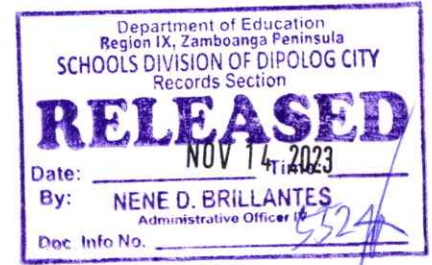




Republic of the Philippines  
**Department of Education**  
REGION IX - ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY



November 13, 2023

**DIVISION MEMORANDUM**

No. 552, s. 2023

**HOLDING OF PRACTICE OF ALL QUALIFIED ATHLETES IN ATHLETICS  
FOR THE 2024 ZPRAA MEET**

TO:

Assistant Schools Division Superintendent  
Chief of CID & SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Elem. & Sec. School Principals/HTs  
All Others Concerned  
This Division

1. To ensure that the performance of Dipolog City Athletic Association (DICAA) athletes will be improved especially in the individual events, the following athletes, coaches and chaperons **hereto attached** are requested to join the practice effective today November 13, 2023 from Monday – Friday 5-7PM and Saturday 8-4PM at the athletic oval of Dipolog City Sports Complex.
2. Cogon Elementary and Pamansalan ETHS athletes will hold their practice at their respective schools like throwing and jumping events. Road run is also appropriate for athletes identified under running events. All of these are under the close supervision of the official coach. These group will join every Saturday 8-4PM at Dipolog Sports Complex
3. Athletes and coaches from the heart of the city will assemble in front of the museo for a free ride while the transport vehicle for Cogon ES and PETHS will be arranged with the assistance of Atty. Chandler O. Ruiz, YSDC Chairman.
4. As agreed during the meeting every participant must complete the 20 days practice in a month to be able to get the complete allowance from the Youth Sports Development Council. Uniform shirts will also be provided.
5. All coaches and chaperons will be given service credits to be computed in this manner; total number of hours served divided by 8 equals no. of service credits.



Republic of the Philippines  
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REGION IX - ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY

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6. EPS Ronillo S. Yarag, Division Sports Officer will facilitate the computation and shall provide the supporting documents.
7. A parental consent is strictly required for this purpose.
8. For immediate dissemination and compliance.

**MA. LIZA R. TABILON EdD, CESO V**  
Schools Division Superintendent

*Reference:* Division Memorandum No. 649, s. 2023  
To be indicated in the Perpetual Index under the following subjects;  
Sports Program    School Activities    Competition



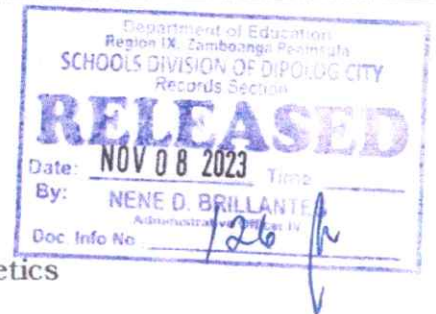
Republic of the Philippines  
**Department of Education**  
REGION IX – ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY

**NOTICE OF MEETING**  
No. 04, s. 2023

Date: November 08, 2023

To: All Qualified Coaches, Chaperon and Athletes – Athletics  
(hereto attached)

Subject: Meeting of Coaches, Chaperons and Athletes




All qualified coaches, chaperons and athletes of Athletics are advised to attend a meeting with Atty. Chandler O. Ruiz, Chair YSDC, on **Friday, November 10, 2023, 2:30PM** at the multi-purpose gym (in front of the Dipolog Aquatic Center, Dipolog Sports Complex, Olingan, Dipolog City.

The following agenda are set for detailed discussion.

1. Arrangement as to the scheduling of practice on Saturdays
2. Pick up points for the free ride
3. Giving of allowance
4. Other related matters

Coaches and chaperon will have to arrange their classes for the remaining time and provide Modules/Learner Activity Sheets to their learners upon consultation with their respective school heads.

The presence of all concerned is desired.

  
**RONILLO S. YARAG, EdD**  
EPS for SGOD  
Division Sports Officer

Approved by:

  
**MA. LIZA R. TABILON, EdD, CESO V**  
Schools Division Superintendent



**2023 DIPOLOG CITY ATHLETIC ASSOCIATION MEET**  
**OLINGAN, DIPOLOG CITY**

November 4, 2023

**LIST OF QUALIFIED ATHLETES FOR REGIONAL MEET 2024**

**ATHLETICS (ELEMENTARY BOYS)**

NO.	NAME	UNIT/SCHOOL	EVENT				T-SHIRT SIZE
1	KAMOC, PRINCE V.	COGON ES	100	200	LONG JUMP		
2	DACON, JOSE	ESTARA CS	1500	400	800		
3	GAÑEZA, GERON	ESTARA CS	110 HH	TRIPLE JUMP			
4	CODAS, JOHN JULES	ESTARA CS	SHOT PUT	DISCUS THROW			
5	PANAGAN, LANCE	ESTARA CS	JAVELIN THROW				
6	PATILUNA, BRYAN JR. B.	COGON ES	LONG JUMP				
7	VERMADAZO, JUNJIE	ESTARA CS	400 LH				
8	SARTIS, HERNAN	ESTARA CS	1500	400	200		
9	CARPINTEROS, EUSEBIO III	COGON ES	TRIPLE JUMP				
10	DRIAS, MICHAEL ANGELO P.	UDIS	DISCUS				
11	GALVADRES, MARK T.	COGON ES	110 HA				
12	GAÑEZA, RODRIGO III M.	ESTARA ES	JUMPING				

Coach:

MARK BENSON M. BAÑEZA

Assistant Coach/Chaperon

09810601844

Noted by

*Letecia L. Empeynado*  
**LETECIA L. EMPEYNADO**  
 Tournament Manager

*Janeth L. Albon*  
**JANETH L. ALBON**  
 -0975422096  
**KEVIN AN I. ALBON**  
 Tournament Manager

*Olalio D. De Los Santos*  
**OLALIO D. DE LOS SANTOS**  
 Tournament Director

**2023 DIPOLOG CITY ATHLETIC ASSOCIATION MEET**  
**OLINGAN, DIPOLOG CITY**

November 4<sup>5</sup> 2023

**LIST OF QUALIFIED ATHLETES FOR REGIONAL MEET 2024**

**ATHLETICS (ELEMENTARY GIRLS)**

NO.	NAME	UNIT/SCHOOL	EVENT				T-SHIRT SIZE
1	FRANCISCO, JOMICA	DUNGAN YOUTH	100				
2	MUSTARIL, JOHANA EM D.	ESTAKA CS	1500				
3	AMANTA, SHANIA PATH A.	ESTAKA CS	400	200			
4	TORNIS, KATE S.	ESTAKA CS	SHOT PUT	DISCUS			
5	MORAN, CRISTYL	ESTAKA CS	JAVELIN				
6	RAYOS, JIA JAMIECATH	ESTAKA CS	800				
7	SARTIN, NOVA	DPDS	LONG JUMP	TRIPLE JUMP			
8	YLANAN, KIM JENEL	CUMAS ES	SHOT PUT	DISCUS	JAVELIN		
9							
10							
11							
12							

Coach:

*Liza N. Paol*  
**LIZA N. PAO - 09853433242**

Assistant Coach/Chaperon

Noted by:

