



PALARONG PAMBANSA 2018

Province of Ilocos Sur

MAG – WAG – RG

SCHEDULE OF GAMES

(PLAN A – 1 PODIUM)



DATE & TIME	RG	WAG	MAG
APRIL 16 AM PM	OPENING CEREMONY ELEMENTARY (FH/ROPE) SECONDARY (ROPE/HOOP)	OPENING CEREMONY CLUSTER 1 – VT / SB / BB / FX CLUSTER 2 & 3 – SB / BB	OPENING CEREMONY SUPPORT SUPPORT
APRIL 17 AM PM	ELEMENTARY (BALL/CLUBS) SECONDARY (BALL/CLUBS)	SUPPORT SUPPORT	COMPETITION I & II (CLUSTER 1 & 2)
APRIL 18 AM PM	SUPPORT SUPPORT	CLUSTER 2 & 3 VT / FX	SUPPORT SUPPORT
APRIL 19 AM PM	APPARATUS FINALS (ELEM & SEC) SUPPORT	SUPPORT FINALS (CLUSTER 2 & 3)	COMPETITION I & II (CLUSTER 3)
APRIL 20 AM PM	SUPPORT AWARDING	FINALS (CLUSTER 2 & 3) AWARDING	COMPETITION III (CLUSTER 1-2-3) AWARDING

Prepared by:

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PALARONG PAMBARANSA 2018
Province of Ilocos Sur

RHYTHMIC GYMNASTICS
PROVISIONAL SCHEDULE



TIME	APRIL 16, 2018	TIME	APRIL 17, 2018	APRIL 18, 2018	APRIL 19, 2018	APRIL 20, 2018
7:30 - 8:30 AM	OPENING PROGRAM & CHECKING OF GALLERY	7:30 - 9:00 AM	GENERAL WARM-UP		7:30 - 9:00 AM GENERAL WARM-UP	
8:30 - 10:00 AM	GENERAL WARM - UP					
10:00 - 12:30 PM	ELEMENTARY (FH/ROPE) SUBGROUP 1 - REG A/B/C/D (FH) SUBGROUP 2 - REG E/F/G/H (ROPE) SUBGROUP 1 - REG A/B/C/D (ROPE) SUBGROUP 2 - REG E/F/G/H (FH)	9:00 - 11:30 AM	ELEMENTARY (BALL/CLUBS) SUBGROUP 1 - REG A/B/C/D (BALL) SUBGROUP 2 - REG E/F/G/H (CLUBS) SUBGROUP 1 - REG A/B/C/D (CLUBS) SUBGROUP 2 - REG E/F/G/H (BALL)	REST DAY	TIME 9:00 - 10:00 AM 10:00 - 11:00 AM	ELEMENTARY (AF) FH ROPE SECONDARY (AF) ROPE HOOP
12:30 - 1:00 PM	BREAK	11:30 - 12:00 PM	BREAK		BREAK	
1:00 - 3:30 PM	ELEMENTARY (FH/ROPE) SUBGROUP 3 - REG I/J/K/L (FH) SUBGROUP 4 - REG M/N/O/P (ROPE) SUBGROUP 3 - REG I/J/K/L (ROPE) SUBGROUP 4 - REG M/N/O/P (FH)	12:00 - 2:30 PM	ELEMENTARY (BALL/CLUBS) SUBGROUP 3 - REG I/J/K/L (BALL) SUBGROUP 4 - REG M/N/O/P (CLUBS) SUBGROUP 3 - REG I/J/K/L (CLUBS) SUBGROUP 4 - REG M/N/O/P (BALL)	REST DAY	12:00 - 1:00 PM 1:00 - 2:00 PM	ELEMENTARY (AF) BALL CLUBS SECONDARY (AF) CLUBS BALL
3:30 - 3:45 PM	DRAW LOTS (APP FINALS - FH/ROPE) BREAK	2:30 - 2:45 PM	DRAW LOTS (APP FINALS - BALL/CLUBS) BREAK		BREAK	2:00 PM - RG
3:45 - 6:15 PM	SECONDARY (ROPE/HOOP) SUBGROUP 1 - REG A/B/C/D (ROPE) SUBGROUP 2 - REG E/F/G/H (HOOP) SUBGROUP 1 - REG A/B/C/D (HOOP) SUBGROUP 2 - REG E/F/G/H (ROPE)	2:45 - 5:15 PM	SECONDARY (BALL/CLUBS) SUBGROUP 1 - REG A/B/C/D (BALL) SUBGROUP 2 - REG E/F/G/H (CLUBS) SUBGROUP 1 - REG A/B/C/D (CLUBS) SUBGROUP 2 - REG E/F/G/H (BALL)	REST DAY		3:00 PM - WAG 3:30 PM - MAG
6:15 - 6:30 PM	BREAK	5:15 - 5:30 PM	BREAK			
6:30 - 9:00 PM	SECONDARY (ROPE/HOOP) SUBGROUP 3 - REG I/J/K/L (ROPE) SUBGROUP 4 - REG M/N/O/P (HOOP) SUBGROUP 3 - REG I/J/K/L (HOOP) SUBGROUP 4 - REG M/N/O/P (ROPE)	5:30 - 8:00 PM	SECONDARY (BALL/CLUBS) SUBGROUP 3 - REG I/J/K/L (BALL) SUBGROUP 4 - REG M/N/O/P (CLUBS) SUBGROUP 3 - REG I/J/K/L (CLUBS) SUBGROUP 4 - REG M/N/O/P (BALL)	REST DAY		
9:00 PM	DRAW LOTS (APP FINALS - ROPE/HOOP)	8:00 PM	DRAW LOTS (APP FINALS - BALL/CLUBS)			


