



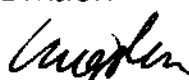
Republic of the Philippines  
Department of Education  
Region X  
**DIVISION OF MALAYBALAY CITY**  
Purok 6, Casisang, Malaybalay City  
Telefax #088-314-0094



**DIVISION MEMORANDUM**

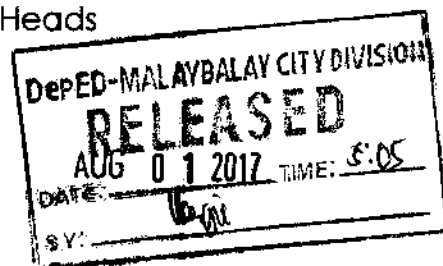
**No. 369 s, 2017**

**TO:** Chief Education Supervisors & Staff, CID & SGOD  
Public Elementary and Secondary School Heads  
This Division

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

**Date:** August 1, 2017

**Subject:** **DISSEMINATION OF REGION MEMORANDUM NO. 325, S. 2017**  
**(OPEN ELIMINATION FOR MEASURABLE EVENTS)**



1. Pursuant to Region Memorandum No. 325, s. 2017, the DepEd Regional Office shall conduct an elimination by cluster for measurable events such as Athletics and Swimming on October 26 – 27, 2017 prior to the 2017 Northern Mindanao Regional Athletic Association (NMRAA).
2. Enclosed are data of best time and distance garnered by 1<sup>st</sup> to 6<sup>th</sup> placers during the 2017 Palaro for guidance, reference and information.
3. Immediate dissemination of this Memorandum is highly desired.

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REPUBLIC OF THE PHILIPPINES  
DEPARTMENT OF EDUCATION  
REGION X

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**Tayo**  
PARTNER  
EER. KASYON

July 23, 2017 **DepED-X**  
Cagayan de Oro City

**REGION MEMORANDUM**

No. 325, s. 2017

**OPEN ELIMINATION FOR MEASURABLE EVENTS**

27 JUL 2017  
5420  
**RELEASED**

To: Schools Division Superintendents  
*This Region*

1 To improve the athletic performance of the Region to the National Sports Premiere Palarong Pambansa, the Northern Mindanao Regional Athletic Association (NMRAA), shall introduce an intervention aiming at improving the level of performance on Measurable Events, Athletics, and Swimming garnering a total of one hundred ten (110) gold medals to be contested. In the recent Palaro, only three (3) medals bagged in the former and none in the latter.

2 Along this line, an Open Elimination for Measurable Events shall be implemented this School Year 2017-2018 prior to the conduct of the Regional Meet. Looking at the lens, it can be foreseen that these events are conclusive and predictable, hence, no athlete will be sent to the National Palaro without meeting the prescribed time and distance. The said data are incurred by the top six (6) athletes in the National Palaro 2017 which will be the basis in selecting potential athletes.

3 Prior to the conduct of the Division Meet, athletes who have possessed the necessary competencies in the said events can participate and no quota required per Division, thus, this is open to bonafide student athletes, elementary & secondary and public & private schools meeting the cut off age.

4 School Division through the Office of the School Governance and Operation Division where Sports Program is lodged therein shall also initiate elimination process to ensure that those athletes have met the standard. To monitor this activity, personnel from this office shall monitor the activity.

5 To qualify in the Regional Meet, at least 3<sup>rd</sup> place time and distance of the National Palaro 2017 or beyond shall be the basis to qualify in the Regional Level.

6 Below is the clustered schedule of open elimination:

Cluster	Date	Divisions	Venue
1	Oct 26-27, 2017	Cagayan de Oro, Misamis Oriental, El Salvador, Valencia, Bukidnon, Malaybalay, Gingoog, Camiguin	TBA
2	Oct 30-31, 2017	Iligan, Lanao del Norte, Tangub, Ozamiz, Misamis Occidental, Oroquieta	TBA

7 Arrival of athletes and coaches shall be on October 25 (Cluster 1) and October 29 (Cluster 2), 2017 respectively. Registration shall be held at 1:00 o'clock in the afternoon which will be followed by an Orientation.

8 Athletes are not required to wear athletic uniform. Any athletic attire appropriate for the event is encouraged.

9 Enclosed are data of best time and distance garnered by 1<sup>st</sup> to 6<sup>th</sup> placers during the 2017 Palaro for your guidance, reference and information.

