



COCOLYMPICS 2024

Niyogyugan Festival 2024

COCOLYMPICS – GAMES/CONTESTS

GAMES	PARTICIPANTS
I. COCONUT RELAY	Coconut Farmers/Associations
II. PANLASANG GEN Z	Women from any Organization
III. Quezon, Game knb?	Young Farmers & Others
IV. BANGUS DEBONING RELAY	Fisherfolk
V. LAMBANOOG RELAY	HVC, Corn, and Rice Farmers



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COCONUT RELAY

A large, abstract graphic element in the background, consisting of several overlapping triangles in shades of orange, yellow, and blue, creating a dynamic, modern feel.

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COCONUT RELAY

COCOLYMPICS

The **COCONUT RELAY CONTEST** is open to all farmers who are legitimate member of (1) Farmers Organization, must be endorsed by their respective LGUs thru OMAs.

The relay has five (5) stations:

Station 1 – Wholenut Tying

Station 2 – Husking

Station 3 – Grating

Station 4 – Milking

Station 5 – Finish Line

The participants will perform different tasks for each station until they reach the finish line. The group that finishes all tasks in shortest time wins the contest. Only one group shall represent each district in the Provincial Cocolympics.



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COCONUT RELAY

COCOLYMPICS

PARTICIPANT QUALIFICATIONS:

1. Each group shall be composed of four (4) coconut farmers.
2. The coconut farmer must not be more than 60 years old, physically fit and able to run carrying some loads.
3. Each participant should wear a white shirt (with prints are allowed), comfortable pants and fully covered shoes.
4. Each group shall bring their one piece each of bolo with sheath, dehusker/tapasan, grater/kayuran and net (pansala). Other materials such as coconuts, sacks and plastic containers will be provided by the organizer.



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COCONUT RELAY

COCOLYMPICS

GENERAL RULES:

All participants are required to be in the venue 30 minutes BEFORE the start of the competition. A detailed schedule of the event shall be provided not later than three (3) working days before the date of the competition to participating LGUs. A 20 minute grace period shall be allotted, after which, the contestants shall be automatically disqualified.

2. All rules of the games must be followed in order to avoid time penalties such as proper attire, mechanics, etc.
3. The judges' decisions are final and irrevocable.



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COCONUT RELAY

COCOLYMPICS

CONTEST MECHANICS:

The four members per group shall be positioned to stations 1 through 4. The game will officially start with the sound of a whistle.

Station 1: The player in this station is tasked to tie two (2) pairs of coconut and bring them to station 2 at the same time. In the event when at least one of the tied coconuts falls while running, the player must return to the starting point and re-tie the coconuts, before he/she can continue with the race.

Reminder:

All players positioned in stations 2 to 4, are required to put their right leg on the line and must not take it off before receiving the items. Violation of this rule will result to a 30 second additional time.



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CONTEST MECHANICS:

Station 2: After receiving the coconuts, the 2nd player can start dehusking using a manual dehusker/tapasan. All coconuts must be peeled 100%, before they can be put inside the sack and be transported to the next station.

Reminder:

Failure to achieve 100% peeling will result to penalties:

25% and below retained husks – 30 seconds additional time

>25% up to 50% retained husks – 1 minute additional time

>50% retained husks – 2 minutes additional time



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COCOLYMPICS

CONTEST MECHANICS:

Station 3: Upon receiving the sack of husked nuts, the player in this station is tasked to manually open all four (4) coconuts first, then proceed with manual grating of the meat (kayod).

Reminder:

Failure to achieve 100% grating for each half of nut will result to penalties:

25% and below not grated – 30 seconds additional time

>25% up to 50% not grated – 1 minute additional time

>50% not grated – 2 minutes additional time



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COCONUT RELAY

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CONTEST MECHANICS:

Station 4: The player in this station is tasked to extract milk from grated coco meat. He/she will be given 500 mL of water and shall manually sieve the grated meat using a net until 800 mL of milk is extracted. Then, the player shall bring the extracted milk to Station 5, which is the finish line where the team's final time shall be determined, considering time penalties if violations were committed.



