



ENERGY EXPRESS EISTEDDFOD

Club Five Dock
66 Great North Rd, Five Dock

Sunday 8th March 2026

*** Official film company – Magic Focus Media**
*** Adjudicators:- TBC**

Contact Miss Rachael - 0419 410 920 or Email – studiorsd@gmail.com
Entries close 26th Feb 2026

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.

Championship sections shall all receive Special Championship Certificates & Trophies.

Improvisation sections receive ribbons

Extra Awards - Adjudicators Choice, Best Costume, Most Entertaining Routine, Choreography Awards & Musicality Award

(Additional Medal purchases \$8)



Venue

Club Five Dock has a wooden dance floor 8.5m X 8m. The auditorium is upstairs on level 1. This venue DOES NOT have tarkett. EEE will provide resin for dancers. Rope lights, the EEE media wall & the EEE banners are used to mark out the dance floor area. Both Male & Female toilets are in the foyer upstairs. All dancers MUST come dressed with hair & make up done. There is a dressing room provided.

Food & Beverages

Dock & Co. prides themselves on delivering a tasty menu and top service. Where you can experience some great Club favourites done right mixed in with some modern twists. Dock & Co is open 11.30am – 2.30pm for lunch & 5pm – 9pm for Dinner. La Casa is a European-inspired escape with delectable Mediterranean share plates, signature cocktails, and live music. The La Casa kitchen is open midday until 9pm. Drinks can also be purchased at the Bars within the RSL club & can be taken into the Auditorium throughout the event. No external food is to be consumed on club premises.

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.

SR – Dancers who have never previously placed in their chosen style

Rest – Those dancers who have placed 1st in SR section or 2nd & 3rd in Rest.

Open – Those dancers who have previously placed 1st

Elite – Those dancers who do more than 15+ hours of classes per week

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 2027.