



**2024 LPU-Batangas Regional  
Inter-High School Academic, Skills  
and Cultural Competitions**



**LPU  
BATANGAS  
REGIONAL  
INTER-HIGH SCHOOL  
ACADEMIC,  
SKILLS AND  
CULTURAL  
COMPETITIONS  
2024**





**LPU**  
LYCEUM OF THE PHILIPPINES UNIVERSITY  
BATANGAS



## 2024 LPU-Batangas Regional Inter-High School Academic, Skills and Cultural Competitions

February 21, 2024

**The School Principal/ Administrator**

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Dear Sir / Madam,

Greetings!

In line with the vision and mission of the Lyceum of the Philippines University-Batangas, we are always committed to opening avenues for the students to closely associate with the students of other schools through interaction and friendly competition while showcasing their critical thinking, passion, and creativity may it be in academics, skills, or cultural.

In pursuit of this commitment, it is with immense pleasure that LPU-Batangas invites your school and students to participate in the **2024 LPU-Batangas Regional Inter-High School Academic, Skills, and Cultural Competitions** on **April 13, 2024, Saturday, face-to-face**.

Enclosed herewith are the guidelines and mechanics along with other relevant details of the competition.

The said competitions have thirteen (13) categories to compete upon which are as follows:

**ACADEMIC COMPETITIONS:**

1. General Information Quiz Bee (solo)
2. Science Quiz Bee (solo)
3. Information Technology (IT) Quiz Bee (solo)
4. Extemporaneous Speaking Contest (solo)
5. Business Quiz Bowl (pair)

**SKILLS COMPETITIONS:**

6. Photo-Essay Contest (solo)
7. Tour Guiding Contest (solo)
8. Sizzling "Sisig" Cooking contest (solo)
9. Infographics Making Contest (solo)

**CULTURAL COMPETITIONS:**

10. Vocal Solo Contest (solo)
11. Folk Dance Contest (group)
12. Mr. Teen LPU 2024 (solo)
13. Miss Teen LPU 2024 (solo)

**Winners of the General Information Quiz Bee will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Science Quiz Bee will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Information Technology (IT) Quiz Bee will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Extemporaneous Speaking Contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Business Quiz Bowl will receive these prizes:**

First Placer P7, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P5, 000 (cash), medal, tarpaulin, certificate  
Third Placer P3, 000 (cash), medal, tarpaulin, certificate

**Winners of the Photo-Essay Contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Tour Guiding Contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Sizzling “Sisig” Cooking Contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Infographics Making contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Vocal Solo Contest will receive these prizes:**

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school  
Second Placer P3, 000 (cash), medal, tarpaulin, certificate  
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

**Winners of the Folk Dance Contest will receive these prizes:**

First Placer P8, 000 (cash), certificate, tarpaulin, and a trophy for the school  
Second Placer P6, 000 (cash), certificate, tarpaulin, and a trophy for the school  
Third Placer P4, 000 (cash), certificate, tarpaulin, and a trophy for the school

**Winners of the Mr. and Miss Teen LPU 2024 will receive these prizes:**

Mr. & Miss Teen LPU P8, 000 (cash), certificate, tarpaulin, crown (Ms. Teen LPU), sash, and a trophy for the school  
First Runners Up P6, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school  
Second Runners Up P4, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school  
Third Runners Up P2, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school  
Fourth Runners Up P2, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school

**Overall Top Performing Schools** will also receive the following prizes:

Top 1 Overall Top Performing School: **Php20, 000.00 (cash), tarpaulin, trophy, and the most coveted IHSC OVERALL CHAMPION roving Trophy**  
Top 2 Overall Top Performing School: **Php15, 000.00 (cash), tarpaulin, trophy**  
Top 3 Overall Top Performing School: **Php10, 000.00 (cash), tarpaulin, trophy**



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DIVISION OF THE PHILIPPINE UNIVERSITY  
**BATANGAS**



## 2024 LPU-Batangas Regional Inter-High School Academic, Skills and Cultural Competitions

We are looking forward to having your school and students as one of our participants in this momentous event.

Thank you very much! God Bless!