10 Immediate dissemination of this Memorandum is desired.

  
**ALLAN G. FARNAZO**  
Director IV

Incl : As stated  
Re : RA 10588  
To be indicated  
Under Perpetual Index

STUDENTS

SPORTS

TEACHERS

## 2017 PALARONG PAMBANSA - ATHLETICS

EVENT	TIME/DISTANCE		TIME/DISTANCE		EVENT	TIME/DISTANCE		TIME/DISTANCE	
	ELEM. BOYS		ELEM. GIRLS			SEC. BOYS		SEC. GIRLS	
Javelin Throw	GOLD	51.08		37.73	Javelin Throw	GOLD	49.15		47.35
	SILVER	50.10		36.06		SILVER	57.30		40.64
	BRONZE	48.51		35.80		BRONZE	54.66		40.73
High Jump	GOLD	1.6 (2 attempts, 1 fail)		1.40M	High Jump	GOLD	1.90m		1.63M
	SILVER	1.6 (3 attempts, 3 fail)		1.35M (2 attempts)		SILVER	1.90m		1.60M
	BRONZE	1.55		1.35M (3 attempts)		BRONZE	1.85m		1.55M
Discus Throw	GOLD	29.33		35.36	Discus Throw	GOLD	41.31		34.69
	SILVER	29.32		30.22		SILVER	39.41		34.50/34.11
	BRONZE	28.85		29.65		BRONZE	37.79		34.50/33.56
Triple Jump	GOLD	12.14m		10.75m	Triple Jump	GOLD	14.57M		12.18m
	SILVER	11.87m		10.45m		SILVER	14.50M		11.91m
	BRONZE	11.75m		10.36m		BRONZE	14.43M		11.72m
1500-Meter Run	GOLD	4:38.89		4:55.75	1500-Meter Run	GOLD	4:06.25		4:43.17
	SILVER	4:39.24		4:56.31		SILVER	4:09.43		4:44.20
	BRONZE	4:39.59		5:02.29		BRONZE	4:11.36		4:46.60
Long Jump	GOLD	5.53		4.95m	Long Jump	GOLD	7.04m		5.63m
	SILVER	5.51		4.70m		SILVER	7.02m		5.48m
	BRONZE	5.39		4.59m		BRONZE	6.88m		5.36m
Shot Put	GOLD	10.67m		10.70 m	Shot Put	GOLD	13.56		11.16
	SILVER	10.34m		9.98 m		SILVER	13.25		10.89

	BRONZE	10.31m	9.43 m		BRONZE	12.65	10.83
110/100-Meter Hurdles	GOLD	17.62	16.77	110/100-Meter Hurdles	GOLD	15.15	15.07
	SILVER	17.66	17.37		SILVER	15.28	15.19
	BRONZE	18.16	17.41		BRONZE	15.31	15.68
100-Meter Dash	GOLD	12.24	<del>13.16</del>	100-Meter Dash	GOLD	10.96	12.38
	SILVER	12.38	13.56		SILVER	11.14	12.50
	BRONZE	12.42	13.57		BRONZE	11.19	12.55
400-Meter Dash	GOLD	55.66	1:01.47	400-Meter Run	GOLD	49.58	57.74
	SILVER	55.69	1:02.97		SILVER	50.03	58.91
	BRONZE	55.74	1:03.59		BRONZE	50.06	59.2
200-Meter Dash	GOLD	24.79	27.50	200-Meter Dash	GOLD	21.90	25.40
	SILVER	24.84	27.75		SILVER	22.34	25.57
	BRONZE	25.10	27.89		BRONZE	22.57	25.79
400-Meter Hurdles	GOLD	1:03.38	1:08.03*	400-Meter Hurdles	GOLD	54.16	1:03.10
	SILVER	1:03.78	1:08.75		SILVER	55.79	1:04.25
	BRONZE	1:06.56	1:10.91		BRONZE	56.16	1:04.92
4 X 100 Meters	GOLD		53.75	4 X 100 Meters	GOLD	42.48*	48.40
	SILVER		53.79		SILVER	42.91*	48.94
	BRONZE		54.05		BRONZE	43.1	49.09
800-Meter Run	GOLD	2:11.25	2:23.19	800-Meter Run	GOLD	1:57.24	2:13.35
	SILVER	2:12.28	2:25.45		SILVER	1:58.21	2:17.13
	BRONZE	2:13.14	2:27.16		BRONZE	1:58.49	2:20.04

<b>4 X 400 Meters</b>	<b>GOLD</b>	<b>48.35</b>	<b>4:17.50</b>	<b>4 X 400 Meters</b>	<b>GOLD</b>	<b>3:22.64</b>	<b>3:54.37</b>
	<b>SILVER</b>	<b>48.62</b>	<b>4:22.63</b>		<b>SILVER</b>	<b>3:25.00</b>	<b>3:55.69</b>
	<b>BRONZE</b>	<b>48.97</b>	<b>4:24.31</b>		<b>BRONZE</b>	<b>3:25.30</b>	<b>4:01.03</b>
				<b>Pole Vault</b>	<b>GOLD</b>	<b>4.30m</b>	
					<b>SILVER</b>	<b>3.70m</b>	
					<b>BRONZE</b>	<b>3.30m</b>	
				<b>3000 -Meter Steeple Chase</b>	<b>GOLD</b>	<b>9:45.98</b>	<b>10:32.67</b>
					<b>SILVER</b>	<b>9:50.76</b>	<b>10:41.15</b>
					<b>BRONZE</b>	<b>9:53.66</b>	<b>10:44.68</b>
				<b>5000- Meter Run</b>	<b>GOLD</b>	<b>16:00.73</b>	
					<b>SILVER</b>	<b>16:05.85</b>	
					<b>BRONZE</b>	<b>16:29.60</b>	

Prepared by:

**ROSANNA C. ADAYA**  
Records Co-Chair

## 2017 PALARONG PAMBANSA - SWIMMING

EVENT	FINAL TIME		FINAL TIME		EVENT	FINAL TIME		FINAL TIME	
	ELEM. BOYS		ELEM. GIRLS			SEC. BOYS		SEC. GIRLS	
200 LC Meter Freestyle	GOLD	2:10.77		2:18.33	400 LC Meter Freestyle	GOLD	4:10.78		4:45.09
	SILVER	2:14.30		2:19.32		SILVER	4:15.70		4:49.83
	BRONZE	2:15.10		2:19.94		BRONZE	4:21.23		4:52.92
	4	2:16.08		2:20.74		4	4:31.43		4:54.51
	5	2:17.74		2:27.35		5	4:33.52		4:56.04
	6	2:18.94		2:28.32		6	4:34.50		4:58.89
100 LC Meter Backstroke	GOLD	1:08.79		1:12.14	100 LC Meter Backstroke	GOLD	59.64*		1:07.61
	SILVER	1:11.00		1:14.34		SILVER	1:01.77		1:07.76
	BRONZE	1:11.65		1:15.00		BRONZE	1:03.47		1:09.28
	4	1:12.26		1:17.02		4	1:04.38		1:10.01
	5	1:12.58		1:17.33		5	1:04.87		1:11.85
	6	1:12.60		1:17.44		6	1:04.97		1:12.43
50 LC Meter Butterfly	GOLD	29.83		31.21	200 LC Meter Butterfly	GOLD	2:04.88*		2:26.91
	SILVER	29.84		31.56		SILVER	2:08.72		2:28.21
	BRONZE	30.31		31.61		BRONZE	2:14.63		2:32.32
	4	30.47		31.92		4	2:17.73		2:32.77
	5	30.85		32.18		5	2:21.80		2:34.66
	6	30.91		32.33		6	2:22.79		2:40.32
200 LC Meter Medley Relay	GOLD	2:10.54		2:15.70	200 LC Meter Medley Relay	GOLD	1:52.65*		2:07.13*
	SILVER	2:10.87		2:17.41		SILVER	1:54.89		2:10.43
	BRONZE	2:12.75		2:19.06		BRONZE	1:55.34		2:13.41
	4	2:13.05		2:20.55		4	1:57.13		2:15.20
	5	2:14.43		2:20.85		5	1:59.86		2:16.53
	6	2:14.65		2:22.08		6	2:00.92		2:16.57

50 LC Meter Breaststroke	GOLD	33.42	38.04	200 LC Meter Breaststroke	GOLD	2:28.28*	2:47.48*
	SILVER	34.27	38.29		SILVER	2:28.33*	2:52.61
	BRONZE	36.00	38.63		BRONZE	2:29.36	2:52.81
	4	36.35	38.64		4	2:34.87	2:53.18
	5	37.18	39.68		5	2:35.29	2:57.56
	6	37.56	40.45		6	2:36.16	2:59.46
200 LC Meter IM	GOLD	2:27.18	2:36.97	200 LC Meter IM	GOLD	2:14.54	2:27.44
	SILVER	2:29.57	2:37.90		SILVER	2:18.26	2:33.99
	BRONZE	2:32.80	2:39.06		BRONZE	2:20.32	2:34.83
	4	2:33.24	2:40.58		4	2:22.17	2:36.73
	5	2:34.03	2:43.15		5	2:22.74	2:36.85
	6	2:37.06	2:43.59		6	2:25.69	2:37.82
100 LC Meter Freestyle	GOLD	1:00.26	1:04.00	100 LC Meter Freestyle	GOLD	52.97*	59.84
	SILVER	1:00.72	1:04.17		SILVER	55.05	1:01.41
	BRONZE	1:01.83	1:04.98		BRONZE	55.76	1:02.23
	4	1:02.59	1:05.93		4	56.76	1:03.82
	5	1:03.05	1:06.09		5	57.30	1:04.48
	6	1:03.33	1:06.73		6	57.36	1:04.64
400 LC Meter Medley Relay	GOLD	4:43.52	4:59.36	400 LC Meter Medley Relay	GOLD	4:01.16*	4:35.09*
	SILVER	4:46.46	5:03.28		SILVER	4:12.14	4:43.97
	BRONZE	4:55.52	5:03.76		BRONZE	4:16.98	4:51.66
	4	4:59.16	5:05.17		4	4:17.48	4:52.34
	5	5:11.84	5:06.17		5	4:19.28	4:56.60
	6	5:20.67	5:06.27		6	4:22.68	
400 LC Meter Freestyle	GOLD	4:39.12	4:47.70*	800 LC Meter Freestyle	GOLD	8:57.14	9:52.60
	SILVER	4:40.46	4:51.03*		SILVER	9:09.68	9:59.03
	BRONZE	4:41.45	4:59.73		BRONZE	9:20.13	10:07.10
	4	4:43.02	5:02.84		4	9:26.08	10:10.72



