

Follow Your Dreams Running Sheet Essex 2026

May 17 2026

Sweyne Park School Sir Walter Raleigh Dr, Rayleigh SS6 9BZ

Judge Sarah Stenhouse Kerr

Please arrive at least 60 minutes before your scheduled time. We may run up to 60 minutes early and are always on time or ahead.

Music must be uploaded by May 14 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.

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

Session 1 - Sunday 17th May

9:30am Ballet / Classical (9 years and under) (2)	1:01pm Jazz Solo (7 years and under) (1)
9:34am Ballet / Classical (11 years and under) (1)	1:04pm Jazz Solo (9 years and under) (1)
9:37am Ballet / Classical (13 years and under) (1)	1:07pm Jazz Solo (13 years and under) (2)
9:40am Ballet / Classical (Adult) (1)	1:12pm Jazz Solo (Open) (1)
9:43am Ballet / Classical (Masters) (1)	1:15pm Jazz (No Tricks) Solo (5 years and under) (1)
9:46am Contemporary Solo (7 years and under) (2)	1:18pm Jazz (No Tricks) Solo (7 years and under) (1)
9:50am Contemporary Solo (11 years and under) (1)	1:21pm Jazz (No Tricks) Solo (9 years and under) (5)
9:53am Contemporary Solo (13 years and under) (1)	1:31pm Jazz (No Tricks) Solo (11 years and under) (1)
9:56am Contemporary Solo (15 years and under) (1)	1:34pm Jazz (No Tricks) Solo (13 years and under) (2)
9:59am Contemporary Solo (Grand Masters) (1)	1:39pm Jazz (No Tricks) Solo (15 years and under) (1)
10:02am Open Solo (7 years and under) (1)	1:42pm Broadway Jazz / Musical Comedy Solo (15 years and under) (1)
10:05am Open Solo (Adult) (1)	1:45pm Broadway Jazz / Musical Comedy Solo (Adult) (1)
10:08am Open Solo (Masters) (2)	1:48pm Broadway Jazz / Musical Comedy Solo (Masters) (1)
10:13am Lyrical (No Tricks) Solo (7 years and under) (1)	1:51pm Street / Commercial (7 years and under) (1)
10:16am Lyrical (No Tricks) Solo (9 years and under) (4)	1:54pm Street / Commercial (9 years and under) (1)
10:24am Lyrical (No Tricks) Solo (11 years and under) (2)	1:57pm Street / Commercial (11 years and under) (1)
10:28am Lyrical (No Tricks) Solo (13 years and under) (3)	2:00pm Street / Commercial (15 years and under) (1)
10:36am Lyrical (No Tricks) Solo (15 years and under) (2)	2:03pm Street / Commercial (Open) (1)
10:41am Lyrical (No Tricks) Solo (Open) (3)	2:06pm Street / Commercial (Masters) (1)
10:49am Lyrical (No Tricks) Solo (Adult) (1)	2:09pm Champion Dancer (7 years and under) (1)
10:52am Lyrical Solo (Adult) (1)	2:12pm Champion Dancer (9 years and under) (2)
10:55am Lyrical Solo (Masters) (1)	2:16pm Champion Dancer (11 years and under) (1)
10:58am Song & Dance Solo (9 years and under) (2)	2:19pm Champion Dancer (13 years and under) (1)
11:04am Song & Dance Solo (11 years and under) (1)	2:22pm Champion Dancer (15 years and under) (2)
11:07am Song & Dance Solo (Open) (1)	2:27pm Champion Dancer (Open) (1)
11:10am Acro Solo (5 years and under) (1)	2:30pm Champion Dancer (Adult) (1)
11:13am Acro Solo (7 years and under) (1)	2:33pm Champion Dancer (Masters) (1)
11:16am Acro Solo (9 years and under) (1)	2:36pm Awards. Top 5 soloists and highest Scoring Solos, Champ Dancer results, judges awards
11:19am Acro Solo (11 years and under) (2)	3:01pm Dancers Of All Abilities Small Group (Open) (1)
11:23am Acro Solo (13 years and under) (1)	3:06pm Jazz Duo/Trio (7 years and under) (1)
11:26am Acro Solo (15 years and under) (1)	3:11pm Jazz Duo/Trio (14 years and under) (1)
11:34am Tap Solo (9 years and under) (3)	3:16pm Broadway Jazz Duo/Trio (12 years and under) (1)
11:40am Tap Solo (11 years and under) (1)	3:21pm Broadway Jazz Duo/Trio (Open) (1)
11:43am Tap Solo (13 years and under) (2)	3:26pm Lyrical Duo/Trio (9 years and under) (1)
11:48am Tap Solo (15 years and under) (1)	3:31pm Open Small Group (Masters) (1)
11:51am Neo Solo (13 years and under) (1)	3:36pm Lyrical Duo/Trio (12 years and under) (1)
11:54am Dancers Of All Abilities Solo (9 years and under) (1)	3:41pm Ballet/Classical Duo/Trio (9 years and under) (1)
11:57am Dancers Of All Abilities Solo (11 years and under) (1)	3:46pm Ballet/Classical Duo/Trio (14 years and under) (1)
12:00pm Dancers Of All Abilities Solo (15 years and under) (1)	3:51pm Contemporary Duo/Trio (9 years and under) (1)
12:03pm Dancers Of All Abilities Solo (Open) (1)	3:56pm Open Duo/Trio (9 years and under) (1)
12:06pm Own Choreography Solo (9 years and under) (1)	4:01pm Open Duo/Trio (Open) (1)
12:09pm Own Choreography Solo (13 years and under) (1)	4:06pm Acro Duo/Trio (9 years and under) (1)
12:12pm Own Choreography Solo (Adult) (2)	4:11pm Acro Duo/Trio (Open) (1)
12:17pm Own Choreography Solo (Masters) (1)	4:16pm Street/Commercial Duo/Trio (Open) (1)
12:20pm Own Choreography Solo (Grand Masters) (1)	4:21pm Own Choreography Duo/Trio (Adult) (1)
12:23pm Break	4:26pm Own Choreography Duo/Trio (Masters) (1)
12:58pm Jazz Solo (5 years and under) (1)	4:31pm Parent and Me (Any Style) Duo/Trio (Masters) (1)
	4:36pm Dancers Of All Abilities Duo/Trio (9 years and under) (1)

Session 1 - Sunday 17th May (continued)

- 4:41pm Dancers Of All Abilities Large Group (Adult) (1)
- 4:46pm Broadway Jazz Small Group (9 years and under) (1)
- 4:51pm Tap Small Group (9 years and under) (1)
- 4:56pm Tap Small Group (12 years and under) (1)
- 5:01pm Tap Small Group (14 years and under) (1)
- 5:06pm Lyrical Small Group/Lyrical Large Group (9 years and under) (2)
- 5:16pm Lyrical Small Group (14 years and under) (1)
- 5:21pm Lyrical Small Group (Masters) (1)
- 5:26pm Ballet/Classical Small Group (12 years and under) (1)
- 5:31pm Open Small Group (Open) (1)
- 5:36pm Open Large Group (Adult) (1)
- 5:41pm Acro Large Group (16 years and under) (1)
- 5:46pm Street/Commercial Large Group (14 years and under) (1)
- 5:51pm Street/Commercial Large Group (Adult) (1)
- 5:56pm Highest scoring troupe announcement and judges awards