

**SHS REQUIREMENTS:
MATERIALS, EQUIPMENT AND FACILITIES
SPORTS**

Sport: Athletics			
Composition : 8 Boys and 8 Girls			
	Equipment/ Materials	Measurement	Number (piece)
A.	Facility: Track and Field Oval	400 m. 8-lane synthetic rubber running track	
ESSENTIAL			
1	Relay Batons		4
2	Javelin for boys	800 gms	1
3	Javelin for boys	700 gms	1
4	Javelin for girls	600 gms	1
5	Discus for boys	2 kg	1
6	Discus for boys	1.75 gms.	1
7	Discus for girls,	1 kg	1
8	Iron shot-put for boys	7.27 kg	1
9	Iron shot-put for boys	6 kg.	1
10	Iron shot-put for girls	4 kg	1
11	Iron shot-put for girls	3.6 kg	1
12	Standard Upright for High Jump		1
13	Standard Upright for Pole Vault, adjustable height		1
14	Starting Blocks,		8
15	526 crossbar for pole vault		2
16	526 crossbar for high jump		2
17	Vaulting Pole	10' , 12' 4", 15' and 16' (100lbs - 130lbs tension	2
18	Hurdles, with 6 height automatic snapped operation		40
19	High Jump Landing Pit provided with top landing pad	24' x 12' 6" x 21"	1
20	Pole Vault Landing Pit, with 2 front extensions and top landing pad	16' 6" x 18' x 28"	1
21	Discuss Cage with Polyethylene net		1
22	Height Gauge for High Jump and Pole Vault	1.75mm to 6.25mm	1
23	12" cone markers		8
24	Stopwatch, digital with 500 lap memory, three liner LCD display		8
25	Starting Pistol	Dual hammer type	2
26	Starting Pistol Cap (high powered powder)	12 boxes (100 pcs./box)	50
27	Megaphone with Siren		2
28	Measuring Tape	100m, Fiberglass	1
29	Measuring Tape	50m, Fiberglass	1
30	Whistle (Fox 40)		5
31	Running/Rubber Shoes & Socks		16
SUPPLEMENTAL			
1	Medicine Ball	3 kg	1
2	Medicine Ball	2 kg	1
3	Spiked Rubber Shoes		16
4	Uniform (Jersey, shorts, jacket, jogging pants,sports bag, towel)		16
5	Cooler	Coleman	2
6	Water Bottle	ADIDAS	16

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Sport: Football (FIFA Standard)			
Composition : 25 Football Players			
Equipment/ Materials			Number (piece)
Facility: Track and Field Oval/Football Field		Measurement	
ESSENTIAL			
1	Football Nets	STAR 2.7mm thick	1 pair
2	Footballs	size 5 STAR POLARIS	20
3	Soccer Goals	8ft. X 24ft., 5"	2
4	Ball Bag	20-ball capacity	1
5	Stopwatch wristwatch style for football		2
6	Pealess Whistle	(Fox 40) - FORTRON	2
7	Soccer Shoes & Socks	ADIDAS F50-MESSI	
8	Goal Keeper Gloves	STAR SG230	2
9	Cones	MITRE ORANGE	20
10	Ball Air Pump	Nike	1
11	Shin Guards	STAR SD240-09	
SUPPLEMENTAL			
1	Markers	STAR	
2	Steel Tape	TAJIMA 100m	1
3	Lineman's Flag	SA 220 - STAR	2 sets
4	Corner Flags	SN 202 - STAR	1 set
5	Coach Board	SA 120 - STAR	1
6	Soccer Vest	SW 4006 - Green, Orange	
7	Uniform (Shirt, shorts, jacket, jogging pants, towel, sports bag)		
8	Cooler	Coleman	2
9	Water Bottle	ADIDAS	25

