

Fall & Winter

SUN RAY
LANES
STP, MINN.



LEAGUES



FROM THE SEASONED
BOWLER TO THE BEGINNER,

ALL LEAGUES ARE OPEN!



SCAN HERE
TO LEARN
MORE!



FULL LIST OF
LEAGUES AND
CURRENT
OPENINGS ON
BACK OF FLYER!

LIMITED SPOTS AVAILABLE, SIGN-UP NOW!

League name: _____ Day: _____ Time: _____

Captains Name: _____ Phone: _____ Email: _____

Men's Leagues Women's Leagues Mixed Leagues Jr Leagues Seniors

I have a full team I do NOT have a full team I'm an individual looking to join a full team

FOR FASTEST RESPONSE TO ANY FALL/WINTER LEAGUE QUESTIONS EMAIL ROBBIE AT ROBBIE.LAWRENCE@TRIPLESHIFT.COM

2245 Hudson Rd.
St. Paul, MN 55119

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LANES
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FALL & WINTER LEAGUES

	LEAGUE NAME	TYPE	START DATE	TIME	CAPTAINS MEETING	STATUS
SUNDAY	UNTOUCHABLES	CO-ED E/O	AUGUST 25, 2024	6:30PM	8/25/2024 - 5PM	Currently 12 teams - Can add 2 more teams
	ST. PASCALS	CO-ED E/O	AUGUST 25, 2024	6:30PM	8/25/2024 - 5PM	Currently 18 teams of 2ppl - Can add 2 more teams
	MIXED UP DOUBLES	CO-ED E/O	SEPTEMBER 15, 2024	6PM	9/15/2024 - 5PM	Currently 22 teams - Can add 2 more teams
	STRIKE CANCER AWAY	CO-ED	AUGUST 25, 2024	9:20PM	8/25/2024 - 9AM	Currently 10 teams - Can add 4 more teams
	EASY ROLLERS	CO-ED E/O	SEPTEMBER 8, 2024	1PM	9/8/2024 - 1PM	Currently 10 teams - Can add 4 more teams
	GUYS-N-DOLLS	CO-ED E/O	SEPTEMBER 8, 2024	4PM	9/8/2024 - 1PM	Currently 12 teams - Tentatively FULL
	RED EYES	CO-ED	JANUARY 26, 2025	9AM	1/26/2025 - 9AM	League starts Feb. 2025 Teams of 2ppl
MONDAY	GOLDEN AGERS	SENIOR MEN	SEPTEMBER 23, 2024	12:30PM	8/26/2024 - 5PM	Currently 14 teams - Can add 4 more teams
	3-M MONDAY	MEN	SEPTEMBER 9, 2024	4:30PM	9/9/2024 - 5PM	Currently 13 teams - Can add 3 more teams
	STRIKE IT UP	ADAPTIVE	DEPTEMBER 9, 2024	5PM	9/9/2024 - 5PM	Open! Can have up to 40 players
	CHIEFS	CO-ED	AUGUST 19, 2024	7PM	8/5/2024 - 9AM	Currently 24 teams - Tentatively FULL
TUESDAY	EARLY RISERS	SR LADIES	SEPTEMBER 3, 2024	9:20AM	8/27/2024 - 12PM	Currently 11 teams pf 4ppl - Can add 3 more teams
	SHENANIGANS	CO-ED	SEPTEMBER 3, 2024	9:20AM	8/27/2024 - 12PM	NEW LEAGUE! - 6 full teams and counting
	3M RESEARCH	MEN	SEPTEMBER 3, 2024	4:20PM	8/27/2024 - 4PM	Currently 7 teams - Can add 3 more teams
	AVERAGE JOES	CO-ED	SEPTEMBER 3, 2024	4:30PM	9/3/2024 - 4PM	Currently 16 teams - Tentatively FULL
	SUNDOWNERS	MEN	SEPTEMBER 3, 2024	7PM	8/20/2024 - 7PM	Currently 12 teams - Tentatively FULL
	SUN RAY GOPHERS	MEN	SEPTEMBER 3, 2024	7PM	8/20/2024 - 7PM	Currently 12 teams - Tentatively FULL
