October 22 nd , 2022 (Open National Competition)	Primary Pas de Basque Pas de Basques & High Cuts Fling (4) Sword (2 & 1)	Beginners • Fling (4) • Sword (2 & 1) • Seann Triubhas (3 & 1) • Scottish Lilt (4) • Flora (4) • Trophy Fling (4) *	Novice Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Scottish Lilt (4) Flora (4) Trophy Fling (4) *	Intermediate Hornpipe (4) Scottish Lilt (4) Flora (4) Highland Laddie (4) Barracks Johnnie (4)	Premier		Special Events
					7 & Under 12 Yrs. • Hornpipe (4) • Scottish Lilt (4) • Flora (4) • Scotch Measure (4) • Earl of Errol (4)	 12 Yrs. & Over Hornpipe (4) Scottish Lilt (4) Flora (4) Scotch Measure (4) Earl of Errol (4) 	 * Trophy Fling (Beginner and Novice – different age groups judged by 3 or 1, time permitting) Large Group Choreography – all ages
November 26 th , 2022 (Open Pre-Premier Competition & Workshop)	 Pas de Basque Pas de Basques & High Cuts Fling (4) Sword (2 & 1) 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Scottish Lilt (4) Flora (4) Trophy Fling (4) * 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Scottish Lilt (4) Flora (4) Trophy Fling (4) * 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) ½ Tulloch Hornpipe (4) 			 * Trophy Fling (Beginner and Novice – different age groups judged by 1 adjudicator only) Pre-Premier Workshop (following competition)
January 28 th , 2023 (Closed Competition – Evelyn Gerrard Jones Competition)	 Pas de Basque Pas de Basques & High Cuts Fling (4) Sword (2 & 1) 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Scottish Lilt (4) Flora (4) 	 Fling (4) Seann Triubhas (3 & 1) ½ Tulloch Scottish Lilt (4) Flora (4) 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Strathspey & ½ Tulloch Hornpipe (4) * 	7 & Under 12 Yrs. • Fling (4) • Sword (2 & 1) • Seann Triubhas (3 & 1) • Strathspey & ½ Tulloch • Hornpipe (4) *	12 Yrs. & Over Fling (6) Sword (2 & 1) Seann Triubhas (3 & 1) Strathspey & ½ Tulloch Hornpipe (4) *	 * Hornpipe Dance Off – all 1st & 2nd & 3rd place winners in Hornpipe dance off in Intermediate, 7 & Under 12 Yrs., 12 & Under 16 Yrs. & 16 Yrs. & Over. See RSOBHD rules for qualifying for dance offs. Solo Choreography
March 11 th & 12 th , 2023 (Spring Open Competition including Central & Northern Alberta Confined Championship & Workshop)	 Pas de Basque Pas de Basques & High Cuts Fling (4) Sword (2 & 1) 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Scottish Lilt (4) Flora (4) 	 Sword (2 & 1) Seann Triubhas (3 & 1) Strathspey & ½ Tulloch Scottish Lilt (4) Flora (4) 	 Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Strathspey & ½ Tulloch Irish Jig (3 & 1) 	Central & Northern Alberta Confined Championship * Fling Sword Seann Triubhas Strathspey & ½ Tulloch Pre-Championship * Fling (4) Sword (2 & 1) Seann Triubhas (3 & 1) Strathspey & ½ Tulloch	National Open Competition * Flora (4) Village Maid (4) Blue Bonnets (4)	 * Premier dancers may choose between the Championship & Pre-Championship but not both. All Premier dancers may do the Nationals. SDC JL Scholarship Spring Highland Workshop (Sunday) RSOBHD Championship & Pre-Championship Rules apply.
April 15 th & 16 th , 2023 (Northern Canadian Championship & City of Edmonton Scottish National Dance Premiership)					Northern Canadian Championship Fling Sword Seann Triubhas Strathspey & ½ Tulloch	City of Edmonton Scottish National Dance Premiership Irish Jig Flora Village Maid Blue Bonnets	RSOBHD Championship & Scottish National Dance Premiership Rules apply.

Approved by the EHDA Technical Advisors