



Department of Education  
Region X-Northern Mindanao  
**DIVISION OF MALAYBALAY CITY**  
Cor. Don Carlos - Guingona Sts., Malaybalay City  
Telefax # 088-813-2894, E-mail add: depedmlyblycity@yahoo.com



October 12, 2012

**CORRIGENDUM AND ADDENDUM TO DIVISION MEMORANDUM No. 140, s. 2012  
(2012 CITY DIVISION ATHLETIC MEET)**

**TO: Education Program Supervisors/Division Coordinator- Designates  
Public Schools District Supervisors/Coordinating Principals  
Private and Public Elementary and Secondary School Heads  
This Division**

1. The schedule of activities, guidelines, athletes and coaches documents required, list of officials, officiating officials and technical/coordinating committees was announced through Division Memorandum No.140, s. 2012 dated October 5, 2012.
2. Enclosure No. 2 of said Memorandum is hereby corrected and added as follows:
  - 2.1 That the surname of Mr. Jerry Jaba be changed to *Java* and the names of *Mrs. Trivinia Gamus* and *Mrs. Vivian Briones* be added in the Records Committee.
3. Enclosure No. 3 of said Memorandum is hereby corrected and added as follows:
  - 3.1 That the names of *Mr. Bernie Abugan* and *Mr. Valentino Ebor* as Tournament Managers in Football Elementary and Secondary be extracted due to double entry.
  - 3.2 That the name of *Perlita Wales* be extracted from the list of officiating official in Badminton since she was accredited in Athletics.
  - 3.3 That the name of *Gary Garcia* be extracted from the list of officiating official in Volleyball since he was accredited in Table Tennis.
  - 3.4 That the name of *Dolores Agustin*, a retired teacher of Simaya ES be extracted from the list of officiating official in Volleyball and be replaced by *Cheny Namoc*, an accredited BAP referee to officiate in Basketball elementary.
  - 3.5 That the surname of *Mrs. Wendy Caagoy* be changed to *Egoy*; and the name of *Mrs. Naomi Francisco* be added in the Awards Committee.
4. Enclosure No. 1 & 2 of Regional Memorandum No. 79, s. 2012, "*Standardization of Time and Distance in Athletics and Swimming*" is hereby enclosed for information.
5. For immediate dissemination.

  
**EDILBERTO L. OPLENARIA**  
Schools Division Superintendent

Enclosed as stated  
Ljc/10-12-12

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Enclosure No. 1  
Regional Memo. No. 79, S. 2012

STANDARDIZATION OF TIME & DISTANCE IN ATHLETICS & SWIMMING

PALARONG PAMBANSA 2012

Results in Athletics

ELEMENTARY

EVENT	BOYS	GIRLS
Javelin Throw	42.54	31.27
High Jump	1.50	1.35
Discus Throw	23.7	25.59
Triple Jump	10.89	9.74
Long Jump	5.28	4.17
Shot Put	9.31	8.62
110- Meter Hurdles / 100 Meter Hurdle	19.9	18.6
400- Meter Hurdles	1:08.4	1:14.5
100- Meter Dash	12.8	14.2
200- Meter Dash	26.1	28.6
400- Meter Dash	1:00.0	1:06.6
4 x 100 Meters	51.4	
4 x 400 Meters	4:11.4	57
800- Meter Run	2:17.7	2:38.5
1500- Meter Run	4:52.4.37	5:17.6
4 x 400 Meter Relay		4:39.0

SECONDARY

EVENT	BOYS	GIRLS
Javelin Throw	47.70	33.56
High Jump	1.75	1.45
Discus Throw	33.02	28.42
Triple Jump	13.20	10.60
Long Jump	6.20	4.98
Shot Put (6.0 kgs.)	11.47	9.35
Pole Vault	2.81	
110- Meter Hurdles / 100- Meter Hurdles	16.0.95	16.5
400- Meter Hurdles	59.20	1:10.4
100- Meter Dash	11.6.59	13.1
200- Meter Dash	23.9	27.4
4 x 100 Meter Relay	45.8.72	53.4
4 x 400 Meter Relay	3:38.0	4:18.5
400- Meter Run	52.5.50	1:01.9
800- Meter Run	2:05.0.97	2:26.5
1500- Meter Run	4:19.1.00	5:08.2
5000- Meter Run	16:21.8	
3000- Meter Steeple Chase	10:22.1	
3000- Meter Run		11:11.2

**PALARONG PAMBANSA 2012****Results in Swimming****ELEMENTARY**

EVENT	BOYS	GIRLS
50 LC Meter Freestyle	29.46	31.49
100 LC Meter Freestyle	1:05.37	1:09.42
200 LC Meter Freestyle	2:26.80	2:32.75
400 LC Meter Freestyle	5:14.03	5:37.03
200 LC Meter Freestyle - Relay	2:05.85	2:11.86
400 LC Meter Freestyle- Relay	4:43.78	5:13.26
50 LC Meter Breaststroke	36.86	39.51
100 LC Meter Breaststroke	1:22.54	1:26.20
50 LC Meter Backstroke	34.32	35.92
100 LC Meter Backstroke	1:15.39	1:18.87
50 LC Meter Butterfly	31.38	34.40
100 LC Meter Butterfly	1:11.68	1:16.79
200 LC Meter Medley - Relay	2:19.60	2:28.69
400 LC Meter Medley - Relay	5:08.90	5:32.74
200 LC Meter IM	2:46.17	2:50.30

**SECONDARY**

EVENT	BOYS	GIRLS
100 LC Meter Freestyle	1:00.51	1:06.32
200 LC Meter Freestyle	2:15.85	2:31.24
400 LC Meter Freestyle	4:45.17	5:11.65
800 LC Meter Freestyle	9:57.22	10:49.04
200 LC Meter Freestyle - Relay	1:52.40	2:07.99
400 LC Meter Freestyle - Relay	4:14.95	4:47.42
100 LC Meter Breaststroke	1:15.60	1:25.70
200 LC Meter Breaststroke	2:44.19	3:04.76
100 LC Meter Backstroke	1:06.16	1:16.54
200 LC Meter Backstroke	2:27.21	2:48.93
100 LC Meter Butterfly	1:06.00	1:12.91
200 LC Meter Butterfly	2:25.82	2:46.49
200 LC Meter Medley - Relay	2:04.80	2:22.82
400 LC Meter Medley - Relay	4:37.28	5:22.37
200 LC Meter IM	2:27.50	2:46.01