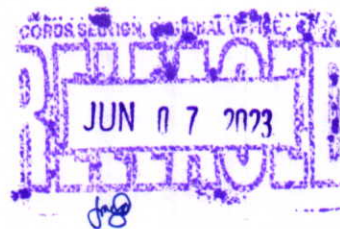




Republic of the Philippines
Department of Education
CARAGA REGION



June 6, 2023

REGIONAL MEMORANDUM

No. 0487, s. 2023

To: SCHOOLS DIVISION SUPERINTENDENTS
DIVISION SPORTS COORDINATORS
This Region

SUBMISSION OF ACCURATE MEASUREMENTS FOR THE UNIFORM OF
ATHLETES, COACHES, CHAPERONS, AND DELEGATION OFFICIALS
2023 PALARONG PAMBANSA

1. The field is hereby enjoined for an immediate submission of accurate measurements of uniform for the athletes, coaches, assistant coaches, chaperons, and delegation officials during the 2023 Palarong Pambansa to be held in Marikina City, National Capital Region.
2. Enclosed are the Size Chart Reference, Important Notes, List of athletes, coaches and delegation officials, and Template for strict considerations.
3. Deadline of submission of the soft copy in **Excel Format** is on June 15, 2023, through this link: <https://tinyurl.com/msmad9ue>.
4. The Division Sports Coordinators are encouraged to facilitate the compliance of this very important data to expedite the quality of the procurement process.
5. For strict compliance.

MARIA INES C. ASUNCION, CESO III

Director III
Officer In-charge
Office of the Regional Director

BY THE AUHTORITY OF THE REGIONAL DIRECTOR

JOEL B. ROSALES
Chief Administrative Officer

Encl/s.: AS STATED

Reference/s: NONE

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

PALARONG PAMBANSA

FTAD/apm
06/06/2023



Address: J.P. Rosales Avenue, Butuan City
Trunkline No: (085) 225-1151
Telefax No: (085) 342-5969
Email: caraga@deped.gov.ph
Website: <https://caraga.deped.gov.ph/>



2023-06-07843

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Republic of the Philippines
Department of Education
CARAGA REGION

Instructions:

1. Please provide us with the accurate measurement of the different apparels of our athletes, coaches, assistant coaches, chaperons, and delegation officials referring to the sample below.
2. Send the needed information on or before June 15, 2023 to fast track the procurement process through this link:
<https://tinyurl.com/msmad9ue>.

SAMPLE FOR ALL ATHLETES

2023 PALARONG PAMBANSA UNIFORM

Event: Arnis Boys/Elementary

EVENT/ATHLETES/COACHES																						Assigned Number at the back of the shirt	5.PANTS					8.SHOES			
			1.CAP			2.JACKET								3.T-SHIRT																	
No.	Name	Division	A	B	C	A	B	C	D	E	F	G	H	A	B	C	A	B	C	D	E	F	G	H		A	B	C	D	E	
1.																															
2.																															
3.																															
Coac h																															

Note:

1. Letters in the table are representing the parts of the apparel.

Prepared by:

Noted by:

Coach

Division Sports Coordinator



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Instructions:

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<https://tinyurl.com/msmad9ue> .

SAMPLE FOR ALL INDIVIDUAL ATHLETES EXCEPT ARCHERY AND SWIMMING

2023 PALARONG PAMBANSA UNIFORM

Event: Arnis Boys/Elementary

EVENT/ATHLETES/COACHES			4.SHORTS					
No.	Name	Division	A	B	C	D	E	F
1.								
2								
3								
Coach								

Note:

1. Letters in the table are representing the parts of the apparel.

Prepared by:

Coach

Noted by:

Division Sports Coordinator



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Instructions:

1. Please provide us with the accurate measurement of the different apparels of our athletes, coaches, assistant coaches, chaperons, and delegation officials referring to the sample below.
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SAMPLE FOR ALL DELEGATION OFFICIALS

2023 PALARONG PAMBANSA UNIFORM

Event: Arnis Boys/Elementary

EVENT/ATHLETES/COACHES			1.CAP			2.JACKET								6.SHORTSLEEVES WITH COLLAR								7.PANTS							
No.	Name	Division	A	B	C	A	B	C	D	E	F	G	H	A	B	C	A	B	C	D	E	F	G	H	A	B	C	D	E
1.																													
2.																													
3.																													
Coach																													

Note:

2. Letters in the table are representing the parts of the apparel.

Prepared by:

Division Sports Coordinator



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Republic of the Philippines
Department of Education
CARAGA REGION

**2023 PALARONG PAMBANSA
CARAGA LIST OF QUALIFIED ATHLETES, COACHES, CHAPERONS FOR
INDIVIDUAL AND DUAL SPORTS**

ELEMENTARY LEVEL

ARNIS BOYS ELEMENTARY

1	Daryl A. Arnopia	Butuan City
2	Ivan P. Dedicatoria	Tandag
3	Eil Jacob R. Fernandez	Tandag
Coach	Eldridge D. Troy Go	Butuan

ARNIS GIRLS ELEMENTARY

1	Briana Nicole C. Galpo	Butuan City
2	Airelle Ashley C. Lape	Butuan City
3	Marjorie P. Martinez	Butuan City
Coach	Elaine E. Arota	Butuan

BADMINTON BOYS ELEMENTARY

1	Huvei Zarrayne S. Barrios	Agusan Sur
2	Kent Louie E. Guevarra	Bayugan City
3	Eiron Lee Pugahan	Agusan Sur
4	Emmanuel Aldrin Jose L. Salinas	Agusan Sur
Coach	Bernardino C. Jagonos	Agusan Sur

BADMINTON GIRLS ELEMENTARY

1	Disirhe N. Ramos	Butuan City
2	Ashley Joy B. Jabines	Agusan Sur
3	Angelyn M. Dagahuya	Agusan Norte
4	Princess Keith R. Paglinawan	Agusan Norte
Coach	Emelou O. Mendoza	Agusan Norte

CHESS BOYS ELEMENTARY

1	Gabriel O. Gavero	Agusan Sur
2	Jake Andre S. Aballar	Butuan City
Coach	Rachel O. Givero	Agusan Sur

CHESS GIRLS ELEMENTARY

1	Chloe Gaia T. Hewe	Butuan City
2	Jamilla Mae S. Comanda	Surigao City
Coach	Marivic B. Mira	Butuan City

DANCESPORTS ELEMENTARY

1	Jovan Rey A. Alimocon	Surigao Sur
2	Jhezell N. Germo	Surigao Sur
Coach	Lesly R. Galbo	Surigao Sur

DANCESPORTS ELEMENTARY

1	Anthon Luiz R.. Bustamante	Bayugan City
2	Ryanne Brigitte C. Lagumbay	Bayugan City
Coach	Lesly R. Galbo	Surigao Sur

AERO GYMNASTICS ELEMENTARY

1	Camille Vera D. Aranas	Butuan City
2	Janos Carl H. Hernandez	Butuan City
3	Lance O. Tapere	Agusan Norte
4	Queen Alili S. Limbaga	Surigao Sur
Coach	Karisse Mae J. Mazo	Butuan City

RG GYMNASTICS ELEMENTARY

1	Adriane Dominic A. Padilla	Butuan City
2	Therese Maria T. Aquino	Butuan City
3	Janine D. Secote	Butuan City
Coach	Alfie Ann D. Boston	Butuan City

WAG GYMNASTICS ELEMENTARY

1	Den Rachel B. Suarez	Agusan Norte
2	Princess S. Lascay	Surigao City
3	Gleianh Ria R. Quisagan	Siargao
Coach	Aicel K. Ibarra	Surigao City

TABLE TENNIS GIRLS ELEMENTARY

1	Mi Angela Joe S. Alagon	Bislig City
2	Jelhian Kate A. Gunoy	Agusan Sur
3	Ezra Kate A. Langres	Agusan Sur
4	Jessa Mae Tino	Agusan Sur
Coach	Elsie Tiano	Agusan Sur

