8th AFRICAN TUG OF WAR CHAMPIONSHIPS
16 – 18 July 2020
SWAKOPMUND
NAMIBIA
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Jellum, 19th October 2019

Subject: African Tug of War Championships 2020

To whom it may concern,

This letter serves as confirmation that the Namibian Tug of War Federation will be hosting the 8th annual African Tug of War Championships over the period 16-18 July 2020 in Swakopmund, Namibia.

It is also confirmed that this event is an official continental event enjoying the endorsement of the Tug of War International Federation (TWIF).

Kind regards,

ANTON RABE
President of TWIF
www.tugofwar-twif.org
10 February 2020

TO: All African Tug of War Federation Member Countries

On behalf of the Namibia Tug of War Federation committee, I am honoured to invite you to the African Championships, which will be held in Swakopmund, Namibia on 16 – 18 July 2020.

For any further information please see attached Information Brochure and attached forms and leaflets.

With Kind Regards

Committee Members
President: Francois Heyns
Vice President: Patricia Hammond
Secretary: Hilaria Kevanhu
Development Off: Mario Diergaardt
Public Relations: Ndara Malakia
Technical: Johannes Steyn
Athlete Matters: Ndapandula Shipena

Francois H Heyns
Representative
Namibia Tug of War Federation
Swakopmund
Namibia
Tel.: +264 81 424 3299
1. **Namibia Country Profile**
   - Capital: Windhoek
   - Population: 2.5 million
   - Area: 824,292 sq.km
   - Major Languages: English (official, Afrikaans, German, Oshiwambo, Herero, Damara/Nama, Kavango
   - Major Religion: Christianity
   - Currency: Namibian Dollar

2. **About the Event**

   The 8th Annual African Tug-of-War Championships. Currently there are 73 countries in the World affiliated to the Tug-of-War International Federation (TWIF) - 13 of these countries are African countries.

   In 2012, the 1st African Championships was instituted and hosted by South Africa. Since then, the Championships have rotated on an annual basis amongst member countries, mostly in the SADC region.

   Tug-of-War on the African continent is coordinated by the African Tug-of-War Forum, consisting of the Presidents of the Tug-of-War Federations in the respective countries. The forum is aware that tug-of-war is still being enjoyed as a sport in Namibia and decided to, in order to "revive" the sport in Namibia, to approach the Namibian authorities requesting them to play host to the 9th annual African Tug-of-War Championships.

   The African Championships consists of two components - an African "Open" Club Championships where any club of any country can participate; and the African Championships itself, where the national teams of the respective countries participate.

   The following categories will be participated in (in BOTH the African Club Championships as well as the African International Championships):

   **Day 1**
   - 640 kg Men
   - 520 kg Ladies
   - 580 kg Mix (4 men, 4 ladies)
Day 2
600 kg Men
500 kg Ladies
720 kg Men
560 kg Ladies

The competition will be adjudicated by TWIF Officials as well as Grade 1 Officials from the participating countries.

It is further planned to conduct an Officials course as well as a Coaches course just prior to the competition. A training camp for developing teams is also being planned. Those interested must please inform us accordingly.

3. **VENUE**

Vineta North Sports Field, Swakopmund, Namibia

4. **TEAMS / PARTICIPANTS**

The following countries have already expressed their intention to participate: South Africa, Zimbabwe, Zambia, Kenya, Nigeria and Lesotho National Defence Force. Botswana and Tanzania must still commit.

Attached please find the Application forms for both Club and National entries. Take note that these must be returned by the latest 15 June 2020. Entry fees N$150 per Team.
5. **PROGRAMME**

**15 & 16 July 2020**

**Arrival**
07h30 - 20h00: Registering and weigh-in at The Dome Conference Centre (4th Floor)
20h00: Coaches and Officials briefing at The Dome Conference Centre (4th Floor)

**Day 1**
07h30 - 09h00: Stamping
09h30: Start of competition. Which weight class will start depends on the entries received.

*Medal Ceremony straight after the completion of the morning competition*

13h30: Continuation of competition. Which weight class will start, depends on the entries received.

*Medal Ceremony straight after the completion of the afternoon competition.*

**Day 2**
07h30 - 09h00: Stamping
09h30: Start of competition. Which weight class will start depends on the entries received.

*Medal Ceremony straight after the completion of the morning competition*

13h30: Continuation of competition. Which weight class will start, depends on the entries received.

*Medal Ceremony straight after the completion of the afternoon competition.*

**Please note that stamping will only be done in the morning.**

7. **Photography Services**

There will be a photographer at both days of the Championships. Detail will be made available at registration.

9. **Transportation Services**

Detail of available taxi services with contact detail and rates will be available at registration.