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Sport: Baseball (IBaF Standard)			
Composition : 2 Teams (24 Students)			
Equipment/ Materials		Measurement	Number (pc/pair)
Facility: Open Field/Baseball Diamond			
ESSENTIAL			
1	Bases, Pitcher's Plate and Home Plate	abaca fiber filled, covered with thick canvas, with steel pegs, size 15" x 15", 2 1/2 x 3" thickness	1 set
2	Batting Helmet	fiberglass, 2-ear protection	4
3	Running Helmet		12
4	Baseball Bat	aluminum aircraft alloy high tech vibration reduction size 32"	2
5	Baseball Bat	aluminum aircraft alloy high tech vibration reduction, size 33"	2
6	Balls	premium leather, red stitch	100
7	Balls	Rubber ball (inward pimple)	100
8	Catcher's Equipment (Catcher's Mitt, Body Protector, Shinguards, Mask)	plasticized thick wire frame , with throat and head (helmet) protector, with shoulder protector, adjustable straps fiberglass with knee caps, adjustable straps, side padding	1 set
9	Umpire's Body Protector	(outside & inflatable), with adjustable straps	2
10	Fielder's Gloves (Infielders)		12
11	First Baseman's Mitt		12
12	Fielder's Gloves (Outfielders)		12
13	Baseball Batting Gloves		24
14	Rubber Shoes & socks		24
15	Baseball gloves		24
SUPPLEMENTAL			
1	Pitching Machine		1
2	Batting Cage	Length - 70' Height - 12' Width - 12'	1
3	Batting Tee	Adjustable Height	1
4	Cooler	Coleman	2
5	Water Bottle	ADIDAS	24
6	Uniform (shirt, baseball pants, sliding shorts, towel, cap, jacket, sports bag)		24
7	Benches	2" x 8" x 14" -12" High	2

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Sport: Softball (ISF Standard)			
Composition : minimum of 24 students			
Equipment/ Materials		Measurement	Number (pc/ pair)
Facility: Open Field/Softball Field			
ESSENTIAL			
1	Softball Balls	12" circumference ball, with minimum of 88 stitches, 150 ISF yellow optic, 6 1/4 to 7 oz	100
2	Softball Bat	Double wall, Highly technical, alloy, 33" in length	2
3	Softball Bat	Double wall, Highly technical, alloy, 32" in length	6
4	Umpire's Masks	Metal	2
5	Catcher's Masks	Metal	1
6	Umpire's Chest Protectors		2
7	Catcher's Chest Protectors		1
8	Umpire's Shin Guard Protectors		2
9	Batter's Shin Guard Protectors, elem (2pcs.) & sec. (2pcs.), ISF Standard		2
10	Batting Helmet	with earflaps	4
11	Running Helmet	with earflaps	12
12	Softball Plates	4 home plates, 4 pitcher's plate	1 set (8 plates)
13	Softball Bases	3 bases per set – 4 sets	6
14	Catcher's Mitt		2
15	Infield (Finger Glove)	12"	2
16	First Baseman Mitt		2
17	Outfield (Finger Glove)	12"	2
18	Rubber Shoes	with cleats	24
SUPPLEMENTAL			
1	Batting Cage	Lenght - 70'	1
		Height - 12'	
		Width - 12'	
2	Batting Tee		2
3	Pitching Machine		1
4	Cooler	Coleman	1
5	Water Bottle	ADIDAS	24
6	Uniform (shirt, softball pants, sliding shorts,jacket, cap, towel, socks)		24
7	Benches	2" x 8" x 14" -12" High	2