	5	4:47.61	5:04.89		5	9:29.10	10:11.87
	6	4:49.91	5:05.33		6	9:33.73	10:14.68
50 LC Meter Backstroke	GOLD	32.86	33.34	200 LC Meter Backstroke	GOLD	2:09.87*	2:25.95
	SILVER	33.01	34.16		SILVER	2:15.03	2:32.03
	BRONZE	33.01	34.41		BRONZE	2:15.19	2:32.27
	4	33.26	34.81		4	2:19.72	2:32.36
	5	33.40	35.23		5	2:21.55	2:35.32
	6	33.88	35.63		6	2:22.60	2:35.60
100 LC Meter Butterfly	GOLD	1:06.04	1:09.03	100 LC Meter Butterfly	GOLD	57.68	1:04.60
	SILVER	1:06.20	1:09.16		SILVER	58.63	1:07.89
	BRONZE	1:06.32	1:12.24		BRONZE	59.06	1:09.06
	4	1:06.92	1:12.25		4	59.18	1:10.23
	5	1:08.11	1:12.92		5	1:01.88	1:10.27
	6	1:10.40	1:13.59		6	1:02.39	1:10.40
200 LC Meter Freestyle Relay	GOLD	1:57.54	2:04.46	200 LC Meter Freestyle Relay	GOLD	1:43.20	1:54.13*
	SILVER	1:58.10	2:05.57		SILVER	1:43.90	1:59.37
	BRONZE	1:58.23	2:06.15		BRONZE	1:44.16	2:00.14
	4	1:59.46	2:07.67		4	1:45.26	2:01.58
	5	1:59.69	2:09.52		5	1:47.07	2:02.67
	6	2:01.56	2:10.34		6	1:49.66	2:03.42
50 LC Meter Freestyle	GOLD	27.07	28.75*	200 LC Meter Freestyle	GOLD	1:58.83*	2:12.22
	SILVER	28.49	<del>28.84</del>		SILVER	2:00.60	2:19.52
	BRONZE	28.71	31.12		BRONZE	2:01.60	2:23.57
	4	28.72	31.51		4	2:02.15	2:25.55
	5	29.23	31.58		5	2:08.11	2:25.92
	6	29.29	31.70		6	2:08.13	2:26.35

<b>100 LC Meter Breaststroke</b>	<b>GOLD</b>	1:14.86	1:21.74	<b>100 LC Meter Breaststroke</b>	<b>GOLD</b>	1:09.86	1:19.14
	<b>SILVER</b>	1:16.06	1:24.35		<b>SILVER</b>	1:10.24	1:20.85
	<b>BRONZE</b>	1:19.84	1:24.94		<b>BRONZE</b>	1:10.98	1:21.45
	<b>4</b>	1:20.19	1:25.25		<b>4</b>	1:11.98	1:21.71
	<b>5</b>	1:20.47	1:26.93		<b>5</b>	1:12.00	1:22.81
	<b>6</b>	1:22.62	1:28.06		<b>6</b>	1:12.54	1:23.41
<b>400 LC Meter Freestyle Relay</b>	<b>GOLD</b>	4:16.93	4:18.57	<b>400 LC Meter Freestyle Relay</b>	<b>GOLD</b>	3:41.38*	4:16.96
	<b>SILVER</b>	4:20.86	4:36.20		<b>SILVER</b>	3:51.66	4:20.65
	<b>BRONZE</b>	4:24.82	4:40.43		<b>BRONZE</b>	3:52.83	4:27.37
	<b>4</b>	4:38.21	4:43.98		<b>4</b>	3:59.27	4:31.98
	<b>5</b>	4:38.49	4:45.68		<b>5</b>	4:00.23	4:39.68
	<b>6</b>	4:42.49	4:50.68		<b>6</b>	4:05.76	4:40.760

Prepared by:

**ROSANNA C. ADAYA**  
Records Co-Chair