



*Edmonton Highland
Dancing Association*

Open Highland Competition
C-AB –CO-20-1023

Sanctioned by the Royal Scottish Official Board of Highland Dancing

and
**Northern and Central Alberta
Confined Championship**
C-AB –CO-20-1022

Saturday, March 14, 2020
Central Lions Senior Centre
11113—113 Street, Edmonton, AB

**Morning events for all Pre-Premier
(Primary, Beginner, Novice & Intermediate)
commence at 9:00 AM**
(Morning registration to begin at 8:00 AM)

**Northern and Central Alberta
Confined Championship**

Section 1 7 to under 12 years
Section 2 12 & under 16 years
Section 3 16 years & over

Fling, Sword, Seann Triubhas, Reel
2020 Championship Steps

Championships are sanctioned by the
Royal Scottish Official Board of Highland Dancing

Championship events commence at 10:30 AM
(Registration for Championship to begin at 10:00 AM)

JUDGES:

Nadiene Gibney, ON
Janice Macquarrie, NS
Alison McGregor, Scotland
Michele Yonge, BC

Acceptance Date

Entries open Monday, February 3, 2020 at 8:00 AM (MST)

Closing Date

Entries close Sunday, March 1, 2020 at 11:59 (MST)

Northern & Central Alberta Confined Championship

Northern and Central Alberta Confined Championship will be held
on Saturday, March 14, 2020 at
Central Lions Senior Centre, 11113-113 Street, Edmonton, Alberta

- Age as of March 14, 2020.
- This is a confined Championship. All competitors must qualify by birth or by having been resident within the following 52 Municipal Districts in the Province of Alberta for six months immediately prior to the event. Municipal Districts include:

Athabasca, Barrhead, Beaver, Big Lakes, Birch Hills, Bonneyville, Brazeau, Camrose, City of Edmonton, Clear Hills, Clearwater, Fairview, Flagstaff, Grande Prairie, Greenview, Jasper, Jasper Park, Lac St. Anne, Lacombe, Lakeland, Lamont, Leduc, Lesser Slave River, MacKenzie, Minburn, Northern Lights, Northern Sunrise, Opportunity, Paintearth, Parkland, Peace, Ponoka, Provost, Red Deer, Saddle Hills, Smoky Lake, Smoky River, Spirit River, St. Paul, Stettler, Strathcona County, Sturgeon, Thornhill, Two Hills, Vermillion River, Wainwright, Westlock, Wetaskiwin, Willmore Wilderness, Wood Buffalo, Woodlands and Yellowhead.

On a map (see below), all areas within the boundaries of the Province of Alberta that are located north of the southernmost boundary of the following municipal districts (as located west to east across the province):

Jasper Park, Clearwater, Red Deer, Stettler, Paintearth and Provost

- Proof of residency must be provided upon request.
- Championship events must have a minimum of 6 dancers competing to be eligible for Championship status.
- Draw for position set by the Competition Committee for all dances except the Reel which will be first to enter, last to dance.
- Dancers must perform the 2020 Championship Steps.
- Dancers must fill-in for Reels as required.
- Cash prize money to be awarded to Champion and Runners-up:
15 years & under:
1st - \$60, 2nd - \$50, 3rd - \$40, 4th - \$30, 5th - \$20, 6th - \$10
16 years & over:
1st - \$100, 2nd - \$85, 3rd - \$70, 4th - \$55, 5th - \$40, 6th - \$25



For larger view, please visit
www.ehda.ca

**On-site concession
will be available
No changing will be
allowed outside
change rooms; please
use facilities provided**

*****Tribute to JL McKenzie Scholarship Dance Demonstration
at 12:55 PM prior to the start of afternoon Premier National events on
Saturday, March 14, 2020*****

**Don't forget the Marvelous March Workshop on Sunday, March 15th,
open to all.
Fantastic instructors with lots of classes available for dancers of all levels.
Free to EHDA members, please provide your 2019/20 Membership number
at time of entry.**

General Competition Rules & Regulations

EHDA Open Highland Competition will be held
on Saturday, March 14 2020 at
Central Lions Senior Centre, 11113-113 Street, Edmonton, Alberta

- Competitors are governed by the rules and regulations of R.S.O.B.H.D.
- Entries will be divided into categories after the closing date. The Competition Committee reserves the right to combine, split, or delete/cancel classes or events at their discretion.
- The competitor's age will be taken as of March 14, 2020.
- All competitors must present their current 2020 SOBHD registration cards to receive awards and must remain in costume for all award presentations.
- Competitors dance in inverse order of entry. Any competitor not on hand when his/her event is called will forfeit his/her entry in that event.
- All fees are non-refundable.
- In the event of a class combining dancers under 16 yrs of age with dancers 16 yrs & over; prize money will be set as for 16 yrs & over. Prize Money will be awarded to Premier dancers 16 years & over as follows:
1st - \$50, 2nd - \$45, 3rd - \$40, 4th, 5th & 6th - \$35
- No one other than the Competition Committee shall communicate with the judges.
- Dancers must fill-in for Reels as required.
- Pre-Premier status changes must be reported to the Competition Secretary (780) 934-9201 or email cmunawych@gmail.com before March 8, 2020.
- Medals will be awarded to 1/2 of the number of dancers in each class, rounded up to the next whole number for an odd number of dancers, to a maximum of 6 medals per dance.
- Perpetual trophies are the property of E.H.D.A. and must be returned eleven months after the competition. Winners are responsible for the name engraving and care of the trophy. Repairs, other than normal maintenance will be the responsibility of the dancer or parent/guardian. Any damage should be reported to the competition committee well in advance of the next year's event.
- Protests must be in writing, signed and handed to the Competition Committee before the end of the competition with a \$25.00 fee. The fee is refundable if the protest is sustained.

9:00 AM—Dancer registration begins at 8:00 AM

PRIMARY

Fling (4)
Sword (2&1)
Pas de Basques (16)
Pas de Basques
Hi/Cuts

BEGINNER

Fling (4)
Sword (2&1)
Seann Triubhas (3&1)
Scottish Lilt (4)
Flora (4)

NOVICE

Sword (2&1)
Seann Triubhas (3&1)
Strathspey & Highland
Reel (2&2)
Scottish Lilt (4)
Flora (4)

INTERMEDIATE

Fling (4)
Sword (2&1)
Seann Triubhas (3&1)
Highland Laddie (4)
Irish Jig (3&1)

**1:00 PM—Dancer registration
begins at 12:30 PM**

PREMIER NATIONAL

7-U12 years**
Villager Maid (4)
Flora (4)
Highland Laddie (4)

PREMIER NATIONAL

12 years & over
Villager Maid (4)
Flora (4)
Highland Laddie (4)

Printed programs ONLY available by pre-purchase

ENTRY FEES	
CATEGORY	FEES
Northern & Central Alberta Championship	\$ 40.00 per dancer
Pre-Premier/Premier dancers 15 yrs & under	\$6.00 per event
Premier dancers 16 yrs & over	\$7.00 per event
AHDA Fee & SDCCS Provincial Surcharge	\$2.00/entry
On-line service charge	\$3.00/entry
Admission (Children under 10 free)	\$5.00
Printed Program (ScotDance App provided)	\$5.00



Edmonton Highland
Dancing Association

MARVELOUS MARCH WORKSHOP

Sunday, March 15, 2020

Step by Step School of Dance

**#449 Sioux Road
Sherwood Park, Alberta**

C-AB -CO-20-1024

2020 Championship Steps,
Pre-Premier Highland and Nationals

Nadiene Gibney, ON

Janice Macquarrie, NS

Alison MacGregor, Scotland

Michele Yonge, BC

This workshop is an approved CPD for all RSOBHD Adjudicators.
Professionals are welcome to attend any session.

Fee for EHDA non-member Professionals—\$35.00
This session is free for EHDA member professionals.

