Associação de Atletismo da Região Autónoma da Madeira

# Quadro de Provas de Pista - 2026/2027

| Provas | Dezembro | | | | | | Janeiro | | | | | | | | Fevereiro | | | | | | | | Março | | Abril | | | | | | | | Maio | | | | | | | | Junho | | | | Julho | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | CR P Comb inv | | T. Inv | Triatlo + T.Natal | | | CR s18/s20 | | CR s14/s16 j2 | | CR Absol e Vet inv | | | | CR Lanç. | | CR s14/s16 j3 | | Km Jovem | CR 10k | | | P Comb/ At. Compl | | CR Estafetas 1 | | S. Altura Jv | | O. Jovem 1 | | O. Jovem 2 | | O Jovem 3 | | OJ 4 / CR Est.2 | | CR 5k / CR s20 | | CR Abs | | CR s18 | | CR Vet | | CR s14 | | CR s16 | |
| | 5-6 | | 12 | 19-20 | | | 9-10 | | 16-17 | | 23-24 | | | | 6-7 | | 13-14 | | 26 | | | | 13-14 | | 3 | | 10 | | 17 | | 24-25 | | 2 | | 8-9 | | 22-23 | | 29-30 | | 12-13 | | 19-20 | | 3-4 | | 10-11 | |
| | Prog | Extra | Prog | Prog | Extra | | Prog | Extra | Prog | Extra | Abs | Vet | Extra | | Prog | Extra | Prog | Extra | Prog | Prog | | | Prog | Extra | Prog | Extra | Prog | Extra | OJ | Extra | OJ | Extra | OJ | Extra | OJ | Extra | Prog | Extra | Prog | Extra | Prog | Extra | Prog | Extra | Prog | Extra | Prog | Extra |
| 60 m | 345M | 12345 | 2345 | 1 | 2345 | | 34 | 12 5 | 12 | 345 | 345 | V | 2 | | | 345 | | 345 | | | | | 1 | | | | | | | 1 | 1 | | | | | | | | | | | | | | | 1 | | | |
| 80 m | | | | | | | | | | | | | | | | | | | | | | | 2 | | | | | | | 2 | | | 2 | | | | | 2 | | | | | | 2 | | 12 | |
| 100 m | | | | | | | | | | | | | | | | | | | | | | | 345M | 345 | | | | | | 345 | | | 3 | 45 | | | 34 | 5 | 345 | | 23 | 45 | V | 345 | | 345 | | 345 |
| 150 m | | 1 | | | | | | | | | | | | | | 1 | 1 | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | 1 | | | |
| 200 m | | 345 | | | 345 | | 34 | 5 | | | 345 | V | 2 | | | 345 | | 345 | | | | | 345F | | | | | | | 3 | 45 | | | | | 34 | 5 | 345 | | 23 | 45 | V | 345 | | 345 | | 345 |
| 300 m | | 2345 | | | 345 | | 23 | | 2 | 3 | | | | | | 23 | | | | | | | 2 | | | | | | | 2 | | | | | | | | | 2 | | | | | | 2 | | |
| 400 m | | | 345 | | | | 4 | 5 | | 45 | 345 | V | | | | 45 | | 345 | | | | | 345M | | | | | | | 3 | 45 | | | | | 34 | 5 | 345 | | 3 | 45 | V | 345 | | 345 | | 345 |
| 500 m | | | | | 345 | | | | | | | | | | | | | | | | | | | 345 | | | | | | | | | | | | | | | | | | | | | | |
| 600 m | | 1 | | | 1 | | | | 1 | | | | | | | 1 | | | | | | | | | | | | | | 1 | 1 | | | | | | | | | | | | | 1 | | | |
| 800 m | 345F | 2345 | | | | | 34 | 5 | 2 | 345 | 345 | V | 2 | | | 12345 | | 345 | | | | | 2345F | | | | | | | 23 | 45 | | | | | 34 | 5 | 345 | | 23 | 45 | V | 345 | | 345 | 12 | 345 |
