



15th - 17th February 2020

Venue: InterContinental Minneapolis-St Paul Airport, 5005 Glumack Drive
Minneapolis, MN 55425

Adjudicators: Mr Brian Cleary. ADCRN
Ms Lisa Doogan. ADCRN
Ms Marian Kiernan. ADCRN

Musician: Mr. Sean Warren

Competition Entry Fees

Solos	\$15/dance
Award Competitions	\$25
Figure Entries (2-hand, 3-hand, 4-hand, céilí, figure dance, freestyle, and dance drama)	\$12/dancer
Solo Championships	\$35
Award Competition Without Solos	\$40
Solo Championships Without Solos	\$60

Open platform dancers must add a \$15 registration fee.*

General Admission

Age	Per Day	3-Day Pass
Adult	\$15	\$40
Child (under 12)	\$5	\$25
Senior (65 and older)	\$10	\$25

*Dancers without a CRN lanyard must pay a \$5/day entry fee.

Closing Date: All entries and payment in full must be transmitted or postmarked by **January 15th, 2020**. For dancers participating in qualifying events after the entry closing date, entries for award competitions may be added to their solo entries within 6 days after the qualifying event and must be accompanied by payment in full. No other late entries will be accepted.

- **USA Only: Make checks payable to CRN NAO. Mail to:**
Jennifer Darby
116 Carson Avenue
Dalton, MA 01226
- Returned checks are subject to a \$30 fee.
- **Alternatively, anyone may submit payment (plus 3% of total payment to cover processing fees) via PayPal to crn.nao.championships@gmail.com.**
- Mail one check or make one PayPal payment per school for the grand total.
- All fees are stated in US dollars.
- No refunds will be issued.

Submit Entries to:
Ann English
nianglais83@gmail.com

Solo Dance Competitions

Speeds are noted in beats per minute (bpm). Competitors must be prepared to dance AT LEAST the number of bars indicated.

UNDER 6

96 Reel	97 Slip Jig	98 Single Jig	99 Light Jig
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Reel: 40 bars, 124 bpm; Slip jig: 32 bars, 130 bpm; Single jig: 64 bars, 124 bpm; Light jig: 56 bars, 116 bpm.

BUNGHRÁD

Under 8	Under 10	Under 12	Under 14
106 Reel	110 Reel	114 Reel	118 Reel
107 Slip Jig	111 Slip Jig	115 Slip Jig	119 Slip Jig
108 Single Jig	112 Single Jig	116 Single Jig	120 Single Jig
109 Light Jig	113 Light Jig	117 Light Jig	121 Light Jig
Under 18	Over 18		
122 Reel	126 Reel		
123 Slip Jig	127 Slip Jig		
124 Single Jig	128 Single Jig		
125 Light Jig	129 Light Jig		

Reel: 40 bars, 124 bpm; Slip jig: 32 bars, 130 bpm; Single jig: 64 bars, 124 bpm; Light jig: 56 bars, 116 bpm.

ULLMHÚCHÁN

Under 7	Under 9	Under 11	Under 13
201 Reel	206 Reel	211 Reel	216 Reel
202 Slip Jig	207 Slip Jig	212 Slip Jig	217 Slip Jig
203 Single Jig	208 Single Jig	213 Single Jig	218 Single Jig
204 Treble Jig	209 Treble Jig	214 Treble Jig	219 Treble Jig
205 Hornpipe	210 Hornpipe	215 Hornpipe	220 Hornpipe
Under 15	Under 18	Over 18	
221 Reel	226 Reel	231 Reel	
222 Slip Jig	227 Slip Jig	232 Slip Jig	
223 Single Jig	228 Single Jig	233 Single Jig	
224 Treble Jig	229 Treble Jig	234 Treble Jig	
225 Hornpipe	230 Hornpipe	235 Hornpipe	

Reel: 48 bars, 120 bpm; Slip jig: 48 bars, 128 bpm; Single jig: 48 bars, 124 bpm; Treble jig: 48 bars, 88 bpm; Hornpipe: 40 bars, 136 bpm

