

**PALARONG PAMBANSA 2013 - 4/23/2013 to 4/26/2013****PALARO REC - Records**

1	Boys 12&U 200 Free ELEMENTARY	2:09.33	2009	OMAR PHILIP DACERA - R-11
2	Girls 12&U 200 Free ELEMENTARY	2:18.86	2010	CATHERINE BONDAD - R-4A
3	Boys 13-17 400 Free SECONDARY	4:08.36	2005	RYAN PAOLO ARABEJO - NCR
4	Girls 13-17 400 Free SECONDARY	4:35.23	1998	NATASHA LEGARDA - WVRAA
5	Boys 12&U 100 Back ELEMENTARY	1:07.56	1998	EVAN GRAVADOR - NCR
6	Girls 12&U 100 Back ELEMENTARY	1:09.65	2006	DOROTHY GRACE HONG - NCR
7	Boys 13-17 100 Back SECONDARY	1:00.79	2009	JOHANSEN AGUILAR - NCR
8	Girls 13-17 100 Back SECONDARY	1:07.94	2008	DOROTHY HONG - NCR
9	Boys 12&U 50 Fly ELEMENTARY	28.03	2000	RONALD GUIRIBA - NCR
10	Girls 12&U 50 Fly ELEMENTARY	30.65	1996	LYNETTE ANG - CVRAA
11	Boys 13-17 200 Fly SECONDARY	2:09.98	1998	CARLO PICCIO - WVRAA
12	Girls 13-17 200 Fly SECONDARY	2:26.16	5/8/2012	Delia Cordero - NCR
13	Boys 12&U 200 Medley ELEMENTARY	2:07.33	2011	NCRAA - NCR ROMINQUIT, MARK JOSEPH 12, MATTHEW TANO, ALVIN ALC
14	Girls 12&U 200 Medley ELEMENTARY	2:14.31	2006	HONG,TAPANG,AL-KHALDI, GO - NCR
15	Boys 13-17 200 Medley SECONDAQRY	1:54.57	2008	AGUILAR,LUA,CASTELO,YAP - NCR
16	Girls 13-17 200 Medley SECONDAQRY	2:09.09	5/8/2012	NCR - NCR A Bartolome, J Rodgers, D Cordero, R Kee
17	Boys 12&U 50 Breast ELEMENTARY	33.32	2006	JOSHUA ACAIN - R-11
18	Girls 12&U 50 Breast ELEMENTARY	36.83	1997	KHALYLA KHUNN - CVRAA
19	Boys 13-17 200 Breast SECONDARY	2:30.42	1998	RAFAEL CHUA - NCRAA
20	Girls 13-17 200 Breast SECONDARY	2:48.00	1998	JENNY GUERRERO - NCRAA
21	Boys 12&U 200 IM ELEMENTARY	2:25.86	5/9/2012	Jose Mari Sebastian Arcilla - R-4A
22	Girls 12&U 200 IM ELEMENTARY	2:37.87	2007	INGRID ILUSTRE - NCRAA
23	Boys 13-17 200 IM SECONDARY	2:13.28	1998	CARLO PICCIO - WVIRAA
24	Girls 13-17 200 IM SECONDARY	2:25.66	1998	ALTHEA LIM - NCRAA
25	Boys 12&U 100 Free ELEMENTARY	58.61	2000	RONALD GUIRIBA - NCRAA
26	Girls 12&U 100 Free ELEMENTARY	1:03.46	2006	JASMINE AL-KHALDI
27	Boys 13-17 100 Free SECONDARY	54.47	2005	KENDRICK UY - NCRAA
28	Girls 13-17 100 Free SECONDARY	1:00.28	2010	LOREN DALE ECHAVEZ - CVRAA
29	Boys 12&U 400 Medley ELEMENTARY	4:41.75	2006	TANO,DACANAY,TANO,SING - NCR
30	Girls 12&U 400 Medley ELEMENTARY	4:55.08	2006	HONG,ILUSTRE,AL-KHALDI,CRUZ - NCR