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Sport: Basketball (FIBA Standard)			
Composition: 24 Players			
Equipment/ Materials		Measurement	Number (piece)
Facility: Basketball Court		Covered Court with fiber glass board, steel post with practice goals, rubberized flooring, with lighting system, ventilated, with water system and cabinets/lockers	1
ESSENTIAL			
1	Basketball Ball	Top grain leather, indoor, 12 panel design	24
2	Basketball Ball	Composite leather, indoor-outdoor, 12 panel design	20
3	Basketball Goal Net	(12 loop x 7 knot 6mm), "cotton", enamel coated, extra durable heavy duty	2
4	Basketball Ball Bag	6-ball capacity	3
5	Rubbershoes		24
6	Stopwatch	Digital with 100 lap, three liner LCD display	4
7	Ball Air Pump	Manual	1
8	Whistle (Fox 40)		3
9	Cones		10
SUPPLMENTAL			
1	Electronic Digital Timer	big digits	1
2	Electronic Game Clock		1 set
3	Cooler	Coleman	2
4	Water Bottle	ADIDAS	24
5	Uniform (shirt, jersey, shorts, jogging pants, jacket, socks, towel, sports bag)	Reversible jersey and shorts	24
6	Benches	Wood and solid	2

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Sport: Volleyball (FIVB Standard)			
Composition: 24 students			
Equipment/ Materials		Measurement	Number (piece)
Facility: Indoor/Outdoor Volleyball Court		With Tara Flex	2 Courts
ESSENTIAL			
1	Volleyball Ball	2 colors, polyurethane leather, 8 Panel, Embossed and Dimpled Surface	24
2	Volleyball Bag (Mikasa)	6-ball capacity	4
3	Volleyball Net (Mikasa)	9.50 m. x 1 m.	1
4	Antennae	fiberglass, 180 m x 10 mm	2
5	Rubber Shoes & Socks		24
6	Air Pump	Manual	1
7	Whistle (Mikasa)		4
8	Volleyball Post (Mizuno)		2
SUPPLEMENTAL			
1	Spiking Stand Adjustable Height		1
2	Uniform (shirt, shorts, jacket, jogging pants, towel, sports bag)		24
3	Benches	12 seater, 6" wide	2
4	Volleyball electronic score board		1
5	Ball Throwing Machine		1
6	Jumping Spring Board		1
7	Landing Mats	4' x 12'	2
8	Spiking Ball		2
9	Table Ball Stand		1
10	Cooler	Coleman	2
11	Water Bottle	ADIDAS	24
12	Scorer's Table		1
13	Scorer's Chair		4

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Sport: Badminton (IBF STANDARD)			
Composition: 6 Boys and 6 Girls			
Equipment/ Materials		Measurement	Number (piece)
Facility: Indoor Badminton Court			2 courts
ESSENTIAL			
1	Badminton Racket		12
2	Badminton Net	6.1 m x 760 mm depth	2
3	Badminton Posts		10
4	Shuttlecock		250 tubes
5	Stopwatch	Digital with 100 lap, three liner LCD display	4
6	Whistle (Fox 40)		3
7	String		100pcs/player
8	Portable Scoreboard (number 1-30)		1
9	Rubber Shoes (Training)	Training	12
10	Rubber Shoes (Playing)	Playing	12
SUPPLEMENTAL			
1	Players Basket		12
2	Umpire's Chair		1
3	Water Jug		12
4	Racket Bag		12
5	Playing Bag		12
6	Uniform (shirt, shorts, jacket, jogging pants, socks, towel)		12

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Sport: TABLE TENNIS (ITTF STANDARD)			
Composition : 6 Boys and 6 Girls			
Equipment/ Materials		Measurement	Number (piece)
Facility: Indoor Court: Surrounds			
ESSENTIAL			
1	Table Tennis Table	Color green or blue 18mm in thickness)	3
2	Table Tennis Post & Net		3
3	Table Tennis Balls	3-STARs	200
4	Training Balls	1-STAR Training Balls	300
5	Table Tennis Racket	All Around Racket	15
6	Table Tennis Portable Scoreboard Indicator	size 8" x 15"	3
7	Stopwatch	Digital with 100 lap, three liner LCD display	3
8	Rubber Shoes & Socks		12
SUPPLEMENTAL			
1	Uniform (shirt, shorts, jacket, jogging pants, towel, sports bag)		12
2	Cooler	Coleman	2
3	Water Bottle	ADIDAS	12
4	Glue		1 Liters
5	Surrounds	200cm x 70cm	8
6	Table Tennis Rubbers		12
7	Sanction Cards		5 sets
8	Rubber Cleaner		2
9	Ball Catcher		1