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COCONUT RELAY

COCOLYMPICS

PRIZES

District Level:

Consolation Prizes – Php 5,000
Grand Prize – Php 15,000

Provincial Level:

Consolation Prizes – Php 15,000
Grand Prize – Php 30,000

Contact Person: Rochel D. Espino 0916-433-9317 / opa.coconut.quezon@gmail.com



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PANLASANG GEN Z

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PANLASANG GEN Z

COCOLYMPICS

PANLASANG GEN Z: Cooking Contest is open to all women who are members of a bonafide organization, endorsed by their respective LGUs thru OMAs.

The objective of the contest is to introduce new, innovative or deconstructive way of preparing desserts which incorporate edible part of coconut that are appealing to the new generation, will still highlight and appreciate their nutritional, cultural and socio-economic significance. Only one group shall represent each district in the Provincial Cooking Contest.



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PANLASANG GEN Z

COCOLYMPICS

Deconstructed food introduces familiar dishes in an
imaginative, artistic way.
So, it can be considered art, not just cooking.



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PANLASANG GEN Z

COCOLYMPICS



COCONUT JELLY DUO

In this dessert, the first layer is the coconut water from a young coconut and 2nd layer is the coconut milk from a matured one



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PANLASANG GEN Z

COCOLYMPICS



TRIPLE COCONUT DONUT

Crunchy toasted shredded coconut atop a cake-like dough base



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PANLASANG GEN Z

COCOLYMPICS



CHOCOLATE COCONUT CUSTARD PIE

Pie with custardy center and a coconut layer on top



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COCONUT DREAM BARS

Three layered dessert, with graham crust, chewy coconut layer and melted chocolate layer



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COCOLYMPICS



KETO COCONUT FLAN

Rich custard with coconut milk and shredded coconut topped off by sweet caramel



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PANLASANG GEN Z

COCOLYMPICS

PARTICIPANT QUALIFICATIONS:

1. Each group shall be composed of two women from any organizations.
2. Must not be more than 60 years old and physically fit.
3. Each participant should bring & wear a white shirt, fully covered shoes, white apron, facemask, gloves and hairnet.
4. Each group should bring their own ingredients, gas burner/portable gas burner and other necessary cooking equipment & tools.
5. Each group should bring their own plating materials for food tasting and presentation of final product.



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PANLASANG GEN Z

COCOLYMPICS

GENERAL RULES:

1. All participants are required to be in the venue 1 Hour BEFORE the start of the competition. A 20 minute grace period shall be allotted, after which, the contestants shall be automatically disqualified.
2. All rules of the games must be followed in order to avoid time deductions such as proper attire, mechanics, etc.
3. Forty five (45) minutes is allotted for cooking proper inclusive of preparation and presentation.
4. All contestants should prepare one (1) dessert good for 3 persons for judging and extra for general public food tasting
5. Pre-cooking will be allowed for the process that requires longer period of time such as par boiling
6. Each working area will be checked by the committee to ensure that no finished product should be brought in.
7. The judges' decisions are final and irrevocable.



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PANLASANG GEN Z

COCOLYMPICS

CRITERIA FOR JUDGING	PERCENTAGE
1. Taste and Nutritional Value: the product should be nutritionally well balanced and with notable taste	30%
2. Cultural Value, Uniqueness and Creativity*	30%
3. Cost Efficient and Replicability: product should be affordable and can be reproduced	20%
4. Overall Presentation: contrast of plating and design	20%
TOTAL	100%

*Each group must submit and display brief description of the dessert (Eng/Fil) for district level and additional 3 minute video presentation for provincial level.



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PANLASANG GEN Z

COCOLYMPICS

PRIZES

District Level:

Consolation Prizes – Php 5,000
Grand Prize – Php 10,000

Provincial Level:

Consolation Prizes – Php 10,000
Grand Prize – Php 30,000

Contact Person: Micaela Aranilla 0966-276-8664/aranillamica12@gmail.com



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QUEZON, GAME KNB?

