

Follow Your Dreams Running Sheet Cardiff 2026

Sunday 24th May

Stanwell School, Archer Rd, Penarth, CF64 2XL, entry from Salisbury Ave, on-street parking only.

Judge Sarah Stenhouse Kerr

Please arrive at least 80 minutes before your scheduled time. We may run up to 60 minutes early and are always on time or ahead. Doors open at 10am please come hair and makeup ready.

Music must be uploaded by May 21 via the Music Tab at [www.fydentry.com](MP3 files only).

Competitors: Free entry, Spectators: £5 (purchase via Store tab at www.fydentry.com and collect wristband on arrival or pay at the door)

Free downloadable programme emailed to solo entrants 3 days prior.

Official FYD merchandise is available on the day.

Limited dressing room space — no large rolling bags unless 3+ solos per studio.

No additions to the running order. Please talk to the MC on the day about any quick changes.

All children must remain with a parent/chaperone at all times. Everyone must sign in and out. Our Singing comp will follow the dance comp.

Section times below (numbers in brackets indicate competitor numbers).

Session 1 - Sunday 24th May

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| 10:30am Ballet / Classical (11 years and under) (2) | 2:17pm Acro Solo (7 years and under) (1) |
| 10:34am Ballet / Classical (13 years and under) (2) | 2:20pm Acro Solo (9 years and under) (4) |
| 10:39am Contemporary Solo (11 years and under) (3) | 2:28pm Acro Solo (11 years and under) (4) |
| 10:45am Contemporary Solo (13 years and under) (1) | 2:36pm Acro Solo (13 years and under) (1) |
| 10:48am Contemporary Solo (15 years and under) (2) | 2:39pm Acro Solo (15 years and under) (2) |
| 10:53am Open Solo (9 years and under) (1) | 2:44pm Street / Commercial (7 years and under) (2) |
| 10:56am Open Solo (Open) (1) | 2:48pm Street / Commercial (9 years and under) (1) |
| 10:59am Own Choreography Solo (11 years and under) (2) | 2:51pm Street / Commercial (11 years and under) (1) |
| 11:03am Own Choreography Solo (13 years and under) (1) | 2:54pm Street / Commercial (Adult) (1) |
| 11:06am Own Choreography Solo (15 years and under) (3) | 2:57pm Champion Dancer (7 years and under) (2) |
| 11:14am Own Choreography Solo (Masters) (1) | 3:01pm Champion Dancer (11 years and under) (3) |
| 11:17am Dancers Of All Abilities Solo (Adult) (1) | 3:07pm Champion Dancer (13 years and under) (2) |
| 11:20am Runway Casual Wear Solo (5 years and under) (1) | 3:12pm Champion Dancer (15 years and under) (1) |
| 11:23am Open Duo/Trio (9 years and under) (1) | 3:15pm Champion Dancer (Adult) (1) |
| 11:28am Lyrical Duo/Trio (12 years and under) (2) | 3:18pm Street/Commercial Large Group (9 years and under) (2) |
| 11:33am Jazz Solo (7 years and under) (1) | 3:28pm Tap Duo/Trio (14 years and under) (1) |
| 11:36am Jazz Solo (9 years and under) (2) | 3:33pm Acro Duo/Trio (9 years and under) (2) |
| 11:40am Jazz Solo (15 years and under) (1) | 3:38pm Acro Duo/Trio (12 years and under) (2) |
| 11:43am Acro Small Group (9 years and under) (1) | 3:43pm Acro Duo/Trio (14 years and under) (1) |
| 11:48am Open Duo/Trio (12 years and under) (1) | 3:48pm Street/Commercial Duo/Trio (9 years and under) (4) |
| 11:53am Dancers Of All Abilities Duo/Trio (9 years and under) (1) | 4:03pm Street/Commercial Duo/Trio (12 years and under) (2) |
| 12:03pm Jazz Small Group/Street/Commercial Small Group (12 years and under) (2) | 4:08pm Acro Large Group (9 years and under) (1) |
| 12:13pm Jazz (No Tricks) Solo (7 years and under) (1) | 4:13pm Awards. Highest Scoring Troupe, Judges Awards Top 5 soloists and highest Scoring Solos, Champ Dancer results, |
| 12:16pm Jazz (No Tricks) Solo (11 years and under) (3) | |
| 12:22pm Jazz (No Tricks) Solo (13 years and under) (1) | |
| 12:25pm Tap Solo (13 years and under) (2) | |
| 12:30pm Lyrical Solo (7 years and under) (4) | |
| 12:38pm Lyrical Solo (11 years and under) (2) | |
| 12:42pm Lyrical Solo (13 years and under) (2) | |
| 12:47pm Lyrical Solo (15 years and under) (1) | |
| 12:50pm Lyrical Solo (Adult) (1) | |
| 12:53pm Break | |
| 1:28pm Runway Active Wear Solo (5 years and under) (1) | |
| 1:31pm Runway Active Wear Solo (7 years and under) (1) | |
| 1:34pm Runway Active Wear Solo (9 years and under) (1) | |
| 1:37pm Runway Active Wear Solo (15 years and under) (1) | |
| 1:40pm Acro Small Group (12 years and under) (1) | |
| 1:45pm Contemporary Duo/Trio (14 years and under) (1) | |
| 1:50pm Ballet/Classical Duo/Trio (12 years and under) (1) | |
| 1:55pm Lyrical (No Tricks) Solo (7 years and under) (1) | |
| 1:58pm Lyrical (No Tricks) Solo (9 years and under) (1) | |
| 2:01pm Lyrical (No Tricks) Solo (11 years and under) (2) | |
| 2:05pm Lyrical (No Tricks) Solo (13 years and under) (1) | |
| 2:08pm Song & Dance Solo (7 years and under) (1) | |
| 2:11pm Song & Dance Solo (9 years and under) (1) | |
| 2:14pm Song & Dance Solo (11 years and under) (1) | |