



Republic of the Philippines  
Department of Education  
REGION VI – WESTERN VISAYAS  
**SCHOOLS DIVISION OF AKLAN**

March 9, 2026

**DIVISION MEMORANDUM**

No. **149**, s. 2026

**CORRIGENDUM TO REGIONAL MEMORANDUM NO. 141, S. 2026 TITLED KEY UPDATES ON THE 2026 PALARONG PAMBANSA**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Education Program Supervisors  
Senior/Education Program Specialists  
Public School District Supervisors  
Principals/Head Teacher-in-Charge of the District  
Heads of Public and Private Elementary, Secondary, & Integrated Schools  
All others concerned

1. Attached is Regional Memorandum No. 175, s. 2026, titled **Corrigendum to Regional Memorandum No. 141, s. 2026 Titled Key Updates on the 2026 Palarong Pambansa**, which is self-explanatory.

2. Immediate dissemination of and compliance with this Memorandum are desired.

FOR THE SCHOOLS DIVISION SUPERINTENDENT:

**RAMON D. PARAS JR., EdD, CESE**  
Assistant Schools Division Superintendent  
In-Charge of the Division

Enclosure: As stated

To be indicated in the Perpetual Index

Under the following subjects:

**CONTESTS**  
**RULES AND REGULATIONS**  
**SCHOOLS**

**LEARNERS**  
**SPORTS**

CIU



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Republic of the Philippines  
**Department of Education**  
 REGION VI – WESTERN VISAYAS

REGIONAL MEMORANDUM  
 NO. 175, s. 2026

FEB 25 2026

**CORRIGENDUM TO REGIONAL MEMORANDUM NO. 141, S. 2026  
 TITLED KEY UPDATES ON THE 2026 PALARONG PAMBANSA**

To: Schools Division Superintendents  
 All others concerned

1. Relative to Regional Memorandum No. 141, s. 2026 titled Key Updates on the 2026 *Palarong Pambansa*, this Office provides the following corrected information:

From	To
Code of Points (CoP) for the 2025-2028 Olympic Cycle for Gymnastics	Code of Points (CoP) for the 2022-2024 Olympic Cycle for Gymnastics

2. Further, updates were provided on the qualifying standards for athletics including the revisions to the weight and height specifications for athletics implements and the qualifying standards for swimming, as Enclosures 1 and 2, respectively.

3. Immediate dissemination of and compliance with this Memorandum are desired.

  
**CRISTITO A. ECO, CESO III**  
 Regional Director

Encl.: As stated  
 Reference: None  
 To be indicated in the Perpetual Index  
 under the subject:

CONTESTS                      LEARNERS                      RULES AND REGULATIONS  
 SPORTS                              SCHOOLS

JOC/ESSD-RMLC- COMPOSITION OF DEPED WESTERN VISAYAS REGIONAL OFFICE VI BASKETBALL TEAM  
 February 18, 2026



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Certificate No. PHP QMS  
 24 93 0184

Enclosure No. 1 to RM No. \_\_\_\_\_, s. 2026

<b>2026 QUALIFYING STANDARDS FOR PALARONG PAMBANSA 2026</b>		
<b>ATHLETICS</b>		
<b>ELEMENTARY BOYS</b>		
<b>EVENT</b>	<b>2025 QS</b>	<b>2026 QS</b>
100 m	12.97 sec	<b>12.22 sec</b>
200 m	26:44 sec	<b>25.21sec</b>
400 m	1:02:59sec	<b>56.11 sec</b>
800 m	2:26:00 sec	<b>2:17.22sec</b>
1,500 m	4:69:00sec	<b>4:48.5sec</b>
110 m hurdles	20:05sec	<b>N/A</b>
400 m hurdles	1:12:00	<b>N/A</b>
High Jump	1.47sec	<b>1.47 m</b>
Long Jump	5.00 m	<b>5.37 m</b>
Triple Jump	10.16 m	<b>11.64 m</b>
Shot Put	9.50 m	<b>N/A</b>
Discus Throw	25.79 m	<b>N/A</b>
Javelin Throw	39.40 m	<b>N/A</b>

<b>ATHLETICS</b>		
<b>ELEMENTARY GIRLS</b>		
<b>EVENT</b>	<b>2025 QS</b>	<b>2026 QS</b>
100 m	14:00 sec	<b>13.35 sec</b>
200 m	29.22 sec	<b>27.34 sec</b>
400 m	1:04.88 sec	<b>1:04.88 sec</b>
800 m	2:42.00 sec	<b>2:34.15sec</b>
1,500 m	6:21.00 sec	<b>5:18.12 sec</b>
110 m hurdles	18:26 sec	<b>N/A</b>
400 m hurdles	1:19:00 sec	<b>N/A</b>
High Jump	1.31 m	<b>1.31 m</b>
Long Jump	4.13 m	<b>4.13 m</b>
Triple Jump	10.00 m	<b>10.12 m</b>
Shot Put	8.20 m	<b>N/A</b>
Discus Throw	25.00 m	<b>N/A</b>
Javelin Throw	30.00 m	<b>N/A</b>

ATHLETICS SECONDARY BOYS		
EVENT	2025 QS	2026 QS
100 m	11.5 sec	11.08 sec
200 m	23.51sec	22.6 sec
400 m	52:69 sec	50.22sec
800 m	2:06:00 sec	01:59.7sec
1,500 m	4:20:00 sec	04:05.8sec
3,000 m SC	10:50:00 sec	09:52.7sec
5,000 m	16:50:00sec	16:02.3sec
110 m hurdles	16:00 sec	14.79sec
400 m hurdles	N/A	57.87sec (0.838)
High Jump	1.75 m	1.75 m
Long Jump	6.11 m	6.11 m
Triple Jump	13.47 m	13.47 sec
Shot Put	12.00 m	12.55m (5kg)
Discus Throw	35.14 m	38.52 m (1.5kg)
Javelin Throw	48.56 m	48.56 m (700gms)
Pole Vault	2.80m	2.80 m
Racewalk (2,000 m)	11:00:00 sec	09:13.5 sec

ATHLETICS SECONDARY GIRLS		
EVENT	2025 QS	2026 QS
100 m	13 sec	12.58 sec
200 m	26.6 sec	26.02 sec
400 m	01:04.0 sec	01:00.6 sec
800 m	2:33:00 sec	02:20.9 sec
1,500 m	6:06:00 sec	05:04.3 sec
3,000 m	11:20:00 sec	10:59.3 sec
110 m hurdles	17:00 sec	16.10 sec (0.838)
400 m hurdles	1:10:00 sec	1:10:00 sec
High Jump	1.44 sec	1.44 m
Long Jump	5.01m	5.13 m
Triple Jump	11.00 m	11.00m
Shot Put	9.84 m	10.10 m (3kg)
Discus Throw	30.84 m	30.70m (1kg)
Javelin Throw	34.00 m	N/A
Pole Vault	N/A	2.00 m
Racewalk (2,000 m)	12:21.93 sec	11:06.7sec

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Enclosure No. 2 to RM No. \_\_\_\_\_, s. 2026

<b>2026 QUALIFYING STANDARDS FOR PALARONG PAMBANSA 2026</b>		
<b>SWIMMING</b>		
<b>ELEMENTARY BOYS</b>		
<b>EVENT</b>	<b>2025 QS</b>	<b>2026 QS</b>
200M Freestyle	02:24.58	<b>2:20.78</b>
50M Butterfly Stroke	30:79	<b>30.87</b>
100m Backstroke	01:15.78	<b>1:15.54</b>
200m Individual Medley	02:43.35	<b>2:44.64</b>
50m Breaststroke	37.25	<b>38.72</b>
100m Freestyle	01:03.27	<b>1:03.51</b>
100M Butterfly Stroke	01:11.73	<b>1:10.06</b>
50m Backstroke	34.09	<b>34.38</b>
50m Freestyle	29.19	<b>28.92</b>
100m Breaststroke	01:22.70	<b>1:26.69</b>
400m Freestyle	05:03.45	<b>5:00.43</b>

<b>SWIMMING</b>		
<b>ELEMENTARY GIRLS</b>		
<b>EVENT</b>	<b>2025 QS</b>	<b>2026 QS</b>
200M Freestyle	02:26.97	<b>2:31.37</b>
50m Butterfly Stroke	33.44	<b>33.04</b>
100M Backstroke	01:18.88	<b>1:17.80</b>
200m Individual Medley	02:50.29	<b>2:47.72</b>
50m Breaststroke	39.57	<b>39.40</b>
100m Freestyle	01:08.46	<b>1:07.47</b>
100m Butterfly Stroke	01:17.01	<b>1:15.21</b>
50m Backstroke	36.25	<b>35.14</b>
50m Freestyle	31.30	<b>31.19</b>
100m Breast Stroke	01:27.39	<b>1:28.67</b>
400n Freestyle	05:16.19	<b>5:11.84</b>

SWIMMING SECONDARY BOYS		
EVENT	2025 QS	2026 QS
400M Freestyle	04:31.60	4:29.98
50m Butterfly Stroke	26.96	26.98
100m Backstroke	01:03.16	1:03.92
200m Butterfly Stroke	02:17.87	2:19.76
200m Breaststroke	02:32.03	2:33.14
200m Individual Medley	02:20.31	2:22.16
50m Breaststroke	31.34	31.73
100m Freestyle	56.37	56.42
1500m Freestyle	18:30.00	18:27.91
200m Backstroke	02:22.93	2:21.55
100m Butterfly Stroke	01:00.92	59.94
50m Backstroke	29.10	29.52
400m Individual Medley	05:00.06	5:15.14
50m Freestyle	25.51	25.31
200m Freestyle	02:04.76	2:07.74
100m Breast Stroke	01:09.39	1:09.78
800m Freestyle	09:40.25	9:18.42

SWIMMING SECONDARY GIRLS		
EVENT	2025 QS	2026 QS
400m Freestyle	05:02.43	4:59.94
50m Butterfly Stroke	30.80	31.58
100m Backstroke	01:14.92	1:12.31
200m Butterfly Stroke	02:35.27	2:42.51
200m Breaststroke	02:53.19	2:56.33
200m Individual Medley	02:37.47	2:40.30
50m Breaststroke	36.86	36.54
100m Freestyle	01:03.35	1:04.02
1500m Freestyle	20.03.55	20:23.66
200m Backstroke	2.45.22	2:42.11
100m Butterfly Stroke	01:10.40	1:09.37
50m Back Stroke	32.85	33.98
400m Individual Medley	05:41.16	5:44.46
50m Freestyle	28.70	29.69
200m Freestyle	02:23.24	2:24.04
100m Breaststroke	01:21.35	1:21.21
800m Freestyle	10:53.38	10:33.18

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