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Quezon, Game knb?

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Proposed Game Logo

Isang laro na sumikat nuong 20's na umere sa Kapamilya Channel at pinasikat ng Aktres at TV Host na si Ms. Kris Aquino at ng aktor at TV Host na si Mr. Edu Manzano. Ginawang inspirasyon para maging isang laro upang maging bahagi ng Cocolympics 2024 parte ng taunang pagdiriwang ng Niyogyugan Festival at tatawagin itong **Quezon, Game knb?**



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Quezon, Game knb?

COCOLYMPICS

QUEZON, GAME KNB? ROUNDS:

1. ELIMINATION ROUND

- a. Sampung tanong ang bubuo sa round na ito.
- b. Sa kada isang tanong, isang player lamang sa isang team ang magbibigay ng tamang kasagutan sa loob ng sampung segundo.
- c. Kapag mali ang ibinigay na sagot ng player, maaari itong ma-steal ng ibang grupo dahilan upang sila ay mawawalan ng pagkakataon na sumagot muli sa parehong tanong.
- d. 70% mula sa kabuoang bilang ng representative sa kada distrito na mayroong pinakamataas na score o points ang mag a-advance sa susunod na round. [Halimbawa: District 1 ay may 13 representative, $70\% \text{ of } 13 = 9$ mag a-advance sa next round]
- e. Sa pagkakataon na magkaroon ng tie score/points sa dalawa o higit pang grupo, magkakaroon ng tie breaker questions upang ma-determine kung sinong grupo ang mag a-advance.
- f. Bawat tamang sagot para sa round na ito ay may katumbas na 2 points.



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Quezon, Game knb?

COCOLYMPICS

QUEZON, GAME KNB? ROUNDS:

2. ATRAS-ABANTE ROUND

- a. Sa round na ito, ang bawat grupo ay mayroong tatlong kapangyarihan o '3 Atras Powers' upang magpa-atras ng kalaban depende sa kanilang diskarte at pangangailangan.
- b. Tatlong beses lamang maaring gamitin ng bawat grupo ang kani-kanilang 'Atras Powers' isang beses kada turn.
- c. Limang tanong ang bubuo sa round na ito.
- d. Sa kada isang tanong, isang player lamang sa isang team ang magbibigay ng tamang kasagutan sa loob ng sampung segundo.
- e. Kapag mali ang ibinigay na sagot ng player, maaari itong ma-steal ng ibang grupo dahilan upang sila ay mawawalan ng pagkakataon na sumagot muli sa parehong tanong.



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Quezon, Game knb?

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QUEZON, GAME KNB? ROUNDS:

2. ATRAS-ABANTE ROUND

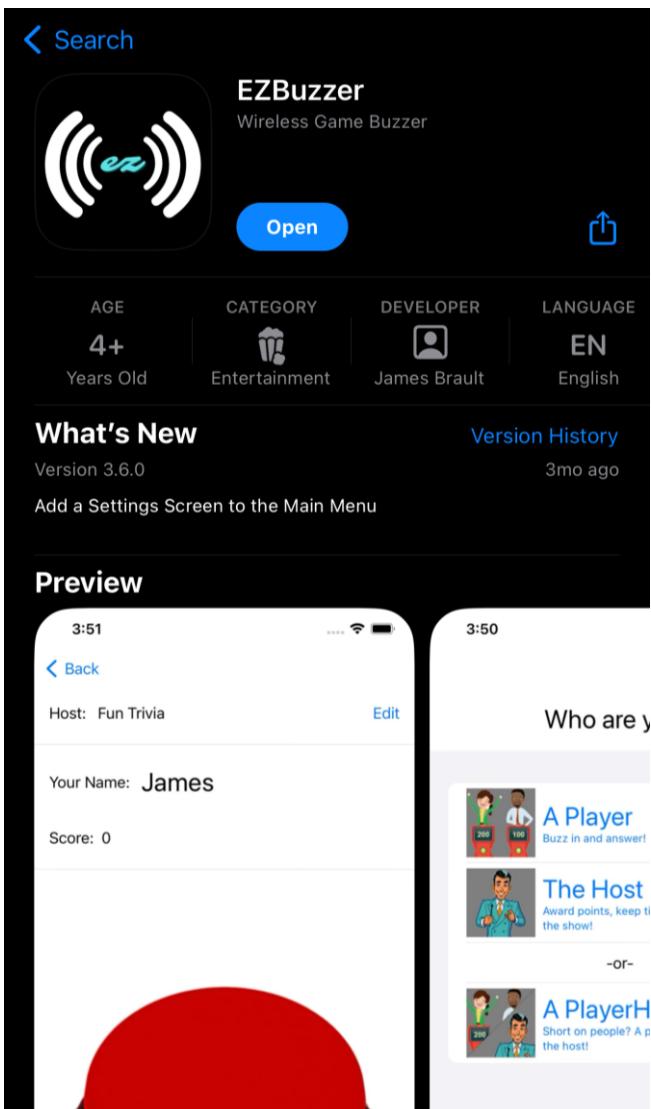
- f. Ang grupo o player na makakahula ng tamang sagot sa bawat tanong ang aabante upang makuha ang flag na nasa unahan. Dito rin nila maaring gamitin ang kanilang 'Atras Powers' kung kinakailangan. *[Cue: Halimbawa: 'Atras Lucena, Abante Tiaong']*
- g. Ang grupo na mauunang makarating sa kinalalagyan ng flag ang siyang magwawagi sa round na ito at tatanghaling 'Quezon, Game knb Winner.'



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Quezon, Game knb?

COCOLYMPICS



PAG-DETERMINE NG SASAGOT NA GRUPO O TEAM SA BAWAT TANONG

Upang ma-determine ang team na sasagot sa bawat tanong, gagamit ng isang Application na kinakailangang i-download ng bawat team. Ito ay isang Bluetooth connected system device na nakakonekta sa game master. Paunahan sa pagpindot ng buzzer ang bawat grupo. Ang game master ang sasabi kung sinong team ang nauna sa pag buzz upang sumagot sa tanong.



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Quezon, Game knb?

COCOLYMPICS

PLAYERS

1. Limang miyembro bawat grupo ang maglalaro at magre-representa sa kani-kanilang munisipalidad sa bawat distrito.
2. Ang bawat miyembro ay dapat lihetimong Young Farmer member na may edad na 18-35 years old.
3. Ang buong miyembro ng bawat team ay kinakailangang magsumite ng Form kalakip ang endorsement letter mula sa Municipal Agriculturist Office ng bawat munisipalidad.
4. Kinakailangang isumite ang mga nabanggit na dokumento sa ika- 31 ng Mayo.
5. Ang munisipalidad na hindi makakapag sumite sa itinakdang araw na napagkasunduan ay hindi na tatanggapin at hindi na makakasali sa larong ito.



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Quezon, Game knb?

COCOLYMPICS

MGA POSIBLENG TANONG SA LARO

Ang mga posibleng tanong sa larong ito ay magmumula sa mga Tribya patungkol sa Agrikulture (Agriculture) at Pangisdaan (Fisheries).



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Quezon, Game knb?

COCOLYMPICS

PRIZES

District Elimination

Consolation: Php 5,000.00

Winner: Php 15, 000.00

Championship Game:

Consolation: Php 15,000.00

Winner: Php 30,000.00

Contact Person: Robert Merciales 0933-516-2846 / miggyeology@gmail.com



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BANGUS DEBONING RELAY

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A large, abstract graphic element on the right side of the slide. It consists of several overlapping triangles and trapezoids in shades of orange, yellow, and dark blue, creating a dynamic, modern look.

BANGUS DEBONING RELAY

COCOLYMPICS

The **BANGUS DEBONING RELAY CONTEST** is open to all FISHERFOLK who are members of any fisherfolk organizations, endorsed by their respective LGUs thru OMAs.

The relay has five (5) stations:

Station 1 – Filleting

Station 2 – Removal of Gills and Internal organs

Station 3 – Removal of Backbone

Station 4 – Cleaning and Removal of bloods

Station 5 – Deboning

The participants will perform different tasks for each station until they reach the finish line. The group that finishes all tasks in shortest time wins the contest. Only one group shall represent each district in the Provincial Fishery Summit.



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BANGUS DEBONING RELAY

COCOLYMPICS

PARTICIPANT QUALIFICATIONS:

1. Each group shall be composed of two (2) fisherfolk.
2. The fisherfolk must not be more than 60 years old, physically fit and able to run carrying some loads.
3. Each participant should wear a white shirt (with prints are allowed), comfortable pants and fully covered shoes.
4. Materials needed such as Bangus, mosquito forceps, apron, hairnet, knife and basin will be provided by the organizer.



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BANGUS DEBONING RELAY

COCOLYMPICS

GENERAL RULES:

All participants are required to be in the venue 30 minutes BEFORE the start of the competition. A detailed schedule of the event shall be provided not later than three (3) working days before the date of the competition to participating LGUs. A 20 minute grace period shall be allotted, after which, the contestants shall be automatically disqualified.

2. All rules of the games must be followed in order to avoid time penalties such as proper attire, mechanics, etc.
3. The judges' decisions are final and irrevocable.



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BANGUS DEBONING RELAY

COCOLYMPICS

CONTEST MECHANICS:

The two members per group shall be positioned to stations 1 through 5. The game will officially start with the sound of a whistle.

Station 1: The player in this station is tasked to fillet 5 pcs of Milkfish from tail to head and pass them to station 2 at the same time.

Reminder:

Players must carefully split/fillet the fish. All players positioned in stations 2 to 5, are required to put their right leg on the line and must not take it off before receiving the items. Violation of this rule will result to a 30 second additional time.



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BANGUS DEBONING RELAY

COCOLYMPICS

CONTEST MECHANICS:

Station 2: After receiving the fillet Milkfish, the 2nd player can start removing gills and internal organs. All internal organs must be removed 100%, before they can pass to the next station.

Reminder:

Failure to achieve 100% removing will result to deduction of points in Quality



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BANGUS DEBONING RELAY

COCOLYMPICS

CONTEST MECHANICS:

Station 3: Upon receiving the fillet Milkfish, the player in this station is tasked to remove the backbone.

Station 4: The player in this station is tasked to clean and remove the bloods. Then, the player shall bring the cleaned Milkfish to Station 5.

Station 5: The player in this station assigned the final task, where the player carefully remove all spines of the fish. Then, the player shall bring deboned Milkfish to the finish line where the team's final time shall be determined, considering time penalties if violations were committed.



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BANGUS DEBONING RELAY

COCOLYMPICS

CRITERIA FOR JUDGING	PERCENTAGE
1. Mastery	25%
2. Timeliness	30%
3. Appearance and Quality	35%
4. Cleanliness/Sanitation	10
TOTAL	100%



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BANGUS DEBONING RELAY

COCOLYMPICS

PRIZES

District Level:

Winner: 10,000.00

Consolations: 5,000.00

Provincial Level:

Winner: 30,000.00

Consolations: 10,000.00

Contact Person: Razel S. Pita 0938-359-2128/ opafisheries_quezon@yahoo.com



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LAMBANOOG RELAY

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LAMBANOOG RELAY

COCOLYMPICS

Venue : Per District
Participants : Each district will conduct elimination round in their respective districts, only the winner per district will advance and compete in the finals which will be held in the Provincial capitol.

Qualification of Participants/representative:

- HVC, Rice & Corn Farmer
- Not less than 25 years of age and not more than 60 years of age
- Physically fit
- Able to drink Lambanog
- With proper attire (white shirt, pants and close shoes)



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LAMBANOOG RELAY

COCOLYMPICS

The challenge is to finish the relay thru drinking with five (5) participants representative per group. There will be three (3) stations (A, B, and C). The participants will perform different task before they start drinking and continue to do the task in the said stations until they reached the finish line. Any group who shall garner the shortest time shall win the race.



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LAMBANOOG RELAY

COCOLYMPICS

THE CONTESTANT

In the Lambanog Relay Race Contest, five (5) participants is required to form a group per municipality and shall contend with every municipality in a district for the elimination round. The contestant should be a legitimate member of HVC, Rice and Corn Association. The elimination round of Lambanog Relay per district shall be done to identify a winning group per district which will compete with each district in the finals which will be held at the Provincial Capitol.

- The contestant is required to wear white T-shirt and close shoe in this game.
- The contestant must be 25-60 years old
- The contestant must be in good health condition and able to drink lambanog



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LAMBANOOG RELAY

COCOLYMPICS

1. TAGAYAN STATION: The five participants per group shall stand beside the “Tagayan” round table and assign one (1) member of the group who will be serves as a Tangero. The sound of referees whistle shall be the sign of the start of the race which will allow the Tangero to drink the 1st shot. The Tangero is required to say “Na ay po” while giving the shot to each member of the group and the receiver of that specific “Tagay” shot would say “Pakinabangan” as a response to the Tangero before drinking the shot. After they finish drinking all the lambanog, they can now proceed to the next station which is station B the “LamPongan”.

Rule # 1: Only the Tangero is allowed to touch sa Lambanog bottle and do the “Tagay” for each member. The Tangero will have to say “Na ay po” and the receiver will have to say “Pakinabangan po”. One shot only per person then the 2nd shot should pass to the next member then so on and so on until they empty the bottle.



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LAMBANOOG RELAY

COCOLYMPICS

2. **LAMPONGAN STATION:** In this round, 10 glass shots with lambanog is waiting for you, every player on each team must throw a ball and hit the cup. The player must hit the cup to get the shots, 2 shots per member to finish this round.

Rule# 2: The player must try and try until they hit the cup to get the 2 shots of Lambanog. Each player, 2 shots of lambanog only.

3. **PATAYUAN STATION:** Each player must throw a bottle upward and when the bottle hit the ground, it should be in standing position. After this, the player will drink 1 shot then same process to the next player. The 1st group that who will accomplished this task will be declared as the winner of Lambanog Relay.

Rule# 3: Each player should make the bottle in standing position when they throw the bottle up, then after that they have to take 1 shot.



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LAMBANOOG RELAY

COCOLYMPICS

PRIZES

District Level:

Winner - 15,000.00

Consolations - 5,000.00

Provincial Level:

Winner - 30,000.00

Consolations - 15,000.00

Contact Person: Jhacy Cator 0961-776-6763 / catorjayr@gmail.com



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Contact Person:

Coconut Relay

- ❖ Rochel D. Espino 0916-433-9317/ opa.coconut.quezon@gmail.com

Cooking Contest

- ❖ Micaela Aranilla 0966-276-8664/aranillamica12@gmail.com

Quezon, Game knb?

- ❖ Robert Merciales 0933-516-2846 / miggyeology@gmail.com

Bangus Deboning

- ❖ Razel S. Pita 0938-359-2128/ opafisheries_quezon@yahoo.com

Lambanog Relay

- ❖ Jhacy Cator 0961-776-6763 / catorjayr@gmail.com



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DEADLINE OF ENTRIES:

May 31, 2024

Submit your entries with the designated focal person per game.



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HOST MUNICIPALITY

1st District – Tayabas City (June 20)

2nd District – Lucena City (June 18)

3rd District – General Luna (June 25)

4th District – Atimonan (June 27)



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THANK YOU!