



Heart of Ulster Highland Dance Competition

(Organised by Sollus School of Highland Dance - Cookstown)

Cookstown High School, Coolnafranky Demesne, Molesworth Street, Cookstown. BT80 8PQ Reg: BM8

Saturday 3rd October 2026 @ 10am

Session 1:

Primary: 1, 2, 3, 4.

Beginners: 3, 4, 5, 6, 7, 8, 9.

Novice: 3, 4, 5, 6, 7, 8, 9.

Session 2:

Intermediate: 3, 4, 5, 6, 9, 11.

Premier Dancers: 3, 4, 5, 6, 10, 11

Dances

1. Pas de Basques
2. Pas de Basques & Highcuts
3. Fling (4)
4. Swords (3)
5. Seann Truibhas (4)
6. Half Tulloch (4)
7. Special Fling (4)
8. Flora (4)
9. Lilt (4)
10. Blue Bonnets (4)
11. Hornpipe (4)

Age Groups and Times according to entries, this will be finalised after closing date and emailed to participants.

Entry Details:

- Opening date for entries is Monday 3rd August 2026 @ 9am.
- Closing date for entries is Monday 14th September 2025 @ 8pm OR when maximum capacity is reached. (50 dancers per session) If full capacity is reached, a waiting list will be composed, and dancer will be contacted if space becomes available.
- Entry Fee: £20 Beginners to Premier. £10 Primary. Spectator entry fee (£2) & programme (£3) payable in cash at the door. Entry fees are non-refundable.
- All entries are online via the link below and payments via PayPal, no cash payments accepted. Payments to PayPal address sollushd.cookstown@gmail.com.
- ****SELECTING "FRIENDS & FAMILY" SAVES ORGANISER PAYING FEES****
- No entries will be accepted without entry fee or valid RSOBHD registration number.
- All dancers must produce a current, valid RSOBHD registration card on entry to the competition.
If you do not have your card on the day, you will not be able to dance.
- Competition number will be issued on the day.
- This entry form to be completed on Microsoft Forms via this link:

<https://forms.office.com/r/9hkJriqVcB>

Other Details:

- Drinks & snacks will be available to purchase.
- Organiser is not responsible for loss of property or injury.
- Organiser reserves the right to refuse entry.
- Changing facilities will be provided.
- The judges' decision is final.
- Entry details will be stored by the organiser until completion of event.
- Trophy winners' details will be stored by the organiser. All trophies must be signed for by an adult.

Email confirmation of entry will be provided after closing date.

For any further info contact the Committee of Sollus HD Cookstown via: sollushd.cookstown@gmail.com