

Mistrzostwa Mazowska U16 2023

CIECHANÓW, 16.09.2023

MEŻCZYŹNI/MEN

Wieloskok M U16

| FINAŁ | | 15:37 | | | | |
|-------|----------------------|------------|-------------------------|----|-------|---------|
| 1 | KUŚMIERCZYK Filip | 16.06.2009 | PUKS Jedynka Łosice | MZ | 12.20 | -1.1 |
| 2 | DOŁĘGOWSKI Sebastian | 02.01.2008 | KS AZS AWF Warszawa | MZ | 11.75 | -2.9 |
| 3 | PEŃDZICH Patryk | 03.01.2008 | OKLA Elektro-Energetyka | MZ | 11.38 | +0.7 |
| 4 | KOŃCZAK Kacper | 24.05.2008 | OLA Mazowieckie | MZ | 11.01 | +1.2 |
| 5 | KOŁNIERZAK Szymon | 01.09.2008 | GKS Wilga Garwolin | MZ | 10.87 | PB -0.7 |
| 6 | GRACZYK Filip | 22.11.2009 | MKS Bank BS Płońsk | MZ | 10.68 | PB -0.7 |
| 7 | BANASZEK Marcel | 10.05.2009 | UKS Orzełki Warszawa | MZ | 10.50 | -1.5 |
| 8 | KUCEWICZ Jakub | 18.08.2009 | PUKS Jedynka Łosice | MZ | 10.47 | -2.0 |

300 m ppł M U16

| Bieg 1/ 1 | | 14:12 | | | | |
|-----------|--------------------|------------|------------------------|----|-------|----|
| 1 | SAMUL Jan | 22.02.2008 | UKS LA Basket Warszawa | MZ | 40.57 | PB |
| 2 | PROTASEWICZ Jakub | 27.01.2008 | OŚ AZS Poznań | WP | 42.99 | |
| 3 | MALESZA Aleksander | 08.04.2008 | UKS Kresy Otwock | MZ | 43.85 | |
| 4 | FALKOWSKI Hubert | 10.12.2008 | UKS Otrębusy | MZ | 44.36 | |
| 5 | GŁOWALA Bartosz | 11.07.2009 | UKS Kresy Otwock | MZ | 46.80 | |

4x100 metrów M U16

| Bieg 1/ 1 | | 14:50 | | | |
|-----------|---------------------------|------------|----|-------|--|
| 1 | UKS LA Basket Warszawa | | MZ | 47.88 | |
| | 156 Rafał HOROSZKO | 07.08.2008 | | | |
| | 152 Sebastian KARDA | 09.10.2009 | | | |
| | 153 Jan SAMUL | 22.02.2008 | | | |
| | 154 Antoni ZEMBRZUSKI | 22.09.2008 | | | |
| 2 | Akademia Sportu Otwock | | MZ | 48.19 | |
| | 456 Antoni DWORCZYK | 11.03.2009 | | | |
| | 439 Kazimierz BASAJ | 21.01.2009 | | | |
| | 444 Aleksander ANDRZEJAK | 18.02.2008 | | | |
| | 413 Jan NOWIŃSKI | 21.05.2008 | | | |
| 3 | UKS Olimp Kozienice | | MZ | 48.42 | |
| | 45 Igor JOŃSKI | 19.02.2009 | | | |
| | 50 Igor MYŚKÓW | 07.05.2009 | | | |
| | 44 Adam SAŁEK | 04.10.2008 | | | |
| | 450 Damian POTYRA | 09.05.2008 | | | |
| | KS Atak Agrykola Warszawa | | MZ | DNF | |
| | 92 Bartłomiej BAGIŃSKI | 20.02.2008 | | | |
| | 150 Głęb PODANENKO | 21.08.2008 | | | |
| | 78 Michał SZYDŁOWSKI | 07.10.2009 | | | |
| | 88 Oskar OBŁĘKOWSKI | 09.05.2008 | | | |

5000 m chód M U16

| Bieg 1/ 1 | | 11:29 | | | | |
|-----------|------------------|------------|--------------------|----|----------|--|
| 1 | GÓRNICKI Seweryn | 05.02.2009 | MKS Bank BS Płońsk | MZ | 35:11.02 | |
| | JAWORSKI Oskar | 03.03.2009 | MUKS Płock | MZ | DQ | |

100 metrów M U16

| FINAŁ | | +2.9 | | 13:29 | | |
|-------|------------------------|------------|---------------------------------|-------|-------|--|
| 1 | GAŁĄZKA Adam Krzysztof | 31.03.2008 | MKS Pogoń Siedlce | MZ | 11.76 | |
| 2 | SAŁAPSKI Patryk | 15.03.2009 | UKS Diamond Athletics Białoleka | MZ | 11.79 | |
| 3 | BREJTFUS Maksymilian | 30.08.2008 | OKS Skra Warszawa | MZ | 11.89 | |
| 4 | MYŚKÓW Igor | 07.05.2009 | UKS Olimp Kozienice | MZ | 12.08 | |
| 5 | ZEMBRZUSKI Antoni | 22.09.2008 | UKS LA Basket Warszawa | MZ | 12.27 | |
| | JOŃSKI Igor | 19.02.2009 | UKS Olimp Kozienice | MZ | DNS | |

