

CLARAITHE LEIS AN COIMISIUN LE RINCE GAELACHA

SIOBHAN MC DONNELL S.D.

PRESENTS

**COOLERA /
STRANDHILL FEIS**

SUNDAY 7TH JUNE 2026

MERCY COLLEGE SLIGO

Chapel Hill, Sligo

F91 CF80

MOLTOIRI: JULIE EVANS O'DONNELL, ULSTER

SARAH CLOGHER-GAUGHAN, CONNACHT

ANTHONY SHARKEY, MUNSTER

EILEEN FAGAN-GARGAN, LEINSTER (GRADES)

CEOLTOIRI: PAUL O'DONNELL, SLIGO

Syllabus approved by Claire Crossan Feis Registrar, Connacht Chomhairle

COOLERA/STRANDHILL FEIS 2026

Dear Teachers, Parents & Dancers,

On behalf of the Siobhan McDonnell S.D. we look forward to welcoming you all to Coolera/Strandhill Feis 2026 which will be held on the 7th June 2026, in the Mercy College Sligo. The venue is 50 mins from Knock Airport and is within easy access of the train and bus stations. Flights to knock from many UK destinations:

See <http://www.irelandwestairport.com/> for information and schedules.

Once again, we have an esteemed panel of adjudicators for the Feis.

Some important information about the Feis:

- **Large championship size stage**
- **Trophy and Sash for top 5 in Championship and Prelim**
- **Trophy for top 5 in Trophy dance plus sash for winner**
- **Medal for every dancer in Reel Competitions**
- **Everyone will dance their set in Open Championship if 15 or less dancers in Competition**
- **Grades open to all regions**
- **Separate practice room, ample changing facilities and free parking**
- **Separate results hall to ensure the smooth running of the Feis**
- **Buckles and Bling are our vendors for the weekend**
- **Pre entry at – www.entrytable.ie**
- **Admission €5 payable on the day – cash only please, there will be no card facilities at the venue.**
- **Live commentary on the day via our FB page “Coolera Feis”**
- **All grade competitions will dance 32 bars.**

We look forward to extending a warm welcome to you all in Sligo and sincerely thank you in advance for your support.

Kind Regards,

Siobhan, Danielle and Amy

Sunday 7th June 2026

<u>Time</u>	<u>Stage A</u>	<u>Stage B</u>	<u>Stage C</u>	<u>Stage D</u>
9am Bungrad	U6 Bun 10-12 Bun Over 12 Bun	U7 Bun	U8 Bun U10 Bun	U9 Bun
10:15am Tusgrad	U7 Tus Over 12 Tus	U8 Tus U10 Tus	U9 Tus	10-12 Tus
11:30am Meangrad	U7 Mean U10 Mean	U8 Mean U9 Mean	10-12 Mean	Over 12 Mean
12:45pm Approx.	*Stars of the Future* 16-24 Bars Ril Music			
1:30pm Approx.	U6 Craobh Comortas U7 Craobh Comortas U8 Craobh Comortas U9 Craobh Comortas			U6 Ril/Port Singil, Port Eadtrom U7 Ril/Port Singil/Port U8 Ril/Port/Trad Set U9 Ril /Port/Trad Set
3pm Approx.	U10 Craobh Comortas U11 Craobh Comortas			Ril or Port Luasca/Port Trom or Cornphiopa Recall Rince Leithleach
4:30pm Approx.	U12 Craobh Comortas U13 Craobh Comortas			Ril or Port Lusaca/Port Trom or Cornphiopa Recall Rince Leithleach
6pm	U14 Craobh Comortas U15 Craobh Comortas U16 Craobh Comortas Over 16 Craobh Comortas			Ril or Port Lusaca/Port Trom or Cornphiopa Recall Rince Leithleach

Championships will be judged by 3 adjudicators.

Trophy and Sash for top 5 in Championships and Prelim

Separate Results Hall

Bungrad: Ril, Port Eadtrom, Port Singil, Port Luasca, Trophy Light Dance

Tusgrad: Ril, Port Eadtrom, Port Singil, Port Trom, St. Patrick's Day, Trophy Light Dance, Trophy Heavy Dance

Meangrad: Ril, Port Eadtrom, Port Singil, Port Trom, Cornphiopa, Trophy Light Dance, Trophy Heavy Dance

Fees: Solo €5.00. Medal for every dancer in all reel competitions.

Trophy Dance: €10.00. Trophy for top 5 in trophy dance and sash for the winner.

RULES/RIALACHA

1. Age reckoned from January 1st 2026.
2. Entries will only be accepted from teachers currently registered with An Comisiún le Rincí Gaelacha.
3. No refunds except in the case that the event does not run.
4. The adjudicator's decision is final.
5. Objections must be lodged in writing within one hour of the announcement of a competition & be accompanied by a fee of €30 which will be refunded should the objection be valid.
6. The feis committee as far as is practical will provide a stage surface suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained while on stage. The lodgement of any entry will be deemed to be acceptance of this made by the dancer & his/her parent(s) or guardian(s).
7. The feis committee reserve the right to refuse feis entries and refuse entrance to the venue.
8. The feis committee reserve the right to move competitions/results to a different stage or alternate age groups to ensure the smooth running of the event.
9. Photography:
 - Any form of unauthorised photography that has the capability to capture a dancer's image whilst in motion, using electronic or manual means e.g. mobile phone, standard camera, video camera, with or without flash enhancement, is forbidden during all competitions.
 - Awards presentation photos will be put on the organising feis Social Media page. If you do not wish your child to be on this page you must inform the organisers of the feis before the awards are made.
 - Videoing of competitions is strictly forbidden.
10. In prelim and open competitions up to and including under 10, make up (including false lashes and face-tan) is not permitted.
11. No block/en point (stationary or moving) permitted for all ages up to and including under 12 with the exception of dancers who will be competing in the 12-13 age group next year (2027), who will be exempt from this rule from 1st September 2026.

