

POST ROCK DISTRICT 4-H DAY

March 2, 2026

Contests Begin at 4:00-4:30 p.m. | Doors open at 3:45 p.m.

Smith Center High School in Smith Center, KS

300 Roger Barta Way

Need more event details? Review the **4-H Day Guide** available at [postrock.ksu.edu > 4-H > Events > 4-H Day](https://postrock.ksu.edu/4-H/Events/4-H-Day)



Kansas 4-H members have been learning communication skills and building confidence for more than 100 years. Through engagement in 4-H, youth will learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more!

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It's an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies.

Kansas 4-H has many helpful resources to assist you with developing communication skills. Visit the [Post Rock District 4-H Day](#) webpage for resources. If you can't find a resource to meet your needs, please contact your local Post Rock District Office.

K-STATE
Research and Extension



Post Rock
District

Kansas State University is an equal opportunity provider and employer.

IMPORTANT INFORMATION!

4-H DAY GUIDE

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging. View/Print at postrock.ksu.edu > 4-H > Events > 4-H Day.

SCHEDULING

Entries have been assigned a performance time as a guide. If we start running ahead of schedule, we will keep moving forward with entries. If someone is not present at their turn, we will move to the next person. Please plan to arrive early!

AWARDS

Each 4-H member in the Junior, Intermediate and Senior Divisions will be judged based on the contest area's expectations. Written feedback will be provided to each youth along with a white, red, blue, or purple ribbon ranking. In each contest area, one Outstanding Presentation Sensation (OPS) award will be selected from the top purples, if the judge determines there is a deserving entry. **Awards can be picked up once available at the event by the Cafeteria or from your local Post Rock District Office.**

BE QUIET AND RESPECTFUL

Only enter rooms between entries! No running, extra noise, or crowding in the hallways. You are allowed to watch other presentations. Everyone must follow the Kansas 4-H Code of Conduct.

NO FOOD OR DRINKS

There is to be no food or drinks (except water) in any room. There will not be a concession stand.

STORAGE AND PRACTICE ROOM

The High School Old Gym will be marked to store supplies, coats, posters, etc. There is no piano in a practice room for music.

VOLUNTEERS

Thank you for your willingness to help make 4-H Day a success! **If you have not signed up to volunteer and would like to please call the Mankato Office at 785-378-3174 or email Nora Rhoades at nrhoades@ksu.edu as soon as possible!** When you arrive to volunteer, check in with a Post Rock District staff member. Room Monitor responsibilities:

- Arrive early to make sure your room is ready
- When the presenter is ready, close the door and introduce them
- Keep the room quiet at all times
- Keep the room schedule updated by checking off presentations that are completed
- When the judge has finished a category, check that each entry has been placed
- Express appreciation to your judge for being a part of the communications experience

JUDGING CONTESTS

Time: 4:30 p.m. – 6:45 p.m.

Location: HS Cafeteria

Pre-registration was not required to participate in a judging contest. Plan to arrive with enough time to complete one or more of the available contests! Rules will be specific to each contest. Cloverbuds can practice by participating with an adult. 4-H members will participate individually and at their own pace. All cell phones and other communication devices must be turned off while participating in a contest. You can find contest information and study materials online at the [Post Rock District Judging extravaganza webpage, www.postrock.k-state.edu/4-h/events/judging-extravaganza](http://www.postrock.k-state.edu/4-h/events/judging-extravaganza).

Foods and Nutrition

All ages will compete together. Junior participants will judge a Cookware Identification class and a healthy Breakfast Basics class. Intermediate and Senior participants will judge a Cookware Identification class, a Knife Know-How identification class and Eating Healthy Fast Food. The contest will be the same at both 4-H Day events.

[Cookware Junior Division](#)

[Cookware Intermediate and Senior Divisions](#)

[Breakfast Basics Junior Division](#)

[Guide Tips to Eating Healthy Fast Food Intermediate and Senior Division](#)

[Better Fast Food Choices Intermediate and Senior Division](#)

Plant Science and Horticulture Judging Contest

All ages will compete together. Participants will identify trees and plants. The contest will be same at both 4-H Day events.

