

Panama

World Cup

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		1	2	3	G	W–D–L	GF–GA	Reached	
2026	7/6/2024 2–0 Guyana	10/6/2024 3–1 Montserrat	8/6/2025 2–0 Belize	11/6/2025 3–0 Nicaragua	4/9/2025 0–0 Suriname	9/9/2025 1–1 Guatemala	11/10/2025 1–0 El Salvador	15/10/2025 1–1 Suriname	14/11/2025 3–2 Guatemala	19/11/2025 3–0 El Salvador											17/6/2026 <i>0–1</i> Ghana	23/6/2026 <i>0–1</i> Croatia	27/6/2026 <i>0–2</i> England	13	7–3–3 H:3–2–0 A:4–1–0	19–9 H:10–2 A:9–3	Group stage		
2022	26/3/2021 1–0 Barbados	28/3/2021 2–1 Dominica	6/6/2021 13–0 Anguilla	9/6/2021 3–0 Dominican Republic	13/6/2021 2–1 Curaçao	16/6/2021 0–0 Curaçao	3/9/2021 0–0 Costa Rica	5/9/2021 3–0 Jamaica	9/9/2021 1–1 Mexico	8/10/2021 0–1 El Salvador	10/10/2021 1–0 United States	14/10/2021 1–4 Canada	13/11/2021 3–2 Honduras	17/11/2021 2–1 El Salvador	28/1/2022 0–1 Costa Rica	30/1/2022 3–2 Jamaica	3/2/2022 0–1 Mexico	25/3/2022 1–1 Honduras	28/3/2022 1–5 United States	31/3/2022 1–0 Canada				20	11–4–5 H:7–3–0 A:4–1–5	38–21 H:15–6 A:23–15	Did not qualify		
2018	14/11/2015 2–0 Jamaica	18/11/2015 1–2 Costa Rica	26/3/2016 0–0 Haiti	30/3/2016 1–0 Haiti	3/9/2016 2–0 Jamaica	7/9/2016 1–3 Costa Rica	11/11/2016 1–0 Honduras	16/11/2016 0–0 Mexico	24/3/2017 0–1 Trinidad and Tobago	29/3/2017 1–1 United States	9/6/2017 0–0 Costa Rica	14/6/2017 2–2 Honduras	2/9/2017 0–1 Mexico	6/9/2017 3–0 Trinidad and Tobago	7/10/2017 0–4 United States	11/10/2017 2–1 Costa Rica					18/6/2018 <i>0–3</i> Belgium	24/6/2018 <i>1–6</i> England	28/6/2018 <i>1–2</i> Tunisia	19	6–5–8 H:4–3–1 A:2–2–4	18–26 H:12–6 A:4–9	Group stage		
2014	7/9/2011 2–1 Nicaragua	7/10/2011 5–0 Dominica	12/10/2011 5–1 Nicaragua	16/11/2011 3–0 Dominica	9/6/2012 2–0 Honduras	13/6/2012 1–0 Cuba	8/9/2012 0–1 Canada	12/9/2012 2–0 Canada	13/10/2012 0–0 Honduras	16/10/2012 1–1 Cuba	7/2/2013 2–2 Costa Rica	23/3/2013 1–1 Jamaica	27/3/2013 2–0 Honduras	8/6/2013 0–0 Mexico	12/6/2013 0–2 United States	19/6/2013 0–2 Costa Rica	7/9/2013 0–0 Jamaica	11/9/2013 2–2 Honduras	12/10/2013 1–2 Mexico	16/10/2013 2–3 United States				20	8–7–5 H:5–4–1 A:3–3–4	31–18 H:17–6 A:14–12	Did not qualify		
2010	15/6/2008 1–0 El Salvador	23/6/2008 1–3 El Salvador																							2	1–0–1 H:1–0–0 A:0–0–1	2–3 H:1–0 A:1–3	Did not qualify	
2006	13/6/2004 4–0 Saint Lucia	20/6/2004 3–0 Saint Lucia	19/8/2004 1–2 El Salvador	5/9/2004 2–1 Jamaica	9/9/2004 1–1 United States	10/10/2004 1–1 Jamaica	14/10/2004 0–6 United States	18/11/2004 3–0 El Salvador	10/2/2005 0–0 Guatemala	27/3/2005 1–2 Costa Rica	31/3/2005 1–1 Mexico	4/6/2005 0–2 Trinidad and Tobago	9/6/2005 0–3 United States	18/8/2005 1–2 Guatemala	4/9/2005 1–3 Costa Rica	8/9/2005 0–5 Mexico	9/10/2005 0–1 Trinidad and Tobago	13/10/2005 0–2 United States							18	4–4–10 H:2–4–3 A:2–0–7	19–32 H:11–10 A:8–22	Did not qualify	
2002	19/3/2000 2–0 Nicaragua	2/4/2000 1–0 Honduras	7/5/2000 1–3 Honduras	21/5/2000 4–0 Nicaragua	16/7/2000 0–1 Mexico	23/7/2000 0–0 Canada	16/8/2000 0–6 Trinidad and Tobago	3/9/2000 1–7 Mexico	9/10/2000 0–1 Canada	15/11/2000 0–1 Trinidad and Tobago															10	3–1–6 H:2–1–2 A:1–0–4	9–19 H:5–2 A:4–17	Did not qualify	
1998	2/6/1996 2–1 Belize	9/6/1996 4–1 Belize	30/8/1996 1–3 Canada	22/9/1996 1–3 Cuba	6/10/1996 1–1 El Salvador	27/10/1996 0–0 Canada	10/11/1996 2–3 El Salvador	15/12/1996 3–1 Cuba																		8	3–2–3 H:2–2–1 A:1–0–2	14–13 H:9–6 A:5–7	Did not qualify
1994	16/8/1992 1–0 Costa Rica	23/8/1992 1–5 Costa Rica																								2	1–0–1 H:1–0–0 A:0–0–1	2–5 H:1–0 A:1–5	Did not qualify
1990	17/7/1988 1–1 Costa Rica	31/7/1988 0–2 Costa Rica																								2	0–1–1 H:0–0–1 A:0–1–0	1–3 H:0–2 A:1–1	Did not qualify
1986	15/6/1984 0–3 Honduras	24/6/1984 0–1 Honduras																								2	0–0–2 H:0–0–1 A:0–0–1	0–4 H:0–3 A:0–1	Did not qualify
1982	2/7/1980 0–2 Guatemala	30/7/1980 0–2 Honduras	10/8/1980 1–1 Costa Rica	24/8/1980 1–3 El Salvador	5/10/1980 1–4 El Salvador	5/11/1980 0–2 Costa Rica	16/11/1980 0–5 Guatemala	14/12/1980 0–5 Honduras																		8	0–1–7 H:0–1–3 A:0–0–4	3–24 H:2–8 A:1–16	Did not qualify
1978	4/4/1976 3–2 Costa Rica	2/5/1976 1–1 El Salvador	11/7/1976 0–3 Costa Rica	1/8/1976 1–4 El Salvador	17/9/1976 2–4 Guatemala	26/9/1976 0–7 Guatemala																				6	1–1–4 H:1–1–1 A:0–0–3	7–21 H:6–7 A:1–14	Did not qualify