



Republic of the Philippines
Department of Education
REGION X-NORTHERN MINDANAO
SCHOOLS DIVISION OF LANAOS DEL NORTE

DEPED LANAOS DEL NORTE		
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DATE	TIME	BY

MARCH 7, 2023

DIVISION MEMORANDUM NO. 120, s. 2023

**TRAINING OF ATHLETES AND COACHES IN PREPARATION
FOR THE 2023 NMRAA MEET**

TO : Assistant Schools Division Superintendent
Chief Education Supervisors, CID & SGOD
SGOD Personnel
Public Schools District Supervisors
Coordinating Principals/District Incharge
All Public Elementary & Secondary School Heads
All Others Concerned
This Division

1. In preparation for the upcoming 2023 Northern Mindanao Regional Athletic Association (NMRAA) Meet which will be done in the divisions of Lanao del Norte, Misamis Oriental, El Salvador City, Cagayan de Oro City, Gingoog City and Camiguin on April 21-13, April 28-30 and May 5-7, 2023, this Office advises the field to conduct school based and in-house trainings during weekends and after school hours in weekdays starting March 11-May 3, 2023.
2. Relative to this, there will be **a meeting of all winning coaches and Tournament Managers** in Athletics, Archery, Swimming, Wushu, Arnis, Gymnastics, Taekwondo and Tennis on March 14, 2023, 1:00 p.m. at the Division Office Function Hall, Pigcarangan, Tubod, Lanao del Norte
3. Expenses incurred relative to the above sports activities can be charged to school board/ local funds subject to the usual accounting and auditing rules and regulation. Service Credits and Compensatory Time Off will be given to teaching and non-teaching personnel who will render services during Saturdays and Sundays.
4. Attached are the Activity Matrix, List of Training Venues, Billeting Quarters and List of athletes, coaches and trainers for guidance.
5. Immediate dissemination of and strict compliance with this Memorandum is desired.

[Signature]
EDILBERTO L. OPLENARIA, CESO V
Schools Division Superintendent

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

SPORTS
TRAINING

SGOD/Manoinsav



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SCHEDULE OF TRAININGS

IN-HOUSE TRAININGS

Date	Event	Venue/s/	Billeting Quarter/s
March 20 – April 18, 2023	Athletics	MCC, Sagadan,Tubod, LN	Secondary: LNNCHS, Baroy Elementary: Tubod CES
March 20 – April 18, 2023	Archery	MCC, Sagadan,Tubod, LN	LNNCHS, Baroy
March 20 – April 13, 2023	Wushu	Baloi NHS, Baloi, LN	Baloi NHS, Baloi
April 14- 18, 2023		MCC, Sagadan,Tubod, LN	LNNCHS, Baroy
March 20 – April 13, 2023	Swimming	MCC, Sagadan,Tubod, LN	Secondary: LNNCHS, Baroy Elementary: Tubod CES
April 29- May 3, 2023		MCC, Sagadan,Tubod, LN	Baroy CES, Baroy
April 4-28, 2023	Arnis	Secondary: Baloi NHS Elementary: Pandulonon ES	Secondary: Baloi NHS Elementary: Pandulonon ES
April 29-May 3, 2023		MCC, Sagadan,Tubod, LN	Baroy CES, Baroy
April 4-28, 2023	Taekwondo	LNNCHS, Baroy, LN	Secondary: LNNCHS, Baroy Elementary: Baroy CES
April 29-May 3, 2023			Baroy CES, Baroy
April 4-28, 2023	Tennis	LNNCHS, Baroy, LN	Secondary: LNNCHS, Baroy Elementary: Baroy CES
April 29-May 3, 2023			Baroy CES, Baroy
March 28- April 21, 2023	Gymnastics (WAG and MAG)	Linamon NHS, Linamon, LN	Secondary: Linamon NHS Elementary: Rubocon ES
April 22- 26, 2023	Gymnastics (WAG,MAG,RG & Aero)	MCC, Sagadan, Tubod, LN	Baroy CES, Baroy



