Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 14:05

Heat: 3/3 Lane : 4 Athlete: COENE XANDER **Q-time: 00:58:68**

PB (25m pool): 00:58.68 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:00.43 **SB:** 00:58.68 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.60		00:58.68	
		00:28.60		*00:30.08*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:5, starttime: 14:21

Heat: 5/9 Lane : 3 Athlete: LONG XIANG **Q-time: 01:03:54**

PB (25m pool): 01:03.54 EEKLO 04/10/2026 **PB (50m pool):** 01:08.38 **SB:** 01:03.54 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.53		01:03.54	
		00:29.53		*00:34.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:5, starttime: 14:21

Heat: 5/9 Lane : 4 Athlete: NIEMEGEERTS SVEN **Q-time: 01:03:47**

PB (25m pool): 01:03.47 TEMSE 18/05/2025 **PB (50m pool):** 01:04.14 **SB:** 01:04.16 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.09		01:03.47	
		00:31.09		*00:32.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:26

Heat: 8/9 Lane : 3 Athlete: NIEMEGEERTS IVAN — **Q-time: 00:56:90**

PB (25m pool): 00:56.90 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:58.20 **SB:** 00:56.90 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.45		00:56.90	
		00:27.45		*00:29.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:28

Heat: 9/9 Lane : 3 Athlete: VERHAMME MATTS — **Q-time: 00:53:69**

PB (25m pool): 00:53.69 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:55.35 **SB:** 00:53.69 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.21		00:53.69	
		00:26.21		*00:27.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:28

Heat: 9/9 Lane : 6 Athlete: VAN OOST MARTIJN — **Q-time: 00:54:86**

PB (25m pool): 00:54.86 EEKLO 04/10/2026 **PB (50m pool):** 00:55.82 **SB:** 00:54.86 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.47		00:54.86	
		00:26.47		*00:28.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:39

Heat: 6/10 Lane : 4 Athlete: BULCKAEN JANNE — **Q-time: 01:06:68**

PB (25m pool): 01:06.68 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:07.06 **SB:** 01:06.68 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.45		01:06.68	
		00:31.45		*00:35.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:40

Heat: 7/10 Lane : 2 Athlete: DIERICKX MAREN — **Q-time: 01:05:52**

PB (25m pool): 01:05.52 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:10.70 **SB:** 01:05.52 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.38		01:05.52	
		00:31.38		*00:34.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:40

Heat: 7/10 Lane : 5 Athlete: CLAEYS ROMEE — **Q-time: 01:02:64**

PB (25m pool): 01:02.64 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.20 **SB:** 01:02.64 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.13		01:02.64	
		00:30.13		*00:32.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 15:04

Heat: 4/4 Lane : 4 Athlete: VERHAMME MATTS — **Q-time: 02:14:57**

PB (25m pool): 02:14.57 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:21.24 **SB:** 02:14.57 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.38		01:05.35		01:45.64		02:14.57
		00:29.38		*00:35.97*		*00:40.29*		*00:28.93*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 15:04

Heat: 4/4 Lane : 6 Athlete: VAN OOST MARTIJN — **Q-time: 02:21:31**

PB (25m pool): 02:21.31 EEKLO 04/10/2026 **PB (50m pool):** 02:23.21 **SB:** 02:21.31 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.23		no time		no time		02:21.31
		00:30.23						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 5 Athlete: DIERICKX MAREN — **Q-time: 02:46:95**

PB (25m pool): 02:46.95 EEKLO 04/10/2026 — **PB (50m pool):** 02:47.76 **SB:** 02:46.95 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.64		no time		no time		02:46.95
		00:35.64						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 15:30

Heat: 3/5 Lane : 3 Athlete: NIEMEGEERTS SVEN — **Q-time: 01:20:72**

PB (25m pool): 01:20.72 LAGO Zwevegem 25/05/2026 — **PB (50m pool):** 01:29.08 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.25		01:20.72	
		00:38.25		*00:42.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 15:32