All Professionals, please contact Kelly Abraham directly to register:
kelly.abraham@telus.net

On-line entry available at www.eventry.net

On-line workshop entry closes March 1, 2020, 11:59 PM (MST)
After March 1st ONLY. Please contact Kelly Abraham,
kelly.abraham@telus.net to enter the workshop or for further information. Late entries will be accepted for the workshop provided space is available.

Marvelous March Workshop

**EHDA Marvelous March Workshop will be held on
Sunday, March 15, 2020 at
Step by Step School of Dance, 449 Sioux Road, Sherwood Park
STUDIO OPENS AT 9:00 AM**

This workshop is **free** for EHDA members holding a current 2019/2020 EHDA Membership. Please provide your membership number during registration.

Not a member? Follow the link: [EHDA Membership Application 2019/20](#)

The fees for non-EHDA dancers are as follows:
Beginner, Novice & Intermediate—\$40.00
Premier—\$65.00

Dancers may enter the workshop only. Please enter at www.eventry.net, EHDA Open March Competition and select only the workshop. Thank you.

Refunds for both EHDA and non-EHDA dancers will **ONLY** be considered in cases of illness (if accompanied by a doctor's note) or at the discretion of the EHDA workshop organizers.

Premier dancers :

9:30 AM- 12:00 noon - 2020 championship steps
12-1 - lunch

1-2:30 PM - class with Alison MacGregor:

Chartered Educational Psychologist and Life and Mindful Coach This class will be a self-care class incorporating dynamic yoga, mindfulness and body restoration.

Learn strategies on how to be mindful both for dancing, as well as all aspects of life.

Note: intermediate dancers who know the 2020 championship steps are welcome to attend premier sessions.

****please note** the instructors will NOT be using the class time to conduct a warm up. The studio will be open by 9 AM to come and do your own warm and have your shoes on prepared to dance by 9:30 AM. ******

Total time for premier dancers: 9:30 AM - 2:30 PM
50-60 minute lunch break included.

Please bring practice swords and a lunch or there are lots of restaurants near by.

Pre-Premier dancers:

1:00 PM - 3:00 PM.

Sessions will include: Highland and nationals and finish off with a fun group choreography class!

Open to all pre-premier dancers who know a MINIMUM of Fling, Sword, Seann Truibhas (steps or basic movements) Lilt and Flora.

Please bring: Water, swords, practice skirts (girls).

****please note** the instructors will NOT be using class time to conduct a warm up. Please arrive early to do your own warm and have your shoes on ready to dance at 1 PM. ******

**Instructor biographies will be posted on the website at
www.ehda.ca**

PLEASE NOTE THE FOLLOWING INFORMATION:

Parents and siblings are NOT allowed in the studios during the workshop

All dancers should arrive at least 30 minutes prior to start time to ensure sufficient warmup time

Water only allowed in studios

Proper dance attire and shoes required

All Dancers: Please bring practice swords

Pre-Premier: also bring practice skirts

****PLEASE NOTE:** dancers who arrive after classes have started, will be brought in at an appropriate time at the discretion of the workshop coordinator. Thank you for respecting the instructors and other participants by arriving on time and prepared.**

If you have registered and can no longer attend, please do us the courtesy of advising the workshop coordinator 24 hours before the workshop. If there are multiple no-shows, a refundable deposit may need to be included in future workshops. Thank you for your consideration.

Workshop Organizer: Kelly Abraham
kelly.abraham@telus.net

Priority will be given to EHDA dancers until **February 16, 2020** at which time the remaining spots will be open to all dancers based on a first come first serve basis.

Professionals

As this workshop is an approved CPD for all SOBHD Adjudicators; professionals are welcome to attend any session.

Professionals only: please contact Kelly Abraham directly at kelly.abraham@telus.net

This session is free to all EHDA Member Professionals.

A \$35.00 fee will apply to all non-EHDA member professionals. Please bring the fee, cash or cheque payable to Edmonton Highland Dancing Association, to the workshop.