

Zawody Otwarcia Sezonu Jesiennego 2021

CIECHANÓW, 29.08.2021

MĘŻCZYŹNI/MEN

100 metrów M U16

| | | | | | |
|------------------------|------------|--------------------------|-------|-------|----|
| FINAŁ | +0.6 | | 16:46 | | |
| 1 GROCHOWSKI Krzysztof | 10.01.2007 | UKS Sprint 2020 Warszawa | MZ | 11.61 | PB |
| 2 WIŚNIEWSKI Ignacy | 05.03.2007 | KS Orzeł Warszawa | MZ | 11.83 | |
| 3 STACHERA Adam | 31.03.2006 | AZS-AWF Warszawa | MZ | 12.25 | |
| 4 BORYSEWICZ Mateusz | 23.06.2006 | MKS Pułtusk | MZ | 12.38 | |
| 5 WRONKA Kacper | 06.03.2006 | UKS Sprint 2020 Warszawa | MZ | 12.92 | |

100 metrów M U16

| | | | | | |
|------------------------|------------|--------------------------|-------|-------|---|
| Bieg 1/ 2 | -0.4 | | 15:46 | | |
| 1 GROCHOWSKI Krzysztof | 10.01.2007 | UKS Sprint 2020 Warszawa | MZ | 11.71 | q |
| 2 WIŚNIEWSKI Ignacy | 05.03.2007 | KS Orzeł Warszawa | MZ | 11.96 | q |
| 3 BUCZYŃSKI Kacper | 07.04.2006 | MKS Bank BS Płońsk | MZ | 12.05 | q |
| 4 STACHERA Adam | 31.03.2006 | AZS-AWF Warszawa | MZ | 12.29 | q |
| Bieg 2/ 2 | -0.2 | | 15:49 | | |
| 1 BORYSEWICZ Mateusz | 23.06.2006 | MKS Pułtusk | MZ | 12.51 | q |
| 2 WRONKA Kacper | 06.03.2006 | UKS Sprint 2020 Warszawa | MZ | 12.75 | q |
| STEC Oliwier | 18.07.2006 | AZS-AWF Warszawa | MZ | DNS | |

100 metrów M U18

| | | | | | |
|---------------------|------------|--------------------------|-------|-------|------|
| Bieg 1/ 1 | -0.4 | | 15:42 | | |
| 1 PAŁKOWSKI Dawid | 18.09.2004 | MUKL Brodnica | KP | 11.50 | q |
| 2 PTASIEWICZ Jakub | 17.09.2005 | MKS Bank BS Płońsk | MZ | 12.26 | q |
| 3 CZYSZEWICZ Marcin | 27.03.2005 | UKS Sprint 2020 Warszawa | MZ | 12.70 | q PB |

100 metrów mężczyzn

| | | | | | |
|-----------------------|------------|-----------------------|-------|-------|--|
| FINAŁ | +1.0 | | 16:42 | | |
| 1 SACHARCZUK Radosław | 08.09.1993 | KS Podlasie Białystok | PD | 10.85 | |
| 2 TRZASKA Damian | 03.02.2000 | MKS Bank BS Płońsk | MZ | 10.93 | |
| 3 KWIATKOWSKI Mateusz | 03.06.1999 | MKS Juwenia Białystok | PD | 11.05 | |
| 4 JAROSZEWICZ Ernest | 04.12.1999 | MKS Juwenia Białystok | PD | 11.26 | |
| KACPRZAK Adam | 23.04.2001 | MKS Bank BS Płońsk | MZ | DNS | |
| DZIKIEWICZ Paweł | 30.07.2002 | MUKS Płock | MZ | DNS | |

100 metrów mężczyzn

| | | | | | |
|-----------------------|------------|-----------------------|-------|-------|------|
| Bieg 1/ 2 | +1.3 | | 15:39 | | |
| 1 TRZASKA Damian | 03.02.2000 | MKS Bank BS Płońsk | MZ | 10.82 | q |
| 2 SACHARCZUK Radosław | 08.09.1993 | KS Podlasie Białystok | PD | 10.84 | q |
| 3 KWIATKOWSKI Mateusz | 03.06.1999 | MKS Juwenia Białystok | PD | 11.05 | q |
| 4 JAROSZEWICZ Ernest | 04.12.1999 | MKS Juwenia Białystok | PD | 11.21 | q |
| Bieg 2/ 2 | -0.7 | | 15:39 | | |
| 1 DZIKIEWICZ Paweł | 30.07.2002 | MUKS Płock | MZ | 11.28 | q |
| 2 KACPRZAK Adam | 23.04.2001 | MKS Bank BS Płońsk | MZ | 11.47 | q PB |
| 3 KORZENIOWSKI Łukasz | 04.06.2003 | MKS Bank BS Płońsk | MZ | 12.50 | PB |
| DUDEK Bartosz | 25.02.1992 | MKS Juwenia Białystok | PD | DNS | |

