



MEET BULLETIN
November 20-23

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THIS MESSAGE PRESENTED BY THE LOUISIANA HIGH SCHOOL ATHLETIC ASSOCIATION AND THE LOUISIANA HIGH SCHOOL ATHLETIC DIRECTORS ASSOCIATION

MEET SCHEDULE

DIVISION IV

PRELIMS WEDNESDAY, NOVEMBER 20

TEAM CHECK-IN	7:00 AM
TEAM ENTRY	7:30 AM
WARM UPS	7:50 AM
SPECTATOR ENTRY	8:00 AM
MEET START	9:00 AM

FINALS THURSDAY, NOVEMBER 21

TEAM CHECK-IN	7:30 AM
TEAM ENTRY	7:50 AM
SPECTATOR ENTRY	8:00 AM
WARM UPS	8:05 AM
MEET START	9:00 AM

DIVISION III

PRELIMS WEDNESDAY, NOVEMBER 20

TEAM CHECK-IN	2:00 PM
TEAM ENTRY	2:30 PM
WARM UPS	2:50 PM
SPECTATOR ENTRY	3:00 PM
MEET START	4:00 PM

FINALS THURSDAY, NOVEMBER 21

TEAM CHECK-IN	2:30 PM
TEAM ENTRY	2:50 PM
SPECTATOR ENTRY	3:00 PM
WARM UPS	3:05 PM
MEET START	4:00 PM

DIVISION II

PRELIMS FRIDAY, NOVEMBER 22

TEAM CHECK-IN	7:00 AM
TEAM ENTRY	7:30 AM
WARM UPS	7:50 AM
SPECTATOR ENTRY	8:00 AM
MEET START	9:00 AM

FINALS SATURDAY, NOVEMBER 23

TEAM CHECK-IN	7:30 AM
TEAM ENTRY	7:50 AM
SPECTATOR ENTRY	8:00 AM
WARM UPS	8:05 AM
MEET START	9:00 AM

DIVISION I

PRELIMS FRIDAY, NOVEMBER 22

TEAM CHECK-IN	2:00 PM
TEAM ENTRY	2:30 PM
WARM UPS	2:50 PM
SPECTATOR ENTRY	3:00 PM
MEET START	4:00 PM

FINALS SATURDAY, NOVEMBER 23

TEAM CHECK-IN	2:30 PM
TEAM ENTRY	2:50 PM
SPECTATOR ENTRY	3:00 PM
WARM UPS	3:05 PM
MEET START	4:00 PM

UPON TEAM ENTRY, TEAMS WILL BE REQUIRED TO ENTER THE FACILITY ACCORDING TO LHSAA'S ORDER OF ENTRY LIST. YOUR TEAM'S ENTRY NUMBER CAN BE FOUND ON LHSAA'S SWIMMING WEBPAGE UNDER *POLICIES, MANUALS & FORMS* TITLED **2024 STATE ORDER OF ENTRY**.

MEET INFORMATION

EVENT VENUE

SPAR AQUATIC CENTER

933 W PARISH RD
SULPHUR, LA 70663

MICHAEL FEDERICO, MEET DIRECTOR

ASSISTANT EXECUTIVE DIRECTOR, LHSAA

MFEDERICO@LHSAA.ORG

225.300.4204

BRENT LABAT, MEET COORDINATOR

LHSAASWIMENTRY@LHSAA.ORG

TEAM CHECK-IN & PASS INFORMATION

COACHES ARE REQUIRED TO SIGN IN PRIOR TO EACH SESSION AND CAN DO SO AS EARLY AS THEIR DIVISION'S CHECK-IN TIMES.

HEAT SHEETS, RELAYS, AND SWIMMER PASSES WILL BE COLLECTED AT THIS TIME. EACH PARTICIPANT AND ALTERNATE LISTED ON YOUR ENTRY FORM WILL BE GIVEN A PASS TO BE USED ON THE DAY(S) YOUR TEAM COMPETES. IF AN ATHLETE LEAVES THE BUILDING, THEY MUST PRESENT THEIR PASS IN ORDER TO BE GRANTED RE-ENTRY. IF A SWIMMER LOSES HIS/HER PASS, THERE IS A \$5.00 REPLACEMENT FEE.

