

CLARAITHE LEIS AN COIMISIUN LE RINCE GAELACHA

**SIOBHAN MC DONNELL S.D.**

**PRESENTS**

# **COOLERA FEIS**

**30<sup>th</sup> Sept/1<sup>st</sup> Oct 2023**

**SUMMERHILL COLLEGE**

**(Sligo Town F91 D5YF)**

**MOLTOIRI: AILSON QUIGEY-GORDON, ULSTER**

**DANIEL FLANAGAN, MUNSTER**

**CLAIRE MCCOLE, CONNACHT**

**CEOLTOIRI: DEAN CROUCH, LONDON UK**

Syllabus approved by Bernie Curley (Feis Registrar, Connacht  
Chomhairle)

## **COOLERA FEIS 2023**

Dear Teachers, Parents & Dancers,

On behalf of the Siobhan McDonnell S.D., we look forward to welcoming you all to Coolera Feis 2023 which will be held on the 30<sup>th</sup> Sep/1<sup>st</sup> Oct at Summerhill College, Sligo Town (F91 D5YF). The venue is 43 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**
- **Separate Boys competition from U-10 to Over 16**
- **Perpetual Cup for open Championship Winner**
- **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 20 or less dancers in Competition**
- **Tiny Tots 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 if needed**
- **Buckles and Bling are our vendors for the weekend**
- **Pre entry at [www.entrytable.ie](http://www.entrytable.ie)**
- **Admission €5 payable on the day**
- **Live commentary on the day via our FB page "Coolera Feis"**

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

**Saturday 30<sup>th</sup> September 2023**

## PRELIMINARY AND OPEN CHAMPIONSHIPS

<b>9:00am</b>	9-10 Craobh Comortas 8-10 Boys Craobh Comortas 10-11 Craobh Comortas	Ril or Port Luasca/ Port Trom or Cornphiopa Recall Leithleach
<b>11:30am</b> Approx.	11-12 Craobh Comortas 10-12 Boys Craobh Comortas 12-13 Craobh Comortas	Ril or Port Luasca/ Port Trom or Cornphiopa Recall Leithleach
<b>2:30pm</b> Approx.	13-14 Craobh Comortas 12-14 Boys Craobh Comortas 14-15 Craobh Comortas	Ril or Port Luasca/ Port Trom or Cornphiopa Recall Leithleach
<b>5.00 pm</b> Approx.	15-16 Craobh Comortas 14-16 Boys Craobh Comortas 16-18 Craobh Comortas Over18 Craobh Comortas Over 16 Men Craobh Comortas	Ril or Port Luasca/ Port Trom or Cornphiopa Recall Leithleach
<b>100% recall If less than 20 in competition</b>		

Competitions will be judged by 3 adjudicators.

Perpetual Cup for Championship Winners.

Trophy and Sash for top 5 in Championships and Prelim

Separate Results Hall

**Sunday 1<sup>st</sup> October 2023**

<b><u>Time</u></b>	<b><u>Stage 1</u></b>	<b><u>Stage 2</u></b>	<b><u>Stage 3</u></b>
<b>9:00am</b>	7-8 Craobh Comortas 8-9 Craobh Comortas		7-8 Ril/Port/Trad Set 8-9 Ril/Port/Trad Set
<b>10:00am</b> Approx.	U5 Craobh Comortas U6 Craobh Comortas U7 Craobh Comortas		U5 Ril/Port Eadtrom U6 Ril/Port Eadtrom U7 Ril/Port Eadtrom/Port Singil
<b>10:30am</b> Approx.	<b>*Tiny Tots*</b>		16-24 Bars Ril Music
<b>11am</b> Approx. <b>Bungrad</b>	U6 Bun  U10 Bun	U7 Bun  U9 Bun	U8 Bun  10-12 Bun  Over 12 Bun
<b>1:15pm</b> Approx. <b>Tusgrad</b>	U6 Tus  U10 Tus	U7 Tus  U9 Tus	U8 Tus  10-12 Tus  Over 12 Tus
<b>2:30pm</b> Approx <b>Meangrad</b>	U6 Mean  U10 Mean	U7 Mean  U9 Mean	U8 Mean  10-12 Mean  Over 12 Mean

**Tiny Tots** – aimed at young dancers born in 2018, 2019 and 2020 who may not be 100% ready for a feis. Each dancer can perform 16-24 bars of reel music on stage one at time. They may be accompanied by a parent or teacher.

**Bungrad:** Ril, Port Eadtrom, Port Singil, Port Luasca, **TROPHY LIGHT DANCE (choice of any dance already danced)**

**Tusgrad:** Ril, Port Eadtrom, Port Singil, Port Luasca, Port Trom, Cornphiopa, St Patricks Day, **TROPHY LIGHT DANCE (choice of any light dance already danced)**

**Meangrad:** Ril, Port Eadtrom, Port Singil, Port Luasca, Port Trom, Cornphiopa, Trad Set, **TROPHY DANCE (choice of any dance already danced)**

**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. Entries will only be accepted from dancers that have teachers registered with An Coimisiún le Rincí Gaelacha.
2. Age will be reckoned from 1st January 2023.
3. Bungrád competitions are confined to those who have never won a first prize in that particular dance in any age group. Only basic steps may be performed.
4. Túsgrád competitions are confined to dancers who have not won a first prize in that particular dance in Túsgrád, Meángrád or Árdgrád.
5. Competitors in Bungrád and Túsgrád may only wear class costume, dress or skirt and top and the use of make-up, fake tan and wigs is not permissible.
6. Meángrád competitions are confined to dancers who have not won a first prize in that particular dance in Meángrád or Árdgrád.
7. No block, en-pointe work, stationary or moving, is allowed to be performed in all ages up to and including Under 11.
8. For heavy rounds in competitions, dancers may not wear soft shoes that have been altered with the addition of heels and tips in an attempt to turn them into hard shoes. Dancers found to be wearing such altered shoes for heavy rounds may be denied access to that round of the competition.
9. Preliminary championships eligibility:
  - A dancer must not have placed top three in any open championship judged by three or more adjudicators.
  - A dancer must not have won a preliminary championships more than two times in the current year. However, if there are 5 or less in a prelim competition the dancer is still eligible to compete in Prelim.
  - A dancer must not have qualified for Oireachtas Rince na Cruinne 2022 or 2023.
  - Dancers having won 2 Prelim Championships may not compete in Meangrad competitions for the remainder of the year, however, if a dancer has won only 1 Prelim Championship, they can continue to compete in Meangrad with the exception of the dances which they won in Prelim.
10. The use of camcorders is not permitted during dancing.
11. The feis committee will not accept any responsibility for personal injuries or damage to property on the premises.
12. Objections, accepted from registered teachers only, must be lodged within one hour of the announcement of the competition result and accompanied by a €20 fee.

## **Entry Fees – Pre entry at [www.entrytable.ie](http://www.entrytable.ie)**

**Tiny Tots €8.00**

**Craobh Comortas: U-5/U6: €30**

**Craobh Comortas: U-7 upwards: €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**

**Time permitting, we hope to be able to offer 100% recall. As a minimum all dancers will be recalled in championships from U6 to U9 and in all championships with 20 or fewer dancers.**

**Enquiries to: SIOBHAN: 087-2949595 / AMY: 087-2121429**