300 metrów mężczyzn

| | | | | | |
|-----------------------|------------|--------------------------|-------|-------|----|
| Bieg 1/ 3 | | | 17:54 | | |
| 1 DUDEK Bartosz | 25.02.1992 | MKS Juwenia Białystok | PD | 34.65 | SB |
| 2 KĘPIŃSKI Bartłomiej | 01.08.2003 | OKS Start Otwock | MZ | 35.89 | |
| 3 PAŁKOWSKI Dawid | 18.09.2004 | MUKL Brodnica | KP | 36.28 | |
| 4 BUCZYŃSKI Kacper | 07.04.2006 | MKS Bank BS Płońsk | MZ | 37.94 | PB |
| 5 PAWŁOWSKI Jakub | 26.03.2006 | UKS Filipides Teresin | MZ | 39.34 | PB |
| Bieg 2/ 3 | | | 17:57 | | |
| 1 SZYMAŃSKI Filip | 18.03.2005 | MKS Pułtusk | MZ | 38.97 | PB |
| 2 BADEŃSKI Bernard | 28.10.2005 | AKL Ursynów Warszawa | MZ | 39.99 | PB |
| 3 STEC Oliwier | 18.07.2006 | AZS-AWF Warszawa | MZ | 40.52 | |
| 4 ZIUŁKOWSKI Piotr | 20.02.2006 | AKL Ursynów Warszawa | MZ | 41.16 | PB |
| Bieg 3/ 3 | | | 17:59 | | |
| 1 KRYSZPIN Maciej | 03.08.2005 | MUKL Brodnica | KP | 38.00 | |
| 2 CZYSZEWICZ Marcin | 27.03.2005 | UKS Sprint 2020 Warszawa | MZ | 42.44 | |
| 3 KOZAKIEWICZ Mikołaj | 08.08.2007 | AKL Ursynów Warszawa | MZ | 44.97 | PB |
| 4 JANKOWSKI Stanisław | 28.05.2007 | AKL Ursynów Warszawa | MZ | 46.15 | |

600 metrów mężczyzn

| | | | | | |
|----------------------|------------|------------------------------|-------|---------|--|
| Bieg 1/ 1 | | | 17:21 | | |
| 1 ROMANIUK Daniel | 10.10.2001 | MKS Polonia Warszawa | MZ | 1:24.31 | |
| 2 STAŃCZUK Jan | 02.08.2005 | UKS Młodzik Warszawa | MZ | 1:26.01 | |
| 3 BŁASZCZYK Kamil | 28.02.2003 | MKS Bank BS Płońsk | MZ | 1:27.03 | |
| 4 MIŁKOWSKI Wiktor | 15.04.2005 | UKS 48 Warszawa | MZ | 1:27.64 | |
| 5 WÓJCIK Cezary | 14.08.2005 | OKS Start Otwock | MZ | 1:34.76 | |
| 6 KNYCH Kamil | 27.01.2007 | AZS-AWF Warszawa | MZ | 1:36.02 | |
| 7 PIEKARSKI Filip | 24.08.2007 | KS Lider Grodzisk Mazowiecki | MZ | 1:36.34 | |
| 8 LEWANDOWSKI Michał | 06.05.2008 | UKS Filipides Teresin | MZ | 1:40.23 | |
| 9 MANISTA Dawid | 22.01.2006 | PTT Delta Płock | MZ | 1:43.43 | |
| 10 JARECKI Bartosz | 26.07.2008 | UKS 48 Warszawa | MZ | 1:58.22 | |

1000 metrów mężczyzn

| | | | | | |
|---------------------|------------|--------------------------|-------|---------|----|
| Bieg 1/ 2 | | | 17:30 | | |
| 1 MICHAŁSKI Jan | 23.04.2001 | MKS Polonia Warszawa | MZ | 2:29.34 | PB |
| 2 LEC Dawid | 31.08.1999 | AZS-AWF Warszawa | MZ | 2:30.14 | PB |
| 3 MAKOWSKI Mateusz | 05.08.2004 | MKS Pułtusk | MZ | 2:32.42 | PB |
| 4 MISIEWICZ Michał | 31.12.1995 | AZS-AWF Warszawa | MZ | 2:32.51 | SB |
| 5 KUBICKI Adam | 28.09.1997 | MKS Polonia Warszawa | MZ | 2:33.92 | |
| 6 MIELEWCZYK Piotr | 08.08.1990 | Stowarzyszenie Piekielni | MZ | 2:35.47 | |
| 7 ŻUK Bartosz | 09.01.2003 | MKS Polonia Warszawa | MZ | 2:36.89 | |
| 8 RYBAKOWSKI Michał | 30.08.2000 | MKS Polonia Warszawa | MZ | 2:37.00 | |
| 9 BRODZIK Kamil | 12.08.2000 | MKS Polonia Warszawa | MZ | 2:47.67 | |

Bieg 2/ 2 17:35

| | | | | | |
|-----------------------|------------|---------------------------------|----|---------|----|
| 1 KUBIAK Maciej | 29.10.1988 | UKS Ekonomik-Maratończyk Lębork | PM | 2:36.89 | |
| 2 ASTRACHANCEW Konrad | 11.07.2005 | AZS-AWF Warszawa | MZ | 2:40.51 | |
| 3 DZIADCZYK Antoni | 24.04.2004 | AZS-AWF Warszawa | MZ | 2:41.37 | PB |

| | | | | | | |
|-------------------------------|------------|------------------------------|-------|---------|-------|-------|
| 4 SKIERKOWSKI Paweł | 13.05.2002 | AZS-AWF Warszawa | MZ | 2:42.00 | | |
| 5 BARTOŚ Krzysztof | 17.12.2003 | AZS-AWF Warszawa | MZ | 2:42.40 | PB | |
| 6 OLEJNIK Mikołaj | 09.09.2007 | UKS Filipides Teresin | MZ | 2:44.27 | PB | |
| 7 KLONOWSKI Andrzej | 23.05.2005 | KS Lider Grodzisk Mazowiecki | MZ | 2:46.88 | PB | |
| 8 HRYNISZYN Kacper | 15.03.2006 | AZS-AWF Warszawa | MZ | 2:56.94 | | |
| BAŁABAN Antoni | 06.08.2008 | UKS 48 Warszawa | MZ | DNF | | |
| 2000 metrów mężczyzn | | | | | | |
| Bieg 1/ 1 | | | | 18:02 | | |
| 1 GÓRSKI Krystian | 18.07.2001 | PTT Delta Płock | MZ | 6:24.25 | | |
| 2 GÓRSKI Kacper | 31.08.2006 | PTT Delta Płock | MZ | 6:29.85 | PB | |
| 300 metrów pł młodzików | | | | | | |
| Bieg 1/ 1 | | | | 15:06 | | |
| 1 DUDEK Bartosz | 25.02.1992 | KS Podlasie Białystok | PD | 37.53 | 91.4 | |
| 2 WRONKA Kacper | 06.03.2006 | UKS Sprint 2020 Warszawa | MZ | 44.42 | | |
| Pchnięcie kulą M U18 (5kg) | | | | | | |
| FINAŁ | | | | 15:30 | | |
| 1 STĘPIŃSKI Patryk | 25.11.2005 | MKS Bank BS Płońsk | MZ | 13.18 | PB | |
| 2 SIKORA Wiktor | 24.07.2005 | GKS Wilga Garwolin | MZ | 12.57 | PB | |
| 3 DEMBIŃSKI Miłosz | 25.03.2006 | OKLA Elektro-Energetyka | MZ | 11.93 | | |
| | I | II | III | IV | V | VI |
| STĘPIŃSKI Patryk | 12.90 | x | 13.18 | 12.98 | 12.96 | x |
| SIKORA Wiktor | 11.80 | 12.53 | 12.57 | 11.80 | 12.24 | x |
| DEMBIŃSKI Miłosz | x | 11.13 | 10.56 | 11.93 | 11.28 | 11.54 |
| Rzut oszczepem chłopców (500) | | | | | | |
| FINAŁ | | | | 17:35 | | |
| 1 RZEPKA Szymon | 30.07.2008 | KS Warszawianka W-wa | MZ | 26.57 | SB | |
| RZEPKA Szymon | 22.85 | 25.66 | 26.57 | 25.36 | x | x |
| Rzut oszczepem M U16 (600) | | | | | | |
| FINAŁ | | | | 17:35 | | |
| 1 KOSMOWSKI Szymon | 24.04.2006 | UKS Jedyńka Łowicz | LD | 41.44 | PB | |
| | I | II | III | IV | V | VI |
| KOSMOWSKI Szymon | 41.44 | 37.23 | 35.39 | x | 38.00 | x |
| Rzut oszczepem mężczyzn (800) | | | | | | |
| FINAŁ | | | | 17:35 | | |
| 1 ORDYŁOWSKI Gustaw | 02.04.2003 | AZS-AWF Warszawa | MZ | 33.56 | | |
| | I | II | III | IV | V | VI |
| ORDYŁOWSKI Gustaw | x | x | 33.56 | 31.63 | r | - |
| Rzut dyskiem M U20 (1.75kg) | | | | | | |
| FINAŁ | | | | 16:30 | | |
| 1 KOWALSKI Jakub | 25.10.2003 | MKS Bank BS Płońsk | MZ | 30.89 | | |
| | I | II | III | IV | V | VI |
| KOWALSKI Jakub | x | x | x | 30.89 | x | x |
| Rzut dyskiem M U18 (1.5kg) | | | | | | |
| FINAŁ | | | | 16:30 | | |
| 1 SIKORA Wiktor | 24.07.2005 | GKS Wilga Garwolin | MZ | 36.93 | | |
| STĘPIŃSKI Patryk | 25.11.2005 | MKS Bank BS Płońsk | MZ | NM | | |
| | I | II | III | IV | V | VI |
| SIKORA Wiktor | x | 36.93 | x | x | x | x |
| Rzut dyskiem M U16 (1kg) | | | | | | |
| FINAŁ | | | | 16:30 | | |
| 1 DEMBIŃSKI Miłosz | 25.03.2006 | OKLA Elektro-Energetyka | MZ | 39.30 | | |
| 2 ŁADA Igor | 13.11.2007 | OKLA Elektro-Energetyka | MZ | 33.12 | PB | |
| | I | II | III | IV | V | VI |
| DEMBIŃSKI Miłosz | x | x | 38.94 | 39.30 | x | x |
| ŁADA Igor | 30.32 | x | x | 39.30 | x | x |
| Skok wzwyż mężczyzn | | | | | | |
| FINAŁ | | | | 16:05 | | |
| 1 WŁODARCZYK Kacper | 15.11.2005 | MKS Pułtusk | MZ | 1.90 | =PB | |
| 2 KOSMOWSKI Szymon | 24.04.2006 | UKS Jedyńka Łowicz | LD | 1.75 | PB | |
| 3 ORDYŁOWSKI Gustaw | 02.04.2003 | AZS-AWF Warszawa | MZ | 1.75 | PB | |
| 4 SADOWSKI Jan | 22.03.2006 | MKS Pułtusk | MZ | 1.55 | PB | |
| 5 NOWOSIELSKI Igor | 07.09.2007 | MKS Pułtusk | MZ | 1.45 | | |
| 6 RZEPKA Szymon | 30.07.2008 | KS Warszawianka W-wa | MZ | 1.25 | | |
| 6 ZIĘCINA Konstanty | 03.09.2010 | WLKS Nowe Iganie | MZ | 1.25 | | |
| Skok w dal mężczyzn | | | | | | |
| FINAŁ | | | | 15:38 | | |
| 1 KACPRZAK Adam | 23.04.2001 | MKS Bank BS Płońsk | MZ | 6.78 | -0.6 | |
| 2 GŁASZCZKA Szymon | 08.01.2005 | GKS Wilga Garwolin | MZ | 6.75 | 0.6 | |
| 3 PRZYŻECKI Dominik | 17.01.2001 | AKL Ursynów Warszawa | MZ | 6.69 | 0.1 | |
| 4 PTASIEWICZ Jakub | 17.09.2005 | MKS Bank BS Płońsk | MZ | 6.30 | 0.3 | |
| 5 KORZENIOWSKI Łukasz | 04.06.2003 | MKS Bank BS Płońsk | MZ | 6.12 | 0.1 | |
| 6 ZIUŁKOWSKI Piotr | 20.02.2006 | AKL Ursynów Warszawa | MZ | 4.55 | -0.7 | |
| | I | II | III | IV | V | VI |
| KACPRZAK Adam | 6.45 | x | x | 6.78 | 6.70 | x |
| | -0.1 | 1.0 | 0.7 | -0.6 | 0.5 | 0.5 |
| GŁASZCZKA Szymon | 4.93 | 6.41 | 6.51 | 6.73 | 5.97 | 6.75 |
| | 0.0 | 1.1 | 0.7 | -2.0 | 0.3 | 0.6 |
| PRZYŻECKI Dominik | x | 6.51 | x | x | 6.69 | x |
| | -0.1 | 0.6 | 0.5 | -1.1 | 0.1 | 0.9 |
| PTASIEWICZ Jakub | 5.49 | 6.30 | 6.00 | 5.76 | x | r |
| | -0.1 | 0.3 | 0.1 | -0.6 | 0.5 | - |
| KORZENIOWSKI Łukasz | x | 6.03 | 5.90 | 6.02 | 6.12 | 6.09 |
| | 0.0 | 1.4 | 0.7 | -1.5 | 0.1 | 0.2 |
| ZIUŁKOWSKI Piotr | x | 4.55 | 4.50 | 4.52 | 4.43 | 4.52 |
| | -0.6 | -0.7 | 0.5 | 0.0 | 1.0 | 0.3 |
| KOBIECY/WOMEN | | | | | | |
| 100 metrów K U18 | | | | | | |
| FINAŁ | | | | 16:28 | | |
| 1 KWASIBORSKA Julia | 20.01.2004 | MKS Bank BS Płońsk | MZ | 12.81 | | |
| 2 NARODZONEK Weronika | 15.08.2005 | MUKL Brodnica | KP | 13.32 | | |

| | | | | | | |
|-------------------|------------------------|------------|------------------------------|----|---------|------|
| 3 | PIELACIŃSKA Zuzanna | 05.07.2004 | Mazovia ProActiv Ciechanów | MZ | 13.96 | PB |
| 4 | WASILAK Julia | 11.06.2005 | MLKS Ostróda | WN | 14.02 | |
| 5 | KALISZ Julia | 07.02.2005 | MLKS Ostróda | WN | 14.57 | |
| 100 metrów K U18 | | | | | | |
| Bieg 1/ 2 | | +0.2 | | | 15:18 | |
| 1 | KWASIBORSKA Julia | 20.01.2004 | MKS Bank BS Płońsk | MZ | 12.74 | q |
| 2 | NARODZONEK Weronika | 15.08.2005 | MUKL Brodnica | KP | 13.23 | q |
| 3 | JACKOWICZ Marta | 26.07.2005 | AZS-AWF Warszawa | MZ | 13.49 | q |
| 4 | SUSKA Eliza | 12.07.2005 | AZS-AWF Warszawa | MZ | 13.58 | q |
| Bieg 2/ 2 | | -0.1 | | | 15:21 | |
| 1 | BIELAK Amelia | 05.11.2005 | MUKS Płock | MZ | 13.68 | q PB |
| 2 | PIELACIŃSKA Zuzanna | 05.07.2004 | Mazovia ProActiv Ciechanów | MZ | 13.97 | q PB |
| 3 | WASILAK Julia | 11.06.2005 | MLKS Ostróda | WN | 14.11 | |
| 4 | KALISZ Julia | 07.02.2005 | MLKS Ostróda | WN | 14.69 | |
| 100 metrów kobiet | | | | | | |
| FINAŁ | | +0.7 | | | 16:25 | |
| 1 | CHOJNACKA Klaudia | 12.08.2003 | MKS Bank BS Płońsk | MZ | 13.32 | |
| 2 | ZDUNOWSKA Marta | 26.03.2003 | MKS Bank BS Płońsk | MZ | 13.97 | |
| 3 | SIENKIEWICZ Marianna | 23.08.2003 | AKL Ursynów Warszawa | MZ | DNS | |
| 4 | POLANOWSKA Nina | 25.11.2003 | AKL Ursynów Warszawa | MZ | DNS | |
| 100 metrów K U16 | | | | | | |
| FINAŁ | | +0.5 | | | 16:36 | |
| 1 | JAGIEŁŁO Aleksandra | 26.09.2006 | UKS Sprint 2020 Warszawa | MZ | 12.79 | |
| 2 | JAMROZ Lena | 06.01.2007 | KS Atak Agrykola Warszawa | MZ | 13.60 | |
| 3 | JASIŃSKA Maja | 06.03.2007 | AZS-AWF Warszawa | MZ | 13.83 | |
| 4 | KARWOWSKA Michalina | 03.07.2006 | PTT Delta Płock | MZ | 14.08 | |
| 5 | JAWORSKA Wiktoria | 03.02.2006 | AZS-AWF Warszawa | MZ | DNS | |
| 6 | WIESZTORT Laura | 20.08.2008 | AZS-AWF Warszawa | MZ | DNS | |
| 100 metrów kobiet | | | | | | |
| Bieg 1/ 1 | | +0.7 | | | 15:14 | |
| 1 | CHOJNACKA Klaudia | 12.08.2003 | MKS Bank BS Płońsk | MZ | 12.90 | q |
| 2 | SIENKIEWICZ Marianna | 23.08.2003 | AKL Ursynów Warszawa | MZ | 13.13 | q |
| 3 | POLANOWSKA Nina | 25.11.2003 | AKL Ursynów Warszawa | MZ | 13.39 | q |
| 4 | ZDUNOWSKA Marta | 26.03.2003 | MKS Bank BS Płońsk | MZ | 14.10 | q |
| 100 metrów K U16 | | | | | | |
| Bieg 1/ 3 | | +1.5 | | | 15:26 | |
| 1 | JAGIEŁŁO Aleksandra | 26.09.2006 | UKS Sprint 2020 Warszawa | MZ | 12.72 | q |
| 2 | JAWORSKA Wiktoria | 03.02.2006 | AZS-AWF Warszawa | MZ | 12.89 | q PB |
| 3 | WIESZTORT Laura | 20.08.2008 | AZS-AWF Warszawa | MZ | 13.18 | q |
| 4 | JAMROZ Lena | 06.01.2007 | KS Atak Agrykola Warszawa | MZ | 13.57 | q PB |
| 5 | JASIŃSKA Maja | 06.03.2007 | AZS-AWF Warszawa | MZ | 13.74 | q |
| 6 | KARWOWSKA Michalina | 03.07.2006 | PTT Delta Płock | MZ | 13.93 | q |
| Bieg 2/ 3 | | +1.1 | | | 15:29 | |
| 1 | OSTROWSKA Dominika | 14.01.2006 | MLKS Ostróda | WN | 14.19 | SB |
| 2 | MISZTAL Justyna | 08.08.2006 | AZS-AWF Warszawa | MZ | 14.25 | PB |
| 3 | SZYMCZAK Karolina | 14.06.2007 | AZS-AWF Warszawa | MZ | 14.29 | =PB |
| 4 | PRZEMYŁSKA Karolina | 29.01.2007 | MUKS Płock | MZ | 14.52 | |
| 5 | MALINOWSKA Oliwia | 16.08.2006 | MUKS Płock | MZ | 14.55 | |
| 6 | KĄCKA Aleksandra | 03.08.2007 | MKS Bank BS Płońsk | MZ | 14.69 | |
| Bieg 3/ 3 | | +0.0 | | | 15:32 | |
| 1 | KICIŃSKA Amanda | 12.07.2007 | Mazovia ProActiv Ciechanów | MZ | 14.85 | |
| 2 | OŁDAK Martyna | 16.02.2006 | UKS Sprint 2020 Warszawa | MZ | 15.23 | PB |
| 3 | KLIMOWICZ Hanna | 12.11.2007 | KS Lider Grodzisk Mazowiecki | MZ | 15.48 | |
| 4 | MATYCKA Amelia | 06.08.2006 | Mazovia ProActiv Ciechanów | MZ | 15.52 | |
| 5 | URBAŃCZYK Joanna | 17.01.2006 | UKS MTE Milanówek | MZ | 16.04 | |
| 300 metrów kobiet | | | | | | |
| Bieg 1/ 4 | | | | | 17:42 | |
| 1 | CELLMER Karolina | 04.11.2006 | MUKL Brodnica | KP | 42.75 | |
| 2 | SZCZYPIŃSKA Kaja | 10.06.2007 | Orka Iława Athletics | WN | 44.56 | |
| 3 | WŁODARKIEWICZ Weronika | 02.08.2007 | KS Atak Agrykola Warszawa | MZ | 44.90 | |
| 4 | OSTROWSKA Dominika | 14.01.2006 | MLKS Ostróda | WN | 44.92 | PB |
| 5 | PAVILLET Zoé | 19.07.2006 | AKL Ursynów Warszawa | MZ | 46.32 | |
| Bieg 2/ 4 | | | | | 17:44 | |
| 1 | WASILAK Julia | 11.06.2005 | MLKS Ostróda | WN | 45.02 | SB |
| 2 | CIESZEWSKA Amelia | 22.06.2007 | Orka Iława Athletics | WN | 45.57 | |
| 3 | KARCZEWSKA Maria | 27.06.2003 | OKS Start Otwock | MZ | 46.30 | |
| 4 | SZYMCZAK Karolina | 14.06.2007 | AZS-AWF Warszawa | MZ | 47.38 | PB |
| 5 | NIEBUDEK Wiktoria | 12.06.2004 | AKL Ursynów Warszawa | MZ | 48.24 | |
| Bieg 3/ 4 | | | | | 17:47 | |
| 1 | JACKOWICZ Marta | 26.07.2005 | AZS-AWF Warszawa | MZ | 42.61 | |
| 2 | SUSKA Eliza | 12.07.2005 | AZS-AWF Warszawa | MZ | 44.95 | PB |
| 3 | POLKOWSKA Katarzyna | 14.02.2006 | UKS MTE Milanówek | MZ | 47.38 | PB |
| 4 | PRZYBYŁOWSKA Blanka | 22.06.2007 | AKL Ursynów Warszawa | MZ | 48.75 | |
| 5 | KALISZ Julia | 07.02.2005 | MLKS Ostróda | WN | DNS | |
| Bieg 4/ 4 | | | | | 17:50 | |
| 1 | CHMIELEWSKA Kaja | 16.02.2006 | Mazovia ProActiv Ciechanów | MZ | 46.52 | |
| 2 | MATUSZEWSKA Amelia | 20.09.2007 | AKL Ursynów Warszawa | MZ | 50.84 | |
| 3 | JASIŃSKA Maja | 06.03.2007 | AZS-AWF Warszawa | MZ | DNS | |
| 4 | PIELACIŃSKA Zuzanna | 05.07.2004 | Mazovia ProActiv Ciechanów | MZ | DNS | |
| 600 metrów kobiet | | | | | | |
| Bieg 1/ 2 | | | | | 17:09 | |
| 1 | BAK Zuzanna | 08.02.2002 | OKS Start Otwock | MZ | 1:36.26 | PB |
| 2 | GAJKOWSKA Martyna | 11.04.2003 | MKS Pułtusk | MZ | 1:38.53 | PB |
| 3 | CIEPAŁ Natasza | 12.06.2003 | MKS Polonia Warszawa | MZ | 1:39.58 | |
| 4 | MAJKOWSKA Monika | 19.01.2005 | LKS Maków Mazowiecki | MZ | 1:41.34 | PB |
| 5 | REKAWIECKA Roksana | 09.05.2006 | PTT Delta Płock | MZ | 1:41.97 | PB |
| 6 | LEŚNIEWSKA Wiktoria | 06.12.2006 | MUKL Brodnica | KP | 1:43.42 | |
| 7 | BOJARSKA Jagoda | 05.04.2006 | LKS Maków Mazowiecki | MZ | 1:43.93 | PB |
| 8 | CATI Lidia | 16.03.2004 | UKS 48 Warszawa | MZ | 1:44.17 | PB |