12. Music Speeds:

Grade	<u>Reel</u>	<u>Light Jig</u>	<u>Single Jig</u>	<u>Slip Jig</u>	<u>Heavy Jig</u>	<u>Hornpipe</u>
Bun Grád	122 - 124	116	124	124		
Tús Grád	116 - 118	116	124	120	84	130
Mean/Árd Grád	113	116	124	113	73	113

13. Costumes:

- Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps.
- Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustrations on www.clrg.ie).
- Adjudicators who determine a costume to lack modesty or be too short may ask a competitor to change into black tights (of a denier not less than 70%) in order for the dancer to continue in the

competition. If the competition is being judged by more than 1 adjudicator, all adjudicators on the panel must agree that dancer be asked to put on tights.

- Changing of costumes is not permitted in halls or public areas. Dancers must use changing rooms provided.
- In order to comply with health and safety measures, all dancers lining up side stage for any round, may be asked to raise their arms to shoulder level unhindered. If unable to do this by the time of their rotation, due to costume stitching/arm attachments, the dancer will not be permitted to perform.

14. Stars of the Future: this competition is aimed towards dancers of any age who may not be ready for graded competitions. Dancers must not dance in Bun Grád or any other adjudicated competition at the event.

15. Bungrád and Túsgrád:

- Dancers are not permitted tan on legs in Bun and Tús Grád.
- Dancers up to and including the under 12 age group are not permitted to wear make up (including false eye lashes and face tanner).
- Dancers may only wear a traditional class costume or long/short sleeve blouse/shirt/t-shirt and skirt/trousers, bodysuit/leotards and skirt (must conform to the regular costume length rule). Low cut tops or short tight skirts are not permitted. Appropriate undergarments covering the midriff must be worn.
- Bun Grád competitions are confined to dancers who at the time of entry have never won 1st place (or graded out) of that particular dance in any age group or grade. Basic steps only are permitted in Bun Grád.
- Tús Grád competitions are confined to dancers who at the time of entry have never won 1st place (or graded out) of that particular dance in any age group in Tus Grád, Mean Grád, Preliminary or Árd Grád grades. Basic steps or their first hard/advanced version of each dance are permitted in Tús Grád. Steps in Tús Grád heavy jigs and hornpipes should be similar to those performed in traditional sets.
- "Grading up" in Bun and Tús Grád:
 - 1 – 5 dancers = 0 dancers grade up
 - 6 – 20 dancers = 1 dancer grades up
 - 21 – 30 dancers = 2 dancers grade up
 - 30 + dancers = 3 dancers grade up

16. Mean Grád: Mean Grád competitions are confined to those who at the time of entry have never won 1st place (or graded out) of that particular dance in any age group in Mean Grád, Preliminary or Árd Grád grades.

17. Preliminary: to be eligible to compete in a Preliminary Championship:

- Dancers must not have placed in the top 3 in an Open Championship judged by 3 or more adjudicators.
- Dancers must not have won a Preliminary Championship more than 2 times in the current year, HOWEVER, if there are 5 or less in a Preliminary competition the dancer is still eligible to compete in Preliminary Championship.

- Dancers must not have qualified for Oireachtas Rince na Cruinne in the current year (2026) or previous year (2025).
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hÉireann in the current year (2026) or previous year (2025).
- Dancers having won 2 Preliminary Championships may not compete in any Mean grad competition for the remainder of the year HOWEVER, if a dancer has won only one Preliminary Championship they may continue to compete in Mean grad (with the exception of the dances that they won the Prelim Championship with).
- Exceptions pertaining to particular regions:
 - Dancers who qualify for Oireachtas Rince na Cruinne where there are five dancers or less in the competition at their Regional Oireachtas are exempt from this ruling. They may remain in the Preliminary Championships if they so wish.
 - Boys who have qualified for Oireachtas Rince na Cruinne but were not placed in the top 3 at their Regional Oireachtas and who otherwise fulfil the Prelim Criteria, may continue to compete in Preliminary Championships.

Entries by Entry Table – www.entrytable.ie

Entries close: Monday 1st June 2026

Entry Fees:

Stars of the Future: €10.00

Craobh Comortas: €40.00

Craobh Comortas & Prelim Championship: €45.00

Prelim: Age 8-9 up to and including 14-15 age group.

Door Entry: €5.00 per adult – cash only, no card facilities available at the venue.

Tea and coffee available at the venue.

Enquiries can be made to:

Siobhan – 087 2949595

Danielle – 087 1308409

Amy – 087 2121429