MAG GYMNASTICS ELEMENTARY

1	Zeithrick M. Norcos	Siargao
2	Jelou Jualo	Siargao
3	Jade L. Sabandal	Agusan Norte
Coach	Romeo E. Llano	Siargao

TABLE TENNIS BOYS ELEMENTARY

1	Khian Chaz C.. Inteligando	Tandag City
2	Aaron George B.. Cortez	Bislig City
3	Rex C. Dapar	Siargao
4	Alexis Jun Lingatong	Surigao Norte
Coach	Riza D. Lumpiadi	Bislig City

TAKWONDO BOYS ELEMENTARY

1	Prince Andrie R. De Leon	Agusan Norte
2	Miguel Rey Bicar	Butuan City
3	AJ P. Dedicatoria	Butuan City
4	Alec Mitchio P. Dela Calzada	Butuan City
5	Renz Andrew O.. Binas	Tandag City
6	Shaun Jaehoon T. Kim	Tandag City
Coach	Bethoven A. Flores	Butuan City



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TAKWONDO GIRLS ELEMENTARY

1	Altis Yrxy O. Cueno	Bayugan City
2	Trisha Hilary T. Arones	Butuan City
3	Alexa Lois S. Borcelas	Butuan City
4	Alveah Kris B. Lamostre	Butuan City
5	Christina Aceey Yuna C. Lucas	Butuan City
6	Jhanina Q. Reyes	Surigao City
Coach	Miraflor A. Demain	Butuan City

TENNIS GIRLS ELEMENTARY

1	Myque B. Salibia	Surigao City
2	Ma. Essa H. Guardo	Surigao Sur
3	Shane Martina A. Aludo	Agusan Sur
4	Sjethe Caroline A. Aludo	Agusan Sur
Coach	Sita M. Plaza	Surigao City

TENNIS BOYS ELEMENTARY

1	Lester O. Padilla	Butuan City
2	Marcus Timothy Sio	Surigao City
3	Jhon Carl S. Cimafranca	Surigao Sur
4	Jhon Michael S. Cimafranca	Surigao Sur
Coach	Janice Cervantes	Surigao Sur

SPECIAL GAMES

15 BELOW BOYS

1	Juridel Escobal	Surigao City
2	Alex C. Lozano Jr	Surigao City
3	Prince Vence Alomios	Cabadbaran City
4	Christian Joel Mosanto	Agusan del Norte
5	Glen Edmer Samson	Agusan del Sur
Coach	Bebelita T. Galon	Surigao City
Coach	Diosdado Pejoles	Butuan City

15 BELOW GIRLS

1	Nica O. Martinote	Agusan del Sur
2	Ester Rosept Joy Pisan	Agusan Norte
3	Jay-Sel A. Sumando	Surigao City
4	Ariana Judilla	Surigao City
5	Arianne Stephanie Gernale	Agusan Norte
Coach	Vilma Nambatac	Agusan Sur
Chap	Marielle R. Sumagulla	Surigao City

16 ABOVE BOYS

1	Joeramie E. Jamito	Cabadbaran City
2	Jerame E. Jamito	Cabadbaran City
3	Kyle M. Amicable	Cabadbaran City
4	Miguelito B. Pon	Agusan Norte
5	Roldan D. Lamoste	Agusan del Norte
Coach	Sharon Puyo	Cabadbaran City
Coach	Ivone Donadillo	Surigao Norte

16 ABOVE GIRLS

1	Mylene M. Ejandra	Butuan City
2	Karen Joy Legaria	Cabadbaran City
3	Anelyn B. Galoza	Cabadbaran City
4	Kathlene D. Haban	Agusan del Sur
5	Mary Rose Tesiora	Siargao
Coach	Caryl Gay Casanova	Butuan City
Coach	Conchita Orais	Cabadbaran

SWIMMING BOYS

1	Ronie O. Caldino	Agusan Norte
2	Jun E. Gumapac	Siargao
COACH	Joyce Satacera	Agusan Norte

SWIMMING GIRLS

1	Via T. Barunday	Siargao
2	Jessa Mae T. Gura	Agusan Norte
COACH	Chilla R. Antipasado	Siargao
Chap	Hazel Lisondra Cuizon	Surigao Norte

BOCCE

1	Lance Patrick C.. Talines	Cabadbaran City
2	Daniel M. Laureto	Cabadbaran City
3	Ysabelle Joy Regalado	Cabadbaran City
4	Ryza Grace B. Verano	Cabadbaran City
Coach	Ricky Legaria	Cabadbaran City
Chap	Mary Ann Luna	Surigao Sur

GOAL BALL

1	Rey Christopher R. Abapo	Agusan Norte
2	Troy C. Sardon	Agusan Norte
3	Mary Jane R. Cabug-os	Agusan Norte
4	Junalyn P. Monton	Agusan Norte
Coach	Maria Jona Emgene Plaza	Agusan Norte
Chap	Maria Erellyn De. De Asis	Siargao
Trainer	Eleazer Quirante	Bayugan City

VISUALLY IMPAIRED BOYS

1	Christian Dis Escalicas	Agusan Norte
2	Cecelio D. Tamayo	Agusan Norte
3	Jemmar Ubanan	Agusan Sur
Coach	Maria Luisa M. Ejada	Agusan Norte
Coach	Girle Lobendina	Agusan del Sur

VISUALLY IMPAIRED GIRLS

1	Lorena B. Celocia	Agusan Norte
2	Rizza D. Tamayo	Agusan Norte
3	Joerney Mae L. Flaga	Agusan Sur
Coach	Stella G. Guday	Agusan Norte

SPED HEAD COACHES

1	Elena Capangpangan	Regional Office
2	Euville Mejias	Butuan City
3	Ma. Ali Donoso	Surigao City



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SECONDARY LEVEL

ARNIS BOYS SECONDARY

1	Jade Jay E. Babor	Butuan City
2	Aaron Oliver R.. Sacurom	Butuan City
3	Gil Eurie S. Balane	Tandag City
4	Khent Joemer D. Cagulada	Butuan City
5	Rey Francis C. Garcia	Agusan Norte
Coach	Rodrigo C. Gibalay	Butuan City

ARNIS GIRLS SECONDARY

1	Charlyn M. Diaz	Tandag City
2	Kristine C. Acosta	Surigao Sur
3	Celia Mer C. Najaro	Tandag City
4	Ysai Winsleth T. Lerejo	Tandag City
5	Micaah L. Busmion	Butuan City
Coach	Christine Rose P. Montenegro	Tandag City

BADMINTON BOYS SECONDARY

1	Jay R. Loren Jr	Surigao Sur
2	John Paul Badang	Bislig City
3	BJ Vona A. Dillera	Surigao Sur
4	Romis Kontantinos S.. Sumico	Surigao Sur
Coach	John Ferry P. Sual	Surigao Sur
Asst	Sharelun S. Grumex	Surigao Sur

BADMINTON GIRLS SECONDARY

1	Jacinda Maxine P. Marchan	Butuan City
2	Andrea Marie A. Tan	Agusan Norte
3	Ingrid Nea Therese B. Vicente	Bislig City
4	Asmiah Jhousen B. Clar	Bislig City
Coach	Lolita Macapayag	Bislig City
Coach	Miko C. Cossid	Butuan City

BILLIARD BOYS SECONDARY

1	Joane D. Luzon	Surigao Norte
2	Rovic T. Cartagena	Agusan del Sur
Coach	Nelson S. Sereno	Agusan del Sur

BILLIARD GIRLS SECONDARY

1	Angela Janna C. Lusica	Bayugan City
2	Wena C. Salvador	Bayugan City
Coach	Christian Lorenz C. Edulan	Bayugan City
Chap	Christina M. Napone	Bayugan City

BOXING BOYS SECONDARY

1	Mike Clifford Tesoro	Agusan Norte
2	Lysander Yagong	Surigao City
PinW	Lorenz Kit Pallares	Agusan Norte
LW	Jevan Galanto	Agusan Sur
FW	Jhonful Barraca	Agusan Sur
LB	Manuel Acedera	Cabadbaran City
BW	Carlito Semblante	Agusan Norte
MW	Bryan Amparo	Agusan Norte
FW	Jummar Cordova	Agusan Norte
BW	Gerald Amper	Cabadbaran
Coach	Butch Dideles	Agusan Norte
Seconds	Cresencio Escabusa	Agusan Norte
Seconds	Joevert P. Tabilo	Cabadbaran City

