

# Cumann Rince Náisiúnta

U.S.A. Qualifying Feile 2011

Saturday, September 3, 2011

Location TBA (dependent on fires)

Adjudicator – Brian Cleary  
Entry Fees - Solo Dances \$8  
General Admission \$5

Mail entries to Belisama Irish Dance  
P.O. Box 8403  
Santa Fe, NM 87504

Entries must be postmarked by August 5, 2011.  
Late fee of \$3/solo dance applies for entries  
postmarked after this date.

## FAOI (Under) 6

1. Reel	2. Slip Jig	3. Single Jig	4. Light Jig
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## BUN GRÁD

FAOI (Under) 7 5. Reel 6. Slip Jig 7. Single Jig 8. Light Jig	FAOI 8 9. Reel 10. Slip Jig 11. Single Jig 12. Light Jig	FAOI 9 13. Reel 14. Slip Jig 15. Single Jig 16. Light Jig	FAOI 10 17. Reel 18. Slip Jig 19. Single Jig 20. Light Jig
FAOI 11 21. Reel 22. Slip Jig 23. Single Jig 24. Light Jig	FAOI 12 25. Reel 26. Slip Jig 27. Single Jig 28. Light Jig	FAOI 14 29. Reel 30. Slip Jig 31. Single Jig 32. Light Jig	FAOI 18 33. Reel 34. Slip Jig 35. Single Jig 36. Light Jig
ÓS CIONN (Over) 18 37. Reel 38. Slip Jig 39. Single Jig 40. Light Jig			

## ULLMHÚCHÁN

FAOI (Under) 7 41. Reel 42. Slip Jig 43. Single Jig 44. Double Jig 45. Hornpipe	FAOI 9 46. Reel 47. Slip Jig 48. Single Jig 49. Double Jig 50. Hornpipe	FAOI 11 51. Reel 52. Slip Jig 53. Single Jig 54. Double Jig 55. Hornpipe	FAOI 13 56. Reel 57. Slip Jig 58. Single Jig 59. Double Jig 60. Hornpipe
FAOI 15 61. Reel 62. Slip Jig 63. Single Jig 64. Double Jig 65. Hornpipe	FAOI 18 66. Reel 67. Slip Jig 68. Single Jig 69. Double Jig 70. Hornpipe	ÓS CIONN (Over) 18 71. Reel 72. Slip Jig 73. Single Jig 74. Double Jig 75. Hornpipe	

## MEAN GRÁD

FAOI (Under) 7 76. Reel 77. Slip Jig 78. Single Jig 79. Double Jig 80. Hornpipe	FAOI 9 81. Reel 82. Slip Jig 83. Single Jig 84. Double Jig 85. Hornpipe	FAOI 11 86. Reel 87. Slip Jig 88. Single Jig 89. Double Jig 90. Hornpipe	FAOI 13 91. Reel 92. Slip Jig 93. Single Jig 94. Double Jig 95. Hornpipe
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FAOI 15 96. Reel 97. Slip Jig 98. Single Jig 99. Double Jig 100. Hornpipe	FAOI 17 101. Reel 102. Slip Jig 103. Single Jig 104. Double Jig 105. Hornpipe	FAOI 19 106. Reel 107. Slip Jig 108. Single Jig 109. Double Jig 110. Hornpipe	ÓS CIONN (Over) 19 111. Reel 112. Slip Jig 113. Single Jig 114. Double Jig 115. Hornpipe
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### ÁRD GRÁD

FAOI (Under) 9 116. Reel 117. Slip Jig 118. Single Jig 119. Double Jig 120. Hornpipe	FAOI 11 121. Reel 122. Slip Jig 123. Single Jig 124. Double Jig 125. Hornpipe	FAOI 13 126. Reel 127. Slip Jig 128. Single Jig 129. Double Jig 130. Hornpipe	FAOI 15 131. Reel 132. Slip Jig 133. Single Jig 134. Double Jig 135. Hornpipe
FAOI 17 136. Reel 137. Slip Jig 138. Single Jig 139. Double Jig 140. Hornpipe	FAOI 19 141. Reel 142. Slip Jig 143. Single Jig 144. Double Jig 145. Hornpipe	FAOI 21 146. Reel 147. Slip Jig 148. Single Jig 149. Double Jig 150. Hornpipe	ÓS CIONN (Over) 21 151. Reel 152. Slip Jig 153. Single Jig 154. Double Jig 155. Hornpipe

### **IMPORTANT NOTE!!!!**

Although at 7000 feet Santa Fe and Los Alamos are not technically high altitude (officially 8000 feet and above), it is not uncommon to develop high altitude sickness here. Below are a few tips to help make your travel more comfortable.

At higher altitudes, your body can become dehydrated more easily. Plan to drink more water than usual. Twice your usual amount is a good goal. It is also wise to avoid large amounts of caffeine or alcohol at high elevation as they can easily dehydrate you. Consider avoiding alcohol your first days here.

If you have existing medical conditions such as high blood pressure, congestive heart failure, COPD, angina or pregnancy, you may wish to check with your doctor before you travel.

You will become winded easily dancing at this altitude, if you have asthma ask your doctor for measures you can take to ensure your health and enjoyment while competing in Santa Fe.

The symptoms of high altitude sickness are generally headache, nausea, dizziness, and trouble sleeping. If you become disoriented, seek medical advice.

Another factor about high elevation is that there is less atmosphere to filter out the sun's harmful rays and you will burn more easily. Remember your sunscreen and sunglasses.

**Closing date for receipt of all entries: August 5, 2011  
Late entries will be charged \$3.00 per dance and entries  
without payment will not be accepted.**

**Valid entries must include a Check or Money Order in US Dollars.  
Make checks payable to: Belisama Irish Dance**

**Note: Please mail one check per school for the Grand Total.**

# 2011 USA Qualifying Feile

## Solo Entry Form

**Name of Dance School:**

Competitor's Name:	Date of Birth (mm/dd/yy)	Solo Competitions:	Total Fees:
1		#	\$
2			
3			
4			
5			
6			
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24			
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26			
27			
			Total \$