| 1 000 m | 345M | | 12 | | | | | | | | | | | | | | 1 | | 123 | | | | 12 | | | | | | | | | | 1 | | | | | | | | | | | 1 | | | |
| 1 500 m | | 345 | | | 2 | | 34 | 2 5 | 2 | 345 | 345 | V | | | | | | 345 | | | | | 345M | | | | | | | | | 23 | 45 | | 345 | 34 | | 345 | 2 | 23 | 45 | V | | | 345 | 12 | |
| Milha | | | | | 345 | | | | | | | | | | | | | | | | | | | 345 | | | | | | | | | | | | | | | | | | | | | | 345 |
| 3 000 m | | | 345 | | | | 34 | 5 | | 23 | 345 | V | | | | 345 | | | | | | | | 345 | | | | | 3 | 45 | | | | | | | 34 | | 345 | | 23 | | V | | | | | |
| 5 000 m | | | | | | | | | | | | | | | | | | | | 34 | | | | | | | | | | | | | | | | (34)5 | | | | | | V | 45 | | | | |
| 10 000 m | | | | | | | | | | | | | | | | | | | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50 m B | | | 1 | | 1 | | | 1 | 1 | | | | | | | 1 | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| 60 m B | 345 | 12345 | | 2 | 345 | | (2)34 | 5 | 2 | 345 | (34)5 | | | | | 2345 | | | | | | | | | | | | | | 1 | | | 1 | | | 1 | | | | | | | 1 | 1 | | | |
| 80/100 m B | | | | | | | | | | | | | | | | | | | | | | | 2 | | | | | | | 2 | 2 | | | 2 | | | | 2 | | | | | | 2 | | 12 | |
| 100/110 m B | | | | | | | | | | | | | | | | | | | | | | | 345 | 345 | | | | | | | 3 | 45 | | | | | (3)4 | 5 | (34)5 | | (2)3 | 45 | | 345 | | 345 | | |
| 300 m B | | | | | | | | | | | | | | | | | 2 | | | | | | | | | | | | | | | | 2 | | | | | 2 | | | | 2 | | | | 2 | | |
| 400 m B | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 345 | | | | 3 | 45 | | | (3)4 | 5 | (3)45 | | 3 | 45 | | | | | | |
| 1 500 m Obst | | | | | | | | | | | | | | | | | 2 | | | | | | | | | | | | | 2 | | | | | | | | | | | | | | | 2 | | |
| 2 000 m Obst | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3 | 45 | | | | | | | 3 | | 3 | 45 | | | | | | |
| 3 000 m Obst | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 45 | | 4 | 5 | 45 | | | | | | | | | |
| 1 000 m Mx | | | | | | | | | | | | | | | | | 1 | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 000 m Mx | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | 1 | | | | | | | | 1 | | 1 |
| 3 000 m Mx | | 2345 | | | | | 34 | 2 5 | | | 345F | | | | | | 2 | | | | | | | | | | | | 23 | | | | | | | | | | | | | | | | | | | |
| 4 000 m Mx | | | | | | | | | | | | | 2 | | | | | | | | | | | | | | | | | | | | | | | | 2 | | | | | | | | 2 | | |
| 5 000 m Mx | | | | | | | 34 | 2 5 | | | 345M | | | | | | | 345 | | | | | | | | | | | | | | | | | | | 34 | 5 | 345 | | 23 | 45 | | | | | | 345 |
| 10 000m Mx | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4x 60 m | | | | | | | | | | | | | | | | 1 | 1 | | | | | | | | 1 | | | | 1 | | | | | | | | | | | | | | | | | | |
| 4x 80 m | | | | | | | | | | | | | | | | 2 | 2 | | | | | | | | 12 | | | | 2 | | | | | | | 2 | | | | | | | | | | | |