CHESS BOYS SECONDARY

1	James P. Catayas	Surigao Sur
2	Cemberain S. Muanag	Agusan Sur
Coach	Michael Angelo E. Pandio	Surigao Sur

CHESS GIRLS SECONDARY

1	Cherie Gail T. Hewe	Butuan City
2	Maica G. Jorales	Siargao
Coach	Pedro Q. Garrido	Butuan City

DANCESPORTS SECONDARY

1	Dane Marco E. Macas	Agusan Sur
2	Alysa Kate C.. Parba	Agusan Sur
Coach	Clint S. Alimpoos	Agusan Sur

DANCESPORTS SECONDARY

1	Dave Jaustine B. Lucido	Bayugan City
2	Emma Nolene A. Gumadlas	Bayugan City
Coach	Clint S. Alimpoos	Agusan Sur

AERO GYMNASTICS SECONDARY

1	Francis Jan Juyo	Bayugan City
2	Michalyn B. Sabatin	Surigao Sur
3	John Cyrone V. Sang-an	Agusan del Norte
4	Jennica Estrella	Agusan del Norte
Coach	Agrecio C. Basul Jr	Agusan del Norte

MAG GYMNASTICS SECONDARY

1	Alfred L. Paden	Agusan del Norte
2	Ceeje L. Prima	Agusan del Norte
3	Lyrence D. Bacsarpa	Agusan del Norte
Coach	Umar Reroma	Agusan del Norte

WAG GYMNASTICS SECONDARY

1	Winchelle Daine O. Sison	Butuan City
2	Abegail Q. Palen	Siargao
3	Megan Jie T. Dela Costa	Surigao City
Coach	Lella C. Villavicencio	Butuan City



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RG GYMNASTICS SECONDARY

1	Jillian May A. So	Butuan City
2	Yeleina D. Mosende	Butuan City
3	Psalm Breccia M. Odtojan	Butuan City
Coach	Maria Thracy A. Sarao	Butuan City

PENCAK-SILAT GIRLS

1	Isabel R. Carampatan	Bislig City
2	Harlyn Pearl P. Edillor	Surigao City
3	Zylvy C. Mangmang	Surigao Sur
4	Ashley P. Peteros	Surigao Sur
5	Lancer Ann C. Carijutan	Surigao Sur
Coach	Rogelio C. Olbes Jr	Surigao Sur
Chap	Dianne P. Osorio	Surigao Sur

PENCAK-SILAT BOYS

1	Clint Dagasdass	Agusan Sur
2	Kyro E. Sumile	Bislig City
3	Jeremy V. Mission	Bislig City
4	Charles Edmund M. Argente	Surigao City
5	Clark Joseph M. Navarro	Agusan del Sur
Coach	Arnel A. Nacorda	Bislig City

TENNIS GIRLS SECONDARY

1	Steffi Marithe A. Aludo	Agusan del Sur
2	Clara Gyusie H. Guardo	Surigao Sur
3	Hilary Sophie A. Paas	Surigao Sur
4	Shara Faith Correos	Surigao Sur
Coach	Ramil Cervantes	Surigao Sur
Chap	Janet G. Jayme	Agusan del Sur

TENNIS BOYS SECONDARY

1	Christian Anthony O. Padilla	Butuan City
2	Allyson A. Cabanilla	Surigao Sur
3	Pete Andrie O. Padilla	Agusan del Sur
4	Aser Laurence C. Delos Santos	Agusan del Sur

WRESTLING GIRLS SECONDARY

1	Quinnie Bongado	Surigao Sur
2	Mona Liza Allego	Bislig City
3	Jumalyn Puerto	Surigao City
4	Mariel Obenita	Surigao Sur
5	Princess Allego	Bislig City
6	Michelle Guerra	Surigao Sur
7	Regine Gonzales	Surigao Sur
8	Mae Pahay	Butuan City
Coach	Wingel S. Mondigo	Surigao del Sur
Chap	Emelyn M. Estosos	Surigao Sur

Wrestling Boys Secondary

1	Rymer G. Mangadlao	Surigao Sur
2	Leonilo Tecson	Surigao Sur
3	Rogienieto Quinonez Jr	Surigao Sur
4	Kelvin Joy Plaza	Surigao Sur
5	Jhamiel Lobo	Surigao Sur
6	Kyle Franco	Surigao Sur
7	Jexes Bong Espuerta	Surigao Sur
8	John Kenneth Labial	Surigao Sur

TABLE TENNIS BOYS SECONDARY

1	Nelvi James M. Anoc	Butuan City
2	Reynold Ga	Agusan del Sur
3	Juan A. Nunez	Butuan City
4	Kyle T. Rueros	Butuan City
Coach	Victoria O. Balaba	Butuan City

TABLE TENNIS GIRLS SECONDARY

1	Angela A. Marianito	Butuan City
2	Abigail L. Luarez	Bislig City
3	Daisy Marie C. Calo	Agusan del Sur
4	Samantha P. Mampatilan	Agusan del Sur

TAEKWONDO GIRLS SECONDARY

1	Rj B. Arquion	Agusan Norte
2	Ashleigh Caye E. Sevilla	Agusan Sur
3	Eushica I. Egargo	Butuan City
4	Sheera Pauleen G. Esguerra	Butuan City
5	Aira Mayumi C. Eugenio	Butuan City
6	Hannahgin J. Mag-isa	Butuan City
7	Dennah B. Tabacon	Butuan City
8	Viness Dawn S. Ano	Cabadbaran City
9	Bea Margarette R. Pioco	Cabadbaran City
10	Danica A. Lisondra	Surigao Norte
Coach	Bea Claudine E. Talo	Butuan City

TAEKWONDO BOYS SECONDARY

1	Jesten Jed G. Cabardo	Agusan del Sur
2	Dione Holden Recitas	Agusan del Sur
3	Paul Raven Benigay	Butuan City
4	Carl Andrew Cagas	Butuan City
5	Lianry Nathaniel Calabroso	Butuan City
6	Kem Nami Cea	Butuan City
7	Jerry E. Chen	Butuan City
8	KC P. Recamara	Cabadbaran City
9	MC P Recamara	Cabadbaran City
10	Mizrach Patajo	Tandag City
Coach	Al C. Betantos	Butuan City

WUSHU BOYS SECONDARY

1	Janm Mark R. Villacite	Bislig City
2	AJ I. Clavines	Tandag City
3	John Heoy G. Trapal	Agusan del Norte
4	Johnlie C. Salon	Bislig City
5	Junmar A. Macabudbud	Bislig City
6	Neil G. Quino	Agusan del Sur
Coach	Jezah D. Pabayo	Bislig City

WUSHU GIRLS SECONDARY

1	Airelou J. Pineda	Butuan City
2	Bianca Marie Dela Salde	Bislig City
3	Jenica Mae C. Maghilum	Butuan City
4	Kristine A. Capa	Agusan Sur
Coach	Melody A. Aum	Butuan City

WRESTLING SPARRING TEAM

1	Rolly dela Cruz Jr	Agusan Sur
2	Mhel C. Narit	Surigao Sur
3	Lance Mathew V. Abayon	Surigao Sur
4	Johnrick Abayon	Surigao Sur
5	Elijah Nicolas Culaba	Surigao Sur
6	Christine M. Quiniones	Surigao Sur
7	Sherilyn R. Tagra	Surigao Sur
8	Cristina R. Bongado	Surigao Sur
Coach	Florence Tolentino	Surigao Sur



