

Student FAQ for Regional Competitions 2026

Hi everyone! We are so excited to see you at regional competitions in-person this year! To help you prepare for your upcoming competition, we included an FAQ to answer some questions you might have. As always, if you have any questions please don't hesitate to reach out to us at nhdaz@azhs.gov. See you there and good luck!

When do I need to show up on competition day?

Make sure to look at the schedule. You can view the full contest schedule for your competition at the following links:

[East Valley Central Arizona Regional Competition](#)
[Northern Arizona Regional Competition](#)
[Southern Arizona Regional Competition](#)
[West Valley Central Arizona Regional Competition](#)

We recommend checking in before judging starts so that you don't feel rushed and stressed before your interview. We are asking that each student check-in and get their materials themselves. When you arrive, just look for the student check-in table where you will see volunteers. If you have an exhibit, make sure your exhibit is set up in the designated room by 8:45am. After check-in, you are free to come and go as you please. Be back in the building at least 15 minutes before your interview time, just so you have time to be calm, cool, and collected before wowing the judges.

What should I bring with me on contest day?

Make sure that you are prepared for your interview, **that includes beginning (6) copies of your written materials to hand to judges as you walk into the room.** (1 copy for each judge and 1 copy for you just in case) If you have an exhibit or a performance, make sure you have all of your materials for your project to be judged that day. Other than that, just bring things that you would need for a normal day!

How can I prepare for interviews?

There are a few things that can help you prepare for your interview. You can practice talking about your projects with your friends and family. Tell them about your project and why you chose it. You can also view some questions judges might ask: [Here](#). The most important thing is to be confident, breathe, and know that we are all rooting for you!

When is the awards ceremony?

The awards ceremony will be held on the day of the competition. It varies by competition, so be sure to look at your competition overview schedule. The awards ceremonies will not be streamed this year, but results will be posted online the following week. You can view the full contest schedule for your competition at the following links:

East Valley Central Arizona Regional Competition

Northern Arizona Regional Competition

Southern Arizona Regional Competition

West Valley Central Arizona Regional Competition

Still got a question? Shoot us an email!

nhdaz@azhs.gov