MEÁNGHRÁD

Under 7		Under 9		Under 11		Under 13	
301	Reel	306	Reel	311	Reel	316	Reel
302	Slip Jig	307	Slip Jig	312	Slip Jig	317	Slip Jig
303	Single Jig	308	Single Jig	313	Single Jig	318	Single Jig
304	Treble Jig	309	Treble Jig	314	Treble Jig	319	Treble Jig
305	Hornpipe	310	Hornpipe	315	Hornpipe	320	Hornpipe
Under 15		Under 17		Under 19		Over 19	
321	Reel	326	Reel	331	Reel	336	Reel
322	Slip Jig	327	Slip Jig	332	Slip Jig	337	Slip Jig
323	Single Jig	328	Single Jig	333	Single Jig	338	Single Jig
324	Treble Jig	329	Treble Jig	334	Treble Jig	339	Treble Jig
325	Hornpipe	330	Hornpipe	335	Hornpipe	340	Hornpipe

Reel: 48 bars, 116 bpm; Slip jig: 48 bars, 124 bpm; Single jig: 48 bars, 122 bpm; Treble jig: 48 bars, 84 bpm; Hornpipe: 40 bars, 130 bpm.

ÁRDGHRÁD

Under 9		Under 11		Under 13		Under 15	
401	Reel	406	Reel	411	Reel	416	Reel
402	Slip Jig	407	Slip Jig	412	Slip Jig	417	Slip Jig
403	Single Jig	408	Single Jig	413	Single Jig	418	Single Jig
404	Treble Jig	409	Treble Jig	414	Treble Jig	419	Treble Jig
405	Hornpipe	410	Hornpipe	415	Hornpipe	420	Hornpipe
Under 17		Under 19		Under 21		Over 21	
421	Reel	426	Reel	431	Reel	436	Reel
422	Slip Jig	427	Slip Jig	432	Slip Jig	437	Slip Jig
423	Single Jig	428	Single Jig	433	Single Jig	438	Single Jig
424	Treble Jig	429	Treble Jig	434	Treble Jig	439	Treble Jig
425	Hornpipe	430	Hornpipe	435	Hornpipe	440	Hornpipe

Reel: 48 bars, 113 bpm; Slip jig: 40 bars, 113 bpm; Single jig: 48 bars, 116 bpm; Treble jig: 48 bars, 73 bpm; Hornpipe: 40 bars, 113 bpm.

CRAOBHGHRÁD

Under 9		Under 11		Under 13		Under 15	
501	Reel	506	Reel	511	Reel	516	Reel
502	Slip Jig	507	Slip Jig	512	Slip Jig	517	Slip Jig
503	Single Jig	508	Single Jig	513	Single Jig	518	Single Jig
504	Treble Jig	509	Treble Jig	514	Treble Jig	519	Treble Jig
505	Hornpipe	510	Hornpipe	515	Hornpipe	520	Hornpipe
Under 17		Under 19		Under 21		Over 21	
521	Reel	526	Reel	531	Reel	536	Reel
522	Slip Jig	527	Slip Jig	532	Slip Jig	537	Slip Jig
523	Single Jig	528	Single Jig	533	Single Jig	538	Single Jig
524	Treble Jig	529	Treble Jig	534	Treble Jig	539	Treble Jig
525	Hornpipe	530	Hornpipe	535	Hornpipe	540	Hornpipe

Reel: 48 bars, 113 bpm; Slip jig: 40 bars, 113 bpm; Single jig: 48 bars, 116 bpm; Treble jig: 48 bars, 73 bpm; Hornpipe: 40 bars, 113 bpm.

RINCE FOIRNE

NAOINÁN (U10)		PÁISTE (U13)		AOSÁNACH (U16)		SOISEAR (U19)		SINSEAR (O19)	
610	Two-Hand	613	Two-Hand	616	Two-Hand	619	Two-Hand	620	Two-Hand
710	Three-Hand	713	Three-Hand	716	Three-Hand	719	Three-Hand	720	Three-Hand
810	Four-Hand	813	Four-Hand	816	Four-Hand	819	Four-Hand	820	Four-Hand

2-hand reels and 3-hand reels will be 64 bars, danced at speed 113. The standard of the dance must be at least meánghrád. 4-hand reels must be danced as detailed in Oide Damhsa.

PRIOMH DUAISEANNA (Award Competitions)

Speeds are noted in beats per minute (bpm). Competitors must be prepared to dance AT LEAST the number of bars indicated.

