



# The 40<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 27, 2025**

**Start time- 8:45AM**

Entries are capped at 600 entries

**Wildwood Convention Center**

**4501 Boardwalk**

**Wildwood, NJ**

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

☘ Wig-free Feis ☘

The McDade-Cara dancers will not be wearing wigs. Dancers from other schools are encouraged to join us in promoting a day that celebrates natural hair.

*Last day to enter is April 20,2025 at midnight unless cap is reached first.  
Late fees will begin on April 13, 2025*

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

Additional Judges and Musician will be listed on our website as they confirm

### **Adjudicators**

Sean Flynn - NY	Kate Wosczyzna - PA	Isabella Fogarty - IRE
Linda Sanfillipo - NY	Kerry Broderick - NY	Maureen Bakke - NJ
Christina Ryan – Kilcoyne - PA	Joseph Seletski - NY	Billy Maple, MD
Marnie Maple, MD	Patsy McLoughlin - NY	

### **Musicians**

Kevin Forde	Karen Conway	Luke Sooy
Niall Mulligan	Claire Shirey	Patti Morrisey

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, Wildwood Convention Center, 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> Please note there will be NO REFUNDS of any fees and NO Changes will be permitted after April 20, 2024		
<b>Family Maximum</b> (does not include event fee, FeisWeb fee or late fee) <b>\$250.00</b>	Fees charged before March 1, 2025	Fees charged after March 1, 2025
<b>Family Event Fee Mandatory</b>	\$30.00	\$30.00
<b>Special Needs Competition</b>	\$11.00	\$15.00
<b>Music &amp; Art Competitions</b>	\$11.00	\$15.00
<b>All Solo Competition – Grade Level and Adult Competitions</b>	\$11.00	\$15.00
<b>Preliminary Championship</b>	\$40.00	\$50.00
<b>Traditional Set / Contemporary Set</b>	\$15.00	\$20.00
<b>Open &amp; Adult Championships</b>	\$50.00	\$60.00
<b>Ceili Competition – Per dancer</b>	\$10.00	\$12.00
<b>Charity Treble Reel</b>	\$10.00	\$10.00
<b>Late Fees begin on April 13, 2025 - \$30.00</b>		
<b>Change Fee - \$20.00</b>		

<b>BEGINNER</b>	A Beginner is a competitor who has not taken Irish dancing lessons from a registered teacher prior to September 1st of previous year. Dancer <b>must</b> move into Advanced Beginner the following year.									
<b>BOYS &amp; GIRLS</b>	<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>	<b>13 &amp; Over</b>	
<b>REEL tempo 122</b>	1	5	9	13	17	21	25	29	33	
<b>LIGHT JIG tempo 115</b>	2	6	10	14	18	22	26	30	34	
<b>SLIP JIG tempo 122</b>	3	7	11	15	19	23	27	31	35	
<b>HOP JIG tempo 124</b>	4	8	12	16	20	24	28	32	36	
<b>ADVANCED BEGINNER</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>BOYS &amp; GIRLS</b>	<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>		
<b>REEL tempo 122</b>	101	107	113	119	125	131	137	143		
<b>LIGHT JIG tempo 115</b>	102	108	114	120	126	132	138	144		
<b>SLIP JIG tempo 122</b>	103	109	115	121	127	133	139	145		
<b>HOP JIG tempo 124</b>	104	110	116	122	128	134	140	146		
<b>TREBLE JIG tempo 92</b>	105	111	117	123	129	135	141	147		
<b>HORNPIPE tempo 138</b>	106	112	118	124	130	136	142	148		
<b>NOVICE</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>BOYS &amp; GIRLS</b>	<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>	<b>14 &amp; Over</b>	
<b>REEL tempo 113</b>	201	206	211	216	221	226	231	236	241	
<b>LIGHT JIG tempo 115</b>	202	207	212	217	222	227	232	237	242	
<b>SLIP JIG tempo 113</b>	203	208	213	218	223	228	233	238	243	
<b>TREBLE JIG tempo 92 OR 73</b>	204	209	214	219	224	229	234	239	244	
<b>HORNPIPE tempo 138 OR 113</b>	205	210	215	220	225	230	235	240	245	

<b>PRIZEWINNER</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>BOYS &amp; GIRLS</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>	<b>15 &amp; Over</b>
<b>REEL</b> <i>tempo 113</i>	301	305	309	313	317	321	325	329	333
<b>SLIP JIG</b> <i>tempo 113</i>	302	306	310	314	318	322	326	330	334
<b>TREBLE JIG</b> <i>tempo 92 OR 73</i>	303	307	311	315	319	323	327	331	335
<b>HORNSPIPE</b> <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