WEDNESDAY	GREAT BALLS OF FIRE	SR CO-ED	SEPTEMBER 4, 2024	9:20AM	9/4/2024 - 9AM	Currently 3 teams pf 3ppl - Can add 5 more teams
	SR FRIENDSHIP	SR CO-ED	SEPTEMBER 4, 2024	12:30PM	8/26/2024 - 12PM	Currently 10 teams - Can add 4 more teams
	FANTASTICS	SR WOMEN	SEPTEMBER 4, 2024	12:30PM	8/21/2024 - 12PM	Currently 7 teams pf 4ppl - Can add 4 more teams
	LO ROLLERS	WOMEN	SEPTEMBER 4, 2024	4:50PM	8/21/2024 - 4PM	Currently 10 teams - Tentatively FULL
	SECURIAN	MIXED	SEPTEMBER 4, 2024	5PM	N/A	Work League. Must work at Securian
	PINSPLITTERS	MEN	SEPTEMBER 4, 2024	7PM	8/21/2024 - 6:30PM	Currently 8 teams - Tentatively FULL
	PLAYBOY	MEN	SEPTEMBER 4, 2024	7PM	8/21/2024 - 6PM	Currently 8 teams - Tentatively FULL
	SWINGERS	WOMEN	SEPTEMBER 4, 2024	7PM	8/21/2024 - 6PM	Currently 8 teams - Tentatively FULL
THURSDAY	THURSDAY SENIORS	SR MEN	SEPTEMBER 5, 20524	12:30PM	8/22/2024 - 12PM	Currently 6 teams pf 4ppl - Can add 4 more teams
	3-M THURSDAY	MEN	SEPTEMBER 5, 2024	4:45PM	8/22/2024 - 4PM	Currently 10 teams of 3ppl - Can add 4 more teams
	STONEBALL	MEN	SEPTEMBER 5, 2024	4:45PM	8/22/2024 - 4PM	Currently 6 teams of 3ppl - Can add 4 more teams
	THURSDAY THUNDER	MEN	SEPTEMBER 5, 2024	7PM	8/22/2024 - 7PM	Tentatively FULL
	STRIKERS	WOMEN	SEPTEMBER 5, 2024	7PM	8/22/2024 - 7PM	Tentatively FULL
FRIDAY	FRIDAY EYE OPENERS	MEN	SEPTEMBER 6, 20524	9:20AM	8/23/2024 - 9AM	Currently 22 teams - Can add 2 more teams
	FRIDAY SENIORS	SR MEN	SEPTEMBER 20, 2024	12:30PM	8/22/2024 - 12PM	Currently 14 teams - Can add 4 more teams
	DAYTON'S BLUFF	MEN	SEPTEMBER 6, 2024	6:30PM	8/22/2024 - 6PM	Currently 8 teams - Tentatively FULL
	FRIDAY NITE HDCP	MEN	SEPTEMBER 6, 2024	6:30PM	8/22/2024 - 6PM	Currently 8 teams - Tentatively FULL
	FRIDAY NIGHT MIXED	MIXED	SEPTEMBER 6, 2024	6:30PM	8/22/2024 - 6PM	Currently 8 teams - Tentatively FULL
SATURDAY	SATURDAY JUNIORS	JUNIORS	SEPTEMBER 7, 20524	9:30AM	8/24/2024 - 12-3PM	SIGN UPS ARE SAT. AUG. 24th, 2024 @ KIDS FEST!! 12pm to 3pm
	ST. PAUL REC	ADAPTIVE	SEPTEMBER 7, 2024	12PM	N/A	12 teams of 3 to 5 players - can add 6 more teams & Individuals
	SAT. NITE SPECIALS	CO-ED E/O	SEPTEMBER 14, 2024	6PM	9/14/2024 - 5PM	Currently 10 teams - Can add 4 more teams
	SATURDAY MIXERS	CO-ED E/O	SEPTEMBER 7, 2024	6PM	9/7/2024 - 5PM	Currently 24 teams - Tentatively FULL
	BOOZE CRUIZE	CO-ED E/O	SEPTEMBER 14, 2024	6PM	9/14/2024 - 5PM	Currently 8 teams - Can add 4 more teams

All leagues are handicapped. Availability may increase or decrease as we get closer to the start of the season: Late August - Beginning of September.