

PALARONG PAMBANSA 2010
REGION III TARLAC PROVINCE & TARLAC CITY
TARLAC RECREATIONAL PARK
SAN JOSE, TARLAC
April 11 – 17, 2010
Schedule of Events in Athletics

April 11, 2010 – Opening Ceremony Palarong Pambansa 2010				
April 12, 2010 (A.M) Day 1 MONDAY				
Time	Event No.	Event	Team	Level
6:00	1	Javelin Throw	Secondary Girls	F
7:30	2	Long jump	Secondary Boys	F
	3 Spl.Game 01	Long jump	MC 16 -above	F
	4	110 M. Hurdles	Secondary Boys	TT
	5	110 M. Hurdles	Elementary Boys	TT
	6	100 M. Hurdles	Secondary Girls	TT
	7	100 M. Hurdles	Elementary Girls	TT
	8 Spl. Game 02	50 M	V.I	F
	9 Spl. Game 03	100 M	MC 15 – below (B & G)	F
	10	Shot Put	Secondary Boys	F
P.M				
2:00	11	Tripple Jump	Elementary Boys	F
	12 Spl. Game 04	Shot Put	MC 15 – below (B & G)	F
	13	Shot Put	Elementary Girls	F
	14	100 M	Secondary Girls	TT
	15	100 M	Secondary Boys	TT
	16	100 M	Elementary Girls	TT
	17	100 M	Elementary Boys	TT
	18 Spl. Game 05	100 M	MC 16 – above (B & G)	F
	19	Triple Jump	Secondary Boys	F
	20	800 M	Elementary Boys	TT
	21	800 M	Elementary Girls	TT
	22	800 M	Secondary Boys	TT
	23	800 M	Secondary Girls	TT
April 13, 2010 (A.M) Day 2 TUESDAY				
6:00	24	Javelin Throw	Secondary Boys	F
7:30	25	Long Jump	Secondary Girls	F
	26	Discus Throw	Elementary Boys	F
	27	400 M Hurdles	Elementary Girls	TT
	28	400 M. Hurdles	Secondary Girls	TT
	29	Triple Jump	Elementary Girls	F
	30	400 M. Hurdles	Elementary Boys	TT
	31	400 M. Hurdles	Secondary Boys	TT
	32 Spl. Game 06	200 M	MC 16 – above (B & G)	F
	33 Spl. Game o7	100 M	V.I	F
P.M				
200	34	Shot Put	Secondary Girls	F
	35	Long Jump	Elementary Boys	F
	36 Spl. Game 08	Long Jump	V.I & MC 15 – below (B&G)	F
	37	400 M	Elementary Boys	TT
	38	400 M	Secondary Boys	TT
	39	400 M	Elementary Girls	TT
	40	400 M	Secondary Girls	TT
	41 Spl. Game 09	400 M	MC 15 – below & 16 above (B & G)	F
	42	Triple Jump	Secondary Girls	F
	43	3000 M Steeple Chase	Secondary Boys	F

April 14, 2010 (A.M) Day 3 WEDNESDAY				
Time	Event No.	Event	Team	Level
6:00	44.	Javelin Throw	Elementary Girls	F
7:30	45 Spl. Game 10	Goal Ball	V.I	F
	46	Discus Throw	Secondary Boys	F
	47.	Long Jump	Elementary Girls	F
	48	400 M Hurdles	Secondary Boys	F
	49	400 M Hurdles	Elementary Boys	F
	50	400 M Hurdles	Secondary Girls	F
	51	400 M Hurdles	Elementary Girls	F
	52	200 M	Elementary Boys	TT
	53	200 M	Secondary Boys	TT
	54	200 M	Elementary Girls	TT
	55	200 M	Secondary Girls	TT
	56 Spl. Game 11	200 M	MC 15 - below	F
	57.Spl. Game 12	4 x 100 M Relay	MC 16 – above (B & G)	F
P.M				
2:00	58	High Jump	Secondary Boys	F
	59.	Shot Put	Elementary Boys	F
	60 Spl. Game 13	Shot Put	V.I & MC 16 –above (B & G)	F
	61	100 M	Elementary Boys	F
	62	100 M	Secondary Boys	F
	63	100 M	Elementary Girls	F
	64	100 M	Secondary Girls	F
	65	800 M	Elementary Boys	F
	66	800 M	Secondary Boys	F
	67	800 M	Elementary Girls	F
	68	800 M	Secondary Girls	F
	69 Spl. Game 14	4 x 100 M Relay	MC 15 – below (B & G)	F
April 15, 2010 (A.M) Day 4 THURSDAY				
6:00	70	Javelin Throw	Elementary Boys	F
7:30	71	High Jump	Elementary Girls	F
	72	5000 M	Secondary Boys	F
	73	100 M. Hurdles	Elementary Girls	F
	74	100 M. Hurdles	Secondary Girls	F
	75	110 M. Hurdles	Elementary Boys	F
	76	110 M. Hurdles	Secondary Boys	F
	77	400 M	Elementary Girls	F
	78	400 M	Secondary Girls	F
	79	400 M	Elementary Boys	F
	80	400 M	Secondary Boys	F
P.M				
2:00	81	High Jump	Secondary Girls	F
	82	Discus Throw	Elementary Girls	F
	83	4 x 100 M Relay	Elementary Boys	TT
	84	4 x 100 M Relay	Secondary Boys	TT
	85	4 x 100 M Relay	Elementary Girls	TT
	86	4 x 100 M Relay	Secondary Girls	TT
	87	1500 M	Elementary Boys	F
	88	1500 M	Secondary Boys	F
	89	1500 M	Elementary Girls	F
	90	1500 M	Secondary Girls	F

April 16, 2010 (A.M) Day 5 FRIDAY				
Time	Event No.	Event	Team	Level
7:30	91	High Jump	Elementary Boys	F
	92	Discus Throw	Secondary Girls	F
	93	3000 M	Secondary Girls	F
	94	200 M	Elementary Boys	F
	95	200 M	Secondary Boys	F
	96	200 M	Elementary Girls	F
	97	200 M	Secondary Girls	F
	98	4 x 400 M Relay	Elementary Boys	TT
	99	4 x 400 M Relay	Secondary Boys	TT
	100	4 x 400 M Relay	Elementary Girls	TT
	101	4 x 400 M Relay	Secondary Girls	TT
P.M				
2:00	102	Pole Vault	Secondary Boys	F
	103	4 x 100 M Relay	Elementary Boys	F
	104	4 x 100 M Relay	Secondary Boys	F
	105	4 x 100 M Relay	Elementary Girls	F
	106	4 x 100 M Relay	Secondary Girls	F
	107	4 x 400 M Relay	Elementary Boys	F
	108	4 x 400 M Relay	Secondary Boys	F
	109	4 x 400 M Relay	Elementary Girls	F
	110	4 x 400 M Relay	Secondary Girls	F
				F

Prepared by:

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2010 Palarong Pambansa