



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF CAPIZ

Division Advisory No. 115, s. 2024

09 AUG 2024

In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, S. 2001,
but only for the information of DepEd Capiz officials,
personnel/staff, as well as the concerned public.
(Visit www.depedcapiz.ph)

Attached is Regional Advisory No. 134, s. 2024 dated July 31, 2024 regarding the letter from the Office of the AVP – Head of MILO Sports, Carlo Sampan, dated July 22, 2024, requesting for participation and support on the **MILO Champ Camp and National MILO Marathon on August 2024 to April 2025**. Participation to this activity is voluntary and must adhere with DepEd Order No. 9, s. 2005 titled “*Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith*”, DepEd Order No. 009, s. 2024 titled “*Implementing Guidelines on the School Calendar and Activities for the School Year 2024 - 2025*” and DepEd Order No. 008, s. 2023 titled “*Participation of Teachers in Volunteer Work and Extra Curricular Activities*”.

For more information, please contact:

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Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS

Regional Advisory No. 1734, s. 2024

July 3/, 2024

In compliance with DepEd Order (DO) No.8, s.2013
this Advisory is issued for the information of DepEd Region VI
officials, and personnel/staff, and all others concerned
(Visit region6.deped.gov.ph)

Attached is a letter from **the Office of the AVP- Head of MILO Sports, Carlo Sampan**, dated July 22, 2024, requests for participation and support on the **MILO Champ Camp and National MILO Marathon on August 2024 to April 2025**.

The details and overview of the programs are attached for references.

For more information and verification, contact:

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Email Address: grace_galusong@yahoo.com

PLCBQ/ESSD- MILO CHAMP CAMP/NATIONAL MILO MARATHON/RA 646/JULY 30, 2024



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Nestlé Philippines, Inc.

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July 22, 2024

DR. RAMIR B. UYTICO, CESO III

Regional Director
Department of Education
Western Visayas
Duran, Iloilo City

Thru:

MA. LIRA CYNTHIA B. QUEJADA

Project Development Office IV

Dear **Dr. Ramir**,

Greetings in the name of building next generation Champions!

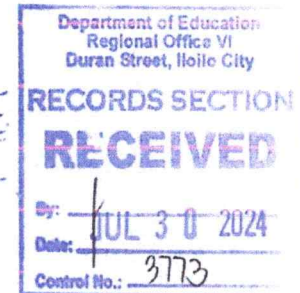
It is with honor to present to your good office a partnership opportunity for health, fitness and physical welfare of Filipino families, including our learners. As MILO celebrates its 60th year in the Philippines, the most trusted name in nutritious drink shares its heritage and success with you as we renew our commitment to build a strong nation of champions and our advocacy of sports and nutrition through our sports program for school year 2024 to 2025 detailed below.

1. MILO Champ Camp

MILO Champ Camp is a program that engages with students through sports modules and nutrition without disrupting classes. Student engagement includes sports module on fundamentals in different sports, developed in partnership with the University of the Philippines College of Human Kinetics. After a 20-minute exercise, students are then given a cold cup of MILO. This program is set to be implemented on **August 2024 to April 2025**.

2. National MILO® Marathon

Starting nearly four decades ago, the MILO Marathon made its mark in the Philippines by being the first marathon to be considered a major national sports event. To this day, it remains the grandest, most prestigious running competition in the country. Now on its 45th edition, the MILO Marathon will be running the races in fifteen (15) cities nationwide with one National finals. There will be five categories for the regional races (1K, 3K, 5K, 10K and 21K) and six (1K, 3K, 5K, 10K, 21K and 42K) categories for the Manila and National finals in Cagayan City. We are expecting a total of 180,000 runners where about seventy percent (70%) are student runners. The MILO Marathon in the Region will be on October 6, 2023 in Roxas City, October 20, 2024 in Iloilo City and will be followed by the November 24, 2024 in Bacolod City.





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For more details, please log-on to www.milo.com.ph or contact :

1. Miss Grace Galusong at 0917 776 0755 or through email address:
grace_galusong@yahoo.com

We hope to gain your support for our programs as we continue to help build champions through the promotion of sports and a healthy, active lifestyle.

Sincerely yours,

KINGSLEY CENA
MILO Consumer Marketing Manager

CARLO SAMPAN
AVP-Head of MILO Sports

Advisory No. 022, s. 2024

March 12, 2024

**In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit www.deped.gov.ph)**

2024 NATIONAL MILO® MARATHON

The Nestle Philippines Inc. announces the conduct of the 2024 National MILO® Marathon (NMM) on the following dates and venues:

NMM Leg	Race Day
Laoag, Batangas, Mandaue	April 7, 2024
Manila	April 28, 2024
Puerto Princesa	May 12, 2024
Legaspi	June 2, 2024
Cavite (Vermosa)	September 22, 2024
Bohol (Tagbilaran)	September 29, 2024
Roxas	October 6, 2024
Iloilo	October 20, 2024
Bacolod	October 27, 2024
General Santos City	November 10, 2024
Davao	November 17, 2024
Tarlac	November 24, 2024
Cagayan de Oro (National Finals)	December 1, 2024

Now on its 45th edition, the 2024 MILO® Marathon will be having six categories (e.g., 1K, 3K, 5K Fun Run, 5K Champion Family, 10K, and 21K) for the regional races and seven categories (e.g., 1K, 3K, 5K Fun Run, 5K Champion Family, 10K, 21K, and 42K) for Manila.

A total of 171,000 runners where about seventy percent student runners are expected to attend.

Interested participants may visit MILO®'s official website or register through the link: <https://nes.tl/yzosy>.

For more information, please contact:

**Mr. Carlo Sampan
AVP-Head of MILO Sports
Nestle Philippines, Inc.
Mobile Phone Number: 0917-532-3626
Email Address: johncarlo.sampan@ph.nestle.com
Website: www.milo.com.ph**

NATIONAL MILO® MARATHON RULES & REGULATIONS

1. The 2024 National MILO® Marathon is organized by RUNRIO, INC. with local partners in all legs/races nationwide.
2. Interested participants are required to pay a non-refundable entry fee alongside the accomplished and signed official registration form.

(Standard) Registration Entry Fees:

Entry fees for Races:

42.195-K (applies to the qualifying race in Manila and Finals in CDO)	P 1499.00
21-K Half Marathon Qualifying Race	P 1499.00
10-K Run	P 1299.00
5K Champion Group Run (3-5 members only; minimum of 1 adult per group)	P1599.00
5-K Run (Kids/Adults)	P 499.00
3-K Run (Kids/Adults)	P 299.00
1K Champion Kids Run	P 299.00

Elementary and Secondary Student rate : Php.99.00

NOTE: REGISTRATION IS ON A FIRST-COME FIRST-SERVED BASIS. PARTICIPANTS SHOULD WEAR THEIR MILO® MARATHON SINGLETS & RACE NUMBERS DURING THE RACE OR THEY WILL NOT BE ALLOWED TO PARTICIPATE IN THE MARATHON/RUN.

3. To participate in the full (42.195-K) and half (21-K) marathons, each participant must be 18 years and above. Each participant are required to secure an official "Fit-To-Run" medical certificate signed by a licensed physician within two (2) months before the day of the race. Participants who are found to have tampered with their medical certificates will be considered to have automatically waived or are ineligible for insurance coverage.
4. To participate in the 10-K run, participants must be 16 years and above on the day of the race.
5. To participate in the 3-K, 5-K and 1-K runs, participants must be seven (7) years and above on the day of the race.

For the 3-K and 1K category, there will be a kiddie run competition exclusive for participants aged 7 to 12 years old, born within the years 2017 to 2012. If necessary, they may be required to submit proof of their birth date or age.

For the 5-K category, the competition is open to everyone aged 7 years old and above.

6. All participants below the age of 18 must seek their parental/guardian consent and fill up the entry form where the parent/guardian is required to sign.

7. Participants must be 16 years and above at the time of the race, to participate in the 10-K Run.

8. Participants must be 7 years and above on the race day to participate in the 3-K & 5-K Run.

- For the 3-K category, there will be a kiddie run competition exclusive for participants aged 7 to 12 years old, born within the years 2017 to 2012. They are required to submit a photocopy of their NSO birth certificate or current school ID.
- For the 5-K category, the competition is open to everyone aged 7 years old and above.

9. All participants below the age of 18 must obtain parental/guardian consent and accomplish the entry form where the parent/guardian is required to sign.

10. Schedule of races is as follows:

NMM LEG	RACE DAY
Laoag/Batangas/ Mandaue	April 7, 2024
Manila	April 28, 2024
Puerto Princesa	May 12, 2024
Legaspi	June 2, 2024
Cavite (Veramosa)	September 22, 2024
Bohol	September 29, 2024
Roxas	October 6, 2024
Iloilo	October 20, 2024
Tarlac	October 27, 2024
Gensan	November 10, 2024
Davao	November 17, 2024
Bacolod	November 24, 2024
CDO	December 1, 2024

Bacolod

11. Subject to eligibility requirements, Philippine residents and non-residents can join the race. However, only Filipino nationals are eligible to win the top 3 prizes in the 42.195-K and 21K Runs.

12. Start time per category is as follows:

42.195K	2:00 AM
21K (Manila)	3:30 AM
21K (Provincial)	4:30 AM
10K	5:00 AM
3K	5:30 AM
5K	5:35 AM
1K	6:00 AM

13. Participants may claim their race packets through an onsite race kit claiming activity. Schedule and venue of said activity must be announced at least two weeks prior to ensure

enough time for information dissemination to all registered participants. The route map can be viewed at the official MILO website. Race numbers/bibs are non-transferable. Registered runners who will ask another person to use their bibs on the race day will be disqualified from the race, be held liable for any untoward event which will transpire during the conduct of the race, and be banned from the event for a year.

14. The reverse side of the race number must be duly filled out. Participants must wear the assigned race number on his/her chest. Participants not wearing a race number will be taken off the course by the race marshals.

15. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are not allowed on the course other than the official race and medical vehicles.

16. Participants being paced during the race by a person who is not officially registered in the National MILO® Marathon and accepting assistance from non-race participants will be disqualified.

17. Participants who begin before the actual start time of his/her race category will be disqualified. Likewise, participants who do not start within 10 minutes from their respective flag off will be disqualified and may not be allowed to start. No result will be given to disqualified participants.

18. "Gun Time" will be considered to determine the winners. Elite/Competitive runners are advised to be ready in the starting line at least 15 minutes before gun time and are encouraged to stay at the front of the assembly area.

19. Any member of the organizing committee may ask a participant to retire from the race immediately for safety and/or security reasons. Race officials, marshals, medical staff, and security officers have the right to pull-out any participant deemed not physically fit to continue the race (e.g. gasping for breath, with injury, etc.).

20. Participants in the 21-K in all qualifying races and the 42.195K in the Manila leg will have two ways to qualify and compete in the 42.195K race at the Finals in CDO.

QUALIFIERS ENTITLED TO ALL EXPENSE PRIVILEGES

- a. The top male and female winners of each qualifying race shall be eligible for the all-expense privilege to join the Finals in CDO. It is the responsibility of both winners to contact the national race organizer within seven (7) days from winning the qualifying race to coordinate their travel arrangements to CDO.

However, for the last leg in Tarlac, the winners must contact the organizer within two (2) days to coordinate their travel arrangements. Note that for the Manila race, the top male and female winners for both the 42.195K and 21K Runs shall be eligible for the Finals.

QUALIFIERS WITHOUT ALL EXPENSE PRIVILEGES

- b. Participants within the specified age-bracket and finishing the race within the time below will qualify. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	1hr 40min	1hr 50min
35-39	1hr 45min	1hrs 55min
40-44	1hr 50min	2hrs 00min
45-49	1hr 55min	2hrs 05min
50-54	2hrs 00min	2hrs 10min
55-59	2hrs 05min	2hrs 15min
60-64	2hrs 10min	2hrs 20min
65-69	2hrs 15min	2hrs 25min
70 & up	2hrs 20min	2hrs 30min

Age Group	Men	Women
18-34	3hrs 55min	4hrs 30min
35-39	4hrs 00min	4hrs 35min
40-44	4hrs 05min	4hrs 40min
45-49	4hrs 10min	4hrs 45min
50-54	4hrs 15min	4hrs 50min
55-59	4hrs 20min	4hrs 55min
60-64	4hrs 25min	5hrs 00min
65-69	4hrs 30min	5hrs 05min
70 & up	4hrs 40min	5hrs 50min

21. All qualifiers are entitled to the following:
- free registration fee

- b. free running singlets
- c. free ticket to the carbo-loading event

22. All top 10 winners (both male and female) in the 21-K, 10-K, 5-K, 3-K races and the 42.195K qualifying race in Manila CAN NO LONGER compete in any of the succeeding legs of the National MILO Marathon.

23. The race organizer reserves the right to reject any entrant or disqualify any participant who is suspected to be under the influence of alcohol or having taken banned substances and any participant who is found to have misrepresented himself/herself. If his/her identity of eligibility is challenged, it is the responsibility of the participant to prove his/her identity. Participants found to have been dishonest are immediately disqualified and subjected to disciplinary sanctions by the race organizer.

24. All expense-confirmed qualifiers who decide not to join the 42.195K Finals in CDO are prohibited or disqualified from competing in the other race categories of the CDO Finals (i.e., 21-K, 10-K and 5-K races).

25. Qualifiers with all expense privileges to the CDO Finals who were able to collect their travel allowances and decide not to join and/or compete in the CDO Finals without prior advice of at least 3 days before the Finals in CDO will be banned from joining the succeeding MILO® Marathon 2025.

26. Each race category has an official cut-off time that will commence right after the last runner has crossed the starting line:

42.195-K Run	-	6 hours after official start of the race
21-K Run	-	2 ½ hours after official start of the race
10-K Run	-	1 ½ hours after official start of the race
5-K Run	-	1 hour after official start of the race
3-K Run	-	1 hour after official start of the race
1K Run	-	1 hour after official start of the race

27. In order to ensure timely re-opening of roads to normal traffic, the race organizer will designate time limits at specified distances. Participants who fail to reach these specific distances within the times specified must stop running and board the official vehicle. They are automatically disqualified and will be taken directly to the finish venue. Disqualified runners will not be entitled to the finishers medal (where applicable).

	Distance	Time Limit
21K Run	at 10K	1 ½ hours
42.195K Run	at 21K	3 ½ hours
	at 32K	5 hours

28. Participants in the 3K, 5K and 1k race categories are strongly encouraged not to bring any type of bag(s) on race day. The baggage area provided is solely for longer distance categories such as 10K, 21K, & 42.195K. The race organizer will not be responsible for any lost item.

29. All protests related to results must be made in writing and submitted within one (1) hour after the end of the race to the race organizer. A non-refundable protest fee amounting to P5,000 is required. Verbal protests will not be entertained.

30. The race organizer may change, without prior notice, any of the rules and regulations that they may deem necessary to ensure the success of the race. The race organizer's decision is final.

31. Trophies, medals, and cash prizes will be given to the top finishers of the ten (10) qualifying races and the National Finals. Prizes are as follows:

3K & 1K Kiddie Run

Boys and Girls Divisions:

Champion: P1,500 + Trophy	4th- 10th Place: Medal
Runner-up: P1,000 + Trophy	
3rd Place: P500 + Trophy	

5K Run

Men's & Women's Divisions:

Champion: P2,500 + Trophy	4th- 10th Place: Medal
Runner-up: P1,500 + Trophy	
3rd Place: P1,000 + Trophy	

10K Run

Men's & Women's Divisions:

Champion: P5,000 + Trophy	4th- 10th Place: Medal
Runner-up: P3,000 + Trophy	
3rd Place: P2,000 + Trophy	

Note: All 10-K finishers within the cut-off time will receive a finisher's medal.

21K Half Marathon (Qualifying Races including Manila)

Men's & Women's Divisions:

Champion: P8,000 + Trophy 4th- 10th Place: Medal

Runner-up: P6,000 + Trophy

3rd Place: P4,000 + Trophy

Note: All 21-K finishers will receive the loot bag and finisher's hoodie. Only those who finish within the cut-off time will be eligible to receive the medal and certificate.

42.195K Full Marathon Manila and CDO Finals

Men's & Women's Divisions:

Champion: P50,000 + Trophy 4th to 10th place - Medal

Runner-up: P30,000 + Trophy

3rd Place: 20,000 + Trophy

Additional Notes:

Fastest Filipino 42.195K winners (male & female) in the MILO® Marathon National Finals will be dubbed as the 2024 MILO® Marathon King and Queen respectively.

All 42.195K finishers within the cut-off time will receive a medal, loot bag, finisher's hoodie.

Finishers in all categories within the cut-off time will receive a certificate of finish.

Winners must be physically present to receive their awards during the awarding ceremony. Winners who are not physically available at the awarding will forfeit all their prizes.

Results will be uploaded within three (3) working days after each race. Visit www.milo.com.ph for more details.

Side Events:

1. Biggest School Delegation Competition:

To join, schools are responsible to submit the entry forms from all students. Students must indicate the name of their school on the entry form and submit a photocopy of their school ID for the current school year (front and back). To qualify, a minimum of 50 students must finish the race. Top three schools in each area with the most students finishing the 5-K Fun Run and the 3-K Kiddie Run will win the award. In case of a tie, the winning school will be determined according to the best time recorded.

First Prize:	P 10,000 worth of sports equipment + trophy
Second Prize:	P 7,000 worth of sports equipment + trophy
Third Prize:	P 5,000 worth of sports equipment + trophy

2. Cheerleading Competition:

There are three divisions: Grade School, High School, and College. Each division will have a separate set of winners who will receive cash prizes and plaques as follows:

First Prize:	P 10,000 worth of sports equipment + plaque
Second Prize:	P 7,000 worth of sports equipment + plaque
Third Prize:	P 5,000 worth of sports equipment + plaque
Consolation:	P 3,000 worth of sports equipment + plaque

Each team must have at least a minimum of 25 performers, and a maximum of 50 including props men and spotters. Any excess beyond the maximum number of participants will merit a point deduction equivalent to the total excess number of participants.

Performers must show coordination, spirit, gracefulness, flexibility, and energy while doing their stunts, gymnastics, and dance routine. Grade school and high participants are encouraged to use MILO jingle and labels as props. College participants are encouraged to use MILO labels as props.

The cheer should:

For grade school and high school participants:

- a. Boost the pride of the marathon participants

- b. Communicate the importance of getting into sports
- c. Show how MILO gives the energy athletes need for sports

For college participants:

- a. Boost the pride of the marathon participants
- c. *Show how MILO gives the energy adult athletes need for sports*

PARTICIPATION

1. The contest shall be open to a maximum of FOUR (4) teams per division. Only one cheerleading team per school for each division will be allowed to join. The selection shall strictly be on a "first come, first served" basis.

COMPETITION

1. Contest will start at exactly 6:00 AM.

PERFORMANCE

1. Props must be set on the performance floor as quickly as possible. Teams will have 2 minutes to place everything in order.

2. Time limit will be a minimum of three (3) minutes and a maximum of five (5) minutes.

3. Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. The routine must begin within the marked performance area. All team members must come to a complete standstill before beginning their routine.

4. Timing will end with the last organized word, movement, or note of music by the team.

5. Teams must exit the performance area within 2 minutes after the routine. An excess of (5) seconds or more will merit a five (5) point deduction on the performance score.

6. Any skill performed before or after the allotted routine time is prohibited and will be penalized with a five (5) point deduction.

7. Pyramid-building and stunts will be allowed up to two levels only and must be performed within the 10 meter x 10 meter safety floor mats. Violation will merit a five (5) point deduction.

8. Filipino & English language is allowed for the cheer.

MUSIC & CHOREOGRAPHY

1. All teams must have their performance music stored on a flash drive which must be submitted to the organizers before the rehearsals on Event Day. A digital copy of the music Must be emailed to the cheer dance coordinator before the event day, serving as a backup in case the flash drive becomes corrupted or defective.
2. Cued music must be submitted to the sound system operator during the event proper on or before 5:30 AM. The copy of digital music must be clearly labeled with the name of the team.
3. A representative of the team is responsible for starting and stopping the music at the appropriate times of the routine.
4. Music with overtly sexual content, racist or vulgar lyrics is prohibited.
5. Choreography with vulgar or suggestive movements is prohibited.
6. Routines must be appropriate for kids viewing and listening.

INTERRUPTION OF PERFORMANCE

1. In the event of an injury, music and/or technical error or any other unexpected event, the head judge and local race organizer reserves the right to stop the routine.
2. The team may perform their routine from the beginning. However, judging and timing will resume from the point at which the interruption occurred as determined by the judges.

SPOTTERS

1. Spotters must be provided by the participating team. These spotters must not be participating members in the routine. These spotters shall wear designated attire.

PERFORMANCE ORDER

1. For the competition, participants will select their performance order through a balloting system. Participating teams must be at the venue before 5:30 AM for the drawing of lots. Late comers will be disqualified from the competition but they can still perform as guests.

RESULTS

1. Decision of judges is final and non-appealable. No representative from any of the contestants is allowed to contact in any manner whatsoever any judge with the intention of questioning the BOARD OF JUDGES announced decision.

COMPETITION GUIDE/CRITERIA FOR JUDGING

PERFORMANCE = 40 points

Expression - 5 points

Points to be aware of: Facial expression, Voice Inflection, Props, Cheer

Sideline Arm Motion - 5 points

Points to be aware of: Sharpness, Powerfulness, Speed, Placement, Synchronization

Dance- 5 points

Points to be aware of: Sharpness, Strength, Cheerfulness, Speed, Accuracy, Synchronization, Variety of Movement

Jumps - 5 points

Points to be aware of: Accuracy, Height, Cleanliness, Flexibility, Landing, Variety, Difficulty, Number, Synchronization

Tumbling - 5 points

Points to be aware of: Accuracy, Skill Level, Height, Landing, Variety, Difficulty, Number

Partner Stunts - 5 points

Points to be aware of: Stability, Timing, Technique, Difficulty Transitions, Positioning, Control, Dismount

Pyramids - 10 points

Points to be aware of: Stability, Timing, Technique, Difficulty Transitions, Positioning, Control, Dismount

DIFFICULTY = 20 points

Overall Difficulty - 10 points

Points to be aware of: Skill level, Standard level, Speed

Speed Transition - 10 points

Points to be aware of: Sharpness of skills, Timing, Flow

OVERALL EVALUATION = 20 points

Synchronizations - 10 points

Points to be aware of: Precision, Placement, Timing

Overall Evaluation - 5 points

Points to be aware of: Choreography, Formation, Spacing

Perfection - 5 points

Points to be aware of: Overall perfection

COSTUME = 5 points

PROPS (with MILO® labels / MILO® NUTRI UP labels) = 5 points

SHOWMANSHIP & AUDIENCE IMPACT = 10 points

SCORING DEDUCTIONS

Deduction can be applied between 0.5 and 5.0 points and are applied mainly for the following;

Bobbles (shaky) – stunts and pyramids

Falls - stunts and pyramids

Poor techniques

Shortage of spotters

Disordered formation

Note: Safety, time and out of bounds are not included here.

OTHER GUIDELINES

Integrity will be the utmost consideration for the Cheerleading Competition of the 2024 National MILO® Marathon. Participants for the Cheerleading competition must be current bona fide students of the school they are representing, and must only perform for the educational level they are currently in. For example, if a college student is found to participate in the High School category, the entire group will be disqualified from winning the competition.