



2025 Shamrock Shake Schedule

Gangeloff Center – Concordia University

Friday, March 7, 2025

Session #1

Level 6

Level 6: Legacy (7) Great Northern (4) Twin Ports (10) Flips (9) Granite City (1) Jam Hops (8) Legacy (7) Twin Ports (3) Mini Hops (9) Elite (2) Revolution (8) Perpetual Motion (4) Flips (4) North Shore (4)

**** Teams listed twice are split into two squads**

7:40 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:30 AM	Awards

Session #2

Xcel Sapphire & Diamond

Sapphire: Mini Hops (2) Flex (2)

Diamond: Mini Hops (5) Flex (6) TAGS EP (6) North Shore (2) Flips (4) Mini Hops (4) Perpetual Motion (2) Legacy (5) Jam Hops (5) IGM (4) Elite (3)

*** Teams listed twice are split into two squads**

**** Teams with Sapphire and Diamonds will rotate in the same squad and not be separated**

11:45 AM	Stretch
12:05 PM	Introductions
2:45 PM	Awards



Session #3

Level 8 & 10

Level 8: NSGA (7) Perpetual Motion (1) Great Northern (1) Revolution (8) Granite City (2) Flips (5) Grand Rapids (3) Flyaways North (1) Mini Hops (5) Twin Ports (1) Jam Hops (3)

Level 10: Flips (8) Revolution (5) Grand Rapids (3) Flips (3) Great Northern (1) Jam Hops (1) Mini Hops (1) NSGA (3) K&G (2) Perpetual Motion (2)

*** Teams listed twice are split into two squads**

3:00 PM	Stretch
3:20 PM	Introductions
6:30 PM	Awards

Session #4

Level 9

Level 9: Flips (7) Revolution (7) Jam Hops (6) Perpetual Motion (3) NSGA (2) Twin Ports (1) Flips (3) K&G (3) Revolution (4) Great Northern (2) Jam Hops (6) Mini Hops (1) Elite (4) Grand Rapids (3)

*** Teams listed twice are split into two squads**

6:45 PM	Stretch
7:05 PM	Introductions
9:45 PM	Awards

Saturday, March 8, 2025

Session #5

Xcel Platinum

Platinum: Flips (9) Mini Hops (10) Jam Hops (9) Elite (8) Flex (7) Perpetual Motion (2) Mini Hops (11) Legacy (9) TAGS S (4) Legacy (5)

**** Teams listed twice are split into two squads**

7:40 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:20 AM	Awards



Session #6

Xcel Platinum

Platinum: Revolution (8) Granite City (8) NSGA (10) TAGS EP (8) Revolution (4) Granite City (3) Gleasons (7) Flyways North (5) North Branch (3) TAGS EP (3) IGM (5)

**** Teams listed twice are split into two squads**

11:35 AM	Stretch
11:55 AM	Introductions
2:40 PM	Awards

Session #7

Xcel Silver & Gold

Silver: TAGS EP (12) Twin Ports (14)

Gold: North Shore (8) Flyways North (10) Flex (10) Flyways North (5) North Branch (10) North Shore (7) Flex (3) Twin Ports (7) IGM (5)

**** Teams listed twice are split into two squads**

2:55 PM	Stretch
3:15 PM	Introductions
6:00 PM	Awards

Session #8

Level 7

Level 7: North Shore (7) Great Northern (2) Perpetual Motion (7) Legacy (2) Grand Rapids (9) Flyways North (1) Revolution (10) Legacy (11) Flips (10) Elite (6) Mini Hops (3) Jam Hops (5) Gleasons (4)

**** Teams listed twice are split into two squads**

6:15 PM	Stretch
6:35 PM	Introductions
9:45 PM	Awards



Sunday, March 9, 2025

Session #9

Xcel Gold

Gold: Perpetual Motion (12) Jam Hops (12) TAGS S (12) Elite (12) Perpetual Motion (13) Jam Hops (6) TAGS S (7) Revolution (12) Elite (10) Revolution (4)

**** Teams listed twice are split into two squads**

7:40 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:45 AM	Awards

Session #10

Xcel Gold

Gold: Mini Hops (12) Gleasons (13) Granite City (11) TAGS EP (12) Mini Hops (5) Gleasons (4) Granite City (3) Legacy (12) Flips (12) TAGS EP (4) Legacy (3) Flips (3)

**** Teams listed twice are split into two squads**

12:00 PM	Stretch
12:20 PM	Introductions
3:30 PM	Awards

Session #11

Event Finals!

-Top Sapphire on each event from Friday's competitions.

-Top 6 Diamonds Senior and Junior Age Groups based on each event from Friday's competitions.

-Top 4 Platinum's Senior, Junior and Child Age Groups based on each event from the combined Saturday competitions.

3:45 PM	Stretch
4:05 PM	Event Open Warm Ups
5:05 PM	Introductions
8:00 PM	Awards



Spectator Information

\$20.00 Adult

\$15.00 Senior/Military ID/Child 6-17yrs

FREE 0-5yrs

CASH ONLY

Gymnasts Grams – Various Options from \$3-\$18—CASH ONLY

Coaches Information:

*All coaches must be registered through the USAG reservation system.

*AAI Equipment is being used.

*Modified Capital Cup Format

*Gymnasts will have the drop 6 rule on FX.

*Athletes check in with their coaches.

*Award age groups are divided up equally in Proscore.

*Coaches meeting 5 minutes after stretch begins at Head Table.

*Live Scoring: www.scoreyourmeet.com and myusagym app.

*Lunch and Dinner will be provided all three days for coaches that have back to back sessions.