

Organised by the Lowe School of Dance

The Ritchie Hall Strichen

Saturday the 28th March 2026

Primary, Beginners & Novice (arrival 8.15 am) **start 9am** (Maximum 90 dancers)

Intermediate & Premier (arrival time 12.15 pm) **Start 1pm** (Maximum 90 dancers)

(may be later depending on the number of morning dancers, dancers will be notified via email of any change)

Please arrive dressed and ready to dance

Kitchen facility available and raffles will be on sale (cash only)

Dances:

A - Pas De Basque (16)	E - Seann Triubhas (3 & 1)	I - Flora (4 Steps)
B - Pas De Basque and Highcuts	F - Half Reel of Tulloch	J - Lilt (4 Steps)
C - Highland Fling (4 steps)	G - Trophy Fling (4 Steps)	K - Hornpipe (4 Steps)
D - Sword Dance (2 & 1)	H - Barracks Johnnie (4 Steps)	

Sections:

Primary	Age groups according to entry	Dances A B C D
Beginners & Novice	Age groups according to entry	Dances C D E F G I J
Intermediate & Premier	Age groups according to entry	Dances C D E F H I J K

Dancers must be registered with the RSOBHD. The organiser accepts no responsibility for injury or loss of property. Adjudicators decision is final. All attendees are requested to observe the RSOBHD Code of ethics. No refunds will be given. By entering this competition, dancers acknowledge they will fill in for reels when requested.

Awards – According to entries or by adjudicators decision. Cash prizes in Premier section. Trophies awarded to winner and runner up in each age group for Highland and National. Overall section winner and runner up for Highland, National and Local dancer (must be 6 dancers in section to qualify). Trophies to be returned before or on day of competition in 2027 prior to the section starting.

Entries close: 21st March 2026 or until hall capacity is reached and information supplied on entry form kept for a year

Entry Fee £2.50 per dance, Admission at the door for adult and children over the age of 5yrs (who aren't competing), programmes will be available to buy.

Changing areas will be available, one reserved for male dancers.

Entries by email to loweschoolofdance@gmail.com. Payment details will be sent by return email. Only once payment is made will entry be accepted.

Required information:

Dancers name	Dancer's address	Dancer's age and date of birth
Section	Dancers Registration Number	Dances
School of dancing	Contact telephone number	

The Lowe School of Dance Endorse the RSOBHD code of ethics