Sincerely,

**Dr. Dickson P. Caringal**

Overall Chairman, 2024 LPU-Batangas Regional Inter-High School Academic, Skills, and Cultural Competitions

Marketing and Communications Supervisor, LPU-Batangas

Noted by:

**Dr. Maribeth C. Buenviaje**

Executive Director, SLIA, LPU-Batangas

**GENERAL GUIDELINES**

1. This year's general theme is ***"LPU-B at 57: Advancing Innovation Through Expansive Industry Collaboration."*** However, the specific theme for some individual categories shall be given on the spot during the contest proper.
2. All contests will be held **face-to-face** on **April 13, 2024**, Saturday, 8:00 am to 5:00 pm at LPU-Batangas Main Campus, Capitol Site, Batangas City.
3. The competition is open to all bona fide **Grades 9-12 students (unless specified)** of private and public high schools in the Provinces of **Batangas, Occidental Mindoro, Oriental Mindoro, Quezon, and Laguna.**
4. Each school shall send only **one (1) contestant, pair, or group** for each category.
5. High Schools with Day Class, Night Class, Open High School, Science Class, and/or BEC class under one official school name may send contestants to represent each class **provided that they have different administrators/principals.**
6. A contestant may join a **maximum of two (2) contests**, provided that the said contests **are not simultaneous.**
7. The contestants shall be in **CASUAL ATTIRE** (unless specified) to avoid school identification. No School ID shall be worn.
8. Each contestant shall be at the venue at least thirty (30) minutes before the contest. General Registration will begin at 7:00 am.
9. Each contestant must present their valid student ID during the per-contest registration for verification purposes.
10. Contests are from 8:00 am to 5:00 pm. There may be changes without prior notice. Contest venues shall be posted at the Arsenio "Dodjie" Laurel Sports Arena and in other strategic areas of the university. Marshalls will be available for assistance.
11. **Elimination Rounds for the Vocal Solo contest and Mr. and Miss Teen LPU 2024** shall be conducted on **April 01, 2024**. Please see specific contest guidelines for further details.

<b>Contest</b>	<b>Time</b>	<b>Venue</b>
1. General Information Quiz Bee	8:00 AM	Freedom Hall, 4/F, SHL Building
2. Science Quiz Bee	Right after the General Information Quiz Bee	Freedom Hall, 4/F, SHL Building
3. Information Technology Quiz Bee	Right after the Business Quiz Bowl	Multimedia Room, 3/F, SHL Building
4. Extemporaneous Speaking Contest	8:00 AM	Academic Center, 2/F, SHL Building
5. Business Quiz Bowl	8:00 AM	Multimedia Room, 3/F, SHL Building
6. Photo-Essay Contest	8:00 AM	Computer Lab, 2/F, SHL Building
7. Infographics making contest	8:00 AM	Computer Lab, 2/F, SHL Building
8. Tour Guiding Contest	8:00 AM	Le Café, UG/F, SHL Building
9. Sizzling "Sisig" Cooking Contest	8:00 AM	Hot/Cold Kitchen, LG/F, SHL Building
10. Folk Dance Contest	8:00 AM	Arsenio "Dodjie" Laurel Sports Arena
10. Vocal Solo Contest	9:00 AM ( <b>Elimination Round</b> )	<b>April 01, 2024</b> Freedom Hall, 4/F, SHL Building
	1:00 PM (Finals)	April 13, 2024 Arsenio "Dodjie" Laurel Sports Arena
12. Mr. and Miss Teen LPU 2024	1:00 PM ( <b>Elimination Round</b> )	<b>April 01, 2024</b> Freedom Hall, 4/F, SHL Building
	1:00 PM – The Pageant	April 13, 2024 Arsenio "Dodjie" Laurel Sports Arena



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12. The points, to determine the Overall Top Performing schools, for all the categories shall be: **7pts - 1<sup>st</sup> place, 5pts - 2<sup>nd</sup> place, 3pts - 3<sup>rd</sup> place, 2 pts – semifinalist (for Vocal solo contest and Mr. and Miss Teen LPU 2024), 1 pt – participation**, will be tallied. The top 3 schools to accumulate the highest scores will be proclaimed **1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> OVERALL TOP PERFORMING SCHOOLS**, respectively.
13. Previous years' champions (1<sup>st</sup> Placer) of the individual categories shall not be allowed to join the same category; runners-up are permitted.
14. The decision of the judges/arbiters is final and irrevocable.
15. The awarding of all contest winners shall be conducted at the Arsenio "Dodjie" Laurel Sports Arena after the Mr. and Miss Teen LPU 2024 pageant.
16. The **deadline for the CONFIRMATION OF SCHOOL'S PARTICIPATION is on April 3, 2024 (Wednesday), 5:00 pm**. However, some contests may have different deadlines for sending entries. *Please refer to the individual guidelines.*

To submit your confirmation, please fill out the Confirmation of School's Participation via this registration form: <https://bit.ly/IHSC2024> (type the link on your browser).

