



DEPARTMENT OF EDUCATION
PALARONG PAMBANSA 2023
 MARIKINA CITY / JULY 29-AUGUST 5, 2023



SCHEDULE OF EVENTS

ATHLETICS

DAY 1-AUGUST 1, 2023				
MORNING SESSION				
EVENT NO.	TIME	EVENT	CATEGORY	ROUNDS
101	6:00 AM	3000 m	GIRLS (SEC)	FINAL
102	6:00 AM	LONG JUMP	BOYS (ELEM)	FINAL
103	6:30 AM	JAVELIN THROW	GIRLS (ELEM)	FINAL
104	6:30 AM	400 m Hurdle	GIRLS (ELEM)	HEATS
105	7:00 AM	400 m Hurdle	GIRLS (SEC)	HEATS
106	7:00 AM	LONG JUMP	BOYS (SEC)	FINAL
107	7:00 AM	JAVELIN THROW	GIRLS (SEC)	FINAL
108	7:30 AM	400 m Hurdle	BOYS (ELEM)	HEATS
109	8:00 AM	400 m Hurdle	BOYS (SEC)	HEATS
110	8:15 AM	100 m	GIRLS (ELEM)	HEATS
111	8:30 AM	100 m	BOYS (ELEM)	HEATS
112	8:45 AM	100 m	GIRLS (SEC)	HEATS
113	9:00 AM	100 m	BOYS (SEC)	HEATS
114	9:15 AM	100 m	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME
AFTERNOON SESSION				
115	3:00 PM	400 m Hurdle	GIRLS (ELEM)	FINAL
116	3:00 PM	LONG JUMP	GIRLS (ELEM)	FINAL
117	3:00 PM	JAVELIN THROW	BOYS (ELEM)	FINAL
118	3:10 PM	400 m Hurdle	GIRLS (SEC)	FINAL
119	3:20 PM	400 m Hurdle	BOYS (ELEM)	FINAL
120	3:30 PM	400 m Hurdle	BOYS (SEC)	FINAL
121	4:00 PM	100 m	GIRLS (ELEM)	FINAL
122	4:00 PM	LONG JUMP	GIRLS (SEC)	FINAL
123	4:00 PM	JAVELIN THROW	BOYS (SEC)	FINAL
124	4:10 PM	100 m	BOYS (ELEM)	FINAL
125	4:20 PM	100 m	GIRLS (SEC)	FINAL
126	4:30 PM	100 m	BOYS (SEC)	FINAL
127	4:30 PM	LONG JUMP	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME



DEPARTMENT OF EDUCATION
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MARIKINA CITY / JULY 28-AUGUST 6, 2023



SCHEDULE OF EVENTS

ATHLETICS

DAY 2 -AUGUST 2, 2023				
MORNING SESSION				
EVENT NO.	TIME	EVENT	CATEGORY	ROUNDS
201	6:00 AM	5000 m	BOYS (SEC)	FINAL
202	6:00 AM	Triple Jump	BOYS (ELEM)	FINAL
203	6:00 AM	Shot Put	GIRLS (ELEM)	FINAL
204	6:30 AM	100m H	GIRLS (ELEM)	FINAL
205	7:00 AM	Shot Put	GIRLS (SEC)	FINAL
206	7:00 AM	Triple Jump	BOYS (SEC)	HEATS
207	7:00 AM	100m H	GIRLS (SEC)	HEATS
208	7:30 AM	110m H	BOYS (ELEM)	HEATS
209	8:00 AM	110m H	BOYS (SEC)	HEATS
210	8:00 AM	STANDING LONG JUMP	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME
211	8:30 AM	400 m	GIRLS (ELEM)	HEATS
212	9:00 AM	400 m	BOYS (ELEM)	HEATS
213	9:30 AM	400 m	GIRLS (SEC)	HEATS
214	10:00 AM	400 m	BOYS (SEC)	HEATS
215	10:15	400 m	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME
AWARDING CEREMONY				
AFTERNOON SESSION				
216	3:00 PM	TRIPLE JUMP	GIRLS (ELEM))	FINAL
217	3:00 PM	SHOT PUT	BOYS (ELEM)	FINAL
218	3:00 PM	100m H	GIRLS (ELEM)	FINAL
219	3:10 PM	100m H	GIRLS (SEC)	FINAL
2220	3:20 PM	110mH	BOYS (ELEM)	FINAL
221	3:30 PM	110m H	BOYS (SEC)	FINAL
222	3:30 PM	TRIPLE JUMP	GIRLS (SEC)	FINAL
223	3:30 PM	SHOT PUT	BOYS (SEC)	FINAL
224	3:45 PM	400 m	GIRLS (ELEM)	FINAL
225	3:55 PM	400 m	BOYS (ELEM)	FINAL
226	4:05 PM	400 m	GIRLS (SEC)	FINAL
227	4:15 PM	400 m	BOYS (SEC)	FINAL
228	4:25 PM	4X100 m relay	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME



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SCHEDULE OF EVENTS

ATHLETICS

DAY 3 - AUGUST 3, 2023				
MORNING SESSION				
EVENT NO.	TIME	EVENT	CATEGORY	ROUNDS
301	6:00 AM	3000 msc	BOYS (SEC)	FINAL
302	6:00 AM	DISCUS Throw	GIRLS (ELEM)	FINAL
303	6:30 AM	200 m	GIRLS (ELEM)	HEATS
304	7:00 AM	200 m	BOYS (ELEM)	HEATS
305	7:00 AM	DISCUS Throw	GIRLS (SEC)	FINAL
306	7:30 AM	200 m	GIRLS (SEC)	HEATS
307	8:00 AM	200 m	BOYS (SEC)	HEATS
308	8:30 AM	200 m	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME
309		200 m		
310	9:00 AM	4x100 m relay	GIRLS (ELEM)	HEATS
311	9:15 AM	4x100 m relay	BOYS (ELEM)	HEATS
312	9:30 AM	4x100 m relay	GIRLS (SEC)	HEATS
313	9:45 AM	4x100 m relay	BOYS (SEC)	HEATS
AWARDING CEREMONY				
AFTERNOON SESSION				
314	3:00 PM	DISCUS Throw	BOYS (ELEM)	FINAL
	3:00 PM	SHOT PUT	BOYS/GIRLS ALL CATEGORIES	SPECIAL GAME
315	3:00 PM	200 m	GIRLS (ELEM)	FINAL
316	3:10 PM	200 m	BOYS (ELEM)	FINAL
317	3:20 PM	200 m	GIRLS (SEC)	FINAL
318	3:30 PM	200 m	BOYS (SEC)	FINAL
319	3:45 PM	1500 m	GIRLS (ELEM)	FINAL
320	3:55 PM	1500 m	BOYS (ELEM)	FINAL
321	3:55 PM	DISCUS Throw	BOYS (SEC)	FINAL
322	4:05 PM	1500 m	GIRLS (SEC)	FINAL
323	4:15 PM	1500 m	BOYS (SEC)	FINAL
324	4:25 PM	4X400 m relay	GIRLS (ELEM)	HEATS
325	4:40 PM	4X400 m relay	BOYS (ELEM)	HEATS
326	4:55 PM	4X400 m relay	GIRLS (SEC)	HEATS
327	5:10 PM	4X400 m relay	BOYS (SEC)	HEATS



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SCHEDULE OF EVENTS

ATHLETICS

DAY 4 - AUGUST 4, 2023				
MORNING SESSION				
EVENT NO.	TIME	EVENT	CATEGORY	ROUNDS
401	6:00 AM	2000 m walk	GIRLS (SEC)	FINAL
402	6:30 AM	800 m	GIRLS (ELEM)	HEATS
403	6:40 AM	800 m	BOYS (ELEM)	HEATS
404	6:50 AM	800 m	GIRLS (SEC)	HEATS
405	7:00 AM	800 m	BOYS (SEC)	HEATS
406	7:30 AM	4x100 m relay	GIRLS (ELEM)	FINAL
407	7:45 AM	4x100 m relay	BOYS (ELEM)	FINAL
408	8:00 AM	4x100 m relay	GIRLS (SEC)	FINAL
409	8:15 AM	4x100 m relay	BOYS (SEC)	FINAL
AWARDING CEREMONY				
AFTERNOON SESSION				
410	3:00 PM	2000 m walk	BOYS (SEC)	FINAL
411	3:15 PM	800 m	GIRLS (ELEM)	FINAL
412	3:25 PM	800 m	BOYS (ELEM)	FINAL
413	3:35 PM	800 m	GIRLS (SEC)	FINAL
414	3:45 PM	800 m	BOYS (SEC)	FINAL
415	4:00 PM	4X400 m relay	GIRLS (ELEM)	FINAL
416	4:15 AM	4X400 m relay	BOYS (ELEM)	FINAL
417	4:30 AM	4X400 m relay	GIRLS (SEC)	FINAL
418	4:45 AM	4X400 m relay	BOYS (SEC)	FINAL
AWARDING CEREMONY				

ADVANCE GAMES – JULY 31, 2023 (PASIG-ULTRA)

MORNING SESSION				
	TIME	EVENT	CATEGORY	ROUND
	7:00 AM	POLE VAULT	BOYS(SEC)	FINAL
	7:00 AM	HIGH JUMP	GIRLS (ELEM)	FINAL
	8:00 AM	HIGH JUMP	BOYS(ELEM)	FINAL
	9:00 AM	HIGH JUMP	GIRLS(SEC)	FINAL
	10:00 AM	HIGH JUMP	BOYS(SEC)	FINAL

AFTERNOON SESSION				
	TIME	EVENT	CATEGORY	ROUND
	3:00 AM	HIGH JUMP	GIRLS (SEC)	FINAL
	4:00 AM	HIGH JUMP	BOYS(SEC)	FINAL

Prepared
by:


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