

## National Resident Matching Program® (NRMP®)

The NRMP, also known as The Match®, is a non-profit organization that for more than 70 years has placed physician learners to U.S.-based residency and fellowship training programs. The Match leverages its premier data and analyses to enhance the healthcare environment while fostering innovation and advancing professionalism across the transition to residency and the physician workforce.



## 2026 Main Residency Match®

**48,050**  
Certified Applicants

1.8% increase  
since 2025

**44,344**  
Total Positions

2.6% increase  
since 2025



Active Applicants Placed



Overall Positions Filled

## Program and Position Highlights

INCREASE IN NUMBER FROM 2025

- 1,107 more certified positions
- 183 more certified programs
- 412 more positions in Primary Care

## How We Do It

- Applicants submit to the NRMP lists of programs ranked from most to least preferred of where they would like to train. At the same time, training programs submit lists of applicants who they would most like to train.
- Using a proprietary algorithm, the NRMP places applicants with their most preferred programs that also prefer them.
- Once matched, applicants and programs enter into a binding commitment for training. The binding commitment ensures the continuity and distribution of physicians into community-based and academic centers across the U.S.
- With a Match, applicants and programs are treated equally, and their preferences drive outcomes, thereby reducing bias and inequities in training selection.

## Why We Matter

**NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.**

NRMP has served more than 1.4 million applicants for both residency and fellowship training since 1992.

- NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.
- NRMP data informs national trends in specialty preferences and reflects physician distribution across the U.S.
- NRMP Matches champion order, fairness, and transparency of experience and provide applicants with agency and choice in specialization.

## Our core values and principles:

- **Ethics:** We act with honesty, trustworthiness, and accountability
- **Equity:** We ensure access and opportunity for all
- **Efficacy:** We leverage our experience and expertise to advance transformative and efficient match processes
- **Engagement:** We cultivate respectful, collaborative, and productive relationships through active listening and courageous and candid communications

# 2026 Main Residency Match Snapshot

## WASHINGTON

The 2026 Main Residency Match (MRM) was completed on March 21. New residents begin their core training in their matched hospital by July 1 and remain there, depending on their specialty, for 3 to 7 years.

