



ENERGY EXPRESS
EISTEDDFOD
BE IN IT TO WIN IT

JUNE
14th - 16th

SOLO / DUO / TRIO

DURAL COUNTRY CLUB

2024 studiosd@gmail.com 0419 410 920
www.comps-online.com.au

Dural Club

662A Old Northern Rd, Dural

Saturday 21st June & Sunday 22nd June

*** Official film company – Magic Focus Media**

*** Adjudicators:- TBC BUT ‘Young, Fresh & Fabulous’**

Contact Miss Rachael - 0419 410 920 or Email – studiorsd@gmail.com

Entries close 2nd June 2025

All 1st, 2nd & 3rd Place getters in Solo/Duo/Trio sections (SR, Rest, OPEN) shall receive specialty EEE ‘Olympic Style’ logo Bronze, Silver & Gold Medals.

Ribbons will be awarded for Highly Commended & Achievement Awards

Championship sections shall all receive Special Championship Certificates & Trophies.

Improvisations Sections receive ribbons. Adjudicators Choice, Best Costume & Highest Score certificates & prizes.

(Additional Medal purchases \$8)

Venue – Dural Club

Dural Club has a wooden dance floor & its 8m x 6.5m. There is a stage but it's quite small so EEE will only use it for U6 solos (if preferred 4m x 7m). EEE will provide rosin. This venue DOES NOT have Tarkett. Both male & female toilets are in the foyer for spectators and there are bathrooms & a dressing room at the rear of the venue for dancers. There are also bathrooms in the auditorium for dancers to use as change rooms. All dancers MUST come dressed with hair & make up done.

Food & Beverages

Lusso Kitchen is available 12pm – 3pm & 5pm – 8.30pm. Lusso serves a diverse range of highly quality foods at club prices, ranging from pizza & pasta to Spanish tapas & club classics. The café will also be open in the morning for coffee & cake. No external food to be consumed in the public areas. Lusso kitchen food can be eaten in the Auditorium.

Championships

Those entered in Championships, will only perform their new non repeat dance in the Championship sections & all other routines that Championship dancers are entered in at EEE will be included in results. Adjudicators are aware of the dancers who have entered Championships at EEE as its is noted on their spreadsheet.

Improvisations

Improvisation dancers will receive notification via email by 5pm on Friday for their Improvisation song. Please listen to the song choice prior to competition day & be prepared as dancers will NOT re-listen to the song on competition day. Improvisation is 1min and will be any part of the song. Dancers do not need a costume for Impro.

Competition

A competition is a situation in which two or more people or groups are trying to get something which not everyone can have. A competition is more than just one person, its 2 or more. A competition is an activity or condition of striving to gain or win something by defeating or establishing superiority over others. Please understand that EEE is running a competition, hence why there are combined variety sections in the program. This is to ensure that dancers are competing against another person in a competition environment.

Presentations

Miss Rachael will constantly announce results throughout the event & there are EEE 1st, 2nd, 3rd & HC Banners at the venues, where dancers can take photos. If time permits in the schedule, EEE will announce Junior results onstage as a big presentation. Please tag EEE on your socials @energyexpresseisteddfod.

EEE Sydney Titles

Those dancers who reach a top score of over 90% will be invited to EEE Sydney Titles to re-compete for EEE Overall Title Championships in their preferred style. This event will take place in February 2026.