1006 Reel & Slip Jig	Under 6
Reel: 40 bars, 124 bpm; Slip jig: 32 bars, 130 bpm.	

BUNGHRÁD			ULLMHÚCHÁN		
1008 Reel & Slip Jig	Under 8		2007 Reel & Hornpipe	Under 7	
1010 Reel & Slip Jig	Under 10		2009 Reel & Hornpipe	Under 9	
1012 Reel & Slip Jig	Under 12		2011 Reel & Hornpipe	Under 11	
1014 Reel & Slip Jig	Under 14		2013 Reel & Hornpipe	Under 13	
1018 Reel & Slip Jig	Under 18		2015 Reel & Hornpipe	Under 15	
1019 Reel & Slip Jig	Over 18		2018 Reel & Hornpipe	Under 18	
Reel: 40 bars, 124 bpm; Slip jig: 32 bars, 130 bpm.			2019 Reel & Hornpipe	Over 18	
			Reel: 48 bars, 120 bpm; Hornpipe: 40 bars, 136 bpm.		
MEÁNGHRÁD			ÁRDGHRÁD		
3007 Reel & Treble Jig	Under 7		4009 Reel & Set Dance (6/8 Time)*	Under 9	
3009 Reel & Treble Jig	Under 9		4011 Reel & Set Dance (6/8 Time)*	Under 11	
3011 Reel & Treble Jig	Under 11		4013 Reel & Set Dance (6/8 Time)	Under 13	
3013 Reel & Treble Jig	Under 13		4015 Reel & Set Dance (6/8 Time)	Under 15	
3015 Reel & Treble Jig	Under 15		4017 Reel & Set Dance (6/8 Time)	Under 17	
3017 Reel & Treble Jig	Under 17		4019 Reel & Set Dance (6/8 Time)	Under 19	
3019 Reel & Treble Jig	Under 19		4021 Reel & Set Dance (6/8 Time)	Under 21	
3020 Reel & Treble Jig	Over 19		4022 Reel & Set Dance (6/8 Time)	Over 21	
Reel: 48 bars, 116 bpm; Treble jig: 48 bars, 84 bpm.			Reel: 48 bars, 113 bpm. Set dance must be selected from the list on page 5.		

CRAOBHACHA AONAIR (Solo Championship Competitions)

5009	Reel/Slip Jig & Contemporary Set Dance (6/8 Time)*	Under 9
5011	Reel/Slip Jig & Contemporary Set Dance (6/8 Time)*	Under 11
5013	Reel/Slip Jig & St Patrick's Day (2nd Part) & Contemporary Set Dance	Under 13
5015	Reel/Slip Jig & Humours of Bandon & Contemporary Set Dance	Under 15
5017	Reel/Slip Jig & The Job of Journeywork & Contemporary Set Dance	Under 17
5019	Reel/Slip Jig & The Blackbird (2nd Part) & Contemporary Set Dance	Under 19
5021	Reel/Slip Jig & The White Blanket & Contemporary Set Dance	Under 21
5023	Reel/Slip Jig & The Garden of Daisies & Contemporary Set Dance	Under 23
5024	Reel/Slip Jig & The Garden of Daisies & Contemporary Set Dance	Over 23

Reel: 48 bars, 113 bpm; Slip jig: 40 bars, 113 bpm. Set dance must be selected from the list on page 5.

CRAOBHACHA (Céilí/Figure Championship Competitions)

6010	Céilí Championship (6-Hand)	Naoinán (U10)
8010	Céilí Championship (8-Hand)	Naoinán (U10)
6013	Céilí Championship (6-Hand)	Páiste (U13)
8013	Céilí Championship (8-Hand)	Páiste (U13)
8016	Céilí Championship	Aosánach (U16)
8019	Céilí Championship	Soisear (U19)
8020	Céilí Championship	Sinsear (O19)
7010	Figure Dance Championship	Naoinán (U10)
7013	Figure Dance Championship	Páiste (U13)
7016	Figure Dance Championship	Aosánach (U16)
7019	Figure Dance Championship	Soisear (U19)
7020	Figure Dance Championship	Sinsear (O19)
9001	Freestyle Championship	Under 15
9002	Freestyle Championship	Over 15
9003	Dance Drama Championship	

Céilí dances must be danced as detailed in Oide Damhsa.