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IN-HOUSE TRAININGS

Date	Event/s	Venue/s/	Billeting Quarter/s
April 14-18, 2023	Football Futsal	MCC, Sagadan, Tubod, LN	Secondary: LNNCHS, Baroy Elementary: Baroy CES
April 22-26, 2023	Basketball Volleyball Dancesports Softball Sepak Takraw	LNNCHS and Baroy CES	Secondary: LNNCHS, Baroy Elementary: Baroy CES
April 29- May 3, 2023	Badminton Table Tennis Billiards Boxing Chess Wrestling Baseball	MCC, Sagadan, Tubod, LN LNNCHS and Baroy CES	Secondary: LNNCHS, Baroy Elementary: Baroy CES

SCHOOL BASED TRAININGS

Date	Event/s	Venue/s/
March 11 – April 13, 2023	Football- Secondary	LNNCHS, Baroy, LN
	Football - Elementary	Abucay Cancamo, Magsaysay
	Futsal	Kapatagan NHS, Kapatagan, LN
March 11 – April 21, 2023	Basketball- Sec. Boys	SADMIS, SND, LN
	Basketball- Sec. Girls	LNNCHS, Baroy, LN
	Basketball- Elem.	Margos ES, Margos, Kapatagan, LN
	Basketball 3x3 - Girls	Bansarvil NHS – Bansarvil, Kapatagan, LN
	Basketball 3x3 - Boys	Christ de King College- Maranding, Lala, LN
March 11 – April 21, 2023	Volleyball – Sec. Boys	Lala NHS, Maranding, Lala, LN
	Volleyball- Sec. Girls	Lala Proper IS, Lala, LN
	Volleyball – Elem. Boys	G. Gimeno MIS, Kolambugan, LN
	Volleyball – Elem. Girls	Balagatasa ES, Balagatasa, Maigo, LN
March 11 – April 21, 2023	Sepak Takraw – Sec. Boys	Bansarvil NHS, Bansarvil, Kapatagan, LN
	Sepak Takraw – Sec. Girls	Lala NHS, Maranding, Lala, LN
	Sepak Takraw - Elementary	Salvador CES, Salvador, LN



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SCHOOL BASED TRAININGS

Date	Event/s	Venue/s/
March 11 – April 21, 2023	Dancesports- Secondary	Kapatagan NHS, Kapatagan, LN
	Dancesports Elementary	Kapatagan CES, Kapatagan, LN
	Dancesports - Elementary	Balili CES, Kapatagan, LN
March 11 – April 21, 2023	Softball- Sec.	Munai NHS, Tambo, Munai, LN
	Softball – Elem.	Datu Bibit ES, Magsaysay, LN
March 11 – April 21, 2023	Gymnastics – RG & Aero	Kapatagan NHS, Kapatagan, LN
March 11 – April 28, 2023	Billiards -Boys	Mamagum IS, SND, LN
	Billiards - Girls	Lala Proper IS, Lala, LN & A. Bersales NHS, SND
March 11 – April 28, 2023	Badminton – Sec. Boys	Baloi NHS, LNNCHS & MSU-Maigo
	Badminton- Sec. Girls	MSU-Maigo, Binuni-Demologan NHS & Christ de King College
	Badminton – Elem. Boys	Linamon CES & Lanipao CES –
	Badminton – Elem. Girls	Linamon CES & Lanipao CES –
March 11 – April 28, 2023	Chess – Sec. Boys	Lala NHS & Phil. Science HS-
	Chess- Sec. Girls	Lala NHS, Maranding, Lala
	Chess – Elem. Boys	Tubod CES & Magsaysay CES-
	Chess – Elem. Girls	F. Lumantas MES & Dimayon ES, Nunungan
March 11 – April 28, 2023	Table Tennis – Sec. Boys	Lala NHS & LNNCHS
	Table Tennis- Sec. Girls	Lala NHS & LNNCHS
	Table Tennis Elem. B & G	Generoso Lapasaran ES, Pendolunan, Lala, LN

March 11 – April 3, 2023	Arnis - Sec.	Baloi NHS, Maria Cristina, Baloi, LN
	Arnis – Elem.	Pendulonan ES, Baloi, LN
March 11- April 28, 2023	Wrestling- Boys and Girls	LNNCHS, Baroy
March 11- April 28, 2023	Boxing	Lala NHS, Maranding, Lala, LN
March 11- April 3, 2023	Taekwondo – Secondary	LNNCHS, Kapatagan NHS, Lala NHS & Lala Proper IS
	Taekwondo - Elementary	Baroy CES, Maranding CES, Lala Proper IS
March 11 – April 3, 2023	Tennis -Elementary	Riverside PS, Baroy; Malingao CES, Tubod; Tubod CES and Dalama CES, Baroy
	Tennis – Secondary	Bacolod CIS, Lala NHS, LNNCHS & Maigo NHS
March 11 – April 28, 2023	Baseball -Secondary	LNNCHS, Baroy
	Baseball - Elementary	Datu Bibit ES, Magsaysay



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LIST OF ATHLETES WHO WILL UNDERGO IN-HOUSE TRAININGS
(Athletics, Archery, Swimming, Wushu, Arnis, Gymnastics, Taekwondo and Tennis)

SWIMMING (Participation to NMRAA Meet will be based on Qualifying Time)

Elementary -Boys:

- | | |
|--|--|
| 1. Mikko Sanguila – Babalaya ES, Bacolod | 6. Theo Villas – Tubod CES, Tubod |
| 2. Rafael Ernesto Pandan- Camalan ES, Lala | 7. Jeyford Aguaviva – Labuay ES, Maigo |
| 3. Shawn Kristoff Espra- Matampay Bucana, Lala | 8. John Mike Paran- Camp Allere ES, Salvador |
| 4. Prince Ivan Agpasa – G. Gimeno ES, Kolambugan | 9. Clark Kaamino – Baybay Kuasihan, Maigo |
| 5. Romneck Janog – Baybay Kulasihan, Maigo | 10. Aljan Janog – Baybay Kulasihan, Maigo |

Coach: Myrna M. Rodriguez – Labuay ES, Maigo

Elementary – Girls:

- | | |
|---|---|
| 1. Sofhia Escueta – Maranding CES, Lala | 6. Feonah Abugan – Maranding CES, Lala |
| 2. Honeylit Barangan – Margos ES, Kapatagan | 7. Queenie Enujada – Camp Allere, Salvador |
| 3. Jeanine Abastar – Maranding CES, Lala | 8. Shiekenah Pitaluna – Inasagan ES, Salvador |
| 4. Khione Athena Palma – Lala Proper IS, Lala | 9. Queen Cevil Lasponia – Labuay ES, Maigo |
| 5. Precious Vela Naiz – Tubod CES, Tubod | 10. Janaisa Jacatra – Munai CES, Munai |

Coach : Ernalie L. Yap – Maranding CES, Lala

Secondary- Girls:

- | | |
|--|---|
| 1. Glory Lobero – Lala NHS, Lala | 6. Cayone Paquingan – Lala NHS, Lala |
| 2. Camyll Paninahug – Lala NHS, Lala | 7. Ellaieza Hoy – Lala NHS, Lala |
| 3. Angelica Salazar – Rufo dela Cruz IS, Tubod | 8. Kaye Allysa Manlawe – Lala NHS, Lala |
| 4. Myles Salabao – Lala NHS, Lala | 9. Arrianne Cuaresma – Lala NHS, Lala |
| 5. Miley Salabao – Lala NHS, Lala | |

Coach: Rosalie P. Saycon – Lala NHS, Lala

Secondary – Boys:

- | | |
|--|---|
| 1. Jafar Dipatuan – Liangan NHS, Bacolod | 6. George Anton Abugan – Lala NHS, Lala |
| 2. Nino Ricablanca – Rufo dela Cruz IS, Tubod | 7. Gerson Lorenzo Abain – Kapatagan NHS |
| 3. Rodel Lamanilao – Rufo dela Cruz IS, Tubod | 8. Cris Princelor Patcho- Liangan NHS, Bacolod |
| 4. Mark Johnny Evangelista- Salvador NHS | 9. Johary Dipatuan – Liangan NHS, Bacolod |
| 5. Mark James Baroro – P. Mequiabas NHS, Kptgn | 10. Ritz Macnel Alipin – Taguitic IS, Kapatagan |