AFTER CHECK-IN, TEAMS WILL BE DIRECTED TO THE GYM TO BE STAGED ACCORDING TO **LHSAA'S ORDER OF ENTRY**. PRIOR TO ENTRY TIME, ONE DESIGNEE FROM EACH TEAM WILL BE PERMITTED TO ENTER THE POOL AREA TO ACQUIRE SPACE FOR THEIR RESPECTIVE TEAM. AT ENTRY TIME, TEAMS WILL BE PERMITTED TO ENTER IN ORDER AND NAVIGATE TO THEIR ACQUIRED SPACE.

ADMISSION

TICKETS WILL BE SOLD EXCLUSIVELY AT [GOFAN.CO/APP/SCHOOL/LHSAA](https://gofan.co/app/school/lhsaa). TICKETS WILL NOT BE SOLD AT THE VENUE ON THE DAY OF THE EVENT. PAPER TICKETS WILL NOT BE ACCEPTED. SHOW YOUR MOBILE DEVICE TO REDEEM TICKETS. TICKETS ARE VALID FOR ONE SESSION ONLY. RE-ENTRY WILL BE DENIED ONCE A TICKET IS REDEEMED.

TICKET PRICE - \$11.50

SPECTATORS/SEATING

SPECTATORS WILL BE ALLOWED TO ENTER THE SPAR AQUATIC CENTER ONE HOUR PRIOR TO EACH SESSION'S START TIME.

THERE WILL BE NO RESERVED SEATING IN THE POOL AREA. TEAMS AS WELL AS SPECTATORS WILL NOT BE ALLOWED TO LEAVE ITEMS (EX. BANNERS) IN A DESIGNATED AREA IN ORDER TO RESERVE SEATS. SPECTATORS UNASSOCIATED WITH ANY TEAM'S "AREA" WILL NOT BE ASKED TO MOVE.

MEET INFORMATION

FINALS ROUND QUALIFIERS

ALL COMPETITORS QUALIFY FOR FINALS DAY ACCORDING TO PLACE AND TIME IN THEIR RESPECTIVE PRELIMINARY HEATS. TOP EIGHT PRELIMINARY FINISHERS IN EACH EVENT WILL COMPETE IN THE FINALS HEAT, WITH PLACES 9-16 COMPETING IN THE CONSOLATION FINALS. PLACES 17-18 WILL BE CONSIDERED ALTERNATES.

500-YARD FREESTYLE EVENTS WILL COMPETE AS TIMED FINALS. ALL PARTICIPANTS, EXCLUDING THE TOP 8, WILL COMPETE ON PRELIMS DAY, WITH THE TOP 8 COMPETING EXCLUSIVELY ON FINALS DAY. SCRATCHES ARE TO BE REPORTED PRIOR TO RACE TIME TO ENSURE FULL HEATS.

ANY SWIMMER WHO DOES NOT ACHIEVE THE QUALIFYING TIME IN THE PRELIMINARIES OR THE FINALS IN AN EVENT MAY NOT SCORE POINTS IN THAT EVENT IN THE STATE MEET (RULE 20.6.3).

AWARDS

GOLD, SILVER, AND BRONZE MEDALS WILL BE AWARDED TO THE TOP THREE EVENT FINISHERS ON FINALS DAY. TOP THREE INDIVIDUAL AND RELAY EVENT FINISHERS WILL BE RECOGNIZED THROUGHOUT THE FINALS SESSION. FIRST & SECOND PLACE TROPHIES WILL BE AWARDED TO THE TOP TWO GIRLS' AND BOYS' TEAMS. A MALE & FEMALE SWIMMER OF THE MEET WILL BE SELECTED AND RECOGNIZED.

SPAR AQUATIC CENTER RULES

SPAR AQUATIC CENTER IS A NON-SMOKING FACILITY.

