

2010 PALARONG PAMBANSA

Tarlac Recreational Park

San Jose, Tarlac

SUMMARY OF RECORD BREAKERS BY SECTOR AND BY REGION

(as of 17 April 2010, 9:00am)

ATHLETICS

	Public School	Private School	Total
Elementary			
Girls	6 Reg V (1) Reg VI (5)	1 Reg VI (1)	7 Reg V (1) Reg VI (6)
Secondary			
Boys	1 Reg VII (1)	5 NCR (4) Reg V (1)	6 NCR (4) Reg V (1) Reg VII (1)
Girls	1 Reg VI (1)	1 Reg VI (1)	2 Reg VI (2)
TOTAL ATHLETICS	8 Reg V (1) Reg VI (6) Reg VII (1)	7 NCR (4) Reg V (1) Reg VI (2)	15 NCR (4) Reg V (2) Reg VI (8) Reg VII (1)

SWIMMING

	Public School	Private School	Total
Elementary			
Girls		3 NCR (1) Reg IV-A (2)	3 NCR (1) Reg IV-A (2)
Secondary			
Boys		3 NCR (2) Reg IV-A (1)	3 NCR (2) Reg IV-A (1)
Girls		5 NCR (1) Reg IV-A (2) Reg VII (2)	5 NCR (1) Reg IV-A (2) Reg VII (2)
TOTAL SWIMMING		11 NCR (4) Reg IV-A (5) Reg VII (2)	11 NCR (4) Reg IV-A (5) Reg VII (2)

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LIST OF RECORD BREAKERS

ATHLETICS

ELEMENTARY

NEW RECORD

OLD RECORD

BOYS

NONE

GIRLS

800 Meter Run	Lovilyn Pamatian, R-VI B. Araneta ES, Bago City (Public)	2:24.38	Jovel Ambagon, R-IV	2:25.00	1996
1500 Meter Run	Joneza Mie Sustituedo, R-VI Don Eugenio Ladrido ES, Iloilo (Public)	4:57.69	Jovel Ambagon, R-IV	5:00.00	1996
100 Meter Hurdles 1998	Jesusa Ampunan, R-V Daet ES, Cam. Norte (Public)	16.40	Zara dela Virgo, R-V	16.50	
Long Jump	Alysa Marie Andrade, R-VI Dumaguit ES, Aklan (Public)	5.07	Angeline Cabreros, R-XI	4.99	2000
Triple Jump	Alysa Marie Andrade, R-VI Dumaguit ES, Aklan (Public)	10.80	Irin Balauran, R-VII	10.42	2005
	Mary Diesto, R-VI Bacolod Tay Tung HS, Bacolod City (Private)	10.54			
Javellin Throw	Gia Bucag, R-VII Nangka ES, Cebu (Public)	40.63	Elena Camiring, R-VI	39.63	2008

SECONDARY

NEW RECORD

OLD RECORD

BOYS

110 Meter Hurdles	Patrick Unso, NCR University of Sto. Tomas, Manila (Private)	14.68	Mario Tabanio, R-IX	14.78	1992
400 Meter Hurdles	Patrick Unso, NCR University of Sto. Tomas, Manila (Private)	54.10	Jorge Pinanonang, R-II	55.70	2006
Triple Jump	Mark Harry Diones, R-V Camarines Sur Sports Academy, Cam. Sur (Private)	14.44	Paulo Martinez, R-IV	14.21	2002
	Ivan Castaneda, R-VII Don Carlos Gothong MHS, Cebu City (Public)	14.34			
Pole Vault	Francisco Valdecanas, NCR La Salle Greenhills (Private)	4.05	Christian Chua, NCR	3.80	1993
4X100 M Relay	NCR (Umingan, Unso, Capinpin & de Jesus) PCU, UST, ADMU, ADMU (Private)	43.24	R-IV	43.60	1995

GIRLS

Triple Jump	Felyn Dolloso, R-VI Escalante NHS – Magsaysay Ext., Escalante City (Public)	12.35	Maribel Sibug, R-XI	12.02	2002
Discus Throw	Maika De Oro, R-VI St. Benilde School, Negros (Private)	36.00	Maika De Oro, R-VI	32.62	2008

SWIMMING

ELEMENTARY

NEW RECORD

OLD RECORD

BOYS

NONE

GIRLS

200 M Freestyle	Catherine Bondad, R-IV-A Blue Danube School, San Pablo City (Private)	2:18.86	Kersctine Velez, R-VI	2:19.63	2000
4x50 M Freestyle Relay	NCR Priscilla Aquino (Meridian International School, QC – Private) Ariana Mikaela Canaya (St. Andrew School – Private) Shaye Chantal Uy (New Life Christian Academy- Private) Alyssa Nicole Pogiongko (Colegio de San Agustin – Private)	2:02.88	WVRAA	2:02.92	2000
400 M Freestyle	Catherine Bondad, R-IV-A Blue Danube School, San Pablo City (Private)	4:54.55	Ariana Herranz, R-IVA	5:04.08	2009

SECONDARY

BOYS

100 M Butterfly	Gabriel L. Castelo, NCR Ateneo de Manila University, QC (Private)	59.07	Matthew Tano, NCR	59.41	2007
800 M Freestyle	Fahad Alkhadi, R-IVA Trace College, Laguna (Private)	8:58.36	Lawin Dacera, R-XII	9:02.58	2009
4x100 M Freestyle Relay	NCR (Private)	3:43.83	NCR	3:44.78	2005

GIRLS

100 M Freestyle	Loren Dale Echavez, R-VII University of San Carlos, Cebu City (Private)	1:00.28	Althea Lim, NCR	1:00.55	1998
800 M Freestyle	Erika Kris Lukang, R-IVA Trace College, Laguna (Private)	9:48.12	Loren Dale Echavez, R-VII	10:00.44	2009
	Loren Dale Echavez, R-VII University of San Carlos, Cebu City (Private)	9:56.53			
4x100 M Freestyle Relay	IV-A (Private) NCR (Private)	4:10.18 4:12.04	NCR	4:13.03	2009