Coach: Lovely Christy B. Peleno- Liangan NHS, Bacolod

Trainer: Juvy Delosa



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ARCHERY

Boys:

- | | |
|---|----------------------------------|
| 1. Kurt Jouelle Sarabia – LNNCHS, Baroy | 3. El Shan Ong – LNNCHS, Baroy |
| 2. Cristino Rondillas Jr. – LNNCHS, Baroy | 4. Ariane Bayubay- LNNCHS, Baroy |

Coach : Argie Cataculan – LNNCHS, Baroy

Girls:

- | | |
|--------------------------------------|-------------------------------------|
| 1. Stephanie Almento – LNNCHS, Baroy | 3. Julie Pacana – LNNCHS, Baroy |
| 2. Leslyn Calamba – LNNCHS, Baroy | 4. Cyrine Rondillas – LNNCHS, Baroy |

Coach: Edwin Berondo- LNNCHS, Baroy

Chaperon: Emelita Cutad- LNNCHS, Baroy

WUSHU

Boys:

- | | |
|---------------------------------------|--|
| 1. Labid, Ironne Paul C. – Baloi NHS | 4. Calunod, Joshua V. – Baloi NHS |
| 2. Wagas, Rex C. – Baloi NHS | 5. Oliveros, Francis John R. – Baloi NHS |
| 3. Llanto, Joey Angelo B. – Baloi NHS | 6. Enteria, John Paul A. – Baloi NHS |

Coach: Aviles, Lovelyn V. – Baloi NHS

Trainer: Tampos, Harvey O. – Baloi NHS

Girls:

- | | |
|---|---|
| 1. Francisco, Jolly Ann M. – Lala Proper IS | 3. Villacora, Glory Shyra C. – Lala Proper IS |
| 2. Besonia, Marry Gold T. – Lala Proper IS | 4. Pacot, Princess Apasrah B. – Baloi NHS |

Coach: Ancis, Wellie Y.- Lala Proper IS

Chaperon: Ancis, Mirasol M. – Lala Proper IS

ARNIS

Secondary Boys:

- | | |
|--|------------------------------------|
| 1. Enterina, Jhelord P – Baloi NHS | 4. Helvis, Jay Mark C. – Baloi NHS |
| 2. Gilbes, Miljun G – Baloi NHS | 5. Helvis, Julierto C.– Baloi NHS |
| 3. Canillo, John Marlon S. – Baloi NHS | |

Coach: Deo Emmanuel Villamor – Baloi NHS

Secondary - Girls:

- | | |
|-----------------------------------|---|
| 1. Ebrahim, Akira C. – Baloi NHS | 4. Vargas, Syrill Nicole C. – Baloi NHS |
| 2. Cantar, Melody J. – Baloi NHS | 5. Macmac, Johaira L. – Baloi NHS |
| 3. Layuge, Twinkle M. – Baloi NHS | |

Coach: Deo Emmanuel Villamor – Baloi NHS

Chaperon: April Grace S. Manseguaio – Baloi NHS



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ARNIS

Elementary Boys:

1. Mohammad Mangacop – Pendulonan ES, Baloi
2. Moh Raffy Aliakbar – Pendulonan ES, Baloi
3. Nursaif Macarimbang- Pendulonan ES, Baloi

Coach: Jasmin L. Samporna – Pendolunan ES, Baloi

Elementary - Girls:

1. Viance Mae Nemenzo – Pendulonan ES, Baloi
2. Haniah Mangadang – Pendulonan ES, Baloi
3. Francine Palangan – Pendulonan ES, Baloi

Coach: Janisah M. Mayo – Pendolunan ES, Baloi

Trainer: Eunice E. Faigmani

TENNIS

Secondary Boys:

1. Mcleen P. Gomera – Bacolod CIS
2. Josh Benedict L. Lim- Lala NHS
3. Kale Cyd P. Villamor – Lala NHS
4. Vinz AJ C. Bering – Lala NHS

Coach: Mariannie B. Valiente – Lala NHS

Secondary - Girls:

1. Jeffnani Elsmarie A. Denopol- Holy Cross HS, Kolambugan
2. Kimberlyn J. Vosotros – Maigo NHS
3. Kristina Giuen C. Bandolis- LNNCHS
4. Kristina Guia Margarette Bandolis- LNNCHS

Coach: Norwin Palao – LNNCHS

Chaperon: Claire C. Zalsos - LNNCHS

Elementary Boys:

1. Vincent Ethan Aguilar – Tubod CES
2. Kennedy Deil H. Gumera – Malingao CES, Tubod
3. Cyrus John Jimenez- Riverside PS, Baroy
4. Khent Darryl Anon- Riverside PS, Baroy

Coach: Glaze P. Villastique – Riverside PS, Baroy

Elementary - Girls:

1. Princes Mitchan A. Bacolod - Dalama Central ES
2. Joda Leizyl G. Limot Tubod Central ES
3. Kylie Jent N. Quimada - Malingao Central ES
4. Avniel Viness R. Cabahug- Malingao Central ES

Coach: Maricel C. Quimada- Malingao Central ES



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TAEKWONDO

Secondary Boys:

- | | |
|---|-------------------------------------|
| 1. Jorniel Lance Daya – LNNCHS, Baroy | 5. Keith Romande- Lala NHS |
| 2. Nino Benedict Enerio- Kapatagan NHS | 6. Jasper Pido – LNNCHS, Baroy |
| 3. John Carlo Bitangcor – Kapatagan NHS | 7. Gesham Lael Bagatua – LNNCHS |
| 4. Sam Andrei Romande – LNNCHS, Baroy | 8. Daniele Felicity Agohayon-LNNCHS |

Coaches: Cheryl Ann Miculob – LNNCHS
Zenmar Clam – LNNCHS

Secondary Girls:

- | | |
|--|------------------------------------|
| 1. Alexia Mae Mae Sabuero – LNNCHS, Baroy | 5. Rhiana Kim Sabuclalao – LNNCHS |
| 2. Princess Eunice Melchor – Kapatagan NHS | 6. Glailyn Mae Tabon – LNNCHS |
| 3. Aya Maezel Cincoflores -Kapatagan NHS | 7. Jean Paolo Andea -Kapatagan NHS |
| 4. Princess Tanya Melchor – Kapatagan NHS | |

Coaches: Elmo Dacalay – Kapatagan NHS
Donna Mae Tomo – LNNCHS
Chaperon: Rica Mae Villasante – Kapatagan NHS

Elementary Boys:

- | | |
|-------------------------------------|---|
| 1. Chazrylle Tiad – Bulod ES, Tubod | 3. Christianper Lacuna – Maranding CES,Lala |
| 2. Jhames Kilat – Tubod CES | 4. Andreo Mansay – Baroy CES |

Coach: Mariben B. Kilat – Tubod CES

Elementary Girls:

- | |
|---|
| 1. Ande Eilleen Doroin – Baroy CES |
| 2. Claresse Francis Bagaloyos- Maranding CES,Lala |

Coaches: Engenia Cruz – Baroy CES
Daphne Delima – Maranding CES, Lala



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GYMNASTICS (MAG & WAG)

Secondary Boys:

1. Jubert Canillo – Linamon NHS
2. Jhon Gabriel Verendia – Linamon NHS
3. Jhonrey Araneta – Linamon NHS

Coach: Miguelito De Vera – Linamon NHS

Secondary Girls:

1. Rosemarie Montecillo- Linamon NHS
2. Angel Retiza – Lala NHS
3. Diane Aguirre – Lala NHS

Coach: Antoniete Tejada – Linamon NHS

Elementary Boys:

1. Johvanny Dalucanog Jr. – Robocon ES, Linamon
2. Relann Jay Sabaysabay – Robocon ES, Linamon
3. Ariel Dave Pasanting -Robocon ES

Coach: Marilou Tawingan -Robocon ES, Linamon

Elementary Girls:

1. Maxinne Hipe – Robocon ES, Linamon
2. Michaela Kate Gionson – F. Bolante MES, Lala
3. Razien Lay Marzon – Robocon ES, Linamon

Coach: Marilou Tawingan -Robocon ES, Linamon



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ATHLETICS (Participation to NMRAA Meet will be based on Qualifying Time)