10. **Accommodation**

All Teams are advised to book their own accommodation. Please see price list for Municipal Rest camp, Swakopmund (Appendix 1) and Moonlight Resort (Appendix 2). If you contact any one of these two venues, please quote African Tug of War Championships and country name. When all the bookings have been done, discount will be negotiated by us with said venues. Any additional price lists we acquire will be forwarded as soon as possible. It is advisable to make bookings as soon as possible. Although the dates for the Championships fall in the OFF SEASON period, accommodation can be a problem if left too late.

11. **SECURITY ARRANGEMENTS**

General Security services will be organised for the venue.

12. **MEDICAL AND HEALTH SERVICES**

All team members are encouraged to obtain medical travel insurance.

Medical response teams will be located at the venue to provide health care for emergency or minor ailments, when required.
The Medi-Clinic Swakopmund and Swakopmund State Hospital are the nearest hospitals in case of serious health issues.

**Medi-Clinic Swakopmund:**
Franziska van Neel Street, Swakopmund, Tel.: +264 64 412 200

**Swakopmund State**
Hospital: Henties Bay Road, Swakopmund, Tel.: +264 64 410 6000

13. **Weather**
The average minimum and maximum temperatures usually registered during the month of July are about 07 – 18 degree Celsius.

14. **Water**
Tap water in Namibia is safe to drink. However, bottled water is readily available.

15. **Power**
In Namibia the power sockets are type D and M. The standard voltage is 220 V and the standard frequency is 50Hz. South African three round pins plugs are used in Namibia. Adapters and converters may be needed for teams who use other Volts and are available at most shops in the town.

A charging bank service (for cell phones, laptops etc) with international adapters will be available during the event.

16. **Cell phones**
It is advisable to buy a local (MTC) sim card for the time you spend here. Airtime can be bought from vendors and converted to data and airtime (e.g. N$50 Aweh O-Yeah can get you 1Gig+ data and 60 minutes+ airtime valid for a week).

17. **Banking Services**
Banking services are open from 09h00 to 15h30 on weekdays and 09h00 to 12h00 on Saturdays. Most banks have ATM's accepting Visa and Master Cards. Major credit cards are accepted in most hotels, shops and restaurants.

18. **Currency**
The currency of the Republic of Namibia is the Namibian Dollar (N$). However, ZAR is a legal tender in Namibia. 1 Namibian Dollar is equivalent to 1 South African Rand / 24.38 Nigerian Naira / 24.38 Kenyan Shilling / 0.73 Botswana Pula.

Bureau de Change: **NovaCâmbios**
Platz Am Meer Mall and 220 Hendrik Witbooi Street, Swakopmund.

**Namibia Bureau de Change**
228 Tobias Hainyeko Street, Swakopmund
19. **Business and Shopping Hours**

Shops are open from 08h00 to 17h30 on weekdays and 08h00 to 13h00 on weekends. The local shopping mall (Platz Am Meer) close at around 19h00.

20. **Entry Fees**

Please take note that all spectators or non-accredited supported will be required to pay an entry fee of N$30 per day.

**CONTACT DETAIL:**

Buttons Heyns: buttons@connectpeople.com
Tel.: +264 81 4243299

Dave Hammond: dave@connectpeople.com.na
Tel.: +264 81 593 3514

Helena Heyns: teambuilding@connectpeople.com.na
Tel.: +264 81 586 8913
+264 64 406658

*The event organiser is not responsible for any injury that may occur during the championship itself or injuries en-route to Namibia or during your stay in Namibia. The venue, venue staff, the Namibia Tug of War Federation will not accept any responsibility for injury, illness or loss of personal effects.*
OFFICIAL ENTRY FORM

NATIONAL

AFRICAN TUG OF WAR FEDERATION

16 – 18 JULY 2020

This entry form indicates that _________________________________ (name country) intends to send team(s) to Swakopmund, Namibia for the African Tug of War Championships 2020. The Championships will take place on Thursday, 16th July to Saturday 18th July, 2020.

The closing date for entries is the 15th June 2020

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

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<th>Weight – kg</th>
<th>Participation (X)</th>
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<td>Men</td>
<td>720</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>640</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>600</td>
<td></td>
</tr>
<tr>
<td>Ladies</td>
<td>560</td>
<td></td>
</tr>
<tr>
<td>Ladies</td>
<td>520</td>
<td></td>
</tr>
<tr>
<td>Ladies</td>
<td>500</td>
<td></td>
</tr>
<tr>
<td>Mix (4 Men, 4 Ladies)</td>
<td>580</td>
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CONTACT PERSON: Dave Hammond (+264 81 593 3514 / dave@connectpeople.com.na)
Helena Heyns (+264 81 586 8913 / teambuilding@connectpeople.com.na)

PLEASE RETURN BY 15 JUNE 2020

Return to: Helena Heyns
        teambuilding@connectpeople.com.na
OFFICIAL ENTRY FORM

CLUBS

AFRICAN TUG OF WAR FEDERATION

16 – 18 JULY 2020

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