Each participating school must send a **certification of enrollment** indicating the names of all the participants duly signed by the school principal/administrator to prove that they are bona fide students at the school being represented. Please send the document to **lpubslia@lpubatangas.edu.ph**.

17. For inquiries, you may reach us through these numbers:  
Landline: (043) 723-7370 / (043) 723-0706 loc. 105-106  
Mobile: 0995 266 8471

For your information and guidance.  
Thank you very much.

**Dr. Dickson P. Caringal**

Overall Chairman, 2024 LPU-Batangas Regional Inter-High School Academic, Skills, and Cultural Competitions  
Marketing and Communications Supervisor, LPU-Batangas

Noted by:

**Dr. Maribeth G. Buenviaje**

Executive Director, SLIA, LPU-Batangas

**GENERAL INFORMATION QUIZ BEE  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Prepared questions for the quiz shall be taken from the areas of **Literature and Humanities, Philippine and World History, Algebra, Trigonometry, Geometry, Statistics, and Current Events.**
4. Contestants **shall provide their own scientific calculator** for the contest.
5. Scores shall be cumulative.
6. The contest shall be in three (3) rounds:
  - \* **First Round (Easy Round).** There shall be twenty (20) questions for this round and each correct answer shall earn one (1) point.
  - \* **Second Round (Average Round).** There shall be ten (10) questions for this round and each correct answer shall earn two (2) points.
  - \* **Third and Final Round (Difficult Round).** There shall be five (5) questions for this round and each correct answer shall earn three (3) points.
7. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
8. Each question shall be read by the Quiz Master twice. Contestants shall be given twenty (20) seconds to write their answer. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
9. Points for correct answers shall be tallied on the board.
10. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials of national publication such as books, magazines, and newspapers only. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
11. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestant.
12. First, Second, and Third Prize Winners shall be based on the top three (3) contestants who shall earn the highest scores.

**Note: Please also refer to the General Guidelines**

**SCIENCE QUIZ BEE  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Prepared questions for the quiz shall be taken from the areas of **Physics, Chemistry, Biochemistry, Earth Science, and Biology**.
4. Contestants **SHALL PROVIDE THEIR OWN SCIENTIFIC CALCULATOR** for the contest.
5. Scores shall be cumulative.
6. The contest shall be in three (3) rounds:
  - **First Round (Easy Round)**. There shall be twenty (20) questions for this round and each correct answer shall earn one (1) point.
  - **Second Round (Average Round)**. There shall be ten (10) questions for this round and each correct answer shall earn two (2) points.
  - **Third and Final Round (Difficult Round)**. There shall be five (5) questions for this round and each correct answer shall earn three (3) points.
7. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
8. Each question shall be read by the Quiz Master twice. Contestants shall be given twenty (20) seconds to write their answer. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
9. Points for correct answers shall be tallied on the board.
10. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials from publications such as books and refereed journals. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
11. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestant.
12. First, Second, and Third Prize Winners shall be based on the top three (3) contestants who shall earn the highest scores.

**Note: Please also refer to the General Guidelines**



**INFORMATION TECHNOLOGY (IT) QUIZ BEE  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Prepared questions for the quiz shall be taken from the **history, concept, applications, and current trends in Information Technology (IT)**.
4. The contest shall be in three (3) rounds:
  - a. **First Round (Easy Round)**. There shall be twenty (20) questions for this round and each correct answer shall be given one (1) point.
  - b. **Second Round (Average Round)**. Ten (10) questions shall be given to the contestants. Each correct answer shall be given two (2) points.
  - c. **Third and Final Round (Difficult Round)**. There shall be five (5) questions for this round. Each correct answer shall be given three (3) points.
5. Scores shall be cumulative.
6. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
7. Each question shall be read by the Quiz Master twice. Contestants shall be given a minimum of twenty (20) seconds to write their answer. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
8. Points for correct answers shall be tallied manually and electronically projected through LCD.
9. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials of national publication such as books, magazines, newspapers, etc. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
10. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestant.
11. First, Second, and Third Prize Winners shall be based on the top three (3) contestants who shall earn the highest scores.

