

# 2026 Shamrock Shake

## Rotation Schedule

Mar 6-8, 2026

### Saturday, March 7, 2026

Session: G1 -- Level 8 & XP

Open Stretch 9:45 AM  
Introduction 10:05 AM





Awards 1:00 PM

# Gymnasts: 62

Flight: A - 32

 8 Legacy Gym [L8] - 4 Midwest Gymnastics [L8] - 4	 8 EGA [L8] - 5 GRGA [L8] - 3	 8 GNG [L8] - 1 Legacy Gym [L8] - 6 MFGF [L8] - 1	 8 PMG [L8] - 6 VAULT [L8] - 2
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Flight: B - 30

 7 NBGC [L8] - 2 NSGA [L8] - 5	 6 Classic Chan [XP] - 6	 10 NSGA [XP] - 10	 7 Classic Chan [XP] - 7
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### Saturday, March 7, 2026





Session: G2 -- Level 9, 10, XD, XSA

Open Stretch 1:30 PM  
Introduction 1:50 PM

Awards 4:45 PM

# Gymnasts: 63

Flight: A - 30

 8 Midwest Gymnastics [L9] - 8	 7 Flyaways North [L9] - 1 GNG [L9] - 2 PMG [L9] - 1 PMG [L10] - 1 VAULT [L9] - 2	 7 Midwest Gymnastics [L9] - 2 Midwest Gymnastics [L10] - 5	 8 GCG [L9] - 2 GRGA [L9] - 2 Jam Hops Ramsey [L9] - 1 MFGF [L9] - 1 NBGC [L9] - 1 NBGC [L10] - 1
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Flight: B - 33

 8 EGA [L9] - 2 EGA [L10] - 1 EGA [XD] - 3 EGA [XSA] - 1 Jam Hops Gymnastics [XSA] - 1	 8 NSGA [L9] - 6 NSGA [L10] - 3	 9 AGG [XD] - 3 Classic Chan [XSA] - 2 Classic Savage [XSA] - 4	 8 Flex [XSA] - 1 IGM Gymnastics [XD] - 4 Rev Buffalo [XD] - 3
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



### Saturday, March 7, 2026

Session: G3 -- Level 7

Open Stretch 5:15 PM  
Introduction 5:35 PM

Awards 8:45 PM

# Gymnasts: 74

Flight: A - 38			
 10 Jam Hops Ramsey [L7] - 2 MFGF [L7] - 2 NSGA [L7] - 6	 9 EGA [L7] - 1 Legacy Gym [L7] - 8	 10 Midwest Gymnastics [L7] - 5 NBGC [L7] - 5	 9 Legacy Gym [L7] - 8 VAULT [L7] - 1
Flight: B - 36			
 9 Flyaways North [L7] - 3 Rebels Gymnastics [L7] - 6	 9 GNG [L7] - 2 PMG [L7] - 7	 9 GRGA [L7] - 4 TPG [L7] - 5	 9 Classic Savage [L7] - 5 GCG [L7] - 3 Northern Dreams [L7] - 1









### Sunday, March 8, 2026

Session: G4 -- Level 6 & XG

Open Stretch 8:00 AM  
Introduction 8:20 AM

Awards 11:05 AM

# Gymnasts: 79

Flight: A - 43			
 8 TPG [XG] - 8	 12 AGG [XG] - 4 NTG [XG] - 8	 10 EGA [L6] - 3 Midwest Gymnastics [L6] - 7	 13 AGG [XG] - 13
Flight: B - 36			
 8 Jam Hops Ramsey [L6] - 2 Legacy Gym [L6] - 6	 10 TPG [L6] - 10	 8 NBGC [L6] - 6 VAULT [L6] - 2	 10 GCG [L6] - 6 GNG [L6] - 4









### Sunday, March 8, 2026

Session: G5 -- XG & XB & HUGS

Open Stretch 11:30 AM  
Introduction 11:50 AM

Awards 2:00 PM

# Gymnasts: 67

Flight: A - 35			
 10 Duluth YMCA [XB] - 10	 8 Northern Dreams [XG] - 3 TAGSEP [XG] - 5	 8 TAGSEP [XG] - 8	 9 Duluth YMCA [XB] - 4 TRG [XB] - 5
Flight: B - 32			
 9 GCG [XG] - 6 NSGA [XG] - 3	 9 NSGA [XG] - 9	 8 GCG [XG] - 8	 6 MHG [HUG] - 6