31	Boys 13-17 400 Medley SECONDARY R	4:10.66	2009	AGUILAR,TAN,CASTELO,BERINO - NCR
32	Girls 13-17 400 Medley SECONDARY R	4:40.62	1998	
33	Boys 12&U 400 Free ELEMENTARY	4:35.42	2009	OMAR PHILIP DACERA - R-11
34	Girls 12&U 400 Free ELEMENTARY	4:54.55	2010	CATHERINE BONDAD - R-4A
35	Boys 13-17 800 Free SECONDARY	8:58.36	2010	FAHAD ALKHALDI - R-11
36	Girls 13-17 800 Free SECONDARY	9:48.12	2010	ERIKA KRISTY LUKANG - R-4A
37	Boys 12&U 50 Back ELEMENTARY	30.93	2009	CHRISTEN MERCADO - NCR
38	Girls 12&U 50 Back ELEMENTARY	32.62	2006	DOROTHY GRACE HONG - NCRAA
39	Boys 13-17 200 Back SECONDARY	2:12.61	2005	RYAN ARABEJO - NCRAA
40	Girls 13-17 200 Back SECONDARY	2:22.68	1998	LIZA DANILA - STACAA
41	Boys 12&U 100 Fly ELEMENTARY	1:03.04	2000	RONALD GUIRIBA - NCRAA
42	Girls 12&U 100 Fly ELEMENTARY	1:09.38	2011	FRANCIS PILLADO - MIMAROPA
43	Boys 13-17 100 Fly SECONDARY	58.13	2011	GABRIEL CASTELO - NCRAA
44	Girls 13-17 100 Fly SECONDARY	1:06.00	2009	DELIA ANGELA CORDERO - CLRAA
45	Boys 12&U 200 Free ELEMENTARY Re	1:52.05	2010	NCRAA - NCR
46	Girls 12&U 200 Free ELEMENTARY Re	2:02.88	2010	NCRAA - NCR
47	Boys 13-17 200 Free SECONDARY Rela	1:43.78	2011	PALENCIA,FRANCISO,MARQUEZ,CHUA - NCR
48	Girls 13-17 200 Free SECONDARY Rela	1:55.26	5/10/2012	NCR - NCR P Cayanan, A Bartolome, C Bondad, T Caluma
49	Boys 12&U 50 Free ELEMENTARY	26.64	2000	Ronaldo Guiriba - NCRAA
50	Girls 12&U 50 Free ELEMENTARY	29.07	1997	LYNETTE ANG - CVRAA
51	Boys 13-17 200 Free SECONDARY	1:59.05	2011	AXEL NGUI-FHAD ALKHALDI - NCR//STACAA
52	Girls 13-17 200 Free SECONDARY	2:12.12	1998	ALTHEA LIM - NCR
53	Boys 12&U 100 Breast ELEMENTARY	1:15.65	2002	RAFFY HECHANOVA - WVRAA
54	Girls 12&U 100 Breast ELEMENTARY	1:21.27	1996	ELOISA DEL MUNDO - NCR
55	Boys 13-17 100 Breast SECONDARY	1:07.38	2005	GERARD BORDADO - BRAA

**PALARONG PAMBANSA 2013 - 4/23/2013 to 4/26/2013****PALARO REC - Records**

56	Girls 13-17 100 Breast SECONDARY	1:17.76	1998	KHALYLA KHUNN - CVRAA
57	Boys 12&U 400 Free ELEMENTARY Re	4:17.68	2009	COTABATO(CRAA) - R-12
58	Girls 12&U 400 Free ELEMENTARY Re	4:29.53	2000	WVRAA - R-6
59	Boys 13-17 400 Free SECONDARY Rela	3:43.83	2010	CASTELO,MARCIANO,BERINO, NGUI - NCR
60	Girls 13-17 400 Free SECONDARY Rela	4:10.18	2010	TAN,LIPAT,HERRANZ,LUKANG - R-4A