

Republic of the Philippines
Department of Education
National Capital Region

Regional Try-out in Athletics for National Invitational Sports Competition

Event: 3,000 MR (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Canillo	Christian		PASIG	10:47.2	09:37.2
2	Abel	Rexniel		PASIG	10:47.5	

Event: 100 MD (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Gadia	Jessie Rey		MANILA	11.9	11.46
2	Angay-angay	Dustin John		PASIG	12.6	

Event: 100 MD (Women)

	Last Name	First Name	M.I.	Division	Time	QS
1	Montes	Charize		PASIG	16.6	12.73
2						

Event: 1500 MD (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Cervantes	Gabriel		MANILA	05:11.8	
2	Ongcal	Ronin			05:16.7	

Event: 1500 MD (Women)

	Last Name	First Name	M.I.	Division	Time	QS
1	Abellar	Rishane		PASIG	06:34.4	5.2 28

2						5.5.20
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Event: 400 MH (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Gamboa	King Ruel		MANILA	01:03.1	57.88
2						

Event: Javelin Throw (Men)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Lanza	Ralph Dustin	M.	Navotas	39.06m	54.44m
2	Balmores	Chino	O.	Muntinlupa	34.13m	

Event: 200M (Women)

	Last Name	First Name	M.I.	Division	Time	QS
1	Maligan	Samantha		MUNTINLUPA	30.6	27.42
2	Montes	Charize		PASIG	33.9	

Event: 200M (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Angay-Angay	Dustin		PASIG	26.0	23.5
2	Gacula	Irvin Dael		MUNTINLUPA	26.9	

Event: Shot Put (Women)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Arano	Jazen		MANILA	9.50m	12.97m
2	Candelario	Yden Faith		PASAY	DNS	

Event: Shot put (Men)

	Last Name	First Name	M.I.	Division	Distance	QS

1	Balmores	Chino		Muntinlupa	13.11m	15.93m
2	Balot	Kyle		Manila	DNS	

Event: 110 MH

	Last Name	First Name	M.I.	Division	Time	QS
1	GADIA	JESSIE REY		MANILA	15.9	15.13
2	GAMBOA	KING RUEL		MANILA	23.0	

Event: 100 MH

	Last Name	First Name	M.I.	Division	Distance	QS
1	NARIDO	KARYLLE		MANILA	21.6	15.74
2						

Event: 400 M (Women)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Genturales	Michelle		Muntinlupa	1:08.9	62.21
2	Gochoco	Jane Marie		Manila	1:18.4	

Event: 400M (Men)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Lumandao	Hernalou		Muntinlupa	56.7	52.77
2	Gacula	Ervin		Muntinlupa	1:04.7	
3	Angay-angay	Dustin John		Pasig	1:07.5	

Event: Triple Jump (Men)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Cervantez	Gabriel		PASIG	10.76m	13.32m
2						

Event: Triple Jump (Women)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Narido	Karylle		Manila	9.61m	10.92
2	Dabandan	Vianca		Pasig	8.40m	

Event: Discus Throw (Women)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Arano	Jazen		Manila	26.59m	35.6m
2						

Event: Discus Throw (Men)

	Last Name	First Name	M.I.	Division	Distance	QS
1	Lanza	Ralph Dustin		Navotas	26.87m	43.19m
2	Balmores	Chino		Muntinlupa	26.73m	

Event: 800 MR (Men)

	Last Name	First Name	M.I.	Division	Time	QS
1	Ongcal	Ruin		Navotas	2:29.5	2:09
2	Angay-angay	Dexter		Pasig	2:31.5	
3	Camo	Vincent James		Pasig	2:34.8	

Event: 800 MR (Women)

	Last Name	First Name	M.I.	Division	Time	QS
1	Puerto	Cindy		Pasig	1:08.9	02:30.6
2	Placido	Sep		Pasig		