

2024 Pleasant Hill Dolphins Swim Schedule (as of 1/11/2024)

Mon	Dec 11	Registration Opens at 9 AM
Fri	Feb 23	Try outs, 4 PM @ PH Aquatic Park (see Note below)
Sat	March 23	Try outs, 10 AM @ PH Aquatic Park (see Note below)
Mon	Apr 8	First Day of Practice

Thurs	May 9	Parent meeting at 7 PM @ Teen Center
Sat	May 11	Set Up Day/Work Party @ PHD
Sat	May 18	Try outs, 10 AM @ PH Aquatic Park (see Note below)
Sun	May 19	Time Trials, 9 AM @ PHD
Mon	May 27	Memorial Day – No Practice
Wed	May 29	Springbrook @ PHD

Sat	June 1	9 & Under @ PHA/10 & Up @ Larkey Invitationals
Wed	June 5	PHD @ WCSC
Sat	June 8	PHA @ PHD
Sun	June 9	8&U Invitational @ Martinez
Mon	June 10	Summer Practice Schedule Begins
Wed	June 12	Dana Hills @ PHD
Fri	June 14	8 & Under Party, 6-8 PM @ PH Aquatic Park
Sat	June 15	PHD @ Forest Park
Wed	June 19	PHD @ LMYA
Fri	June 21	11-12 Luau, 6-8 PM @ PH Aquatic Park
Sat/Sun	June 22/23	Pentathlon Invitational @ Dana Hills
Wed	June 26	PHD @ IVST
Fri	June 28	Team Picture Day/All Team AM Practice (No Mini's Practice)
Sat/Sun	June 29/30	Battle of the Ages @PHD

Mon	July 1	13-18 Raft Trip (no practices, including Mini's)
Wed	July 3	MCST @ PHD
Thurs-Sun	July 4-7	Dolphin Break
Wed	July 10	PHD @ Ygnacio Woods
Fri	July 12	Swim Palooza/Team BBQ @ PHD/Pleasant Oaks Park
Sat	July 13	Oakhurst @ PHD
Wed	July 17	Benicia @ PHD
Fri	July 19	9/10 Party, 6-8 PM
Sat	July 20	Danville @ PHD
Tues	July 23	13-18 Game Night, 6:30-8:30PM @ Teen Center
Wed	July 24	Team Pasta Feed @ PHD
Fri	July 26	Team Breakfast after combined AM Practice/Spirit Day
Fri/Sat/Sun	July 26/27/28	Concord City Meet Invitational
Tues	July 30	End of Season Ice Cream/Swim Party, 1:30-4 PM @ PHAP

Thurs	Aug 1	County Dinner
Fri	Aug 2	County Breakfast
Sat/Sun	Aug 3/4	County Swim Meet @ Acalanes HS
Fri	Aug 9	Awards Night @ Community Center
Sat	Aug 10	Clean-Up Work Party @ PHD

*Try outs are for all new 10 & under swimmers (including new Mini's).
Try outs are free, but pre-registration is required. Register [online](#).