



USATOWA

The Official Newsletter of the United States Amateur Tug of War Association

January 2020



Indoor Pulling Fun Day

January 25th,
2020
8970 Enterprise
Dr Peosta IA.
Weigh-in at
12:30 pm -
Pulling at 1:45
pm

Weight classes -
Open 6-person
450k (990 lbs),

Open 6-person 480k (1056 lbs), Open WT 6-person, W 396 six women (890 lbs), Mixed - 450k (990 lbs) all six-person teams.

This is a fun day of pulling, training and camaraderie. Come join the fun even if you are short teammates. We will get everyone a pull who wants to join in!

National board meeting at 10 am. Same venue.

TWIF Prohibited List for 2020



Please review the list. If you need a TUE form please speak with Internationals Rep Bill Gallagher to assist you. Athletes!! It is a must that you know what you are putting in your bodies.

[WADA prohibited list](#)

<https://tugofwar-twif.org/anti-doping-procedures/>

World Games Athlete of the Year voting has started! Be sure to vote for the Netherlands Tug of War team!! Vote once per day!



Protective[®]



W Athlete of the Year 2019

[World Games Athlete Voting](#)



[TWIF Newsletter](#)
[December 2019](#)

Tentative 2020 TOW Schedule

2020 Schedule of Events

United States Amateur Tug of War Association

INDOOR EVENT LOCATION	Contact Person	Contact Information	Weigh In Times
Peosta IA	Dave Kruse	dave.kruse.13@gmail.com	11:30 AM to 12:30 PM
Peosta IA	Dave Kruse	dave.kruse.13@gmail.com	1:00 PM to 2:00 PM
Peosta IA	Dave Kruse	dave.kruse.13@gmail.com	Noon to 1:00 PM
OUTDOOR EVENT LOCATION	Contact Person	Contact Information	Weigh In Times
Elko, Minnesota	Bill Gallager	gallinc@juno.com	11:00 AM to Noon
Greeley, Iowa	Dave Kruse	dave.kruse.13@gmail.com	10:30 AM to Noon
Footville, Wisconsin	Shelby Richardson	shelbytow@msn.com	10:30 AM to Noon
Monticello, Wisconsin	Shelby Richardson	shelbytow@msn.com	10:30 AM to Noon
Nationals	Joe Hunter	hunter@sccompanies.com	8:30 AM to 10:00 AM
<i>Tug Fest / Illinois & Iowa</i>	<i>Kari & Loren Long</i>	iatugfestfan@gmail.com	
Princeton, Illinois	Keenan Campbell	Keenan.campbell@icloud.com	10:30 AM to Noon
New Glarus, Wisconsin	Shelby Richardson	shelbytow@msn.com	10:30 AM to Noon
New Glarus, Wisconsin	Shelby Richardson	shelbytow@msn.com	10:30 AM to Noon
TWIF World Outdoor Tug of War Championships (Getxo Basque Country)	Shelby Richardson	shelbytow@msn.com	09/16/20
(*) Teams may reserve a five minute time slot from 8:00 AM to 8:30 AM for test weigh ins (Contact the Chief Judge to schedule a time)			
As of 11/02/19			
Non Sanctioned Event			



Happy New Year to all our Members and Friends!

Looking forward to 2020!!