

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Cornelis Jan Pieter

Coaches: Terryen Julien

Coaches: Wibaut Annouck HEADCOACH

Coaches: Meirhaeghe Jens

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

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 14:20
Heat: 2/2 Lane : 2 Athlete: SARRAZIN THIBAUT					Q-time: 04:10:10
PB (50m pool): 04:10.10 Kortrijk 26/12/2025					PB (25m pool): no time SB: 04:10.10 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:56.52	01:57.43	03:10.06	04:10.10	
	00:56.52	01:00.91	01:12.63	01:00.04	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:33
Heat: 3/24 Lane : 5 Athlete: CORNELIS LUISA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:37
Heat: 4/24 Lane : 5 Athlete: CALLAERT MAËLE					Q-time: 03:54:99
PB (50m pool): no time					PB (25m pool): 03:54.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:42
Heat: 5/24 Lane : 8 Athlete: DELEUZE KATO					Q-time: 03:20:26
PB (50m pool): 03:20.26 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:59.48 SB: 03:20.26 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.70	01:34.11	02:29.93	03:20.26	
	00:42.70	00:51.41	00:55.82	00:50.33	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:46
Heat: 6/24 Lane : 7 Athlete: VERHELST LOLA					Q-time: 03:03:42
PB (50m pool): 03:03.42 Lochristi 01/02/2026 PB (25m pool): 03:00.69 SB: 03:03.42 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.58	no time	03:03.42	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:59
Heat: 10/24 Lane : 2 Athlete: VANDENHOUCKE ALAïs					Q-time: 02:43:59
PB (50m pool): 02:43.59 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:29.34 SB: 02:43.59 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.40	01:20.66	02:02.83	02:43.59	
	00:38.40	00:42.26	00:42.17	00:40.76	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:12, starttime: 15:05
Heat: 12/24 Lane : 3 Athlete: MERTENS XIANA					Q-time: 02:38:81
PB (50m pool): 02:38.81 Antwerpen 13/07/2025 PB (25m pool): 02:43.50 SB: 02:39.78 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.42	01:16.90	01:58.88	02:38.81	
	00:36.42	00:40.48	00:41.98	00:39.93	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 3 Athlete: VAN OOTEGHEM KYANA					Q-time: 02:28:05
PB (50m pool): 02:28.05 Antwerpen 20/04/2025					PB (25m pool): 02:21.81 SB: 02:32.36 Sportoase De Watermolen 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.71	01:12.72	01:50.94	02:28.05	
	00:34.71	00:38.01	00:38.22	00:37.11	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 1 Athlete: VAN DAELE LORE					Q-time: 02:18:49
PB (50m pool): 02:18.06 Aalst 22/06/2024					PB (25m pool): 02:14.81 SB: 02:21.01 Sportoase De Watermolen 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:18.06	
	no time				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:43
Heat: 1/2 Lane : 3 Athlete: WALLEZ ENOAN					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: 19: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:43
Heat: 1/2 Lane : 6 Athlete: DELEUZE LOTTE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:53
Heat: 2/19 Lane : 1 Athlete: VAN DEN HAUTE EMILE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:58
Heat: 3/19 Lane : 7 Athlete: GLORIEUX ALEXANDER					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:9, starttime: 16:26
Heat: 9/19 Lane : 7 Athlete: VRAMBOUT MAURICE					Q-time: 03:29:99
PB (50m pool): no time PB (25m pool): 03:29.99 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 1 Athlete: BONNARENS DRIES					Q-time: 02:58:95
PB (50m pool): 02:58.95 Wezenberg Topsportbad, Antwerp 18/02/2026 PB (25m pool): 02:51.94 SB: 02:59.94 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.85	no time	02:58.95	
	no time				
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 2 Athlete: DE VLIEGER ELIOTT					Q-time: 02:54:21
PB (50m pool): 02:54.21 Antwerpen 08/03/2026					PB (25m pool): 02:55.31 SB: 02:54.21 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.21	01:23.41	02:09.36	02:54.21	
	00:39.21	00:44.20	00:45.95	00:44.85	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 3 Athlete: VAN DAELE NAND					Q-time: 02:53:69
PB (50m pool): 02:53.69 Antwerpen 08/03/2026					PB (25m pool): 02:53.22 SB: 02:53.69 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.13	01:23.79	02:09.27	02:53.69	
	00:39.13	00:44.66	00:45.48	00:44.42	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 3 Athlete: VANDORPE DANTE					Q-time: 02:42:86
PB (50m pool): 02:41.87 Antwerpen 28/07/2024					PB (25m pool): 02:33.70 SB: 02:47.72 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:41.87	
	no time				
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:5, starttime: 17:34
Heat: 5/6 Lane : 5 Athlete: VAN DAELE DAAN					Q-time: 02:32:31
PB (50m pool): 02:32.31 Kortrijk 26/12/2025					PB (25m pool): 02:29.73 SB: 02:32.31 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.93	01:11.50	01:51.22	02:32.31	
	00:32.93	00:38.57	00:39.72	00:41.09	
					

Coach feedback: