

# The 38<sup>th</sup> Annual Four Provinces Feis

In loving memory of Maureen McDade McGrory, T.C.R.G, John S. McGrory,  
Kathleen Meehan and Phil & Marie Farrelly



**April 30, 2023**

**Start time- 8:45AM**

**Cabrini University**

**610 King of Prussia Road  
Radnor, PA**

**The Four Provinces Feis is a private event run by the McDade-Cara School of Irish Dance and reserves the right to accept or refuse admission to this event**

**ALL ENTRIES WILL BE DONE ONLINE AT: [WWW.FEISWEB.COM](http://WWW.FEISWEB.COM)**

**COVID-19 PROTOCOLS WILL BE IN PLACE AND STRICTLY ENFORCED**

<b>Adjudicators</b>		
James Early – NY	Linda Sanfilippo – NY	Karl Drake – GA
Isabella Fogarty – IRE	Sean Flynn – NY	Kerry Broderick – NY

<b>Musicians</b>		
Kevin Ford	Karen Conway	Pattie Morrissey

FEIS IS REGISTERED, SANCTIONED AND WILL BE GOVERNED BY THE RULES OF AN COIMISIUN  
([WWW.CLRG.IE](http://WWW.CLRG.IE)) and THE MID-ATLANTIC REGION ([WWW.MID-ATLANTICREGION.COM](http://WWW.MID-ATLANTICREGION.COM))

**PLEASE NOTE THE PHOTOGRAPHY RULE**

**THE FEIS COMMITTEE, MCDADE-CARA SCHOOL OF IRISH DANCE, THE HOSTING ORGANIZATION, CABRINI UNIVERSITY, or any other organizations affiliated with same will not be held responsible for personal injury, property loss or damage. Destruction of FEIS property or rental property will be punishable by law.**

Feis updates, adjudicator & musician additions will be posted on [www.mcdadecara.com](http://www.mcdadecara.com)  
Any questions regarding entries should be emailed to: [fourprovincesfeis@gmail.com](mailto:fourprovincesfeis@gmail.com)

<b>FEE Schedule:</b>	
<b>- Please note there will be NO REFUNDS of any fees and NO Changes will be permitted after April 17, 2023</b>	
Family Event Fee Mandatory	\$30.00
Special Needs Competition	\$15.00
Music Competition	\$15.00
All Solo Competition – Grade Level and Adult Competitions	\$15.00
Preliminary Championship	\$50.00
Traditional Set / Contemporary Set	\$20.00
Open & Adult Championships	\$60.00
Ceili Competition – Per dancer	\$10.00
Charity Treble Reel	\$10.00
Late Fee	\$30.00
Change Fee	\$20.00
Family Maximum (does not include event fee, FeiwWeb fee or late fee)	\$150.00

**IMPORTANT VENUE/FEIS INFORMATION:**

2023 Refund policy Exceptions –

If PA Department of Health guidelines change after registering for Four Provinces Feis, and your dancer is no longer able to participate due to this restriction, registration fees will be returned. Paypal fees will not be refunded for any entry.

-If Four Provinces Feis is cancelled after registration fees have been paid, all fees will be refunded EXCEPT PayPal

<b>BEGINNER</b> <b>BOYS &amp; GIRLS</b>	A Beginner is a competitor who has not taken Irish dancing lessons from a registered teacher <u>prior</u> to September 1st of previous year. Dancer <b>must</b> move into Advanced Beginner the following year. <b>2 Steps - 2 Dancers at a time</b> <b>NO SOLO COSTUMES ALLOWED. Skirt &amp; blouse or school costumes ONLY.</b>								
		<b>Under 6</b>	<b>Under 7</b>	<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>	<b>Under 13</b>
REEL <i>tempo 122</i>	1	5	9	13	17	21	25	29	33
LIGHT JIG <i>tempo 115</i>	2	6	10	14	18	22	26	30	34
SLIP JIG <i>tempo 122</i>	3	7	11	15	19	23	27	31	35
HOP JIG <i>tempo 124</i>	4	8	12	16	20	24	28	32	36
<b>ADVANCED BEGINNER</b> <b>BOYS &amp; GIRLS</b>	An Advanced Beginner is a dancer who has taken lessons from a registered teacher for more than 1 year. An Advanced Beginner who wins a 1 <sup>st</sup> , 2 <sup>nd</sup> or 3 <sup>rd</sup> place will advance to the Novice category in that particular dance the next year. <b>2 Steps - 2 Dancers at a time</b> <b>NO SOLO COSTUMES ALLOWED. Skirt &amp; blouse or school costumes ONLY.</b>								
		<b>Under 6</b>	<b>Under 7</b>	<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>	<b>12 &amp; Over</b>
REEL <i>tempo 122</i>	101	107	113	119	125	131	137	143	
LIGHT JIG <i>tempo 115</i>	102	108	114	120	126	132	138	144	
SLIP JIG <i>tempo 122</i>	103	109	115	121	127	133	139	145	
HOP JIG <i>tempo 124</i>	104	110	116	122	128	134	140	146	
TREBLE JIG <i>tempo 92</i>	105	111	117	123	129	135	141	147	
HORNPIPE <i>tempo 138</i>	106	112	118	124	130	136	142	148	
<b>NOVICE</b> <b>BOYS &amp; GIRLS</b>	A Novice is a dancer who has previously won a 1 <sup>st</sup> , 2 <sup>nd</sup> or 3 <sup>rd</sup> in Advanced Beginner. A Novice who wins a 1 <sup>st</sup> place will advance to the Prizewinner category in that particular dance the next year. <b>2 Steps - 2 Dancers at a time</b>								
		<b>Under 7</b>	<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>	<b>Under 13</b>	<b>Under 14</b>
REEL <i>tempo 113</i>	201	206	211	216	221	226	231	236	241
LIGHT JIG <i>tempo 115</i>	202	207	212	217	222	227	232	237	242
SLIP JIG <i>tempo 113</i>	203	208	213	218	223	228	233	238	243
TREBLE JIG <i>tempo 92 OR 73</i>	204	209	214	219	224	229	234	239	244
HORNPIPE <i>tempo 138 OR 113</i>	205	210	215	220	225	230	235	240	245
<b>PRIZEWINNER</b> <b>BOYS &amp; GIRLS</b>	A Prizewinner is a dancer who has previously won a 1 <sup>st</sup> place in Novice in a particular dance. <b>2 Steps - 2 Dancers at a time</b>								
		<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>	<b>Under 13</b>	<b>Under 14</b>	<b>Under 15</b>
REEL <i>tempo 113</i>	301	305	309	313	317	321	325	329	333
SLIP JIG <i>tempo 113</i>	302	306	310	314	318	322	326	330	334
TREBLE JIG <i>tempo 92 OR 73</i>	303	307	311	315	319	323	327	331	335
HORNPIPE <i>tempo 138 OR 113</i>	304	308	312	316	320	324	328	332	336

# CHAMPIONSHIPS

## Championship Tabulation will be done by FEISWEB

### Hard shoe danced first

- **A DANCER WHO MISSES HIS/HER ROTATION WILL NOT BE PERMITTED TO DANCE**
- Rotations are pre-assigned by FEISWEB
- Solo Round Medals will be awarded in all Championship competitions.
- There will be three rounds for Open Championships
- Marks for Champs will be available at time of results
- **Note: Preliminary and Open competitions may be moved later in the day as stages become available**

<b>PRELIMINARY CHAMPIONSHIPS</b>	Choice of Reel (48 Bars) or Slip Jig (40 bars) <b>AND</b> Jig (48 bars) or Hornpipe (40 bars). Open to competitors who have placed 1 <sup>st</sup> in Prizewinner solo light (reel/slip jig) <b>AND</b> heavy dance (jig/hornpipe) at any feis.	
<b>BOYS &amp; GIRLS</b>	Dancers who win THREE 1 <sup>st</sup> place Prelim Championships in one calendar year <b>must</b> move onto Open on Jan. 1 <sup>st</sup> of the following year. <u>When a third 1<sup>st</sup> place win is achieved over several calendar years, the dancer <b>must</b> move to Open Championship the following weekend.</u> Girls and Boys Combined. Dancers will dance 2 at a time.	
		<b>PERPETUAL</b>
Under 8	400	The Donegal Association Trophy
Under 9	401	The Crossan Family Trophy
Under 10	402	The Hasenmayer Memorial Trophy
Under 11	403	The Travers Family Trophy
Under 12	404	The Lisa Young Memorial Trophy
Under 13	405	The Connell Family Trophy
Under 14	406	The Cara School Trophy
Under 15	407	The John P. Kennedy Trophy
Under 16	408	The Eugene McDonald Memorial Trophy
Under 17	409	The James J. Wallace Trophy
17 & Over	410	The Tyrone Society Trophy
<b>OPEN CHAMPIONSHIPS</b>	Dancers will perform <b>three</b> rounds: reel or slip jig, hornpipe or treble jig and set piece of dancer's choice.	
<b>BOYS &amp; GIRLS</b>	Dancers will dance 2 at a time	
<b>3 ROUNDS</b>	<b>Note: U9 Open competitors must dance a traditional set piece.</b>	
		<b>PERPETUAL TROPHIES</b>
Under 9	500	The Regina Trahey Memorial Trophy
Under 10	501	The Cavan Society Trophy
Under 11	502	The Denise Berry Memorial Trophy
Under 12	503	The Adele L. McHugh Memorial Trophy
Under 13	504	Carmel's Crew Perpetual Trophy
Under 14	505	The Alan Skehan Memorial Trophy
Under 15	506	The Marie Farrelly Memorial Trophy
Under 16	507	The Bill & Eileen Watson Trophy
Under 17	508	The Addison Kelly Memorial Trophy
Under 18	509	The Terry McEnroe Memorial Trophy
Under 20	510	The Kenneally Family Trophy
Over 20	511	

TRADITIONAL SET	Advanced Beginner Novice and Prizewinner	Preliminary and Open Champion		PRELIMINARY CONTEMPORARY SET
Under 9	600	601	Under 11	602
Under 11	603	604	Under13	605
Under 13	606	607	Under 15	608
Under 15	609	610	Under 17	611
15 & Over	612	613	17 & Over	614

CEILI COMPETITIONS	UNDER 9	UNDER 11	UNDER 13	UNDER 15	15 & OVER
2 HAND REEL	800	803	806	809	812
3 HAND REEL	801	804	807	810	813
4 HAND REEL	802	805	808	811	814

<b>SPECIAL NEEDS COMPETITION</b>	Open to dancers of all ages
<b>BOYS &amp; GIRLS</b>	902
<b>MY FIRST FEIS COMPETITION</b>	Open to children Under 6 who have never competed in a Feis. <b>One</b> step in the Light Jig. <b>Competitor may not compete in any other dancing competition at this feis.</b>
<b>BOYS &amp; GIRLS</b>	700

## Adult Competitions

Adult dancers must meet one of the following criteria

- 1) Dancers must not have taken Irish Dancing lessons as a juvenile and must be at least 18 years of age
- 2) Dancers may have taken Irish dance lessons as a juvenile but have not competed in any competition, solo or team, feiseanna or Oireachtais, except competitions specifically designated for adults within the past 5 years and must be at least 18 years of age

All female Adult competitors must wear black tights.

ADULT COMPETITIONS	REEL SPEED 122	SLIP JIG SPEED 122	LIGHT JIG SPEED 115	TREBLE JIG SPEED 92	HORNSPIPE SPEED 138	TRADITIONAL SET
<b>BEGINNER</b>	910	911	912	913	914	915
<b>ADVANCED BEGINNER</b>	916	917	918	919	920	921
	REEL SPEED 113	SLIP JIG SPEED 113	LIGHT JIG SPEED 115	TREBLE JIG SPEED 73 & 92	HORNSPIPE SPEED 113 & 138	TRADITIONAL SET
<b>NOVICE</b>	922	923	924	925	926	927
<b>PRIZEWINNER</b>	928	929	930	931	932	933

<b>ADULT CHAMPIONSHIP</b>	Choice of Reel (40 bars), Slip Jig (32 bars) or Hornpipe (32 bars). Traditional Set of Choice. Reel, Slip Jig & Hornpipe speed = 113, Treble Jig speed = 73					
	950					

<b>FAMILY DANCE COMPETITION</b>	1000	Entry is open to any group of family members who compete in an Irish dance of their choice
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<b>IRISH MUSIC COMPETITION</b>	Competitors will play one choice of an Irish Traditional Air/Tune on their choice of instrument. <b>Times to be determined</b>
<b>UNDER 12</b>	2000
<b>12 &amp; OVER</b>	2001

<b>CHARITY TREBLE REEL IN LOVING MEMORY OF JOHN S McGRORY</b> Registration fees for the Treble Reel will be donated to Nelson County Pantry <a href="https://nelsoncountypantry.org">https://nelsoncountypantry.org</a>		Located in Shipman, VA, the Nelson County Pantry was a place near and dear to John McGrory. On a monthly basis the Pantry provides supplemental food to an average of 250 households, representing approximately 700 individuals. Please consider participating in the Charity Treble Reel Competition. <b><i>Dance attire for this competition is your choice. Dancers can dress in theme, black shirt/top, solo or school dress. This competition may be entered side stage the day of the Feis</i></b>
<b>Under 12</b>	3000	
<b>Under 16</b>	3001	
<b>16 &amp; Over</b>	3002	

**COVID-19 Protocols**

By attending, you agree to follow all COVID – 19 safety protocols and voluntarily assume all risks related to exposure of COVID-19  
Non-compliance to any of the guidelines set forth will result in ejection from the feis and no refund will be provided.

**COSTUMES**

Please come completely ready for the feis – hair, make-up, costume etc (can be solo, school, or skirt/pants and top). Please have your child warm- up prior to entering the feis venue. There is absolutely no getting ready or congregating in the bathrooms.

**WATER STATIONS AND BATHROOMS**

There will be no water stations so please bring all the water your child will need for the day. Please do not refill water bottles at the sink in the bathrooms. Bathrooms will be accessible, but we ask that no one gets ready in the bathroom. We will have someone monitoring the number of people entering/leaving the bathrooms to maintain adequate social distancing. There will be no access to water fountains. Since the nature of COVID-19 and the safety guidelines in relation to it are fluid, our protocols are subject to change. We will publish and/or distribute changes to our protocols as they are updated.