[Plant List](#)

[Horticulture Judging Study Guide](#)

[Check Writing Junior, Intermediate and Senior Divisions](#)

Life Skills Judging Contest – Financial Management

All ages will compete together. Junior participants will have a class on Check Writing. Intermediate participants will have a class on Check Writing and Budgeting. Senior participants will have a class on Check Writing and Budgeting . The format will be the same at both 4-H Day events.

[Principles of Managing Funds Intermediate and Senior Divisions](#)

[Budget Basics Intermediate and Senior Divisions](#)

[Budgeting Advanced Senior Division](#)

Photography Judging Contest

All ages will compete together. Kansas 4-H Photography Project Action Team prepared a photography Judging contest. The contest will be the same at both 4-H Day events.

[Kansas 4-H State Photography Judging Contest webpage](#)

Animal Science Judging Contest

All ages will compete together. Participants will each identify various Essential Livestock Grooming and Health Equipment. The contest will be the same at both 4-H Day events.

[Essential Livestock Grooming & Health Equipment & Identification](#)

READINGS

Room: FACS Room

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Senior Readings

4:30 Kaylee- SVB

Junior Readings

4:40 Emily- MEB

4:50 Stratton- SF

5:00 Silas- HOA

5:10 Ransom- IND

Intermediate Readings

5:30 Krisa- HOA

5:40 Alena- IND

5:50 Wren- 4-Oaks

6:00 Devyn- MEB

6:10 Emma- BB

6:20 Ada- BB

6:30 Korey-SVB (**Senior**)

Cloverbud Readings

5:20 Carly- SF

DEMONSTRATIONS ILLUSTRATED TALKS (SR.) ENTREPRENEURSHIP (FORMAL)

Room: Jr. High LA Room

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Remember: A projector, projector screen, computer, easel, and a table will be available in each presentation room. All virtual visual aids must be brought to the presentation on a flash drive by the presenter. Internet is not available. No live shooting or loaded firearms are allowed.

Junior Demonstrations

4:30 Ransom- IND

4:40 Silas- HOA

Intermediate Demonstrations

4:50 Aubrey- SF

5:00 Ty- 4-Oaks

5:10 Alena- IND

5:20 [REDACTED]

5:30 Conner- BB

Senior Demonstrations

5:40 Ethan- 4-Oaks

Senior Illustrated Talks

5:50 Kinser- HOA

6:00 [REDACTED]

Entrepreneurship Formal Presentation

6:10 Conner- BB

6:20 Addison- BB

6:30 Lexi- BB

6:40 Hannah- BB

ILLUSTRATED TALKS (JR., INT.)

Room: Jr. High Math Room

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Remember: A projector, projector screen, computer, easel, and a table will be available in each presentation room. All virtual visual aids must be brought to the presentation on a flash drive by the presenter. Internet is not available. No live shooting or loaded firearms are allowed.

Junior Illustrated Talks

4:30 Madelyn -SVB
4:40 Ransom- IND
4:50 AB - BB
5:00 Stratton- SF
5:10 Corbin- SF
5:20 Emily- MEB

Intermediate Illustrated Talks

5:30 Karter- SF
5:40 Emma - BB
5:50 Grady-MEB
6:00 ██████████
6:10 Alena- IND
6:20 Jenna- BB
6:30 Zach- 4-Oaks
6:40 Reid- HOA

PROJECT TALKS PUBLIC SERVICE ANNOUNCEMENTS PUBLIC SPEAKING

Room: Jr. High Science Room

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Remember: A projector, projector screen, computer, easel, and a table will be available in each presentation room. All virtual visual aids must be brought to the presentation on a flash drive by the presenter. Internet is not available. No live shooting or loaded firearms are allowed.

Intermediate Project Talk

4:30 Emelia- HOA
4:40 Ella- HOA
4:50 Adriel- 4-Oaks
5:00 Devyn- MEB
5:10 Karlie- SF
5:20 Payzlee- HOA

Junior Project Talk

5:30 Atarah- 4-Oaks
5:40 Rence- 4-Oaks
5:50 Silas- 4-Oaks

Junior Project Talk, cont.

6:00 Asher- 4-Oaks
6:10 Briggs- HOA

Cloverbud Project Talk

6:20 Eldon- 4-Oaks

Senior Public Speaking

6:30 Harlee- MEB
6:40 Kaylee- SVB
6:50 Addison- BB

SKIT

CREATIVE DRAMATICS

DANCE CONTEST

ENTREPRENEURSHIP (TRADE SHOW)

Room: Auditorium

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Remember: All entries should begin with a verbal introduction in addition to the main piece. Participants are responsible for providing their own music and radio. No live music is allowed. No speaker system is available. No internet available.