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2023 PALARONG PAMBANSA

July 29- August 5, 2023

Marikina City

CARAGA ATHLETIC ASSOCIATION ATHLETIC DELEGATION

	Honorary Officials	Names of Officials	Position
1	Congressman	Hon. Dale B. Corvera	Congressman, Agusan del Norte
2	Congressman	Hon. Jose Aquino	Congressman, Agusan del Norte
3	Congressman	Hon. Adolph Edward Plaza	Congressman, Agusan del Sur
4	Congressman	Hon. Alfil Bascug	Congressman, Agusan del Sur
5	Congressman	Hon. Ecleo	Congressman, Dinagat
6	Congressman	Hon. Ace Barbers	Congressman, Surigao Norte
7	Congressman	Hon. Bingo Matugas	Congressman, Surigao Norte
8	Congressman	Hon. Jhonny Pimentel	Congressman, Surigao Sur
9	Congressman	Hon. Momo	Congressman, Surigao Sur
10	Governor	Hon. Ma Angelica Rosedell Amante	Agusan del Norte
11	Governor	Hon. Santiago Cane	Agusan del Sur
12	Governor	Hon. Ayec Pimentel	Surigao del Sur
13	Governor	Hon.. Lyndon Barbers	Surigao del Norte
14	Governor	Hon. Nilo Demeri	Dinagat Island
15	City Mayor	Hon. Ronnie Vicente C. Lagnada	Butuan City
16	City Mayor	Hon. Judy Chin Amante	Cabadbaran City
17	City Mayor	Hon. Kirk Asis	Bayugan City
18	City Mayor	Hon. Pablo Yves L. Dumlao II	Surigao City
19	City Mayor	Hon. Roxanne Pimentel	Tandag City
1	Head of Delegation	Maria Ines C. Asuncion	Regional Director
2	Deputy Head of Delegation	Dr. Pedro T. Escobarte, Jr	Asst. Regional Director
3	Team Managers	Dr. Jeany L. Mativo	SDS Agusan del Norte
4		Dr. Josita B. Carmen	SDS Agusan del Sur
5		Dr. Ma. Teresa Real	SDS Bayugan City
6		Dr. Gemma de Paz	SDS Bislig City
7		Dr. Minerva T. Albis	SDS Butuan City
8		Dr. Imelda N. Sabornido	SDS Cabadbaran City
9		Dr. Manuel O. Caberte	SDS Dinagat Island
10		Dr. Karen L. Galanida	SDS Siargao
11		Dr. Marilou B. Dedumo	SDS Surigao City



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12		Dr. Lorenzo O. Macasocol	SDS Surigao del Norte
13		Dr. Nelia Lomocso	SDS Surigao Sur
14		Dr. Gregorio T. Su	SDS Tandag City
15		Dr. Emma Love Sudario	ASDS, Agusan del Norte
16		Dr. Hector Macalalag	ASDS, Agusan del Sur
17		Dr. Antonieta A. Narra	ASDS, Bayugan City
18		Dr. Jasmin Lacuna	ASDS, Bislig City
19		Dr. Corazon Roa	ASDS, Butuan City
20		Dr. Florence Almaden	ASDS, Cabadbaran City
21		Dr. Segundo Madjos Jr	ASDS, Dinagat Island
22		Dr. Marilou Laurencio	ASDS, Siargao
23	Asst. Team Managers	Dr. Laila Danaque	ASDS, Surigao City
24		Dr. Leonevee Silvosa	ASDS, Surigao del Norte
25		Dr. Gilbert Gayrama	ASDS, Surigao Sur
26		Dr. Roel Diamante	ASDS, Tandag City
27	Dental Services	Dr. Yul Tamargo	DMD, Butuan City
28	Nurse	Mr. Marjo Aparre	Nurse, Surigao Sur
29	Food Committee	Dr. Leonila P. Clamo	EPS, Bayugan City
30	Food Committee	Mrs. Halley Jane Cornites	Agusan del Norte
31	Food Committee(mess hall)	Ms. Aida Zita Ariola	Butuan City
32	Food Committee(mess hall)	Mrs. Gemma Doria	Butuan City
33	Asst. Athletic Mngr.	Mr. Michael U. Martin	DSO- EPS, Butuan City
34	Head Coach- Elem	Dr. Joel Pelenio	EPS, Cabadbaran City
35	Head Coach – Sec.	Mr. Jester Ceballos	EPS, Cabadbaran City
36	Athletics-Taekwondo	Mr. Michael U. Martin	EPS, DSO, Butuan City
37	Gymnastics-Boxing	Dr. Abigail Gerong	EPS, DSO, Agusan del Norte
38	Table T, Dancesports	Dr. Danny Baldos	EPS, DSO, Agusan del Sur
39	Billiards- Dancesports	Engr. Elmer Nipa	PDO, DSO, Bayugan City
40	Pencak, Tennis	Engr. Mario Lesiguez	PDO, DSO, Bislig City
41	Swimming, Aerogym	Dr. Susan Corvera	EPS, DSO, Cabadbaran City
42	Archery- Arnis	Dr. Juan Espina	EPS, DSO , Dinagat Island
43	Gymnastics-RG	Dr. Joselito Tokong	EPS, DSO, Siargao
44	MAG-WAG	Dr. Tessie Dolores	EPS, DSO, Surigao City
45	Billiards-Poomsae	Dr. Rosalita Mora	EPS, DSO, Surigao Norte
46	Wrestling, Wushu	Dr. Antonio Salazar	EPS, DSO, Surigao Sur
47	Anis - Sepak	Dr. Marlon Balansag	PDO, DSO, Tandag City
48	Camp Manager	Atty. Salvador Acedilla	PSDS, Surigao City
49	Asst. Camp Mngr.(bldg.-1)	Mr. Rolan Ugmad	PSDS, Bislig City
50	Asst. Camp Mngr-(bldg.-2)	Mr. Mario Jikky Perang	PIII, Cabadbaran City
51	Asst. Camp Mngr-(bldg.-3)	Mr. Raul Cabatingan	EPS, Bayugan City
52	Transportation(billeting)	Mr. Antonio Pal	Butuan City
53	Transportation(field)	Mr. Emelio Makiling	Butuan City



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54	Transportation (field)	Mr. Ruben Salazar	Butuan City
55	Billeting Quarter maintenance Electrical/ Carpentry	Mr Noel Zamora	Surigao Sur
56	Billeting Quarter maintenance Plumbing , Carpentry	Mr. Norben Moldez	Surigao Sur
57	Billeting Quarter maintenance Solid waste mgt./ Plumbing	Mr Odon Consuegra	Butuan City
58	RSAC- Secretariat - athletes documents- retrieval	Mr. Danilo Bido	Siargao
59	RSAC-Secretariat (game results)	Mr. Eljun Calimpusan	Bayugan City
60	RSAC-Secretariat (game results)	Mr. Freddie Maglasang	Tandag City
61	RSAC-Secretariat (attendance)	Ms. Jam Saladores	Surigao City



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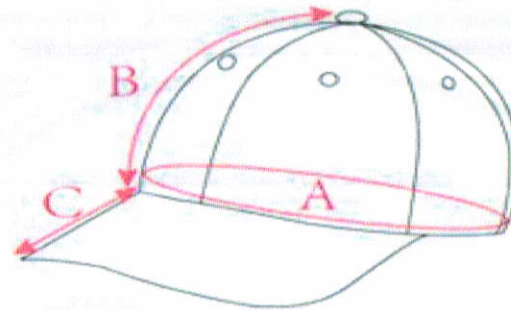


PALARONG PAMIBANSA UNIFORM

1



SIZE CHART REFERENCE

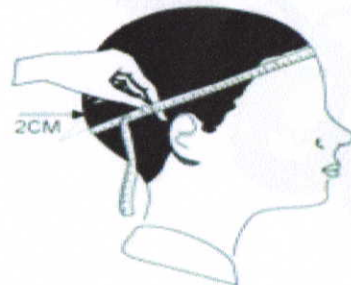


A: Cap Circumference: 45cm-52cm (Adjustable Gap: 6cm)

B: Cap Height: 16cm

C: Cap Visor: 7cm-10cm

****Remark: The figure of the cap is measured by hand. There may be some allowable error (1-2cm)***



General Knowledge:

The average head circumference of the female is between 56CM and 60CM.

The average head circumference of the male is between 57-61 CM.

Measurement methods:

Measure circumference of head just above top of ears, as shown.