Set Dance List

Competitors in the árdghrád award and solo championship competitions may select from the following list of contemporary set dances.

Sprig of Shellelagh*	The Charlady
Fiddler Round the Fairy Tree*	Downfall of Paris (O'Neill's Version)
Skip It Lightly*	Downfall of Paris (Keogh's Version)
Hurling Boys*	King of the Fairies
Jockey to the Fair*	Lodge Road
Rub the Bag*	Planxty Davis
Miss Brown's Fancy*	Rodney's Glory
Donegal Rambler*	Roving Pedlar
Hurry the Jug*	Ace & Deuce of Piping
Orange Rogue*	Madame Bonaparte
Planxty Irwin*	Piper through the Meadow Straying
The Storyteller*	The Hunt
Wandering Musician*	The Little Heathy Hill
Deep Green Pool	Bonaparte's Retreat
3 Sea Captains (short version)	Killkenny Races
3 Sea Captains (long version)	Rambling Rake
Ri Laois	Youghal Harbour
Drunken Gauger†	Blue Eyed Rascal
Planxty Drury	Four Masters
Carmel's Jig	Battle of Arklow
The Charlady	The Happy Whistler
Planxty Hugh O'Donnell	Is the Big Man Within?
Blackthorn Stick†	

*In Regional, North American & Irish Open Championships, dancers will select a JIG 6/8 SET DANCE FOR ARDGHRÁD AWARD & CHAMPIONSHIP Under 9, Under 10 & Under 11 from the dances indicated with an asterisk.

†This tune is 15 bars complete.

REMINDERS OF RULES PERTAINING TO ENTRIES

- Age is determined as of September 1, 2019.
- All female dancers are required to wear stage black tights on reaching the age of 20 years. (The exception to this rule is in team dancing, when a senior dancer travels down an age group as per the 25% rule. In this situation, the dancer may assume the age of the team.)
- No solo costumes allowed in the Bunghrád and Ullmhúchán grades with the exception of those competing in the Bunghrád and Ullmhúchán Over 18 age group.
- A dancer is only permitted to dance the championship in their own age group in the Regional, North American, Irish Open, & World Open Championships.
- All competitors dancing a solo championship in the Regional, North American & Irish Open Championships must have achieved Ardghrád level in at least 3 of their solos dances and be a minimum of Meánghrád in all others, on the closing date of entries for the respective competitions.
- The light section of the Ardghrád awards and Solo Championships in the Regional, North American, Irish Open, and World Open Championships will be danced two at a time for all age groups.
- The second set of traditional set dances will be danced in the North American Open Championships.
- In the 2 and 3 hand competitions, the standard of the dance must be at least Meánghrád.
- The minimum grade for any competitor in the Freestyle competition is Meánghrád.
- In the case of Céilí Dances (in particular High Caul Cap) - couples Number 1 & 2 only will perform the 2nd figure from Aosánach upwards. In Naionán & Páiste - the 1st figure is performed.
- Where there are 3 or more mixed teams entered in an age group at Irish Open and North American Open Championships, a separate competition be held in this age group. A mixed team will consist of 25% or above, being male dancers. Adherence to rule 13 a) applies.
- In the case of Céilí and Figure dance championships, the exact same team is only permitted to dance in one championship.
- Where there are 3 or more mixed teams entered in an age group at Irish Open and North American Open Championships, a separate competition be held in this age group. A mixed team will consist of 25% or above, being male dancers. Adherence to rule 13 a) applies.
- When entering a Céilí team, the teacher must declare if the team is a mixed team. A mixed team consists of a team containing 1 or more boys.
- In the case of a senior team, more than 25% of the team must be senior.
- If a class has more than one team entered into the same competition, one full team must be of that age group. The other team must adhere to the 25% rule.
- All dancers placed 1st in their North American Open Meanghrád Award will automatically qualify for their world solo championship.
- All dancers placed 1st, 2nd, 3rd, 4th & 5th in their North American Open Ardghrád Award, with a minimum of Ardghrád for 3 of their solo dances and Meanghrád in the other 2 dances, will automatically qualify for their world solo championship.