Sport: SEPAK TAKRAW			
Composition : 12 Players (2 teams)			
Equipment/ Materials		Measurement	Number (piece)
Facility: Sepak Takraw Court		18m x 36m	1
ESSENTIAL			
1	Sepak Takraw Balls	Size 501	15
2	Sepak Takraw Net		2
3	Stopwatch	digital with 100 lap memory, three liner LCD display	2
4	Rubber Shoes & Socks		12
6	Sepak Takraw Post	1.55m	4
SUPPLEMENTAL			
5	Uniform (shirt, shorts, jogging pants, jacket,towel, sports bag)		12
7	Rubber Mat	4m x 8m	2
8	Cones	1 fr.	10
9		1.5 ft.	10
10	Cooler	Coleman	2
11	Water Bottle	ADIDAS	12
12	Sound System		1
13	Table	2.5 ft. X 6 ft.	1

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Sport: ARNIS			
Composition : 12 Players			
	Equipment/ Materials	Measurement	Number (piece)
C.	Facility: Indoor Court		
ESSENTIAL			
1	Head Protector (Red)		6
2	Head Protector (Blue)		6
3	Body Vests (Red)		6
4	Body Vests (Blue)		6
5	Hand Gloves (Red)		6 pairs
6	Hand Gloves (Blue)		6 pairs
7	Forearm Guards (Red)		6 pairs
8	Forearm Guards (Blue)		6 pairs
9	Shin Guards (Red)		6 pairs
10	Shin Guards (Blue)		6 pairs
11	Groin Guards (Red)		6
12	Groin Guards (Blue)		6
13	Padded Canes (Red)	30 inches	12
14	Padded Canes (Blue)	30 inches	12
15	Rubber Mats	1m x 1m x 1inch	196
16	Rattan Sticks	28 inches x 1 inch	24 pairs
17	Whistle (Fox 40)		2
18	Stop Watch		2
19	Rubber Shoes & socks		12
SUPPLEMENTAL			
1	Electronic Scoreboard		2
2	Flag (Red)	30cm x 25cm	2
3	Flag (Blue)	30cm x 25cm	2
4	Flag (White)	30cm x 25cm	2
5	Flag (Black)	30cm x 25cm	2
6	Flag (Yellow)	30cm x 25cm	2
7	Striking Dummy	5-6 ft.	1
8	Striking Pad		6
9	Cooler	Coleman	2
10	Water Bottle	ADIDAS	12
11	Uniform (shirt, shorts, jogging pants, jacket,towel, sports bag)		12

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Sport: TAEKWONDO (PTA STANDARD)			
Composition : 12 Athletes (6 boys, 6 girls)			
Equipment/ Materials		Measurement	Number (piece)
Indoor Court		10m x 10m	
ESSENTIAL			
1	Reversible Body Protector	(S, M, L), KIX	6
2	Male Groin Guard	KIX	6
3	Female Groin Guard	KIX	6
4	Arm Guard Set	KIX	12
5	Shin Guard Set		12
6	Headgear	KIX	12
7	Hand Gloves	Various sizes	12
8	Interlocking Rubber Mats	1 m. x 1 m x 24 mm thick, MT type, big teeth	12 pcs. - yellow, 180 pcs. - blue, KIX
9	Mouth Guard	Various sizes	12
10	Stopwatch	Digital , countdown	4
11	Kicking Bag	KIX Power Trainer	3
12	Kicking Pad	KIX Power Trainer	12
13	Kicking Shield	KIX	6
SUPPLEMENTAL			
1	Rubber Shoes (Kicking Shoes)		12
2	Uniform	KIX Diamond	12
3	Equipment Net Bag	KIX	12
4	Electronic Sensing Socks	Daedo c/o KIX	12
5	Rubber Shoes		12
6	Uniform (socks, jacket,towel, sports bag)		12
7	Cooler	Coleman	1
8	Water Bottle	ADIDAS	12
9	Daedo PSS 1 Court (Scoreboard) 12 Daedoo 4(#1), 4 (#2), 4 (#3) 3 Transmitters, 3 Chargers 2 Receivers, 4 Controllers	Daedo c/o KIX	1 set

