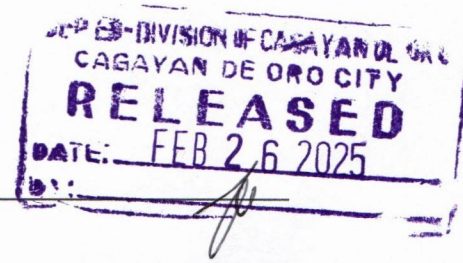




Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent



26 FEBRUARY 2025

DIVISION MEMORANDUM

No. 186 s.2025

**MEDICAL AND DENTAL CHECKUP FOR THE QUALIFIED ATHLETES OF
THE 2025 REGIONAL ATHLETIC MEET**

TO: Assistant Schools Division Superintendent
Chiefs, CID and SGOD
All Public Schools District Supervisors
All Winning Athletes, Coaches, and Chaperones
School Health Personnel
All Elementary and Secondary Public School Heads and Principals
This Division

1. Relative to the conduct of the 2025 Regional Athletic Meet, the field is hereby informed of the scheduled Medical and Dental Checkup for the qualified Athletes, Coaches and Chaperones on March 3-12, 2025 at the Medical-Dental Clinic of City Central School.
2. All concerned are directed to bring the prescribed medical and dental examination forms, and follow the allotted time for the specific sport events indicated on t Enclosure No.1.
3. Unscheduled walk-ins will not be accommodated to avoid overcrowding.
4. Qualified Coaches and Chaperones are directed to facilitate the processing of required documents for evaluation of the Regional Screening and Accreditation Committee.
5. Immediate dissemination and strict compliance to this memorandum is required.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
under the following subjects: Sports Activities, Palaro, RSAC
DM-018-SGOD-SHN-(BMBMIII)



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (088) 855-0044, (088) 855-0047, (088) 328-2142
Email Address: cagayandeoro.city@deped.gov.ph
Website: <https://depedcdo.net/>

