

REGION AND SECTION GUIDE

National Capital Administrative Region (NCAR)

- 1 - The city of Manila
- 2 - The cities of Pasay, Parañaque and Las Piñas.
- 3 - The cities of Mandaluyong, Makati, Muntinlupa Pasig, and the municipalities of San Juan, Taguig, and Pateros
- 4 - The cities of Valenzuela and Kalookan and Malabon, and the municipality of Navotas
- 5 - The cities of Quezon and Marikina
- 6 - The city of Antipolo and the whole province of Rizal

Northern Luzon Administrative Region (NLAR)

- 1 - The provinces of Ilocos Norte, Ilocos Sur, Abra and La Union, and the cities of Laoag, Vigan, Candon and San Fernando
- 2 - The provinces of **Mt. Province**, Benguet and Pangasinan, and the cities of Baguio, Alaminos, Dagupan, Urdaneta and San Carlos
- 3 - The provinces of Batanes, Cagayan, Apayao, Kalinga, Isabela, Ifugao, Nueva Vizcaya and Quirino and the cities of Tuguegarao, Cauayan and Santiago
- 4 - The provinces of Aurora, Nueva Ecija, Pampanga Tarlac, Zambales, Bataan and Bulacan and the cities of San Jose, Munoz, Cabanatuan, Palayan, Gapan, Angeles, San Fernando, Tarlac, Olongapo, Balanga, San Jose del Monte and Malolos.

Southern Luzon Administrative Region (SLAR)

- 1 - The provinces of Laguna, Quezon, Marinduque, and the cities of Calamba, San Pablo, and Lucena
- 2 - The provinces of Cavite, Batangas, Mindoro Occidental, Mindoro Oriental, Romblon, and Palawan, and the cities of Cavite, Trece Martirez, Tagaytay, Lipa, Batangas, Tanauan, Calapan, and Puerto Princesa
- 3 - The provinces of Camarines Norte, Camarines Sur, Albay, Catanduanes, Sorsogon, and Masbate, and the cities of Naga, Iriga, Legazpi, Tabaco, Ligao, Bacon, Sorsogon, and Masbate.

Northwestern Visayas Administrative Region (NWVAR)

- 1 - The provinces of Aklan, Antique, Capiz, Iloilo, and Guimaras, and the cities of Roxas, Iloilo, and Passi
- 2 - The province of Negros Occidental, and Negros Oriental, and the cities of Cadiz, Sagay, Victorias, Silay, Talisay, Bacolod, Bago, San Carlos, La Carlota, Kabankalan, Escalante, Himamaylan, Sipalay, Canlaon, Bais, Tanjay, Bayawan, and Dumaguete.

Southeastern Visayas Administrative Region (SEVAR)

- 1 - The provinces of Cebu, Bohol, and Siquijor, and the cities of Toledo, Danao, Talisay, Cebu, Lapu-lapu, Mandaue, and Tagbilaran
- 2 - The provinces of Samar, Northern Samar, Eastern Samar, Leyte, Southern Leyte, and Biliran, and the cities of Calbayog, Tacloban, Ormoc and Maasin.

Northwestern Mindanao Administrative Region (NWMAR)

- 1 - The provinces of Zamboanga del Norte Zamboanga del Sur, Zamboanga Sibugay, Basilan, and the cities of Dipolog, Dapitan, Pagadian, Zamboanga, and Isabela
- 2 - The provinces of Misamis Occidental, Misamis Oriental, Bukidnon, and Camiguin, and the cities of Oroquieta, Ozamis, Tangub, Cagayan de Oro, Gingoog, Valencia, and Malaybalay
- 3 - The provinces of Lanao del Norte, and Lanao del Sur, and the cities of Iligan, and Marawi;
- 4 - The provinces of Sulu, and Tawi-tawi

Southeastern Mindanao Administrative Region (SEMAR)

- 1 - The provinces of Agusan del Norte, Agusan del Sur, Surigao del Norte and Surigao del Sur and the cities of Butuan, Bislig and Surigao
- 2 - The provinces of of Davao del Norte, Davao del Sur, **Davao**

Oriental and Compostela Valley and the cities of Digos, Davao, Mati, Panabo, Tagum and Samal

- 3 - The provinces of Maguindanao and North Cotabato and the cities of Cotabato and Kidapawan
- 4 - The provinces of South Cotabato, Sultan Kudarat and Sarangani and the cities of Gen.Santos, Koronadal and Tacurong

Administrative Region of North America (ARNA)

- 1 - The areas of New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec and Nunavut
- 2 - The areas of Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Washington DC and West Virginia
- 3 - The areas of Manitoba and Saskatchewan
- 4 - The areas of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Wisconsin, Ohio and Idaho
- 5 - The areas of Alberta, British Columbia, Northwest Territories and Yukon
- 6 - The areas of Alaska, Hawaii, Montana, Oregon, Washington and Wyoming
- 7 - The areas of Alabama, Florida, Georgia, Kentucky, North Carolina, South Carolina, Tennessee, Virginia and Arkansas
- 8 - The areas of Colorado, Louisiana, Mississippi, Oklahoma, Texas and Kansas
- 9 - The areas of Arizona, Nevada, Utah, and New Mexico
- 10 - The areas of the southern boundary of Northern California, that is the south boundaries of the following countries: Monterey, Kings, Tulare and Inyo; and all the points north of the said boundaries
- 11 - The areas of the northern boundary of Southern California, that is the north boundaries of the following countries: San Luis Obispo, Kern and San Bernardino; and all the points south of the said boundaries

Administrative Region of Asia and the Pacific (ARAP)

- 1 - Japan, Korea, China, Taiwan and Hong Kong
- 2 - The States of the ASEAN, excluding the Philippines
- 3 - The States of Australia, New Zealand and the outlying islands of the Pacific rim, except Hawaii

Administrative Region of Middle East (ARME)

- 1 - The eastern seaboard of the African Continent, including the Kingdom of Oman, Qatar, Bahrain and the United Arab Emirates and Kuwait
- 2 - The western seaboard of the African Continent, including the Kingdom of Saudi Arabia

Administrative Region of Europe (ARE)

- 1 - The states of Northwestern Europe, including United Kingdom
- 2 - The states of Southeastern Europe, including Italy