# 575

### Applicants Placed In Residency Training Programs in Washington



Total Positions

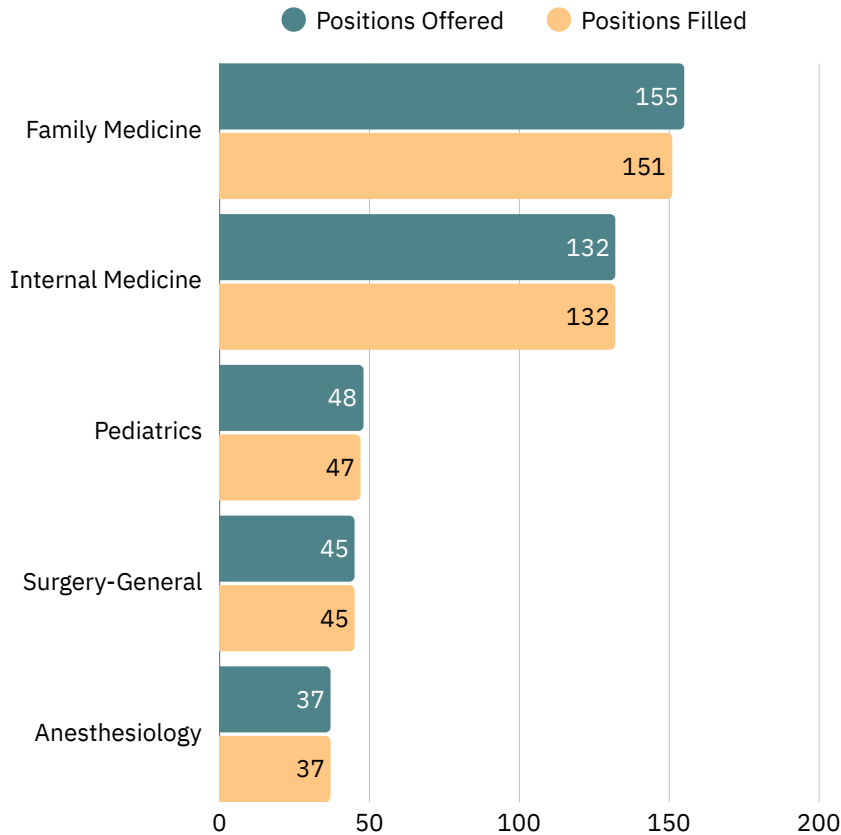
4 more positions since 2025



Total Positions Filled

0.3% decrease since 2025

### TOP FIVE SPECIALTIES BASED ON POSITIONS OFFERED AND FILLED



### SPECIALTY DISTRIBUTION OF POSITIONS



Psychiatry positions filled

25 Total Positions



Emergency Medicine positions filled

18 Total Positions



Phys Med & Rehabilitation positions filled

18 Total Positions



Radiology-Diagnostic positions filled

15 Total Positions

### POSITION FILL RATES BY APPLICANT TYPE

64.2% US MD Seniors

17.2% US DO Seniors

5.4% US IMGs

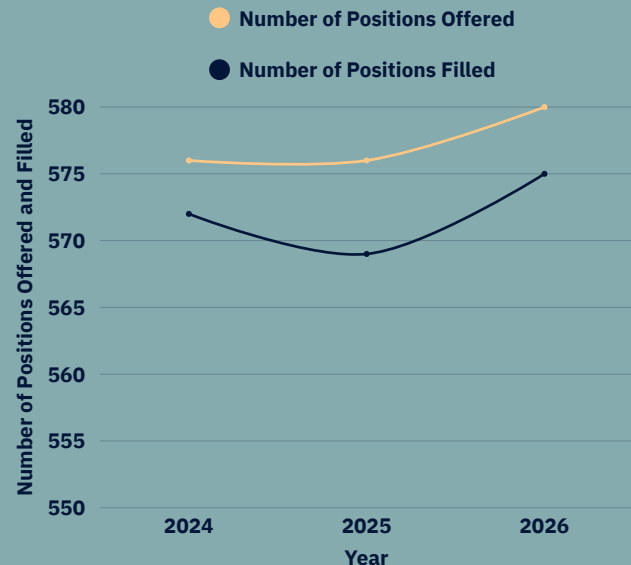
7.7% Non-US IMGs

5.6% U.S. MD/DO Grads

#### APPLICANT TYPE ABBREVIATIONS:

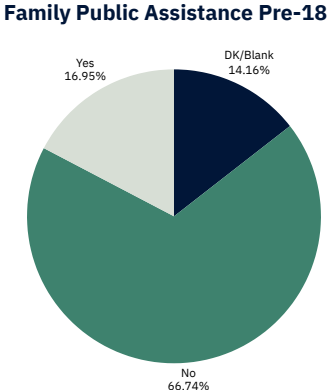
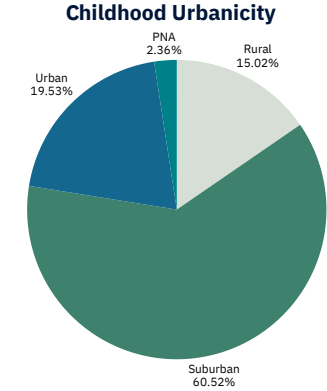
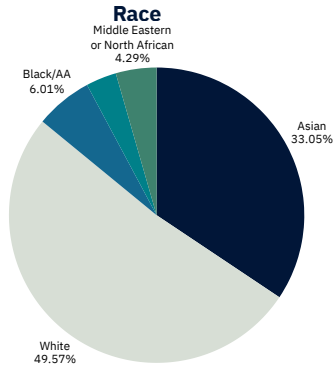
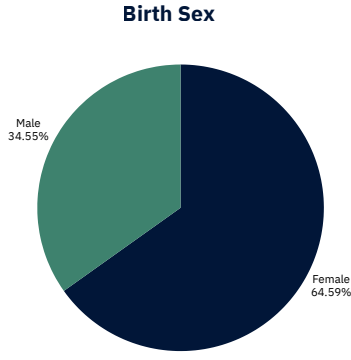
*US MD Seniors: Graduating medical student in a U.S. allopathic medical school*  
*US DO Seniors: Graduating medical student in a U.S. osteopathic medical school*  
*US MD Grads: Graduate of a U.S. allopathic medical school*  
*US DO Grads: Graduate of a U.S. osteopathic medical school*  
*US IMGs: U.S. citizen graduating from an international medical school*  
*Non-US IMGs: Non-U.S. citizen graduating from an international medical school*