Heat: 4/5 Lane : 3 Athlete: NIEMEGEERTS IVAN — **Q-time: 01:16:22**

PB (25m pool): 01:16.22 EEKLO 04/10/2026 — **PB (50m pool):** 01:19.84 **SB:** 01:16.22 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.39		01:16.22	
		00:36.39		*00:39.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 15:34

Heat: 5/5 Lane : 5 Athlete: COENE XANDER — **Q-time: 01:08:57**

PB (25m pool): 01:08.57 Nijlen 16/11/2025 — **PB (50m pool):** 01:11.27 **SB:** 01:09.27 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.00		01:08.57	
		00:32.00		*00:36.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:50

Heat: 2/4 Lane : 6 Athlete: LONG XIANG — **Q-time: 01:17:95**

PB (25m pool): 01:17.95 EEKLO 04/10/2026 — **PB (50m pool):** 01:24.73 **SB:** 01:17.95 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.48		01:17.95	
		00:35.48		*00:42.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 15:53

Heat: 4/4 Lane : 2 Athlete: VAN OOST MARTIJN — **Q-time: 01:05:10**

PB (25m pool): 01:05.10 EEKLO 04/10/2026 — **PB (50m pool):** 01:17.97 **SB:** 01:05.10 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.63		01:05.10	
		00:29.63		*00:35.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 15:53

Heat: 4/4 Lane : 4 Athlete: VERHAMME MATTS — **Q-time: 01:00:55**

PB (25m pool): 00:59.73 Diksmuide 01/11/2026 — **PB (50m pool):** 01:01.05 **SB:** 00:59.73 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:28.20		00:59.73	
		00:28.20		*00:31.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:56

Heat: 1/2 Lane : 4 Athlete: BULCKAEN JANNE — **Q-time: 01:19:59**

PB (25m pool): 01:19.59 Sint-Amandsberg 19/10/2025 — **PB (50m pool):** 01:21.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.24		01:19.59	
		00:36.24		*00:43.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 15:57

Heat: 2/2 Lane : 4 Athlete: CLAEYS ROMEE — **Q-time: 01:12:37**

PB (25m pool): 01:13.72 Temse 31/05/2026 **PB (50m pool):** 01:12.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.97		01:13.72	
		00:33.97		*00:39.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 15:57

Heat: 2/2 Lane : 6 Athlete: DIERICKX MAREN — **Q-time: 01:18:58**

PB (25m pool): 01:18.58 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:22.37 **SB:** 01:18.58 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.14		01:18.58	
		00:36.14		*00:42.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:5, starttime: 16:17

Heat: 5/8 Lane : 4 Athlete: LONG XIANG — **Q-time: 01:14:09**

PB (25m pool): 01:14.09 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:14.09 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:14.09	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:5, starttime: 16:17

Heat: 5/8 Lane : 7 Athlete: NIEMEGEERTS SVEN — **Q-time: 01:15:86**

PB (25m pool): 01:15.86 TEMSE 30/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.91		01:15.86	
		00:34.91		*00:40.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 13: 100M MEDLEY MEN 11+ — Heat:8, starttime: 16:22

Heat: 8/8 Lane : 5 Athlete: COENE XANDER — **Q-time: 01:01:68**

PB (25m pool): 01:01.03 Diksmuide 01/11/2026 **PB (50m pool):** no time **SB:** 01:01.03 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:27.63		01:01.03	
		00:27.63		*00:33.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:8, starttime: 16:22

Heat: 8/8 Lane : 7 Athlete: NIEMEGEERTS IVAN — **Q-time: 01:06:16**

PB (25m pool): 01:06.16 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:06.16 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:06.16	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 3 Athlete: CLAEYS ROMEE — **Q-time: 01:19:83**

PB (25m pool): 01:19.83 TEMSE 30/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.84		01:19.83	
		00:36.84		*00:42.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 5 Athlete: BULCKAEN JANNE — **Q-time: 01:19:00**

PB (25m pool): 01:19.00 Waregem 26/09/2026 **PB (50m pool):** no time **SB:** 01:19.00 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:19.00	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 15: 4x50M MEDLEY MIXED 11+ **Heat:2, starttime: 16:43**

Heat: 2/2 Lane : 2 Athlete: TEAM SOS 1 **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: