



National and State 4-H Events

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National 4-H Events

National Congress

Eligibility, Selection Process, Deadlines

The event website is www.national4-hcongress.com. The focus of the conference is to expand your skills, engage in workshops and community service with other 4-H members, and be inspired to impact your club, community, country, and world.

Youth Eligibility: Members must be between 14 and 19 years of 4-H age as of January 1 of the year they are attending. Only those individuals selected to represent the state may attend. Members may attend the National 4- H Congress only once. Delegates must have completed at least one year of 4-H and must be enrolled and approved in 4-H Online before the event to attend. We can send up to 20 youth.

Selection Process: Those interested in being a delegate must submit an application which needs to include the following:

1. Resume of skills and experience (school, 4-H, extracurricular, work, etc.)
2. Cover letter where you:
 - a. express interest in this trip
 - b. emphasize leadership, community service, or unique ways you've helped others
3. Letter of recommendation from your 4-H specialist/coordinator/director.
4. Finalists will be selected for interviews and asked to present on this topic during their interview: Describe how you use your head, heart, hands, and health as described in the 4-H pledge to better your club, community, country, or world.
5. Applicants will be notified by the selection committee of the committee's decision.

Deadlines: Applications to become a delegate are due to the State 4-H Office by August 1. Interviews will be conducted after reviewing applications. Delegates will be selected by September 1. The county/club/individual payment for trip costs for delegates is due by September 15. Cancellations, other than for emergency or medical reasons, will result in forfeiture of all non-reimbursable expenses. Substitution may be made after September 15 at the discretion of the State 4-H Office, but alternates will be responsible for all additional expenses (i.e., cost of airline tickets, etc.). The State 4-H Office will register the state delegation.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers. A maximum of two volunteer leaders and one State or County Specialist are selected each year. Those interested in chaperoning should submit a letter of interest to the state 4-H office by September 1. Adults will be selected to chaperone by September 15. Chaperones will attend an orientation webinar before the event and will be part of a group activity during the event.

Time, Place, Schedule, Expense

Time: Thanksgiving weekend from Friday through the following Tuesday.

Place: Hyatt Regency, Atlanta, Georgia

Schedule:

- Workshops designed to develop leadership skills.
- Plenary Sessions with outstanding speakers and entertainers.
- A Service-Learning Experience to participate in hands-on service projects.
- Tours and recreational opportunities throughout the city of Atlanta.

Additional information is at the event website at <https://national4-hcongress.com/>. Youth may apply to be on the Youth Leadership Team, Teen Entertainers, or the Youth Design Team for the following year.

Expenses: The all-inclusive cost varies due to travel expenses but can be in the range of \$1,900 to \$2,500 in total per youth or adult chaperone. Whatever percentage of the expenses are not covered by the state and county must be paid by the participant's family. Some meals are included in registration. Bring additional money for the following: snacks, souvenirs, the 4-H Mall, a Congress photo USB drive, shopping, and tips. You will need money for meals while you are traveling, three lunches, and one dinner. It is recommended that you bring a minimum of \$150.

Western National Roundup

Eligibility, Selection Process, Deadlines

The event website is <https://co4h.colostate.edu/national-western-roundup/>. A recap video from the 2025 contest is posted at <https://www.youtube.com/watch?v=CfbaSWn9eIg>. This is a national contest event hosted in Colorado by the Western Region 4-H Program Leaders.

Youth Eligibility: Contestants are selected at state competitions. *Colorado's qualifying contests are held at the State 4-H Conference in June.* Delegates must be between 14 and 18 years old by December 31 of the previous enrollment year in which the contest eligibility was earned. 4-H members may attend only once in the same contest. Teams and individual members of the state champion team who have competed at a National 4-H Contest, as the official Colorado 4-H entry, are ineligible to compete again in the same event at any county or state 4-H contest. Designated teams/individuals register directly through the registration link located on the Western National Roundup website.

Deadlines: Registration closes in early December. Coaches register 4-H Teams or individuals.

Roundup Contests:

Western National Roundup Horse Classic

- Horse Quiz bowl
- Horse Judging
- Hippology
- Horse Demonstration
- Horse Public Speaking

Parliamentary Procedure

Livestock Contests

- Livestock Quiz Bowl
- Livestock Judging
- Meat Judging

Public Speaking

- Impromptu
- Prepared

Note: Delegates may qualify for the Meat Judging Contest at Roundup if Colorado 4-H holds the contest in May.

Adults: Team or individual coaches, approved 4-H volunteers, and CSU Extension staff members may attend as chaperones.

Time, Place, Schedule, Expense

Time: Early January (Held for contestants qualifying in the previous 4-H year.)

Place: CSU Spur and National Western Stock Show, Denver, and Fort Collins (CSU Campus)

Schedule: Schedules, contest rules and resources, and results (after the event) are available on the [event website](#).

Expenses: For the 2025 Western National Roundup, it was \$250 for a contest participant and \$50 for each extra award reception ticket. Currently, there are no registration fees for coaches. Costs vary year to year depending on hotel, catering, and facility rates.

FCS National Championships & Conference

Eligibility, Selection Process, Deadlines

The event website is <https://texas4-h.tamu.edu/events/fcs/>.

Youth Eligibility and Selection: The following Colorado 4-H State Fair contests qualify delegates for FCS National contests:

- Fashion Revue-Maximum of the top four winners are eligible to attend the FCS National Fashion Revue Contest. (Fashion Revue participants can enter in the National FCS contest only one time in Fashion Revue Constructed, one time in Fashion Revue Purchased and one time in Upcycle Your Style.)

The following State 4-H Conference contests qualify delegates for FCS National contests:

- FCS Bowl (Note: Second place team qualifies to attend LifeSmarts the following April. LifeSmarts is a youth program of National Consumer League, <https://lifesmarts.org/4-h/>)
- FCS Skill-a-Thon
- Consumer Decision Making (Note: Second place team may qualify to attend LifeSmarts the following April as a Wild Card entry.)
- FCS Presentations

Deadlines: Registration is managed by coaches/chaperones and is due around mid-December.

Time, Place, Schedule, Expense

Time: Early January (Held for contestants qualifying in the previous 4-H year.)

Place: The event is held in San Antonio, Texas.

Schedule: May vary by year but follows something like this. Day 1: Keynote Speakers, Ice Breakers, Coach Meetings; Day 2: FCS Bowl, FCS Presentations, Fashion Revue, FCS Skill-a-Thon, Pin Swap, Educational Session, Service-Learning Project, Youth Mixer; Day 3: Consumer Decision Making, Educational Sessions, Awards Dinner

Expenses: The cost is \$300 per contestant and \$175 per chaperone, which may vary year to year.

Ignite by 4-H

Eligibility, Selection Process, Deadlines

The event website is <https://events.4-h.org/ignite>. Teens connect, make memories and find their spark by exploring the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-being.

Youth Eligibility: Members must be between 14 and 18 years of age to participate.

Selection Process: Counties may arrange their own delegations and chaperones to attend. (The Google AI in Agriculture grant may subsidize a state-level delegation to attend.)

Deadlines: Counties may purchase tickets for their delegations from the Shop 4-H website. Registration opens early, so check Shop 4-H starting in August.

Adults: Chaperones must be 4-H staff or approved 4-H volunteers. Chaperones must attend a pre-trip orientation.

Time, Place, Schedule, Expense

Time: Mid-March

Place: The Marriott Marquis, 901 Massachusetts Ave. NW, Washington D.C.

Schedule: High impact programming featuring immersive workshops and experiences, renowned speakers and industry leaders:

- Career exploration and work readiness opportunities
- Networking and connection with like-minded peers
- Skills to drive community impact
- D.C. area experiences and activities

Expenses: Varies year by year and is in the range of \$1,800 per delegate and \$2,200 per adult. State-level delegation sponsorship depends on grant availability. Counties arrange their own travel.