Skit

4:30 Sunflower Club

Creative Dramatics

4:45 [REDACTED]

Other Novelty Talent

5:00 Emelia- HOA

Intermediate Dance Solo

5:10 Zylar- SF

5:20 Savannah- HOA

Junior Dance Solo

5:30 Madelyn- SVB

5:40 Kendall- MEB

Entrepreneurship Trade Show

5:50 Conner- BB

6:00 Addison- BB

6:10 Hannah- BB

6:20 Lexi- BB

VIRTUAL ENTRIES

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging. All virtual presentations from both Post Rock District 4-H Day events will be judged after the final 4-H Day event. Results will be shared with participants as soon as they are available.

MODEL BUSINESS MEETINGS

Jr. Sunflowers Club

Hunter Huntsman Club

Solomon Valley Beavers Club

INDIVIDUAL ENTRIES

Sam- HH, Sr. Public Speaking

Quartus- WWA Int. Illustrated Talk

Quartus- WWA Int. Public Service Announcement

VOCAL AND INSTRUMENTAL MUSIC

Room: Band Room

Practice: Vocal Room

Refer to the [4-H Day Guide](#) for contest expectations! Failure to follow contest expectations will impact judging.

Remember: All entries should begin with a verbal introduction in addition to the main piece. A copy of the music number to be performed is to be submitted to the judge with measures numbered.

Junior Instrumental Solos

- 4:00 Ransom- IND – Piano
- 4:10 Karter- SF – Saxophone (*Intermediate*)
- 4:20 Corbin- SF – Recorder
- 4:30 Jabin- 4-Oaks – Piano
- 4:40 Tucker- HOA – Piano
- 4:50 Silas- 4-Oaks – Piano
- 5:00 Kendall- MEB – Piano
- 5:10 Atarah- 4-Oaks – Piano

Intermediate Instrumental Solos

- 5:20 Zylar- SF – Saxophone
- 5:30 Joanna- 4-Oaks – Trumpet
- 5:40 Jenna- BB – Trumpet
- 5:50 Savannah- HOA – Piano
- 6:00 Elsa- 4-Oaks – Piano
- 6:10 Grady- MEB – Recorder
- 6:20 Adriel- 4-Oaks – Piano
- 6:30 Elsa- 4-Oaks – French Horn
- 6:40 Ada- BB – Flute
- 6:50 Lydia- 4-Oaks – Piano
- 7:00 Alena- IND – Piano
- 7:10 Wren- 4-Oaks – Piano

Intermediate Vocal Solos

- 7:20 Carson- 4-Oaks

Cloverbud Instrumental Solo

- 7:30 Noah- 4-Oaks

VOLUNTEER SCHEDULE

QUESTIONS? VISIT THE RESULTS TABLE FOR ASSISTANCE/DIRECTIONS

JH LANGUAGE ARTS ROOM

4:30-5:00	_____
5:00-5:30	Addison- BB
5:30-6:00	Reid- HOA
6:00-6:30	Krisa- HOA
6:30-7:00	_____

JH MATH ROOM

4:30-5:00	Kinser- HOA
5:00-5:30	Jenna- BB
5:30-6:00	_____
6:00-6:45	Xander- SVB

JH SCIENCE ROOM

4:30-5:00	Payzlee- HOA
5:00-5:30	Briggs- HOA
5:30-6:00	Ty- 4-Oaks
6:00-6:30	_____
6:30-7:00	Emma- BB

FACS ROOM

4:30-5:00	Alena- IND
5:00-5:30	Conner- BB
5:30-6:00	Ransom- IND
6:00-6:30	Wren- 4-Oaks

BAND ROOM

4:00-4:30:	Ella- HOA
4:30-5:00:	_____
5:00-5:30:	Alexis- BB
5:30-6:00:	Korey- SVB
6:00-6:30:	Madelyn- SVB
6:30-7:00:	Emmy- HOA
7:00-7:30:	_____

AUDITORIUM/ENTRANCE

4:30-5:00:	Rence and Eldon- 4-Oaks
5:00-6:00:	Harlee- MEB