### WASHINGTON MATCH TRENDS



# Matched Demographic Characteristics

The data below is voluntary and self-reported. The NRMP has suppressed fields that did not meet minimum thresholds to protect confidentiality.

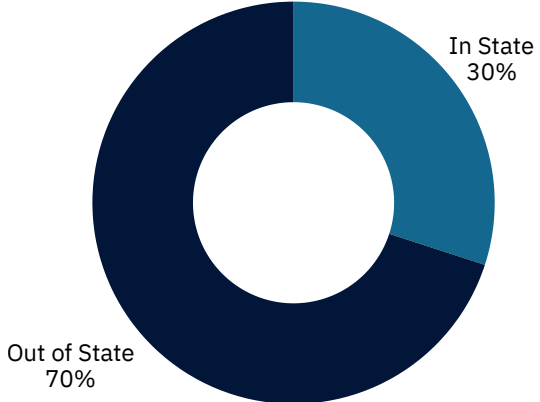


Response Abbreviations  
 DK: Don't Know  
 PNA: Prefer Not to Answer

# In-State Retention

The data below shows the percent of U.S. MD and DO seniors and graduates who reported a Washington zip code who remained in-state for residency.

## In-State Retention of Washington's Incoming U.S. MD and DO Residents



## Incoming Resident Profile

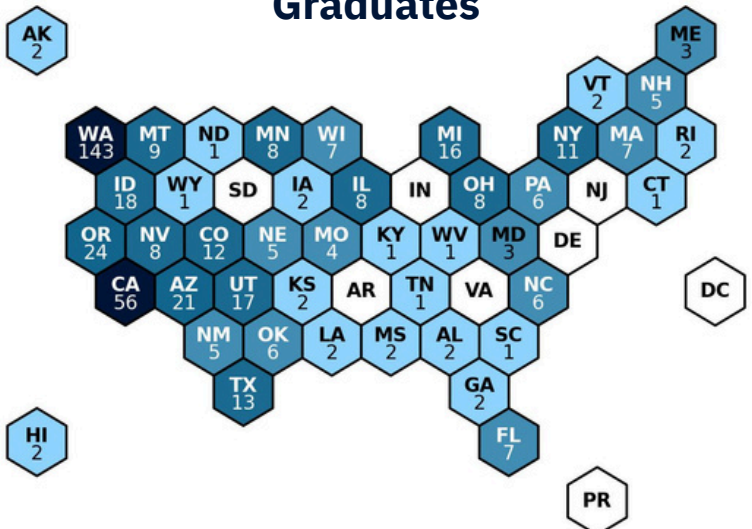
Top States for Incoming U.S. MD and DO Residents

1. Washington
2. California
3. Texas
4. New York
5. Colorado
6. Oregon

# Match Profile - State of Washington

# 463

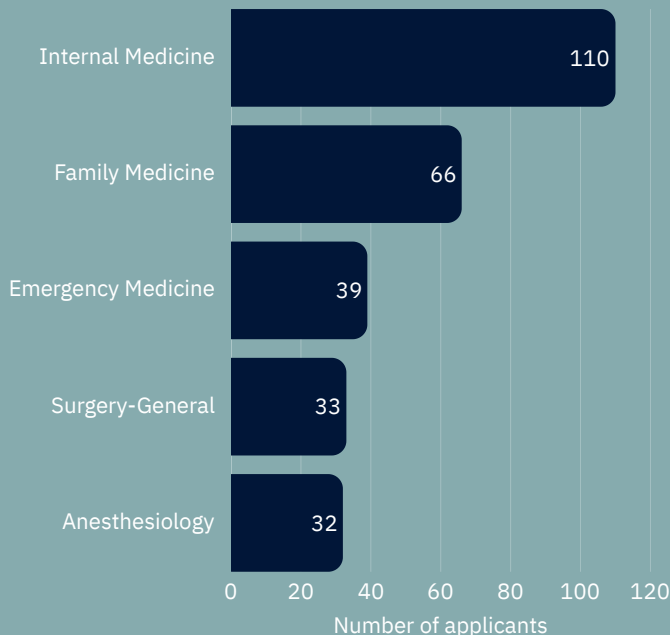
## Geographic Distribution for Residency of Washington Medical School Seniors and Graduates



The map indicates where seniors and graduates of medical schools within your state matched for PGY-1 training.

## Preferred Specialty of Washington Medical School Seniors and Graduates

Preferred specialty is the specialty ranked first on an applicant's rank order list.



## Specialties Matching Service® (SMS®)

The NRMP Specialties Matching Service® (SMS®) conducts matches for subspecialty fellowship positions. The first Fellowship Match was conducted in 1984. For the 2026 appointment year, the SMS provided services for 81 subspecialties in 23 separate matches.



### SMS\* Fellowship Matches 2026 Appointment Year

**15,846 Active Applicants**

AN INCREASE OF 1,013 FROM 2025

**15,358 Positions**

AN INCREASE OF 738 FROM 2025



% Applicants Matched



% Positions Filled



Total Specialties



Specialties filling at least 90% of positions

### 5-Year Trend (2022–2026)

#### ACTIVE APPLICANTS

AN INCREASE OF 2,260 FROM 2022

▲ **605**  
U.S. MD Grads

▲ **631**  
U.S. DO Grads

▲ **237**  
U.S. Citizen IMGs

▲ **790**  
Non-U.S. Citizen IMGs

IMGs=International Medical Graduates

## FELLOWS

After medical school, physician learners, or residents, complete a residency in a core specialty. Some residents may then seek additional training in a subspecialty or fellowship program. Interested eligible individuals can then apply to subspecialties or fellowships and register for the appropriate match.

To participate in a Specialties Matching Service® Fellowship Match, prior to the start of training, an applicant must have completed all training required for the position, must meet all requirements for entry into graduate medical education (GME) as prescribed by the appropriate organization, and any additional eligibility requirements provided by the sponsoring institution (e.g., a teaching hospital).

## FELLOWSHIP MATCHES

- Colon and Rectal Surgery
- Emergency Medicine
- Epilepsy and Clinical Neurophysiology
- Female Pelvic Med & Reconstructive Surgery
- Hand Surgery
- Headache Medicine
- Laryngology
- Medical Genetics
- Medicine and Pediatrics Specialties
- Pain Medicine
- Pathology
- Pediatric Surgery
- Psychiatry
- Radiology
- Rehabilitation Medicine
- Spinal Cord Injury Medicine
- Sports Medicine
- Surgical Critical Care
- Surgical Oncology
- Thoracic Surgery
- Vascular Neurology
- Vascular Surgery

\*NRMP Specialties Matching Service® (SMS®) conducts Matches for advanced residency and fellowship positions. For the 2026 appointment year the SMS provided services for 81 subspecialties in 23 separate Matches. Because Fellowship Match appointments may begin anywhere from 6 to 14 months after their Match Days, data are reported for the appointment year instead of the Match year.