**Note: Please also refer to the General Guidelines**



**EXTEMPORANEOUS SPEAKING CONTEST  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Previous years' champions (1<sup>st</sup> Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The photo to be discussed shall be shown on screen. Photos to be flashed will revolve on the theme, ***“Voyage Beyond the Horizon: Navigating Challenges and Triumphs in Maritime Education.”***
5. The contestant shall be given **three (3) minutes** to prepare and **three (3) minutes** to deliver.
6. Speeches shall be delivered in **English**.
7. The style of the delivery shall be conversational, oratorical, or a combination of both.
8. The contestant should come in **smart business attire**.
9. The competition will make use of the Ranking System in determining the placements of the contestants.
10. The top 3 contestants who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners respectively.

**Criteria for Judging**

<b>CONTENT</b> (The discussion has substance and meaning.)	<b>40%</b>
<b>ORGANIZATION</b> (There is a smooth flow, and ideas are organized.)	<b>30%</b>
<b>DELIVERY</b> (The speaker manifests proper enunciation, pronunciation, juncture, stress, and phrasing.)	<b>20%</b>
<b>STAGE DECORUM</b> (The speaker exudes confidence, authority, and enthusiasm that entice the audience.)	<b>10%</b>
<b>TOTAL</b>	<b>100%</b>

**Note: Please refer also to the General Guidelines.**

**BUSINESS QUIZ BOWL  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) PAIR of contestants per school** is allowed.
3. Prepared questions for the quiz shall be about the basic concepts on **Accounting, Marketing Management, Human Resource, Business Management, Entrepreneurship, Economics, and Business Trivia.**
4. The contest shall be in three (3) rounds:
  - a. **First Round (Easy Round).** There shall be twenty (20) questions for this round and each correct answer shall be given one (1) point.
  - b. **Second Round (Average Round).** Ten (10) questions shall be given to the contestants. Each correct answer shall be given two (2) points.
  - c. **Third and Final Round (Difficult Round).** There shall be five (5) questions for this round. Each correct answer shall be given three (3) points.
5. Scores shall be cumulative.
6. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
7. Each question shall be read by the Quiz Master twice. Contestants shall be given a minimum of twenty (20) seconds to write their answer. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
8. Points for correct answers shall be tallied manually and electronically projected through LCD.
9. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials of national publication such as books, magazines, newspapers, etc. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
10. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestant.
11. First, Second, and Third Prize Winners shall be based on the top three (3) pairs who shall earn the highest scores.

**Note: Please also refer to the General Guidelines**



**PHOTO-ESSAY CONTEST  
GUIDELINES**

1. The competition is open to **Grades 9-12** students of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Participants will be given **forty-five (45) minutes** to roam around the LPU-Batangas Main Campus. Photo essays can focus on a specific event, emotion, journey, or any narrative that resonates with the theme. The specific theme will be given **on the spot** during the contest proper.
4. Participants should creatively interpret the theme.
5. Images must be in high-resolution JPEG format. Ensure each image is at least 1920 pixels on the longer side. Use a consistent aspect ratio like 4:3, 3:2, or 16:9. For optimal print quality, ensure that the photos are suitable for an 8R-size print (2400 pixels by 3000 pixels at 300 dpi).
6. A brief caption or description (**maximum of 50 words**) for each image is required and should be submitted in a separate Word document along with the photo entry.
7. Participants must use their own cameras or gadgets in capturing their images. Participants may use any image-capturing device or gadget.
8. Each participant shall be provided with a personal computer installed with adobe photoshop and lightroom for editing their entries. Participants may opt to use their own laptops in editing; however, editing must be done at the contest venue. Only adobe photoshop and lightroom are allowed to be used in editing.
9. Only color grading is permitted in editing entries. Extensive manipulation or effects are not allowed.
10. Inserting any flash drive, hard drive, card reader, or the likes to the personal computer provided is not allowed. Only email is allowed in sending and copying files.
11. Soft copies of all the entries must be submitted by the specified deadline, **11:00 am** of the same day of competition. The email address shall be provided during the contest proper.
12. The competition will make use of the Ranking System in determining the placements of the contestants.
13. The top 3 contestants who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
14. The decision of the board of judges is final and irrevocable.

