



2025 OCEANIA ATHLETICS MASTERS CUP &

# OCEANIA CUP

## NUKU'ALOFA TONGA

OCTOBER 29 - NOVEMBER 1



## 2025 OCEANIA ATHLETICS MASTERS CUP

Oceania Athletics Masters Cup is bi-annual event athletics event for those aged 30 years and older. We welcome all athletes from across the Pacific and beyond to join us in Nuku’Alofa, Tonga. Competition will run from Wednesday 29th October until Saturday 1st November. Competition will run during the daytime.

## EVENTS

60m 100m 200m 400m 800m 1500m 3000m  
5000m Short Hurdles\* Long Hurdles\*  
Steeplechase\* Long Jump Triple Jump  
High Jump Pole Vault\* Discus Hammer  
Javelin Shot Put Weight Throw 3000m Walk  
Throws Pentathlon Pentathlon 4x100m Relay  
Mixed 4x400m Relay Sprint Medley Relay

*\*Pole Vault, Steeplechase, Hurdles will be confirmed in early 2025, when the entries are open.*

## ENTRIES

Entries will open in 2025. Entry costs will be available in 2025 when entries are open.

## FLIGHTS

Tonga is accessible via direct flights from Australia, New Zealand, and other Pacific Islands. Fua’amotu International Airport on Tongatapu serves as the main gateway.

## ACCOM

There is a lot of accommodation in Nuku’alofa. Most accommodation is bed and breakfast, or home stay style.