



37th Annual Shamrock Invitational

- Please arrive no more than 30 minutes prior to the session -

The number of coaches needed for a session is listed after the club **if more than 1**

Friday, March 6th

Session 1 - Level 8-10, Xcel Diamond and Sapphire	5:00 PM	Check in
Aerial East, Chantilly Academy, GMS, Gym Quest, Novaks, Ocean Tumblers, Richmond Olympiad, VIGS	5:15 PM	Open Stretch
	8:30 PM	Awards

Saturday, March 7th

Session 2 - Level 5	7:45 AM	Check in
Classics, GMS, Novaks, Richmond Olympiad, VIGS (2), World Class (2)	8:00 AM	Open Stretch
	10:00 AM	Awards

Session 3 - Level 4 and Xcel Gold	10:00 AM	Check in
Classics, Coastal Point, EGA (2), Gym Quest, Ocean Tumblers-Gold (3), Richmond Olympiad (2), VIGS-Gold	10:15 AM	Open Stretch
	1:15 PM	Awards

Session 4 - Level 4	1:15 PM	Check in
Novaks, Ocean Tumblers, VIGS (3), World Class (3)	1:30 PM	Open Stretch
	4:15 PM	Awards

Session 5 - Level 6	4:15 PM	Check in
Aerial East, Chantilly Academy, GMS, Gym Quest, Novaks, Ocean Tumblers, Richmond Olympiad, VIGS	4:30 PM	Open Stretch
	6:30 PM	Awards

Session 6 - Level 7 and Xcel Platinum	6:30 PM	Check in
Aerial East, Chantilly Academy, GMS, Gym Quest, Novaks, Ocean Tumblers (3), Richmond Olympiad, VIGS (3)	6:45 PM	Open Stretch
	9:30 PM	Awards

Sunday, March 8th

Session 7 - Level 2 and Xcel Bronze	7:45 AM	Check in
Coastal Point (2), EGA (2), Gym Quest, Ocean Tumblers (2), VIGS (2)	8:00 AM	Open Stretch
	10:15 AM	Awards

Session 8 - Xcel Silver	10:15 AM	Check in
Coastal Point, EGA (2), Gym Quest, Ocean Tumblers (3), VIGS	10:30 AM	Open Stretch
	12:15 PM	Awards

Session 9 - Level 3	12:15 PM	Check in
Classics, Gym Quest, Novaks, Richmond Olympiad (4), VIGS (2)	12:30 PM	Open Stretch
	3:15 PM	Awards

Session 10 - Level 3	3:15 PM	Check in
Coastal Point, EGA (2), Ocean Tumblers (2), World Class (4)	3:30 PM	Open Stretch
	6:15 PM	Awards

*Live scoring will be available at
MeetScoresOnline.com, ScoreCatOnline.com and the ScoreCat phone app*