



New York Armwrestling® Association

Information: 718-544-4592 or nyawa@aol.com

Cheap Shots Sports Bar – 718-969-0070

NYAWA Website: www.nycarms.com



2015 NEW YORK CITY SIT-DOWN ARMWRESTLING CHAMPIONSHIPS

Featuring the First Time Supreme
New York State Sit-Down Arm Wrestling Champions



SUNDAY, MARCH 1, 2015



Start Time: 1:00 P.M.

***** \$5.00 GENERAL ADMISSION *****

Cheap Shots Sports Bar

Address: 149-05 Union Turnpike Flushing, NY. 11367

Weigh-In & Registration 9:30 a.m. to 12:50 p.m. Start 1 p.m.



Proud Sponsors: Quantum Wellness Healing Center and Spa
(www.qwcli.com), Ironmind.com, Captains of Crush Grippers, Cheap
Shots Sports Bar and New York Arm Wrestling®

NEW YORK STATE SIT-DOWN ARMWRESTLING AWARDS

First, Second and Third Place

MVP Cash Prizes and Awards

Men - R & L - \$100 NYC SIT-DOWN MVP OVERALL CASH PRIZE AWARDS:

Bonus: \$100 Cash Prize - MUST WIN both R & L Overall

Women R & L MVP Awards Only

Team Championship Award: Most Points Scored

Entry Fees:

Amateurs: \$25.00 - Pros: \$30.00 - Women: \$10.00

NYAWA Members: \$5.00 Discount per category

Weight Classes - (5-pound clothing allowance)

MEN: (R & L) 154 - 176 - 198 - 199+ OPEN

MEN: (R & L) Masters Class 176 & OPEN - 45+ & 55+ Years Old

WOMEN: (R & L) 125, 143 Under & 144+ OPEN

Note: Three contestants per class or category consolidation could occur to Pro-Am or
advance to higher weight class or category - 18 and over

**Tee-Shirt Restrictions: No Arm Wrestling Organizations T-Shirts Permitted
Arm Wrestling Team T-Shirts and NYAWA T-Shirts Permitted**

Public Transportation

Train: Take the E or F Train to Union Turnpike/Kew Gardens Stop - Then
take the Q-46 Bus to Main Street/Union Turnpike Stop - Walk down 2 blocks
on Union Turnpike (Left Side) to Cheap Shots Sports Bar 149-05 Union
Turnpike between 149th Street and 150th Streets.

Busses: Q-46 - Q-44 & Q-20 ALL stop at Main Street and Union Turnpike

Cars: Street Parking

Contact: Gene Camp 718-544-4592 - Email: nyawa@aol.com - Website: nycarms.com

Sanctioned and Supervised by: New York Arm Wrestling® Association, Inc.