NO FOOD, ICE CHESTS, OR GLASS CONTAINERS ARE ALLOWED IN THE BUILDING OR ON THE POOL DECK, INCLUDING BLEACHER AREAS. ALCOHOLIC BEVERAGES ARE NOT PERMITTED ON PROPERTY. TEAM BANNERS AND/OR POSTERS ARE TO BE DISPLAYED BY AFFIXING TO WALLS BEHIND THE BLEACHERS.

BANNERS OR POSTERS ARE NOT TO BE ATTACHED TO WALLS WITH NAILS, TACKS, OR OTHER ITEMS THAT WOULD CAUSE PERMANENT DAMAGE TO SPAR PROPERTY.

ADA OVERVIEW & REQUIREMENTS

THE AMERICANS WITH DISABILITIES ACT PROHIBITS DISCRIMINATION ON THE BASIS OF DISABILITY. REQUESTS FOR DISABILITY SERVICES INFORMATION OR ANY SERVICES CAN BE DONE SO BY CONTACTING

SPAR AQUATIC CENTER
337.527.2500

ORDER OF EVENTS

- 1 GIRLS 200-YARD MEDLEY RELAY
- 2 BOYS 200-YARD MEDLEY RELAY
- 3 GIRLS 200-YARD FREESTYLE
- 4 BOYS 200-YARD FREESTYLE
- 5 GIRLS 200-YARD INDIVIDUAL MEDLEY
- 6 BOYS 200-YARD INDIVIDUAL MEDLEY
- 7 GIRLS 50-YARD FREESTYLE
- 8 BOYS 50-YARD FREESTYLE

TEN-MINUTE BREAK

GOLD, SILVER, AND BRONZE MEDAL PRESENTATIONS FOR EVENTS 1-8

- 9 GIRLS 100-YARD BUTTERFLY
- 10 BOYS 100-YARD BUTTERFLY
- 11 GIRLS 100-YARD FREESTYLE
- 12 BOYS 100-YARD FREESTYLE
- 13 GIRLS 500-YARD FREESTYLE
- 14 BOYS 500-YARD FREESTYLE
- 15 GIRLS 200-YARD FREESTYLE RELAY
- 16 BOYS 200-YARD FREESTYLE RELAY

GOLD, SILVER, AND BRONZE MEDAL PRESENTATIONS FOR EVENTS 9-16

- 17 GIRLS 100-YARD BACKSTROKE
- 18 BOYS 100-YARD BACKSTROKE
- 19 GIRLS 100-YARD BREASTSTROKE
- 20 BOYS 100-YARD BREASTSTROKE
- 21 GIRLS 400-YARD FREESTYLE RELAY
- 22 BOYS 400-YARD FREESTYLE RELAY

GOLD, SILVER, AND BRONZE MEDAL PRESENTATIONS FOR EVENTS 17-22
FIRST & SECOND PLACE MENS' & WOMEN'S TEAMS PRESENTATIONS
SWIMMERS OF THE MEET PRESENTATIONS

ENTRIES

REGISTRATION & ENTRY DEADLINES

COACHES ARE TO SUBMIT ENTRIES ELECTRONICALLY. EACH DIVISION'S ENTRY FILE CAN BE DOWNLOADED ON [LHSAA'S SWIMMING WEBPAGE](#) UNDER *HYTEK FILES*. IF A SCHOOL DOES NOT POSSESS THE SOFTWARE, TEAM MANAGER LITE CAN BE DOWNLOADED USING THE INSTRUCTIONS AVAILABLE THERE AS WELL.

COACHES MUST EMAIL A ZIP FILE OF ENTRIES TO BOTH BRENT LABAT (LHSAASWIMENTRY@LHSAA.ORG) AND MICHAEL FEDERICO (MFEDERICO@LHSAA.ORG) BY **MONDAY, NOVEMBER 11, 2024**. SWIMMER'S NAME, GRADE, DOB, EVENTS, AND ENTRY TIMES SHOULD BE INCLUDED. EMAIL SUBJECT LINE MUST READ **SCHOOL'S FULL NAME - SCHOOL'S DIVISION** (EX. DUTCHTOWN HIGH SCHOOL - DIVISION I). ENTRIES SUBMITTED BEYOND THE DEADLINE WILL NOT BE ACCEPTED (SEE HANDBOOK RULE 20.7.3).