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Sports: GYMNASTICS			
Composition : 6 RG 6 MAG 6 WAG 42 Gymnasts			
Equipment/ Materials	Measurement	Number (piece)	
Indoor Court/Gymnasium			
ESSENTIAL			
1	Hoops	15	
2	Gymnastic balls	15	
3	Gymnastics ribbon and stick	15	
4	Clubs	15	
5	Balance Beam	1.25m adjustable height, 15 ft length, 4" top with non-slip padding	2
6	Landing Mats for Balance Beam	8' x 8' x 4" (Polyurethane Foam)	2
7	Floor Exercise Mat	2" rubberized mats (12m x 12m) floor area with 2" or 5 cm line strip, spring floor	169
8	Vaulting Horse	laminated wood, fully adjustable width removable for vaulting top hide cover	1
9	Landing Mats for Vaulting Horse	2m x 6m x 6" and additional mat of 4' x 8' x 4"	3
10	Vaulting Board (WAG)	Spring tension top board with nylon carpeting, 60 x 120 x 22 cm	1
11	Spring Board (MAG)	Spring tension top board with nylon carpeting, 60 x 120 x 22 cm	1
12	Whistle (Fox 40)	6 pcs.	3
13	Stopwatch	digital with 100 lap memory, three liner LCD display	3
14	Uneven Bar with mats		1
15	Rings with mats		1
16	Horizontal Bar with mats		1
17	Pommel Horse with mats		1
18	Puzzle mat with Carpet (RG)	15m x 15m	169
19	Handgrip	Gymnasts for MAG & WAG	18
ESSENTIAL			
1	Parallel bar		1
2	Mushroom for Training		1
3	Spotting belts		4
4	Rubber Shoes		18
5	Uniform (gymnastics shoes, socks, jacket,towel, sports bag)		18
6	Cooler	Coleman	2
7	Water Bottle	ADIDAS	18
8	Trampoline		1
9	Foam Blocks		1
10	Foam Pit		1

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Sports: CHESS (FIDE STANDARD)			
Composition : 10 Chess Players			
Equipment/ Materials		Measurement	Number (piece)
Airconditioned Room		15m x 20m	
ESSENTIAL			
1	Tables	1.2m x .8m	5
2	Chairs		10
3	Chess Boards		5
4	Chess Clock		10
5	Wall Clock		1
SUPPLEMENTAL			
1	Air-conditioning Unit	split type	2
2	Uniform (shirt, jogging pants, socks, jacket,towel, sports bag)		10

Sports: TENNIS (ITF STANDARD)			
Composition: 6 Boys, 6 Girls, 12 Players			
Equipment/ Materials		Measurement	Number (piece)
Tennis Court		Hard court with halogen lights	2
ESSENTIAL			
1	Tennis Balls	Color yellow, weight 56.0-59.4gms, size 6.541-6.858cm, good for all surface (hard, grass, clay)	200 Tubes
2	Tennis Net	Color black, size 3.5ft. x 42ft. (for doubles), with white band (2.5in. x 42ft.), with metal cable (maximum of 1/3in or 0.8cm. diameter), double stiches, used for doubles court, white strap with buckle (hook)-2.5in. x 76in.	4
3	Stopwatch	digital with 100 lap memory, three liner LCD display	4
4	Cones		20
5	Rubber Shoes		12
SUPPLEMENTAL			
1	Stringing Machine	Drop weight tensioning mechanism; patented diamond coated, ratchet gripper; 6-pt. quick mount system; dual action, diamond coated swivel string clamps with self-locking adjustment knob; base with tool tray, Table mounted	1
2	Portable Ball Machine	Oscillation: random horizontal; speed: 10-70 mph; ball capacity: 150; feed rate: 2-10 sec.; power - battery; elevation: manual hand crank 0-60 deg.; weight: 30 lbs.	1
3	Cooler	Coleman	2
4	Water Bottle	ADIDAS	12
5	Uniform (shirt, shorts, jogging pants, socks, jacket, towel, sports bag)		12

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Sports: SWIMMING (FINA STANDARD)			
Composition : 8 Swimmers			
Equipment/ Materials		Measurement	Number (piece)
Swimming Pool			
ESSENTIAL			
1	10 Lanes Swimming Pool	50.03m x 25m	
	Filtration System		4
	Backstroke Turn Indicator Post	FINA Standard	4
	Foul Recall Post	FINA Standard	4
2	Starting Platform	FINA Standard	10
3	ANTI-wave lane ropes	150mm (diameter) x	9
4	Lane Rope Storage Reel	ANTI Standard	4
5	Pool Test Kit	Standard	4/annum
6	Chlorine	50 k./drum	60 drums/
7	Muriatic Acid	25 ltrs./container	15 containers
8	DE Powder	30 k./sack	72 sacks/
9	Soda Ash	30 k./sack	4 sacks/
10	Lighting System	Large Hallogen Lights	10
11	Swim Wear	Bathing Suit	8
12	Swim Wear	Swim Trunks	8
13	Swimming Paddles	S/M/L Assorted	16
14	Pull Buoy	Standard	16
15	Kickboard	Standard	16
16	Fins	short fins	16
17	Stopwatch	3 liner display/100 lap memory	4
18	Whistle	Fox 40 Pearl	4
SUPPLEMENTAL			
19	Goggles		16
20	Swim Cap		16
21	Stretch Cord	7 meters	16
22	Center Snorkel	Standard	16
23	Medicine Ball	5-3-1 k.	2 sets
24	Competitor Portable Pace Clock	Portable	2
25	Moveable Equipment Storage	3 (L) x 2m (W) 2ft (H)	2
26	Rubber Shoes		16
27	Uniform (shirt, shorts, jogging pants, socks, jacket, towel, sports bag)		16
28	Cooler	Coleman	1
29	Water Bottle	ADIDAS	16

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Sports: Archery (FITA Standard)		
Composition : 1 Team (5 Boys/Team) 1 Team (5 Girls/Team)		
Equipment/ Materials	Measurement	Number (piece)
Facility: Archery Range		Total space of 50m x 150m Covered Shooting Area: 10m deep x 40m wide x 12 ft.high ceiling with concrete floor level, 12 ft. High backwall, additional open space behind, with open field
ESSENTIAL		
1	Recurve bow	Intermediate Set - metal handle riser - wood/carbon limbs 34-36 lbs, 66"-68" - long sight - clicker - stabilizer set, long rod, 2 side rods, v-bar, extension rod - quiver - finger tab - arm guard - chest guard
2	Arrow	XX5 Platinum Plus
3	Target Butts	54 inch round or square; must be made of coiled or machine-pressed cogon grass; covered with brown, burlap sacking, with extra 36" Backstop
4	Target Faces	122 cm target faces printed on string reinforced heavy paper
5	Measuring Tape	50m
SUPPLEMENTAL		
1	Device for Measuring Angle of Target Buttresses & height of center of target faces	1
2	Target Wind Flags, yellow flags on poles	10
3	Target Faces	80 cm target faces printed on string reinforced heavy paper
4	LED Signal Lights	with 20m cable
5	Signal Horns	DC Voltage with 20m cable
6	Rubber Shoes	10
7	Uniform (Shirt, Jogging pants, jacket, socks, sports bag)	10