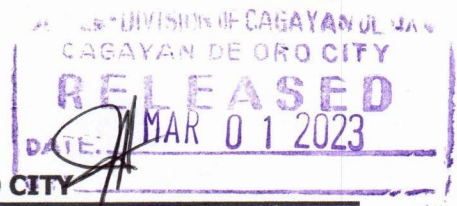




Republic of the Philippines
Department of Education
REGION X

SCHOOLS DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

01 March 2023

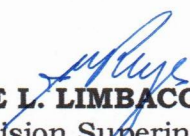
DIVISION MEMORANDUM

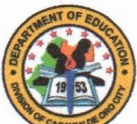
No. 83 s.2023

ADDENDUM TO DIV. MEMORANDUM NO. 69. S. 2023
RE: CONDUCT OF THE 2023 DIVISION ATHLETIC MEET

To: Chiefs, SGOD and CID
Public Schools District Supervisors
OSDS, CID, and SGOD Personnel
Public and Private School Administrators
This Division

1. With reference to **Division Memorandum No. 69 s. 2023, "Conduct of the 2023 Division Athletic Meet"**, all participating schools are hereby informed that the qualifying distance, time, and points for measurable sports, as stated in **Regional Memorandum No. 106, s. 2023, "2023 Northern Mindanao Regional Athletic Association Meet (Palarong Pampook)"**, will be implemented during the Division Athletic Meet.
2. In addition, public school teachers who will be rendering their services during the District/Clustered Athletic Meet up to the Division Athletic Meet shall be granted **Service Credits** pursuant to DepEd Order No. 53, s. 2003, "Updated Guidelines on Grant of Vacation Service Credits to Teachers", while Non-Teaching Personnel, District Supervisors, and School Heads shall be granted with **Compensatory Time Off (CTO)** pursuant to CSC & DBM Joint Circular No. 2, s. 2004, "Non-monetary Remuneration for Overtime Services Rendered".
3. Public Schools District Supervisors (PSDS) shall consolidate a list of teachers and non-teaching personnel to be granted Service Credits and CTO respectively per district which will then be submitted to this Office for approval.
4. Attached is DepEd Regional Memorandum No. 106, 2023 for reference.
5. All other provisions of the previous issuance remain the same.
6. This Office directs immediate and wide dissemination of this Memorandum.


CHERRY MAE L. LIMBACO - REYES
Schools Division Superintendent



Encl.: As stated

References:

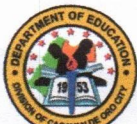
Div. Memo No. 69, s. 2023
RM No. 106, s. 2023
DepEd Order No. 53, s. 2003
CSC & DBM Joint Circular No. 2, s. 2004

To be indicated in the Perpetual Index
under the following subjects:

SCHOOLS

SPORTS ACTIVITIES

RRV / DM - addendum to div. memorandum no. 69. s. 2023
February 28, 2023

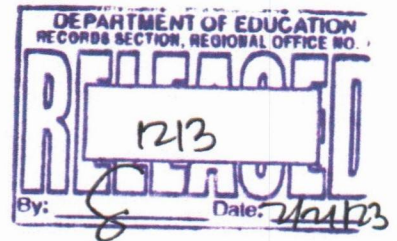


Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (08822)-8550044, (08822)-8550047
Email: cagayandeoro.city@deped.gov.ph

Salio



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO



February 21, 2023

REGIONAL MEMORANDUM
No. 106, s. 2023

2023 NORTHERN MINDANAO REGIONAL ATHLETIC ASSOCIATION MEET
(PALARONG PAMPOOK)

To: Assistant Regional Director
Schools Division Superintendents
All Others Concerned