YOUR SCHOOL'S PRINCIPAL, ATHLETIC DIRECTOR, OR COACH MUST ALSO CREATE AN INVOICE FOR ENTRIES ON THE [LHSAA MEMBER SITE](#). INSTRUCTIONS CAN BE FOUND ON LHSAA'S SWIMMING WEBPAGE UNDER *POLICIES, MANUALS, & FORMS* TITLED **STATE SWIM MEET ENTRY INSTRUCTIONS**. ONCE COMPLETE, AN INVOICE WILL BE GENERATED AND EMAILED. PAYMENT CAN BE SUBMITTED, ONLINE VIA ACH PAYMENT, BY CHECK VIA MAIL, OR BY CREDIT CARD.

ENTRY FEE IS \$15.00 PER COMPETITOR & ALTERNATE LISTED. IF SUBMITTING PAYMENT VIA MAIL, IT MUST BE RECEIVED NO LATER THAN **MONDAY, NOVEMBER 11**. MAKE ALL CHECKS PAYABLE TO LHSAA AND MAIL TO

MICHAEL FEDERICO

12720 OLD HAMMOND HIGHWAY

BATON ROUGE, LA 70816

ENTRY LIMITATIONS

EACH TEAM IS PERMITTED A MAXIMUM OF FOUR ENTRIES IN INDIVIDUAL EVENTS AND ONE TEAM PER RELAY EVENT.

A COMPETITOR IS PERMITTED TO ENTER A MAXIMUM OF FOUR EVENTS, NO MORE THAN TWO OF WHICH ARE INDIVIDUAL. BEING DESIGNATED AS A RELAY MEMBER DOES NOT COUNT UNLESS THE COMPETITOR PARTICIPATES IN THE EVENT.

A COMPETITOR BECOMES A PARTICIPANT IN AN INDIVIDUAL EVENT WHEN THE PROPERLY COMPLETED ENTRY FORM IS SUBMITTED TO THE MEET ENTRY CHAIRMAN BY THE ENTRY DEADLINE. ALTERNATES FOR A GIVEN EVENT MUST BE INDICATED AS SUCH WITH QUALIFYING ENTRY TIMES INCLUDED.

A MAXIMUM OF EIGHT INDIVIDUALS MAY BE DESIGNATED PER RELAY TEAM WITH ONLY THOSE WHO COMPETE ON THE TEAM BEING CONSIDERED ENTERED.

'24 - '25 NFHS RULES

THE 2024-2025 NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS) SWIMMING & DIVING RULES WILL GOVERN THE CONDUCT OF THE MEET PLUS LHSAA HANDBOOK RULES PERTAINING TO SWIMMING & ELIGIBILITY.

IT IS RECOMMENDED ALL TEAM MEMBERS WEAR IDENTICAL SUITS. DECENT APPEARANCE IS REQUIRED.

CONDUCT OF COACHES, PARTICIPANTS, & MANAGERS: SOME AREAS WILL BE RESTRICTED TO COACHES & SWIMMERS. ALL PARTICIPANTS AND SPECTATORS MUST HONOR THESE AREAS. AN OUTLINED MAP OF SAID AREAS WILL BE PROVIDED.

ALL COMPETITION WILL BE HELD AT THE DEEP END OF THE POOL.

RELAYS MUST HAVE EACH SWIMMER'S NAME AND GRADE LISTED.

PROHIBITED ITEMS PER LHSAA BYLAW 6.24

ARTIFICIAL NOISEMAKERS, INCLUDING BUT NOT LIMITED TO ITEMS SUCH AS BELLS, HORNS, DRUMS, JAM BOXES, AMPLIFIERS, AND/OR MEGAPHONES, SHALL BE PROHIBITED IN ANY INDOOR FACILITY WHILE AN INTERSCHOLASTIC CONTEST IS BEING PLAYED. ARTIFICIAL NOISEMAKERS DO NOT INCLUDE ITEMS PROVIDING WARM UP MUSIC UNDER TEAM SUPERVISION OR INSTRUMENTS USED BY AN ORGANIZED STAGE OR PEP BAND IF APPROVED BY THE HOST PRINCIPAL. AUTHORIZED PEP BANDS SHALL NOT BE PERMITTED TO PLAY AT ANY TIME OR IN ANY MANNER WHILE THE BALL IS "ALIVE."

LASER BEAM LIGHT DEVICES ARE PROHIBITED AT ALL LHSAA CONTESTS.

A COACH, PLAYER, AND/OR BENCH PERSONNEL IS PROHIBITED FROM THROWING/PLACING ANY FOREIGN SUBSTANCES ON THE COMPETITIVE SURFACE AND OUT-OF-PLAY AREAS (INCLUDING LOCKER ROOMS, HALLWAYS, PRESS ROOMS, ETC.) PRIOR TO, DURING, AND/OR AFTER PLAYING OF ANY GAME. SUBSTANCES TO INCLUDE BUT NOT LIMITED TO ALL LIQUIDS, POWDERS, CONFETTI, GLITTER, DIRT, SAND, GRASS, AND STREAMERS. PROGRAMS NOT ADHERING TO THE **PROHIBITED ITEMS BYLAW** COULD BE FINED UP TO \$250.00 PER INCIDENT.

PROTESTS

ANY PROTEST OF AN EVENT MUST BE PRESENTED IN WRITING WITHIN 30 MINUTES FOLLOWING THE CONCLUSION OF THE EVENT TO A MEMBER OF THE MEET COMMITTEE. THE COMMITTEE WILL BE COMPOSED OF THE MEET REFEREE, MEET DIRECTOR, TWO MEET OFFICIALS, AND AN LHSAA REPRESENTATIVE, TO BE DETERMINED BY THE MEET REFEREE DURING WARM UPS.

ONCE A FORMAL PROTEST IS SUBMITTED IN WRITING WITHIN THE PERMITTED TIMEFRAME, THE COMMITTEE WILL MEET AND RENDER A DECISION IN WRITING TO THE COACH OF THE SCHOOL WHO PRESENTED THE PROTEST. THE COMMITTEE'S DECISION WILL BE FINAL. HONORABLE PROTESTS ARE THOSE PERCEIVED TO BE A MISAPPLICATION OF SWIM RULES. ALL OFFICIALS' DECISIONS ARE FINAL AND NOT SUBJECT TO PROTEST.

MEDIA / SCHOOL YEARBOOK

MEDIA

REQUEST MEDIA CREDENTIALS ONLINE BY VISITING THE LHSAA WEBSITE UNDER *NEWS & MEDIA* AND SELECTING THE **2024 MEDIA CREDENTIAL APPLICATION LINK**.

ALL SWIMMING STATE CHAMPIONSHIP APPLICATIONS MUST BE SUBMITTED BEFORE NOON ON **NOVEMBER 13, 2024**. FOR ASSISTANCE, CONTACT

ETHAN ANDERSON

EANDERSON@LHSAA.ORG

CREDENTIALLED MEDIA WILL NOT BE ALLOWED ON THE POOL'S BULKHEAD TO CAPTURE PHOTOGRAPHS OR VIDEO. LHSAA STAFF, SPAR STAFF, AND OFFICIAL MEET PHOTOGRAPHERS HAVE BULKHEAD ACCESS EXCLUSIVELY.

SCHOOL YEARBOOK

A SCHOOL'S PRINCIPAL MUST COMPLETE THE ONLINE FORM & REQUEST CREDENTIALS. THE PRINCIPAL MUST ALSO SUBMIT A LETTER ON SCHOOL STATIONARY AUTHORIZING THE INDIVIDUAL(S) TO BE CREDENTIALLED. THE PURPOSE OF THE SCHOOL YEARBOOK/NEWSPAPER CREDENTIAL IS TO PERMIT A COMPLIMENTARY ENTRANCE INTO THE EVENT FOR WHICH THE PERSON IS GATHERING INFORMATION. A GRANTED REQUEST PROVIDES ONE TOURNAMENT PASS TO BE ISSUED FOR THE CREDENTIALLED YEARBOOK AND/OR NEWSPAPER STAFF MEMBER, GIVEN PROPER SCHOOL IDENTIFICATION IS PROVIDED.

PHOTOS TAKEN DURING AN EVENT MAY NOT BE SOLD OR USED IN ANY CAPACITY OUTSIDE OF THE PURPOSE(S) OF THEIR SCHOOL'S YEARBOOK AND/OR NEWSPAPER. THE LHSAA HAS AN EXCLUSIVE PHOTOGRAPHY CONTRACT WITH GEAUX PREPS.

LODGING

NOVEMBER 20-23, 2024

HOTEL	RATE	PHONE
BEST WESTERN PLUS EXECUTIVE HOTEL & SUITES	\$119	337.625.9000
BEST WESTERN PLUS PRIEN - LAKE CHARLES	\$129	337.477.5900
CANDLEWOOD SUITES LAKE CHARLES SOUTH	\$109-\$119	337.478.8008
CLARION POINTE	\$110-\$120	337.313.6018
COMFORT SUITES LAKE CHARLES	\$95-\$105	337.660.2483
DOUBLETREE BY HILTON	\$149	337.527.0858
GOLDEN NUGGET LAKE CHARLES	\$129-\$279	844.777.4653
HAMPTON INN SULPHUR/LAKE CHARLES AREA	\$149	337.527.0000
HAMPTON INN LAKE CHARLES	\$149	337.480.6443
HAWTHORNE SUITES SULPHUR	\$89-\$94	337.287.9675
HERITAGE SUITES DEQUINCY	\$98-\$110	337.780.2919
HOLIDAY INN EXPRESS & SUITES, SULPHUR (LAKE CHARLES)	\$139	337.625.2500
HOLIDAY INN EXPRESS & SUITES LAKE CHARLES	\$149	337.491.6600
L'AUBERGE CASINO RESORT LAKE CHARLES	\$149	337.395.7777
LAQUINTA INN & SUITES SULPHUR	\$129-\$134	337.287.9674
RED ROOF INN SULPHUR	\$70-\$75	337.527.1000
SPRINGHILL SUITES BY MARIOTT LAKE CHARLES	\$149	337.474.1112
THE MARCO HOTEL LAKE CHARLES	\$109-\$114	337.493.2444
TRU BY HILTON LAKE CHARLES	\$149	337.513.5113
WINGATE BY WYNDHAM LAKE CHARLES	\$129	337.426.0366
WINGATE BY WYNDHAM SULPHUR	\$130-\$150	337.527.5151

LINKS EMBEDDED

CONTACT HOTELS DIRECTLY FOR RESERVATIONS.

RATES & AVAILABILITY PUBLISHED ON A FIRST COME, FIRST SERVE BASIS. ABOVE RATES ARE NON-COMMISSIONABLE.
FOR ADDITIONAL INFORMATION ABOUT LAKE CHARLES/SOUTHWEST LOUISIANA, CALL [1.800.456.7952](tel:18004567952) OR VISIT
VISITLAKECHARLES.ORG.