| 4x 100 | | | | | | | | | | | | | | | | | | | | | | | | | 23 | | | | | | | | 34 | | | | 345 | | | | | V | | | | |
| 4x 200 | | | 23 | | | | 234 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4x 400 | | | | | | | | | | | 345 | V | | | | | | | | | | | | | 34 | | | | | | | | | | | | 345 | | | | | V | | | | |
| Estaf. Sueca | | | | | | | | | | | | | | | | | | | | | | | | | 345 | | | | | | | | 23 | | | | | | | | | | | | |
| Estaf. Olímp. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 345 | | | | | | | | | | | | |
| 4x 1500 m | | | | | | | | | | | | | | | | | | | | | | | | | 345 | | | | | | | | | | | | | | | | | | | | | |
| Altura | 345 | | 12 | 2 | | | 34 | 2 5 | 1 | | 345 | V | 2 | | | 12 | 2 | | | | | | 2345 | | | | 123 | 45 | | | 23 | | 23 | | 1 | | 34 | 5 | 345 | 2 | 23 | 45 | V | | 1 | | 12 | 345 |
| Comprimento | 345 | | 2345 | 1 | 2345 | | 34 | 5 | 12 | 345 | 345 | V | | | | 12345 | | | | | | | 12345 | | | | | | | | 23 | | 23 | | 1 | 2345 | 34 | 5 | 345 | | 23 | 45 | V | 345 | 1 | | 12 | 345 |
| Quádruplo | | 1 | | | | | | 1 | | | | | | | | | 1 | | | | | | | | | | | | 1 | | | | | | | | | 1 | | | | | | | 1 | | |
| Triplo | | 2345 | | | | | 34 | 2 5 | | | 345 | | 2 | | | | 2 | 345 | | | | | | | | | | | | | 23 | 45 | | | | | 34 | 5 | 345 | | 23 | 45 | | | | | 2 | 345 |
| Vara Distância | | | | | 1 | | | | | | | | | | | | 1 | | | | | | | | | 1 | | | | | | | | 1 | | | | | | | | | | | 1 | | | |
| Vara | 345M | 2345 | | | | | 34 | 2 5 | 2 | 345 | 345 | | 2 | | | | | | 2345 | | | | 2345 | | | | | | | | 23 | 45 | | | 2345 | | 34 | 25 | 345 | 2 | 23 | 45 | | | | | 12 | 345 |
| Dardo | | | 12345 | | | | | 12345 | | | | V | 2345 | | (2)345 | | 12 | 345 | | | | | 2345 | | | | | | | | 23 | 45 | 23 | 45 | 1 | | (3)4 | 25 | (3)45 | | (2)3 | 45 | V | 12345 | 1 | 345 | (1)2 | 345 |
| Disco | | | | | 12345 | | | 12345 | 12 | 345 | | V | 345 | | (2)345 | | | 345 | | | | | 2345 | | | | | | 23 | | | | | | 1 | 2345 | (3)4 | 25 | (34)5 | | (2)3 | 45 | V | 12345 | 1 | 345 | (1)2 | 345 |
| Peso | 345 | 12345 | 12345 | 12 | | | 234 | 5 | 2 | 345 | (3)4)5 | V | 23 | | | 12345 | 1 | 345 | | | | | 12345 | | | | 12345 | | 1 | | 23 | 45 | | | | | (3)4 | 125 | (3)4)5 | 23 | (2)3 | 45 | V | 12345 | 1 | 345 | (1)2 | 345 |
| Martelo | | | 12345 | | | | | | 1 | 345 | | V | 2345 | | (2)345 | | 2 | 345 | | | | | | | | | | | 1 | 2345 | 23 | 45 | | | | | (3)4 | 125 | (3)4)5 | 23 | (2)3 | 45 | V | 12345 | 1 | 345 | (1)2 | 345 |

**Legenda:** - Fem + Masc | - Fem | - Masc | - extra ( F + M ) | 1 - s14 | 2 - s16 | 3 - s18 | 4 - s20 | 5 - Seniores | V - exclusiva p/ Veteranos

actualizado em: 18/nov

*AARAM / Dep. Técnico*