

Follow Your Dreams Running Sheet Cardiff 2025

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March 30

Stanwell School Archer Rd, Penarth CF64 2XL (enter from Salisbury Av)

Judge Sarah Stenhouse Kerr

Please be sure you are ready at least 60 min before your set time as we can run early.

Doors open at 8.45am am not before this is when the venue opens so please come ready.

Please make sure your solo is within the time limits: 2min for Junior solos and 2.5 min for senior Solos. Penalties will apply if it's over.

Professional photos will be taken at the comp.

Competitors are free entry, as are your family (no audience entry fees).

Please upload music under the music tab in our system by March 26 www.fydentry.com

Free downloadable programme will be emailed to solo entrants 3 days before the comp.

FYD Merchandise on sale at the competition.

Limited dressing room space, no rolling duffel-type bags, unless you have 3 or more solos shared per studio.

No changes are possible, so please don't ask !!

Section times are as follows: numbers in brackets indicate a number of competitors in each section.

Session 1 - Sunday 30th March

- 9:15am Ballet / Classical (9 years and under) (1)
9:18am Ballet / Classical (11 years and under) (1)
9:21am Contemporary Solo (7 years and under) (1)
9:24am Contemporary Solo (11 years and under) (2)
9:28am Lyrical Solo (9 years and under) (1)
9:31am Lyrical Solo (11 years and under) (2)
9:35am Lyrical (No Tricks) Solo (9 years and under) (4)
9:43am Lyrical (No Tricks) Solo (11 years and under) (3)
9:49am Song & Dance Solo (9 years and under) (1)
9:52am Song & Dance Solo (11 years and under) (2)
9:58am Acro Solo (5 years and under) (1)
10:01am Acro Solo (7 years and under) (2)
10:05am Acro Solo (9 years and under) (1)
10:08am Jazz Solo (9 years and under) (1)
10:11am Jazz Solo (11 years and under) (1)
10:14am Jazz (No Tricks) Solo (7 years and under) (2)
10:18am Jazz (No Tricks) Solo (9 years and under) (1)
10:21am Jazz (No Tricks) Solo (11 years and under) (2)
10:25am Broadway Jazz / Musical Comedy Solo (9 years and under) (1)
10:28am Tap Solo (7 years and under) (1)
10:31am Tap Solo (9 years and under) (1)
10:34am Street / Commercial (7 years and under) (3)
10:40am Street / Commercial (9 years and under) (3)
10:46am Street / Commercial (11 years and under) (4)
10:54am Champion Dancer (11 years and under) (1)
10:57am Awards. Top 5 soloists and highest Scoring Solos, Champ Dancer results,
11:12am Lyrical Solo (13 years and under) (2)
11:17am Lyrical Solo (15 years and under) (1)
11:20am Lyrical Solo (Open) (1)
11:23am Lyrical (No Tricks) Solo (13 years and under) (1)
11:26am Lyrical (No Tricks) Solo (15 years and under) (3)
11:34am Song & Dance Solo (13 years and under) (2)
11:40am Song & Dance Solo (15 years and under) (2)
11:46am Ballet / Classical (13 years and under) (1)
11:49am Ballet / Classical (15 years and under) (1)
11:52am Contemporary Solo (13 years and under) (4)
12:02pm Contemporary Solo (15 years and under) (5)
12:15pm Contemporary Solo (Open) (2)
12:20pm Open Solo (15 years and under) (1)
12:23pm Jazz Solo (13 years and under) (2)
12:28pm Jazz Solo (15 years and under) (3)
12:36pm Jazz Solo (Open) (1)
12:39pm Break