100 metrów M U16

| Bieg 1/ 3 | | +1.6 | | 12:51 | | |
|-----------|------------------------|------------|---------------------------------|-------|-------|------|
| 1 | GAŁĄZKA Adam Krzysztof | 31.03.2008 | MKS Pogoń Siedlce | MZ | 11.92 | q PB |
| 2 | BREJTFUS Maksymilian | 30.08.2008 | OKS Skra Warszawa | MZ | 11.96 | q PB |
| 3 | ZEMBRZUSKI Antoni | 22.09.2008 | UKS LA Basket Warszawa | MZ | 12.12 | q |
| 4 | SAŁEK Adam | 04.10.2008 | UKS Olimp Kozienice | MZ | 12.21 | PB |
| 5 | TURKOT Stach | 11.02.2008 | KS AZS AWF Warszawa | MZ | 12.44 | |
| Bieg 2/ 3 | | +1.1 | | 12:54 | | |
| 1 | JOŃSKI Igor | 19.02.2009 | UKS Olimp Kozienice | MZ | 12.18 | q PB |
| 2 | TYSZKA Maciej | 25.06.2009 | MKS Pogoń Siedlce | MZ | 12.19 | PB |
| 3 | POTYRA Damian | 09.05.2008 | UKS Olimp Kozienice | MZ | 12.24 | PB |
| 4 | SZYDŁOWSKI Michał | 07.10.2009 | KS Atak Agrykola Warszawa | MZ | 12.56 | |
| 5 | ADAMSKI Jakub | 22.04.2009 | KS Zawkrze Mława | MZ | 12.72 | |
| Bieg 3/ 3 | | +1.7 | | 12:57 | | |
| 1 | SAŁAPSKI Patryk | 15.03.2009 | UKS Diamond Athletics Białoleka | MZ | 11.89 | q |
| 2 | MYŚKÓW Igor | 07.05.2009 | UKS Olimp Kozienice | MZ | 12.11 | q |