**Criteria for Judging**

<b>Technical Proficiency</b>	<b>40%</b>
Clarity and sharpness of images.	
Creativity in composition and framing.	
Effective use of lighting and color.	
Attention to detail and overall technical proficiency.	
<b>Creativity &amp; Originality</b>	<b>30%</b>
Emphasis on unique perspectives and creative approaches	
<b>Relevance to the Theme</b>	<b>30%</b>
<b>Total</b>	<b>100%</b>

**Note: Please refer also to the General Guidelines.**

**VOCAL SOLO COMPETITION  
GUIDELINES**

**ELIMINATION ROUND**

1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. The following are disqualified to join the competition:
  - a. Regional or national winners of similar contests
  - b. Professional singers (those who are paid for their services as singers)
  - c. Previous years' champions of this category shall not be allowed to join; runners-up are permitted.
4. The **elimination round** shall be held on **April 01, 2024, 9:00 am** at the Freedom Hall, 4<sup>th</sup> floor of the SHL Building, LPU-Batangas Main Campus
5. The contestant must be in **smart casual attire** during the elimination round.
6. Each contestant shall sing a **2-minute acapella song** performance in any genre, OPM or foreign, either English or Filipino, as their contest piece for the preliminary round.
7. The competition will make use of the Ranking System in determining the placements of the contestants.
8. The first **twelve (12)** who shall get the highest ranks during the preliminary round shall move on to the final round of the competition.

**FINAL ROUND**

1. The competition will be among the TWELVE (12) finalists who were selected during the Preliminary Round. The final round will be on **April 13, 2024, 1:00pm at the Arsenio "Dodjie" Laurel Sports Arena, LPU-Batangas Main Campus.**
2. The contest piece must be any **Original Pilipino Music (OPM) song**. The finalist may use an arreglo/arranged piece.
3. The finalist shall only use MP3 minus one saved in a USB flash drive. Mobile phones are strictly **NOT ALLOWED**.
4. The finalist must be at the venue thirty (30) minutes before the contest for sound checking; and draw lots of official contestant numbers.
5. There shall be one representative of the finalist at the technical booth during the playback of music during the performance to guide the technical people, and with back-up music file on hand to avoid potential delays.
6. The finalist shall be given a maximum time of **five (5) minutes** for his/her performance. The music file will be checked to verify song duration.
7. The finalists are strictly required to be in **Filipiniana / Barong / or any Filipino Formal attire** during his/her performance in the final round.
8. The competition will make use of the Ranking System in determining the placements of the contestants.
9. The top 3 contestants who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
10. The decision of the board of judges is final and irrevocable.

**Criteria for Judging (Qualifying and Final Round):**

<b>Voice</b>	50%
(Tonality and Techniques)	
<b>Style and Performance</b>	40%
(Rendition qualities, discipline, timing and precision, delivery & interpretation, appropriateness of staging of the song)	
<b>Stage Presence</b>	10%
<b>TOTAL</b>	<b>100%</b>

Note: Please also refer to the General Guidelines.

**FOLK DANCE CONTEST  
GUIDELINES**

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1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) group per school** is allowed.
3. Each participating group shall be composed of a **minimum of eight (8) and a maximum of twelve (12) dancers**.
4. The competition piece is on **Philippine Rural Dances (Mimetic)**.
5. The dance must be from any of the following **published** Philippine folk dance books:
  - a. Philippine Folk Dances, Volumes 1-6 by Francisca Reyes Tolentino
  - b. Philippine National Dances by Francisca Reyes Aquino
  - c. Visayan Folk Dances, Volumes 1-3 by Libertad Fajardo
  - d. Pangasinan Folk Dances by Jovita Sison Friese
  - e. Samar Folk Dances by Juan C. Miel
  - f. Handumanan by Jose Balcena
  - g. Philippine Folk Dances and Songs by the Bureau of Public Schools 1965
  - h. Sayaw: Dances of the Philippine Islands Volume 1-9 by the Philippine Folk Dance Society
  - i. Classic Collection of Philippine Folk Dances by the Philippine Folk Dance Society volume 1-11
6. A time limit of **five (5) minutes** will be enforced and a corresponding one (1) point from each of the judge's total score shall be deducted in the event the time limit is exceeded. The time of the performance starts with the first note of music or the first dance movement, whichever comes first.
7. Medley (combination) of different dances **is not allowed**.
8. In dances where the literature does not specify or describe the entrance/exit, the trainer may arrange one, however, both **must not exceed** sixteen (16) measures.
9. **Three (3) copies** of the literature of the dance shall be submitted via email to the committee on or before April 03, 2024, 5:00 pm, together with the certification of enrollment (see general guidelines No. 16) at [lpubslia@lpubatangas.edu.ph](mailto:lpubslia@lpubatangas.edu.ph).
10. Music to be used by the dance troupe **must be** on a USB flash drive. Mobile phones, compact disc, cassette tapes, and live musical accompaniment **are not allowed**. The USB Flash drive should be properly labeled prior to submission to the technical booth. The same should be sound checked before the start of the program to ensure audio quality. A group representative must be at the technical booth during the performance to guide the technical people, and with back-up music file on hand to avoid potential delays.
11. No lighting design/special lights will be allowed.
12. The following are strictly prohibited in the performance:
  - Flammable and any pyrotechnic material
  - Dangerous choreography or routines
  - Use of live animals
  - Use of real fighting armor (e.g., sword, knife, guns, arrow, spears, etc.)
  - Use of confetti either drop or bomb.
  - Breaking of glass, pots, etc.
13. The competition will make use of the Ranking System in determining the placements of the contestants.



