64	
	00:27.17	00:29.47	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 8 Athlete: VANDENBUSSCHE LENA			Q-time: 01:40:41
PB (50m pool): 01:40.41 Gent 08/02/2026			PB (25m pool): 01:36.90 SB: 01:40.41 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:49.10	01:40.41	
	00:49.10	00:51.31	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 3 Athlete: CONRADIE BEAH			Q-time: 01:35:52
PB (50m pool): 01:35.52 Gent 08/02/2026			PB (25m pool): 01:34.46 SB: 01:35.52 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.98	01:35.52	
	00:45.98	00:49.54	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 4 Athlete: VAN BUGGENHOUT AMBER			Q-time: 01:32:10
PB (50m pool): 01:32.10 Antwerpen 13/07/2025			PB (25m pool): 01:27.53 SB: 01:33.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.58	01:32.10	
	00:45.58	00:46.52	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 9 Athlete: LAGA LORE			Q-time: 01:33:42
PB (50m pool): 01:33.42 Antwerpen 13/07/2025			PB (25m pool): 01:30.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.96	01:33.42	
	00:44.96	00:48.46	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 4 Athlete: DIERICKX MAREN			Q-time: 01:27:23
PB (50m pool): 01:27.23 LOCHRISTI 25/01/2026			PB (25m pool): 01:23.97 SB: 01:27.23 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.23	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 5 Athlete: SCHELFAUT FLOOR			Q-time: 01:27:92
PB (50m pool): 01:27.92 Gent 08/02/2026			PB (25m pool): 01:24.93 SB: 01:27.92 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.92	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 5 Athlete: PIETERS MAURO			Q-time: 01:38:21
PB (50m pool): 01:38.21 Gent 08/02/2026			PB (25m pool): 01:33.70 SB: 01:38.21 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:47.32	01:38.21	
	00:47.32	00:50.89	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 7 Athlete: DE CONINCK MAXIME			Q-time: 01:36:50
PB (50m pool): 01:36.50 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:36.50 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.50	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 5 Athlete: VERSCHELDE THIJS			Q-time: 01:25:24
PB (50m pool): 01:25.24 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:22.00 SB: 01:25.24 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:41.15	01:25.24	
	00:41.15	00:44.09	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 8 Athlete: LONG XIANG			Q-time: 01:24:81
PB (50m pool): 01:24.81 LOCHRISTI 25/01/2026			PB (25m pool): 01:21.98 SB: 01:24.81 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:24.81	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 2 Athlete: HEMELSOEN AARYAN			Q-time: 01:23:25
PB (50m pool): 01:23.25 LOCHRISTI 25/01/2026			PB (25m pool): 01:16.04 SB: 01:23.25 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.25	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 4 Athlete: NIEMEGEERTS SVEN			Q-time: 01:18:67
PB (50m pool): 01:18.67 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:15.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.72	01:18.67	
	00:38.72	00:39.95	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:03
Heat: 10/19 Lane : 3 Athlete: VANMEIRHAEGHE KASPER			Q-time: 01:17:21
PB (50m pool): 01:17.21 Gent 08/02/2026			PB (25m pool): 01:14.57 SB: 01:17.21 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.11	01:17.21	
	00:38.11	00:39.10	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:14, starttime: 11:11
Heat: 14/19 Lane : 0 Athlete: NIEMEGEERTS IVAN			Q-time: 01:13:03
PB (50m pool): 01:13.03 LOCHRISTI 25/01/2026			PB (25m pool): 01:12.30 SB: 01:13.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.03	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 6 Athlete: VERHAMME MATTS			Q-time: 01:10:00
PB (50m pool): 01:10.00 Antwerpen 13/07/2025			PB (25m pool): 01:08.29 SB: 01:11.32 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.73	01:10.00	
	00:34.73	00:35.27	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 0 Athlete: SCHAUBROECK YARNO			Q-time: 01:09:53
PB (50m pool): 01:09.53 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:09.53 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:09.53	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:17, starttime: 11:17
Heat: 17/19 Lane : 6 Athlete: COENE XANDER			Q-time: 01:03:96
PB (50m pool): 01:03.96 Antwerpen 22/03/2026			PB (25m pool): 01:01.24 SB: 01:03.96 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.33	01:03.96	
	00:31.33	00:32.63	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+		Heat:18, starttime: 11:19	
Heat: 18/19 Lane : 9 Athlete: VAN OOST MARTIJN			Q-time: 01:07:71
PB (50m pool): 01:07.71 Gent 08/02/2026		PB (25m pool): 01:04.17 SB: 01:07.71 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:33.02	01:07.71	
	00:33.02	00:34.69	
			

Coach feedback: