



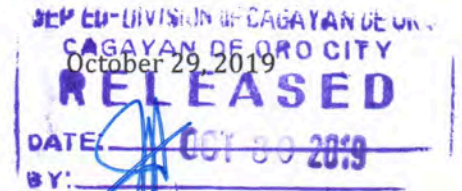
Republic of the Philippines  
Department of Education  
Region X



DIVISION OF CAGAYAN DE ORO CITY

Fr. William F. Masterson, S.J. Avenue, Upper Balulang, Cagayan de Oro City


DIVISION MEMORANDUM  
NO. 860, s 2019



**MEDICAL-DENTAL CHECK-UP SCHEDULE FOR  
REGIONAL MEET ATHLETES**

TO: **ALL ELEMENTARY and SECONDARY ADMINISTRATORS  
COACHES, CHAPERON, and TRAINERS  
PUBLIC and PRIVATE SCHOOLS  
ALL HEALTH PERSONNEL  
This Division**

1. All official Elementary athletes, Secondary athletes , Coaches and Trainors identified to participate in the Regional Meet on December 9-12, 2019 are hereby informed to prepare one copy of Medical form and **two copies** of Dental form using the official template.
2. All Regional Meet participants are **directed to observe your assigned schedule.**
3. Enclosed is the Medical-Dental Check-up schedule.
4. Compliance to this memorandum is desired.

  
**JONATHAN S. DELA PEÑA, Ph.D., CESO V**  
Schools Division Superintendent



## MEDICAL-DENTAL CHECKUP

### Year 2019 REGIONAL MEET ATHLETES

DATE	TIME	EVENT	HEATH PERSONNEL
NOV.5	8:00 - 9:30 AM	Swimming (E/B)- 11	SOUTHWEST I SOUTHWEST II
	9:30 - 10:30 AM	Swimming (E/G)- 12	
	10:30 - 12:00 NN	Swimming (S/B)- 11	
	1:00 - 2:00 PM	Swimming (S/G)- 11	
	2:00 - 3:00 PM	Boxing- 11	
		<i>Total # of Athletes: 56</i>	
NOV.6	8:00 - 9:30 AM	Taekwondo (E)- 13	SOUTH NORTH I
	9:30 - 10:30 AM	Taekwondo (S/B)- 11	
	10:30 - 12:00 NN	Taekwondo (S/G)- 10	
	1:00-2:00 PM	Wrestling (S)- 10	
	2:00-3:00 PM	Wushu (S)- 13	
		<i>Total # of Athletes: 59</i>	
Nov.7	8:00-9:00 AM	Table Tennis (S)- 7	WEST I EAST I
	9:00-10:00 AM	Table Tennis (E)- 10	
	10:00-11:00 AM	Tennis (E/B&G)- 10	
	11:00-12:00 AM	Chess (S/B&G)- 6	
	1:00-2:00 PM	Sepak Takraw (S/B)- 13	
	2:00-3:00 PM	Sepak Takraw (S/G)- 6	
		<i>Total # of Athletes: 52</i>	
Nov.8	8:00-9:30 AM	Sepak TAKraw (E)- 15	WEST II EAST II
	9:30-11:00 AM	Pencak Silat (B/G)- 13	
	11:00-12:00 AM	Archery (S/B&G)- 11	
	1:00-2:00 PM	Arnis (E/B&G)- 10	
	2:00-3:00 PM	Arnis (S/B&G)- 13	
		<i>Total # of Athletes: 62</i>	
Nov.11	8:00-10:30 AM	Softball (E/G)- 19	NORTH II CENTRAL
	10:30-12:00 NN	Softball (S/G)- 15	
	1:00-2:00 PM	Tennis (S/B&G)- 10	
	2:00-3:00 PM	Billiard (S)- 6	
		<i>Total # of Athletes: 50</i>	
Nov.12	8:00-10:30 AM	Athletics (E/G)- 15	SOUTHWEST I SOUTHWEST II
	10:30-12:00 NN	Athletics (E/B)- 14	
	1:00-2:00 PM	Baseball (S/B)- 14	
	2:00-3:00 PM	Baseball (E)- 14	
Nov.13	8:00-10:30 AM	Athletic (S/G)- 15	SOUTH NORTH I
	10:30-12:00 NN	Athletic (E/B)- 14	
	1:00-3:00 PM	Futsal (S/G)- 14	
		<i>Total # of Athletes: 51</i>	
Nov.14	8:00-10:00 AM	Football (E)- 20	WEST I EAST II
	10:00-12:00 NN	Football (S)- 20	
	1:00-3:00 PM	Volleyball (S/B)- 17	
		<i>Total # of Athletes: 57</i>	
Nov.15	8:00-9:30 AM	Volleyball (E/B)- 13	WEST II EAST II
	9:30-10:30 AM	Volleyball (E/G)- 13	
	10:30-12:00 AM	Dance Sport(S/E)- 13	
	1:00-2:00 PM	Gymnastics (E)- 12	
	2:00-3:00 PM	Gymnastics (S)- 11	
		<i>Total # of Athletes: 62</i>	
Nov.18	8:00-9:30 AM	Badminton (E/B&G)- 11	NORTH II CENTRAL
	9:30-10:30 AM	Badminton (S/B&G)- 11	
	10:30-12:00 NN	Volleyball (S/G)- 14	
	1:00-3:00 PM	Aerogymnastics (E/S)- 10	
		<i>Total # of Athletes: 46</i>	
Nov.19	8:00-9:30 AM	Basketball (E/B)- 13	SOUTHWEST I SOUTHWEST II
	9:30-11:30 AM	Basketball (S/B)- 13	
	11:30-12:00 NN	Basketball 3x3 (S/B)- 5	
	1:00-3:00 PM	Basketball (S/G)- 14	
		Basketbal 3x3 (S/G)- 6	
		<i>Total # of Athletes: 56</i>	
Nov.20	8:00 AM -12:00 NN	SPECIAL EVENT Intellectual disability- 20	SOUTH NORTH I
	1:00-3:00 PM	SPECIAL EVENT Bocce, Swimming, Visually impaired 16	
		<i>Total # of Athletes: 31</i>	

PLEASE STRICTLY FOLLOW YOUR SCHEDULE.