Doc. Ref. Code		Rev	
Effectivity		Page	1 of 3

2025 SPORTS REGIONAL MEET

MEDICAL AND DENTAL CHECK-UP SCHEDULE FOR THE QUALIFIED ATHLETES

	DATE	TIME	EVENT	HEALTH PERSONNEL
1	MARCH 3	8:00 – 9:00 AM	TAEKWONDO SECONDARY (M)	FRANCIS LEO C. TAGADIAD
2		9:00- 10:00 AM	TAEKWONDO SECONDARY (F)	NICHOL V. SALIDO
3		10:00 – 11:00 AM	VOLLEYALL SECONDARY (M)	EDSELYN L. SALIDO
4		11:00 -12:00 NN	PENCAK SILAT	CARMELO MARIO W. PADERANGA
		1:00-2:30 PM	SEPAK TAKRAW SECONDARY (M/F)	NIKKI JO VALMORIA
		2:30-4:00 PM	SEPAK TAKRAW ELEM. (M/F)	BALDOMERO MARK B. MESO III
				JAMCEL A. CHACON
				PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
5	MARCH 4	8:00 – 9:30 AM	WRESTLING SECONDARY (M/F)	JACEL JANE A. CADUSALES
6				ER SHEMIAH T. DANGAZO
7		9:30 – 10:30 AM	WUSHU SECONDARY (M/F)	HERLIE B. ONTOY
8		10:30 -12:00NN	ARCHERY SECONDARY (M/F)	CRYSTAL CHRISTI P. CARTEL
9		1:00 – 2:00PM	SOFTBALL SECONDARY (F)	PACILI A. YAÑEZ
		2:00 -3:00 PM	SWIMMING ELEM. (M)	BALDOMERO MARK B. MESO III
10		3:00-4:00 PM	SWIMMING ELEM. (F)	JAMCEL A. CHACON
				PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
11	MARCH 5	8:00 – 8:30 AM	TABLE TENNIS SECONDARY (M)	YVONNE KARLA M. LOBITE
12		8:30 – 9:30 AM	TABLE TENNIS SECONDARY (F)	LINA G. LUDENA
13		9:30 – 10:00 AM	TABLE TENNIS ELEM. (M)	CRISTINA R. CAPISTRANO
14		10:00 – 10:30 AM	TABLE TENNIS ELEM. (F)	DOREEN O. DECHOSA
15		10:30 – 11:30 AM	TAEKWONDO ELEM. (M)	AMOR C. FAJARDO
16		11:30 – 12:00 NN	TAEKWONDO ELEM. (F)	BALDOMERO MARK B. MESO III
17		1:00 – 2:30 PM	VOLLEYBALL ELEM. (M/F)	JAMCEL A. CHACON
18		2:30 – 4:00 PM	SWIMMING SECONDARY (M/F)	PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
19	MARCH 6	8:00 – 9:30 AM	ATHLETICS ELEMENTARY (M)	YVONNE L. GIRONELLA
20		9:30 – 11:00 AM	ATHLETICS ELEMENTARY (F)	KITO-KRISIAN K. FRANCISCO
21		11:00 – 12:00 AM	ATHLETICS SECONDARY (M)	MICHELLE ALEXANDRIA H. PABELIC
22		1:00 – 2:00 NN	ATHLETICS SECONDARY (F)	JEANE R. JOSON
23		2:00 – 2:3:0 PM	ARNIS ELEMENTARY (M/F)	SHARON T. POLANCOS
24		2:30 – 3:00 PM	ARNIS SECONDARY (M)	JOAN A. ARSUA
25		3:00 – 4:00 PM	ARNIS SECONDARY (F)	BALDOMERO MARK B. MESO III
				JAMCEL A. CHACON
				PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
26	MARCH 7	8:00 – 9:30 AM	BADMINTON SECONDARY (M/F)	FRANCIS LEO C. TAGADIAD
27		9:30 – 10:30 AM	BADMINTON ELEMENTARY (M/F)	NICHOL V. SALIDO
28		10:30 – 12:00 NN	BASEBALL ELEMENTARY /SECONDAY	EDSELYN L. SALIDO
29				CARMELO MARIO W. PADERANGA
30		1:00 – 2:00 PM	FUTSAL SECONDARY (M)	NIKKI JO VALMORIA
31		2:00 – 3:00 PM	BASKETBALL 3X3 SECONDARY (M/F)	BALDOMERO MARK B. MESO III
32		3:00 – 3:30 PM	BILLIARDS SECONDARY (M/F)	JAMCEL A. CHACON
		3:30 – 4:00 PM	BILLIARD ELEM. (M/F)	PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
33	MARCH 10	8:00 -9:30AM	BASKETBALL ELEMENTARY (M)	JACEL JANE A. CADUSALES
34		9:30 – 10:30 AM	BASKETBALL SECONDARY (M)	ER SHEMIAH T. DANGAZO
