

Pleasant Hill Dolphins Goal Times								
GIRLS 2025								
Stroke	Age Group	Distance	Red Star Time	White Star Time	Blue Star Time	County Qualify Time	Gold Star Time	Dolphins Team Record
Free	6 & U	25 YD	32.75	30.56	25.10	21.83	21.39	16.85
	7-8	25 YD	25.46	23.76	19.52	16.97	16.63	14.68
	9-10	50 YD	42.60	39.32	36.05	32.77	32.11	27.85
	11-12	50 YD	35.39	33.91	31.85	29.49	28.90	25.51
	13-14	50 YD	31.95	30.00	28.89	27.78	27.22	24.97
	15-18	50 YD	30.02	28.65	27.84	27.29	26.74	24.01
	15-18	100 YD	1:05.98	1:02.98	1:01.18	59.98	58.78	53.37
Breast	6 & U	25 YD	47.96	44.76	36.77	31.97	31.33	23.06
	7-8	25 YD	35.12	32.77	26.92	23.41	22.94	19.45
	9-10	50 YD	55.52	51.25	46.98	42.71	41.86	35.90
	11-12	50 YD	45.49	43.60	40.94	37.91	37.15	33.06
	13-14	50 YD	42.23	39.66	38.19	36.72	35.99	31.74
	15-18	100 YD	01:25.78	01:21.88	01:19.54	01:17.98	01:16.42	1:08.50
Back	6 & U	25 YD	39.68	37.03	30.42	26.45	25.92	21.17
	7-8	25 YD	32.24	30.09	24.71	21.49	21.06	17.24
	9-10	50 YD	51.49	47.53	43.57	39.61	38.82	33.81
	11-12	50 YD	41.44	39.71	37.29	34.53	33.84	30.30
	13-14	50 YD	37.90	35.60	34.28	32.96	32.30	28.84
	15-18	100 YD	01:17.15	01:13.65	01:11.54	01:10.14	01:08.74	1:01.42
Fly	6 & U	25 YD	41.67	38.89	31.95	27.78	27.22	18.55
	7-8	25 YD	29.67	27.69	22.75	19.78	19.38	15.36
	9-10	50 YD	48.36	44.64	40.92	37.20	36.46	30.86
	11-12	50 YD	39.04	37.41	35.13	32.53	31.88	27.99
	13-14	50 YD	34.94	32.81	31.60	30.38	29.77	27.35
	15-18	100 YD	01:15.24	01:11.82	01:09.77	01:08.40	01:07.03	58.30
IM	6 & U	100 YD						1:51.15
	7-8	100 YD	02:34.40	02:24.10	01:58.37	1:42.93	01:40.87	1:23.79
	9-10	100 YD	01:51.67	01:43.08	01:34.49	1:25.90	01:24.18	1:11.85
	11-12	100 YD	01:30.41	01:26.64	01:21.37	1:15.34	01:13.83	1:06.00
	13-14	100 YD	01:22.65	01:17.62	01:14.74	1:11.87	01:10.43	1:04.53
	15-18	100 YD	01:16.36	01:12.89	01:10.81	1:09.42	01:08.03	1:00.10

Pleasant Hill Dolphins Goal Times								
BOYS 2025								
Stroke	Age Group	Distance	Red Star Time	White Star Time	Blue Star Time	County Qualify Time	Gold Star Time	Dolphins Team Record
Free	6 & U	25 YD	32.76	30.58	25.12	21.84	21.40	17.00
	7-8	25 YD	24.93	23.27	19.11	16.62	16.29	13.96
	9-10	50 YD	42.20	38.95	35.71	32.46	31.81	26.94
	11-12	50 YD	35.05	33.59	31.55	29.21	28.63	24.42
	13-14	50 YD	29.91	28.09	27.05	26.01	25.49	23.51
	15-18	50 YD	27.02	25.79	25.05	24.56	24.07	22.42
	15-18	100 YD	00:58.38	00:55.72	00:54.13	00:53.07	00:52.01	48.57
Breast	6 & U	25 YD	47.88	44.69	36.71	31.92	31.28	21.93
	7-8	25 YD	34.83	32.51	26.70	23.22	22.76	18.75
	9-10	50 YD	55.80	51.50	47.21	42.92	42.06	36.14
	11-12	50 YD	45.54	43.64	40.99	37.95	37.19	31.25
	13-14	50 YD	38.51	36.17	34.83	33.49	32.82	29.30
	15-18	100 YD	01:16.43	01:12.95	01:10.87	01:09.48	01:08.09	1:00.75
Back	6 & U	25 YD	39.84	37.18	30.54	26.56	26.03	19.44
	7-8	25 YD	32.03	29.89	24.55	21.35	20.92	17.08
	9-10	50 YD	50.48	46.60	42.71	38.83	38.05	30.71
	11-12	50 YD	41.90	40.16	37.71	34.92	34.22	29.42
	13-14	50 YD	36.78	34.54	33.26	31.98	31.34	25.84
	15-18	100 YD	01:10.58	01:07.37	01:05.44	1:04.16	01:02.88	56.27
Fly	6 & U	25 YD	41.39	38.63	31.73	27.59	27.04	18.70
	7-8	25 YD	29.24	27.29	22.41	19.49	19.10	15.40
	9-10	50 YD	49.37	45.58	41.78	37.98	37.22	30.19
	11-12	50 YD	39.07	37.44	35.16	32.56	31.91	26.38
	13-14	50 YD	33.34	31.31	30.15	28.99	28.41	25.39
	15-18	100 YD	01:07.26	01:04.21	01:02.37	01:01.15	00:59.93	52.04
IM	6 & U	100 YD						1:42.50
	7-8	100 YD	02:34.47	02:24.17	01:58.43	1:42.98	01:40.92	1:18.13
	9-10	100 YD	01:52.28	01:43.64	01:35.01	1:26.37	01:24.64	1:09.10
	11-12	100 YD	01:31.00	01:27.20	01:21.90	01:15.83	01:14.31	1:01.10
	13-14	100 YD	01:17.89	01:13.15	01:10.44	01:07.73	01:06.38	58.51
	15-18	100 YD	01:07.91	01:04.83	01:02.97	01:01.74	01:00.51	55.96

Pleasant Hill Dolphins Goal Times – 2025						
			Girls		Boys	
Stroke	Distance	Age	County Qualify Time	Dolphins Team Record	County Qualify Time	Dolphins Team Record
Medley Relay	100 YD	6 & U	1:58.13	1:31.44	1:57.72	1:31.76
	100 YD	7-8	1:25.07	1:10.30	1:25.29	1:08.46
	200 YD	9-10	2:38.49	2:16.35	2:37.65	2:13.18
	200 YD	11-12	2:18.61	2:02.15	2:19.22	2:00.92
	200 YD	13-14	2:10.41	1:57.74	2:04.94	1:50.35
	200 YD	15-18	2:07.17	1:53.28	1:56.60	1:41.09
Free Relay	100 YD	6 & U	1:42.34	1:16.20	1:41.39	1:15.83
	100 YD	7-8	1:12.74	1:03.64	1:12.50	59.70
	200 YD	9-10	2:17.89	2:02.33	2:17.82	1:59.29
	200 YD	11-12	2:02.75	1:49.48	2:02.18	1:46.74
	200 YD	13-14	1:59.43	1:43.87	1:49.42	1:37.02
	200 YD	15-18	1:56.14	1:41.05	-	
	400 YD	15-18	-		3:46.00	3:16.90