



# Individual Tug of War Championship of Latvia to be Held in Ventspils

On Saturday, 29 April at 11.00, the Individual Tug of War Championship of Latvia will take place in the square behind the Athletics Arena of the Olympic Centre "Ventspils".

The competition will take place in a test of strength and endurance, on a special stand – a lifting platform, in four weight categories: men: light – up to 70 kg, medium – up to 80 kg, heavy – up to 90 kg, super-heavy – over 90 kg and women: light – up to 50 kg, medium – up to 60 kg, heavy – up to 70 kg and super-heavy – over 70 kg.

The competition is organised by the Latvian Tug of War Federation in cooperation with the Ventspils State City Municipality and the Olympic Centre "Ventspils".

More information about the competition: [HERE](#)

We wish the best of luck to our athletes!