| | | | | | | | |
|----------------------------|------------------------|------------|---------------------------------|-------|---------|----|----|
| 3 | BRYZEK Aleksander | 02.11.2009 | MKS Pogoń Siedlce | MZ | 12.52 | PB | |
| 4 | CHOJNACKI Dawid | 24.04.2009 | MKS Bank BS Płońsk | MZ | 12.92 | PB | |
| 300 metrów M U16 | | | | | | | |
| Bieg 1/ 3 | | | | 14:31 | | | |
| 1 | ŻUCHOWSKI Tomasz | 23.06.2008 | OKS Start Otwock | MZ | 36.82 | PB | |
| 2 | NOWIŃSKI Jan | 21.05.2008 | Akademia Sportu Otwock | MZ | 37.25 | PB | |
| 3 | BASAJ Kazimierz | 21.01.2009 | Akademia Sportu Otwock | MZ | 37.73 | PB | |
| 4 | KONCZAK Kacper | 24.05.2008 | UKS Otrębusy | MZ | 38.33 | PB | |
| 5 | SALCZYŃSKI Patryk | 19.03.2008 | MKS Pilica Białobrzegi | MZ | 38.43 | PB | |
| 6 | GAŁĄZKA Adam Krzysztof | 31.03.2008 | MKS Pogoń Siedlce | MZ | 39.48 | | |
| Bieg 2/ 3 | | | | 14:35 | | | |
| 1 | DWORCZYK Antoni | 11.03.2009 | Akademia Sportu Otwock | MZ | 38.75 | | |
| 2 | ANDRZEJAK Aleksander | 18.02.2008 | Akademia Sportu Otwock | MZ | 38.81 | PB | |
| 3 | TYSZKA Maciej | 25.06.2009 | MKS Pogoń Siedlce | MZ | 40.47 | | |
| 4 | BRYZEK Aleksander | 02.11.2009 | MKS Pogoń Siedlce | MZ | 41.03 | | |
| 5 | RAJZER Konrad | 06.03.2008 | UKS Orzełki Warszawa | MZ | 41.64 | PB | |
| Bieg 3/ 3 | | | | 14:38 | | | |
| 1 | SALAPSKI Patryk | 15.03.2009 | UKS Diamond Athletics Białoleka | MZ | 39.10 | PB | |
| 2 | PODANENKO Glyeb | 21.08.2008 | KS Atak Agrykola Warszawa | MZ | 40.08 | | |
| 3 | ŁAPIŃSKI Jan | 17.01.2009 | KS Czempion Warszawa | MZ | 41.24 | PB | |
| 4 | OLSZEWSKI Oliwier | 22.03.2010 | UKS Gimnazjon Płońsk | MZ | 45.56 | | PK |
| 5 | ADAMSKI Jan | 21.06.2011 | UKS Gimnazjon Płońsk | MZ | 45.72 | | PK |
| 6 | PLEJZNEROWSKI Jakub | 05.02.2009 | Akademia Sportu Otwock | MZ | 47.35 | PB | |
| 600 metrów M U16 | | | | | | | |
| Bieg 1/ 2 | | | | 13:12 | | | |
| 1 | WIELOGÓRSKI Mikołaj | 05.09.2008 | MKS Pogoń Siedlce | MZ | 1:24.64 | | |
| 2 | JAKUBIEC Krzysztof | 12.07.2008 | UKS Orzełki Warszawa | MZ | 1:27.05 | | |
| 3 | ŁADA Marek | 17.06.2008 | KS Czempion Warszawa | MZ | 1:31.29 | | |
| 4 | CHRAPEK Krzysztof | 16.02.2009 | KS AZS AWF Warszawa | MZ | 1:32.59 | | |
| 5 | LEWANDOWSKI Michał | 06.05.2008 | UKS Filipides Teresin | MZ | 1:33.56 | | |
| 6 | MAŃKA Franciszek | 02.04.2009 | UKS Diamond Athletics Białoleka | MZ | 1:36.31 | | |
| Bieg 2/ 2 | | | | 13:15 | | | |
| 1 | SAWECKI Grzegorz | 09.05.2008 | MKS Ostrowianka Ostrów | MZ | 1:28.53 | | |
| 2 | DUDA Bruno | 28.05.2008 | KS Czempion Warszawa | MZ | 1:31.92 | | |
| 3 | RULKA Igor | 21.12.2008 | MKS Polonia Warszawa | MZ | 1:34.10 | | |
| 4 | KWIATKOWSKI Ksawery | 14.04.2008 | BKS Wataha Warszawa | MZ | 1:43.28 | | |
| 5 | RAJZER Konrad | 06.03.2008 | UKS Orzełki Warszawa | MZ | 1:46.06 | | |
| 1000 metrów M U16 | | | | | | | |
| Bieg 1/ 1 | | | | 13:37 | | | |
| 1 | PODBIELSKI Paweł | 07.07.2008 | AKL Ursynów Warszawa | MZ | 2:49.83 | | |
| 2 | SUCHECKI Adam | 24.10.2009 | MKL Myszyniec | MZ | 2:50.37 | | |
| 3 | KARDA Sebastian | 09.10.2009 | UKS LA Basket Warszawa | MZ | 2:58.06 | | |
| 4 | ROSIŃSKI Szymon | 11.11.2008 | MKS Ostrowianka Ostrów | MZ | 3:02.39 | | |
| 5 | BIELECKI Oskar | 31.03.2010 | MKS Ostrowianka Ostrów | MZ | 3:05.62 | | PK |
| 6 | ZYŚK Paweł | 20.09.2009 | MKL Myszyniec | MZ | 3:10.05 | | |
| 7 | WIGIER Stanisław | 10.07.2009 | UKS MTE Milanówek | MZ | 3:22.76 | | |
| 2000 metrów M U16 | | | | | | | |
| Bieg 1/ 1 | | | | 13:54 | | | |
| 1 | WIŚNIEWSKI Bartłomiej | 05.07.2008 | MKL Myszyniec | MZ | 6:06.89 | | |
| 2 | PIMPICKI Ignacy | 20.07.2008 | KS Czempion Warszawa | MZ | 6:13.52 | PB | |
| 3 | FILIPKOWSKI Mariusz | 15.02.2008 | UKS Technik Augustów | PD | 6:21.87 | PB | |
| 4 | STEFAŃSKI Michał | 02.03.2009 | RK Athletics Warszawa | MZ | 6:29.00 | | |
| 5 | GRABOWSKI Tomasz | 04.12.2008 | OKLA Elektro-Energetyka | MZ | 6:31.72 | | |
| 6 | CHUDY Julian | 17.11.2008 | KM Aktywni Sochaczew | MZ | 6:37.17 | | |
| 7 | MITROFANIUK Adam | 22.05.2008 | MKS Pogoń Siedlce | MZ | 6:45.90 | | |
| | ŁŁOWIECKI Marcel | 10.01.2009 | RK Athletics Warszawa | MZ | DNF | | |
| 110 metrów pł M U16 (91.4) | | | | | | | |
| Bieg 1/ 1 | | | | 12:21 | | | |
| 1 | SAMUL Jan | 22.02.2008 | UKS LA Basket Warszawa | MZ | 15.27 | | |
| 2 | HOROSZKO Rafał | 07.08.2008 | UKS LA Basket Warszawa | MZ | 16.77 | | |
| 3 | MALESZA Aleksander | 08.04.2008 | UKS Kresy Otwock | MZ | 17.00 | | |
| 4 | FALKOWSKI Hubert | 10.12.2008 | UKS Otrębusy | MZ | 18.09 | | |
| 5 | CHOJNACKI Dawid | 24.04.2009 | MKS Bank BS Płońsk | MZ | 18.69 | | |
| Pchnięcie kulą M U16 (5kg) | | | | | | | |
| FINAŁ | | | | 12:11 | | | |
| 1 | WODZYŃSKI Przemysław | 16.10.2008 | MKS Bank BS Płońsk | MZ | 12.28 | | |
| 2 | BAKOWSKI Oleg | 30.04.2009 | MKS Bank BS Płońsk | MZ | 10.18 | | |
| 3 | MARCINIUK Franciszek | 02.10.2008 | PUKS Jedynka Łosice | MZ | 8.34 | PB | |

