

| PROVA | 800m Masc. | | | 800m Fem. | | | 1500m Masc. | | | 1500m Fem. | | | 5000m Masc. | | | 5000m Fem. | | | 3000m Obs Masc. | | | 3000m Obs Fem. | | | | | |
|--------|------------|----------|----------|-----------|----------|----------|-------------|----------|----------|------------|----------|----------|-------------|----------|----------|------------|----------|----------|-----------------|----------|----------|----------------|----------|----------|------|--------|-------|
| PISTA | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga |
| 1ª | 01:49,03 | 01:51,12 | 01:45,32 | 02:09,42 | 02:05,87 | 02:03,64 | 03:41,06 | 03:41,12 | 03:39,31 | 04:10,00 | 04:12,38 | 04:11,60 | 13:51,11 | 13:56,68 | 13:55,46 | 15:42,23 | 15:36,48 | 17:14,99 | 08:50,08 | 08:44,45 | 08:47,99 | 10:04,82 | 10:01,47 | 10:14,93 | | | |
| 2ª | 01:50,14 | 01:51,39 | 01:47,62 | 02:13,90 | 02:07,19 | 02:03,83 | 03:46,34 | 03:42,68 | 03:40,30 | 04:10,64 | 04:16,30 | 04:16,70 | 13:55,61 | 13:57,68 | 13:56,37 | 16:08,33 | 16:09,35 | 17:21,94 | 08:50,43 | 08:45,33 | 08:51,53 | 10:12,12 | 10:33,26 | 10:28,05 | | | |
| 3ª | 01:51,50 | 01:52,73 | 01:49,84 | 02:15,62 | 02:09,14 | 02:05,06 | 03:46,76 | 03:43,94 | 03:40,41 | 04:25,46 | 04:16,91 | 04:24,95 | 14:06,33 | 13:57,37 | 14:00,78 | 16:21,09 | 16:10,82 | 17:28,14 | 08:58,91 | 08:46,49 | 08:53,39 | 10:30,48 | 10:35,01 | 10:40,65 | | | |
| 4ª | 01:52,20 | 01:53,44 | 01:49,99 | 02:15,95 | 02:12,99 | 02:05,93 | 03:47,18 | 03:45,29 | 04:09,24 | 04:26,00 | 04:29,31 | 04:28,16 | 14:07,02 | 14:07,65 | 14:21,21 | 16:23,33 | 16:39,19 | 17:41,77 | 09:02,60 | 08:47,03 | 08:58,36 | 10:39,93 | 10:51,58 | 10:47,21 | | | |
| 5ª | 01:53,30 | 01:53,77 | 01:50,14 | 02:16,94 | 02:13,90 | 02:08,22 | 03:48,34 | 03:47,49 | 03:49,99 | 04:30,51 | 04:30,25 | 04:29,70 | 14:10,31 | 14:08,44 | 14:27,58 | 16:40,76 | 16:53,33 | 17:45,87 | 09:15,08 | 08:55,13 | 09:00,60 | 10:48,30 | 10:57,40 | 11:05,97 | | | |
| 6ª | 01:53,30 | 01:54,45 | 01:51,48 | 02:17,28 | 02:14,74 | 02:08,23 | 03:49,06 | 03:50,72 | 03:50,25 | 04:32,04 | 04:32,51 | 04:32,19 | 14:14,49 | 14:12,15 | 14:29,90 | 18:20,00 | 16:59,36 | 18:03,56 | 09:37,48 | 08:57,18 | 09:10,30 | 10:58,66 | 11:21,46 | 11:16,33 | | | |
| 7ª | 01:53,37 | 01:54,62 | 01:52,50 | 02:18,93 | 02:15,16 | 02:11,70 | 03:49,20 | 03:50,80 | 03:57,77 | 04:34,31 | 04:37,89 | 04:34,28 | 14:19,37 | 14:24,59 | 14:30,36 | | 17:00,10 | 18:21,78 | 09:43,67 | 09:09,08 | 09:30,13 | 11:38,59 | 11:36,58 | 11:21,74 | | | |
| 8ª | 01:53,99 | 01:54,87 | 01:52,59 | 02:20,01 | 02:18,94 | 02:12,39 | 03:55,89 | 03:53,88 | 04:04,72 | 04:34,71 | 04:40,84 | 04:42,20 | 14:30,33 | 14:24,92 | 14:48,24 | | 17:07,56 | DNF | 09:50,79 | 09:20,03 | 09:35,57 | 11:47,20 | 11:47,84 | 11:25,89 | | | |
