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FOUR MASTERS FEIS

8th, 9th and 10th July 2011

Mercy Hall, Ballyshannon, Co Donegal

Feis start time will be 9am

ADJUDICATORS

**Des Bailey, Sligo/New Zealand
Michelle Higgins, Waterford (G)
John Brooks, London**

**Aaron Crosbie, London
Charles Moore, Limerick (G)
John Roddy, Derry**

MUSICIAN

Darren Checkley, Limerick

All enquiries to: Chris Domican 00353 (0)87 0538770

For more information please view: www.instepfm.com

BUN, TUS & MEAN GRAD TROPHY COMPETITIONS WILL BE ON FRIDAY 9TH JULY 2010.

PRELIMINARY CHAMPIONSHIPS ON SATURDAY 10TH JULY 2010.

Syllabus approved by: *Kevin Armstrong*

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Dear Teachers, Parents and Dancers,

We would like to welcome you to the Four Masters Feis to be held in the Mercy Hall, Ballyshannon, Co Donegal. This year we have Preliminary Championships in the following age groups; Under 8, 8 Under 10, 10 and under 12, 12 and under 14, 14 and under 16 and Over 16. Girls Open Championship age groups: Under 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 16 and under 18 and Over 18. Boys Open Championships: Under 8, 8 Under 10, 10 and under 12, 12 and under 14, 14 and under 16 and O/16.

Bun Grad, Tus Grad and Mean Grad competitions will be held on Friday 8th July 2011.

Adjudicators will be Michelle Higgins and Charles Moore.

Trophies will be awarded for 1st, 2nd & 3rd in all Bun, Tus and Mean Grad solo competitions and where possible 50% of the entry will be awarded prizes, every competitor will be awarded a prize in all Reel competitions.

1st to 5th place sashes and awards for all Preliminary Championships (Saturday 9th July 2011).

1st to 5th place sashes and awards for all Girls Open Championships.

1st to 3rd place pennants and awards for all Boys Open Championships.

We look forward to receiving your entry and to seeing you at the event in July.

Please view www.instepfm.com for updates on the Four Masters Feis.



Base Hotel is the **Grand Central Hotel, Bundoran, Co Donegal. Tel: 071 9842 722 or email:**

info@grandcentralbundoran.com. 7th & 8th July 2011 €39 B&B per person sharing. 9th & 10th July: €49 per person sharing. Children under 12 get free accommodation, breakfast charge for child is €5. Single room supplement of €10 per room, per night.



CHRIS DOMICAN TCRG

AND THE DOMICAN SCHOOL FEIS COMMITTEE

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- 1** The Feis will run in accordance with the Rules of An Coimisiun Le Rinci Gaelacha.
 - 2** Lodgement of entries implies that you acknowledge and accept all of the Rules of An Coimisiun Le Rinci Gaelacha and the Ulster Council plus the additional rules listed below, relating to the Feis.
 - 3 Ages to be taken from 1st January 2011.**
 - 4** Bun Grad & Tus Grad are confined to pupils who reside in Ulster and the bordering counties of Sligo and Leitrim.
 - 5 Bun Grad:** Confined to competitors who have never won first place in that specified dance in a registered competition. Basic steps only.
 - 6 Tus Grad:** Confined to pupils who have never won 1st prize for that particular dance in any Tus Grad, Mean Grad or Ard Grad. Basic steps or their first hard version of each dance. Heavy Jig and Hornpipe steps must be similar to that of St Patricks Day.
 - 7 Mean Grad:** Confined to dancers who have never won 1st prize for that particular dance and age group in either Mean Grad or Ard Grad.
 - 8** No smoking in any of the halls. No eating or drinking in any of the halls, except in defined areas. No Video or Digital recordings are allowed whilst competitions are in progress. No flash photography whilst competitions are in progress.
 - 9** An Coimisiun ruled that as from 1st January 2010, that no block, en pointe, stationary or moving be allowed to be performed for all ages up to and including the Under 12 age group worldwide.
 - 10 Preliminary Championship:** Confined to competitors who have never won first place in an open championship or have not won more than 3 Preliminary championships judged by 3 or more adjudicators.
 - 11** The Feis Committee accept no liability for loss or damage to personal property.
 - 12** All Championship cups are perpetual and recipients will be responsible for any loss or damage and for the safe return in adequate time to be presented to subsequent winners.
 - 13 All decisions of the Adjudicators are FINAL.**
 - 14** Entries will only be accepted from Schools registered with An Coimisiun Le Rinci Gaelacha.
 - 15 Dancers are advised to be in attendance at least 30 minutes before the stated time.** Children must be dressed appropriately at all times.
 - 16** Objections against any breach of the above rules must be made in writing and signed, to the Feis Secretary and accompanied by a fee of €20.00, which will be refunded if the objection is upheld.
 - 17** In Bun Grad and Tus Grad make-up is not permitted for any dancer up to and including the Under 12 Age Group. Dancers in all ages must wear either class costumes or 'day clothes'.
 - 18** Any competitor found to be using artificial carriage aids and subsequently refuses to remove same will be subject to disqualification from that particular competition. Medically prescribed apparatus, proof may be required, will be exempt from this ruling.
 - 19 Craobh Comortas (Championship)** will be adjudicated by a panel of 3 adjudicators and a solo result will be given for each round of the championship.
 - 20 Preliminary Championship:** Confined to competitors who have not qualified for Oireachtas Rince na Cruinne in the years 2010 and 2011.
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Mixed Preliminary Championships -3 Adjudicators

Comp Number	Age Group	1st ROUND	2nd ROUND	3rd ROUND
Comp 1	Under 8 (Born 2003 or later)	REEL	HEAVY JIG	TRAD SET DANCE
Comp 2	8 & Under 10 (Born 2001, 2002)	REEL	HEAVY JIG	TRAD SET DANCE
Comp 3	10 & Under 12 (Born 1999,2000)	REEL / SLIP JIG	HEAVY JIG	HORNPIPE
Comp 4	12 & Under 14 (Born 1997, 1998)	REEL / SLIP JIG	HEAVY JIG	HORNPIPE
Comp 5	14 & Under 16 (Born 1995,1996)	REEL / SLIP JIG	HEAVY JIG	HORNPIPE
Comp 6	Over 16 (Born 1994 or earlier)	REEL / SLIP JIG	HEAVY JIG	HORNPIPE

Ladies / Girls Open Championships - 3 Adjudicators

Comp Number	Age Group	1st ROUND	2nd ROUND	3rd ROUND
Comp 7	Under 5 Girls (Born 2006 or later)	REEL	LIGHT JIG	SINGLE JIG
Comp 8	Under 6 Girls (Born 2005 or later)	REEL	LIGHT JIG	SINGLE JIG
Comp 9	Under 7 Girls (Born 2004)	REEL	LIGHT JIG	SINGLE JIG
Comp 10	Under 8 Girls (Born 2003)	REEL	HEAVY JIG	TRAD SET DANCE
Comp 11	Under 9 Girls (Born 2002)	REEL	HEAVY JIG	TRAD SET DANCE
Comp 12	Under 10 Girls (Born 2001)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 13	Under 11 Girls (Born 2000)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 14	Under 12 Girls (Born 1999)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 15	Under 13 Girls (Born 1998)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 16	Under 14 Girls (Born 1997)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 17	Under 15 Girls (Born 1996)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 18	Under 16 Girls (Born 1995)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 19	16 & Under 18 (Born 1993,1994)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE
Comp 20	Over 18 (Born 1992 or earlier)	REEL OR SLIP JIG	HEAVY JIG or HORNPIPE	SET DANCE

Men / Boys Open Championships - 3 Adjudicators

Comp Number	Age Group	1st ROUND	2nd ROUND	3rd ROUND
Comp 21	Under 8 (Born 2003 or later)	REEL	HEAVY JIG or HORNPIPE	TRAD SET DANCE
Comp 22	8 & Under 10 (Born 2001, 2002)	REEL	HEAVY JIG or HORNPIPE	TRAD SET DANCE
Comp 23	10 & Under 12 (Born 1999,2000)	REEL	HEAVY JIG or HORNPIPE	SET DANCE
Comp 24	12 & Under 14 (Born 1997, 1998)	REEL	HEAVY JIG or HORNPIPE	SET DANCE
Comp 25	14 & Under 16 (Born 1995,1996)	REEL	HEAVY JIG or HORNPIPE	SET DANCE
Comp 26	Over 16 (Born 1994 or earlier)	REEL	HEAVY JIG or HORNPIPE	SET DANCE

TROPHY GRADE DANCES

Metronomic Speeds

NOVICE (Bún Grád)	COR REEL	PORT EADTROM LIGHTJIG	PORT SINGIL SINGLE JIG	PORT LUASCA SLIP JIG	PORT TROM HEAVY JIG	CORNPHIOPA HORNPIPE	FIGURE U/12	BUN GRAD		
								Dance	Speed	Bars
UNDER 5	✓	✓					2 HAND	Reel	128-130	32
5 & UNDER 6	✓	✓	✓	✓			3 HAND	Light Jig	116	40
6 & UNDER 7	✓	✓	✓	✓			4 HAND	Single Jig	124	40
7 & UNDER 8	✓	✓	✓	✓			6 HAND	Slip Jig	124	32
8 & UNDER 9	✓	✓	✓	✓			8HAND	Heavy Jig	96	40
9 & UNDER 10	✓	✓	✓	✓				Hornpipe	144	32
10 & UNDER 11	✓	✓	✓	✓				TUS GRAD		
11 & UNDER 12	✓	✓	✓	✓				Dance	Speed	Bars
OVER 12	✓	✓	✓	✓				Reel	116-118	40
								Light Jig	116	40
								Single Jig	124	40
								Slip Jig	120	32
								Heavy Jig	82	40
								Hornpipe	130	32
								MEAN GRAD		
								Dance	Speed	Bars
								Reel	113	40
								Light Jig	116	40
								Single Jig	124	40
								Slip Jig	113	32
								Heavy Jig	76	40
								Hornpipe	113	32
								TRADITIONAL SET DANCE		
								Dance	Speed	
								Jockey to the Fair	90	
								St Patrick's Day	96	
								Three Sea Captains	96	
								King of the Fairies	130	
								Job of Journeywork	138	
								Garden of Daisies	138	
								The Blackbird	144	

Syllabus approved by: *Kevin Armstrong*

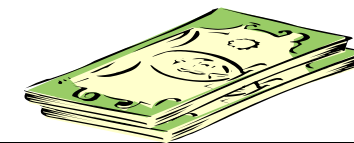
FOUR MASTERS FEIS 2011

Fri 8th, Sat 9th & Sun 10th July

Mercy Hall, Ballyshannon, Co Donegal



Entry Fees



Solo Trophy Competitions (1st - 2nd - 3rd place trophies awarded)	€5.00
Preliminary Championships - (includes 3 solo results)	€25.00
Open Championships - (includes 3 solo results)	€25.00
Family Fee - This is for Open and Preliminary entries ONLY.	€60.00
Admission to the Feis - per Adult (Children under 16 are free)	€5.00

Syllabus approved by: *Kevin Armstrong*

All cheques to be made payable to " Dominican Academy "

Closing date for entries to be received for Preliminary Championships and the Open Championships is Friday 1st July 2011.

Postal Entries to:
Chris Domican TCRG
3 St. Benildus Ave, Ballyshannon
Co Donegal

Email Entries to:
cwjbmckennains@eircom.net

FOUR MASTERS FEIS 2011

PROVISIONAL - Timetable for Friday 8th July 2011

HALL "A"

TIME	Stage 1	TIME	Stage 2
9:00 AM	Under 5 & Under 6 Bun Grad	9:00 AM	Under 7 Bun Grad
9:45 AM	Under 6 Tus Grad	9:45 AM	Under 7 Tus Grad
10:30 AM	Under 6 Mean Grad	10:30 AM	Under 7 Mean Grad
11:30 AM	Under 8 Bun Grad	11:30 AM	Under 9 Bun Grad
12:30 PM	Under 8 Tus Grad	12:30 PM	Under 9 Tus Grad
2:30 PM	Under 8 Mean Grad	2:30 PM	Under 9 Mean Grad
3:30 PM	Under 10 Bun Grad	3:30 PM	Under 11 Bun Grad
4:30 PM	Under 10 Tus Grad	4:30 PM	Under 11 Tus Grad
5:30 PM	Under 10 Mean Grad	5:30 PM	Under 11 Mean Grad
6:30 PM	Under 12 Figure	6:30 PM	Over 12 Figure
7:00 PM	Under 12 Bun Grad	7:00 PM	Over 12 Bun Grad
7:30 PM	Under 12 Tus & Mean Grad	7:30 PM	Over 12 Tus & Mean Grad

Dancers are advised to be dressed and ready for their competition 30 minutes prior to the published start time as depending on entries competitions may start before the published time but will not start more than 30 minutes early.

FOUR MASTERS FEIS 2011

PROVISIONAL - Timetable for Saturday 9th July 2011

HALL A

TIME	Stage 1	TIME	Stage 2
9:00 AM	Under 8 Preliminary Championship	9:00 AM	Under 10 Preliminary Championship
10:30 AM	Under 12 Preliminary Championship	10:30 AM	Under 14 Preliminary Championship
12:00 PM	Under 16 Preliminary Championship	12:00 PM	Over 16 Preliminary Championship
2:00 PM	Under 14 Girls Championship Under 14 Boys Championship	2:00 PM	Under 16 Girls Championship Under 16 Boys Championship
5:00 PM	Under 15 Girls Championship 16 & Under 18 Ladies Championship	5:00 PM	Over 16 Mens Championship Over 18 Ladies Championship

PROVISIONAL - Timetable for Sunday 10th July 2011

HALL A

TIME	Stage 1	TIME	Stage 2
9:30 AM	Under 5 & Under 6 Girls Championship	9:30 AM	Under 7 Girls Championship
11:00 AM	Under 8 Girls Championship Under 8 Boys Championship	11:00 AM	Under 9 Girls Championship Under 10 Boys Championship
1:30 PM	Under 10 Girls Championship Under 12 Boys Championship	1:30 PM	Under 11 Girls Championship
4:00 PM	Under 12 Girls Championship	4:00 PM	Under 13 Girls Championship

Dancers are advised to be dressed and ready for their competition 30 minutes prior to the published start time as depending on entries competitions may start before the published time but will not start more than 30 minutes early.