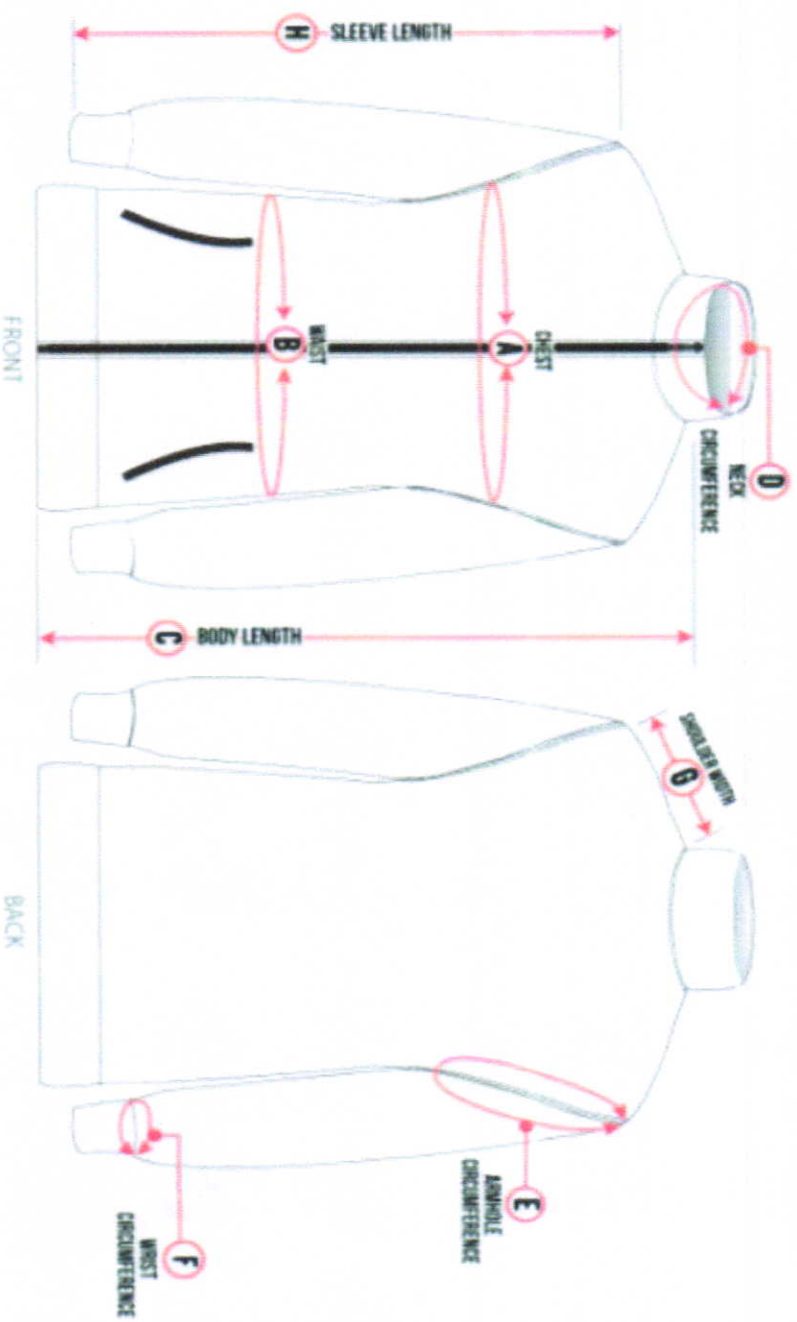
Wrap tape gently around head making certain tape lies midway on your occipital bone (that little bump in the middle of the back of your head). *Don't pull the tape too tightly or your hat will fit that tightly.

Measure 2 or 3 times to be accurate.

1

CIRCUMFERENCE		CAP SIZE	AGE
CM	IN		
48.2	19	6	INFANT (0-2 YRS)
51.1	20 1/8	6 3/8	TODDLER (2-4 YRS)
52	20 1/2	6 1/2	CHILD (4-5 YRS)
53	20 7/8	6 5/8	
53.9	21 1/4	6 3/4	YOUTH (6-12 YRS)
54.9	21 5/8	6 7/8	
55.8	22	7	ADULT
56.8	22 3/8	7 1/8	
57.7	22 3/4	7 1/4	
58.7	23 1/8	7 3/8	
59.6	23 1/2	7 1/2	
60.6	23 7/8	7 5/8	
61.5	24 1/4	7 3/4	
62.5	24 5/8	7 7/8	
63.5	25	8	

2

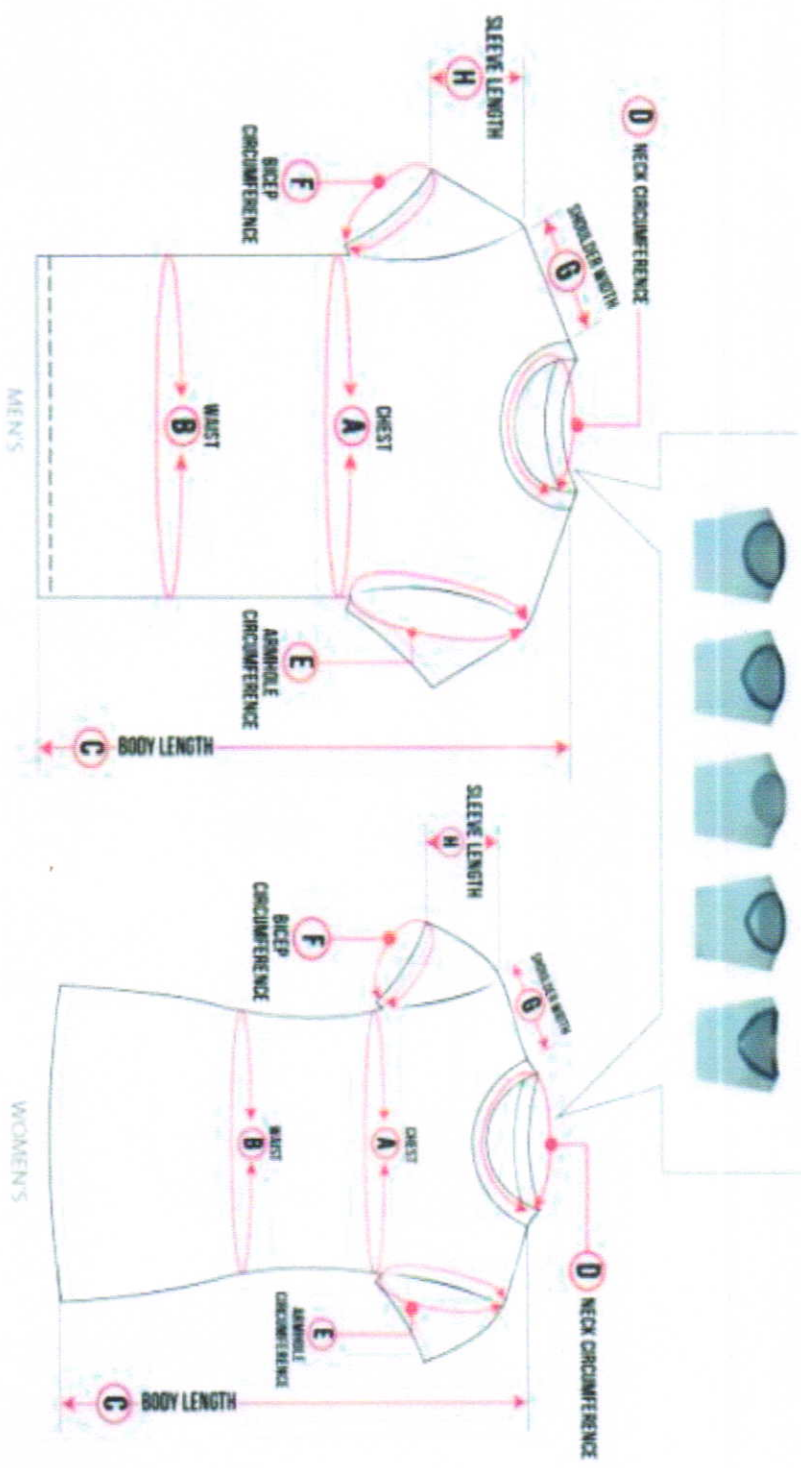


REMINDER:

Please review the Body Length (C) in the sizing chart if appropriate to your height. You may ask for adjustment by typing the desired body length in the Special Instruction in the iQOT.

Dimensions in inches.

