



Republic of the Philippines

## Department of Education

REGION IV- A CALABARZON

CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

26 December 2025

### DIVISION MEMORANDUM

No. 890 s. 2025

#### CONDUCT OF MEDICAL EXAMINATION FOR 2026 REGIONAL ATHLETIC ASSOCIATION MEET PARTICIPANTS

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Heads, Public and Private Elementary and Secondary Schools  
Heads, Unit/Section  
All Others Concerned

1. Pursuant to **Republic Act No. 10588 (Palarong Pambansa Act of 2013)** and the guidelines on the conduct of medical and dental examinations for sports events, this Office announces the schedule of medical examination for athletes, coaches, chaperones, and officials in preparation for the 2026 Regional Athletic Association Meet (RAAM).
2. The medical examination aims to ensure the physical fitness and readiness of all participants and compliance with health standards prior to the RAAM.
3. The medical examination is scheduled on **January 5 to 9, 2026**. Please refer to Enclosure No. 1 for the detailed schedule and venue of the medical examinations.
4. All athletes are required to bring Medical Certificate Form 1 and Form 2, Dental Certificate for elementary athletes. Coaches, assistant coaches, chaperones, and officials must bring Medical Certificate Form 3.
5. Each athlete must be accompanied by a parent or legal guardian or official coach during the medical examination to ensure proper guidance and support throughout the process.
6. For further queries and clarification, you may contact Maria Corazon A. Borbon at 09175071780 or [maria.borbon@deped.gov.ph](mailto:maria.borbon@deped.gov.ph).
7. Immediate dissemination of this Memorandum is desired.

For:

**CELEDONIO B. BALDERAS JR.**  
Schools Division Superintendent

By:

**HERBERT D. PEREZ**  
Assistant Schools Division Superintendent  
Officer-in-Charge



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Encl.: As Stated

Reference: Republic Act No. 10588 (Palarong Pambansa Act of 2013)

To be indicated in the Perpetual Index  
under the following subjects:

PALARONG PAMBANSA  
SPORTS CLUB  
SPORTS

SGOD- conduct of medical examination for 2026 regional athletic association meet participants  
SGO0277Q-004109/December 26, 2025



**Enclosure:**

**SCHEDULE OF MEDICAL EXAMINATION**

<b>Date and Time</b>	<b>Schools</b>	<b>Venue</b>
January 5, 2025 (Monday) 9:00 am to 3:00 pm	Buenaventura Alandy National High School	SDO Tayabas City - Clinic
	Potol Elementary School	
	Malao-a Calantas Elementary School	
	Eugenio Francia Integrated School	
January 6, 2025 (Tuesday) 9:00 am to 3:00 pm	Calumpang Integrated School	Calumpang Integrated School - Clinic
	Froilan E. Lopez Elementary School	
	Mayuwi Integrated School	
	Metro Lucena Integrated Learning Center	
January 7, 2025 (Wednesday) 9:00 am to 3:00 pm	Tayabas East Central School	Tayabas East Central School - Clinic
	Tayabas West Central School I	
	Rosario Quesada Integrated National High School	
	Cipriano J. Querubin Elementary School	
	Alsam Integrated School	
	TAYPRISA	
	Valencia Elementary School	
	Ilasan Integrated School	
	Lawigue Elementary School	
	West Palale Elementary School	
	West Palale National High School	
	South Palale Elementary School	
	Dapdap Integrated School	

January 8, 2025 (Thursday) 9:00 am to 3:00 pm	Luis Palad Integrated School	Luis Palad Integrated School
	Ipilan Alitao Elementary School	
January 9, 2025 (Friday) 9:00 am to 3:00 pm	Luis Palad Integrated School	Luis Palad Integrated School