# 2026 Specialties Matching Service Snapshot

## WASHINGTON

The data for the 2026 NRMP Specialties Matching Service® (SMS®) was conducted in 2025 and early 2026. New residents generally begin their fellowship training in their matched hospital by July 1.

# 198

## Applicants Placed In Fellowship Training Programs in Washington



Total Positions



Total Positions Filled

### SPECIALTY DISTRIBUTION OF POSITIONS



Addiction positions filled  
13 Total Positions



Cardiovascular Disease positions filled  
10 Total Positions

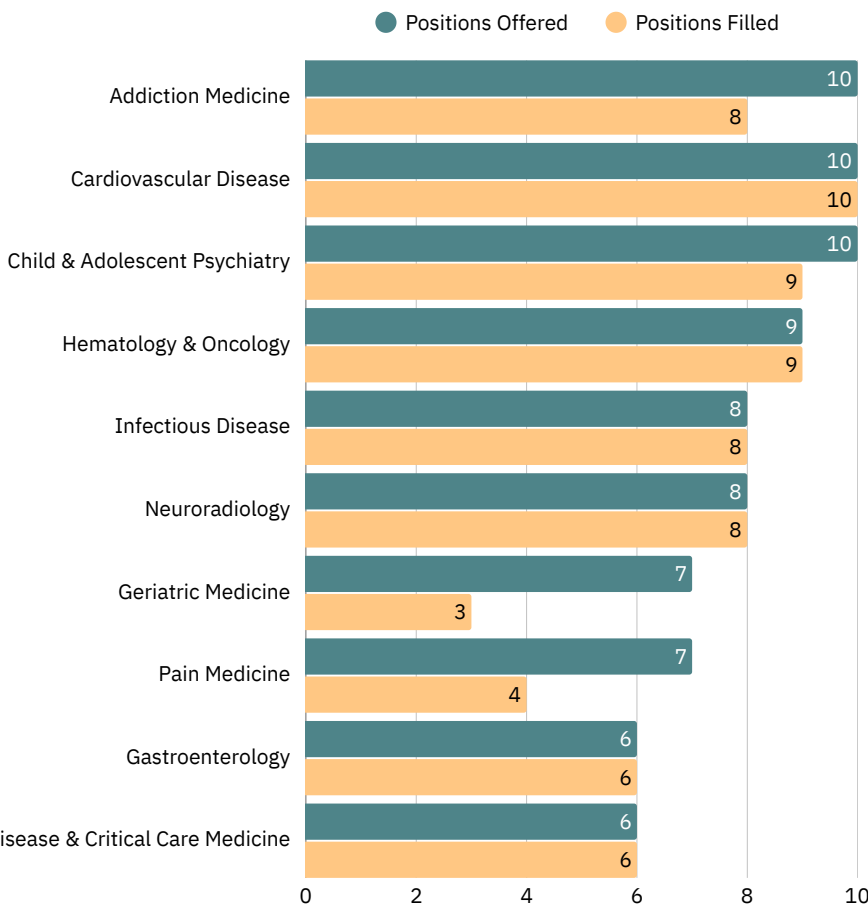


Infectious Disease positions filled  
8 Total Positions



Women's Health positions filled  
8 Total Positions

### TOP 10 SPECIALTIES BASED ON POSITIONS OFFERED AND FILLED



### POSITION FILL RATES BY APPLICANT TYPE

77.3% US MD Grads

9.6% US DO Grads

4.5% US IMGs

8.1% Non-US IMGs

#### APPLICANT TYPE ABBREVIATIONS:

*US MD Grads:* Graduate of U.S. allopathic medical school

*US DO Grads:* Graduate of U.S. osteopathic medical school

*US IMGs:* U.S. citizen graduated from an international medical school

*Non-US IMGs:* Non-U.S. citizen graduated from an international medical school