



LITHGOW SHOW SOCIETY INC

LITHGOW SHOW

2026

YOUNG WOMAN COMPETITION

ENTRANT INFORMATION

All information provided is correct at the time of printing. Any changes will be at the discretion of the Lithgow Show Society Inc.



Lithgow Show Young Woman Competition

Lithgow Show Society is a not-for-profit organisation with over 141 years of serving Lithgow and the wider community.

We have a long tradition of supporting the community through many activities, one of which is the running of the Annual Lithgow Show.

Our Annual Lithgow Show is an event which brings together our local rural and urban population whilst providing a platform for people of all ages to showcase their talents and innovativeness. Agricultural Shows are ingrained in Australian Society – big and small – they have written the chapters of Australian Agriculture, celebrating community, keeping traditions alive, creating triumphant moments, and playing an integral role in rural lives.

The Lithgow Show Society proud to continue these traditions and is dedicated to empowering young local people to make a difference in the wider community. The Lithgow Show Young Woman Competition provides an opportunity for young local women to be involved with, and become an ambassador, for their community and the Lithgow Show.

The Young Woman Competition is conducted in conjunction with The Royal Agricultural Society of NSW and The Agricultural Societies Council of NSW and attracts over 500 participants annually. The Competition is designed to develop young women, give them the opportunity to promote themselves within their communities, expand their networks and play a role in promoting the country show movement, rural living, and agriculture. Interview etiquette, presentation, public speaking, leadership, and networking skills are all strengthened within the individual, which can lead to improved confidence, new friends /networks and new opportunities for participants.

The Competition can truly be a life changing experience for those who participate regardless of the outcome. It can profoundly reshape your ambitions, confidence and in our opinion, it is an opportunity not to be missed for all young women living in rural and regional communities. Most of all it is lots of fun and we have no doubt all participants will enjoy every minute of it!

Lauren Elkins
Lithgow Show Young Woman Coordinator



Lithgow Show Young Woman Competition

Welcome, we are so pleased you have expressed interest in entering The Lithgow Show Young Woman Competition.

The Young Woman Competition is not a beauty pageant. The Competition seeks to find a young woman to represent the country show movement and rural and regional communities throughout the state. We are looking for a Young Woman with a genuine interest in rural NSW and the involvement and promotion of women in our wider community. Entrants are judged on personality, confidence, ambition and life goals, general knowledge, rural knowledge, presentation, speech, and community involvement. You will also be required to demonstrate your knowledge of the local community, national and international affairs.

The judging of the Lithgow Show Young Woman Competition is conducted by a panel of three judges selected by the Lithgow Show Society, these judges come from both the local area and outside the district.

In the Ambassadorial Role as the winner of the Lithgow Show Young Woman Competition you will be the Face of the Lithgow Show presenting prizes, sashing livestock, speaking with media, meeting and greeting the public and attending various community events throughout the year.

The Title is retained by you for one (1) year, during that year you will be asked to perform a variety of duties. These might include public speaking, presenting prizes, attending, and opening events, assisting in organising the next Lithgow Show Young Woman Competition, and speaking with potential entrants and sponsors.

As the winner of the Lithgow Show Young Woman Competition, you will proceed to the 2026 Zone Judging, competing against other Show winners in our region for the chance to represent the Zone at the State Final. Judging for The Land Sydney Royal AgShows NSW Young Woman Competition is held at the Sydney Royal Easter Show.

All State Final Representatives receive seven (7) days in Sydney as a guest of the Royal Agricultural Society over the Sydney Royal Easter Show period. While in Sydney, you will attend various functions, activities, and present awards to winners of Agricultural events at the Show.



Lithgow Show Young Woman Competition

Lithgow Show Young Woman contestants have a number of duties throughout the year and in the lead up to and during the Lithgow Show, these include:

Pre- Judging Development and Judging Days

- ▶ Entrant will be required to attend a meet & great dinner held on Monday 27th October 2025 6.30pm at Club Lithgow. This dinner gives you the opportunity to meet one another and helps you prepare for judging day.

The Lithgow Young Woman Interview / Luncheon

- ▶ All contestants will need attend the formal interview with the judges and the Luncheon where the Lithgow Show Young Woman winner will be announced for 2026. This luncheon will be held on Saturday 8th November 2025 from approximately 9.30am – 3.30pm.

