

Pesagens Benjamins Femininos 2012

| NOME | CAT PESO | CLUBE |
|--------------------|-----------------|--------------|
| Diana Bacelar | | ISJA |
| Madalena Jorge | | ULHT |
| Constança Teixeira | | CDMC |
| Jaqueline Reis | | IJPF |
| Raphaela Lopes | | IJPF |
| Jubaida Jamanca | | IJPF |
| Patricia Pelin | | JCLx |
| Matilde Soares | | AJFC |
| Inês Fernandes | | AJFC |
| Francisca Bordalo | | AJFC |
| Ana Soeiro | | AJFC |
| Eva Nunes | | CNSu |
| Laura Dinis | | CNSu |
| Lara Sousa | | JCLx |
| Sofia Kulakivska | | JCLx |
| Constança Gata | | JCLx |
| Laura Silva | | CAAL |
| Paulina Korenna | | CAAL |
| Carolina Nunes | | CAAL |
| Nicole Andrade | | CAAL |
| Sofia Ambrósio | | VFC |
| Madalena Santos | | ESMA |
| Teresa Rodrigues | | ESMA |
| Maria Lince | | ESMA |
| Leonor Vieira | | GRGc |
| Sara Pinto | | ExCg |
| Bruna Pereira | | ISJA |
| Tatiana Gil | | UMuc |
| Luisa Pereira | | SLB |
| Luana Manuel | | SLB |
| Matilde Dores | | JCLx |
| Matilde Ribeiro | | JCLx |
| Catarina Varandas | | JCLx |

Pesagens Benjamins Masculinos 2012

| NOME | CAT PESO | CLUBE |
|-------------------------|-----------------|--------------|
| Henrique Pinto | | CACO |
| Lucas Chainho | | CACO |
| António Carvalho | | CBSu |
| Miguel Simões | | CBSu |
| Rodrigo Lourenço | | CBSu |
| Vasco Valente | | CBSu |
| Miguel Izidoro | | ISJA |
| Lourenço Josefino | | ULHT |
| Lucas Matos | | ULHT |
| Vicente Araujo | | ULHT |
| Gil Cochofel | | CDMC |
| Paulo Bordalo | | CDMC |
| Vasco Nunes | | CDMC |
| Vasco Bonifácio | | CDMC |
| Bernardo Caldeira | | CMod |
| António Teixeira | | CMod |
| Gonçalo Guerra | | CMod |
| Daniel Fonseca | | ULHT |
| Ricardo Reis | | ULHT |
| Mamadou Diallo | | IJPF |
| Ricardo Jaquite | | IJPF |
| António Costa | | SCP |
| Lourenço Casal | | SCP |
| Diogo Aguilar | | SCP |
| Rodrigo Weelenkamp | | SCP |
| Tomás Alves | | ICMA |
| Santiago Silva | | ICMA |
| Santiago Barata | | ICMA |
| Bernardo Grilo | | CBSu |
| Santiago Almeida | | CBSu |
| Afonso Rodrigues | | ICMA |
| Eduardo Lopes | | JCLx |
| Santiago Relvas | | JCLx |
| Pedro Durão | | JCLx |
| Pedro Costa | | SUS |
| Francisco Batista | | SUS |
| Dinis Leal | | CJ09 |
| Frederico Pina | | ExPo |
| Manuel Vinagre | | ExPo |
| Vicente Gonzalez | | CMod |
| Tomás Landum | | AJFC |
| António Paquete | | CNSu |
| Diogo Caixa Pinto | | CNSu |
| Francisco Lopes | | CNSu |
| Lourenço Almeida | | CNSu |
| Rafael Sequeira Pacheco | | CBSu |
| Tiago Neves | | GCP |
| Ruben Leal | | GCP |
| Neidilson Tavares | | GCP |

| | | |
|-------------------|--|------|
| Afonso Brito | | GCP |
| Miguel Quico | | GCP |
| Dinis Monteiro | | JCLx |
| Helder Jesus | | JCLx |
| Enzo Souza | | CAAL |
| Francisco João | | CAAL |
| Mateus Graça | | CAAL |
| Aly Fonseca | | CAAL |
| Gonçalo Padilha | | CAAL |
| Duarte Pires | | ISJA |
| Bernardo Santiago | | CSAn |
| Kevin Paiva | | CSAn |
| Vasco Barata | | AJAm |
| Miguel Craveiro | | JCOd |
| Salvador Caldas | | VFC |
| Diogo Silva | | VFC |
| David Ferreira | | VFC |
| Louie Basset | | VFC |
| Francisco Paula | | SAD |
| João Sá | | SAD |
| Miguel Pinha | | SAD |
| Henrique Fabiana | | SAD |
| Leonardo Arevalo | | SAD |
| Pedro Silva | | AAC |
| Miguel Costa | | ACEO |
| Salvador Cunha | | ACEO |
| Daniel Balanuta | | GRGc |
| Rodrigo Rodrigues | | GRGc |
| David Martinho | | GRGc |
| Diego Silva | | JCLx |
| João Silva | | JCPt |
| Rafaelo Zacarias | | JCPt |
| Martim Silva | | JCSC |
| Guilherme Pontes | | JCSC |
| Gustavo Loureiro | | UMuc |
| Julio Barros | | UMuc |
| Marco Barros | | UMuc |
| Rodrigo Pinho | | UMuc |
| Mateus Monteiro | | UMuc |
| Francisco Almeida | | SLB |
| Pedro Corvo | | SLB |
| Lucas José Matos | | CJ09 |
| Lourenço Antunes | | JCLx |
| Francisco Proença | | JCLx |
| Benjamim Cameira | | JCLx |
| Artur Ribeiro | | JCLx |
| Afonso Martins | | JCLx |
| Daniel Lemos | | ESMA |
| Miguel Peso | | CSAn |