

OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN

Heat:5, starttime: 09:19

Heat: 5/8 Lane : 7 Athlete: GRAHAM JIL

Q-time: 01:08:03

PB (50m pool): 01:08.03 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 01:06.44 SB: 01:12.12 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	
PB	00:31.98	01:08.03	
	00:31.98	00:36.05	
			

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN

Heat:2, starttime: 09:49

Heat: 2/3 Lane : 2 Athlete: GRAHAM JIL

Q-time: 05:13:67

PB (50m pool): 05:13.67 Antwerpen 27/07/2025 PB (25m pool): 05:06.05 SB: 05:31.67 Charleroi 15/02/2026

	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	00:34.53	01:13.35	01:53.97	02:33.14	03:18.93	04:05.00	04:39.78	05:13.67
	00:34.53	00:38.82	00:40.62	00:39.17	00:45.79	00:46.07	00:34.78	00:33.89
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN

Heat:4, starttime: 10:07

Heat: 4/9 Lane : 8 Athlete: OST RYAN

Q-time: 01:10:97

PB (50m pool): 01:10.97 Wezenberg 01/02/2026 PB (25m pool): 01:10.77 SB: 01:10.97 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.56	01:10.97	
	00:33.56	00:37.41	
			

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN							Heat:4, starttime: 10:22	
Heat: 4/6 Lane : 2 Athlete: WILLAERT AYLA							Q-time: 00:34:80	
PB (50m pool): 00:34.56 Zwembad Brigitte Becue Oostend 10/05/2024 PB (25m pool): 00:33.96 SB: 00:34.80 Brugge 25/01/2026								
	5 0 M							
PB	00:34.56							
	00:34.56							
								

Coach feedback:

Event number: 9: 50M FREESTYLE MEN							Heat:10, starttime: 11:05		
Heat: 10/12 Lane : 3 Athlete: VAN WELLEN JOSEPH							Q-time: 00:23:09		
PB (50m pool): 00:23.09 Antwerpen 22/03/2026							PB (25m pool): 00:23.02 SB: 00:23.09 Antwerpen 22/03/2026		
	5 0 M								
PB	00:23.09								
	00:23.09								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:2, starttime: 11:10		
Heat: 2/8 Lane : 5 Athlete: WILLAERT AYLA							Q-time: 00:32:93		
PB (50m pool): 00:32.05 Antwerp 21/01/2024							PB (25m pool): 00:31.46 SB: 00:32.93 Wezenberg 01/02/2026		
	5 0 M								
PB	00:32.05								
	00:32.05								
									

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN							Heat:4, starttime: 11:14		
Heat: 4/8 Lane : 2 Athlete: MELIS VLINDER							Q-time: 00:32:15		
PB (50m pool): 00:32.15 La Louvière 08/02/2026							PB (25m pool): 00:31.94SB: 00:32.15 La Louvière 08/02/2026		
	5 0 M								
PB	00:32.15								
	00:32.15								
									

Coach feedback: