



DEPARTMENT OF EDUCATION  
Region X- Northern Mindanao

**DIVISION OF MALAYBALAY CITY**

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2015-11-313

Deped-MALAYBALAY CITY DIVISION

**RELEASED**

Date: NOV 20 2015 Time: 4:00  
By: \_\_\_\_\_

November 20, 2015

**DIVISION MEMORANDUM**  
NO. 492 S. 2015

**DISSEMINATION OF REGIONAL MEMORANDUM NO. 95, S. 2015  
(2015 Palarong Pampook)**

TO: Chief Education Supervisor and Staff, Curriculum Implementation Division  
Chief Education Supervisor and Staff, Schools Governance and Operation Division  
Public Schools District Supervisors  
School Heads, Elementary and Secondary  
All Others Concerned

1. For the information and guidance of all concerned, attached is a Regional Memorandum No. 95, s. 2015 re: "2015 Palarong Pampook", the content of which is self-explanatory.
2. All concerned coaches are hereby advised to strictly adhere to the stipulated guidelines of the events in this memorandum.
3. Immediate dissemination of this Memorandum is highly desired.

  
**EDILBERTO L. OPLENARIA, CESO VI**  
Schools Division Superintendent



Republic of the Philippines  
Department of Education  
**REGION X - NORTHERN MINDANAO**  
Zone 1 Upper Balulang  
Cagayan de Oro City



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November 9, 2015

Regional Memorandum  
No. 95, s. 2015

DepED-X  
Cagayan de Oro City

**2015 PALARONG PAMPOOK**

18 NOV 2015

REL. 11 A 1111

To : The Schools Division Superintendents  
This Region

1. The Department of Education, Regional Office No. 10 through the **Educational Support Services Division (ESSD)** of this Office announces the holding of the **2015 PALARONG PAMPOOK** to be hosted by the Provincial Government of Misamis Occidental and the Division of Misamis Occidental to be co-hosted by the City Government of Oroquieta City and the Division of Oroquieta City on December 14-18, 2015 at Misamis Occidental Provincial Athletic Complex (MOPAC), Oroquieta City with this year's theme: **"Gearing Up Senior High School Through Sports"**.
2. This regional sports activity aims to:
  - 2.1 Select qualified and competitive athletes to represent NMRAA to the Palarong Pambansa 2016;
  - 2.2 Promote the value of sportsmanship during the games; &
  - 2.3 Foster teamwork and camaraderie of the entire duration.
3. In conformity with Palarong Pambansa standards and adherence to Republic Act 9003 also known as the **ECOLOGICAL SOLID WASTE MANAGEMENT ACT** stating that *"the state shall adopt a systematic, comprehensive and ecological solid waste management program and shall ensure the protection of the public health and environment"*, thus, the activity shall observe **CLEAN, GREEN AND ECO FRIENDLY PALARONG PAMPOOK**.
4. Venue, playing venues, billeting quarters, officiating officials, and schedule of activities of this undertaking shall be announced later in a separate issuance.
5. The cut off age of athletes in elementary level shall be **January 1, 2003** or later while in the Secondary level shall be **January 1, 1998** or later.

6. Sports events to be played for regular and special games remain status quo except for Boxing Elementary. Sports events such as Futsal, Billiard, Wushu and Wrestling shall be played as a demonstration sports where athletes to be selected shall be **WINNER TAKES ALL**.

7. Athletes in Boxing Secondary shall submit a technical and clinical evaluation which will be done by their respective division experts. No boxers allowed to play without this document containing the evaluation report.

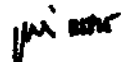

8. The basis in the selection of athletes for measurable events (Athletics & Swimming) shall adhere to Regional Memorandum No. 79, s. 2012 stating that, *the prescribed time and distance should be met nearly in order for them to qualify in the higher meets*. This year's reference shall be based on the 2015 Palarong Pambansa at Tagum, Davao del Norte. This record can be found in the enclosure for reference and guidance. However, height shall also be considered in the selection at the Division level, height for Volleyball and Basketball shall be the following:

Minimum for Elementary : Boys 5'4, Girls 5'2  
Minimum for Secondary : Boys 5'6, Girls 5'4

9. Pursuant to DepED Memorandum No. 49, s. 2014, the Olympic Medal System shall be applied for this year's Palarong Pampook to determine the General Championship. Ranking shall be based first on the number of gold, silver and bronze.

10. Traveling expenses of the delegations including technical officials shall be charged against local and school board funds subject to the usual accounting and auditing policies, rules and regulations.

11. Immediate dissemination of this Memorandum is earnestly desired.

  
**ATTY. SHIRLEY O. CHATTO**  
Chief Administrative Officer  
Officer-In-Charge  
Office of the Regional Director  
  
11.12.15

References : Republic Act 10599  
Regional Memorandum No. 149

To be indicated in the Perpetual Index  
Under the following subjects

ATHLETICS

CONTEST

RULES AND REGULATIONS

ESSQ/mbb

Wf: rade a/2012



Republic of the Philippines  
Department of Education  
**REGION X - NORTHERN MINDANAO**  
Genardo A. Pineda, Sr. Mindanao Sports Center  
Velasco Street, Cagayan de Oro City



September 27, 2012

**REGIONAL MEMORANDUM**

NO. 79 S. 2012

**STANDARDIZATION OF TIME AND DISTANCE IN ATHLETICS AND SWIMMING**

To : The Schools Division Superintendents  
This Region

1. The Northern Mindanao Regional Athletic Association (NMRAA) has shown remarkable performance in the national sports stint, PALARONG PAMBANSA for the past three years manifested of the award received as 4<sup>th</sup> Runner up in 2010, 2011 and 2012 respectively.
2. The achievement in sports is due to extraneous efforts contributed by the athletes, trainers, coaches, athletic managers and officials to NMRAA in the attainment of target set for each year.
3. As intervention, Standardization of Time and Distance in Athletics and Swimming shall be imposed this year. These sports disciplines are *predictable and conclusive* events where best time and best distance of 2012 Palarong Pambansa in Lingayen, Pangasinan will serve as basis in training. The said disciplines have the biggest points to be incurred with several events to be played therein. Unfortunately, swimming was a *waterloo* of the delegation for the past two years.
4. Each year, the national record of measurable sports events is increasing due to the standardization required by other athletic delegations.
5. No athlete shall proceed to the national level without meeting the minimum time and

6. Those athletes who participated in the previous palaro and who met the minimum time and minimum distance are exempted of this policy, however, they shall be required to undergo intensive training to achieve higher.

7. However, the height requirement for Volleyball and Basketball, boys and girls, elementary and secondary remains status quo. To reiterate,

Elementary :	Boys 5' 4"
	Girls 5' 2"
Secondary :	Boys 5' 6"
	Girls 5' 4"

8. Immediate dissemination of this Memorandum is desired.

  
GLORIA D. BENIGNO, Ph.D., CESO IV  
Regional Director

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**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