The Lithgow Show

- ▶ Wearing their sash all entrants will be invited to attend the Lithgow Show which will be held on Friday 13th March 2026 – Sunday 15th March 2026.
- ▶ All contestants will be asked to attend the show to undertake various duties, such as but not limited to attending the opening, judging competitions, awarding placegetters sashes and meeting and greeting dignitaries, guests and attendees.

In the following twelve months after the announcement of the Lithgow Show Young Woman, the winner will be invited to

- ▶ As the Young Woman Winner you will be invited to various events as the Lithgow Show Society Ambassador, such as Development Days conducted by other Show Societies, junior showgirl competition, AgShow NSW Events, Sponsors Appreciation BBQ, 2026 Zone Young Woman Competition Final and other events within the community.
- ▶ Be member of the Lithgow Show Committee, attending meetings and assisting with planning for the coming year.
- ▶ Assist the following year's Lithgow Society Show Young Woman entrants by attending the Pre-Judging Development Day, Judging Day and the Lithgow Society Young Woman Presentation Luncheon.
- ▶ Assist with preparation of entrants for the competition.



Lithgow Show Young Woman Competition

Entry Requirements for Lithgow Show Young Woman

1. The Competition is open to those who are permanent residents of Australia.
2. Entrants must be women aged from 18 years to less than 26 years as at 1st May in the year of the State Final (2026).
3. Entrants must reside, be educated, or work within New South Wales for at least three months prior to their local competition to qualify to compete within the State.
4. Only candidates nominated by an Agricultural Show Society are eligible for Zone and State Final judging.
5. Previous entrants in the competition are eligible to enter however they are not to have been one of the 1st, 2nd or 3rd placegetters in a previous State Final.
6. The following people are not eligible to enter the competition:
 - a. Staff, Directors, and Councillors of both the Royal Agricultural Society of NSW ("RAS").
 - b. The daughters of the Staff, Directors, and Councillors of the RAS.
 - c. Rural Achiever applicants for the 2026 Sydney Royal Easter Show
7. Winning entrants who are employed or engaged in full time studies will be required to obtain a leave of absence to attend Zone and State Final Judging.
8. The winner is requested, where possible, to represent the RAS, AgShows NSW and their local Show Society at agricultural shows.
9. The State Final Judging will take place in Sydney during the Sydney Royal Easter Show Friday 10 April 2026 – Tuesday 21 April 2026, with specific program dates to be advised. Finalists will be guests of the RAS whilst in Sydney but will be required to pay their own travelling expenses to and from Sydney.
10. The winner of the State Final and the first runner up will be required to remain in Sydney as guests of the RAS following the main program to perform official duties at the Sydney Royal Easter Show unless granted an exemption by the RAS of NSW.
11. All entrants are to abide by the Code of Conduct, as set out by the RAS and AgShows NSW, when acting as an ambassador for RAS, AgShows NSW or their local Show Society.



Lithgow Show Young Woman Competition

Schedule of Events Checklist

Event	Details	Date	Dress
Development Day / Meet & Greet	Pre-Judging Development Day / Meet & Greet Entrants and Committee <ul style="list-style-type: none">- Meet for dinner - discussion about Lithgow show and the local community- Public speaking, Etiquette, interview techniques- Overview of the competition / tips and tricks for success	27 October 2025 6.30pm – 8.30pm	Smart casual with enclosed shoes for photos for local media and socials.
Interview / Luncheon	Interview and luncheon with judges	8 November 2025 9.30am – 3.30pm *	Business attire
Zone 5 Judging day and Dinner	WINNER ONLY - Interview, luncheon, onstage interview, dinner and presentation of winners - Mudgee	24 January 2026	Business attire – day Formal attire – evening
Lithgow Show Junior Showgirl Competition	Assist on the day as a mentor / judge and help run the event.	March 2026 Date TBA	Business/ Smart rural attire.
Lithgow Show	Attend the Official Opening / Participate in the Grand Parade / meet & great public / sash & award winners	13-15 March 2026	Business/ Smart rural attire. Enclosed in shoes Hat Sash



Lithgow Show Young Woman Competition

CONTACTS & LINKS

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2025 Lithgow Show Young Woman Winner

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Lithgow Show Society

<https://www.lithgowshow.org.au/>

Ag Shows NSW

<https://agshowsnsw.org.au/>

Royal Agricultural Society of NSW

<https://www.rasnsw.com.au/>

The Land Newspaper

<https://www.theland.com.au/>