**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.	
	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> This is a MidAtlantic Region rule. Out of region dancers follow the rules of their regions. Girls and Boys Combined. Dancers will dance 2 at a time.	
<b>BOYS &amp; GIRLS</b>		
		<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>GIRLS</b>	Dancers will dance 2 at a time	
<b>3 ROUNDS</b>	<b>Note: U8 and U9 Open Girls competitors must dance a traditional set piece.</b>	
		<b>PERPETUAL TROPHIES</b>
Under 8	500	
Under 9	501	The Regina Trahey Memorial Trophy
Under 10	502	The Cavan Society Trophy
Under 11	503	The Denise Berry Memorial Trophy
Under 12	504	The Adele L. McHugh Memorial Trophy
Under 13	505	Carmel's Crew Perpetual Trophy
Under 14	506	The Alan Skehan Memorial Trophy
Under 15	507	The Marie Farrelly Memorial Trophy
Under 16	508	The Bill & Eileen Watson Trophy
Under 17	509	The Addison Kelly Memorial Trophy
Under 18	510	The Terry McEnroe Memorial Trophy
Under 20	511	The Kenneally Family Trophy
Over 20	512	The Brian O'Connell Memorial Trophy

<b>OPEN CHAMPIONSHIPS BOYS 3 ROUNDS</b>	Dancers will perform <b>three</b> rounds: reel, hornpipe or treble jig and set piece of dancer's choice.	
	Dancers will dance 2 at a time <b>Note: U9 Open Boys competitors must dance a traditional set piece.</b>	
		<b>PERPETUAL TROPHIES</b>
Under 9	513	The Crossan/Deeney Memorial Trophy
Under 11	514	The Fullerton/O'Connell Trophy
Under 13	515	The Maureen McDade McGrory Trophy
Under 15	516	The John & Margaret Meenan Trophy
Under 17	517	The McKenna's Irish Shop Trophy
17 & Over	518	The Four Provinces Volunteer Trophy

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
			Adult	615

<b>SPECIAL NEEDS BOYS AND GIRLS</b>		<b>Open to all ages, boys and girls Dancer's choice of dance</b>
BEGINNER	700	
ADVANCED BEGINNER	701	

<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>
	702

<b>PRE CHAMP COMPETITION</b>	Open to dancers who currently dance in Novice and Prizewinner levels getting ready for Champ Level. <b>Must enter at least two grade level dances at the Feis to be eligible for this competition. PLACEMENT IN THIS COMP DOES NOT COUNT TOWARDS ADVANCEMENT.</b> Must dance EITHER Reel (48 bars) OR Slip Jig (40 bars), and EITHER Hornpipe (40 bars) OR Treble Jig (48 bars). Please specify dances on FeisWeb's Entry Form. <b>HARD SHOE</b> danced first.
<b>UNDER 9</b>	703

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

## 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	HORNPIPE SPEED 138	TRADITIONAL SET
BEGINNER	910	911	912	NA	NA	NA
ADVANCED BEGINNER	913	914	915	916	917	918
	REEL SPEED 113	SLIP JIG SPEED 113	LIGHT JIG SPEED 115	TREBLE JIG SPEED 73 & 92	HORNPIPE SPEED 113 & 138	TRADITIONAL SET
NOVICE	919	920	921	922	923	924
PRIZEWINNER	925	926	927	928	929	930
ADULT PRELIMINARY COMP	Choice of Reel (48 bars), Slip Jig (40 bars), Hornpipe (40 bars) Treble Jig (48 bars). Reel, Slip Jig & Hornpipe speed = 113, Treble Jig speed = 73					
The Henry Cannon Memorial Trophy	950					
ADULT OPEN CHAMPIONSHIP COMP	Choice of Reel (48 bars), Slip Jig (40 bars) or Hornpipe (40 bars). Traditional Set of Choice. Reel, Slip Jig & Hornpipe speed = 113, Treble Jig speed = 73					
Four Provinces Feis Legacy Volunteers Trophy	951					

FAMILY DANCE COMPETITION	1000	Entry is open to any group of family members who compete in an Irish dance of their choice
--------------------------	------	--

IRISH MUSIC COMPETITION	Competitors will play one choice of an Irish Traditional Air/Tune on their choice of instrument. <b>Times to be determined</b>
UNDER 12	2000
12 & OVER	2001

ART & SODA BREAD COMPETITIONS	<b>ART COMPETITION</b> Please drop your entries off at the assigned tables at the feis	<b>SODA BREAD COMPETITION</b> Please drop your entries off at the assigned tables at the feis. Donation of the Soda Bread is the entry cost for this competition
UNDER 12	2002	2003
12 & OVER	2004	2005

<p style="text-align: center;"> <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> </p>		<p> 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> </p>
<p style="text-align: center;"><b>Under 12</b></p>	<p style="text-align: center;">3000</p>	
<p style="text-align: center;"><b>Under 16</b></p>	<p style="text-align: center;">3001</p>	
<p style="text-align: center;"><b>16 &amp; Over</b></p>	<p style="text-align: center;">3002</p>	