SIZES TAB		XS	XS	XS	XS	XS	XS	XS	XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL	9XL	10XL	
A	CHEST	18	19	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
B	WAIST	18	19	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
C	BODY LENGTH Customizable																							
	MALE	11	12	15	17	18	19	20	22	24	25	26	27	28	29	30	31	32	33	34	35	36	36	
	FEMALE	11	12	15	16	17	18	19	21	23	24	25	26	27	28	29	30	31	32	33	34	35	35	
D	NECK CIRCUMFERENCE	10.75	12	13.25	15.5	15.5	16	16	16.25	16.5	17.25	18	18.5	19.25	20	20.5	21.25	22	22.5	23.5	24	24.5	25.25	26
E	ARMHOLE CIRCUMFERENCE	10.25	11.25	12	13	13.75	14.5	15.25	16	16.75	17.75	18.75	19.75	20.75	21.75	22.5	23.5	24.5	25.5	26.5	27.5	28.25	29.5	30.25
F	WRIST CIRCUMFERENCE	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	
G	SHOULDER WIDTH	15	15	1.75	2	2	2.5	3	3.5	4	4.25	4.5	4.75	5	5.5	5.75	6	6.25	6.5	6.75	7.25	7.5	7.5	
H	LONG SLEEVE LENGTH	17.75	18	18.25	18.75	19.25	19.5	20.25	21	21.5	22.75	23	23.5	23.75	24.25	24.75	25	25.5	26.5	27.5	28.75	29.75	30.75	31.75



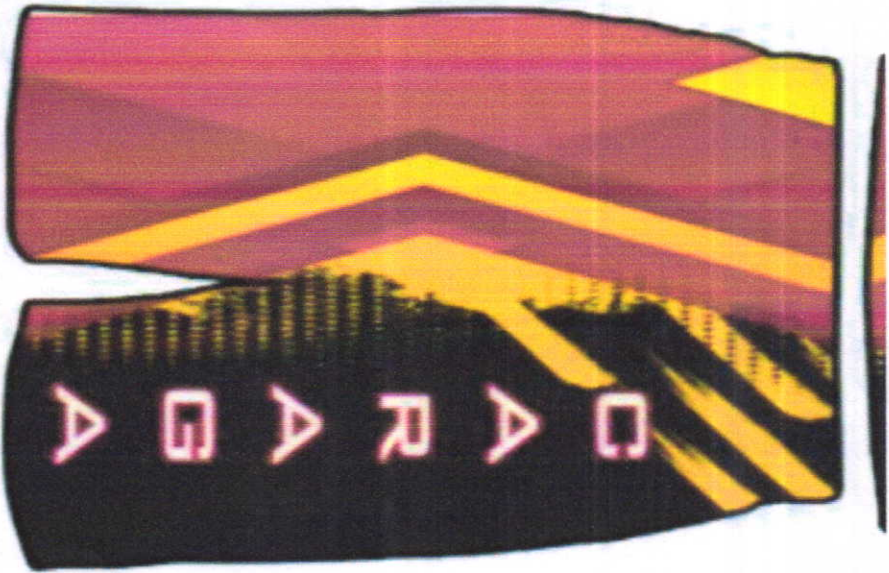
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REMINDER:

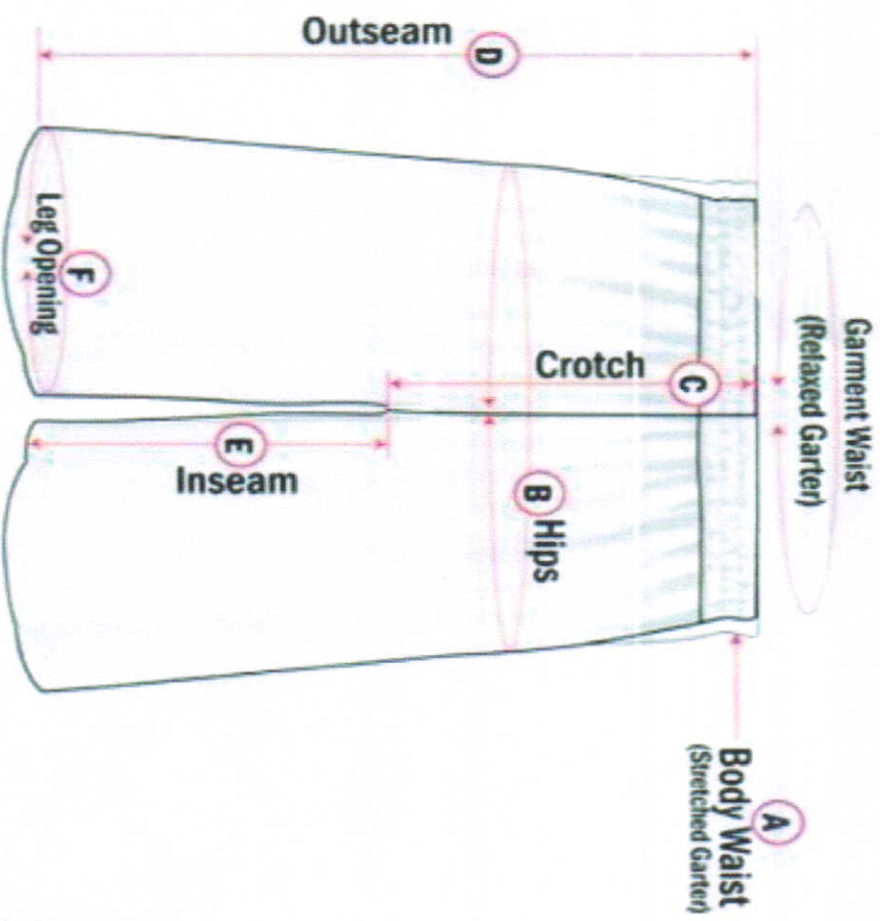
Please review the Body Length (C) in the sizing chart if appropriate to your height. You may ask for adjustment by typing the desired body length in the Special Instruction in the iQOT.

Dimensions in inches.

SIZE TAG		10XS	9XS	8XS	7XS	6XS	5XS	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL	9XL	10XL	
A	CHEST		18	19	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
B	WAIST	MALE	18	19	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
		FEMALE Customizable	18	19	20	22	24	26	28	28	30	32	34	36	38	40	42	44	46	52	50	52	54	56	58
C	BODYLENGTH Customizable	MALE	11	12	15	17	18	19	20	22	24	25	26	27	28	29	30	31	32	33	34	35	36	36	36
		FEMALE	11	12	15	17	17	18	19	21	23	24	25	26	27	28	29	30	31	32	33	34	35	35	35
D	NECK CIRCUMFERENCE		14.25	15.5	16.75	18	19.25	19.5	19.5	19.75	20	20.75	21.5	22	22.75	23.5	24	24.75	25.5	26	26.75	27.5	28	28.75	29.5
E	ARMHOLE CIRCUMFERENCE		10.25	11.25	12	13	13.75	14.5	15.25	16	16.75	17.75	18.75	19.75	20.75	21.75	22.5	23.5	24.5	25.5	26.5	27.5	28.25	29.5	30.25
F	BICEP CIRCUMFERENCE		6.75	7	7.5	7.75	8	8.75	9.5	10	10.75	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16.25	17	17.5	18	18.75
G	SHOULDER WIDTH		15	15	17.5	2	2	2.5	3	3.5	4	4.25	4.5	4.75	5	5.5	5.75	6	6.25	6.5	6.75	7.25	7.5	7.5	7.75
H	CAPSLEEVE LENGTH		3.25	3.25	3.25	3.25	3.25	3.5	3.75	4	4.25	4.5	4.75	5.25	5.5	5.75	6.25	6.5	6.75	7.25	7.5	8	8.5	9	9.5