National 4-H Conference

Eligibility, Selection Process, Deadlines

The event website is <https://www.nifa.usda.gov/national-4-h-conference>. During the Conference, delegates will become familiar with the government and share their voice with federal agencies and congressional committees.

Youth Eligibility: Members must be between 15 and 18 years of age to participate.

Selection Process: County 4-H Specialists nominate Senior 4-H member(s) from their counties.

Nominated members submit the following to the State 4-H Office:

- Resume
- Cover letter explaining why they would like to attend the conference.
- Letter of recommendation from the County 4-H Specialist

Applications are due by mid-December. The State 4-H Office staff then interviews nominees. Space for five delegates is guaranteed, but the event may allow three additional youth to attend if they have capacity.

Deadlines: The State 4-H Office will register selected delegates and chaperones by mid-February based on a completed registration form, including a required Code of Conduct Form.

Adults: One chaperone is selected by application submitted to the state 4-H Office and must be CSU Extension staff or an approved 4-H volunteer. The chaperone should have experience and involvement in 4-H program development at local, district, and state levels. Experience with Civic Engagement is preferred. Chaperones must attend an orientation webinar in March. A second chaperone may be required if three additional youth can attend over the five guaranteed spots.

Time, Place, Schedule, Expense

Time: April

Place: Hyatt Regency Crystal City Hotel, 2799 Richmond Highway, Arlington, Virginia 22202

(Washington D.C. area) Schedule: Delegates will have the opportunity to have round table discussions and present to federal partner agencies along with the opportunity to engage with their U.S. Senators and Representatives.

This premiere Civic Engagement event is a chance for young people to work with other 4-H'ers to present ideas to federal agencies and congressional committees with the goal of impacting change in America.

Expenses: The all-inclusive cost varies due to travel expenses but can be in the range of \$1,900 to \$2,500 in total per youth or adult chaperone. Whatever percentage of the expenses are not covered by the state and county must be paid by the participant's family. Some meals are included in registration. Bring additional money for the following: snacks, souvenirs, the 4-H Mall, shopping, and tips. You will need money for meals while you are traveling, two lunches, and one dinner. It is recommended that you bring a minimum of \$150.

Citizenship Washington Focus

Eligibility, Selection Process, Deadlines

Youth Eligibility: Members must be between 14 and 18 years of age as of December 31 of the current 4-H year to participate. Delegates must have at least one year of leadership experience and be currently active in a leadership position in the organization they represent. Delegates must have demonstrated an active interest in citizenship/community service programs in their club and/or at the county level.

Delegates must complete an official 4-H Online application for Citizenship Washington Focus, upload a clear, glossy picture for publicity, and participate in required online orientation.

Delegates must be willing and have the time to work with their county/area Extension specialist to conduct a citizenship program upon return, based on a prearranged agreement.

Selection Process:

Each county/area is responsible for selecting their delegate(s). 4-H Members will complete registration through 4-H Online by April. County staff will confirm the members' registration, which includes application form, acceptance, and uploaded photograph. When the county has selected the delegate (partially funded by the Colorado 4-H program), the county may send additional delegates at the county and/or personal expense.

Deadlines: Delegates will be registered by the State 4-H Office. Additional Media and Information Release and Code of Conduct forms are required. Payment is due mid-March.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers. A maximum of two volunteer leaders and one State or County Specialist are selected each year. Those interested in chaperoning should submit a letter of interest to the state 4-H office by April 1st. Adults will be selected to chaperone by February. Chaperones must attend an orientation webinar before the event and will be part of a group activity during the event.

Time, Place, Schedule, Expense

Time: Colorado attends one out of three possible program dates, usually the last week in June.

Place: Hyatt Regency, Bethesda, Maryland (Washington D.C. area)

Schedule: Each day includes workshops, tours, or group activities. Schedules are shared with state delegations ahead of time. Program objectives are to:

1. Strengthen communication, leadership, and other citizenship skills on a national level.
2. Understand the importance of civic responsibilities as they relate to the development of better citizens and leaders.
3. Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds.
4. Experience hands-on learning using the historical backdrop of our nation's Capital City, Washington, D.C.

