



Republic of the Philippines
Department of Education
REGION X- NORTHERN MINDANAO
SCHOOLS DIVISION OF EL SALVADOR CITY

Office of the Schools Division Superintendent

March 8, 2023

DIVISION MEMORANDUM

No. 138, s. 2023

**2023 NORTHERN MINDANAO REGIONAL ATHLETIC ASSOCIATION MEET
(PALARONG PAMPOOK)**

To: **Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public and Private Elementary School Heads
Public and Private Secondary School Heads
All Others Concerned**
This Division

1. Following **Regional Memorandum No.126, s. 2023**, titled **Changes in Regional Memorandum No. 106, s. 2023**, the 2023 Northern Mindanao Regional Athletic Association Meet (Palarong Pampook) will be hosted by the Schools Division Offices (SDOs) of Cagayan de Oro City, Camiguin, El Salvador City, Gingoog City, Lanao del Norte, and Misamis Oriental in coordination with their respective Local Government Units (LGUs).
2. Anchoring on this year's *Palarong Pambansa* theme "Sports for Peace," this activity primarily aims to;
 - a. provide in-school sports opportunities to improve the physical, intellectual, and social well-being of basic education learners;
 - b. select qualified athletes to represent NMRAA at the Palarong Pambansa 2023;
 - c. level up the competition with a 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





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- f. foster teamwork and camaraderie.
3. To comply with the no-disruption-of-classes policy, the *2023 Palarong Pampook* will be conducted on three successive weekends, including Fridays within and around the period prescribed by the Palarong Pambansa Board.
4. Per the “Implementing Guidelines on the Modified Competition Format for the Palarong Pambansa 2023,” the following shall be adhered to;
 - 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 Pamabansa);
 - 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 the 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, Speak 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.
5. The schedule of the sports events, playing venues with the corresponding hosts, and other information (e.g., Search for Ms. NMRAA, Saludo Contest, Larong Pinoy, etc.) are found in the attached Regional Memorandum.
6. The teacher-participants shall be entitled to service credits in accordance with *DepEd Order No. 52, s. 2023* titled *Updated Guidelines on the Grant of Vacation Service Credits for Teachers*. However, non-teaching personnel





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shall be given *Compensatory Time-Off (CTO)* per *Civil Service Commission (CSC)* and *Department of Budget and Management (DBM) Joint Circular No. 2, s. 2004 on Non-Monetary Remuneration for Overtime Service Rendered*, specific attention on Section 5.

7. This office adheres to the Equal Opportunity Principle (EOP). Hence, all actions shall be based solely on the guidelines set with no discrimination on the account of age, gender, identity, sexual orientation, civil status, disability, religion, ethnicity, or political affiliation.
8. Immediate and wide dissemination of this Memorandum is desired.

VICTOR G. DE GRACIA, JR., PhD, CESO V
Assistant Regional Director
and Concurrent Officer-in-Charge
Office of the Schools Division Superintendent

To be included in the Perpetual Index
Under the following subject: SPORTS
NMRAA

SGOD/agf



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	14.60	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*



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REGION X – NORTHERN MINDANAO



March 7, 2023

REGIONAL MEMORANDUM
No. 126, s. 2023

CHANGES IN 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

- Regarding the issued **Regional Memorandum No. 106, s. 2023** titled **2023 Northern Mindanao Regional Athletic Association Meet (Palarong Pampook)**, the event will be held in three clusters and shall now be hosted by the Schools Division Offices (SDOs) of Cagayan de Oro City, Camiguin, El Salvador City, Gingoog City, Lanao del Norte, Misamis Oriental, in coordination with their respective Local Government Units (LGUs).
- To comply with the no-disruption-of-classes policy and to give ample time for the SDOs to reposition themselves in the succeeding clustered events, the *2023 palarong pampook* will be conducted in three successive weekends, including Fridays within and around the period prescribed by the *Palarang Pambansa* Board.
- The following schedule of the sports events and playing venues with the corresponding hosts shall be followed:

WEEKEND	DATE	EVENT	HOST/VENUE
1	April 21-23	Athletics	Lanao del Norte
		Archery	
		Football	
		Futsal	
		Wushu	
2	April 28-30	Volleyball	El Salvador City
		Basketball	Cagayan de Oro City
		Gymnastics	
		Dancesports	Misamis Oriental
		Softball	
		Sepak Takraw	



WEEKEND	DATE	EVENT	HOST/VENUE
3	May 5-7	Baseball	Misamis Oriental
		Table Tennis	Gingoog City
		Tennis	
		Badminton	
		Chess	
		Swimming	Camiguin
		Wrestling	
		Arnis	
		Boxing	
		Taekwondo	
		Pencak Silat	
		Billiards	

4. In lieu of the usual festive mood of the usual (pre-pandemic) conduct of the sporting events (e.g., Search for Ms. NMRAA, Saludo Contest, Larong Pinoy, etc.), a simple opening ceremony shall be held to allow the LGUs and host partner SDOs to welcome the athletes and other participants of the entire delegations of the specified sporting events.

5. Upon the submission of the host SDOs, the details of the specific playing venues, billeting quarters, and other provisions for the *Palarong Pampook 2023*, shall be released in the next regional issuance.

6. All other provisions stated in the previous Memorandum remain in effect.

7. 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

8. 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: Changes in Regional Memorandum No. 106, S. 2023
 (2023 Northern Mindanao Regional Athletic Association Meet (Palarong Pampook))

ESSD/chard