



TUG OF WAR INTERNATIONAL FEDERATION



Secretary General of TWIF Mrs. Maaïke Hornstra

Lytse Dyk 2
9026 BD Jellum
The Netherlands
Phone: 0031 5 82519739
Mobile: 0031 6 23271158
E-mail: 10cc@hetnet.nl

OFFICIAL ENTRY FORM
EUROPEAN AND WORLD CHAMPIONSHIPS, CASTLEBAR, IRELAND
7TH & 8TH, September 2019

This entry form indicates that _____ (name country)

Intends to send team(s) to Castlebar, Ireland for the European and World Championships 2019. The Championships will take place on Saturday the 7th of September and Sunday the 8th of September 2019.

The closing date for entries is the 1 August 2019.

Please indicate with an **X** in the participation column the weight class/es your association intends to participate.

Category	Gender	Weight Kilos	Participation
Senior	Women	520	
Senior	Women	560	
Senior	Men	560	
Senior	Men	640	
Senior	Men	680	
Senior	Men	720	
Senior	Mixed 4+4	580	
Junior	Male	560	
Under 23	Male	600	
Junior	Female	480	
Junior	Mix 4+4	520	
Under 23	Female	500	
Under 23	Mix 4+4	560	

PLEASE NOTE: Should less than 4 countries enter any specific weight class, TWIF will cancel such weight class.

Contact person/International Representative:

Please return by August first, 2019

Return to: Maaïke Hornstra
Secretary General of TWIF By E-mail; 10cc@hetnet.nl