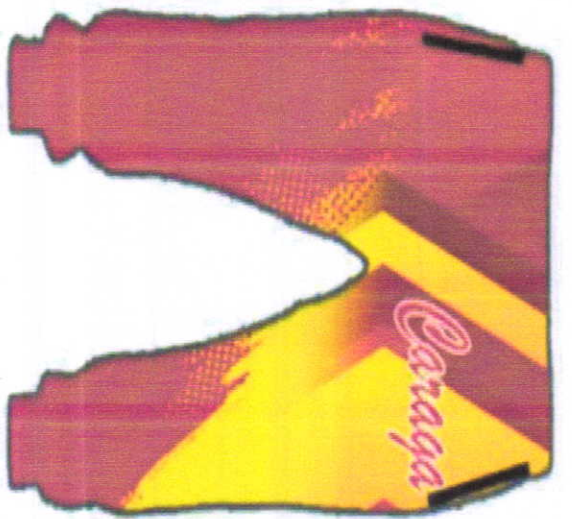


Professional Fit - Generic



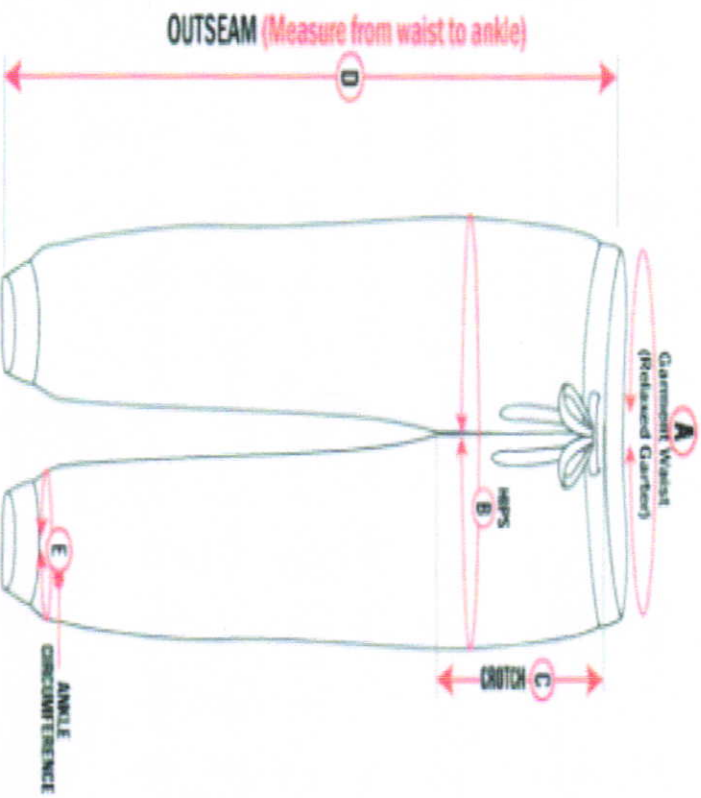
4

SIZE TAG		6XS	5XS	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL	9XL	10XL	
A	GARMENT WAIST (Relaxed Garter)		12	14	16	18	20	21	23	25	27	29	29	31	33	35	37	38	40	42	44
	BODY WAIST (Stretched Garter)		14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50
	HIPS (Biggest part)		28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
C	FRONT CROTCH (Customizable)		8	9	10	10.75	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	17	17.5	18	19	19.5
D	OUTSEAM (Customizable)	Standard	10	12	13	14	16	17.5	18	19	20	20.5	21	22	22.5	23	23.5	24	25	25.5	26
		Customized	If you want customized outseam, just write what you want in the Special Instructions section in the iQOT																		
E	inseam (Customizable)	Standard	3	4	4.5	5	6	6.5	7	7.5	7.5	8	8	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5
		Customized	If you want customized inseam, just write what you want in the Special Instructions section in the iQOT																		
F	leg opening		15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33



PANTS

GEOMETRIC



5

REMINDER:

Please review the Outseam (D) in the sizing chart if appropriate to your height. You may ask for adjustment by typing the desired Outseam in the Special Instructions on the iQOT.

Dimensions in inches.

SIZE TAG	3XS	2XS	XS	S	M	L	XL	2XL	3XL	
CARMENT WAIST (Relaxed Garter)	22	23	24	25	26	27	28	29	30	(Please specify 3XL about the customization)
BODY WAIST (Stretched Garter)	26	27	28	30	32	34	36	38	40	
HIPS (Biggest part)	34	36	38	40	42	44	46	48	50	
FRONT CROTCH (Customizable)	10	10.5	11	11.5	12.5	13	13.5	14	14.5	
OUTSEAM (Customizable)	33	34	34.5	35	36	37	37.5	38	39	
ANKLE OPENING (Customizable)	10.5	11	12	12.5	13	13.5	14	14.5	15	

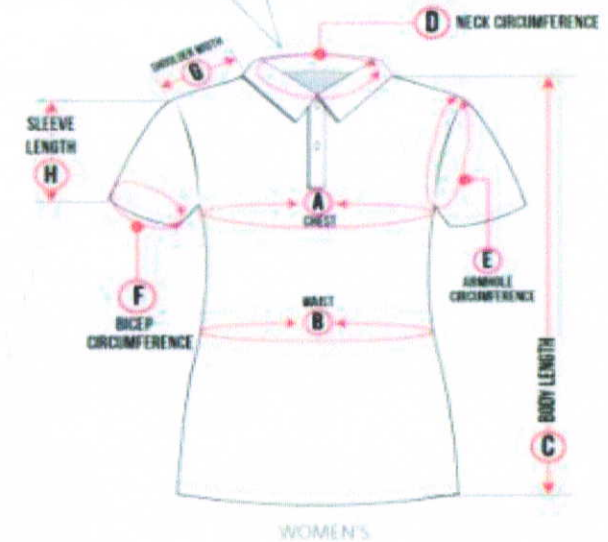
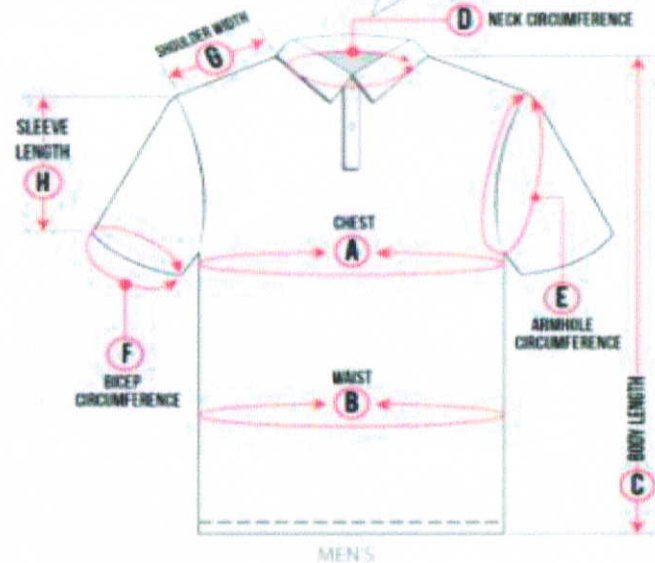
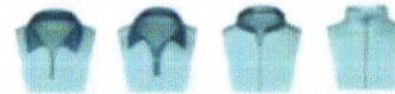
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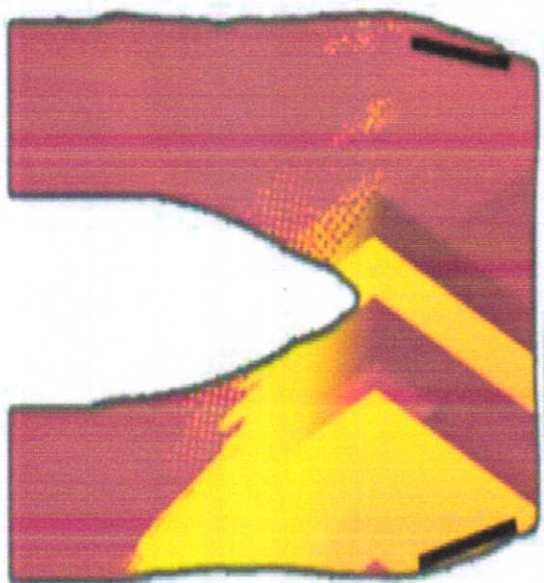
SHORTSLEEVE with COLLAR