1. Following **DepEd Memorandum No. 005, s. 2023**, the 2023 Northern Mindanao Regional Athletic Association (NMRAA) Meet will be hosted by the Schools Division of Misamis Occidental, cohosted by the Schools Divisions of Oroquieta City, Ozamiz City, and Tangub City, and the Provincial Government of Misamis Occidental headed by **The Honorable Governor Henry S. Oaminal**.
2. Anchoring on this year's *Palarong Pambansa* theme "Sports for Peace," this Office will spearhead the 2023 NMRAA meet or *Palarong Pampook* on April 24-28, subject to adjustment due to circumstances beyond the control of DepEd.
3. This activity primarily aims to
 - a. provide in-school sports opportunities to improve the physical, intellectual, and social well-being of the basic education learners,
 - b. select qualified athletes to represent NMRAA to the *Palarong Pambansa 2023*,
 - c. level up the competition with focus on sports and a lean-and-mean approach,
 - d. honor school and outstanding performances,
 - e. attain academic-sports life balance while promoting the value of sportsmanship, and
 - f. foster teamwork and camaraderie.
4. The series of activities and sports events for the *Palarong Pampook 2023* of NMRAA will be done centrally and not on staggered or clustered bases.
5. Per the "Implementing Guidelines on the Modified Competition Format for the *Palarong Pambansa 2023*," the following shall be adhered to:



DepEd Regional Office X, Zone 1, Upper Balulang, Cagayan de Oro City
(088) 856-3932 | (088) 881-3137 | (088) 881-3031
Department of Education Region 10
region10@deped.gov.ph
<http://deped10.com>



- a. On eligibility of the student-athletes, for elementary athletes, the cut-off age/year is 13 years old or must have been born on or after January 1, 2010, and for secondary athletes, the cut-off age is 18 years old or must have been born on or after January 1, 2005 (Note: Athletes born before said dates shall be immediately disqualified from the Regional, Pre-National, and Palarong Pambansa);
 - b. All other guidelines on the eligibility of athletes and requirements shall be carefully considered;
 - c. The winner-take-all policy shall be applied in representation of teams (school sports clubs) for team sports to the next level of competition which is the Pre-National Qualifying Meet. Only seven (7) team sports will be played during the Pre-National Qualifying Meet (Basketball, Baseball, Softball, Football, Futsal, Sepak Takraw and Volleyball);
 - d. Measurable sports such as athletics, swimming, and archery shall adopt the qualifying distance, time, and points set by the Palarong Pambansa (please see attachments); and
 - e. Other sports (such as the combative, racket, paragames, and individual sports) that do not apply qualifying standards in the selection of athletes and are not identified as team sports, shall not be played in the Pre-National Qualifying Meet and shall, therefore advance directly to the Palarong Pambansa after the *Palarong Pampook*.
6. In compliance with DepEd Order No. 39, s. 2022 titled "Health and Safety Protocols in the Light of the COVID-19 Pandemic," the COVID-19 risk mitigating measures shall still be observed during the conduct of the *Palarong Pampook 2023*.
7. In addition, COVID-19 risk mitigating measures must be implemented for each sports discipline as its respective International Federation proposed in conducting competition.
8. In adherence to RA 9003 otherwise known as the "Ecological Solid Waste Management Act," the entire activity shall observe a **CLEAN, GREEN, and ECO-FRIENDLY PALARONG PAMPOOK 2023**. Officiating officials and the delegations are directed to observe this mandate whether inside or outside the premises of the identified venues and billeting quarters. Consequently, they are reminded of the **NO GAMBLING, NO DRINKING OF LIQUORS, AND NO SMOKING** policies inside the premises of the aforementioned areas. Schools Division Offices (SDOs) are, therefore, instructed to prescribe their respective guidelines for the strict implementation of these policies within and outside their billeting quarters and playing venues.
9. The DepEd Child Protection Policy (DepEd Order 40, s. 2012) shall be fully adopted before, during, and after the sporting events. The *Palarong*

Pampook 2023 shall follow the safeguarding guidelines to minimize risk, guarantee safe space, and ensure a positive experience for all delegates, organizers, and others involved in the event. Further, appropriate, preventive, protective, and remedial measures shall be properly implemented through the safeguarding guidelines. For this purpose, a Child Protection Desk shall be fully operationalized through the Child Protection Committee (CPC) in all playing venues and billeting quarters.

10. The *Palarong Pampook* host shall prepare a comprehensive DRRM and contingency plan for the duration of the event and identify the dates for the conduct of the hazard drill orientation seminar and its implementation, especially in the billeting quarters and playing venues. Moreover, the host shall implement the existing D.O. No. 37 s., 2022, titled "New Guidelines on the Cancellation or Suspension of Classes and Work in Schools in the Event of Natural Disasters, Power Outages/ Power Interruptions and Other Calamities."

11. For the budgetary requirements, the fund support to cover the *Palarong Pampook*-related expenses (such as the awards, prizes, etc.) shall be downloaded to the host division for the conduct of the event, charged to the Physical Fitness and School Sports Funds (Continuing and Current) of Central Office, subject to the usual accounting and auditing rules and regulations.

12. Detailed information on the playing venues, schedule of activities, and other provisions for the *Palarong Pampook 2023* shall be released in the next regional issuance.

13. Further, the specific guidelines of the games as provided in Section 27, Rule VI of the IRR of RA 10588 and the list of technical officials shall also be released in a separate issuance.

14. Attached is the list of the billeting quarters per SDO delegation for this regional sports activity and the proposed qualifying standards for measurable sports, subject to the final issuance of *Palarong Pambansa Secretariat* (PPS), for your reference.

15. For clarifications and coordination, please contact the following:

Office of the Chief

Education Support Services Division

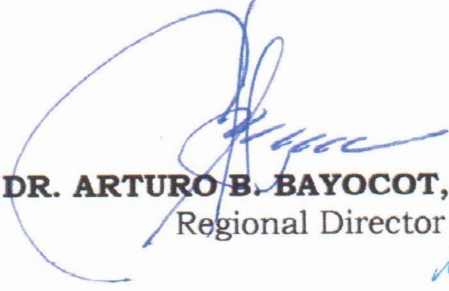
Third floor, DepEd RO-X Building, DepEd ROX Complex

Zone 1, Upper Balulang, Cagayan de Oro City

Telephone Number: 09166590690

Email Address: essd.regionx@deped.gov.ph

16. This Office directs the immediate and wide dissemination of this Memorandum.



DR. ARTURO B. BAYOCOT, CESO III
Regional Director

ATCH.: As stated

To be indicated in the Perpetual Index
under the following subjects:

PALARO
NMRAA
SPORTS

RE: 2023 Northern Mindanao Regional
Athletic Association Meet (Palarong Pampook)

ESSD/chard

A. BILLETING QUARTERS FOR PALARONG PAMPOOK 2023

DIVISION	BILLETING QUARTER	ADDRESS	SCHOOL HEAD	CONTACT NUMBER
1. Regional Office/Officiating Officials	Misamis Occidental National High School (Front-SHS Building)	Gov. A. Bernad St., Poblacion I, Oroquieta City	Julieto M. Indonto	09985380067
2. Bukidnon	Clarín National High School	Poblacion 3, Clarín, Mis. Oc.	Ricardo L. Lapiz	09399108817
3. Cagayan de Oro City	Jimenez Central School	Nacional (Pob.), Jimenez, Mis. Oc.	Longino C. Gamulo, Jr.	09079016322
4. Camiguín	Mobod Integrated School	Purok 2, Mobod, Oroquieta City	Alberta M. Quilab	09985798172
5. Gingoog City	Talairon National High School	Purok 4, Talairon, Oroquieta City	Rey Jesus Paler	09483185603/ 09097630424
6. El Salvador City	Pines Central Elementary School	Purok 4, Pines, Oroquieta City	Jackylou L. Chiong	09287848560
7. Iligan City	Aloran Central School	Dalisay, Aloran, Mis. Oc.	Rey V. Baluarte	09093053533
8. Lanao del Norte	Tudela Central School	Centro Napu (Pob.), Tudela, Mis. Oc.	Mary Jane S. Ramo	09171377453
9. Malaybalay City	Misamis Occidental National High School (Back-SHS Building)	Gov. A. Bernad St., Poblacion I, Oroquieta City	Julieto M. Indonto	09985380067
10. Misamis Occidental	Aloran Trade High School	Pob., Aloran, Mis. Oc.	Melchesiedick Q. Bolanio	09987931119
11. Misamis Oriental	Sinonoc National High School	Sinonoc, Sinacaban, Mis. Oc.	Juliet S. Lapiz	09999947271
12. Oroquieta City	Langcangan Integrated School	Purok 6, Langcangan Proper, Oroquieta City	Nessie Elizabeth A. Buac	09985438242
13. Ozamiz City	Panaon Central Elementary School	Pob., Panaon, Mis. Oc.	Noli A. Cos	09078840934
14. Tangub City	Pelong Primary School	Pelong, Aloran, Mis. Oc.	Marietta M. Arabes	09485884655
15. Valencia City	Jimenez National Comprehensive High School	Corrales, Calamba, Mis. Oc.	Ricardo M. Vidad	09124186084

B. QUALIFYING DISTANCE, TIME, AND POINTS FOR MEASURABLE SPORTS

1. ARCHERY

	BOYS/GIRLS	TARGET FACES	# OF ARROWS/END/ SET
EVENTS	70-meter distance	122 cm	36 arrows = 6 arrows per end
	60-meter distance	122 cm	36 arrows = 6 arrows per end
	50-meter distance	80 cm	36 arrows = 6 arrows per end
	30-meter distance	80 cm	36 arrows = 6 arrows per end
	1440 round		144 arrows – aggregate scores
	Olympic Round (70 meters)	122 cm	Set System – 3 arrows per end 5 ends – 6 set points
	Team Event (70 meters)	122 cm	Set system – 2 arrows per archer 4 ends – 5 set points
	Mixed Team (70 meters)	122 cm	Set System – 2 arrows per archer 4 ends – 5 set points

**Competitions in Archery for the Secondary Level*

EVENTS	BOYS		GIRLS	
	Qualifying Score	Previous PP Record	Qualifying Score	Previous PP Record
70 Meter Distance	263	332 (2019)	247	-
60 Meter Distance	278	334 (2016)	262	321 (2019)
50 Meter Distance	293	336 (2016)	277	337 (2019)
30 Meter Distance	308	349 (2016)	292	339 (2019)
1440 Round		1344 (2016)		1310 (2019)

**Note: Proposed Qualifying Standards for Archery subject to the final issuance of Palarong Pambansa Secretariat*

2. ATHLETICS

EVENTS	BOYS		GIRLS	
	QS	Standing Record	QS	Standing Record
100 M	12.66	11.40	13.80	12.80
200 M	28.88	23.70	28.69	26.70
400 M	1:02.36	54.30	1:09.91	59.50
800 M	2:24.91	2:07.60	2:40.78	2:18.08
1500 M	4:57.00	4:22.50	5:19.66	4:48.70
110 MH/100 MH	20.65	15.80	18.51	12.80
400 H	1:08.95	59.20	1:17.71	1:08.03
HIGH JUMP	1.45	1.73	1.25	1.55
LONG JUMP	5.04	6:04	4.63	5.07
TRIPLE JUMP	10.79	12.48	10.14	10.80
SHOT PUT	9.55	12.42	8.40	10.93
DISCUS THROW	25.79	36.12	27.12	35.56

EVENTS	BOYS		GIRLS	
	QS	Standing Record	QS	Standing Record
JAVELIN THROW	39.40	51.88	32.44	41.46
4 X 100 M RELAY	51.46	47.50	56.20	51.08
4 X 400 M RELAY	4:07.29	3:42.50	4:35.30	4:13.22

**Note: Proposed Qualifying Standards for Athletics (Elementary) subject to the final issuance of Palarong Pambansa Secretariat*

EVENTS	BOYS		GIRLS	
	QS	Standing Record	QS	Standing Record
100 M	11.29	10.55	12.81	11.90
200 M	23.26	21.80	26.40	24.50
400 M	52.83	48.70	1:02.74	56.28
800 M	2:02.63	1:55.69	2:31.08	2:12.2
1500 M	4:18.45	4:05.80	5:04.47	4:39.46
110 MH/100 MH	15.74	14.68	16.52	14.50
400 H	58.74	48.70	1:07.72	56.28
HIGH JUMP	1.75	1.99	1.45	1.68
LONG JUMP	6.59	7.26	5.38	5.66
TRIPLE JUMP	13.56	15.01	11.27	12.35
SHOT PUT	12.18	15.32	9.49	11.88
DISCUS THROW	35.21	42.67	30.92	40.25

EVENTS	BOYS		GIRLS	
	QS	Standing Record	QS	Standing Record
JAVELIN THROW	49.03	59.46	34.51	45.72
4 X 100 M RELAY	45.23	42.48	51.24	46.60
4 X 400 M RELAY	3:33.32	3:22.10	4:16.53	3:53.97
3000 MSC/3000 M	10:30.45	9:41.70	11:17.80	10:03.40
2000 M W	11:12.82	9:33.01	12:37.75	10:44.44
POLE VAULT	2.90	4.30		
5000 M	16:38.29	15:38.40		

**Note: Proposed Qualifying Standards for Athletics (Secondary) subject to the final issuance of Palarong Pambansa Secretariat*

3. SWIMMING

EVENT	Elem B.	QTS	PP REC.	Elem G.	QTS	PP REC.	SEC. B	PP REC.	QTS	SEC. G	PP REC.	QTS
200 m Freestyle	Elem B.	2:25.27	2:08.12	Elem G.	2:29.34	2:16.72	SEC. B	1:56.44	2:07.30	SEC. G	2:10.14	2:20.80
400 m Freestyle	Elem B.	5:07.51	4:35.42	Elem G.	4:44.53	5:13.18	SEC. B	4:08.36	4:27.97	SEC. G	4:35.23	4:54.91
50 m. Butterfly	Elem B.	0:30.63	0:28.03	Elem G.	0:33.07	0:29.28	SEC. B	*0:26.34	0:27.65	SEC. G	*0:29.06	0:31.21
100 m. Backstroke	Elem B.	1:13.35	1:06.38	Elem G.	1:19.05	1:09.65	SEC. B	0:59.64	1:04.69	SEC. G	1:06.58	1:11.40
200 m. Butterfly	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B	2:04.88	2:16.84	SEC. G	2:22.69	2:46.77
200 m. Breaststroke	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B	2:27.66	2:36.45	SEC. G	2:43.08	2:56.56
200 m. Ind. Medley	Elem B.	2:29.76	2:32.37	Elem G.	2:46.89	2:33.12	SEC. B	2:13.05	2:22.89	SEC. G	2:25.66	2:34.87
50 m. Breaststroke	Elem B.	0:37.55	0:32.31	Elem G.	0:39.65	0:36.63	SEC. B	*0:30.02	0:32.21	SEC. G	*0:35.63	0:37.01
100 m. Freestyle	Elem B.	0:58.24	1:03.84	Elem G.	1:08.28	1:02.28	SEC. B	0:52.97	0:57.38	SEC. G	0:59.83	1:04.33
1500 m. Freestyle	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B	*16:51.12	18:23.39	SEC. G		19:10.0
800 m. Freestyle	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B		09:10.0	SEC. G	9:45.40	10:25.03
200 m. Backstroke	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B	2:09.87	2:23.18	SEC. G	2:22.68	2:34.87
100 m. Butterfly	Elem B.	1:08.50	1:02.39	Elem G.	1:12.87	1:06.07	SEC. B	0:57.56	1:01.98	SEC. G	1:04.41	1:10.31
50 m. Backstroke	Elem B.	0:33.96	0:29.64	Elem G.	0:36.50	0:32.62	SEC. B	*0:29.18	0:29.91	SEC. G	0:31.34	0:33.50
400 m. Ind. Medley	Elem B.	N/A	N/A	Elem G.	N/A	N/A	SEC. B	*4:46.34	5:10.62	SEC. G	*5:08.21	5:39.25
50 m. Freestyle	Elem B.	0:29.05	0:26.64	Elem G.	0:31.41	0:28.75	SEC. B	0:25.39	0:26.06	SEC. G	0:27.79	0:29.48
100 m. Breaststroke	Elem B.	1:23.13	1:12.93	Elem G.	1:27.50	1:19.35	SEC. B	1:07.38	1:10.90	SEC. G	1:17.35	1:22.16

NOTE: QTS is based on 8th place in the 2019 Palarong Pambansa, Davao City.
PP Rec. Standing Palaro 2019 Meet Record

**Proposed Qualifying Standards for Swimming subject to the final issuance of Palarong Pambansa Secretariat*