



Sunday January 22, 2023

Start time: 8:45 a.m.

15th Annual

FEIS NA CARA 2023

LIMITED TO THE FIRST 600 ENTRIES

ENTRIES DUE BY January 8, 2023

May close early if cap is reached

Three rounds for Open Championships

Cardinal O'Hara High School

1701 Sproul Rd

Springfield, Pa 19064

Feis Na Cara 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

www.feisweb.com

No mailed entries will be accepted.

Feis updates, adjudicator & musician additions will be posted

www.mcdadecara.com

Email questions to: carafeis@gmail.com

Adjudicators

Catherine Leneghan, OH	Iris Gray, CT	Stacie Greiner, NC	Maura Gray, CT
Eileen Mulhern O'Kane, IL			

Musicians

Annmarie Acosta	Karen Conway	Kevin Forde	

FEIS IS REGISTERED, SANCTIONED AND WILL BE GOVERNED BY THE RULES OF AN COIMISIUN (WWW.CLRG.IE) IDTANA(www.idtana.org) AND THE MID-ATLANTIC REGION (WWW.MID-ATLANTICREGION.COM)

Please refer to applicable websites for rules governing the feis.

PLEASE NOTE THE PHOTOGRAPHY RULE

**FIGURES
BOYS & GIRLS**

The Martin J. McGonigle Memorial Trophy will be awarded to the school that accumulates the most overall points in the figure competitions.

	Under 9	Under 11	Under 13	Under 16	16 & Over
4 HAND DANCE	600	601	602	603	604
8 HAND DANCE		605	606	607	608

SET DANCES	ADVANCED BEGINNER NOVICE & PRIZEWINNER TRADITIONAL SET	PRELIMINARY CONTEMPORARY SETS
UNDER 9	700	704
UNDER 11	701	705
UNDER 13	702	706
13 & OVER	703	707

SPECIAL NEEDS BOYS & GIRLS	800	Open to all ages, boys and girls Dancer's choice of dance.
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TREBLE REEL FOR CHARITY \$10.00	All Registration Fees for the Treble Reel will be donated to: Methylmalonic Acidemia: www.mmareasearch.com AND Spina Bifida Association: www.sbaa.org This competition may be entered side stage on the day of the feis.	
UNDER 12	801	
UNDER 16	802	
16 & OVER	803	The Lisa Young Memorial Plaque will be awarded to the winner of Competition 803.

ART COMPETITION	Art must be delivered before 11:00 a.m. Judging should be complete by early afternoon. Please be sure to pick up your artwork before leaving the feis.	
UNDER 13	851	
13 & OVER	852	

TRADITIONAL IRISH SODA BREAD	853	Entry fee is donation of the bread. Drop off bread by 11:00 a.m. Bread becomes property of the feis once submitted.
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Family Dance Competition	860	<i>The Pierce Family memorial trophy will be awarded to the winner of this competition.</i> Entry is open to any group of family members who compete in an Irish dance of their choice
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CHAMPIONSHIPS

A DANCER WHO MISSES HIS/HER ROTATION WILL NOT BE PERMITTED TO DANCE. ROTATIONS ARE PRE-ASSIGNED BY FEISWEB

PRELIMINARY CHAMPIONSHIPS BOYS & GIRLS	Choice of Reel (48 Bars) or Slip Jig (40 bars) AND Jig (48 bars) or Hornpipe (40 bars). Open to competitors who have placed 1 st in Prizewinner solo light (reel/slip jig) AND heavy dance (jig/hornpipe) at any feis. Dancers who win THREE 1 st place Prelim Championships in one calendar year must move onto Open on Jan. 1 st of the following year. When a third 1 st place win is achieved over several calendar years, the dancer must move to Open Championship the following weekend. Girls and Boys Combined. Hard Shoe danced first. Dancers will dance 3 at a time up to and including U13, then 2 at a time beyond that age group.	
	PERPETUAL TROPHIES	
Under 8	400	The Kathleen Clare Carbone Perpetual Trophy
Under 9	401	The Scott Family – Tir na nog Perpetual Trophy
Under 10	402	The Scattergood/Hasenmayer Families Perpetual Trophy
Under 11	403	The Chester County Emerald Society Perpetual Trophy
Under 12	404	The Carty/Connelly Families Perpetual Trophy
Under 13	405	The West End Fire Company #3 Perpetual Trophy
Under 14	406	The Elizabeth McLaughlin Reese Perpetual Trophy
Under 15	407	The Robert J. Brennan Perpetual Trophy
Under 16	408	The Charles V. Roche Memorial Trophy
Under 17	409	The McNamee Family Perpetual Trophy
17 & Over	410	The Connelly Family Perpetual Trophy
OPEN CHAMPIONSHIPS BOYS & GIRLS 3 ROUNDS	Dancers will perform three rounds: reel or slip jig, hornpipe or treble jig and set piece of dancer's choice. Dancers will dance 3 at a time up to and including U13, then 2 at a time after that. Note: U8 and U9 Open competitors must dance a traditional set piece.	
Under 8	500	The Daire Robert Baille Memorial Trophy
Under 9	501	The Rose of Tralee Perpetual Trophy
Under 10	502	The McDade McGrory Perpetual Trophy
Under 11	503	The Sheehan Family Perpetual Trophy
Under 12	504	The Murray Family Perpetual Trophy
Under 13	505	The Manuel De Valente Memorial Trophy
Under 14	506	The Morse Family Perpetual Trophy
Under 15	507	The Carmel & John King Perpetual Trophy
Under 16	508	The Marie & Philip Farrelly Perpetual Trophy
Under 17	509	The William F. Maginnis Memorial Trophy
Under 18	510	The Mike Morrissey Memorial Trophy
Under 20	511	
Over 20	512	

BEGINNER	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 must move into Advanced Beginner the following year.								
BOYS & GIRLS	2 Steps, 3 Dancers at a time NO SOLO COSTUMES ALLOWED. Skirt & blouse or school costumes ONLY.								
	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	12 & Over
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
ADVANCED BEGINNER	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 st , 2 nd , or 3 rd place will advance to the Novice category in that particular dance the next year.								
BOYS & GIRLS	2 Steps, 3 Dancers at a time NO SOLO COSTUMES ALLOWED. Skirt & blouse or school costumes ONLY.								
		Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	12 & Over
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
NOVICE	A Novice is a dancer who has previously won a 1 st , 2 nd or 3 rd in Advanced Beginner. A Novice who wins a 1 st place will advance to the Prizewinner category in that particular dance the next year.								
BOYS & GIRLS	2 Steps, 3 Dancers at a time								
	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	14 & Over
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
PRIZEWINNER	A Prizewinner is a dancer who has previously won a 1 st place in Novice in a particular dance.								
BOYS & GIRLS	2 Steps, 3 Dancers at a time								
	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15	15 & Over
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

THE FEIS COMMITTEE, MCDADE-CARA SCHOOL OF IRISH DANCE, THE HOSTING ORGANIZATION, Cardinal O'Hara High School, The Philadelphia Archdiocese, 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 hotel info will be posted on our website www.mcdadecara.com

NO REFUNDS OF ANY FEES		NO CHANGES AFTER January 18, 2023	
Family Event Fee – Mandatory:	\$30.00	Late Fee – Begins January 9, 2023:	\$10.00
Art Competition:	\$5.00	Change Fee:	\$10.00
Solo Competitions & Figure Dance	\$12.00 per dance	NO REFUNDS	
Set Dances:	\$12.00	Marks for grades will be emailed shortly after the feis	
Family Dance:	\$12.00	Marks for Champs will be available at time of results	
Preliminary Championships:	\$50.00		
Open Championships:	\$60.00	All entries done on FeisWeb.com No mailed entries.	
Family Maximum: (does not include event fee or late fee)	\$150.00	Any questions regarding entries should be emailed to: carafeis@gmail.com	
Treble Reel - ** Cash Collected Side Stage	\$10.00		

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 on January 1, 2023.
- 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 as of January 1, 2023.

Adult	Reel Speed 122	Slip Jig Speed 122	Light Jig Speed 115	Treble Jig Speed 92	Hornpipe Speed 138	Traditional Set
Beginner	910	911	912	913	914	915
Advanced Beginner	916	917	918	919	920	921
	Reel Speed 113	Slip Jig Speed 113	Light Jig Speed 115	Treble Jig Speed 73 & 92	Hornpipe Speed 113 & 138	Traditional Set
Novice	922	923	924	925	926	927
Prizewinner	928	929	930	931	932	933
Adult Championships	Choice of Reel (40 bars) or Slip Jig (32 bars) AND Treble Jig (40 bars) or Hornpipe (32 bars). Traditional Set of Choice. Reel, Slip Jig and Hornpipe speeds = 113, Treble Jig Speed = 73				950	