35		10:30 – 12:00 NN	BASKETBALL SECONDARY (F)	HERLIE B. ONTOY
36				CRYSTAL CHRISTI P. CARTEL
37		1:00- 2:00 PM	BOXING SECONDARY (M)	PACILI A. YAÑEZ
38		2:00-3:00 PM	CHESS ELEMENTARY/ SECONDARY (M/F)	BALDOMERO MARK B. MESO III
39		3:00 – 4:00 PM	SOFTBALL ELEM. (F)	JAMCEL A. CHACON
				PAULINE C. ANGARA
				LUZVILLA ESPINOSA
				ANALYN GARCIA
40	MARCH 11	8:00 - 8:30 AM	DANCESPORTS ELEM.	YVONNE KARLA M. LOBITE
41		8:30 - 9:00 AM	DANCESPORTS SECONDARY	LINA G. LUDENA
42		9:00 - 11:00 AM	FOOTBALL ELEM. (M)	CRISTINA R. CAPISTRANO
43		11:00 -12:00 NN	FOOTBALL SECONDARY (M)	DOREEN O. DECHOSA
44		1:00 – 2:00 PM	GYMNASTICS- WAG ELEM/SECONDARY	AMOR C. FAJARDO
45			GYMNASTICS –MAG ELEM/SECONDARY	BALDOMERO MARK B. MESO III
46		2:00 – 3:00 PM	GYMNASTICS-AERO ELEM/ SECONDARY (M/F)	JAMCEL A. CHACON
47		3:00-4:00 PM	GYMNASTICS-RG ELEM. (F)	PAULINE C. ANGARA
48			GYMNASTICS-RG SECONDARY (F)	LUZVILLA ESPINOSA
				ANALYN GARCIA
49	MARCH 12	8:00- 8:30 AM	TABLE TENNIS	YVONNE L. GIRONELLA
50		8:30 – 9:30 AM	LAWN TENNIS SECONDARY (M/F)	KITO-KRISIAN K. FRANCISCO
51		9:30- 10:30 AM	LAWN TENNIS ELEM. (M/F)	MICHELLE ALEXANDRIA H. PABELIC
52		10:30-12:00 NN	VOLLEYBAL SECONDARY (F)	JEANE R. JOSON
53		1:00- 4:00PM	PARA GAMES	SHARON T. POLANCOS
54				JOAN A. ARSUA
55				BALDOMERO MARK B. MESO III
56				JAMCEL A. CHACON
57				PAULINE C. ANGARA
				LUZVILLA ESPINOSA
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	DATE	TIME	EVENT	HEALTH PERSONNEL
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2		9:00- 10:00 AM	TAEKWONDO SECONDARY (F)	
3		10:00 – 11:00 AM	VOLLEYALL SECONDARY (M)	
4		11:00 -12:00 NN	PENCAK SILAT	
		1:00-2:30 PM	SEPAK TAKRAW SECONDARY (M/F)	
		2:30-4:00 PM	SEPAK TAKRAW ELEM. (M/F)	
5	MARCH 4	8:00 – 9:30 AM	WRESTLING SECONDARY (M/F)	JACEL JANE A. CADUSALES ER SHEMIAH T. DANGAZO HERLIE B. ONTOY CRYSTAL CHRISTI P. CARTEL PACILI A. YAÑEZ BALDOMERO MARK B. MESO III JAMCEL A. CHACON PAULINE C. ANGARA LUZVILLA ESPINOSA ANALYN GARCIA
6				
7		9:30 – 10:30 AM	WUSHU SECONDARY (M/F)	
8		10:30 -12:00NN	ARCHERY SECONDARY (M/F)	
9		1:00 – 2:00PM	SOFTBALL SECONDARY (F)	
10		2:00 -3:00 PM	SWIMMING ELEM. (M)	
		3:00-4:00 PM	SWIMMING ELEM. (F)	
11	MARCH 5	8:00 – 8:30 AM	TABLE TENNIS SECONDARY (M)	YVONNE KARLA M. LOBITE LINA G. LUDENA CRISTINA R. CAPISTRANO DOREEN O. DECHOSA AMOR C. FAJARDO BALDOMERO MARK B. MESO III JAMCEL A. CHACON PAULINE C. ANGARA LUZVILLA ESPINOSA ANALYN GARCIA
12		8:30 – 9:30 AM	TABLE TENNIS SECONDARY (F)	
13		9:30 – 10:00 AM	TABLE TENNIS ELEM. (M)	
14		10:00 – 10:30 AM	TABLE TENNIS ELEM. (F)	
15		10:30 – 11:30 AM	TAEKWONDO ELEM. (M)	
16		11:30 – 12:00 NN	TAEKWONDO ELEM. (F)	
17		1:00 – 2:30 PM	VOLLEYBALL ELEM. (M/F)	
18		2:30 – 4:00 PM	SWIMMING SECONDARY (M/F)	
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51		9:30- 10:30 AM	LAWN TENNIS ELEM. (M/F)	
52		10:30-12:00 NN	VOLLEYBAL SECONDARY (F)	
53		1:00- 4:00PM	PARA GAMES	
54				
55				
56				
57				