Rzut oszczepem M U16 (600)

| FINAŁ | | 13:20 | | | | |
|-------|------------------------|------------|---------------------|----|-------|----|
| 1 | PSZCZÓŁKOWSKI Maciej | 27.01.2008 | KS AZS AWF Warszawa | MZ | 59.31 | |
| 2 | WINIARSKI Patryk | 06.03.2008 | RLTL Optima Radom | MZ | 45.76 | PB |
| 3 | LIPKA Jan | 08.05.2009 | RLTL Optima Radom | MZ | 44.73 | |
| 4 | GAJDA Jakub | 25.05.2008 | RLTL Optima Radom | MZ | 41.76 | |
| 5 | KWIATKOWSKI Przemysław | 08.03.2008 | UKS Clan Ostrołęka | MZ | 38.02 | PB |
| 6 | MAZURKIEWICZ Jakub | 06.01.2008 | RLTL Optima Radom | MZ | 36.76 | |
| 7 | GŁOWALA Bartosz | 11.07.2009 | UKS Kresy Otwock | MZ | 35.75 | PB |
| 8 | DOŁĘGOWSKI Sebastian | 02.01.2008 | KS AZS AWF Warszawa | MZ | 34.72 | |
| 9 | JANKOWSKI Wojciech | 27.03.2009 | UKS Clan Ostrołęka | MZ | 26.22 | PB |
| 10 | JANAS Stanisław | 14.10.2009 | RLTL Optima Radom | MZ | 22.55 | |

Rzut dyskiem M U16 (1kg)

| FINAŁ | | 14:35 | | | | |
|-------|------------------------|------------|-------------------------|----|-------|----|
| 1 | WODZYŃSKI Przemysław | 16.10.2008 | MKS Bank BS Płońsk | MZ | 37.20 | |
| 2 | BAKOWSKI Oleg | 30.04.2009 | MKS Bank BS Płońsk | MZ | 34.16 | |
| 3 | KURAS Stanisław | 19.11.2008 | RK Athletics Warszawa | MZ | 33.14 | |
| 4 | KWIATKOWSKI Przemysław | 08.03.2008 | UKS Clan Ostrołęka | MZ | 31.53 | PB |
| 5 | WIŚNIEWSKI Michał | 03.09.2009 | OKLA Elektro-Energetyka | MZ | 31.30 | PB |
| 6 | MIKICIUK Aleksander | 18.08.2008 | PUKS Jedyńka Łosice | MZ | 29.85 | PB |
| 7 | MARCINIUK Franciszek | 02.10.2008 | PUKS Jedyńka Łosice | MZ | 24.95 | PB |
| 8 | JANKOWSKI Wojciech | 27.03.2009 | UKS Clan Ostrołęka | MZ | 22.63 | PB |

Skok wzwyż M U16

| FINAŁ | | 12:35 | | | | |
|-------|---------------------|------------|---------------------------|----|------|--|
| 1 | ZIELIŃSKI Wiktor | 10.06.2008 | MKS Pułtusk | MZ | 1.85 | |
| 2 | PIÓRKOWSKI Jakub | 29.06.2008 | MKS Ostrowianka Ostrów | MZ | 1.80 | |
| 3 | BAGIŃSKI Bartłomiej | 20.02.2008 | KS Atak Agrykola Warszawa | MZ | 1.55 | |

Skok w dal M U16

| FINAŁ | | 14:00 | | | | | |
|-------|----------------------|------------|------------------------|----|------|----|------|
| 1 | KUŚMIERCZYK Filip | 16.06.2009 | PUKS Jedyńka Łosice | MZ | 6.12 | PB | +0.2 |
| 2 | JOŃSKI Igor | 19.02.2009 | UKS Olimp Kozienice | MZ | 5.42 | | +0.1 |
| 3 | BREJTFUS Maksymilian | 30.08.2008 | OKS Skra Warszawa | MZ | 5.37 | | +2.0 |
| 4 | WRÓBEL Piotr | 02.05.2009 | MKS Bank BS Płońsk | MZ | 5.31 | PB | +0.3 |
| 5 | HOROSZKO Rafał | 07.08.2008 | UKS LA Basket Warszawa | MZ | 5.21 | | -1.0 |
| 6 | KUCEWICZ Jakub | 18.08.2009 | PUKS Jedyńka Łosice | MZ | 5.15 | PB | +0.4 |
| 7 | BANASZEK Marcel | 10.05.2009 | UKS Orzełki Warszawa | MZ | 5.13 | SB | -1.2 |
| 8 | ADAMSKI Jakub | 22.04.2009 | KS Zawkrze Mława | MZ | 5.12 | PB | -0.3 |

KOBIECY/WOMEN

Wieloskok K U12

| FINAŁ | | 14:40 | | | | | |
|-------|--------------------|------------|---------------------------------|----|-------|--|------|
| 1 | ŚWIESIULSKA Agata | 02.03.2008 | GKS Wilga Garwolin | MZ | 10.10 | | +1.0 |
| 2 | DOBKOWSKA Daria | 04.04.2008 | OKLA Elektro-Energetyka | MZ | 9.93 | | -2.2 |
| 3 | BOBRYK Julita | 26.07.2008 | PUKS Jedyńka Łosice | MZ | 9.62 | | -1.5 |
| 4 | LISTOPADZKA Anna | 04.06.2008 | LA Dla Dzieci i Młodzieży Kamil | MZ | 9.47 | | -1.1 |
| 5 | KWIATKOWSKA Łucja | 17.06.2008 | KS Orzeł Warszawa | MZ | 9.45 | | -1.7 |
| 6 | KARCZMARCZYK Zofia | 07.06.2009 | GKS Wilga Garwolin | MZ | 9.37 | | -2.7 |
| 7 | PERZANOWSKA Lena | 17.12.2008 | UKS Orzełki Warszawa | MZ | 9.31 | | -2.6 |
| 8 | GRODECKA Dominika | 29.07.2008 | KS Ciecchan Ciecchanów | MZ | 9.18 | | -3.2 |
| 9 | BŁASZCZAK Wiktoria | 04.12.2010 | UKS Clan Ostrołęka | MZ | 8.17 | | -1.3 |
| | WOJTCZUK Amelia | 11.06.2008 | PUKS Jedyńka Łosice | MZ | NM | | |

2000 metrów K U16

| Bieg 1/ 1 | | 13:44 | | | | |
|-----------|--------------------|------------|------------------------|----|---------|----|
| 1 | SZLAGA Lena | 17.09.2009 | RK Athletics Warszawa | MZ | 6:55.20 | |
| 2 | STOŻEK Julia | 10.11.2009 | UKS Herkules Sulejówek | MZ | 7:23.82 | PB |
| 3 | JANAS Marianna | 26.06.2008 | KS Czempion Warszawa | MZ | 7:27.19 | |
| 4 | ŁAKOMSKA Magdalena | 21.09.2008 | AKL Ursynów Warszawa | MZ | 7:27.23 | |

300 m ppł K U16

| Bieg 1/ 2 | | 14:06 | | | | |
|-----------|------------------|------------|------------------------|----|-------|----|
| 1 | PAWLAK Adrianna | 16.07.2008 | UKS LA Basket Warszawa | MZ | 47.40 | PB |
| 2 | TYMOSZCZUK Maja | 09.07.2008 | KS AZS AWF Warszawa | MZ | 50.29 | |
| 3 | NAWROCKA Zofia | 28.11.2008 | UKS LA Basket Warszawa | MZ | 50.62 | |
| 4 | PERZANOWSKA Lena | 17.12.2008 | UKS Orzełki Warszawa | MZ | 53.63 | |

| Bieg 2/ 2 | | 14:08 | |
|-----------|--|-------|--|
|-----------|--|-------|--|

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|---|---------------|------------|---------------------|----|---------|----|----|
| 1 | DURAJ Lena | 31.07.2010 | KS AZS AWF Warszawa | MZ | 50.15 | PB | PK |
| 2 | PAROL Martyna | 22.01.2009 | UKS Otrębusy | MZ | 57.53 | PB | |
| 3 | PYCH Laura | 24.11.2009 | UKS Clan Ostrołęka | MZ | 1:02.85 | | |

3000 m chód K U16

| Bieg 1/ 1 | | 11:29 | | | | | |
|-----------|--------------------|------------|------------------------|----|----------|--|----|
| 1 | GAŁECKA Helena | 28.08.2010 | UKS Herkules Sulejówek | MZ | 16:19.08 | | PK |
| 2 | SZMYTKOWSKA Nikola | 25.09.2009 | MKS Bank BS Płońsk | MZ | 16:51.33 | | |
| 3 | KREPS Maja | 18.01.2008 | KM Aktywni Sochaczew | MZ | 17:43.33 | | |

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|---------------------------|--------------------------|------------|---------------------------------|----|----------|-------|----|
| 4 | SZMYTKOWSKA Wiktoria | 24.08.2011 | MKS Bank BS Płońsk | MZ | 17:47.56 | | PK |
| 5 | KALINOWSKA Gabriela | 02.08.2009 | UKS Herkules Sulejówek | MZ | 17:54.28 | | |
| 6 | KALINOWSKA Hanna | 02.08.2009 | UKS Herkules Sulejówek | MZ | 17:54.67 | | |
| 7 | KUC Karolina | 17.03.2009 | MKS Bank BS Płońsk | MZ | 21:15.83 | | |
| 8 | KACZMARCZYK Natalia | 25.06.2008 | MKS Bank BS Płońsk | MZ | 21:46.04 | | |
| 9 | PRZYBOROWSKA Oliwia | 30.10.2009 | MKS Bank BS Płońsk | MZ | 22:12.11 | | |
| 4x100 metrów K U16 | | | | | | | |
| Bieg 1/ 1 | | | | | 14:57 | | |
| 1 | | | KS AZS AWF Warszawa | MZ | 53.79 | | |
| | 282 Roksana ROGUSKA | 21.09.2008 | | | | | |
| | 211 Maja TYMOSZCZUK | 09.07.2008 | | | | | |
| | 287 Maja ŻUCHOWSKA | 12.08.2009 | | | | | |
| | 5 Milena KOCH | 11.06.2008 | | | | | |
| 2 | | | KS Zawkrze Mława | MZ | 58.64 | | |
| | 833 Zofia PIWOWARCZYK | 21.07.2009 | | | | | |
| | 837 Zofia MAJKO | 16.08.2009 | | | | | |
| | 836 Aleksandra SZYKOWSKA | 15.07.2009 | | | | | |
| | 832 Oliwia AGASZEWSKA | 07.08.2009 | | | | | |
| 100 metrów K U16 | | | | | | | |
| FINAL | | | | | +1.7 | 13:25 | |
| 1 | WROTEK Hanna | 12.01.2008 | OKS Skra Warszawa | MZ | 12.75 | | |
| 2 | PAWLAK Adrianna | 16.07.2008 | UKS LA Basket Warszawa | MZ | 12.87 | | |
| 3 | GARBACZEWSKA Urszula | 17.02.2008 | MKS Pogoń Siedlce | MZ | 13.31 | | |
| 4 | GRUZIŃSKA Julia | 26.01.2008 | Mazovia ProActiv Ciechanów | MZ | 13.64 | | |
| 5 | ZGLIŃSKA Marta | 28.09.2009 | UKS Herkules Sulejówek | MZ | 13.75 | | |
| 6 | WAŻNY Maria | 09.09.2008 | UKS Otrębusy | MZ | 13.94 | | |
| 100 metrów K U16 | | | | | | | |
| Bieg 1/ 4 | | | | | +3.1 | 12:48 | |
| 1 | WROTEK Hanna | 12.01.2008 | OKS Skra Warszawa | MZ | 12.61 | q | |
| 2 | PAWLAK Adrianna | 16.07.2008 | UKS LA Basket Warszawa | MZ | 12.90 | q | |
| 3 | GARBACZEWSKA Urszula | 17.02.2008 | MKS Pogoń Siedlce | MZ | 13.07 | q | |
| 4 | GRUZIŃSKA Julia | 26.01.2008 | Mazovia ProActiv Ciechanów | MZ | 13.34 | q | |
| 5 | WAŻNY Maria | 09.09.2008 | UKS Otrębusy | MZ | 13.59 | q | |
| Bieg 2/ 4 | | | | | +2.1 | 12:33 | |
| 1 | ZGLIŃSKA Marta | 28.09.2009 | UKS Herkules Sulejówek | MZ | 13.47 | q | |
| 2 | BŁUŚ Hanna | 27.06.2008 | KS AZS AWF Warszawa | MZ | 13.70 | | |
| 3 | KRZYŚKÓW Klara | 15.03.2009 | KS Czempion Warszawa | MZ | 13.83 | | |
| 4 | KOCH Milena | 11.06.2008 | KS AZS AWF Warszawa | MZ | 13.89 | | |
| 5 | PAROL Martyna | 22.01.2009 | UKS Otrębusy | MZ | 14.28 | | |
| Bieg 3/ 4 | | | | | -0.3 | 12:37 | |
| 1 | MANIAK Sara | 18.10.2008 | RLTL Optima Radom | MZ | 13.88 | | |
| 2 | ANTOSIAK Roksana | 18.12.2009 | OKLA Elektro-Energetyka | MZ | 13.92 | PB | |
| 3 | PIWOWARCZYK Zofia | 21.07.2009 | KS Zawkrze Mława | MZ | 14.84 | PB | |
| 4 | AGASZEWSKA Oliwia | 07.08.2009 | KS Zawkrze Mława | MZ | 14.97 | PB | |
| 5 | URBAŃSKA Julia | 02.02.2009 | RK Athletics Warszawa | MZ | 14.99 | | |
| Bieg 4/ 4 | | | | | +2.4 | 12:43 | |
| 1 | MANIAK Laura | 18.10.2008 | RLTL Optima Radom | MZ | 13.96 | | |
| 2 | BEREDA Weronika | 19.12.2008 | UKS Herkules Sulejówek | MZ | 14.31 | | |
| 3 | KOŚMIDER Blanka | 10.12.2009 | UKS Gimnazjon Płońsk | MZ | 14.66 | | |
| 4 | BŁASZCZAK Wiktoria | 04.12.2010 | UKS Clan Ostrołęka | MZ | 15.40 | | |
| 300 metrów K U16 | | | | | | | |
| Bieg 1/ 3 | | | | | 14:20 | | |
| 1 | DUSIEWICZ Hanna | 02.07.2008 | KS AZS AWF Warszawa | MZ | 44.66 | PB | |
| 2 | BŁUŚ Hanna | 27.06.2008 | KS AZS AWF Warszawa | MZ | 45.05 | | |
| 3 | KOŚMIDER Blanka | 10.12.2009 | UKS Gimnazjon Płońsk | MZ | 46.83 | SB | |
| 4 | PASTUŁA Natalia | 16.04.2009 | OKS Start Otwock | MZ | 47.45 | | |
| 5 | KIEŁPIKOWSKA Alicja | 20.03.2008 | OKS Start Otwock | MZ | 47.97 | | |
| 6 | DENEKA Hanna | 27.09.2008 | LA Dla Dzieci i Młodzieży Kamil | MZ | 49.94 | | |
| Bieg 2/ 3 | | | | | 14:23 | | |
| 1 | MARECKA Apolonia | 08.08.2008 | KS Czempion Warszawa | MZ | 44.36 | | |
| 2 | KOZŁOWSKA Adrianna | 17.12.2009 | OKLA Elektro-Energetyka | MZ | 48.51 | PB | |
| 3 | SZYKOWSKA Aleksandra | 15.07.2009 | KS Zawkrze Mława | MZ | 48.66 | PB | |
| 4 | BARAN Anna | 25.08.2008 | OKS Start Otwock | MZ | 50.50 | | |
| Bieg 3/ 3 | | | | | 14:26 | | |
| 1 | SZYMAŃSKA Joanna | 30.05.2010 | OKLA Elektro-Energetyka | MZ | 47.05 | | PK |
| 2 | GRABOWSKA Maja | 15.07.2010 | OKLA Elektro-Energetyka | MZ | 48.17 | | PK |
| 3 | WOJCIECHOWSKA Maria | 17.04.2009 | UKS Gimnazjon Płońsk | MZ | 49.70 | | PK |
| 4 | KUDŁA Lena | 19.10.2011 | LKS Maków Mazowiecki | MZ | 50.58 | | PK |