| TOP 3 | 01:50,22 | 01:51,75 | 01:47,59 | 02:12,98 | 02:07,40 | 02:04,18 | 03:44,72 | 03:42,58 | 03:40,01 | 04:15,37 | 04:15,20 | 04:17,75 | 13:57,68 | 13:57,18 | 13:57,54 | 16:03,88 | 15:58,88 | 17:21,69 | 08:53,14 | 08:45,42 | 08:50,97 | 10:15,81 | 10:23,25 | 10:27,88 | | | |
| Pontos | 1020 | 977 | 1096 | 942 | 1034 | 1089 | 1045 | 1073 | 1106 | 1085 | 1086 | 1067 | 1007 | 1010 | 1008 | 1042 | 1052 | 904 | 1023 | 1055 | 1032 | 1057 | 1040 | 1029 | | | |
| TOP 8 | 01:52,10 | 01:53,30 | 01:49,94 | 02:16,01 | 02:12,24 | 02:07,37 | 03:47,98 | 03:46,99 | 03:56,50 | 04:25,46 | 04:27,05 | 04:27,47 | 14:09,32 | 14:10,30 | 14:18,74 | 16:37,91 | 16:30,98 | 17:42,58 | 09:16,13 | 08:55,59 | 09:05,98 | 10:43,07 | 10:58,07 | 10:55,10 | | | |

| PROVA | Lançamento Peso Masc. | | | Lançamento Peso Fem. | | | Lançamento Dardo Masc. | | | Lançamento Dardo Fem. | | | Lançamento Disco Masc. | | | Lançamento Disco Fem. | | | Lançamento Martelo Masc. | | | Lançamento Martelo Fem. | | |
|--------|-----------------------|--------|-------|----------------------|--------|-------|------------------------|--------|-------|-----------------------|--------|-------|------------------------|--------|-------|-----------------------|--------|-------|--------------------------|--------|-------|-------------------------|--------|-------|
| PISTA | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga |
| 1ª | 20,63 | 19,83 | 20,17 | 17,48 | 19,00 | 18,17 | 74,76 | 74,57 | 78,42 | 52,91 | 54,68 | 52,54 | 59,51 | 57,10 | 59,89 | 61,51 | 61,76 | 63,16 | 71,66 | 71,29 | 62,99 | 58,62 | 59,74 | 65,37 |
| 2ª | 20,23 | 16,00 | 19,62 | 15,81 | 17,72 | 14,01 | 69,37 | 67,83 | 71,39 | 46,69 | 47,68 | 44,75 | 58,85 | 56,71 | 54,59 | 59,15 | 56,97 | 56,91 | 66,65 | 68,64 | 58,78 | 55,19 | 56,80 | 55,45 |
| 3ª | 17,80 | 15,88 | 16,01 | 15,72 | 16,97 | 12,50 | 63,05 | 62,91 | 69,09 | 43,53 | 45,72 | 44,25 | 51,84 | 47,56 | 52,65 | 51,05 | 49,93 | 54,79 | 53,74 | 68,15 | 55,34 | 48,32 | 49,29 | 53,54 |
| 4ª | 17,12 | 15,39 | 14,36 | 13,93 | 14,84 | 12,48 | 62,34 | 62,17 | 66,42 | 38,40 | 40,54 | 41,63 | 49,64 | 40,43 | 48,74 | 46,79 | 48,09 | 44,85 | 52,51 | 62,62 | 54,43 | 44,01 | 46,52 | 51,67 |
| 5ª | 15,95 | 15,32 | 13,97 | 12,57 | 12,80 | 10,34 | 61,32 | 61,04 | 57,57 | 37,51 | 39,95 | 41,25 | 45,73 | 40,42 | 44,22 | 43,48 | 42,12 | 39,62 | 52,40 | 54,31 | 54,37 | 44,00 | 46,10 | 49,10 |
| 6ª | 15,63 | 14,63 | | 12,42 | 12,63 | | 60,84 | 59,96 | 57,30 | 37,33 | 37,25 | 36,89 | 44,91 | | 44,12 | 42,68 | 41,34 | 37,80 | 51,37 | 53,64 | 44,25 | 43,76 | 45,28 | 45,63 |
| 7ª | 14,94 | 14,50 | | 11,61 | 11,98 | | X | 57,88 | 51,94 | 37,06 | 36,27 | 34,96 | 44,61 | | 43,51 | 42,45 | 38,97 | 36,84 | 49,75 | 52,46 | 43,95 | 42,18 | 44,07 | 44,91 |
| 8ª | 14,91 | 13,75 | | 11,28 | 11,48 | | X | 53,83 | 50,65 | | | 33,88 | 43,14 | | 37,26 | 39,22 | 35,61 | 34,37 | 49,07 | 49,24 | | 37,79 | | 44,90 |
| TOP 3 | 19,55 | 17,24 | 18,60 | 16,34 | 17,90 | 14,89 | 69,06 | 68,44 | 72,97 | 47,71 | 49,36 | 47,18 | 56,73 | 53,79 | 55,71 | 57,24 | 56,22 | 58,29 | 64,02 | 69,36 | 59,04 | 54,04 | 55,28 | 58,12 |
| Pontos | 1094 | 956 | 1037 | 979 | 1076 | 888 | 946 | 937 | 1001 | 851 | 881 | 841 | 1000 | 946 | 982 | 1021 | 1002 | 1040 | 948 | 1030 | 872 | 836 | 856 | 901 |
| TOP 8 | 17,15 | 15,66 | 16,83 | 13,85 | 14,68 | 13,50 | 65,28 | 62,52 | 62,85 | 41,92 | 43,16 | 41,27 | 49,78 | 48,44 | 48,12 | 48,29 | 46,87 | 46,04 | 55,89 | 60,04 | 53,44 | 46,73 | 49,69 | 51,32 |

| PROVA | Comprimento Masc. | | | Comprimento Fem. | | | Triplô Salto Masc. | | | Triplô Salto Fem. | | | Salto em Altura Masc. | | | Salto em Altura Fem. | | | Salto com vara Masc. | | | Salto com vara Fem. | | |
|--------|-------------------|--------|-------|------------------|--------|-------|--------------------|--------|-------|-------------------|--------|-------|-----------------------|--------|-------|----------------------|--------|-------|----------------------|--------|-------|---------------------|--------|-------|
| PISTA | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga |
| 1ª | 7,57 | 7,30 | 7,90 | 6,44 | 6,29 | 5,85 | 16,23 | 16,00 | 16,40 | 14,75 | 13,22 | 13,11 | 2,13 | 2,20 | 2,07 | 1,82 | 1,75 | 1,77 | 5,00 | 5,00 | 5,40 | 4,10 | 3,85 | 4,00 |
| 2ª | 7,52 | 7,34 | 7,66 | 6,42 | 5,82 | 5,82 | 15,93 | 14,64 | 15,18 | 14,12 | 13,16 | 12,82 | 2,13 | 2,10 | 2,07 | 1,64 | 1,64 | 1,75 | 4,90 | 5,00 | 5,25 | 3,60 | 3,20 | 3,30 |
| 3ª | 7,45 | 7,26 | 7,41 | 5,74 | 5,76 | 5,69 | 15,49 | 14,54 | 14,90 | 13,68 | 12,78 | 12,40 | 2,10 | 2,07 | 2,04 | 1,6 | 1,60 | 1,60 | 4,80 | 4,80 | 5,00 | 3,50 | 3,20 | 3,20 |
| 4ª | 7,26 | 7,20 | 7,34 | 5,73 | 5,74 | 5,67 | 14,86 | 14,82 | 14,88 | 13,58 | 12,68 | 12,22 | 2,10 | 1,87 | 2,00 | 1,6 | 1,60 | 1,60 | 4,80 | 4,70 | 4,60 | 3,40 | 3,05 | 3,05 |
| 5ª | 7,13 | 7,04 | 7,31 | 5,66 | 5,52 | 5,43 | 14,65 | 14,46 | 14,51 | 13,46 | 12,13 | 12,10 | 2,04 | | 1,96 | 1,6 | | 1,60 | 4,70 | 4,35 | 4,50 | 3,20 | 3,05 | 2,90 |
| 6ª | 7,12 | 7,03 | 7,16 | 5,66 | 5,42 | 5,41 | 14,4 | 13,99 | 14,04 | 12,65 | 11,87 | | 1,96 | | 1,87 | 1,56 | | 1,56 | 4,60 | 4,20 | 4,50 | 3,05 | 2,90 | 2,90 |
| 7ª | 7,10 | 6,87 | 6,88 | 5,57 | 5,37 | 5,40 | 14,33 | 13,89 | 13,76 | 12,51 | 11,73 | | 1,96 | | | 1,52 | | 1,52 | 4,50 | 4,20 | 4,50 | 2,90 | 2,75 | |
| 8ª | 6,95 | 6,91 | 6,81 | 5,46 | 5,27 | | 14,11 | | 13,71 | 12,48 | | | | | | | | 1,52 | 4,35 | | 4,35 | | | |
| TOP 3 | 7,51 | 7,30 | 7,66 | 6,20 | 5,96 | 5,79 | 15,88 | 15,06 | 15,49 | 14,18 | 13,05 | 12,78 | 2,12 | 2,12 | 2,06 | 1,69 | 1,66 | 1,71 | 4,90 | 4,93 | 5,22 | 3,73 | 3,42 | 3,50 |
| Pontos | 1031 | 986 | 1063 | 1042 | 989 | 953 | 1045 | 959 | 1004 | 1135 | 1020 | 993 | 1019 | 1019 | 966 | 916 | 887 | 935 | 966 | 974 | 1053 | 877 | 783 | 807 |
| TOP 8 | 7,26 | 7,12 | 7,31 | 5,84 | 5,65 | 5,61 | 15,00 | 14,58 | 14,67 | 13,40 | 12,51 | 12,53 | 2,06 | 2,06 | 2,00 | 1,62 | 1,65 | 1,62 | 4,71 | 4,61 | 4,76 | 3,39 | 3,14 | 3,23 |

| PROVA | 100m Masc. | | | 100m Fem. | | | 200m Masc. | | | 200m Fem. | | | 400m Masc. | | | 400m Fem. | | | 110m barr. | | | 100m barr. | | | 400 bar. Masc. | | | 400 bar. Fem. | | | | | |
|-------|------------|--------|-------|-----------|--------|-------|------------|--------|-------|-----------|--------|-------|------------|--------|-------|-----------|--------|-------|------------|--------|-------|------------|--------|-------|----------------|--------|-------|---------------|--------|-------|------|--------|-------|
| PISTA | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga | Maia | Leiria | Braga |
| 1ª | 10,4 | 10,42 | 10,17 | 11,44 | 11,36 | 11,23 | 21,35 | 21,43 | 21,08 | 23,53 | 24,91 | 23,06 | 46,99 | 47,10 | 45,71 | 51,63 | 51,60 | 52,37 | 13,63 | 13,83 | 13,79 | 13,39 | 13,28 | 13,43 | 52,12 | 52,66 | 51,19 | 57,41 | 57,63 | 56,53 | | | |
| 2ª | 10,6 | 10,56 | 10,26 | 11,52 | 11,58 | 11,34 | 21,36 | 21,66 | 21,26 | 24,73 | 25,00 | 23,64 | 47,2 | 47,85 | 46,39 | 55,12 | 54,13 | 54,68 | 13,68 | 13,86 | 13,83 | 13,57 | 13,44 | 13,66 | 53,44 | 52,91 | 51,49 | 58,12 | 61,05 | 56,79 | | | |
| 3ª | 10,83 | 10,59 | 10,29 | 11,95 | 11,80 | 11,39 | 21,62 | 21,73 | 21,44 | 24,81 | 25,16 | 24,43 | 47,72 | 47,86 | 47,09 | 55,14 | 55,39 | 55,06 | 13,93 | 14,13 | 13,92 | 13,9 | 14,05 | 13,71 | 53,94 | 54,80 | 52,10 | 61,56 | 63,62 | 59,03 | | | |
| 4ª | 10,86 | 10,68 | 10,46 | 11,97 | 11,82 | 11,79 | 21,66 | 21,92 | 21,55 | 25,15 | 25,50 | 24,67 | 48,18 | 48,08 | 47,18 | 55,23 | 57,16 | 55,41 | 14,09 | 14,51 | 14,00 | 14,02 | 14,37 | 13,78 | 55,06 | 55,26 | 52,31 | 64,29 | 64,48 | 59,41 | | | |
| 5ª | 10,91 | 10,80 | 10,66 | 12,01 | 11,83 | 12,00 | 21,95 | 21,62 | 21,55 | 25,55 | 25,50 | 24,69 | 48,19 | 48,34 | 47,76 | 56,87 | 57,64 | 55,61 | 14,36 | 15,76 | 14,28 | 14,04 | 14,96 | 14,12 | 55,82 | 55,28 | 52,74 | 65,34 | 67,36 | 63,07 | | | |
| 6ª | 10,94 | 10,84 | 10,68 | 12,13 | 12,01 | 12,00 | 22,09 | 22,01 | 21,69 | 25,65 | 25,73 | 24,74 | 49,19 | 49,22 | 47,93 | 57,06 | 58,30 | 56,99 | 14,56 | 16,03 | 14,84 | 14,39 | 15,02 | 14,13 | 56,12 | 56,03 | 54,28 | 66,27 | 69,27 | 63,73 | | | |
| 7ª | 10,97 | 10,88 | 10,73 | 12,17 | 12,10 | 12,08 | 22,10 | 22,09 | 21,85 | 25,88 | 25,98 | 24,87 | 49,38 | 49,29 | 48,59 | 57,67 | 59,17 | 57,16 | 24,22 | 16,35 | 15,16 | 14,43 | 16,03 | 14,17 | 56,74 | 56,62 | 54,82 | 66,62 | 69,56 | 64,95 | | | |