Elementary -Boys:

- | | |
|--|---|
| 1. Paul Andrie Bernardo- A. Tongco Rubillar ES,Kptgn | 8. Jason Legaria – Bansarvil ES, Kptgn |
| 2. Jick Brian Cerbantes - Malingao CES,Tubod | 9. Arl Alex Chavez – |
| 3. James Levis Vente - Tubod CES | 10. Abdul Azis Bazer- |
| 4. Juvy Pantallano – Suso IS, Kapatagan | 11. Josven Tapdasan – Mahayahay ES, Kptgn |
| 5. Elouie Jhoy Ducot – Maigo CES | 12. Reyniel Lazo |
| 6. Joprian Rey Gingine - | 13. Joye More – |
| 7. Andrie Bernardo – Cathedral Falls ES,Kptgn | 14. Mark Kevin Busquit – Palao ES, Tubod |

Coaches: Jayson Alimento – Palao ES, Tubod (Track)
Aireen Labitad – Mahayahay ES, Kapatagan (Field)

Elementary – Girl

- | | |
|--|--|
| 1. Cloe Jabillo – Darumawang ES, Lala | 7. Angela Cebello – Palao ES |
| 2. Ariane Janelle Apao – Palao ES,Tubod | 8. Tresha Mae Mabalatan - |
| 3. Kathlea Trisha Saludes - Sucodan ES,Kolmbgn | 9. Genesyl Gongob – Palao ES |
| 4. Asley Resonadero – Palao ES | 10. Arriane Mae Pilapil – Mahayahay ES,Kptgn |
| 5. Jannahaira Mamintal - | 11. Shanelle Aguirre – |
| 6. Frencess May Reyes – Mahayahay ES, Kptgn | 12. Archelyn Abucay - |

Coaches : Jade Dingco – Palao ES , Tubod (Track)
Josefina Paitan – Patudan ES, Tubod(Field)

Secondary- Girls:

- | | |
|-------------------------------------|--|
| 1. Joy Dolauta – LNNCHS, Baroy | 9. Precious Gabucon – Lala NHS, Lala |
| 2. Jovelyn Alisoso – LNNCHS, Baroy | 10. Angelica Bongat – Tanbacon IS.Magsaysay |
| 3. Glaiza Hamora – Lala NHS, Lala | 11. Najma Diamla – Tangcal NHS, Tangkal |
| 4. Crisnaly Alon – Lala NHS, Lala | 12. Ashley Alandroque – Dalama IS, Tubod |
| 5. Erika Bulado – Lala NHS | 13. Ellah Dugaduga –P. Mequiabas NHS, Kptgn |
| 6. Guian Carla Ogoc – LNNCHS, Baroy | 14. Princess Riza Rosalejos – Lala NHS, Lala |
| 7. Nicole Torrejas – Lala NHS, Lala | 15. Jessa Caballero – LNNCHS, Baroy |
| 8. Cathlyn Gasque- Salvador NHS | |

Coaches: Alberto Reyes, LNNCHS, Baroy (Track)
Cheryl Reyes, LNNCHS, Baroy (Field)

Secondary – Boys:

- | | |
|--|--|
| 1. Barry Magallano – Lala NHS | 9. Kinz Mark Christian Imfiel – Salvador NHS |
| 2. Korean Jake Geisui – Lala NHS | 10. Japryan Mallawao – LNNCHS |
| 3. Mario Angelo Calumpang – Lala NHS | 11. Jhon Louben Abueg – Salvador NHS |
| 4. Romeo Tecson – SNDMIS, SND | 12. Jemuel Carumba – Salvador NHS |
| 5. Earl John Daperog – Salvador NHS | 13. Jamestar Dumam-ag – Salvador NHS |
| 6. Kenneth Paglinawan – Salvador NHS | 14. Ejay Banua – Lala NHS |
| 7. Klent Jay Paglinawan – Salvador NHS | 15. Orlando Bool – SADMIS, SND |
| 8. Jhonell Flores – Magsaysay NHS | |

Coaches: Cheryl Dolero- Salvador NHS (Track)
Albert Puertos – Salvador NHS (Field)