600 metrów K U16

Bieg 1/ 3

13:03

| | | | | | | |
|---|----------------------|------------|---------------------------------|----|---------|----|
| 1 | KALINOWSKA Marta | 20.04.2009 | LKS Maków Mazowiecki | MZ | 1:40.63 | PB |
| 2 | RUSIŁOWICZ Kornelia | 26.07.2008 | UKS Siódemka Ostrołęka | MZ | 1:40.90 | |
| 3 | GIEJBATOW Julia | 15.05.2008 | UKS Filipides Teresin | MZ | 1:41.43 | |
| 4 | WACŁAWCZYK Barbara | 12.08.2009 | UKS Diamond Athletics Białoleka | MZ | 1:44.85 | |
| 5 | WRÓBLEWSKA Michalina | 25.02.2009 | KS Czempion Warszawa | MZ | 1:44.98 | PB |
| 6 | SZYMAŃSKA Maja | 11.07.2008 | KS AZS AWF Warszawa | MZ | 1:47.72 | |

Bieg 2/ 3

13:06

| | | | | | | |
|---|---------------------|------------|------------------------|----|---------|----|
| 1 | ŁACZMAŃSKA Natalia | 16.06.2009 | UKS Herkules Sulejówek | MZ | 1:49.28 | PB |
| 2 | NIEMIADOMSKA Magda | 04.03.2008 | LKS Mazowsze Teresin | MZ | 1:49.67 | |
| 3 | DZIKOWSKA Magdalena | 16.02.2009 | UKS Technik Augustów | PD | 1:51.61 | |
| 4 | MATYSKA Oliwia | 02.06.2009 | UKS Filipides Teresin | MZ | 1:51.62 | |
| 5 | SZARY Ida | 03.06.2009 | RLTL Optima Radom | MZ | 1:53.85 | PB |
| 6 | MAJKO Zofia | 16.08.2009 | KS Zawkrze Mława | MZ | 2:01.67 | |

Bieg 3/ 3

13:09

| | | | | | | |
|---|----------------------|------------|-------------------------|----|---------|----|
| 1 | DĘBEK Michalina | 06.08.2010 | MKS Ostrowianka Ostrów | MZ | 1:41.44 | PK |
| 2 | TŁOCZKOWSKA Natalia | 22.09.2007 | OKLA Elektro-Energetyka | MZ | 1:47.35 | PK |
| 3 | SZCZYPIŃSKA Karolina | 10.06.2010 | LKS Maków Mazowiecki | MZ | 1:51.74 | PK |
| 4 | TŁOCZKOWSKA Marta | 26.06.2010 | OKLA Elektro-Energetyka | MZ | 1:53.67 | PK |
| 5 | ŁACHMAŃSKA Wiktoria | 26.01.2011 | LKS Maków Mazowiecki | MZ | 1:55.11 | PK |
| 6 | LUBOWIEDZKA Nadia | 22.02.2010 | OKLA Elektro-Energetyka | MZ | 1:56.05 | PK |

1000 metrów K U16

Bieg 1/ 1

13:32

| | | | | | | |
|---|---------------------|------------|------------------------|----|---------|----|
| 1 | HOYER Natalia | 02.05.2008 | KM Aktywni Sochaczew | MZ | 3:09.11 | |
| 2 | BIELAWSKA Natalia | 31.03.2008 | MKS Polonia Warszawa | MZ | 3:13.59 | |
| 3 | NIEMYJSKA Alexandra | 05.12.2010 | MKS Ostrowianka Ostrów | MZ | 3:14.11 | PB |
| 4 | PARADUKHA Viktoria | 30.10.2010 | MKS Ostrowianka Ostrów | MZ | 3:15.29 | PK |
| 5 | MAŁECKA Karina | 14.10.2009 | LKS Osuchów | MZ | 3:17.41 | PB |
| 6 | MAŁECKA Dominika | 27.02.2008 | LKS Osuchów | MZ | 3:19.01 | PB |
| 7 | KARBOWIAK Dominika | 04.05.2008 | KM Aktywni Sochaczew | MZ | 3:26.50 | |

80 metrów pł K U16

Bieg 1/ 1

-0.3

12:10

| | | | | | | |
|---|-----------------|------------|---------------------------------|----|-------|----|
| 1 | ŁODZIŃSKA Zofia | 23.03.2008 | UKS Orzełki Warszawa | MZ | 13.24 | |
| 2 | DENEKA Hanna | 27.09.2008 | LA Dla Dzieci i Młodzieży Kamil | MZ | 13.25 | PB |
| 3 | URBAN Adrianna | 10.04.2008 | UKS LA Basket Warszawa | MZ | 13.70 | PB |
| 4 | KOPEĆ Liwia | 14.04.2008 | KS Atak Agrykola Warszawa | MZ | 14.08 | |

Pchnięcie kulą K U16 (3kg)