1:09pm Jazz (No Tricks) Solo (13 years and under) (1)
1:12pm Jazz (No Tricks) Solo (15 years and under) (5)
1:25pm Jazz (No Tricks) Solo (Open) (1)
1:28pm Broadway Jazz / Musical Comedy Solo (15 years and under) (1)
1:31pm Broadway Jazz / Musical Comedy Solo (Open) (1)
1:34pm Tap Solo (13 years and under) (1)
1:37pm Tap Solo (15 years and under) (2)
1:42pm Acro Solo (13 years and under) (1)
1:45pm Acro Solo (15 years and under) (2)
1:50pm Street / Commercial (15 years and under) (3)
1:58pm Street / Commercial (Open) (2)
2:03pm Street / Commercial (Adult) (1)
2:06pm Own Choreography Solo (13 years and under) (2)
2:11pm Champion Dancer (13 years and under) (1)
2:14pm Champion Dancer (15 years and under) (2)
2:19pm Awards. Top 5 soloists and highest Scoring Solos, Champ Dancer results,
2:39pm Jazz Duo/Trio (9 years and under) (2)
2:44pm Jazz Duo/Trio (12 years and under) (1)
2:49pm Jazz Duo/Trio (14 years and under) (2)
2:54pm Jazz Duo/Trio (Open) (1)
2:59pm Broadway Jazz Duo/Trio (12 years and under) (1)
3:04pm Broadway Jazz Duo/Trio (14 years and under) (2)
3:09pm Broadway Jazz Duo/Trio (Open) (3)
3:19pm Tap Duo/Trio (Open) (1)
3:24pm Lyrical Duo/Trio (9 years and under) (2)
3:29pm Lyrical Duo/Trio (12 years and under) (1)
3:34pm Lyrical Duo/Trio (14 years and under) (1)
3:39pm Song & Dance Duo/Trio (Open) (1)
3:44pm Ballet/Classical Duo/Trio (Open) (1)
3:49pm Contemporary Duo/Trio (12 years and under) (1)
3:54pm Contemporary Duo/Trio (14 years and under) (1)
3:59pm Open Duo/Trio (12 years and under) (2)
4:04pm Open Duo/Trio (14 years and under) (1)
4:09pm Acro Duo/Trio (7 years and under) (1)
4:14pm Acro Duo/Trio (9 years and under) (1)
4:19pm Acro Duo/Trio (14 years and under) (1)
4:24pm Street/Commercial Duo/Trio (7 years and under) (1)
4:29pm Street/Commercial Duo/Trio (9 years and under) (3)
4:39pm Street/Commercial Duo/Trio (12 years and under) (2)
4:44pm Street/Commercial Duo/Trio (14 years and under) (3)
4:54pm Street/Commercial Duo/Trio (Open) (2)
4:59pm Street/Commercial Duo/Trio (Adult) (1)
5:04pm Acro Small Group (9 years and under) (1)
5:09pm Street/Commercial Small Group (7 years and under) (1)
5:14pm Jazz Small Group (12 years and under/14 years and under) (2)
5:24pm Jazz Large Group (16 years and under) (2)

Session 1 - Sunday 30th March (continued)

5:34pm Broadway Jazz Large Group (14 years and under) (1)
5:39pm Tap Small Group (9 years and under) (1)
5:44pm Tap Small Group (12 years and under) (1)
5:49pm Tap Small Group (14 years and under) (1)
5:54pm Tap Large Group (16 years and under) (1)
5:59pm Lyrical Small Group (7 years and under) (2)
6:09pm Lyrical Small Group/Lyrical Large Group (12 years and under) (2)
6:19pm Lyrical Small Group/Lyrical Large Group (14 years and under/16 years and under) (4)
6:39pm Contemporary Small Group (9 years and under) (1)
6:44pm Contemporary Large Group (14 years and under) (2)
6:54pm Open Large Group (12 years and under) (1)
6:59pm Open Large Group/Open Small Group (14 years and under/16 years and under) (2)
7:09pm Acro Large Group (12 years and under) (1)
7:14pm Street/Commercial Large Group (12 years and under) (1)
7:19pm Street/Commercial Large Group (16 years and under) (1)
7:24pm Highest Scoring Junior and Senior Troupe