

Panama

CONCACAF Nations League

	1	2	3	4	5	6	7	8	G	W–D–L	GF–GA	Pts
2026–27	1/11/2026 BC – Curaçao	1/11/2026 BC – Curaçao										Quarter-finals
2024–25	14/11/2024 1–0 Costa Rica	18/11/2024 2–2 Costa Rica	20/3/2025 1–0 United States	23/3/2025 <i>1–2</i> Mexico					4	H: A: 2–1–1 H:0–1–0 A:2–0–0	H: A: 5–4 H:2–2 A:2–0	% Final
2023–24	7/9/2023 3–0 Martinique	10/9/2023 1–1 Guatemala	13/10/2023 2–1 Curaçao	17/10/2023 3–0 Guatemala	16/11/2023 3–0 Costa Rica	20/11/2023 3–1 Costa Rica	21/3/2024 <i>0–3</i> Mexico	24/3/2024 <i>0–1</i> Jamaica	8	H: A: 5–1–2 H:3–0–0 A:2–1–0	H: A: 15–7 H:9–1 A:6–2	83.33% 10★ Fourth
2022–23	2/6/2022 2–0 Costa Rica	9/6/2022 5–0 Martinique	12/6/2022 0–0 Martinique	28/3/2023 1–0 Costa Rica	15/6/2023 <i>0–2</i> Canada	18/6/2023 <i>0–1</i> Mexico			6	H: A: 3–1–2 H:2–0–0 A:1–1–0	H: A: 8–3 H:7–0 A:1–0	83.33% 10† Fourth
2019–20	5/9/2019 4–1 Bermuda	8/9/2019 0–2 Bermuda	15/10/2019 1–3 Mexico	15/11/2019 0–3 Mexico					4	H: A: 1–0–3 H:0–0–2 A:1–0–1	H: A: 5–9 H:0–5 A:5–4	25.00% 3† League A, Group B

Home fixtures in Bold Wins in blue Losses in red

Neutral-site matches in italics ★Pts from League A, Group A †Pts from League A, Group B