FINAL

13:15

| | | | | | | |
|----|-----------------------|------------|-------------------------|----|-------|----|
| 1 | CIESZEWSKA Aleksandra | 09.06.2008 | MKS Bank BS Płońsk | MZ | 12.04 | |
| 2 | NOWAK Natalia | 23.04.2009 | RK Athletics Warszawa | MZ | 10.04 | |
| 3 | LEWANDOWSKA Nikola | 12.04.2009 | MKS Bank BS Płońsk | MZ | 9.81 | |
| 4 | KNYSZYŃSKA Katarzyna | 15.11.2008 | KS Podlasie Białystok | PD | 9.52 | |
| 5 | MUSZYŃSKA Michalina | 31.12.2008 | KS Podlasie Białystok | PD | 9.20 | |
| 6 | ANTOSIAK Roksana | 18.12.2009 | OKLA Elektro-Energetyka | MZ | 9.02 | |
| 7 | ZGLIŃSKA Marta | 28.09.2009 | UKS Herkules Sulejówek | MZ | 8.24 | PB |
| 8 | CAŁKA Maria | 11.09.2008 | GKS Wilga Garwolin | MZ | 8.23 | |
| 9 | BRAUN Antonina | 21.04.2009 | AKL Ursynów Warszawa | MZ | 8.17 | PB |
| 10 | URBAŃSKA Julia | 02.02.2009 | RK Athletics Warszawa | MZ | 7.90 | |

Rzut oszczepem K U16 (500)

FINAL

12:15

| | | | | | | |
|---|---------------------|------------|-----------------------|----|-------|--|
| 1 | PIECHOTA Antonina | 04.08.2008 | RLTL Optima Radom | MZ | 41.72 | |
| 2 | DĘBECKA Małgorzata | 28.03.2008 | GKS Wilga Garwolin | MZ | 32.79 | |
| 3 | LUŚNIA Maja | 08.01.2009 | GKS Wilga Garwolin | MZ | 27.70 | |
| 4 | MUSZYŃSKA Michalina | 31.12.2008 | KS Podlasie Białystok | PD | 27.64 | |
| 5 | CHODYRA Klaudia | 02.03.2009 | GKS Wilga Garwolin | MZ | 27.28 | |

Rzut dyskiem K U16 (0.75 kg)

FINAL

15:30

| | | | | | | |
|----|-----------------------|------------|-----------------------|----|-------|----|
| 1 | CIESZEWSKA Aleksandra | 09.06.2008 | MKS Bank BS Płońsk | MZ | 44.95 | |
| 2 | NOWAK Natalia | 23.04.2009 | RK Athletics Warszawa | MZ | 34.92 | PB |
| 3 | LEWANDOWSKA Nikola | 12.04.2009 | MKS Bank BS Płońsk | MZ | 31.27 | PB |
| 4 | CHODYRA Klaudia | 02.03.2009 | GKS Wilga Garwolin | MZ | 28.24 | |
| 5 | DĘBECKA Małgorzata | 28.03.2008 | GKS Wilga Garwolin | MZ | 26.80 | |
| 6 | KNYSZYŃSKA Katarzyna | 15.11.2008 | KS Podlasie Białystok | PD | 26.31 | |
| 7 | CAŁKA Maria | 11.09.2008 | GKS Wilga Garwolin | MZ | 25.63 | |
| 8 | LUŚNIA Maja | 08.01.2009 | GKS Wilga Garwolin | MZ | 25.43 | |
| 9 | BRAUN Antonina | 21.04.2009 | AKL Ursynów Warszawa | MZ | 19.01 | |
| 10 | WAŚNIEL Zuzanna | 12.07.2008 | RLTL Optima Radom | MZ | 17.86 | |

Skok wzwyż K U16

FINAŁ

13:10

| | | | | | | | |
|---|----------------|------------|------------------------|----|------|-----|--|
| 1 | NAWROCKA Zofia | 28.11.2008 | UKS LA Basket Warszawa | MZ | 1.45 | | |
| 2 | URBAN Adrianna | 10.04.2008 | UKS LA Basket Warszawa | MZ | 1.40 | =PB | |

Skok w dal K U16

FINAŁ

12:55

| | | | | | | | |
|---|---------------------|------------|---------------------------------|----|------|----|------|
| 1 | SOCHACKA Aleksandra | 19.05.2009 | LA Dla Dzieci i Młodzieży Kamil | MZ | 5.29 | | -0.8 |
| 2 | KUSIŃSKA Julia | 07.01.2008 | GKS Wilga Garwolin | MZ | 4.83 | PB | -0.2 |
| 3 | WOJTCZUK Amelia | 11.06.2008 | PUKS Jedyńka Łosice | MZ | 4.83 | | -1.5 |
| 4 | ŻUCHOWSKA Maja | 12.08.2009 | KS AZS AWF Warszawa | MZ | 4.81 | PB | -0.5 |
| 5 | BOBRYK Julita | 26.07.2008 | PUKS Jedyńka Łosice | MZ | 4.56 | | +0.1 |
| 6 | KOZŁOWSKA Adrianna | 17.12.2009 | OKLA Elektro-Energetyka | MZ | 4.56 | PB | -0.5 |
| 7 | OLEKSIUK-ARCZEWSKA | 31.03.2009 | PUKS Jedyńka Łosice | MZ | 4.45 | | +0.6 |
| 8 | KWIATKOWSKA Łucja | 17.06.2008 | KS Orzeł Warszawa | MZ | 4.29 | PB | -0.5 |