DEPARTMENT OF EDUCATION
Bureau of School Sports

2018 PALARONG PAMBANSA

Ilocos Sur
April 15-21, 2018

Schedule of Games

April 16, 2018 (Monday)	
6:00-8:30	Athletes' General Warm- Up
8:30-10:00	Opening and Checking of Galleries
10:00-12:00	Cluster 1 - VT, BB, SB & FX
12:00-1:30	Lunch Break
1:30- 5:00	Cluster 2 & 3 - Single Bar & Balance Beam
April 17, 2018 (Tuesday)	
6:00-8:00	Athletes' General Warm-up
8:00-12:00	Support to RG and MAG
12:00- 1:30	Lunch Break
1:30- 5:00	Support to RG and MAG
April 18, 2018 (Wednesday)	
6:00-8:00	Athletes' General Warm-up
8:00- 12:00	Cluster 2 & 3 Floor Exercise & Vault
12:00- 1:30	Lunch Break
1:30- 5:00	Cluster 2 & 3 Floor Exercise & Vault
April 19, 2018 (Thursday)	
6:00-8:00	Athletes' General Warm-up
8:00- 12:00	Support RG & MAG
12:00- 1:30	Lunch Break
1:30- 5:00	Finals - (Indv. Apparatus Finals) Cluster 2 & 3
April 20,2018 (Friday)	
6:00-8:00	Athletes' General Warm-up
8:00- 12:00	Finals - (Indv. Apparatus Finals) Cluster 2 & 3
12:00- 1:30	Lunch Break
1:30- 3:00	Awarding Ceremony


AMELIA B. BERGONIA
WAG Tournament Manager



PALARONG PAMBANSA 2018

Province of Ilocos Sur

RHYTHMIC GYMNASTICS

TRANSMITTAL CHECKLIST - ELEMENTARY



REGION	DRAW LOTS	GENERAL SCHEDULE OF GAMES	RG PROVISIONAL SCHEDULE	PODIUM TRAINING SCHEDULE	TECHNICAL GUIDELINES	SIGNATURE OF OFFIC COACH
I	/	/	/	/	/	
II	/	/	/	/	/	
III	/	/	/	/	/	
IV - A	/	/	/	/	/	
IV - B	/	/	/	/	/	
V						<i>did not attend the meeting - </i>
VI	/	/	/	/	/	
VII	/	/	/	/	/	
VIII	/	/	/	/	/	
IX	/	/	/	/	/	
X	/	/	/	/	/	
XI	/	/	/	/	/	
XII	/	/	/	/	/	
CAR	/	/	/	/	/	
NCR	/	/	/	/	/	
CARAGA	/	/	/	/	/	



PALARONG PAMIRANSA 2018

Province of Ilocos Sur

RYTHMIC GYMNASTICS

TRANSMITTAL CHECKLIST - SECONDARY



REGION	DRAW LOTS	GENERAL SCHEDULE OF GAMES	RG PROVISIONAL SCHEDULE	PODIUM TRAINING SCHEDULE	TECHNICAL GUIDELINES	SIGNATURE OF OFFICIAL COACH
I	/	/	/	/	/	
II	/	/	/	/	/	
III	/	/	/	/	/	
IV-A	/	/	/	/	/	
IV-B	/	/	/	/	/	
V	/	/	/	/	/	
VI	/	/	/	/	/	
VII	/	/	/	/	/	
VIII	/	/	/	/	/	
IX	/	/	/	/	/	
X	/	/	/	/	/	
XI	/	/	/	/	/	
XII	/	/	/	/	/	
CAR	/	/	/	/	/	
NCR	/	/	/	/	/	
CARAGA	/	/	/	/	/	