BUY TICKETS HERE

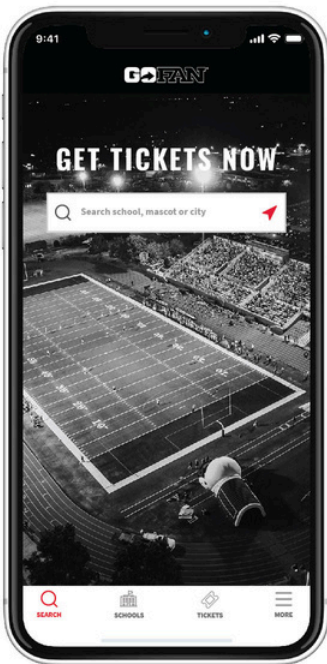
SELF CHECKOUT



1. Open Phone Camera
2. Hover Over QR Code
3. Access GoFan Website

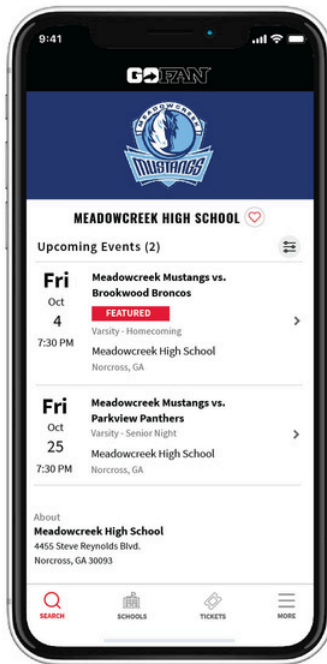
1

SEARCH FOR SCHOOL



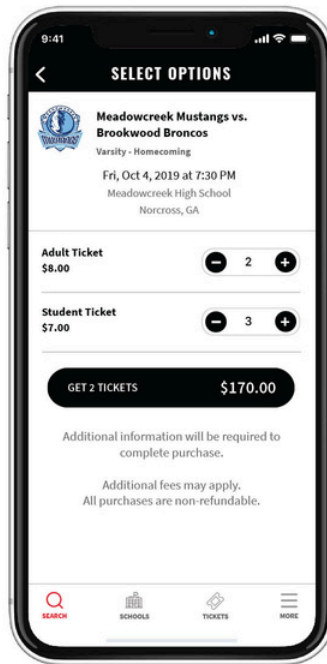
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SELECT EVENT AND TICKETS



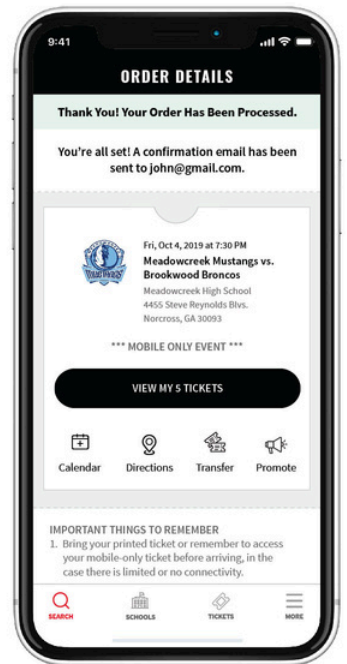
3

BUY TICKETS



4

CLICK "VIEW TICKETS" AND PRESENT AT GATE





CHAMPIONSHIP APPAREL

Remember this achievement. Visit the PepWear Store or shop.lhsaa.org to purchase Official Event Merchandise including shirts and hoodies with participants' names on the back, full color plaques, and more!

For assistance with orders contact (866) 775-3450 or email us at customerservice@pepwear.com



CHAMPIONSHIP PHOTOGRAPHS

Geaux Preps is the digital partner of the LHSAA. Browse their digital collection of photos that encapsulate the thrill and passion of high school sports.

Visit geauxpreps.com/photos to purchase photos of your favorite athlete during championship action.



CHAMPIONSHIP REPLICA TROPHIES

For more information regarding State Championship mini replica trophies and medals, contact Gold Star Trophies at (225) 928-4230 or visit goldstartrophies.com



CHAMPIONSHIP RINGS

Congratulations champions!
Celebrate your victory with your championship ring, the ultimate symbol of dedication, perseverance and teamwork. Herff Jones is proud to be the exclusive Championship Jewelry provider for the LHSAA & LHSCA.

Baton Rouge
225.927.1383 // gshhbrla@gradsupply.biz
Metairie
504.737.4439 // gradsupply@oal.com



LHSAA CORPORATE PARTNERS

THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2024-2025 PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA



SERVING LOUISIANA'S YOUTH FOR OVER 100 YEARS