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







### Sunday, March 8, 2026

Session: G6 -- XS

Open Stretch 2:45 PM  
Introduction 3:05 PM

Awards 5:00 PM

# Gymnasts: 57

Flight: A - 37			
 11 TAGSEP [XS] - 11	 7 AGG [XS] - 7	 11 TAGSEP [XS] - 11	 8 AGG [XS] - 8
Flight: B - 20			
 8 TPG [XS] - 5 TRG [XS] - 3	 6 Duluth YMCA [XS] - 6	 6 Duluth YMCA [XS] - 6	 0









### Saturday, March 7, 2026

Session: Y1 -- XD

Open Stretch 8:45 AM  
Introduction 9:05 AM

Awards 12:00 PM

# Gymnasts: 63

Flight: A - 32			
 8 Jam Hops Gymnastics [XD] - 2 NTG [XD] - 6	 9 Classic Savage [XD] - 5 NSGA [XD] - 4	 8 Flex [XD] - 7 TPG [XD] - 1	 7 Classic Savage [XD] - 5 Legacy Gym [XD] - 2
Flight: B - 31			
 8 Classic Chan [XD] - 7 Duluth YMCA [XD] - 1	 8 Northern Dreams [XD] - 1 TAGSEP [XD] - 7	 7 Classic Chan [XD] - 7	 8 NBGC [XD] - 1 Rebels Gymnastics [XD] - 7









### Saturday, March 7, 2026

Session: Y2 -- XP

Open Stretch 12:40 PM  
Introduction 1:00 PM

Awards 3:45 PM

# Gymnasts: 67

Flight: A - 38			
 9 Jam Hops Gymnastics [XP] - 8 Northern Dreams [XP] - 1	 11 EGA [XP] - 11	 9 IGM Gymnastics [XP] - 6 Jam Hops Gymnastics [XP] - 3	 9 Legacy Gym [XP] - 9
Flight: B - 29			
 7 GCG [XP] - 7	 7 TAGSEP [XP] - 7	 6 GCG [XP] - 6	 9 Duluth YMCA [XP] - 9

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## Rotation Schedule

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### Saturday, March 7, 2026


Session: Y3 -- XP


Open Stretch 4:15 PM  
Introduction 4:35 PM

Awards 7:15 PM


# Gymnasts: 74

Flight: A - 39


 9  
Jam Hops Ramsey [XP] - 6  
Rev Buffalo [XP] - 3


 11  
Flyaways North [XP] - 6  
Rebels Gymnastics [XP] - 5


 8  
NTG [XP] - 8

 11  
Flyaways North [XP] - 6  
NBGC [XP] - 5

Flight: B - 35

 9  
Flex [XP] - 2  
PMG [XP] - 7

 9  
AGG [XP] - 6  
Classic Northwest [XP] - 3

 10  
PMG [XP] - 7  
TPG [XP] - 3

 7  
Classic Savage [XP] - 7

### Sunday, March 8, 2026


Session: Y4 -- XG


Open Stretch 9:15 AM  
Introduction 9:35 AM


Awards 12:30 PM

# Gymnasts: 86

Flight: A - 39

 12  
Legacy Gym [XG] - 12


 8  
EGA [XG] - 8


 12  
Duluth YMCA [XG] - 5  
Legacy Gym [XG] - 7


 7  
EGA [XG] - 7

Flight: B - 47

 11  
Flex [XG] - 11

 12  
Classic Northwest [XG] - 10  
Rev Buffalo [XG] - 2

 12  
Rebels Gymnastics [XG] - 10  
TRG [XG] - 2

 12  
Classic Savage [XG] - 12

### Sunday, March 8, 2026


Session: Y5 -- XG


Open Stretch 1:00 PM  
Introduction 1:20 PM


Awards 4:15 PM

# Gymnasts: 95

Flight: A - 47


 11  
Jam Hops Gymnastics [XG] - 11


 11  
PMG [XG] - 11


 13  
IGM Gymnastics [XG] - 8  
Jam Hops Gymnastics [XG] - 5

 12  
PMG [XG] - 12

Flight: B - 48

 10  
NBGC [XG] - 10

 13  
Classic Chan [XG] - 13

 12  
Jam Hops Ramsey [XG] - 12

 13  
Classic Chan [XG] - 4  
Flyaways North [XG] - 9

# 2026 Shamrock Shake

## Rotation Schedule

Mar 6-8, 2026

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### Sunday, March 8, 2026

Session: Y6 -- Event Finals

Open Stretch 4:30 PM  
Introduction 5:50 PM

Awards 7:15 PM

# Gymnasts: 0

