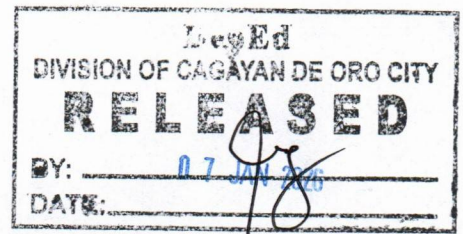




Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

07 JANUARY 2026

DIVISION MEMORANDUM

No. 14 s.2026

**MEDICAL AND DENTAL CHECKUP FOR THE QUALIFIED ATHLETES OF
THE 2026 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 2026 Regional Athletic Meet, the field is hereby informed of the scheduled Medical and Dental Checkup for the qualified Athletes, Coaches and Chaperones on January 19-13, 2026 and January 26-29, 2026 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 the 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-111-SGOD-SHN-JAC



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2026 SPORTS REGIONAL MEET

MEDICAL AND DENTAL CHECK-UP SCHEDULE FOR THE QUALIFIED ATHLETES

VENUE: Medical-Dental Clinic of City Central School

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