



DEPARTMENT OF EDUCATION
Region X- Northern Mindanao
DIVISION OF MALAYBALAY CITY
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October 11, 2016

DIVISION MEMORANDUM
NO. 536 S. 2016

2016-10-122
DepEd MALAYBALAY CITY DIVISION
RELEASED
Date: OCT 11 2016 Time: 3:52
By: *[Signature]*

DISSEMINATION OF REGIONAL MEMORANDUM NO. 235, S. 2016
(Palarong Pampook 2016)

TO: Chief Education Supervisor and Staff, CID
Chief Education Supervisor and Staff, SGOD
Public Schools District Supervisors
Public & Private Elementary and Secondary School Heads
All Others Concerned

1. For the information and guidance of all concerned, attached is a Regional Memorandum No. 235, s. 2016 re: **Palarong Pampook 2016** on December 12 – 16, 2016 at Pedro Palarca Romualdo Sports Complex, Mambajao, Camiguin with a theme "Embracing Cultural Diversity Through Sports".
2. Volleyball, Basketball, Boxing and Swimming coaches shall adhere to the guidelines stipulated in this memorandum.
3. Immediate dissemination of this memorandum is highly desired.

[Signature]
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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Tayo
PARA SA
EDUKASYON

August 22, 2016
DepED-X
Cagayan de Oro City

08 07 2016

@702

RELEASED

Regional Memorandum
No. 235, s. 2016

PALARONG PAMPOOK 2016

To : **The Schools Division Superintendents**
This Region

1. The Department of Education, Regional Office No. 10 through the **Education Support Services Division (ESSD)**, in cooperation with the **Human Resource Development Division (HRDD)** and **Quality Assurance Division (QuAD)** announces the holding of the **PALARONG PAMPOOK 2016** in preparation to the **Palarong Pambansa 2017** to be hosted by the Local Government of Camiguin under the leadership of Hon. Maria Luisa Romualdo and the Division of Camiguin on December 12-16, 2016 at Pedro Palarca Romualdo Sports Complex, Mambajao, Camiguin with this year's theme: "**Embracing Cultural Diversity Through Sports**".
2. This regional sports activity aims to:
 - 2.1 Select qualified and competitive athletes to represent NMRAA to the Palarong Pambansa 2017;
 - 2.2 Promote the value of sportsmanship during the games; &
 - 2.3 Foster teamwork and camaraderie of the entire duration.
3. In 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. 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, 2004** or later while in the Secondary level shall be **January 1, 1999** or later.
6. Sports events to be played for regular and special games remain status quo except for Boxing Elementary.
7. Athletes in Boxing Secondary shall submit a technical and clinical evaluation which will be done by their respective division experts. No boxers will be 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 2016 Palarong Pambansa at Legazpi City, Albay. 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. 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.
10. Immediate dissemination of this Memorandum is earnestly desired.


ALLAN G. EARNAZO
 Director IV

Inclosure : As stated
 References : Republic Act 10588
 Regional Memorandum No. 21, s. 2016

To be indicated in the Perpetual Index
Under the following subjects

ATHLETICS CONTEST RULES AND REGULATIONS

C/F/C3

Inclosure to Regional Memorandum No. 255 s. 2016 – PALARONG PAMPOOK 2016

PALARONG PAMBANSA 2016
Results in Swimming

ELEMENTARY

EVENT	BOYS	GIRLS
50 LC Meter Freestyle	27.50	29.82
100 LC Meter Freestyle	1:00.42	1:05.46
200 LC Meter Freestyle	2:10.85	2:21.63
400 LC Meter Freestyle	4:45.63	4:55.39
200 LC Meter Freestyle-Relay	1:56.69	2:03.72
400 LC Meter Freestyle-Relay	4:10.45	4:35.15
50 LC Meter Breaststroke	35.46	37.61
100 LC Meter Breaststroke	1:17.19	1:20.18
50 LC Meter Backstroke	31.66	34.55
100 LC Meter Backstroke	1:10.14	1:12.81
50 LC Meter Butterfly	29.89	32.49
100 LC Meter Butterfly	1:06.86	1:12.87
200 LC Meter Medley - Relay	2:05.55	2:17.45
400 LC Meter Medley - Relay	4:49.76	5:05.06
200 LC Meter IM	2:29.42	2:39.78

SECONDARY

EVENT	BOYS	GIRLS
100 LC Meter Freestyle	54.15	1:01.42
200 LC Meter Freestyle	1:59.54	2:13.08
400 LC Meter Freestyle	4:12.94	4:46.60
800 LC Meter Freestyle	9:13.72	10:02.58
200 LC Meter Freestyle - Relay	1:41.45	1:56.37
400 LC Meter Freestyle - Relay	3:43.23	4:14.71
100 LC Meter Breaststroke	1:09.14	1:19.74
200 LC Meter Breaststroke	2:31.02	2:52.80
100 LC Meter Backstroke	1:01.20	1:09.08
200 LC Meter Backstroke	2:14.17	2:32.38
100 LC Meter Butterfly	58.04	1:05.66
200 LC Meter Butterfly	2:08.00	2:28.03
200 LC Meter Medley - Relay	1:56.13	2:10.49
400 LC Meter Medley - Relay	4:19.91	4:44.21
200 LC Meter IM	2:15.43	2:32.06

PALARONG PAMBANSA 2015

Results in Athletics

ELEMENTARY

EVENT	BOYS	GIRLS
Javelin Throw	46.05	37.36
High Jump	1.63	1.43
Discus Throw	33.42	28.66
Triple Jump	11.8	10.66
Long Jump	5.61	4.89
Shot Put	10.7	10.59
110 – Meter Hurdles / 100 Meter Hurdle	17.52	17.07
400 – Meter Hurdles	1:01.83	1:08.8
100 – Meter Dash	12.67	13.82
200 – Meter Dash	25.28	26.79
400 – Meter Dash	55.90	1:00.12
4 x 100 meters Relay	48.38	52.44
4 x 400 meters Relay	3:49.63	4:16.21
800 – Meter Run	2:13.76	2:19.74
1500 – Meter Run	4:46.03	4:54.17

SECONDARY

EVENT	BOYS	GIRLS
Javelin Throw	57.96	42.34
High Jump	1.95	1.6
Discus Throw	40.6	32.07
Triple Jump	15.01	11.79
Long Jump	7.15	5.46
Shot Put (6.0 kgs)	14.68	10.35
Pole Vault	3.6	-
110 – Meter Hurdles / 100 Meter Hurdles	14.68	15.24
400 – Meter Hurdles	54.9	1:04.83
100 – Meter Dash	11.44	12.75
200 – Meter Dash	22.45	25.76
4 x 100 Meter Relay	43.83	49.65
4 x 400 Meter Relay	3:25.47	4:00.09
400- Meter Run	49.66	58.66
800- Meter Run	1:56.98	2:12.27
1500- Meter Run	4:10.22	4:42.20
5000- Meter Run	15:45.69	-
3000-Meter Steeple Chase	9:50.0	-
3000-Meter Run	-	10:10.16