*Letecia L. Empeynado*  
**LETECIA L. EMPEYNADO**  
 Tournament Manager

*Kevin Ian I. Albon*  
**KEVIN IAN I. ALBON**  
 Tournament Manager

*Olalio D. de los Santos*  
**OLALIO D. DE LOS SANTOS**  
 Tournament Director

**2023 DIPOLOG CITY ATHLETIC ASSOCIATION MEET**  
**OLINGAN, DIPOLOG CITY**  
**NOVEMBER 04 - 05 2023**

**LIST OF QUALIFIED ATHLETES FOR REGIONAL MEET 2024**

**ATHLETICS (SECONDARY BOYS)**

NO.	NAME	UNIT/SCHOOL	EVENT			T-SHIRT SIZE
1	Timbuligie, Johrix	ZNAHS	100	200		
2	Ylanan, Arnel Je	GAMINAC	1500	3K SC		
3	EMOY, ALDRIN T.	ZNAHS	110HH			
4	REGENCA, JAY-R	UDIS	400	2K walkathn		
5	PREJOLFS, BIEN CARLO E.	SVC	SHOT PUT	DISCUS		
6	LANGGAM, JOSEPH	ZNAHS	JAVELIN	THROW		
7	Batoon, John Philip	ZNNHS	800			
8	Patangan, Jadd Ian A.	PETHS	LONG JUMP	TRIPLE JUMP		
9	Aso, Bryan	ZNAHS	400 LH			
10	Batoon, John Dickson	MIPUTAK	800			
11	Garing, Jayver	ZNAHS(M)				
12	Coronero, Yusef Euri B.	ZNAHS(T)	100	200		
13	Matusalem, Esmael M.	ZNAHS(M)	JAVELIN			
14	TORRES, KIAN KENT	ZNAHS(M)	400 LH			
15	TORRES, MERON JAY	ZNAHS(M)	110HH	3K SC		

Coach:  
Cell Number:

*Enrique L. Villanueva*  
**ENRIQUE L. VILLANUEVA**  
 09307464908

Assistant Coach/Chaperon

*Quininez Maria Junalyn*  
**QUININEZ MARIA JUNALYN**

Noted by:

*Kevin I. Albon*  
 09386812699

*Letecia L. Empeynado*  
**LETECIA L. EMPEYNADO**  
 Tournament Manager

**KEVIN I. ALBON**  
 Tournament Manager

*Olalio D. De Los Santos*  
**OLALIO D. DE LOS SANTOS**  
 Tournament Director

**2023 DIPOLOG CITY ATHLETIC ASSOCIATION MEET**  
**OLINGAN, DIPOLOG CITY**  
**NOVEMBER 04 - 05, 2023**

**LIST OF QUALIFIED ATHLETES FOR REGIONAL MEET 2024**  
**ATHLETICS (SECONDARY GIRLS)**

NO.	NAME	UNIT./SCHOOL	EVENT			T-SHIRT SIZE
1	Vengara, Ciriell Rose	ZNNHS	100	LONG JUMP		
2	Cabago, Kyla	ZNNHS	1500	3K		
3	Rebutazo, Ivy	ZNNHS	400	200	400 LH	
4	Quisel, Jemia	ZNNHS	Shot Put			
5	Jernalyn Marie M. Estera	MIPUNANHS	Discuss	JAVELIN		
6	BUSCATE, PRINCESS	ZNNHS	1500	200		
7	Tipon, Natalyn T.	PETHS	800			
8	Cadungog, Patsy May	ZNNHS	2K Walkathon			
9	TORMIS, KIMBERLY	ZNNHS (A)	2K Walkathon			
10	SAPA LIGOR, MARTIN JIB	DCNHS	400	LONG JUMP		
11	KADUSABE, JAMICA	ZNNHS	DISCUS			
12	RAZAGA, REA JEN	CAZANHS	JAVELIN			
13						
14						
15						

Coach:  
 Cell Number:

Assistant Coach/Chaperon

Noted by

**LETECIA U. EMPEYNADO**  
 Tournament Manager

**ERWIN J. ETOC** - ZNNHS  
 0910-243-0208

**JESSA S. BENSON** - MNHS  
 0950-243-0208  
 0926-40-34342

**KEVIN IAN I. ALBON**  
 Tournament Manager

**OLALIO D. DE LOS SANTOS**  
 Tournament Director