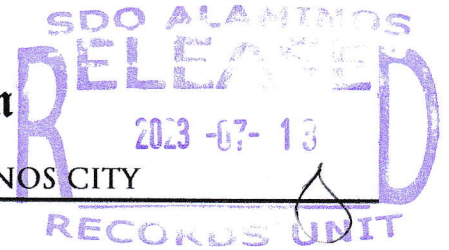




Republic of the Philippines  
**Department of Education**

REGION I  
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent



**DIVISION MEMORANDUM**  
**DM-2023-321**

TO : Assistant Schools Division Superintendent  
Chief Education Supervisors-CID and SGOD  
All concerned heads of elementary and secondary schools

SUBJECT : **CONDUCT OF IN-HOUSE TRAINING FOR PALARONG PAMBANSA**

FROM : Office of the Schools Division Superintendent

DATE : July 12, 2023

1. This Office informs all concerned personnel that the Office of the Governor has allowed the use of the Narciso Ramos Sports Gym on July 17 to 22, 2023.
2. All coaches and athletes are enjoined to see and to follow the scheduled dates of the in-house training, including the check-in and check-out of the athletes in the dorm. Please see attached list.
3. For information, guidance and compliance.

**VIVIAN LUZ S. PAGATPATAN, CESO VI**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Schools Division Superintendent

*With hundred reasons to serve!*



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**A. List of Athletes and Coaches**

**Elementary**

Name of Athletes	Events	School	School Head
1. Fitzy Collen Abarra	100m hurdles	Victoria ES	Dionivic Rafanan
2. Charla Chin Malaya	100m hurdles	Victoria ES	Dionivic Rafanan
3. Jessica Mae C. Cale	100m Run 200m Run 400m Run	Tangcarang ES	Emily Damasco
4. Nataniel D. Carambas	800m Run	Telbang ES	Virginia Anselmo
5. Justine D. Racraquin	200m Run	Telbang ES	Virginia Anselmo
<b>Coach:</b> Edwin Ramirez		Victoria ES	Dionivic Rafanan

**Secondary**

1. Ana Marie Eugenio	400m 400m hurdles 800m	ACNHS	Aladin Mayo
2. Marjorie Ragudos	High Jump	Telbang NHS	Gerardo Garcia
3. Kurt David Ragudos	High Jump	Telbang NHS	Gerardo Garcia
4. Jasper Bedonio	Long jump Triple Jump	Alos NHS	Ricardo Adviento
5. Jacob Bedonio	100m 200m 110 hurdles	Alos NHS	Ricardo Adviento
6. CJ Espiritu	110 hurdles	Alos NHS	Ricardo Adviento
<b>Coaches:</b> Dana Lerah Niñeza Edgar Caracas Romello Garibay Shara Mae Garcia		Alos NHS Alos NHS Telbang NHS ACNHS	Ricardo Adviento Ricardo Adviento Gerardo Garcia Aladin Mayo

**B. Schedule of in-house training**

Date	Time
July 17, 2023 – July 22, 2023	5:00 AM – 8:00 AM
	3:00 PM – 6:00 PM

**C. Schedule of Check-in and check-out**

Check-in	Check-out
July 17, 2023 (7:00 AM)	July 22, 2023 (4:00 PM)

**With hundred reasons to serve!**