Expenses: All-inclusive cost is \$1900 to \$2900 per person (youth or adult), and costs vary year to year. Registration includes:

- High impact programming featuring national experts and leaders along with opportunities for career exploration, using your voice and building connections with teens from across the country.
- Room and board (based on double occupancy for both youth)
- All meals and breaks (excluding state-organized meals and events)

- Support from trained Program Assistants (PA's)
- DC area site visits and all program materials

Colorado State 4-H Events

All registrations are through 4-H Online.

Colorado Leadership Camp

Eligibility, Selection Process, Deadlines

Youth Eligibility: Members must be ages 11 to 13 as of December 31 of the current 4-H year.

Deadlines: Registration opens August 1 and closes mid-October. Members and volunteers must reenroll in 4-H Online to be registered after October 1 rollover.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers. If both gender specific campers are in attendance, an appropriate gender chaperone must accompany the delegation unless special arrangements have been made in advance with another group's chaperone.

Time, Place, Schedule, Expense

Time: First or second weekend in November.

Place: Glenwood Springs-Courtyard Marriot and Residence Inn

Schedule: Members participate in workshops to develop teamwork and leadership skills.

Expenses: Registration is \$200, but may vary due to location and expenses.

Leadership Development Conference

Eligibility, Selection Process, Deadlines

Youth Eligibility: Members must be ages 14 to 18 as of December 31 of the current 4-H year.

Deadlines: Registration opens early December and closes early to mid-January.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers.

Time, Place, Schedule, Expense

Time: Last weekend in January **Place:** Denver

This event is followed by 4-H Day at the Capitol. Delegates and chaperones may choose to attend 4-H Day at the Capitol to sit in on 4-H Day Proclamations in the House and Senate Chambers.

Counties can arrange to meet with legislators on their own. Counties can also schedule Capitol Building tours on their own after the proclamations are read.

Schedule:

- Keynote speaker(s)
- Workshops designed to develop leadership skills
- District meetings
- Group presentations on themes covered in the conference

Expenses: Registration is \$250 per person but may vary year to year.

Youth Fest

Eligibility, Selection Process, Deadlines

Youth Eligibility: Members must be ages 11 to 13 as of December 31 of the current 4-H year.

Deadlines: Registration opens in February and closes mid-March.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers.

[Time, Place, Schedule, Expense](#)

Time: March, Friday night through Saturday evening or Sunday morning

Place: Colorado State Fairgrounds, Pueblo

Schedule: Team building activities and workshops

Expenses: Around \$115 per participant. Teen counselors may attend for half the cost. Checks are made payable to **Colorado 4-H Senate**. No internal transfers are accepted.

State 4-H Conference

[Eligibility, Selection Process, Deadlines](#)

Youth Eligibility: Members must be ages 14 to 18 as of December 31 of the current 4-H year.

Deadlines: Registration opens in early April and closes mid-May.

Adults: Chaperones must be CSU Extension staff or approved 4-H volunteers.

[Time, Place, Schedule, Expense](#)

Time: Mid-June

Place: Colorado State University, Fort Collins

Schedule: Includes leadership development, educational workshops, social, recreational activities and contests.

Expenses: In the range of \$150 per person but may vary year to year.

NOTE: For all State and National events, there will be no refunds after the registration deadline has passed. Transfer of registration to another participant may be an option for most events. This information is subject to change and approved by the State 4-H Office.

Fiscal Information

Counties who have on-campus accounts: For **every event** except for Youth Fest, we prefer to have counties pay registration fees for state and national events via internal transfer. If your county typically has a club or external account pay for these events, the county will need to manage internally and work directly with the club/group for reimbursement. Any questions can be directed to Joy Bauder.

Except for Youth Fest*, counties who do not have an on-campus account must pay by check made out to **CSU Extension** and mailed to:

CSU Extension, State 4-H Office

ATTN: Event Name

4040 Campus Delivery

Fort Collins, CO 80523-4040

*Youth Fest checks can be mailed to the same address but must be made out to **Colorado 4-H Senate**.