| | | | | | | | | | |
|------------------------------|-----------------------|------------|------------------------------|-------|---------|-------|-------|------|--|
| Bieg 2/ 2 | | 17:14 | | | | | | | |
| 1 | SZWARCZEWSKA Zofia | 04.09.2002 | OKS Start Otwock | MZ | 1:42.92 | | | | |
| 2 | KAŹMIERCZAK Sylwia | 13.09.2004 | MUKL Brodnica | KP | 1:43.94 | | | PB | |
| 3 | BRUDNY Regina | 22.12.2007 | UKS Filipides Teresin | MZ | 1:48.74 | | | | |
| 4 | WARZYŃSKA Zuzanna | 16.03.2005 | MLKS Ostróda | WN | 1:49.16 | | | PB | |
| 5 | BERENT Magdalena | 16.03.2004 | OKS Start Otwock | MZ | 1:52.03 | | | | |
| 6 | NAPŁOSZEK Natalia | 13.03.2006 | UKS MTE Milanówek | MZ | 1:56.12 | | | | |
| 7 | GIEJBATOW Pola | 04.10.2012 | UKS Filipides Teresin | MZ | 2:13.63 | | | | |
| 1000 metrów kobiet | | | | | | | | | |
| Bieg 1/ 1 | | | | 17:25 | | | | | |
| 1 | STRZEŻYSZ Małgorzata | 02.10.2004 | AZS-AWF Warszawa | MZ | 2:52.08 | | | PB | |
| 2 | GAJDA Sylwiana | 10.11.1999 | AZS-AWF Warszawa | MZ | 2:55.39 | | | | |
| 3 | PIĄTKOWSKA Oliwia | 07.06.2006 | AZS-AWF Warszawa | MZ | 3:13.87 | | | | |
| 4 | GIEJBATOW Julia | 15.05.2008 | UKS Filipides Teresin | MZ | 3:16.30 | | | | |
| 5 | GARBINO Maria | 17.03.2006 | GUKS Asy Dywity | WN | 3:18.40 | | | PB | |
| 100 m pł K U18 (76,2) | | | | | | | | | |
| Bieg 1/ 1 | | +0.2 | | 16:13 | | | | | |
| 1 | KUCHARSKA Ewelina | 12.06.2005 | GKS Wilga Garwolin | MZ | 16.21 | | | | |
| 2 | KRUPA Karolina | 02.04.2005 | AZS-AWF Warszawa | MZ | 17.60 | | | | |
| 3 | BRAUZE Antonina | 28.06.2005 | UKS Sprint 2020 Warszawa | MZ | 18.63 | | | PB | |
| 80 metrów pł K U16 | | | | | | | | | |
| FINAL | | +0.1 | | 16:59 | | | | | |
| 1 | JAGIEŁŁO Aleksandra | 26.09.2006 | UKS Sprint 2020 Warszawa | MZ | 11.71 | | | =PB | |
| 2 | JAWORSKA Wiktoria | 03.02.2006 | AZS-AWF Warszawa | MZ | 12.03 | | | PB | |
| 3 | GWIAZDECKA Wiktoria | 03.04.2006 | WLKS Nowe Iganie | MZ | 12.81 | | | | |
| 4 | ROICKA Izabela | 02.10.2006 | UKS Siódemka Ostrołęka | MZ | 12.94 | | | =PB | |
| 5 | BIENIAS Nicole | 22.03.2006 | UKS Sprint 2020 Warszawa | MZ | 14.25 | | | | |
| 6 | MAGRYTA Natalia | 04.12.2007 | KS Lider Grodzisk Mazowiecki | MZ | 15.38 | | | | |
| 300 metrów pł kobiet | | | | | | | | | |
| Bieg 1/ 1 | | | | 14:59 | | | | | |
| 1 | CHODKOWSKA Julia | 14.11.2005 | MKS Bank BS Płońsk | MZ | 45.22 | | | PB | |
| 2 | GWIAZDECKA Wiktoria | 03.04.2006 | WLKS Nowe Iganie | MZ | 46.63 | | | PB | |
| 3 | ODOLIŃSKA Hanna | 17.01.2007 | UKS Kresy Otwock | MZ | 50.45 | | | | |
| 4 | SKRZYNIARZ Paulina | 21.08.2006 | CSiR Susz | WN | 51.44 | | | | |
| 5 | SADOWSKA Julia | 12.03.2007 | MKS Bank BS Płońsk | MZ | 54.06 | | | | |
| 80 metrów pł K U16 | | | | | | | | | |
| Bieg 1/ 2 | | -0.5 | | 15:52 | | | | | |
| 1 | JAGIEŁŁO Aleksandra | 26.09.2006 | UKS Sprint 2020 Warszawa | MZ | 11.82 | | | q | |
| 2 | JAWORSKA Wiktoria | 03.02.2006 | AZS-AWF Warszawa | MZ | 12.16 | | | q PB | |
| 3 | GWIAZDECKA Wiktoria | 03.04.2006 | WLKS Nowe Iganie | MZ | 12.80 | | | q | |
| 4 | ROICKA Izabela | 02.10.2006 | UKS Siódemka Ostrołęka | MZ | 12.94 | | | q PB | |
| Bieg 2/ 2 | | +0.2 | | 16:05 | | | | | |
| 1 | BIENIAS Nicole | 22.03.2006 | UKS Sprint 2020 Warszawa | MZ | 14.02 | | | q | |
| 2 | MAGRYTA Natalia | 04.12.2007 | KS Lider Grodzisk Mazowiecki | MZ | 15.41 | | | q | |
| 3 | OLDAK Martyna | 16.02.2006 | UKS Sprint 2020 Warszawa | MZ | 15.95 | | | | |
| Pchnięcie kulą kobiet (4kg) | | | | | | | | | |
| FINAL | | | | 15:30 | | | | | |
| 1 | PRZYBYSZ Patrycja | 05.05.2003 | OKLA Elektro-Energetyka | MZ | 11.88 | | | | |
| 2 | BARTOSIAK Zuzanna | 03.01.2003 | MUKS Płock | MZ | 9.43 | | | | |
| | | I | II | III | IV | V | VI | | |
| PRZYBYSZ Patrycja | | x | 11.88 | x | | 11.20 | x | | |
| BARTOSIAK Zuzanna | | 9.21 | 9.37 | 9.43 | r | - | - | | |
| Pchnięcie kulą K U18 (3kg) | | | | | | | | | |
| FINAL | | | | 15:30 | | | | | |
| 1 | PRZYBYSZ Maja | 14.03.2005 | GKS Wilga Garwolin | MZ | 10.87 | | | | |
| 2 | WEBER Ewelina | 16.06.2004 | MUKS Płock | MZ | 10.61 | | | | |
| 3 | CIESZEWSKA Aleksandra | 09.06.2008 | MKS Bank BS Płońsk | MZ | 10.20 | | | | |
| 4 | KRÓL Diana | 05.02.2006 | MKS Bank BS Płońsk | MZ | 8.94 | | | | |
| | | I | II | III | IV | V | VI | | |
| PRZYBYSZ Maja | | 10.25 | 9.72 | 10.87 | 10.32 | x | 10.41 | | |
| WEBER Ewelina | | 10.06 | 10.14 | x | 10.61 | 10.41 | x | | |
| CIESZEWSKA Aleksandra | | x | 9.45 | 10.20 | x | 9.81 | 10.06 | | |
| KRÓL Diana | | 7.70 | 8.91 | 8.94 | 8.61 | 8.84 | 8.47 | | |
| Rzut oszczepem K U18 (500) | | | | | | | | | |
| FINAL | | | | 17:35 | | | | | |
| 1 | WEBER Ewelina | 16.06.2004 | MUKS Płock | MZ | 36.50 | | | | |
| 2 | PRZYBYSZ Maja | 14.03.2005 | GKS Wilga Garwolin | MZ | 32.88 | | | | |
| 3 | KUCHARSKA Ewelina | 12.06.2005 | GKS Wilga Garwolin | MZ | 24.67 | | | | |
| 4 | KIELAN Urszula | 10.10.1960 | KS Lider Grodzisk Mazowiecki | MZ | 18.03 | | | | |
| | | I | II | III | IV | V | VI | | |
| WEBER Ewelina | | 34.92 | x | x | 36.50 | x | x | | |
| PRZYBYSZ Maja | | 27.49 | x | 32.88 | 28.97 | 28.31 | 29.31 | | |
| KUCHARSKA Ewelina | | 23.47 | x | x | x | 24.67 | 23.80 | | |
| KIELAN Urszula | | x | x | 18.03 | 16.09 | x | x | | |
| Rzut oszczepem kobiet (600) | | | | | | | | | |
| FINAL | | | | 17:35 | | | | | |
| 1 | BARTOSIAK Zuzanna | 03.01.2003 | MUKS Płock | MZ | 35.68 | | | PB | |
| | | I | II | III | IV | V | VI | | |
| BARTOSIAK Zuzanna | | 34.68 | 34.62 | 35.65 | x | x | 35.68 | | |
| Rzut dyskiem K U16 (0.75 kg) | | | | | | | | | |
| FINAL | | | | 16:30 | | | | | |
| 1 | CIESZEWSKA Aleksandra | 09.06.2008 | MKS Bank BS Płońsk | MZ | 32.65 | | | | |
| 2 | KRÓL Diana | 05.02.2006 | MKS Bank BS Płońsk | MZ | 19.75 | | | | |
| | | I | II | III | IV | V | VI | | |
| CIESZEWSKA Aleksandra | | 29.42 | 31.56 | 31.95 | 32.65 | 30.89 | 31.15 | | |
| KRÓL Diana | | 17.84 | 15.33 | 19.75 | 17.40 | x | x | | |
| Skok wzwyż kobiet | | | | | | | | | |
| FINAL | | | | 17:05 | | | | | |

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|-------------------|---------------------|------------|------------------------------|------|-------|------|------|
| 1 | LODKOWSKA Amelia | 20.09.2005 | UKS Sprint 2020 Warszawa | MZ | 1.50 | | |
| 2 | WIESZTORT Laura | 20.08.2008 | AZS-AWF Warszawa | MZ | 1.50 | | |
| 3 | POLKOWSKA Katarzyna | 14.02.2006 | UKS MTE Milanówek | MZ | 1.45 | PB | |
| 4 | BIENIAS Nicole | 22.03.2006 | UKS Sprint 2020 Warszawa | MZ | 1.40 | | |
| 5 | MAGRYTA Natalia | 04.12.2007 | KS Lider Grodzisk Mazowiecki | MZ | 1.40 | PB | |
| 6 | SKORUPA Natalia | 30.03.2006 | KS Lider Grodzisk Mazowiecki | MZ | 1.40 | | |
| 7 | KIELAN Urszula | 10.10.1960 | KS Lider Grodzisk Mazowiecki | MZ | 1.35 | | |
| | KUCHTA Urszula | 30.10.2005 | KS Orzeł Warszawa | MZ | DNS | | |
| Skok w dal kobiet | | | | | | | |
| FINAŁ | | | | | 16:40 | | |
| 1 | PRUSIK Alicja | 27.04.2005 | OKLA Elektro-Energetyka | MZ | 4.85 | | 0.4 |
| 2 | KRUPA Karolina | 02.04.2005 | AZS-AWF Warszawa | MZ | 4.73 | PB | 0.8 |
| 3 | NAPIÓRKOWSKA Oliwia | 12.03.2006 | OKLA Elektro-Energetyka | MZ | 4.61 | | 0.5 |
| 4 | BIELAK Amelia | 05.11.2005 | MUKS Płock | MZ | 4.58 | PB | 0.6 |
| 5 | GAŚIEWSKA Julia | 22.09.2006 | MKS Pułtusk | MZ | 4.47 | PB | -0.3 |
| 6 | BRAUZE Antonina | 28.06.2005 | UKS Sprint 2020 Warszawa | MZ | 3.76 | | 0.6 |
| 7 | MALINOWSKA Oliwia | 16.08.2006 | MUKS Płock | MZ | 3.62 | | 0.0 |
| | PRZEMYŁSKA Karolina | 29.01.2007 | MUKS Płock | MZ | NM | | |
| | | I | II | III | IV | V | VI |
| | PRUSIK Alicja | 4.75 | 4.75 | 4.46 | 4.55 | 4.65 | 4.85 |
| | | 0.0 | -0.9 | 0.2 | -0.4 | 0.2 | 0.4 |
| | KRUPA Karolina | 4.73 | 4.65 | x | 4.49 | 4.68 | 4.56 |
| | | 0.8 | 0.1 | -0.9 | -0.1 | 0.5 | 0.3 |
| | NAPIÓRKOWSKA Oliwia | 4.18 | 4.53 | 4.38 | x | x | 4.61 |
| | | -0.1 | -0.5 | -0.7 | | | 0.5 |
| | BIELAK Amelia | 4.28 | 4.02 | 4.08 | 4.28 | 4.35 | 4.58 |
| | | 0.2 | -0.8 | -0.8 | -0.4 | 0.2 | 0.6 |
| | GAŚIEWSKA Julia | 4.36 | 4.33 | 3.59 | 4.47 | 3.80 | x |
| | | 0.3 | -0.9 | -0.5 | -0.3 | 0.4 | 0.2 |
| | BRAUZE Antonina | 3.76 | 3.60 | 3.73 | 3.52 | 3.60 | 3.03 |
| | | 0.6 | -0.3 | 0.8 | 0.2 | 0.0 | 0.3 |
| | MALINOWSKA Oliwia | x | x | 3.46 | 3.46 | 3.62 | x |
| | | | | -0.1 | 0.3 | 0.0 | |