Generic | Badminton | Volleyball | Frisbee | Rugby | Running | Shooting | Soccer

Applicable to these neck design

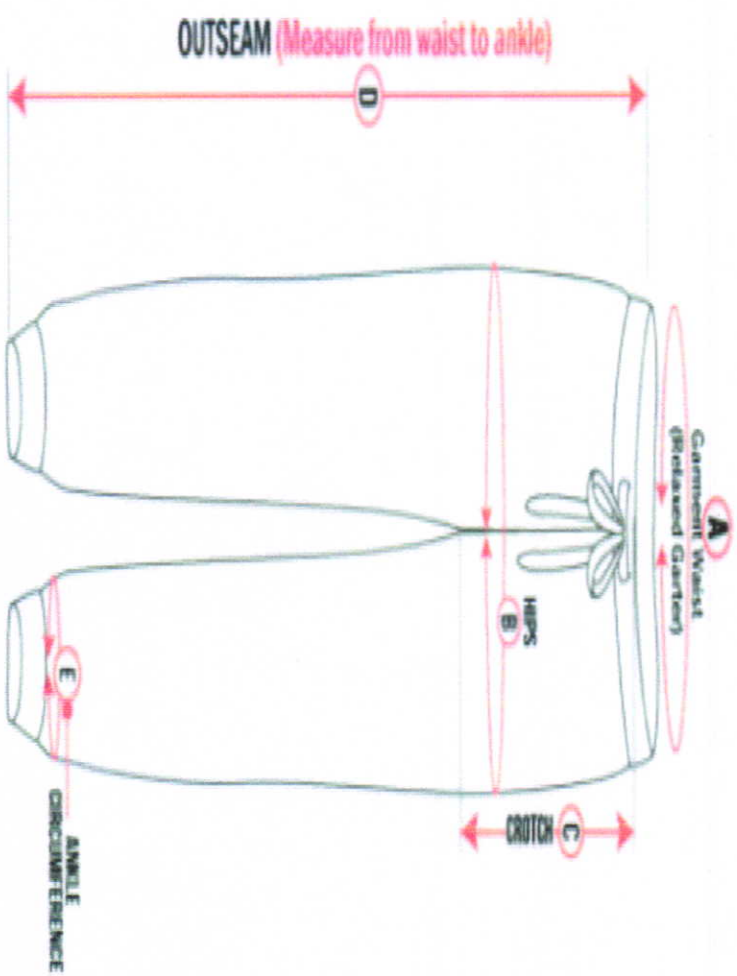


7



PANTS

Capri®



7

REMINDER:

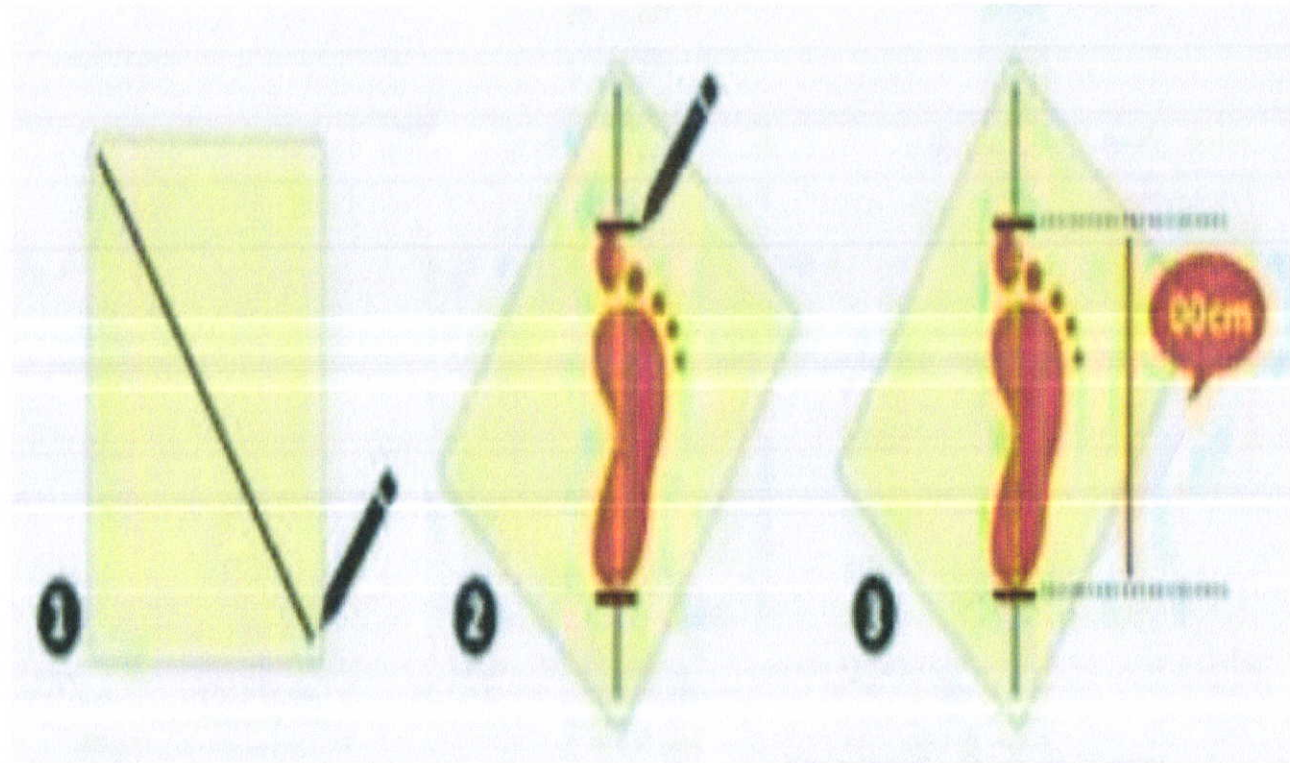
Please review the Outseam (D) in the sizing chart if appropriate to your height. You may ask for adjustment by typing the desired Outseam in the Special Instructions on the iQOT.

Dimensions in inches.

SIZE TAG	3XS	2XS	XS	S	M	L	XL	2XL	3XL	
GARMENT WAIST (Relaxed Garter)	(sleeves smaller than 3XS shall be customized)									(sleeves beyond 3XL shall be customized)
A BODY WAIST (Stretched Garter)	22	23	24	25	26	27	28	29	30	
B HIPS (Biggest part)	26	27	28	30	32	34	36	38	40	
C FRONT CROTCH (Customizable)	34	36	38	40	42	44	46	48	50	
D OUTSEAM (Customizable)	10	10.5	11	11.5	12.5	13	13.5	14	14.5	
E ANKLE OPENING (Customizable)	33	34	34.5	35	36	37	37.5	38	39	
	10.5	11	12	12.5	13	13.5	14	14.5	15	

8

**Note: Use the
US size for
uniformity**



HOW TO FIND YOUR RIGHT SIZE?

1. Put your larger foot flat on paper.
2. Measure your foot's distance from the heel to the longest toe.
3. Refer to the measurement chart to find the right size.

8

**Note: Use the
US size for
uniformity**



Calconi

PUMA shoe size chart for adults

PUMA shoe size chart for women and men					
Foot length, inch	Foot length, cm	EU	UK	US men	US women
8.7	22	35.5	3.0	4	5.5
8.9	22.5	36	3.5	4.5	6
9.1	23	37	4	5	6.5
9.3	23.5	37.7	4.5	5.5	7
9.4	24	38	5	6	7.5
9.6	24.5	38.5	5.5	6.5	8
9.8	25	39	6	7	8.5
10.0	25.5	40	6.5	7.5	9
10.2	26	40.5	7	8	9.5
10.4	26.5	41	7.5	8.5	10
10.6	27	42	8	9	10.5
10.8	27.5	42.5	8.5	9.5	11
11.0	28	43	9	10	11.5
11.2	28.5	44	9.5	10.5	12
11.4	29	44.5	10	11	12.5
11.6	29.5	45	10.5	11.5	13
11.8	30	46	11	12	13.5
12.0	30.5	46.5	11.5	12.5	14
12.2	31	47	12	13	14.5
12.6	32	48.5	13	14	15.5
13.0	33	49.5	14	15	16.5
13.4	34	51	15	16	17.5
Foot length, inch	Foot length, cm	EU	UK	US men	US women

IMPORTANT NOTES:

1. All athletes shall have the following items: **1, 2, 3, 5, 8**
2. All individual and dual athletes except Archery and Swimming shall have: **4**
3. All team athletes except softball and baseball shall have: **4**
4. **For number 3**, both family name and specific number shall be reflected at the back **EXCEPT** Tennis, Boxing, Badminton, and Tennis nga only family name shall be indicated at the back.
5. All delegation officials, coaches, assistant coaches and chaperons officially identified shall have the following items: **1, 2, 6 and 7 only.**