14. The order of performance shall be determined through drawing lots before the start of the contest proper.
15. Failure to comply with any of the foregoing guidelines will result to disqualification.
16. The top 3 groups who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
17. Any complaints or recommendations for disqualifications due to violations of the aforementioned guidelines should be addressed to the committee. Present pertinent documents as proof.

### **Criteria for Judging**

Performance	40%
Interpretation of Written Instruction	20%
Staging	20%
Costume and Props	20%
<b>TOTAL</b>	<b>100%</b>

**Note: Please also refer to the General Guidelines.**

**MR. AND MISS TEEN LPU 2024  
GUIDELINES**

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1. The competition is open for all bona fide **Grades 9-12** students from all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Laguna, and Quezon.
2. Each high school may field only **one (1) pair** of candidates.
3. Judging shall be individual and not by pair.
4. The candidate must possess a very pleasing personality and must be of good moral character.

**ELIGIBILITY AND APPLICATION PROCESS**

5. The candidate must present and submit to the committee the following credentials on the day of the preliminary round competition:
  - a. **Accomplished Information Sheet**
  - b. **Photocopy of the school registration/enrolment form of the current school year**

**PRELIMINARY ROUND**

6. The preliminary round is scheduled on **April 1, 2024 (1:00 pm)** at the Freedom Hall, 4<sup>th</sup> floor, SHL Building, LPU-B Main Campus.
7. Candidates shall come in **WHITE SMART CASUAL ATTIRE** for the preliminary round. A profile photoshoot will be done before the program proper. Candidates are requested to **come wearing light and natural day makeup**. Access to the venue is limited to **FIVE (5)** representatives per participating school only.
8. Candidates shall prepare for the following segments:
  - a. **Self-Introduction**
    - Full name, age, and high school being represented.
  - b. **“I Love My School” Statement**
    - A prepared statement promoting your own school not exceeding one (1) minute.
  - c. **Interview:**
    - Photo Interpretation of one of the 17 Sustainable Development Goals (SDGs)
9. The **Top 12 Finalists** for both Mr. and Miss Teen LPU 2024 will be selected during the Preliminary Round.

**Criteria for Judging**

Beauty/Grooming	30%
Poise & Bearing	20%
Free Speech	20%
Interview	30%
<b>TOTAL</b>	<b>100%</b>

10. Initial briefing for the final round will be held for the Top 12 Finalists after the preliminary round program.



**FINAL ROUND**

1. The competition will be among the **top twelve (12) boys and top twelve (12) girls** who were selected during the Preliminary Round. The Final Round will be held on **April 13, 2024**, 1:00 pm at the Arsenio “Dodjie” Laurel Sports Arena, LPU-Batangas Main Campus.
2. Mr. Teen LPU 2024 candidates must provide the following for the competition:
  - a. **Royal Blue Top & White Pants**
  - b. **Classic Rural/Barrio Attire (Kasuotang Pang-Nayon)**
  - c. **Modern/Stylized Barong Tagalog**
3. Miss Teen LPU 2024 candidates must provide the following for the competition:
  - a. **Bright Red Top & White Skinny Jeans**
  - b. **Classic Rural/Barrio Attire (Kasuotang Pang-Nayon)**
  - c. **Modern Filipiniana Gown/Terno**
4. Only two (2) assistants shall be allowed to accompany the candidate backstage/ dressing room during the pageant. Each candidate is expected to bring their own accessories and other equipment needed including extension cords, adaptors, etc. Assistants **MUST** seek an official ID Pass from the organizers. Only those with Official ID Pass shall be allowed to enter backstage for the security of the contestants and their belongings.
5. Rehearsals will start at 8:00 am. Numbering shall be done during the rehearsals. Handlers/Assistants are not allowed during the rehearsals.
6. **Top Five (5) finalists for both boys and girls** shall move forward to the final interview round. No special/category awards will be given out.
7. The decision of the board of judges is final and irrevocable.

**Criteria for Judging**

<b>*QUALIFYING ROUND (TOP 12 finalists)</b>	
Opening Production	20%
Rural Attire	40%
Modern Filipiniana & Barong	40%
<b>TOTAL</b>	<b>100%</b>
<b>*FINAL ROUND (TOP 5 finalists)</b>	
Retained Score from the Qualifying Round	20%
Overall impression	30%
Final Interview	50%
<b>TOTAL</b>	<b>100%</b>

**Note: Please also refer to the General Guidelines.**



# 2024 LPU-Batangas Regional Inter-High School Academic, Skills and Cultural Competitions

## MR. AND MISS TEEN LPU 2024 INFORMATION SHEET

Full Name \_\_\_\_\_  
School Represented \_\_\_\_\_  
Address \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
Contact No./s \_\_\_\_\_  
Special talent / Skills \_\_\_\_\_

Awards / Recognition Received \_\_\_\_\_  
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Tell something about yourself (50 words maximum)

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Name and Signature of the Contestant

\_\_\_\_\_  
Name and Signature of the School Principal/Administrator

## **TOUR GUIDING COMPETITION GUIDELINES**

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1. The competition is open to **Grades 9-12** students of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** shall be allowed.
3. The theme for this category is "**Love the Philippines: Cebu,**" where the vibrant essence of Cebu Province serves as the primary focus of the competition.
4. The participant must research the following prominent Cebu Province's tourist attractions.
  - Cebu Taoist Temple
  - Temple of Leah
  - Sirao Flower Garden
  - Kawasan Falls
  - Oslob Whale Sharks
  - Tumalog Falls
  - Simala Church/Shrine
  - Magellan's Cross
  - Basilica Del Sto. Niño
  - The Heritage of Cebu Monument
  - Yap Sandiego Ancestral House
  - Jesuit House of 1730 or Museo de Parian
  - Casa Gorordo Museum
  - Fort San Pedro
  - Museo Sugbo
5. **Three (3) photos** showcasing the aforementioned attractions will be presented on the screen, requiring participants to describe them to the judges, acting as tourists.
6. The tour guiding competition and showcasing the aforementioned attractions will be conducted **live on the spot**.
7. Each participant shall be given a **minimum of three (3) minutes and a maximum of five (5) minutes** for his/her presentation including his/her introduction and closing spiels.
8. If the participant exceeds the time allotted for the presentation, **one (1) point will be deducted for every minute exceeded**.
9. The participant **must be dressed appropriately as a tour guide** and must have all the relevant props for his/her presentation. **Nothing about the attire should reveal the name and logo of the school being represented.**
10. The presentation must be delivered **in English**. However, greetings and/or closing spiels may include different dialects or native words or phrases.
11. The competition will make use of the Ranking System in determining the placements of the contestants.
12. The top 3 contestants who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
13. The decision of the judges is final and irrevocable.



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BATANGAS



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### CRITERIA FOR JUDGING

<b>Content/Tour Commentary</b> Knowledge of the destination/attraction and authenticity of information provided	<b>40 points</b>
<b>Communication Skills</b> Tone and quality of voice; overall projection and language nuances.	<b>40 points</b>
<b>Confidence</b>	<b>10 points</b>
<b>Appropriateness of Attire</b>	<b><u>10 points</u></b>
<b>TOTAL</b>	<b>100 Points</b>

**Note: Please refer also to the General Guidelines**

**SIZZLING “SISIG” COOKING CONTEST  
GUIDELINES**

1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant per school** shall be allowed.
3. Each contestant will be tasked to prepare, cook, and plate/present their version of **SIZZLING “SISIG”**, on the spot, **for two (2) hours**.
4. Each contestant must prepare and present **two (2) plated dishes**, one (1) for display and one (1) for judge’s tasting. The display set up will not be part of the judging. Only plated dishes will be judged.
5. All ingredients (main and supplementary) shall be provided by the participants. Only ingredients in the submitted recipes will be allowed to be brought in the competition area.
6. **Three (3) copies** of the recipe must be submitted to the organizers before the start of the competition. These will also serve as a basis of judging. Recipes should be written in the official recipe form. Each recipe should be good for two (2) people and should stipulate ingredients, quantity (in metric form) and method of cooking. Five (5) percent allowance or buffer is allowed.
7. Pre-prepared/chopped *mise en place* is allowed but must not be cooked. Sauces must be prepared on the spot.
8. Participants must bring their own cooking utensils (pots, pans, etc.) and other small equipment (blender, mixer, etc.), adaptor, and extension cords, if needed.
9. Participants must provide their own wares/plates. Any color is accepted but there should be no logo, name, or marks to identify the school being represented.
10. Participants will be provided with their own workplace with a four-glass burner and a work area with sink. A common chiller will also be provided.
11. Participants must register at least thirty (30) minutes before the start of the competition.
12. All ingredients and equipment of the participants must be within the designated competition area before the start of the competition.
13. All participants must leave the workstations in a neat and tidy condition. This is part of the judging criteria.
14. The organizers reserve the right to use the submitted entry recipes for promotional and other purposes.
15. The top 3 contestants who incurred the highest scores shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
16. The decision of the judges is final and irrevocable.

**CRITERIA FOR JUDGING**

<b>Mise en place and orderly working area</b>	<b>0-20 points</b>
Handling and arrangement of all materials and tools, wastage and economical factors, safety and hygiene, utilization of resources	
<b>Preparation</b>	<b>0-20 points</b>
Handling and arrangement of all materials and tools, wastage and economical factors, safety and hygiene, utilization of resources	
<b>Practical, up-to-date presentation</b>	<b>0-20 points</b>
Choice of garnishes and ingredients to achieve balance in presentation and taste. Creativity, originality, portion size as well as practicability	
<b>Taste</b>	<b>0-40 points</b>
Appropriate temperature of ingredients as defined. Proper seasoning and taste, overall taste, impression of the dish, distinct and well-defined flavors	
<b>TOTAL POSSIBLE POINTS</b>	<b>100 points</b>

**Note: Please refer also to the General Guidelines.**





**INFOGRAPHICS MAKING CONTEST  
GUIDELINES**

1. The competition is open to **Grades 9-12 students** of all public and private high schools in the provinces of Batangas, Oriental Mindoro, Occidental Mindoro, Quezon, and Laguna.
2. Only **one (1) contestant** per school is allowed.
3. The theme of the competition will be given **on the spot**.
4. Participants should creatively interpret the theme.
5. The LPU-B infographics will be a promotional brochure, anchored on the theme, that should include but not limited to the following:
  - a. Academic Programs
  - b. Vibrant Student Life
  - c. Institutional Accomplishments
  - d. Campus Facilities
6. Entries should be created with the following specifications:
  - a. 8.5 inches by 11 inches (portrait mode, front page only)
  - b. High resolution JPEG file in RGB color mode, 300 dpi
7. Each participant shall be provided with a personal computer installed with adobe photoshop and lightroom for editing their entries. Participants may opt to use their own laptops in editing; however, editing must be done at the contest venue. Only adobe photoshop and lightroom are allowed to be used in editing.
8. Inserting any flash drive, hard drive, card reader, or the likes to the personal computer provided is not allowed. Only email is allowed in sending and copying files.
9. Soft copies of all the entries must be submitted by the specified deadline, **12:00 noon** on the same day of the competition. The email address shall be provided during the contest proper.
10. The competition will make use of the Ranking System in determining the placements of the contestants.
11. The top 3 contestants who incurred the highest ranks shall be proclaimed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winners, respectively.
12. The decision of the board of judges is final and irrevocable.

**Criteria for Judging**

Overall Creativity and Concept	25%
Information Accuracy & Reliability	25%
Relevance to the Theme	25%
Visual Impact	25%
<b>Total</b>	<b>100%</b>

**Intellectual Property**

1. Contestants affirm that their submissions are their own original work, have not been copied from others or from previous designs, including their own, and do not violate the intellectual property rights of any other person or entity.
2. All submissions must become the sole property of LPU-Batangas and may be used for any purpose relevant to its mandate and not for any commercial purpose.
3. An entry submission into this contest constitutes permission to use the winner's name, prize information, and other information provided on the entry form for publicity purposes, without further permission and compensation.





## 2024 LPU-Batangas Regional Inter-High School Academic, Skills and Cultural Competitions

4. LPU-Batangas shall have the right to adapt, edit, modify, or otherwise use the winning submission in part or in its entirety in whatever manner it deems appropriate, but not for commercial purposes.
5. LPU-Batangas reserves the right to use the images in materials related to marketing, promotion, and other university-related projects.

**Note: Please refer also to the General Guidelines.**

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